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Pam began her RN vocation in 1985, and has focused virtually her entire career in family centered nursing. She received a bachelor's degree in nursing from the University of Dubuque in 1996, and Master's Degree of Science in Nursing through Marquette University in Milwaukee, WI in 2004. Pam's belief in patient education has been emphasized by teaching prepared childbirth classes for over ten years, and serving as a clinical instructor for OB nursing students.

She is married to Monte, and their blended family includes five children and a golden retriever. Time away from work is spent bicycling, cross country skiing, boating, and almost any outdoor activity.

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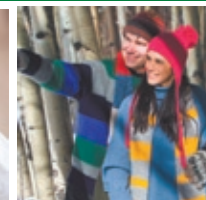
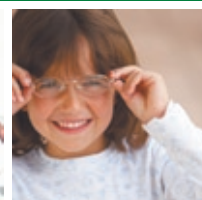
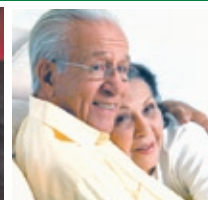
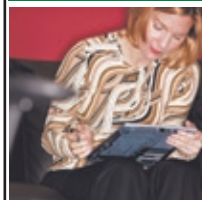
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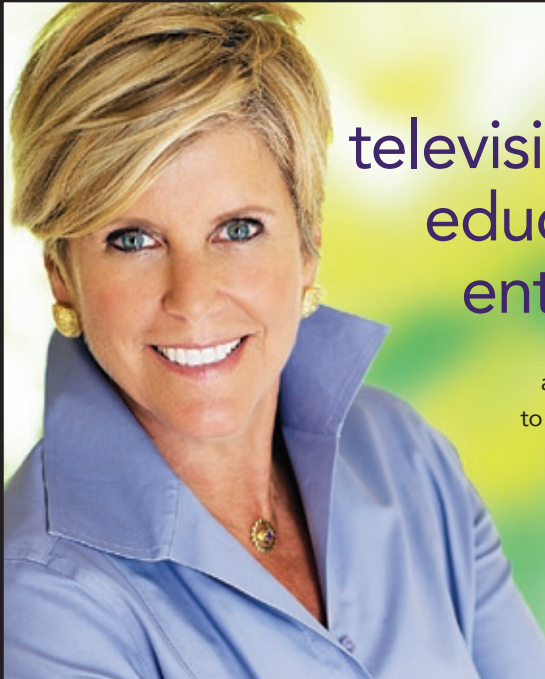
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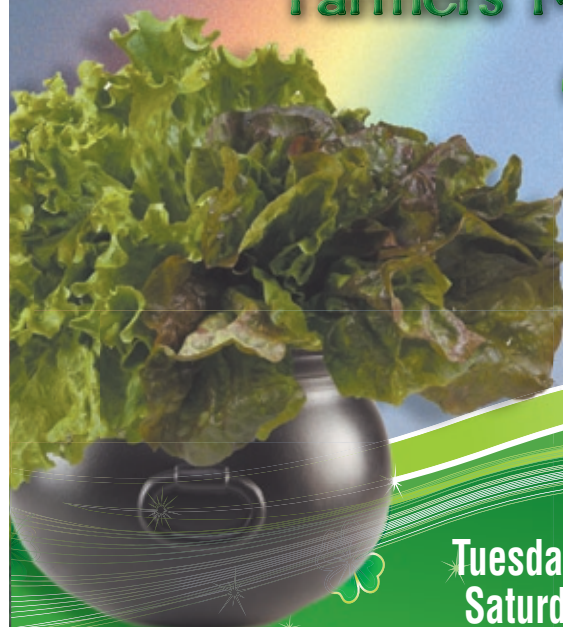


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from the editor



Photo by John Greenwood / Radish

As I was in the studio prepping a little pot of — what else? — radish sprouts to be photographed for the March issue, it occurred to me that seeds were a common theme in the magazine this month. There is the article about some of the more interesting names in the Seed Savers Exchange catalog (page 20) and the recipe for turning mustard seeds into mustard (page 8). An article on intensive gardening (page 16) mentions a way to recycle deli containers to start lettuce seeds, and now there was this article on sprouting seeds to eat (page 12).

Each issue of Radish begins with an outline of stories we'd like to pursue, and though we sometimes have a theme in mind, a lot can change over the course of the next few months. Sometimes a story doesn't pan out. Sometimes we swap articles from different issues. Sometimes pieces that we thought would be short prove so interesting they become main features. Often, a story goes in a wholly different direction than we expected.

Although this sounds like a lot of chaos to manage, it's one of the things I enjoy about my work — watching each issue grow and take shape. I love the unexpected turns articles take (as long as they don't take them at the last minute!), the stories they reveal, and the way a handful of ideas for a magazine can germinate into a wealth of material. One of the best parts is discovering the connections that arise between the different articles, constellations of themes that become clear as one story after another glimmers into being.

It's a useful reminder to me, as much as anything else, that although it's nice when everything goes according to plan, we enjoy life more when we also can take things as they come. The older I get, the more I understand that the real world, as messy and unpredictable as it can be, is also always richer and fuller than the realm of expectations. Opportunities to grow often come packaged as a change of plans. Like a handful of seeds put in a pot, such opportunities sprout every which way — and are no less delicious for it.

— Sarah J. Gardner
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Radish
HEALTHY LIVING FROM THE GROUND UP

Number 3, Volume 10
March 2014

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Radish is a monthly guide to improving your health through the natural foods, products, resources and services of Western Illinois and Eastern Iowa. It is distributed by Moline Dispatch Publishing Co., L.L.C., 1720 5th Ave., Moline, IL, 61265; (309) 757-5041; Fax: (309) 797-0317. To subscribe, send a personal check or credit card information for \$19.95 for one year (\$29.95 for two years) to Radish, 1720 5th Ave., Moline, IL, 61265. No part of this publication may be reprinted or otherwise reproduced without written permission. Send editorial correspondence to Editor, Radish, 1720 5th Ave., Moline, IL, 61265, or e-mail editor@radishmagazine.com. For a list of editorial submission guidelines, visit www.radishmagazine.com.



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the grapevine

From our readers

Bobcats are back (Feb. 2014): “Bobcats were caught on camera in a backyard in Muscatine County in recent years. ... Also, my Cedar County, Iowa, neighbor shared trail cam pics of bobcats a year or so ago. The area was west of Tipton, maybe five miles.”

— Richard Wahlstrand, Tipton

Eat and be merry (Sept. 2013): “I like your informal style that also has facts. By the way, Iowa maple syrup is awfully good, too. Indian Creek Nature Center’s is among the best.”

— Marion Patterson, Cedar Rapids



Thanks to Friends of Radish, you can find representatives of the magazine this month at the Environmental Film Fest, 11 a.m.-6 p.m. Saturday, March 29, in Olin Auditorium at Augustana College, 733 35th St., Rock Island. For previews of the films and more information about this free event, visit radishmagazine.com, where

you’ll also find our calendar full of other great healthy living events in our area.

Radish reads: spinal health made simple

Mini-review: “Strengthen Your Back — Exercises to Build a Better Back and Improve Your Posture” edited by Gareth Jones and Ed Wilson (2013, DK Publishing, 128 pages, \$9.84)

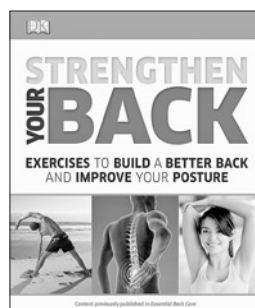


My interest in this book stemmed from personal experience with chronic low back pain. Last year after being diagnosed with degenerative disc disease, I was referred for physical therapy to learn a regimen of back-strengthening exercises. While I do these faithfully every day, the routine has gotten a little boring. I was hoping this book could provide some additional exercises for me to do on an alternating basis. I was not disappointed.

The book provides a comprehensive overview that includes basic anatomy of the spine, diagnosis and treatment of spinal problems, ideas for preventing and coping with pain, as well as maintenance and rehabilitation exercises. It is written in simple terms that those without medical training can understand easily. There are many photographs and diagrams to illustrate the concepts presented.

The latter half of the book addresses the various exercises designed to promote back and neck stability and increase function. Most of the exercises I have been performing were described as well as a number of other ones that may be helpful to me. I feel this book would be helpful to anyone who is interested in maintaining optimal spinal functioning.

— Sarah Malaise, Rock Island



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- 1 tbsp Hy-Vee unsalted butter
- 1 tbsp Hy-Vee Select extra-virgin olive oil
- 3 tbsp Hy-Vee slivered almonds, toasted
- 1 tbsp Hy-Vee Select white-wine vinegar
- 1 tbsp chopped fresh dill or 1 tsp dried dill
- ¼ tsp salt • ¼ tsp freshly ground pepper

1. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket (or see microwave variation). Add Brussels sprouts, cover and steam until tender, 5 to 7 minutes.
2. Meanwhile, melt butter in a small skillet over medium heat. Cook, swirling often, until the butter turns a nutty brown, 1 to 3 minutes. Stir in oil and scrape into a large bowl with rubber spatula. Add the Brussels sprouts, almonds, vinegar, dill, salt and pepper and toss to combine.
3. Microwave variation: Place Brussels sprouts in a glass baking dish. Add ¼ cup water, cover tightly and microwave on high until tender, about 6 minutes.

Nutritional information per serving: 131 calories, 8 g fat, 3 g saturated fat, 10 g carbohydrates, 4 g fiber, 4 g protein, 172 mg sodium, 128% vitamin C, 21% vitamin A.
Source: Hy-Vee.com

The 9th Annual Environmental Film Fest
11:30 a.m.-6:00 p.m., Saturday, March 29

In the Olin Center for Informational Technology at Augustana College, 733 35th St. Rock Island, Ill.

Admission is **FREE**. Doors open at 11 a.m. Movies roll at 11:30 a.m. Healthy snacks and drinks will be provided. There will be fun and inspirational 5-minute short films before the feature films. Parking is available along 38th St. and 7th Ave. and in lots on the campus map (Olin Center is no. 67 on map).

Visit the Film Festival Website
www.augustana.edu/environmentalfilmfest

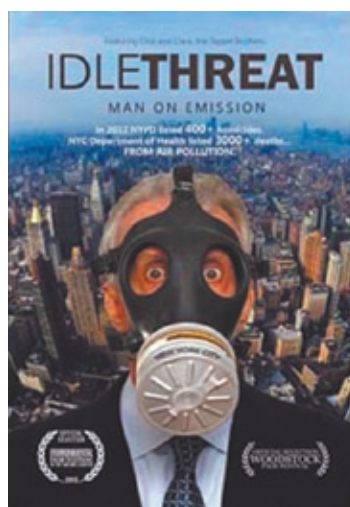
For more information about the Eagle View Group, Sierra Club go to
<http://illinois.sierraclub.org/eagleview>
or contact Kathryn Allen at kasavelie@aol.com



Augustana College



Schedule of Award-Winning Films:



Idle Threat
11:30 a.m.
(37 min.)

Since 1971, the City of New York has had laws restricting curbside engine idling. One man, George Pakenham, determined to reduce air pollution in his neighborhood and combat global climate change, confronted the city's lax enforcement efforts. This film chronicles the challenges and

triumphs of his campaign. Featuring Click and Clack from "NPR's Car Talk," and Mayor Michael Bloomberg, "Idle Threat" profiles one man's challenging quest to make his city and the world a healthier place, and shows that sometimes one person — and a simple act like turning a key — can make a big difference.



Troubled Waters: A Mississippi River Story, 12:30 p.m. (57 min.)

The Emmy Award-winning "Troubled Waters: A Mississippi River Story" tells of the unintended yet severe consequences of farming along the Mississippi, and the efforts being taken to reverse this damage. Crop fertilizers are contaminating the nation's rivers, lakes and aquifers, while at the same time soil is washing away. The film traces the development of America's bountiful harvest and examines its effect on the legendary river, as well as the "dead zone" created in the Gulf of Mexico. Knitting together federal energy, farm and environmental policies, the film makes a compelling case for revamping US agricultural policy and practices. It also helps viewers to grasp a profound truth — that a single drop of water in the upper Midwest has an impact far downstream.



New Green Giants, 2 p.m. (47 min.)

The last 10 years have seen a phenomenal explosion in the organic food movement as it has moved from niche market to mainstream. Today, it is the fastest growing segment of the food industry, attracting all of the major food corporations.

"The New Green Giants" looks at a number of these new and old organic corporations and shows how they are managing, or in some cases, failing to live up to the idealistic dreams first espoused by the back-to-the land folk of the late '60s and early '70s.

The documentary also looks at some of the bigger questions surrounding organic food. Is it really healthier? Is it truly organic? Is it possible to grow from a mom-and-pop operation to become a huge supplier of major grocery chains? Is it actually sustainable? Is it realistic to think the world can be fed organically?



Bidder 70, 3:30 p.m. (72 min.)

"Bidder 70" centers on an extraordinary, ingenious and effective act of civil disobedience demanding government and industry accountability. In 2008 Tim DeChristopher, a Univ. of Utah economics student, disrupted a highly disputed Utah BLM Oil and Gas lease auction, effectively safeguarding thousands of acres of pristine Utah land that were slated for oil and gas leases. He entered the auction hall and registered as bidder #70. He outbid industry giants on land parcels winning 22,000 acres worth \$1.7 million before the auction was halted. Two months later, incoming Interior Secretary Ken Salazar invalidated the auction. DeChristopher, however, was indicted on two federal felonies with penalties of up to 10 years in prison and \$750,000 in fines. DeChristopher stepped up his activism and co-founded Peaceful Uprising, a grass-roots group dedicated to defending a livable future through empowering non-violent action. Follow this gripping story and find out the consequences of DeChristopher's courageous actions which redefine patriotism in our time, igniting a spirit of civil disobedience in the name of climate justice.

The Price of Sand, 5 p.m.
(60 min.)

"The Price of Sand" is a documentary film about the frac sand mining boom in Wisconsin, Iowa and Minnesota.

Director Jim Tittle: "A year ago, an oil company bought land next to my mother's house in rural Minnesota. The deal was kept secret for months, because the new owners wanted to build a huge open pit frac sand mine.

"When their plans became public, I started to investigate. Over the course of this 18-month project, I interviewed small town mayors, truck drivers, business owners, farmers, and two angry moms. I learned that pure silica sand is used for everything from toothpaste to window glass. And I found out that the price of frac sand can't be quoted in dollars and cents."



healthy living from the ground up

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Students at Barre563 get a lateral stretch. (Photo by Gary Krambeck / Radish)

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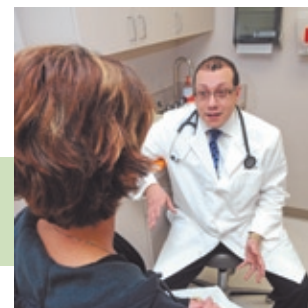
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radishmagazine.com

It takes more than just being a great film to get selected for the annual Environmental Film Fest put together by the Eagle View Group of the Sierra Club. For Kathryn Allen, one of the event organizers, a film should ideally have "that local touch," a connection to an issue that hits close to home. She is excited about all five films being screened this year, but two films stand out precisely because they have that local connection.

The film fest, now in its ninth year, will be held from 11 a.m.-6 p.m. on Saturday, March 29, in Olin Auditorium at Augustana College, 733 35th St., Rock Island. For more about this free event, including descriptions and previews of the films, visit radishmagazine.com.



health & fitness

Raise *the* barre

Ballet-inspired workout builds balance and flexibility

By Ann Ring

“I’ve always been active,” says Sarah Coon. “Running was my mainstay. But after running two and a half miles, my knees bothered me and I got bored.” So began the journey that would one day lead her to open Barre563, a fitness studio with a ballet twist.

While living in Nashville with her husband, Ryan, Coon sampled a barre-method class but there were things about it that weren't a fit. "It was good, but it didn't fulfill me. It challenged me, but it was a difficult class. I didn't feel I was getting any stretching — it was never-ending — you just kept going where it was almost too much."

Her life changed when Ryan gave her a coupon for a different barre class she hadn't tried. "I felt so much better after taking this class," says Coon. "With this, I always felt like, 'I want to do this today — I need to do this for me.'"

The class was at the flagship studio for BarreAmped, a total-body-shaping fitness class influenced by classical and modern dance (though it's not a dance class) as well as Pilates, yoga and orthopedic stretching. Classes utilize a ballet barre, mirror, mat, small weights, and a ball to achieve optimal positioning and results. Its techniques focus mainly on small, isometric exercises that aim to target specific muscles, burn calories, build lean muscle, and improve balance, coordination and flexibility.

When Sarah and Ryan were mulling over a geographical move back to Bettendorf to be closer to family, Sarah's master instructor, Amy Weber, suggested Sarah open a studio in the Quad-Cities. That encouragement led Sarah to form an agreement with BarreAmped and become certified as a BarreAmped instructor.

"The hardest part of the process," Coon says, "was finding a space for the studio." Coon settled on a location at 4884 Utica Ridge Road in Davenport and worked with a small group to hone her teaching instruction.

One of her fears, the proverbial, "What if we build it and no one comes," fortunately didn't come to fruition. Through word-of-mouth, flyers, specials and Facebook, clients arrived on opening day, June 17, 2013. Soon after, her mother Jayne Ploehn, 57, also became a certified BarreAmped instructor. Ploehn currently teaches two classes a week.

The sleek 20-by-30-foot studio has room for about 20 clients. Like a ballet rehearsal room, one wall is lined with mirrors and individual ballet barres. Coon says a normal class size is around 10 people, with ages ranging from 17 to 73. "Everything for us is form. I'm looking at your knees, hips, feet, spine. If I can get you into the right form, you're going to feel it." After warming up with brisk marching, students work seamlessly from one body position to the next for a full hour, incorporating ballet techniques, stretching, Pilates, small weights (not required), a strap, and a small ball on a mat.

"You make it what you want," says Coon. "We focus on flexibility, elongating your muscles, better posture, and tightening your muscles. It's a combination of barre work plus floor work. We're also stretching in between, tightening all those places you want to change."

"It's not about perfection but where you can go for yourself. My job is to help you get there," she says.

Ann Ring is a frequent Radish contributor. For more information about Barre563, visit barre563.com or call 563-265-2634.



Instructor Sarah Coon, left, and students, above, at a Barre563 class. (Photos by Gary Krambeck / Radish)



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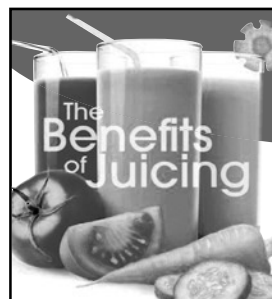
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healthy living

March is for mustard

An easy-to-make
condiment
with a world of
tangy uses

By Leslie Klipsch

Though my stalwart German stomach is always happy to embrace spicy sausage and sharp cheese with a generous side of pungent mustard, it wasn't until I nibbled a salad sporting a tangy French mustard vinaigrette that I really began to appreciate the golden condiment's depth and versatility.

What was it about the dressing that coated each delicious leaf and coaxed from the greens a certain special something? In the years since, I have done my best to replicate it, experimenting with the sacred ratio of oil to vinegar, the herbs, the garlic, the honey ... ultimately arriving at the component that holds the vinaigrette together and provides its wonderful zip — the mustard.

Having mastered the salad dressing, I began to wonder, why not make the mustard that makes the vinaigrette? Kitchen aficionados muster their own catsup and Julia Child's devotees whip up their own mayonnaise, so surely, I thought, mustard can't be too complicated for a determined and curious cook.

I was more correct than I guessed. Making mustard, as it turns out, is a relatively simple feat. Not only did my homemade mustard blend beautifully with oil and vinegar to give my salads that wonderfully punchy flavor, but it also found its way onto slices of cheddar, was slathered on ham sandwiches and thick, crusty bread, and even made a tasty sauce to pour over pasta tossed with shrimp.

It starts — as do many of life's worthwhile ideas and pursuits — with just a seed, or in this case, a handful of seeds. There are three types: black, brown and white (or yellow), of which I found yellow mustard seeds were the most readily available for purchase, sold in jars in the spice aisle of the grocery store and in the bulk spices at health food markets.

The first step to making mustard is relatively hands off: Submerge the seeds in wine vinegar (red or white both work) and cover the mixture loosely for a couple of days. While researching recipes, I discovered that depending on the flavor you're chasing you can use water, wine or even beer to soak the seeds. After you settle on a liquid, it's just a matter of keeping an eye on the mixture in order to ensure the seeds are continually submerged.

For my own mustard making, I began with the simplest option — vinegar — and added cold water a couple of times over the course of two days to keep the seeds soaked. After 48 hours, I transferred the seeds to my food processor, the invention of which I truly appreciated during this particular project. After pulsing the seeds for nearly five minutes, the concoction started to look like the velvety mix we're accustomed to (if still a bit grainy), and I felt comfortable adding flavor to my mustard.

The fun begins when you experiment with add-ins. Seeking extra spice? Add horseradish. Looking to soften the pungency? Spoon in some honey. Sugar sweetens, so does maple syrup. Fresh herbs (parsley, thyme, sage) will add all sorts of flavor dimension. Even chopped fruit can be a welcome addition to basic mustard (see the cranberry honey mustard recipe on the next page).

Once you dress up your mustard by giving all ingredients another spin in the food processor, you can enjoy it immediately. However, if you give the flavors time to meld and make friends (a week or so should do), you'll be in for an even bigger treat. You can spend that time dreaming up all the sandwiches and sauces and dressings soon to have the benefit of your homemade mustard!

Leslie Klipsch is a frequent Radish contributor. Find more of her thoughts on food, faith and healthy living at leslieklipsch.com.

Cranberry Honey Mustard

$\frac{3}{4}$ cup yellow mustard seeds
1½ cups cider vinegar
1¼ cups dried cranberries
3 tablespoons honey
1 teaspoon salt

In a non-aluminum pot or jar, combine the mustard seeds, vinegar and dried cranberries; cover and soak for 48 hours, adding additional vinegar if necessary to keep the seeds covered. Scrape the soaked seed-

and-cranberry mixture into a food processor and process 3-4 minutes until the mixture develops a creamy consistency flecked with seeds and bits of cranberry. Add additional vinegar as needed to create a creamy mustard. Add honey and salt. Mustard can be enjoyed immediately, but a week of aging will allow the flavors to meld. Mixture will thicken slightly as it settles. Store in the refrigerator. Yields about 3½ cups.

Recipe source: *Epicurean.com*

Corned Beef and Cabbage with Spicy Mustard Sauce

4-5 pound corned beef brisket
1 clove garlic
2 whole cloves
10 whole black peppercorns
2 bay leaves
8 medium carrots, cut in half
8 medium potatoes, peeled
8 medium yellow onions, peeled
1 head cabbage, cut into wedges
2 tablespoons butter

Mustard sauce:

3 tablespoons butter
2 eggs
 $\frac{3}{4}$ cup light-brown sugar, packed
 $\frac{1}{2}$ cup granulated sugar
 $\frac{1}{2}$ cup spicy mustard (such as Boetje's)
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{2}$ cups apple-cider vinegar



Photos by Todd Welvaert / Radish

Trim the fat from the corned beef. Place in a large pot or Dutch oven along with garlic, cloves, peppercorns and bay leaves. Add water to barely cover. Bring to a boil, then reduce heat and simmer 5 minutes. Cover pot and continue to simmer for 3-4 hours. Add carrots, potatoes and onions during the last 25-30 minutes of cooking. Add cabbage wedges in the final 15 minutes. Cook until beef and vegetables are fork tender. Remove meat and vegetables from the cooking liquid and slice corned beef thinly across the grain. When ready to serve, spoon carrots, cabbage, onions and potatoes into bowls, along with slices of the corned beef.

Alternately, place the onions, carrots, potatoes and cooking spices in the bottom of a large slow cooker. Lay corned beef, trimmed of fat, on top. Add water to barely cover. Cook

on low for 6-8 hours. During final half hour, add the cabbage. When vegetables and beef are tender, proceed as above.

To prepare the sauce, melt butter in a small saucepan, then remove from heat and allow to cool. Meanwhile, in a small bowl with a rotary beater, beat together the eggs, sugars, mustard, salt and pepper until well combined. Beat in the vinegar. Stir this mixture into cooled butter. Mix well. Over medium heat, bring mixture to a boil, stirring constantly. Reduce heat, simmer for three minutes, and serve hot over the corned beef and cabbage.

Recipe source: *Ruth Weber, Davenport*



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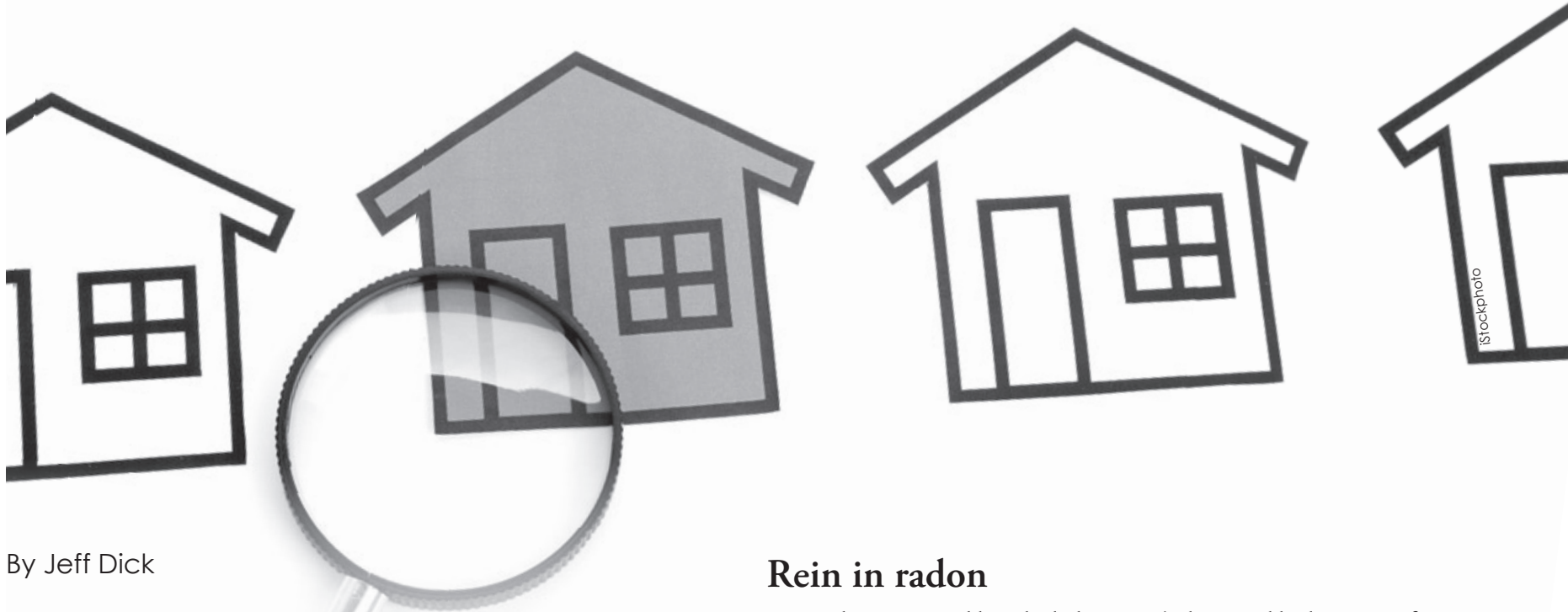
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healthy living

Radon, lead, mold

When to use a home hazard test and when to call a pro



By Jeff Dick

When it comes to household hazards, there are the ones that are easy to spot — the dead tree limb hanging over the roof, the electrical outlet with a fistful of extension cords plugged in — and then there are the less obvious hazards like radon, lead and mold. In some cases, detecting them can be done easily by homeowners using kits available at hardware and home improvement stores. And in other cases, testing is best left to the pros. How important is it to test for these hazards, and which are the ones you can test for yourself? Read on.

Rein in radon

Radon is an invisible and odorless gas. It's the second leading cause of lung cancer for all people regardless of smoking history. According to the Environmental Protection Agency, radon is responsible for an estimated 21,000 deaths per year in the U.S. About one in 15 homes have elevated radon levels.

The EPA recommends all homes be tested for radon, starting with a short-term test taken over a three- to seven-day period that offers a quick sample of radon concentration. Testing is inexpensive and easy for homeowners to administer themselves but only offers snapshots.

Once the sample is taken, test kits are shipped to a laboratory for analysis, with results dictating whether more representative long-term testing should be done. Winter contributes to the buildup of radon since homes get less fresh air from outside, which makes it an ideal time for testing.

Consumer Reports prefers the RTCA (Radon Testing Corporation of America) Charcoal Canister Test Kit (\$24) for short-term testing. If tests show a level of two picocuries or higher, CR recommends the longer-term Accustar Alpha Track Test Kit (\$28), administered for three to 12 months for more accurate results. Otherwise, the Safety Siren Pro 3 Electronic Radon Gas Detector (\$165), featuring an LED readout, can be used for both short- or long-term testing.

The EPA suggests remediation for radon levels between 2 and 4 picocuries,

Continued on page 30

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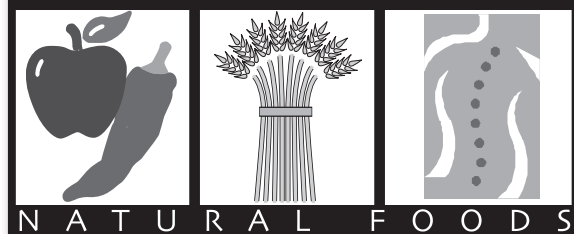
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grow your own

Go green early

Get a jump on spring by growing your own sprouts

By Sarah J. Gardner

For me the hardest part of any cold season isn't the frostbitten heart of winter but now when spring is so tantalizingly close. Everything in me yearns to get outside, to breathe the fresh air and get my hands in the dirt. Though I'll have to wait a bit longer to get my garden going, I've found growing a pot or two of edible sprouts on my kitchen sill to be an easy and satisfying project in the meantime.

Although sprouting jars have grown in popularity in recent years as a soil-free method for growing edible sprouts, I can't say it's a technique I prefer. Instead, I still use soil to pot my sprouts. The soil helps retain moisture and thus prevents the seeds from drying out, so you don't have to worry about rinsing the seeds multiple times a day as you do with a sprouting jar.

To grow potted sprouts, you begin by soaking your seeds in roughly four parts water to one part seed for eight to 12 hours. Then you drain off most of the water and pour the remainder — seeds and all — onto a damp container of potting soil (the soil needs only be 1½- to 2-inches thick). Spread the seeds over the soil as evenly as you can. Then, lay a few sheets of soaked paper towels or newspaper over your seeds, trimming off the excess.

better understand the connection between foodborne illness and sprouts — there have been 30 such reported outbreaks since 1996, according to foodsafety.gov — I came to see that it wasn't a few reckless companies using bad seeds or methods, but an inherent risk in the conditions needed to get seeds to sprout. It's as true for sprouts you grow yourself as anywhere else.

Because of this, I not only wash my sprouts well, I also no longer eat them raw. Instead, I toss them into stir fries and saute them to add to omelets. Some sprouts hold up better to the high heat of cooking than others (alfalfa sprouts, for example, are dismal cooked, while bean sprouts do much better), but experimenting can be fun. The sprouts that don't cook up well I grow as a houseplant for a week more before starting over, a welcome token of spring perched on my sill.

Sarah J. Gardner is the editor of Radish.

I've found growing a pot or two of edible sprouts on my kitchen sill to be an easy and satisfying project.

For the next few days, keep the paper cover wet by watering it well each morning. When the seeds start sprouting, they'll push the paper cover up, at which point you can discard it. The seeds can grow uncovered from then on.

Regardless of your growing method, when it comes time to snip off some sprouts to eat, you'll want to wash them very well and pat them dry. Why? The same conditions that are ideal for sprouting seeds — warm and damp — are also the sort of conditions in which bacteria thrive, including the dreaded *salmonella* and *E. coli*.

That's a fact I used to shrug off. Like a lot of people, I felt I had eaten sprouts for years and never felt the worse for it. But as I came to



John Greenwood / Radish

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A sister's hands

Massage therapist works to connect body, mind, spirit

By Jane Carlson

It was faith, music, and the aftermath of family trauma that brought Kay Forkenbrock to the Sisters of St. Francis in 1962. Forkenbrock turned to the religious life as a young woman after the deaths of her brother and father. A musician since childhood, she spent many years serving parishes by training musicians and planning liturgy.

More than 50 years after becoming a nun, the Dubuque woman has a new role in the community — helping those in physical and psychological pain with a healing touch through her work at the Shalom Spirituality Center at 1001 Davis St., Dubuque, Iowa.

Formerly known as the Shalom Retreat Center, the organization is owned and directed by the Sisters of St. Francis and offers workshops and retreats on a multitude of spiritual and educational topics to people of all faiths.

Forkenbrock's journey to what could be called "spiritual body work" began when she left the Midwest in 1994 for a brief immersion experience in a Baltimore homeless shelter while on sabbatical. She ended up working with the homeless there for two years, and then came back to Iowa to do similar work at the John Lewis Community Center in Davenport.

While her work during this time period was primarily case management, Forkenbrock started taking seminars at Shalom on massage therapy as a tool for spiritual healing. "I just always felt like this would be something good to do with people who were in stressful situations," Forkenbrock says.

Then she received a grant from the community to do similar work in Omaha, where she encountered sisters from El Salvador who were using massage therapy and body work to help people reduce the effects of various traumas, just as they had used it to help veterans of the El Salvadoran civil war.

It was in Omaha that Forkenbrock decided to



Massage therapist Kay Forkenbrock at the Shalom Spirituality Center, Dubuque, Iowa. (Photo by Sarah J. Gardner / Radish)

become a licensed massage therapist and devote herself to the practice. She then returned to Dubuque and has been practicing at Shalom since 2009, working to reduce pain and trauma for the elderly, those recovering from injuries and abuse, and others in need of a healing touch. She also travels to Waterloo frequently to work with immigrants suffering from work-related pain.

"It really is not voodoo as some think," Forkenbrock said of her current work. "Western

medicine is based on what you can see, what shows up in scientific testing. This is more in the spiritual realm."

Healing Touch is a well-known therapy used in hospitals, hospice, spas and long-term care facilities by nurses and massage therapists to help patients heal. The Healing Touch Spiritual Ministry program, in which Forkenbrock is certified, situates those concepts of body work in a Christian context, using healing ministry, prayer and hands-on healing to help people move past physical and emotional pain.

The idea, Forkenbrock explains, is to release negative energy from the body caused by stress or trauma. "Some of their reactions (to Healing Touch) can be quite dramatic," she says.

She admits the concept is controversial to some — Catholic bishops, for example, have denounced the practice of Reiki therapy, which is similar — but she believes the practice can be more effective in treating trauma than traditional talk therapy, which she says can "re-traumatize" a person.

For Forkenbrock, this type of work is all about connecting the mind, body and spirit. "We've lived under this attitude, this dualism, that part of us is bad and part is good. But we're really whole persons," she says. "In general, this does bring the mind and the body and the spirit into one, which is how we should be functioning."


Forkenbrock is seeing more people become interested in body work and tuning in to the idea that psychological and spiritual issues can be the cause of physical pain. "We are beginning to realize there is more than just the physical. We're more spiritual than physical," she says.


Jane Carlson is a frequent Radish contributor. For more information on the Shalom Spirituality Center, visit shalomretreats.org. Kay Forkenbrock can be reached at 563-690-0506.

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More with less

Intensive gardening keeps the produce coming

By Nicole Lauer

The gardening bug first bit Tom Monroe when he tagged along to his wife's gardening class and walked away with a seemingly harmless packet of cherry tomato seeds.

"I planted every one of them," he says with a laugh. "I tore up the backyard."

The Davenport resident, who is now a Master Gardener through the Iowa State University Extension and Outreach Office, says he's learned quite a bit since first dabbling in gardening more than 10 years ago. He now takes a completely different approach he likes to call "pluck and plant."

Monroe now focuses most of his efforts on growing what he can in just a few raised beds and small containers, such as flower beds or five-gallon buckets from the hardware store.

Monroe says this "intensive gardening" approach is all about planning what to plant next after you pluck anything out of your garden. "We talk about intensive gardening, one thing people have to understand is you're growing a lot of stuff in a small area," he says. "Intensive gardening can be looked at as raised beds, vertical gardening, companion gardening."

After plucking one plant out of his growing space, Monroe quickly amends the soil, using organic fertilizer, compost, or whatever is necessary to get the next

plant in the ground ASAP. He also starts seeds in potting mix, not dirt from the yard. "Soil is a key to a lot of this," he says. "With just a little work, your soil can produce day in and day out. It's amazing."

Monroe says lettuce is one of the easiest plants for intensive gardening. He says you can grow romaine lettuce, pull it out when it gets 6- to 8-inches tall and plug something right back in. Radishes are another forgiving plant for those looking to get started, he says, because they push each other out of the way if you space them too close together inadvertently.

"One thing people have to understand is you're growing a lot of stuff in a small area."

He says a 24-inch-long flower box that is 6 inches in width can be used to grow radishes, green onions, lettuce, spinach, Swiss chard, beets or any similar plants. The idea is to go for a quick turnaround in plants. For that reason, tomatoes and peppers are not appropriate for intensive gardening because they need 79 to 100 days to grow. In comparison, radishes, onions and lettuce all can be yanked from the ground to allow space for a new plant in just 29 to 39 days.

Intensive gardening is done easily with little expense. Monroe encourages people to scour the plastic meat containers from the grocery store, drill a few holes in the bottom and throw in some soil and lettuce seeds. "And if you continue to clip, you'll have salads all the time."

When not busy with his plants or teaching seminars, Monroe hauls priority class U.S. mail by truck out of Milan, Ill. Previously, his trucking career gave him an up-close look at just how produce gets to people's homes.

"That's why I grow a lot of my own food. ... I used to haul spinach, used to haul tomatoes out of Chicago." He says tomatoes would go into the truck green and come out red. "People want to know how it happens. We just gas them."

Monroe says the amount of uncertainty and chemicals in today's food chain drives him to grow as much as he can on his own, something he achieves through intensive gardening, maintaining a green house and canning.

*Nicole Lauer is a regular Radish contributor. Those looking to learn more from Tom Monroe can find out how to get started in **intensive gardening** on March 15 at a seminar presented by the Quad Cities Food Hub and Davenport Parks and Recreation. The event runs from 10 a.m. to 2 p.m. at the Freight House, 421 W. River Drive, Davenport. Registration is \$5 and can be paid at the door or by calling 563-328-7275. For more information, visit qcfoodhub.com.*



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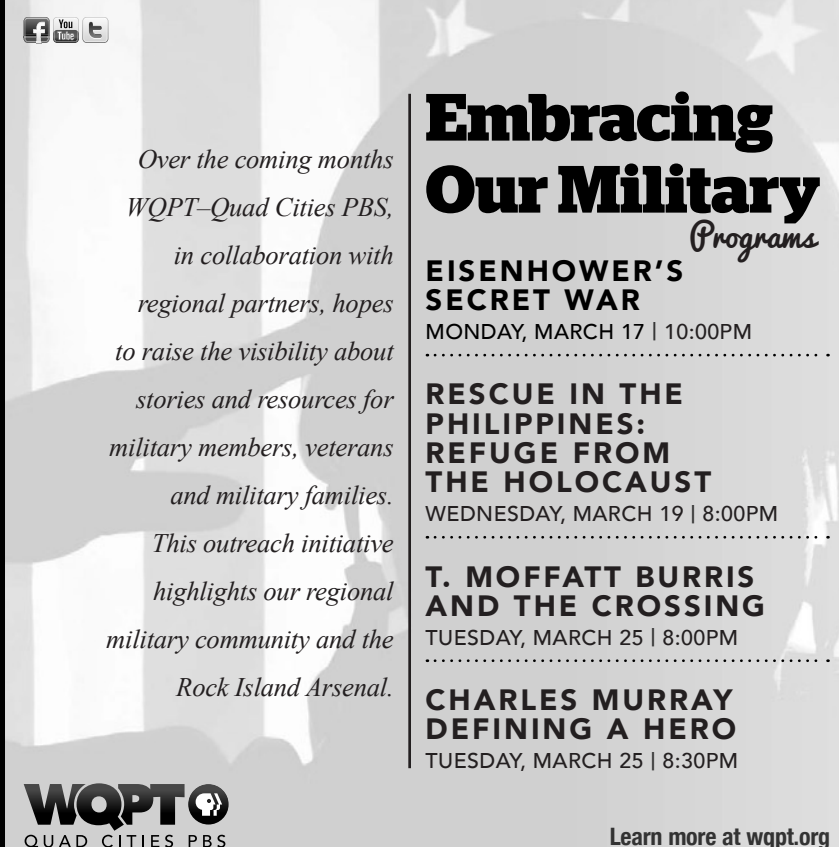
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Seeds with a story

Some heirloom variety names have a tale to tell

By Annie L. Scholl

Flip through any seed catalog for heirloom vegetables and among the brilliant photographs of multicolored beans and polychrome tomatoes you'll find some pretty colorful names as well. Some, like the white "casper eggplant" and the ruffled "drunken woman fringed-headed lettuce," almost don't need photographs at all — their name says it all. Others leave you scratching your head. Just where did those names come from?

Jenna Sicuranza, who has been the "Collection Curator" at Seed Savers Exchange in Decorah, Iowa, for about a year and a half, says most of the names

come from a person or place associated with the variety — or are descriptive of the physical appearance of the fruit or seed. "It's not uncommon for a steward of a variety to just make up a name at random, whatever they desire," she notes.

Of course, there are always exceptions to any rule. I asked Sicuranza for some of her favorite storied seeds, and flipped through the catalog to hunt up a handful of bewitching names myself. Here are just a few.

Annie L. Scholl is a frequent Radish contributor. To browse the Seed Savers Exchange catalog online or to order a print version, visit seedsavers.org.

Want to create a great name for your own variety? The SSE catalog suggests this formula:

{mother's maiden name}
+
{adjective}
+
the word {favorite}



Nebraska wedding tomato

This tomato is a community heirloom, first introduced in 1983 by Dorothy Beiswenger of Crookston, Minn. Beiswenger received it from a friend who told her it was a variety that was commonly given as a wedding gift to Nebraskan brides. The friend also said the variety was brought to Nebraska in the late 1800s and grew well in the cold, windy climate. It's a beautiful round, orange fruit, good for slicing and fresh eating.



Selzer purple radish

Seed donor Lial Selzer's great-great-grandparents brought seed with them when they immigrated to Iowa's Amana Colonies from Germany in 1867. Selzer's grandmother taught him how to save seeds. After she died in 1962, he began growing his own.



Lina Sisco's bird egg bean

Lina Sisco, one of the six original members of Seed Savers Exchange, donated this family heirloom bean in 1975. Sisco's grandmother brought it to Missouri by covered wagon in the 1880s. So why is it called Bird Egg? Sicuranza imagines the family called it that because of its appearance, which is large and tan with maroon markings.



Chioggia beet

This pre-1840 Italian heirloom was introduced to the United States before 1865. But "Chioggia" is not an Italian word for the white stripes that color this distinctive beet, as you might suppose. Rather, the beet's name comes from a fishing town near Venice.



**Hop McConnell
speckled corn**

This limited-edition corn variety gets its name from both the person who originally grew it and its appearance. Wade Hopkins (Hop) McConnell, who operated a general store in Virginia in the early part of the 20th century, grew it. He made it available to his customers and it became very popular in the area. Fred Pierson, who grew up in the Virginia county where it was grown, donated it to Seed Savers. His parents grew this variety, which they used for cornmeal and hominy. The large ears produce a single kernel color — red, white, or red-and-white striped.



**Hjerleid blue
sweet corn**

Donor Marvin Gonitzke received this sweet corn variety from his co-worker, Eugene Hjerleid. It was originally grown in Wisconsin by Eugene's grandfather, Ludwig Hjerleid, at least as far back as the early 1940s. After Ludwig's death in 1955, the family thought his corn was lost. But in 1978, Eugene's father, Lloyd, found a cob tucked up in the rafters of an old shed and Eugene and his brother Duane began growing their grandfather's corn. Duane grew it every year until retiring his garden in 2012. The Hjerleids eat it fresh or canned, usually after the kernels all have turned blue.

Photos courtesy of Seed Savers Exchange



Tell your own story!

Grant Olson of the Seed Savers Exchange will offer a workshop at the Bettendorf Public Library from 6 to 8:30 p.m. on March 20. The workshop kicks off the library's "Hometown Harvest" series on gardening, local foods and sustainability. Participants will learn how to save seeds from their favorite garden crops and will start seeds to take home for the upcoming growing season. Space is limited so registration is required. For more information about this and other Hometown Harvest workshops, call 563-344-4179 or visit the library's website at bettendorflibrary.com.



**Aunt Mae's
bibb lettuce**

This one has a fun story. A member from Pennsylvania donated it to Seed Savers Exchange in the mid-1990s. The donor acquired it from Nestor Keene, a barber who offered these seeds for free to his patrons. Keene had received the variety from his Aunt Mae Smith. When Keene retired in 1980, his son took over the barbershop and continued to offer the lettuce to customers. This hardy lettuce is known for its excellent flavor and crispness.

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QCFH Garden Series Events made possible, in part, by a grant to EICCD from the U.S. Institute of Museum and Library Services.

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body, mind & soul

Into the circle

Seasonal wisdom gleaned from Celtic spirituality

By Chris Greene

Life is a circle, like the seasons. It follows a pattern,” says Patricia A. Shea, a life coach and spiritual director from East Moline. But the insight isn’t her own — rather, she draws it from her study of Celtic spirituality, which is grounded in nature and intermingles the rhythm of our lives with that of nature’s seasons.

“It makes no difference what your religious heritage is. It’s universal enough to use the qualities that resonate with you to enhance your spirituality,” she says of Celtic spirituality, explaining that it is not a formal religion but more a way of viewing and interpreting life.

There are four characteristic ideas that are key to understanding the spirituality of the ancient Celts, says Shea.

First, “everything is sacred. There is a divine energy that goes into everything we create and everything that we create with what we have created,” she says.

She also says Celtic spirituality looks at things in a “both/and” point of view. “I can be both happy and sad; both serious and light; both good and bad — one does not negate the other,” she says.

It’s also inclusive. “We are to embrace and include everything. Everything is interconnected, like a Celtic knot,” Shea says.

And last, but not least, it is grounded in nature. “Our first home is Earth. We are clay, of the earth. No matter where we live, even in a big city like Chicago, it is those bits of nature that will keep us in touch with who and what we are,” she says.

It’s easy to see what drew Shea to pursue a deeper understanding of this way of looking at the world. She says she always knew in her fiber that she was drawn to Celtic seasonal spirituality, even before she knew what it was.

“I became conscious of it in 2000 when I began reading ‘Kindling the Celtic Spirit’ (by Mara Freeman). It spoke to me,” she says.

For Shea, it connected her to her 4-year-old self. “I can remember clearly laying under a tree, singing songs to God, and it was as if I felt the tree hugging me,” she says. Later in life, she found herself drawing that same comfort from the

nearness of trees — that reminder that she is one with nature, with the seasons. “It’s as though it’s something I can feel in my DNA,” she says.

And even though we live in a very different day and age from the ancient Celts, there are a number of things we can learn from their way of looking at the world that can illuminate our own lives, Shea believes — particularly in understanding how our own lives connect with the cyclical pattern of the seasons.

For the Celts, the year began with a season of darkness stretching from late October to February, followed by the season we are in now, marked by the return of signs of life. “We are still on the dark side of the year, but we can see the beginning of life coming. ... Everyone is excited because there is hope and light. It is important to believe that even in the dark, light shines, and that there is hope,” she says.

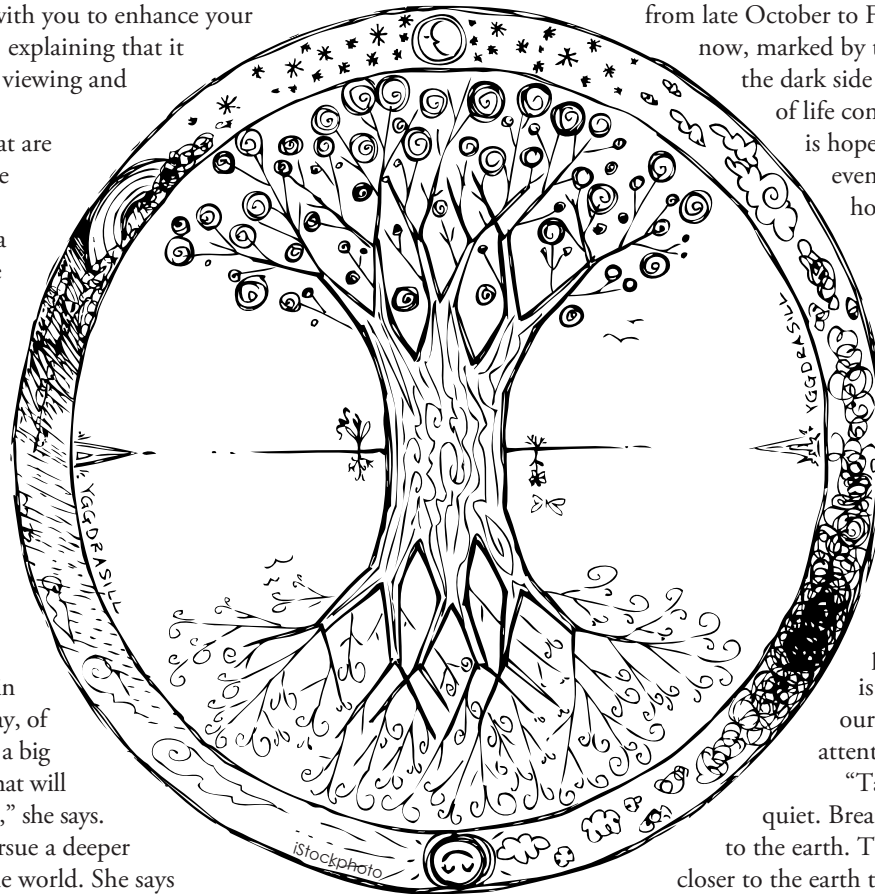
This season is followed by the season of life, which starts in May, and succeeded by the harvest season, and then back to darkness where the circle of life begins again.

Shea says that we must see that although the year and its seasons can be seen as a circle we repeat, it is never the same circle — it will be March 1 again, but it will never be March 1, 2014, again. The day will be different. We will be different.

“It’s different every time. If we concentrate on this, it makes us live in the present. It makes us be more aware of what is going on now,” she says. “We need to take our time, go slow. It’s important to be more attentive in the seasons and to live life fully.

“Take a few minutes each day to sit and be quiet. Breathe and be aware that you are grounded to the earth. Take off your shoes and know that you are closer to the earth than you were moments ago when you had your shoes on. Bond with the clay, a pine cone, a leaf, a feather — something that speaks to you and tells you where it began.”

Chris Greene is a writer on staff with Radish. Patricia A. Shea will be leading a retreat, “Gifts of the Celtic Year,” in late May at Our Lady of the Prairie Retreat. To learn more about her services as a life coach and spiritual adviser, contact her at patshea162@gmail.com or call 309-644-1947.





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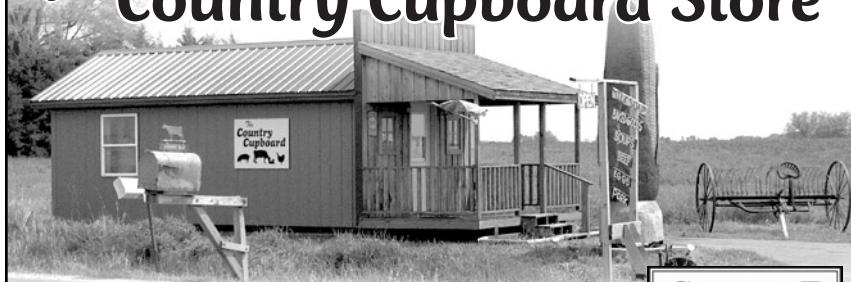
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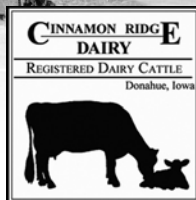
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Palliative care

A dialog between patients and care providers

By Laura Anderson Shaw

When someone is suffering from a serious, chronic illness or disease, there can be more to managing the condition than just treating the condition itself. The person also may be battling anxiety or depression and struggling to make big decisions, all while dealing with the symptoms that come with a life-threatening or incurable illness.

Enter palliative care. “It is really looking at the patient as a person,” says Dr. Ahmed Okba, medical director of palliative care at UnityPoint Health — Trinity.

Palliative care can help people at any stage of serious illnesses, and it also can open dialog between physicians and patients about their wishes when it comes to treatment. Genesis Health System palliative care physician Dr. Linda Jager says that perhaps an 80-year-old patient suffering a serious illness may not wish to have an invasive procedure, or “that next round of chemo.”

Jager says the goals of palliative care “are to make the patient have the best quality of life while they’re dealing with a serious and/or chronic illness,” conditions like cancer or congestive heart failure.

To help achieve that, palliative care teams are “multidisciplinary,” Okba says, and can be made up of physicians, nurse practitioners, social workers, nurses, chaplains, specialists and more.

Jager says sometimes patients can “just get swept along. They often aren’t as informed” as they could be about their condition, “or given the choice to direct their care. Or, they don’t feel like they know how to make those choices.” Or, perhaps they are in pain, and “you really can’t deal with anything else, because that consumes you.” The team can offer information, education and support for the patient and their family, Okba and Jager say.

Okba says when he visits with a patient, “I try to know them as a person.” He asks what they know

about their disease, and whether they need him to explain anything to them. “Every time I do that, they’re relieved,” he says. They start to feel like, “OK, now I know what I’m dealing with,” he says.

Okba and Jager say the care team also works to support and educate the patient’s family about the particular disease or illness the patient was diagnosed with. “Not only does it (the illness) affect them (the patient), but it also affects their family,” Jager says.

As similar as palliative care can sound to hospice care, it also is very different, Jager says. Palliative care works to support people and relieve their suffering while they seek curative treatment, while “hospice really (is) designated for that last six months of life,” Jager says, for those who are no longer seeking curative treatment.

Palliative care “is not end-of-life treatment,” Okba says. It also isn’t “to change their (a patient’s) mind,” one way or the other, Jager says, but assess “what they want.”

“It facilitates patient autonomy,” Jager says, by offering people access to information so they can make their own decisions about their health care.

“We are there to complement” care from specialists or other physicians, Okba says, and “really give attention, and listen (to) what the patients’ goals of care” are. “That’s very important,” he says.

When a patient is in need of palliative care, their physician can order it, Okba and Jager say. In the Quad-Cities area, Trinity and Genesis offer palliative care programs, on an inpatient and outpatient basis at Trinity, and an inpatient basis at Genesis.

Helping patients and their families through palliative care can make a difference in their outcome, Okba says, and how they think about how their health care is being delivered.

“It really touches your heart,” he says.

Laura Anderson Shaw is a writer on staff with Radish.



Dr. Ahmed Okba talks with a patient. (Photo by Gary Krambeck / Radish)

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handmade

Needles and notions

Close-knit community inspires Q-C yarn boutique owner

By Sarah J. Gardner

Ordinarily, a new mother can expect to have a few weeks off work after the birth of her child. Joy Povich, however, owns and operates her own business and didn't have the staff to cover a maternity leave for herself.

The solution came from an unexpected place: Customers of her yarn shop, Knit & Knot Yarn Boutique in Bettendorf, stepped forward, volunteering to work in shifts so Povich could have some time at home with her newborn.

It's all the more remarkable because Povich had opened Knit & Knot when she was seven months pregnant. Two months later, customers she had barely met were working together to give her three weeks of maternity leave.

That special sense of community found in a yarn shop, says Povich, is what makes her love her job. "Since we're not from the area, we started from scratch," she says. "But we've really made some good friends in the shop and found plenty of adoptive grandmothers."

Although she was taught how to crochet by a family friend at the age of 7 and learned a lace-making technique known as tatting from her grandmother the same year, Povich came to knitting much later, when she was fully grown. It was a rocky beginning. Her first project was a baby blanket. Once she finished it, Povich says she "got rid of the needles right after. I thought, 'If this is knitting, forget it!'"

But before long, she tried again, knitting a scarf and then a sweater she designed herself. After that, she was hooked. In fact, the problem-solving skills she learned along the way were one of the things that later made her think she could run a knitting shop successfully.

Povich says between five and 10 customers come in each day to ask for help with a problem they've encountered with one of their knitting projects. "I've never found a problem I can't solve," she says. "Of course, for some, the only solution is to rip it out and start over. That's always sad. But for many projects, we can find a different solution."

Many of those same customers return later to show off their finished projects, as will other customers who want to celebrate something they've completed. "People want to share the love and effort they put into something they've made. It's nice to be able to share in their pride," Povich says.

It's that unique yarn-shop culture that makes her love what she does, says Povich. "Here, we really want people to stay around; we want the company, we want the community, we want to get to know our customers," she says, pointing to a large table in the back half of the store where customers often can be found sitting and knitting together.

The community-building aspect of a yarn shop is one of the things that attracted Povich to the idea of opening Knit & Knot. "It's about passing it on, sharing that with everyone who comes in, validating the effort it takes to make something," she says.



Joy Povich and son Miles at Knit & Knot. (Photo by Todd Mizener / Radish)

Since opening the store in 2012, Povich says she's learned a few things. One of the biggest business lessons is that "it's a lot easier to spend than to sell," she says with a laugh. "You get excited about products when ordering, but sometimes they aren't what customers are looking for."

In choosing yarn to stock the shop, Povich says, it helps to be able to "imagine a project to use it for." She knits a lot of sample swatches with the yarn that comes in, and that helps, she says.

Owning the shop has been a learning experience for her husband, Jotham, as well. In addition to his work as a civil engineer and his studies (he recently returned to school), Jotham helps tend the store. Along the way, he has learned to knit.

And their son, Miles, now 1½, has made a lot of friends as he toddles around the shop. He "doesn't know a lot of strangers," Povich says warmly. "He says 'hi' to everyone who comes in."


Sarah J. Gardner is the editor of Radish. For more information about Knit & Knot, located at 3359 Devils Glen Road, Bettendorf, visit knitandknotyarn.com or call 563-332-7378.



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Beans for breakfast

A protein-packed, high-fiber meal to start the morning

By Sarah J. Gardner

For many years I thought the phrase “full of beans” was a perhaps more colorful way of saying someone was full of hot air. In fact, the phrase actually is supposed to refer to someone who is full of health and vigor. Imagine my surprise (to say nothing of the previous conversations that I now had to re-evaluate)!

And yet, thinking back, this turn of phrase really shouldn’t have come as a revelation at all. As far as nutritious foods go, beans are little miracles. They are inexpensive, easy to store, widely available, packed with protein, full of heart-healthy soluble fiber, and the colorful varieties of beans are potent sources of antioxidants. No wonder a person full of them would be in good health!

The impressive nutritional profile and affordability likely also goes a long way toward explaining why in many parts of the world beans are a common breakfast food. Although we tend to save our beans

for later in the day and load up on cereals and fruit or bacon and eggs for breakfast, in other corners of the globe beans are seen as the perfect food for the start of the day.

In fact, because so many people in so many different places eat beans for breakfast, there is a true wealth of dishes for those with a taste for beans to try. This includes breakfast fare as diverse as spicy Mexican huevos rancheros and comfort foods like British beans on toast. There are also less familiar dishes like ful medames, a stewed fava bean dish from Egypt, and dosa and adai, lentil crepes from India. Even here in the U.S. we have a tradition of eating breakfast beans in our not-too-distant past: think of all those cowboys out on the range, starting the day with a plate of beans and a slab of cornbread in the morning.

If you are like me, you will get this far and think, “Lots of nutritional benefit? Lots of people enjoy it? Let’s give it a try!” As it turns out, if you’ve

eaten oatmeal, beans aren’t a radically different breakfast experience. They are warm and filling, easy to digest, and can be quickly dressed up by adding extra toppings (onions and cheese being two favorites). And, like oatmeal, the fiber and protein content helps control both hunger and blood sugar for hours afterward in a way that puts sugary cereal to shame.

If you are not like me — which is a fair number of people, including several guests who have sat at my breakfast table amused to find beans among the offerings — it might take more persuading. For the curious, I’ve found a bowl of lentils with stewed apples and buttermilk to be just the ticket. It looks inviting and tastes delicious with all those sweet, tangy and peppery flavors coming together. And for the hard-boiled skeptics who just won’t touch a bowl of beans before noon, the stewed apples are just as delicious on top of waffles, yogurt or oatmeal.

Sarah J. Gardner is the editor of Radish.



Gary Krambeck / Radish

Red Lentils with Stewed Apples and Buttermilk

Lentils:	Pinch of salt
1 cup red lentils	$\frac{3}{4}$ cup water
$2\frac{1}{2}$ cups water	1 tablespoon maple syrup
Topping:	$\frac{1}{2}$ teaspoon ground cinnamon
1-2 tablespoons unsalted butter	$\frac{1}{4}$ teaspoon ground ginger
2 firm, tart apples, peeled, cored, and sliced	Buttermilk, to taste

In a medium saucepan, bring the lentils and $2\frac{1}{2}$ cups water to a boil. Lower the heat and simmer until the lentils are very soft and most of the water absorbed — about 20 minutes.

Meanwhile, melt the butter in a medium skillet over medium-high. Add apple slices and lightly brown, approximately 5 minutes. Add water, syrup, cinnamon and ginger, and cook 4-5 minutes more, until apples are tender and water is reduced by half, glazing the apples.

To serve, ladle lentils into bowls and top with stewed apples and a dash of buttermilk to taste.

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Continued from page 10

with higher readings dictating immediate action. Sealing cracks in floors and walls, along with venting underground gases, is among the methods used to reduce radon levels. Go to epa.gov/radon for more information, including how to find a certified radon-reduction contractor.

Get the lead out

Lead poisoning can affect anyone, but young children are particularly susceptible to impaired mental and physical development. Since there is no safe level of lead for children, pediatricians suggest initial blood-test screening at one to two years of age.

In addition to the testing doctors do of the youngest members of the household, the house itself also can be tested. Houses built before 1978 (when lead paint was banned) should have indoor painted surfaces checked for lead. There are a couple of basic do-it-yourself testing methods. According to Consumer Reports, "rhodizonate-based" testing can yield false positives on red or pink paint, while "sulfide-based" testing can yield false negatives or positives on dark paint.

To compensate for the shortcomings in each method, CR recommends using both types of kits and testing several areas. Home centers and hardware stores carry reputable kits that homeowners can administer themselves, such as 3M Lead Check (\$8) and D-Lead (\$30), which are both EPA-recognized.

Other options include sending paint samples to a lab, which runs about \$100 per sample, or hiring a technician with an X-ray fluorescence analyzer, which runs upwards of \$500 for the average house.

For more information on dealing with residential lead, including finding a professional for remediation, go to epa.gov/lead.

Break the mold

Mold is ubiquitous. Various types of mold can be found on improperly stored bread and other foods, in the bathroom shower, around leaky plumbing, and behind walls, just to name a few places. Warm, oxygen-rich, humid environments provide breeding grounds.

Toxic molds are the source of greatest concern since they can trigger a variety of health problems, including chronic fatigue, liver damage, headaches and other maladies. But even less pernicious mold strains can cause allergic reactions, lung infections and rashes, as well as other issues.

Small areas of mold can be treated with a mixture of one part chlorine bleach and 16 parts water. Goggles, heavy-duty gloves, and a respirator should be worn in order to avoid skin contact with, or inhalation of, mold spores — reasons enough to consider the services of a professional.

Consumer Reports as well as other experts recommend against mold-test kits, warning that they are unreliable in diagnosing problems. Inspection quality, not the mold samples, is paramount in identifying a mold problem.

When hiring an inspector, keep in mind that certification in mold remediation implies training but neither the EPA nor other governing bodies certify mold inspectors. For that reason, it's a good idea to check references before hiring a mold inspector and ask what was involved in his or her certification process.

For more information, visit epa.gov/mold.

Jeff Dick is a regular Radish contributor.



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food for thought

Feeling lucky

Sometimes good fortune is a matter of perspective

By Julie Stamper

I once owned a retail store. When it was just starting out, I happened to find a patch of four-leaf clovers in our yard. I picked a bunch of them every week, carefully placed them between the pages of books until they were flat and dry, then framed and sold them for \$7 each in the store. Customers loved them, and I had people from out of town stop in the store asking for them.

I thought it was some kind of talisman of the great fortune that would surely come to my small shop, until the day my husband sprayed the yard with a chemical that effectively killed my lucky patch of clover. He didn't feel particularly lucky, either, when I found out about it.

I was horrified and searched for some great, metaphorical meaning in the murder of the four-leaf clovers. Would this be akin to walking under a ladder, breaking a mirror, or having a black cat cross my path? Certainly this meant my store would have some kind of terrible luck — where would I ever find another four-leaf clover patch?

One day I was bemoaning my bad fortune to a wise friend. She let me whine about it for a bit, and then put down her coffee cup, looked me straight in the eye and said, "Julie, it was really lucky that you had that patch in the first place. How many people have ever even seen a real four-leaf clover? You had an entire patch of them, and they kept producing! It helped you by putting a quirky item in your shop that made it special."

BOOM. Perspective change.

Since then, instead of looking at situations as being devoid of luck, I try to look at how that situation brings me luck, or maybe saves me from some other, worse fate.

Not long after the clovers died, my sister and I were having a conversation about a situation she was going through, and she was pretty distraught. At one point in the conversation, she told me that other than having her kids, she considered herself to be the unluckiest person in the world. I couldn't believe it. I thought about all of the people in the world who would give anything to trade places with her right that moment, troubles and all.

I said to her, "I know you're going through a hard time, but you have to step back and take a look at your life. You're married to someone who cares about you. You have two beautiful, healthy children. You have a place to live and food to eat and a car to drive. You aren't fleeing the country as a refugee. By virtue of just being born where you were born, and living the life you are currently living, you're luckier than most people on the planet."

I'm pretty sure this incident coincides with the year she stopped giving me birthday presents.

It may not be what someone wants to hear, or what you may want to tell yourself, but we all really need to look at the things going right in our lives to find our own brand of fortune.



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To put it another way, a friend who owned a local restaurant was having a wine-tasting event. I tried a lovely glass of sparkling white wine and said, "This will be perfect for a special occasion!"

He looked at me sadly and said, "But why would you save something like this? Every day is a special occasion. Just by the fact that you were lucky enough to make it through another day and get home should be celebrated." And he is right. Lucky enough to make it another day can sometimes merit a small celebration. I bought a case.

Instead of some grand gesture of luck like winning the lottery, or an obscure incident of luck like finding a \$100 bill on the sidewalk, try putting on your green-tinted glasses and see the small things in life. You found matching socks. There is plenty of peanut butter. Someone brought donuts to work for no reason.

Sometimes, it's all about taking a step back and getting some perspective. It's these little bits of luck in your life that make up your own personal four-leaf clover patch. Not recognizing them as such is the herbicide that will ultimately kill them. Nurture your patch of luck with a generous amount of perspective, and watch it grow.

Julie Stamper is a frequent Radish contributor. You can find more of her musings at adayinthewife.com.



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