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Tempting tempeh

Meatless take on tasty Reuben

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MARCH 2016

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your yoga mat**

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**What to grow
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from the editor



Todd Welvaertt / Radish

At the risk of full disclosure, I'm what you could classify as a nondomestic goddess. I don't own an iron, and unless you count warming-up frozen pizza as cooking, the only meal I can make without a recipe — or a kitchen fire, which technically was my husband's fault — is spaghetti. Well, noodles and sauce from a jar, but it still counts.

With St. Patrick's Day around the corner, though, I wanted to make a dish that had something to do with corned beef, but not corned beef and cabbage because I'm not a fan. I also wanted to make something everyone could enjoy, whether or not they are eating meat. Roughly 42 Google searches later, a little bit from this recipe and a little bit from that, I concocted the delicious tempeh Reuben you see on the cover. (You'll find the recipe on page 20.)

This was my first time cooking with tempeh, and I was terrified. But, I enjoyed the chance to try something new. It's fitting, with spring just around the corner.

As I write this, it's the middle of February. It's a chilly, 22-degree day, and there's a chance of snow in the forecast. But my mind is on spring. I'm daydreaming of trading my snow boots for sneakers, and a rainbow of flowers springing up from the ground.

That might just be my favorite part about spring — everything is fresh and new again.

In this month's magazine, you'll find plenty of stories that fit that very bill. On page 26, there's a story about two Quad-Citians who live on plain sneakers. There are stories (on pages 12 and 30) to help you get a jump on some spring cleaning, and stories on pages 14 and 16 to help you get in gear to grow your garden this year.

And if you've never cooked with tempeh before, perhaps you can try that this month, too!

We're not out of the winter woods yet, but we're on our way. Soon, the grass will be green again. Slowly but surely, the trees will fill with luscious, green leaves.

In the meantime, I'll be daydreaming of spring, and trying not to light my kitchen on fire.

— *Laura Anderson Shaw*
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Radish

HEALTHY LIVING FROM THE GROUND UP

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the grapevine

From our readers

“A great resource for all good living!” — Sarah Nyenhuis, Davenport



We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine this month at the following events:

• **Quad City Family Caregiver Conference**, 8 a.m.-noon March 19, Quad-Cities Waterfront Convention Center, 2021 State St., Bettendorf.

Learn about products, services and programs in Iowa and Illinois that can help you or the person you are caring for. For more information, visit milestonesaaa.org.

• **The 11th annual Environmental Film Fest**, 11 a.m.-5 p.m. March 19, Augustana College Olin Center, 733 35th St., Rock Island. Free. For more information, visit augustana.edu/environmentalfilmfest.

• **The Moth Project Event**, presented by the Augustana Teaching Museum of Art, 6 p.m. March 31, The Figge Art Museum, 225 W. 2nd St., Davenport. For more information, contact Lauren Reid at 309-794-7323 or laurenreid@augustana.edu.

To discover more upcoming events of interest, see the events calendar on the Radish website.

Radish Reads: Cookbook 'loaded' with animal-free recipes

Mini review: "Vegan with a Vengeance 10th Anniversary Edition: Over 150 Delicious, Cheap, Animal-Free Recipes that Rock," by Isa Chandra Moskowitz. (2015, Da Capo Press, \$22.99)



My husband and I have been looking for some good animal-free recipes, and "Vegan with a Vengeance" is loaded with them!

Some of the recipes contain ingredients that we do not commonly stock in our pantry, so we skipped over those for now. But quinoa, for instance, is a staple in our home, so I was excited to try the Black Bean and Quinoa Soup. It was hearty and so flavorful! I also shared some with my daughter, and she loved it as well.

I have wanted to experiment with tofu but never really knew where to start. That is something else about this book — it offers plenty of information on which kind of tofu to select for grilling or baking, and exactly how to press it.

I made the Stewed Tofu and Potatoes in Miso Gravy, substituting tahini and soy sauce in the place of miso, and had great results. It was reminiscent of a Midwestern stew in very nice, thick gravy.

I would recommend this cookbook for those of you who want to experiment with eating animal-free meals.

— Janice Vrombaut, LeClaire

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healthy living from the ground up

features



6 Allison Research Farm
Studying the best ways to sustain organic agriculture.

8 Local brew
Micro/craft breweries create variety of flavors.

12 Namastink?
3 cleaners for your yoga mat.

26 Kicking it up a notch
Two Q-C women add flair to standard tennis shoes.

in every issue

2 from the editor

3 the grapevine

on the cover



Reuben sandwich made with tempeh rather than corned beef. (Photo by Todd Welvaert / Radish)

departments

14 gardens
Let it grow: How to get a jump on this year's garden.

16 gardens
Beat the brrr: Spring eternally hopeful at Q-C flower show.

18 healthy living
Mad about maple: Farm in northeast Iowa turns sap to sweets.

20 food
Tempting tempeh: Meatless version of the classic Reuben sandwich.

22 handmade
What's old is new: Businesses reuse and rework previously loved furniture.

24 environment
Ready to spring clean? Refresh your shower routine.

32 food for thought
Women's History Month: Let the good beget the good.

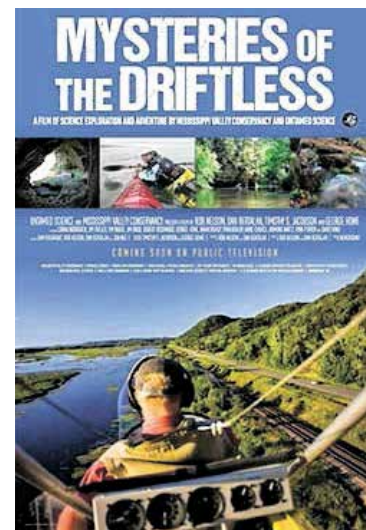


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Catch the screening of four films, including the Emmy Award-winning documentary "Mysteries of the Driftless" at the 11th annual Quad Cities Environmental Film Festival, beginning at 11 a.m. March 19 in the Olin Center at Augustana College, 733 35th St., Rock Island.

"Mysteries of the Driftless" executive producers George Howe and Tim Jacobson also will discuss the ecology, geology and archaeology of the Driftless Region of the Upper Midwest, environmental conservation and their newest film project, according to the event's website at augustana.edu/environmentalfilmfest.

Learn more about the free event and the other films that will be featured there at radishmagazine.com.



Submitted



Western Illinois University senior Kacie Priebe stands in a wind-rowed pumpkin field at the Allison Organic Research & Demonstration Farm near the school's Macomb campus.

Submitted photos

Allison Research Farm

Studying the best ways to sustain organic agriculture

By Annie L. Scholl

In 1989, an agriculture business instructor at Western Illinois University in Macomb was tasked with scouring the area for pesticide-free land with limited fertilizer use.

The university wanted the land so it would be well-positioned to conduct research related to Low Input Sustainable Agriculture which, at the time, was the USDA's new research initiative.

The instructor located an 80-acre farm near Roseville, Ill., about 18 miles from the WIU campus, that was owned by Marion and Pauline Allison. With the exception of a 20-acre field that received a half-rate application of a corn herbicide, the farm was exactly what the university was looking for.

Finding such pristine land in the area was highly unusual, says Andrew Clayton, research technician with the Organic Agriculture Research Program at WIU's School of Agriculture.

"Nearly all land that is currently farmed organically in Illinois was farmed with chemical inputs for some period of time prior to conversion to organic management," he says.

When a faculty member asked Allison why he didn't use pesticides on the farm, Clayton says Allison responded with, "Do you take drugs?"

The faculty member said "no." Allison replied, "Neither does my farm."

The land, now called the Allison Organic Research & Demonstration Farm, is still owned by the Allison family, and WIU's Organic Agriculture Research Program rents it annually.

Clayton says researchers intended to maintain the farm in its chemical-free condition to serve as an agricultural scientific reserve for studies related to soil health and sustainability.

While they continue this work, Clayton says the main focus now is on practical research to solve production problems that organic row-crop farmers face, including weed control, nutrient management, equipment performance and effectiveness of commercial products, he says.

"Our overall goal is to do large-scale, practical research that will principally benefit organic farms, but also benefit conventional farmers who are interested in soil improvement and reduced input costs," Clayton says.

Clayton says the group frequently hears from organic and conventional farmers who say they appreciate the research. Clayton, who began working on the Allison Farm in 1996, says that wasn't always the case.

"It didn't seem like we were appreciated very much at first because we were pesticide-free, and most farms around us were conventional," he says. "In recent years, that has changed and people realize that we are doing research that can have a positive impact on organic farms and the environment."

Since organic agriculture is growing at a rapid pace, there's a great need for the

type of research going on at Allison Farm, he says.

"More and more organic farmers are calling upon us for answers to their challenges on their farms," Clayton says. "We also have a lot of landowners and conventional farmers wanting to know how to farm organically."

It's "very rewarding," Clayton says, that more and more people are asking questions related to organic agriculture, adding that it makes him think organic farming and organic food demand will continue to grow significantly.

Clayton says he's always had respect for organic farming. Elements of it can be "very challenging and even disappointing," he says. He thinks people who don't respect organic farming often believe that organic farming uses outdated techniques that are unproductive.

"This might be true for some organic farms, but certainly isn't true for many organic farms," he says. "Most successful organic farms utilize a mix of new technologies and older, tried-and-true practices."

Every year, the farm hosts a field day with guest speakers, demonstrations, plot tours, farmer panels and a meal that features organic products. It also has Twilight Tours at the farm each fall, and it offers personal tours of the farm.

Grace Foster, 22, who graduated in 2015 from WIU with a degree in agriculture education, worked on the Allison Farm as a student. She says she gained respect for the hard work organic farmers do, including the "extra planning and ingenuity they have to have in order to be successful."

"I learned that there needs to be mutual respect between conventional and organic farmers, and that there are many things that both sides can learn from each other," says Foster, who recently was hired as the high school ag teacher in Rushville, Ill.

Foster says she looks forward to sharing what she's learned about organic agriculture with her future students.

Kacie Priebe, 19, a senior ag education major at WIU, says before she started working on Allison Farm, she thought organic farming was only for small-scale vegetable farms and not efficient enough to feed the masses.

Her whole outlook on organics has changed.

"I think that organic agriculture is becoming more and more appealing to many consumers, so organic farmers need to be thinking big to meet the demand," Priebe says. "The research being done at the Allison Farm is crucial to finding techniques that work for large-scale organic farmers."

Annie L. Scholl is a frequent Radish contributor. For more information about Allison Farm, visit wiu.edu/cbt/agriculture/farms/organic.



WIU graduate Grace Foster and research technician with the Organic Agriculture Research Program at WIU Andrew Clayton walk at the Allison Organic Research & Demonstration Farm near the university's Macomb campus.

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Local brew

Micro/craft breweries create variety of flavors

By Jonathan Turner and Todd Welvaert

Think globally, drink locally.

That seems to be the mantra for more and more consumers of American beer, and the Radish region is no exception to the tasty trend that's been brewing for years.

Twenty years ago, microbreweries and craft breweries were a pretty new concept in the area (Davenport's Front Street opened in 1992, and Blue Cat in Rock Island in '94). The number of small, independent beer makers in the U.S. has skyrocketed since — from 500 in 1994 to nearly 3,500 today, according to the Brewers Association's website, brewersassociation.org, which represents craft brewers.

As of 2014, that included 103 craft brewers in Illinois and 46 in Iowa. That year, craft beer represented 11 percent of the U.S. beer market, growing 18 percent in 2014.

In just the past two years, new breweries have opened in the Iowa City and Quad-Cities areas, including Geneseo.

Here is a peek at some of the fine folks in our region who work hard to make a dizzying variety of intoxicating flavors — from German dark lager and coffee stout, to vanilla porter and cherry ale. So this St. Patrick's Day, you can't complain of too few choices in the suds department, and you can support a local brew biz in the process.

Backpocket Brewing Company

Located at Iowa River Landing in Coralville, Backpocket opened in summer 2014 and focuses on hand-crafted, "go-to" beers that "you would keep in your back pocket," brewmaster Jacob Simmons says. "Many of our beers are lagers, which take a bit longer to produce but result in a very smooth character."

He loves the fact that customers "can form a relationship not only with the beer but also with those who brew it. You can walk into Backpocket and reach out and touch the tanks where the beers are being made, and talk to the bartender who might also happen to be the brewer," Simmons says.

"That is impossible with national brands. It is important for the customers only if that is something they value. We can't do it without them."

Backpocket also does business through sustainable brewing, which reduces carbon consumption by 60 percent, recaptures water waste and repurposes organic waste, according to the company.

Among their offerings are Bavarian wheat, red IPA (India Pale Ale) and smoked brown ale.



Todd Mizener / Radish

Oud Bruin is made by Backpocket Brewing in its Coralville, Iowa, taproom. The Oud Bruin, released in conjunction with the 3rd annual Coralville Brrr Fest, is a medium-bodied sour aged for a year in the cellar. According to its official description: "It has developed a gentle malt character with no hop character and a touch of sour character from its time in oak barrels. It has deep brown color and a medium body."

Great River Brewery

Great River Brewery was created by college friends Paul Krutzfeldt and Scott Lehnert. In 2004, the two started a brew pub in Iowa City, and in December 2008, the operation was moved to Davenport.

In February 2009, the first batch of beer was brewed at the new location at the foot of the Rock Island Arsenal Bridge on the Mississippi River. Packaging began in May 2010, with 483 Pale Ale and Roller Dam Red Ale in 16-ounce cans. Production is now at just less than 3,000 barrels per year.

This brewery may be unique as it puts its products strictly in cans and kegs.

Lehnert is head brewer, now, while Trevor Krutzfeldt also is a brewer.

There's a taproom called the Brewer's Lounge with a bar and tables on site, where a variety of the product can be sampled and purchased.

Fan favorites include Roller Dam Red, 483 Pale Ale, Farmer Brown American Nut Ale, Tripel Krank, Belgian Style Triple Ale, Dirty Blonde Chocolate Ale, Milk Stout, Vintage Blonde and a non-alcoholic River Rat Root Beer, named in honor of local environmentalist Chad Pregracke.

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Rebellion Brew Haus

This cozy brew pub in Moline, with brick interior walls, just opened in January. Of its 24 beers on tap, general manager and brewer Chris “Monkey” Miller has three to five of his own available at any one time, made in 50-gallon



Jonathan Turner / Radish
Chris Miller, general manager and brewer at Rebellion Brew Haus, Moline, with a few of his hand-crafted offerings: from left, a barrel-aged IPA, a barley wine beer and a Rebellion red.

batches over a monthlong process. He formerly brewed at Moline’s Bent River, often in 1,000-gallon batches, and has been a home brewer for eight years.

“It’s opened up a lot of opportunities, in terms of experimentation and quality ingredients,” Miller says of his Rebellion, which will rotate handmade craft beers constantly. “I’m way more involved in choosing the ingredients. Here I have more creativity and freedom. That’s what it’s about.”

He can see the popularity of buying locally-crafted beer, since that makes up 75 percent of what customers order. “People are looking for local products. Craft brewing, most of all, is about attention to detail and looking for fun, unique styles of beer.”

Bent River Brewing Company

Bent River Brewing Company was born in 1993, the child of home brewer Tim Koster, in downtown Moline, and opened to the public in 1996. Brewers craft beers in Bohemian Brau Haus copper kettles on site.

In 2009, Joel Krogman, local restaurateur and patron of Bent River Brewing Co., joined the team and brought on dedicated investors. In May 2012, Bent River added a Rock Island location that serves as a brewery and distribution center.

The brewery’s Uncommon Stout is the best-seller, and other year-round varieties include Oatmeal Stout, Paddle Wheel Pale Ale, Raspberry Wheat, Mississippi Blonde and Jalapeno Pepper Ale. There also are about 15 special releases and seasonal brews each year.

Bent River Brewing Co. now produces more than 10,000 barrels of award-winning beer annually, and has won annual awards at brew competitions throughout the Midwest, including a bronze medal at the world-renowned Great American Brew Fest in 2007 for its Mississippi Blonde.

Contributor Jonathan Turner is an arts and entertainment reporter for The Dispatch/The Rock Island Argus newspapers. Contributor Todd Welvaert is a staff photographer for Radish and The Dispatch/The Rock Island Argus newspapers.

Local breweries

- ♦ **Backpocket Brewing Company:** 903 Quarry Road, Coralville, Iowa. 319-466-4444, backpocketbrewing.com.
- ♦ **Bent River Brewing Company:** 1413 5th Ave., Moline, Ill. (brew pub), 309-797-2722; 512 24th St., Rock Island, Ill. (brewery and tasting room), 309-283-4811, bentriverbrewing.com.
- ♦ **Blue Cat Brew Pub:** 113 18th St., Rock Island, Ill. 309-788-8247, bluecat-brewpub.com.
- ♦ **Contrary Brewing Co.:** 421 W. Mississippi Drive, Muscatine, Iowa. 563-299-7894, contrarybrewing.com.
- ♦ **Front Street Brewery:** 208 River Drive, Davenport, Iowa (pub and eatery), 563-322-1569; 421 W. River Drive, Davenport (tap room), 563-324-4014, frontstreetbrew.com.
- ♦ **Galena Brewing Company:** 227 N. Main St., Galena, Ill. 815-776-9917, galenabrewery.com.
- ♦ **Geneseo Brewing Company:** 102 S. State St., Geneseo, Ill. 309-945-1422, facebook.com/geneseobrewing.
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- ♦ **Great River Brewery:** 332 E. 2nd St., Davenport. 563-323-5210, greatriverbrewery.com.
- ♦ **Green Tree Brewery:** 309 N. Cody Road, LeClaire, Iowa. 563-729-1164, greentreebrewery.com.
- ♦ **Iowa City Brewlab:** 505 E. Washington St., Iowa City. 319-499-1089, icbrewlab.com.
- ♦ **Iron Spike Brewing Company:** 150 E. Simmons St., Galesburg, Ill. 309-297-4718, ironspikebrewpub.com.
- ♦ **Jubeck New World Brewing:** 115 W. 11th St., Dubuque, Iowa. 775-375-5692, jubeckbrewing.com.
- ♦ **Lion Bridge Brewing Company:** 59 16th Ave. SW, Czech Village, Cedar Rapids, Iowa. 319-200-4460, lionbridgebrewing.com.
- ♦ **Lionstone Brewing:** 1225 S. Oakwood Ave., Geneseo. 309-944-LION (5466), facebook.com/lionstonebrewing.
- ♦ **Mondo’s ReUnion Brewery:** 516 2nd St., Coralville, Iowa. 319-337-3000, reunionbrewery.com.
- ♦ **Radicle Effect Brewwerks:** 1340 31st St., Rock Island. 309-283-7605, atgqc.com.
- ♦ **Rebellion Brew Haus:** 1529 3rd Ave. A, Moline. 309-517-1684, facebook.com/Rebellion-Brew-Haus-1617405665190099.
- ♦ **Third Base Brewery:** 500 Blairs Ferry Road NE, Cedar Rapids. 319-378-9090, facebook.com/thirdbasebrewery.
- ♦ **Turner Alley Brewing Company:** 2715 12th St. SW, Cedar Rapids. 319-743-8870, turneralleybrewing.com.



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Radish staff

Have you ever really thought about all the things you've done to your poor yoga mat? How many other items do you own whose sole purpose is to be carried around, splayed out onto the floor and then stepped and sweated on?

There are dozens of ways you can clean your mat. To help you narrow down your choices, the Radish staff has chosen three to try. Here is what they had to say about each.

Cleaning chemist

Witch hazel and vinegar are great multi-use products that are natural and eco-friendly, and also are known for their antibacterial properties. This makes them perfect options to use as ingredients in a homemade yoga mat cleaner.

I've always been fascinated with the versatility of each of these substances. Need to clean your dog's ears, extract a tick or clean your jewelry? Try witch hazel. Looking for a good chrome cleaner or a way to keep frost off your car windows? Google "uses for vinegar" to find out how to make it work for you. Either can be purchased fairly inexpensively at nearly any grocery or dollar store.

Combine witch hazel and vinegar with some distilled water and essential oils in a small spray bottle, and you have an economical, portable cleaner for your mat. Tea tree oil is a good choice to use, too, because it's also an antifungal agent. Lavender oil

— often used for its calming, stress-relieving properties — adds a nice relaxing note to the mix. You can experiment with other essential oils to find just the right combination for you.

I tried a few different combinations to come up with the following recipe. To try it yourself, simply mix the ingredients together, pour the concoction into a small spray bottle, and spray it onto your mat. Let it sit for a minute or two, and then wipe it with a dry cloth. You may want to shake the bottle before each use to make sure the ingredients are mixed well.

I've used plenty of commercial cleaners, and I was as pleased with this concoction as I was the pre-made versions. This one also costs considerably less per ounce. It left my mat squeaky clean, and smelling nice and fresh, too.

Make your own yoga mat cleaner

- 1/2 cup distilled water
- 1/4 cup white vinegar
- 1/4 cup witch hazel
- 15 drops tea tree oil
- 7 drops lavender oil

— Chris Cashion

Continued on page 15

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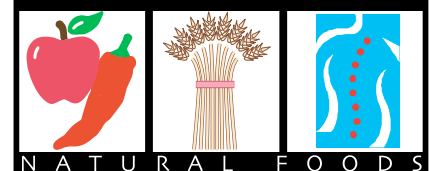
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March 16 **Radish 13**

gardens

Let it grow

How to get a jump on this year's garden

By Ann Ring

With the arrival of the spring equinox this month, your mind's eye may be wandering toward prepping, planning and plotting vegetables and flowers. If this is the case, whether you're a novice or expert, area Master Gardeners offer constructive tips you can do now for a bountiful harvest later.

Master Gardener volunteers love horticulture, and are dedicated to sharing their knowledge with others. All combined, Tom Monroe, of Davenport, and Roxie and Dallas DeShane, of Orion, have 36 years' worth of Master Gardener experience. All three say there are several activities you can do in March and April that will jump-start your growing season.

If you're getting started with a garden, the experts suggest to start with a plan. "People get into trouble," Monroe says. "They think with their eyes and not their hands," meaning novices tend to plant too large of a plot and too many plants. How many among us can't give away tomatoes, or have to turn down free tomatoes during harvest season?

"Take a walk around your yard and think about sun, shade, any animals that may come into the area. Think about your water source, too," he says. Making things easy and manageable in the beginning will help keep you interested in years to come.

"Know what you grow, is what I always say," says Roxie. "It will encourage you to plant next year with success."

If the weather's cooperating, March is a good time to clean debris from last year's plot. A poor crop from last year's harvest, stunted growth or blossom-end rot, when fruits are rotted at one end, all indicate a need for soil testing, Roxie says. While there are kits available to test the soil, the Iowa State and Illinois State Extension offices can help you with the process for an accurate and better understanding of how to test and prep your soil to yield a maximum harvest.

Roxie also suggests taking the time to prepare your tools now. "You want to make sure they're all clean and free of disease." Just like a chef's kitchen tools, she suggests keeping your garden tools cleaned, oiled and well sharpened. Bleach water will kill bacteria and disease.

March and April also are excellent months to start vegetable or flower seedlings indoors. Just about any container will do, such as plastic trays, yogurt cartons, egg cartons, milk containers and more. To begin, clean them and sterilize plastics in a solution of one part bleach to nine parts water; drill drainage holes for excess water; and set your receptacles on a plate or tray near heat.

"Heat's more important than sun at this point," Monroe says. There also are seedling mats you can purchase. Monroe says the heat will help the plants germinate. Then, switch them to sunlight after sprouting begins.

When it comes to soil, Monroe suggests using a seed starting mix. To plant,



thinkstock.com

Time to start planting!

Some area Master Gardeners recommend starting flower and vegetable plants inside throughout March and April, and then moving them outside in April and May. Here are a few of their suggestions:

In March:

- ✿ Start seedlings in the house.
- ✿ Plant some vegetables in the ground, such as peas and radishes.

In April:

- ✿ Turn over the soil and plant potatoes, summer bulbs such as gladiolas and hardy annual seeds, such as marigolds.
- ✿ Transplant indoor seedlings to the garden, such as lettuce — but not tomatoes, peppers or green beans!

In May:

- ✿ Harvest early spring vegetables.
- ✿ Plant warm-season vegetables such as tomatoes, peppers and sweetcorn, typically on or after Mother's Day.

Find your county's extension office online at web.extension.illinois.edu/state/index.php or extension.iastate.edu.

simply place the soil over the seeds if you're using a shallow tray, or insert the seeds into a container of soil if you're using cups. To water them, give them only a mist, being careful not to over-water.

Some gardeners like Monroe cover their containers. He likes press-and-seal products, while other gardeners use any see-through plastic. Simply keep an eye on your seedlings, and when they appear, remove the covering and make sure they are kept in sunlight.

"Cool-weather vegetables are great to start indoors — onion sets, lettuce, kale, cabbage, spinach and tomatoes," he said.

Monroe says vegetables such as lettuce may be grown indoors, snipped for use and grown again even before transferring to a garden area.

The DeShanes and Monroe strongly encourage people to contact their local extension office for classes, videos and questions.

"Master Gardeners are here and available to educate anyone," Monroe says. "It's why we do what we do."

Ann Ring is a frequent Radish contributor.

Is basic better?

When the time came to clean my yoga mat, I decided to use the keep-it-simple method: basic Ivory hand soap, the kind I keep near the bathroom sink, and a quick scrub in the tub.

It couldn't be easier, right? Well ...

As I unrolled the mat in the tub, it suddenly occurred to me that I had never realized how LONG yoga mats are. Or maybe my bathtub's just extra short. Anyway, the mat was too long to unroll all the way, so I just bunched it up and used a plastic pitcher to dump water all over it.

I grabbed the bar of soap, rubbed it all over the mat, then finished off with a couple more pitchers of water to rinse it.

Did you ever stop to think about how heavy a fully soaked yoga mat could be? Or how said mat might act like a sponge and stubbornly hang onto every drop of water it absorbed? Or how hard it is to attempt to wring out a mat that is longer than your bathtub? If only my brain had generated those stray thoughts before I started this whole endeavor!

I eventually wrestled the still-dripping mat out of the tub, wrapped it in a towel and attempted to dry it off. I ended up with a sopping towel and a still-wet yoga mat. So I draped the mat over the back of a chair and left it to air dry.

Two days later, it finally seemed dry to the touch. And I have to admit that it passed the sniff test, smelling clean and fresh.

Overall, I give this cleaning method an A for simplicity and lack of chemicals, but a D for actual ease of use. But at least my mat is clean now!

— Laura Fraembs

Fancy and fresh

Call me disgusting — I do not clean my yoga mat nearly as often as I should. In between yoga classes, it usually is rolled up and buried in the bottomless depths of my hatchback.

For weeks, I had been pining over the Indigo Wild Zum Yoga Mat Spray Cleaner, and finally, I caved in and bought it for about \$5.

It is made with filtered water; alcohol denat., or ethyl alcohol; essential oils; and sodium cocoate (saponified 100% coconut oil). And it smells just as wonderful as I imagined: fresh, sort of citrusy and completely intoxicating.

But does it work?

I followed the instructions on the bottle, and sprayed the cleaner onto the mat and wiped it down with a soft, dry hand towel.

I flipped it over and did the same to the other side, and then I flung it over a dining room chair to dry.

While the scent hung around in the air for a few moments, it unfortunately didn't cling to the mat as well as I had hoped. But it no longer smells like the inside of a gym locker, so I'll call it a win!

— Laura Anderson Shaw

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gardens

Beat the brrr

Spring eternally hopeful at Q-C flower show

By Jonathan Turner

At the end of March, the vast QCCA Expo Center in Rock Island will explode with color, lush life and the warm hopes and dreams of spring during its annual Flower and Garden Show.

Of the four major shows at the QCCA, this one is show director Rob Junker's favorite that he and the 60,000-square-foot exhibition center run each year. That's partly because it's the last one of the year that he organizes.

"And spring is around the corner; we don't have snow," Junker says. "Everybody's tired of frozen ground, so it's nice to get in and see all these flowers."

Junker says it also gives people "ideas about the patio we need, what deck we can do," he says. "What we want to do is get as much information out so that before you start working on your garden, you have that good information to go with."

For the three-day show, more than half the building is made up of gardens. This year, there will be an extra garden, with 18 altogether, the director says.

"The more flowers I can get in the building, the better off I am. We try to do the gardens as much as we can."

While the center pays for all the flowers and mulch in the displays, the public can buy any of it during the sale that is held three days following the April 1-3 show.

"Obviously, it's a selling show. The QCCA makes money by the events, and it goes to donations in a 90-mile radius," Junker says.

The wide variety of vendors — 190 are planned — includes businesses specializing in landscaping, gardens, flowers, trees, lawn furniture, stone paving, decks, fruit and vegetable growing, siding and windows, fences, cookware and kitchens and more.

Junker says he tries to include more environmentally friendly vendors and products and different speakers each year. The show always has popular water features, including waterfalls.

New this year is artist Steven Huffman, from Ottumwa, Iowa, who creates metal sculptures that incorporate pieces of junk.



Cailin Allbee, of LeClaire, takes a good sniff of a geranium while at the annual Flower and Garden Show at the QCCA Expo Center in Rock Island in 2014.

Among the scheduled speakers are:

🌻 **Dick Sales**, president of the Quad City Audubon Society, who will talk about creating gardens for both people and wildlife, to protect threatened species.

🌻 **Andy Parer**, a University of Illinois Extension master naturalist and stormwater technician for the city of Rock Island, who will cover the environmental and financial benefits of rain gardens: where to plant your garden, what to plant within it, how to maintain it and other tips and tricks. Rain gardens improve lawn drainage, reduce flooding and filter pollutants naturally. Since 2005, Rock Island has offered a cost-sharing program to encourage Rock Island residents to install rain gardens.

🌻 **Jayne Booth**, a University of Illinois master gardener, who will discuss basic skills for successful gardening, specifically for the new or "challenged" gardener. The focus will be on ornamental rather than edible plants.

🌻 **Martha Smith**, a University of Illinois horticulture educator, who will speak on thematic gardens and how to create guidelines for what to plant. An easy example is a color garden, such as planting all blue or red flowering plants, and this program will offer several different themes.

The Quad City Conservation Alliance is comprised of five local conservation clubs that together own the QCCA Expo Center. The nonprofit group typically gives out \$35,000 to \$50,000 in grants annually, board president Rich Miller says.

In the past, the group has helped the Wapsi River Environmental Center; Living Lands & Waters; Muscatine, with its peregrine falcon reintroduction; kids' fishing

If you go

- ☼ **What:** Quad-Cities Flower and Garden Show.
- ☼ **When:** 10 a.m. to 8 p.m. Friday, April 1, and Saturday, April 2; and 10 a.m. to 4 p.m. Sunday, April 3.
- ☼ **Where:** QCCA Expo Center, 2621 4th Ave., Rock Island.
- ☼ **Tickets:** \$8 for adults, \$1 for children 6-15, free for kids younger than 6; senior day April 1, \$6. Preview party Thursday, March 31, 4 p.m. to 8 p.m., \$20 in advance and \$25 at the door. 309-788-5912, qccaexpocenter.com.



File / Paul Colletti/Radish

Laura Moyer walks the aisles of flowers at the QCCA Expo Center in Rock Island looking at the variety of plants for sale in 2014. Gardeners went to the QCCA Expo Center a day after the Flower and Garden Show ended to find discounted plants just in time for the start of the planting season.

clinics; Boy Scouts and Girl Scouts with projects; and waterfowl and raptor habitats along the Mississippi.

More than \$1.2 million has been invested in the Quad-Cities for conservation activities since 1984.

Contributor Jonathan Turner is an arts and entertainment reporter for The Dispatch/The Rock Island Argus.

File / John Greenwood / Radish

Liam Barkau watches Elly Sallows touch shoots of water in a display at the annual flower and garden show, held in the QCCA Expo Center, Rock Island, in 2015.



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healthy living

Mad about maple

Farm in northeast Iowa turns sap to sweets

By Cindy Hadish

Thousands of trees in the bluffs of northeast Iowa offer more than scenic beauty for Dan Potter's family. They provide a livelihood and foster a mutually beneficial relationship between the family and the land.

Maple trees tapped to make Great River Maple's pure maple syrup are tended year-round by Potter, who has turned the pastime into his full-time job. While many Iowans try their hand at syruping as a hobby, Great River Maple is one of just a half-dozen or so maple syrup farms of its size in Iowa.

Roots in syrup-making run deep in Potter's family. His great-grandfather tapped some of the same trees that still grow on the family's land near Garnavillo, along the Mississippi River. A financial challenge — the Potters needed \$30,000 eight years ago for a new well — prompted the family to look at syrup for its income potential.

Now, you'll find Great River Maple products in dozens of stores, cafes and retail outlets throughout the Radish region, including the Quad Cities Food Hub in Davenport, many Hy-Vee stores and New Pioneer Food Co-op locations.

Initially, the family asked a log buyer about the value of their trees. Because they were offered low estimates, they turned to tapping rather than logging the maples.

"The first year, there were three snowstorms in a row," Potter says, calling the late-season snow a "sugar snow," which amps up the maples' sap production. "The trees started going crazy."

Potter and his wife, Dorinda, could barely keep up with the buckets of sap.

To transform it into maple syrup, the sap is boiled down in an evaporator. Last year, the Potters collected 50,000 gallons of sap, which became 1,000 gallons of maple syrup.

The buckets the couple used the first year have evolved into a system of nearly 50 miles of tubing between the tapped trees to transport the sap.

Potter says the lines need to be checked 10 times during the season, which results in 500 miles of walking through the bluffs and an exceptional familiarity with the trees. He knows, for example, that there are 8,500 red, black, silver and sugar maples on the land, of which 7,200 have been tapped.

The remainder would be tapped, as well, if they had more time.

Potter gave up his job as a carpenter and roofer to concentrate on Great River Maple.



Dan and Dorinda Potter.

Submitted

"I needed to have more kids," he joked. As it stands, all three of the couple's adult daughters and extended family help with the business in one way or another, including marketing.

One "ridiculously" popular product, Potter says, has been their Bourbon Maple Syrup. Released last fall, the syrup is aged in bourbon barrels, giving it a mellow taste but without an alcohol content.

The business also has expanded into maple cream, which is equally popular, and Great River Maple is even featured in craft beer.

Ana McClain, co-owner of Lion Bridge Brewing Company in Cedar Rapids, says Great River's dark maple syrup is used in "Maple Disaster," a year-round brown porter and "GAZPROM!" a Russian imperial stout. Both are aged in Cedar Ridge whiskey barrels.

And all syrup is not created equal. Oftentimes, popular syrup brands actually may be made with high-fructose corn syrup and artificial color. Great River Maple products, though, feature 100-percent maple syrup.

The company offers weekly recipes on its Facebook page, with mouth-watering options such as cranberry maple sauce; egg croissant with maple cream bacon; glazed maple lemon scones; and even a maple Manhattan with bourbon and sweet vermouth.

Iowa's maple syrup season generally begins in late February or early March, and can last as long as six weeks. Warming daytime temperatures and cold nights are needed for the sap to flow, but as soon as the trees begin to bud, the season ends.

Several years ago, the Potter family began hosting a maple festival, which is now an annual event. It features a meal, games for the kids, demonstrations and opportunities to sample and buy Great River Maple's products. This year's festival is set for April 2 at the farm, at 217 Clay Brick Lane, Garnavillo.

Last year, about 1,000 people attended. "We really do throw the doors right open and invite everyone to visit us," Potter says.

The site also is open for tours at other times by appointment.

Lucky visitors might see rare cerulean warblers, pileated woodpeckers and the other wildlife that dwells in the family's woodlands.

"We work hard to make them happy," Potter says of the trees, some of which are 150 years old.

"And they work right back for us."

*Cindy Hadish writes about gardening, local foods and farmers markets at homegrown-iowan.com. For more information about **Great River Maple**, visit greatrivermaple.com.*

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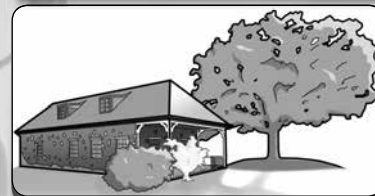


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food

Tempting tempeh

Meatless version of the classic Reuben sandwich

By Laura Anderson Shaw

My palate could best be described as that of a curious yet picky child. While I'm adventurous enough to try any kind of sushi you put in front of me, you'll never see me eat foods such as meatloaf or corned beef and cabbage.

But a Reuben, I can do. The spices of the corned beef paired with the tang of the dressing and sauerkraut just really hit the spot for me. But when your husband changes his mind from one day to the next about whether he's eating meat, planning to make this dish can be kind of tricky.

Enter tempeh: a soybean-based, protein-packed food that often is used as a meat substitute. It doesn't look very appetizing, but tastes pretty darn good — whether or not you're a meat-eater. Like tofu, it takes on the flavors of whatever

you marinate or cook it in. And it adds a bit of a nutty flavor, too.

But how could it be used in a Reuben, and what would I cook it in? I'm no Rachael Ray or Julia Child, so I didn't want to start dumping things into a pan and hoping for the best.

Instead, I scoured the Internet, skimming through blogs and websites until I found a marinade and dressing that sounded simple to make, and tasty at the same time.

The end result was definitely a winner.

"Mmmhmm," my husband said while chewing a bite, as we nodded together in unison.

Another bullet dodged!

Laura Anderson Shaw is the editor of Radish.

Tempeh Reuben

4 cups low-sodium vegetable broth
2 tablespoons Worcestershire sauce
2 (8-ounce) packages tempeh, cut into 4 squares
8 slices rye bread
1 cup sauerkraut (or more), drained
4 slices Swiss cheese
4 tablespoons mayonnaise, or vegan substitute
1 tablespoon tomato paste
1/4 cup dill pickle, minced
2 tablespoons onion, minced
2 teaspoons Sriracha (or to taste)



Photos / Todd Welvaert / Radish
Tangy Reuben dressing.

In a medium saucepot, bring broth and Worcestershire sauce to a boil. Reduce heat to medium, add tempeh and simmer 20 minutes, or until tender.

Preheat oven to 400 degrees. Transfer tempeh to a baking dish and bake 15 minutes, or until heated through.

Meanwhile, in a medium bowl, combine mayonnaise, tomato paste, pickle, onion and Sriracha. Cover tightly with plastic wrap or a lid, and chill until ready to serve.

Evenly divide the dressing, spreading on each slice of bread, then arrange tempeh on four slices of bread. Spread sauerkraut evenly over tempeh, then top with cheese and remaining bread slices, dressing-side down.

Serve as-is, or grill.

To grill: Heat a large skillet over medium heat. Spray lightly with oil or cooking spray, then arrange sandwiches in the skillet in a single layer (you



might have to work in batches).

Place a large heat-proof plate on top of the sandwiches, and weigh it down with a can or heavy saucepot to firmly press the sandwiches.

Reduce heat and cook 3 to 4 minutes, or until golden brown.

Flip sandwiches over and continue to cook until heated through and golden brown on both sides.

Cut sandwiches in half and serve immediately. Makes 4 sandwiches.

Recipe adapted from wholefoodsmarket.com (sandwich) and thecurvy-carrot.com (dressing).

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augustana.edu/artmuseum | [#themothprojectqc](https://twitter.com/themothprojectqc)
All museum events are free and open to the public.

handmade

What's old is new

Businesses reuse and rework previously loved furniture

By Chris Casion

For some local people, when they see an old, discarded piece of furniture, they don't see trash — they see possibilities.

Many area business owners specialize in rescuing disregarded furnishings and other items, and either spiffing them up or upcycling them into completely new pieces.

All say the process is a labor of love guided by trial and error.

'You need to uncover that beauty'

For Jacki Schmidt, owner of Grace Home Furnishings in LeClaire, it's a matter of finding items that scream to her to make them pretty, and then doing just that.

"I restore things to the way I would want them if I were buying them," Schmidt says.

When she finds a painted piece, for instance, she likes to strip the paint to find out if the item was intended to be painted. If not, she refinishes the wood to restore it to its original beauty.

"Some pieces are designed to be painted. Some are not," she says. "With a lot of the furniture I find from the '80s and '90s, all you really can do to it is paint it. A lot of older items are made from beautiful, solid wood that's been painted over. You need to uncover that beauty."

Other times, Schmidt creates entirely new pieces. She says she is always on the lookout for interesting metal bases she can use to create tables. In addition, she enjoys working with barn board, which she has turned into tables. Some tables incorporate full-length mirrors to give the top an interesting reflective surface. Another item she has fashioned for her store is a wall hanging made of interlaced barn board pieces.

"I keep an eye on whatever is trending. I ask people what they are looking for when they are in the store, and I keep track in a book. Right now, I hear people asking a lot for oak buffets. They are great as TV stands," she says.

Schmidt says she finds herself influenced by the trends seen in stores such as Pottery Barn, Crate & Barrel and West Elm, and she is able to create similar



Submitted photo
Customers take a peek around Grace Home Furnishings in LeClaire.

pieces and offer them to her customers at more affordable price points with pieces that are reused.

In addition, she will seek pieces her customers are searching for online and in her travels and remake them according to her customers' specifications.

'Color choices are endless'

Terri Grafton, who owns The Shabby Shack in Orion, says she always has loved decorating and creating existing items into something new.

"I also love thrifting and flea markets — love to find that bargain and pass the savings on to my customers," Grafton says.

Her store is a home decor and antique resale store specializing in painted furniture.

"I recently built a barn out in the country and moved my store there. I no longer have set hours. I have monthly barn sales that last 2 days. These will be starting up again in the spring," she says.

For Grafton, the creative process can be a bit of a surprise and is always evolving.

"I really have no system. I guess it depends on my mood and what colors I feel like painting that day," she says. "I get ideas everywhere. It's a constant learning experience. When I see an idea or something I like when I am out and about, I have learned to take pictures."

Although she works with a variety of materials, chalk paint has been a new one for her.

"This past year, I have figured out the recipe to make my own chalk paint. Color choices are endless.

Chalk paint is easy to work with and dries very fast," she says.

Grafton said she especially likes to work with solid wood.

"I have painted thousands of pieces for the store," including end tables, chairs, hutches, dressers, dining sets, bookcases and more.

"Some of my favorites are old pieces of furniture that have already been painted. During the sanding process, a hidden layer of paint color pops through," she says.

Continued on page 24

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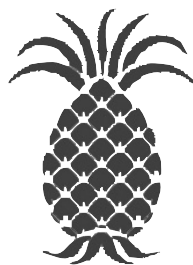
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'It was an heirloom that she could now actually use'

The Painted Door is an online store owned by Allisson Werkmeister, of Bettendorf.

Werkmeister says that not having a brick-and-mortar store to manage allows her more time to concentrate on creating, which really is where her heart is.

"My business has really evolved. I started out finding or being given old pieces — Grandma's dresser that someone wanted to turn into a TV stand, for example.

"I started out mostly painting, but it's evolved into building things — benches, tables and more. I paint, I stain, I recover, I build, I reinvent. There's really not much I'm not willing to try. I'm constantly learning," she says.

In the beginning, Werkmeister says she began redoing pieces out of necessity, when she needed furniture for herself but had a limited budget. It didn't hurt that she had an artistic background and creative people around her.

Werkmeister took art classes at Black Hawk College; studied architecture at the University of Illinois, Chicago; and has a bachelor's in fine arts from Columbia College of Art & Design, Chicago.

"My mom was pretty savvy, too, and was always creating things, and my husband has a background in woodworking. I've learned a lot from both of them," she says.

She draws upon that knowledge when she's working on her projects.

"I often have multiple projects going at one time. It might seem disorganized to some, but it's really not. If I run into a problem with one, I can work on another. I minimize my Home Depot runs that way, and I try to do all my deliveries at once, too," she says.

One of her favorite pieces she's completed is a rolltop desk a customer brought to her. The customer had purchased another piece from her — a chair with a burlap seat — from Skeleton Key Antiques in Rock Island, and had learned she also did custom jobs.

Werkmeister was able to re-work the desk to go with the chair.

"This was an Ethan Allen rolltop desk from the '70s. It was dark wood with some knots, and this customer's husband hated it. I redid it white with gray drawers and distressed it, and we added the chair," she says.

"Her jaw dropped when she saw it. Her reaction made it one of my favorites. It was an heirloom that she could now actually use."

Werkmeister says she also loves working with old fencing.

"Some people like to work with old pallets, but I prefer old fencing. It's easier to work with. I also love to find cool table bases and put new tops on them," she says.

Werkmeister's pieces are no accident.

"I would have to say that I work with intention — I don't just slap things together," she says. "I think things through — there is always a reason I put things together the way that I do."

Chris Cashion is a writer on staff with Radish. For more information about each shop, visit the business' Facebook pages: facebook.com/grace4yourspace; facebook.com/shabby-shackresale; facebook.com/thepainteddoorqc.



Submitted photos
This rolltop desk was reworked by Allisson Werkmeister, of Bettendorf, who owns The Painted Door online store.



A piece of reworked furniture at Grace Home Furnishings in LeClaire.

The 11th Annual Environmental Film Fest
11:00 a.m.-5:00 p.m., Saturday, March 19

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

Admission is **FREE**. Doors open at 10:30 a.m. Movies roll at 11:00 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 visitor lots on the campus map.

Visit the Film Festival Website
www.augustana.edu/environmentalfilmfest
For more information about the Eagle View Group, Sierra Club go to
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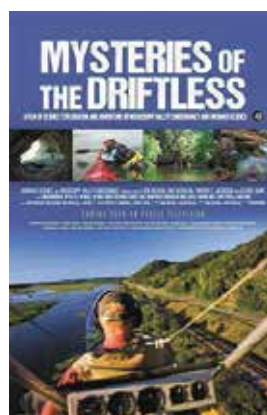
Musicwood 11:00 a.m. (82 min.)

"For hundreds of years guitars have been made the same way, but now, this could all change. "Musicwood" is an adventure-filled journey, a political thriller with music at its heart. An unusual band of the most famous guitar-makers in the world travel into the heart of one of the most primeval rainforests on the planet. Their mission: to negotiate with Native American loggers and change the way this forest is logged before it's too late for acoustic guitars."

'Musicwood' is a culture clash of staggering proportions. Native Americans

who've been given a notoriously raw deal from the U.S. government are distrustful of the white man telling them what to do. Enter Greenpeace, a radical environmental group, and soon all are battling over a forest that is the last of its kind on the planet." Musicwoodthefilm.com
"Even if you can't tell the difference between a soundboard and a fretboard, "Musicwood" will hold your attention."

— Jeannette Catsoulis, New York Times Critics' Pick



Mysteries of the Driftless 12:50 p.m. (30 min.)

"What strange forces saved one isolated section along the Upper Mississippi River from the repeated crushing and scouring effects of glaciers during the last 2 million years? And what pre-Ice Age throwbacks survived here in this unique geologic refuge that holds more Native American effigy mounds, petroglyph caves, strange geological features, and rare species than anywhere in the Midwest?"

"These questions and more are answered in this captivating new documentary. A team of scientists embarks on a journey of exploration to expose both the science and threats behind three unique features of the zone — rare plants and animals, odd geological phenomenon, and striking remnants of a Native American pilgrimage like no other." IMDb.com

"That's why the film has been successful. It showcases genuine stories of discovery that mix science with humor and human experiences."

— George Howe, biologist



Executive producers of 'Mysteries of the Driftless' 1:30 p.m. (30 min.)

Biologist, documentary producer and former conservation director of the Mississippi Valley Conservancy, George Howe (left) and fellow producer, filmmaker, conservationist and inspirational speaker, Tim Jacobson (right), will speak after the screening of their film, "Mysteries of the Driftless." They will discuss the ecology, geology and archaeology of the Driftless Region of the Upper Midwest, environmental conservation and their newest film project.

The documentary won an Emmy for top documentary in the Midwest in 2014.



Merchants of Doubt 2:15 p.m. (96 min.)

"Inspired by the acclaimed book by Naomi Oreskes and Erik Conway, "Merchants of Doubt" takes audiences on a satirically comedic, yet illuminating ride into the heart of conjuring American spin.

"Filmmaker Robert Kenner lifts the curtain on a secretive group of highly charismatic, silver-tongued pundits-for-hire who present themselves in the media as scientific authorities — yet have the contrary aim of spreading maximum confusion about well-studied public threats ranging from toxic chemicals to pharmaceuticals to climate change." Sonyclassics.com
"Provocative and improbably entertaining."

— Joe Morgenstern, Wall Street Journal



Just Eat It 4:15 p.m. (50 min.)

"We all love food. So how could we possibly be throwing nearly 50 percent of it in the trash? Filmmakers and food lovers Jen and Grant dive into the issue of waste from farm, through retail, all the way to the back of their own fridge. After catching a glimpse of the billions of dollars of good food that is tossed each year in North America, they pledge to quit grocery shopping and survive only on foods that would otherwise be thrown away. The images they capture of squandered groceries are both shocking and strangely compelling. But as Grant's addictive personality turns full tilt towards food rescue, the 'thrill of the find' has unexpected consequences. "Just Eat It" looks at our systemic obsession with expiration dates, perfect produce and portion sizes, and reveals the core of this seemingly insignificant issue that is having devastating consequences around the globe." Foodwastemovie.com

"Funny, shocking, fascinating" — Los Angeles Times

handmade

Kicking it up a notch

Two Q-C women add flair to standard tennis shoes

By Jane Carlson

A few years ago, Kelly McReynolds came across a pair of spiked Converse Chuck Taylors on eBay.

The longtime Converse aficionado — the Davenport woman owns more than 100 pairs of Chucks — loved the customized sneakers, but balked at the \$200 price tag.

So she took matters into her own hands and started making her own amped-up Chucks to sell on Etsy and eBay.

McReynolds creates hand-sewn leopard and floral designs, as well as studded, spiked and rhinestone versions, with plans to someday get into monogramming, tie-dye and glitter designs.

She has more than 1,200 sales through her Etsy shop, LoveChuckTaylors, and thousands more admirers. Her designs for adults and children have been sold to people all over the world.

Women have ordered her floral sneakers for weddings, and an “America’s Next Top Model” finalist once featured a pair of her studded shoes on his Instagram account.

“It’s really cool knowing I am making someone smile when they open up their shoes,” McReynolds says. “Thinking about people wearing my shoes all over the world is incredible.”

There are other people who sell customized Chucks and other sneakers on Etsy, too, and McReynolds takes pride in her many positive reviews and affordable prices.



Kelly McReynolds, of Davenport, LEFT, customized the Converse Chuck Taylors pictured below.

Submitted photos



“People love having a personalized, unique, custom shoe,” McReynolds says. “Chucks have an iconic feel to them, so people really enjoy wearing them. I feel like I have job security because Chucks never go out of style.”

When she first started out, her studded sneakers could take up to six hours per pair to create, but with time and practice, she now can make them



in less than an hour.

Her fabric designs can take up to two hours to make, so when she started getting more orders, she added an employee to the business.

For McReynolds, the most rewarding part of her custom shoe business has been making a living off of something creative. She lived off the income of her custom sneakers while completing her master’s degree, and

continues to do it on the side now that she works full time as a therapist.

“It can be very exhausting, but I still love what I do,” McReynolds says. “Not many people are lucky enough to turn a hobby into a career, so I am thankful to everyone who has supported me along the way.”

McReynolds isn’t the only Quad-Cities area woman making a statement with creative, custom footwear. Tattoo artist Chelsea “Chewy” Soto, of Rock Island, spends her days tattooing clients, but paints shoes, namely Vans and Toms, as a creative hobby.

Soto says a family member suggested she put her artistic skills to work by painting white shoes about five or six years ago.

“I tried a couple of pairs and then, out of the blue, I was commissioned by a friend for a pair of slip-on Vans,” she says. “Those were very successful, but I put down the paintbrush for a couple years to focus more on tattooing.”

About a year ago, she decided to get back into the shoe-painting business, taking commissions or throwing up a couple pairs for sale on her Instagram account.

“I’m really busy with tattooing, so this is more of just a side job,” she says.

Soto colorfully customizes slip-on and lace-up canvas shoes with acrylic paint. Vans and Toms are generally her canvases, but she has customized a pair of Nike Air Force 1 sneakers for her son, too.

Continued on page 29

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Garden Guru

Tuesday, March 1st

The Garden Guru-Favorite Gardens
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Tuesday, March 8th

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Some of her designs are simple and quick, while others take five or six hours to complete. One pair was so detailed, she spent about 15 hours painting them.

For Soto, the artistic liberty she gets from painting shoes is rewarding.

"I don't always get that with tattooing, and I would prefer not to," Soto says. "With shoes, it's not permanently going on someone's skin, so I feel more comfortable when someone gives me free reign."

Whether it's a tattoo or a pair of shoes, Soto enjoys making wearable art.

"I love when someone is proud enough to wear my artwork out for the world to see," Soto says. "Art is what I am good at, so if I can make someone happy with my artwork, I'm happy."

For those looking to add some oomph to their own shoes, Soto recommends planning out the design and being patient while working on it.

"Don't rush it," Soto says. "It's a real pain when you mess up and have to spend an hour or two fixing something that takes way less time in the first place if you were just more patient. Take your time and enjoy the process."

Jane Carlson is a frequent Radish contributor.



Gary Krambeck / Radish
Chelsea "Chewy" Soto, of Rock Island, ABOVE, displays her painted shoes.



Submitted photos
Chelsea "Chewy" Soto designed the slip-on "fish" Vans and kids' Vans pictured.

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QUAD CITIES PBS

Tune in to WQPT-Quad Cities PBS on Thursday, March 31 for these special programs:

- 8:00PM If You Only Knew**

Depression, anxiety and an intense pressure to succeed, Mickle Communications explores teen suicide
- 9:00PM Teens Talk**

An open and honest discussion
- 9:30PM Losing Lambert**

A journey through survival and hope
- 10:00PM Misunderstood Epidemic**

Firsthand accounts about depression and its affects

environment

Ready to spring clean?

Refresh your shower routine

By Katy Williams

When stress is high and the temperature is low, long, hot showers may call our names. While that may sound like a great way to wind down from a long day, you should keep in mind how much water you're using.

According to the Environmental Protection Agency's website, epa.gov, the average shower lasts eight minutes, and since a standard showerhead has a water flow of 2.2 to 2.5 gallons per minute, each shower uses about 18 to 20 gallons of water — even more if your shower lasts longer.

While we're working to spring-clean our garages and closets in the coming weeks, it also may be a great time to revisit our showering habits.

While we're at it, let's not forget to take a closer look at the soaps and cleaners that fill our shelves. Who knows what is lurking inside the bottles of cleaners and soaps that hide beneath our bathroom sink or line our bathroom shelves?

With an array of organic and natural cleaners on the market, there's no need to sit back and watch our homes possibly become infested with more chemicals.

Save water — and money

As much as many of us love long showers when we're waking up or trying to relax after a long day, it would be better for the environment to cut our shower time down to five minutes, or 10 minutes at the most.

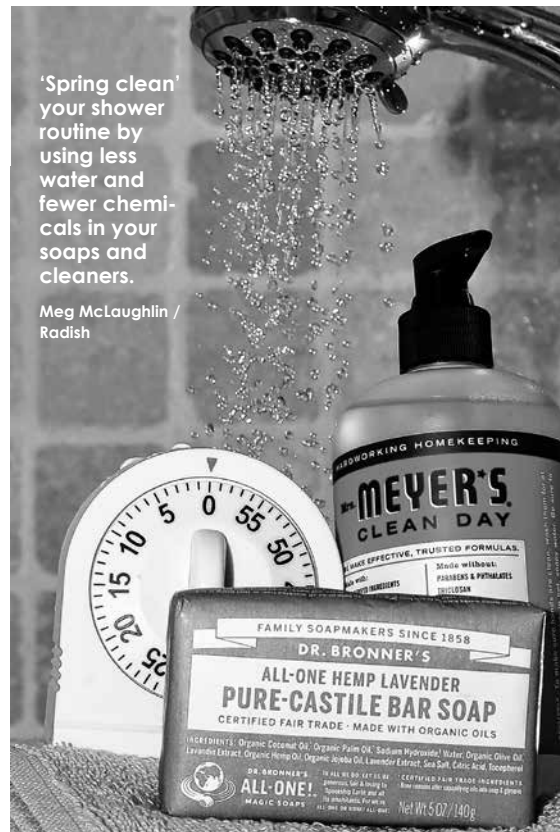
Then, switch to a low-flow showerhead. These cost money upfront — about \$20 to \$50 — but they'll save you money and water consumption in the long run.

According to the EPA's website, low-flow showerheads, especially those with the WaterSense label, use no more than 2 gallons per minute, versus a standard showerhead, which uses up to 2.5 gallons per minute.

The site states the average family could save 2,900 gallons per year by installing low-flow, WaterSense-labeled showerheads, and because the water savings will reduce the demand on water heaters, they also will save energy.

Don't throw in the towel just yet

Once we have used a towel in our shower routines, it can be tempting to toss it



into the hamper.

However, unless we're using them for something like cleaning the bathroom walls, we can hang those towels to dry and use them for our next shower, and the shower after that. Personally, I'm going to be more mindful of this, and hang my towel to dry for the next go-round.

We can practice this while we're away from home, too. Many hotels have hanging tags or other notices in their bathrooms encouraging guests to reuse their towels. According to the EPA's site, reusing towels and requesting that the bed not be changed during your hotel stay can reduce a hotel's laundry loads by 17 percent. While you won't see such a dramatic effect at home, every little bit helps.

Green up your rub-a-dub

The next time you shop for soap, steer clear of those with extra packaging. That extra paper and plastic creates more waste. Instead, try to choose soaps that have biodegradable packaging. For instance, switching to bar soap is a great way to minimize packaging waste.

Take your efforts a step further and search for your soap locally. The Quad Cities Food Hub suggests some of its all-natural petrochemical products. Bathroom products, such as soaps, lotions and bath salts, range from \$4 to \$7.

The folks at Greatest Grains in Davenport recommend some of their most popular products, including Mrs. Meyers hand and body soaps, which feature all-natural ingredients such as aloe vera and olive oil. There also is Dr. Bronner's Castile soap, which is about \$6 to \$7. The liquid version also may be used for home cleaning.

Clean greener

When cleaning our house, we try to get rid of all dirt, grime and unhealthy substances. The last thing we want to do is add more chemicals.

The folks at Greatest Grains say most organic and eco-friendly cleaners come in bulk and range in price from about \$5 to \$18. Some of their most popular brands include Mrs. Meyers, Bio-Clean and Eco-Nuts.

If you'd prefer a cleaner made in your own backyard, check out Whoa Nelli from Rock Island. According to Q-C Food Hub retail manager Cody Sanderson, the company has a baking soda and castile-based sink scrubber, as well as a vinegar-based all-purpose cleaner for about \$6 to \$8.

Katy Williams is a regular Radish contributor. For more information, visit epa.gov.

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food for thought

Women's History Month

Let the good beget the good

By Leslie Klipsch

The actress who portrays Angelica Schuyler Church (born in 1756) in Lin-Manuel Miranda's much-lauded Broadway musical, "Hamilton," knocks me out every time I listen to her rap about the American Revolution. Upon reflection of the newly written Declaration of Independence, Angelica gives a rapid fire call-to-action for her fellow females: "We hold these truths to be self-evident, that all men are created equal. And when I meet Thomas Jefferson ... I'ma compel him to include women in the sequel!"

What I love about Angelica Schuyler Church, who married a British Member of Parliament, is that not only is she the daughter of a famous Revolutionary war general and an interesting personality, she was notably quick to support and celebrate other women.

On top of her early and outspoken hope of what would become the 19th Amendment, Angelica Schuyler toasted her sister, Eliza, at Eliza's wedding to Alexander Hamilton, despite her own complicated feelings for the man who would eventually become America's first Secretary of the Treasury. She supported her sister once again after Alexander and Eliza endured what has come to be known as the first political scandal in American history, adultery and extortion.

As Eliza weathered infidelity under public scrutiny on the arm of her sister Angelica, who sailed home across the Atlantic upon learning of the affair, the venerable Mrs. Hamilton emerged after Alexander's death just 12 years later as a strong and capable woman who went on to raise funds for the Washington Monument and found the first private orphanage in New York City. With a sister who encouraged her to dream and do, Eliza accomplished great things for our nation.

In a world set up to make quick comparisons that ultimately pit people against each other, it's easy to fall into the habit of envy rather than celebration, and to treat each other harshly rather than with appreciation and civility. The notion that one woman's climb to the top will hinder our own or that another person's great idea makes our idea insignificant is flawed — yet commonplace — thinking.

A photo of a friend's recent success posted on social media, for example, too often breeds jealousy rather than congratulations. We can learn a lot from the great women of the past, particularly those who saw the good in one another and were champions of meaningful pursuits and unbridled potential.

Over 200 years post American Revolution, Liberian Nobel Peace Prize winner Leymah Gbowee tells a powerful story of women working together and creating an unstoppable force of goodness in her book, "Mighty Be Our Powers: How Sisterhood, Prayer and Sex Changed a Nation at War."

In 2003, Gbowee organized and led the Liberian Mass Action for Peace, a coalition of women who harnessed their anger and hardship to work for peace. Gbowee surrounded herself with strong, compassionate women and each was empowered through support and collaboration. They ultimately helped stop a corrupt president, menacing warlords and a civil war.

As we celebrate Women's History Month this month, I am inspired. The fanning



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If one among us is celebrated and encouraged, we all become powerful.

of fires, support and celebration of the women of our past prompts me to take a look at how I'm living today. It makes me realize that when one of us is held back, we're all held back — but if one among us is celebrated and encouraged, we all become powerful.

Harriett Tubman fled slavery and then went back to the south to usher hundreds of others to freedom, showing not only courage, but a deep care of others.

Tina Fey and Amy Poehler write comedy with a specific message that Poehler explained recently by saying, "...You can create your own spark. And if you have another woman to support you, you can be very, very powerful."

Madeleine Albright put it more bluntly: "There is a special place in hell for women who don't help other women."

Regardless of our gender, I believe we can dismantle the culture of scarcity we've built around ourselves. Love is not finite. I love my 9-year-old with all my heart, and yet what do I have left for my 6-year-old? More love, of course — it's not a finite commodity!

There is love, and then there is more love. The same is true in all of our relationships.

Your best friend commands a room and exudes charm? Delight in her. Someone else's charm doesn't make you any less charming; it just makes for an even more beautiful and interesting world.

May we all pay attention to history and command a modern-day call-to-action: See the good and celebrate the potential in everyone. There is no limit to greatness.

Leslie Klipsch is a frequent Radish contributor.



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