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GUARD-CITY NEWS 8 WQAD

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from the editor



Photo by Todd Mäzner / Radish

This is the 30th issue of Radish magazine — and the first time we've run a story about radishes. Up until now, we've intentionally avoided this seemingly obvious topic for a very good reason: Until we had established what Radish was all about in the minds of our readers, we didn't want anyone to think we were about radishes.

In the "early days" three summers ago, we met many people at farmers' markets and elsewhere who, upon being offered a copy of our fledgling magazine, said, "No thanks. I don't like radishes." Sometimes we could slow them down enough to have the time to explain, other times there was just nothing we could do.

But now, 30 issues into our existence, we have been embraced and understood by enough of the population to bravely write about radishes (see Brandy Welvaert's story on page 8). So comfortable are we in our own skin we even went so far as to put those eponymous vegetables on the cover.

First-time readers, do not be led astray: Radish still is not and never will be about radishes.

So why did we call ourselves "Radish?"

For the answer, I quote author Thomas Moore, who said that, at our best, human beings "are like a radish. When our succulent, somewhat bitter, red, delicious underground soul is manifest, we are most ourselves and most creative." The meaning of life, Moore concluded, "lies hidden in a grocer's shop, in the vegetable section. There, you will find little heart-shaped, reddish roots that will fire up your salad and, with a little sacred imagination, display the secret of being ... a human being."

That's what Radish is all about — helping people be their best through "healthy living from the ground up," as our motto states. We cover the local foods movement, we spread the word about Earth-preserving issues and help individuals and communities live healthier — physically, spiritually, environmentally and gastronomically.

So read to your heart's content about radishes in this issue. Just don't be surprised if another story specifically devoted to that zesty vegetable doesn't show up in this magazine for another 30 issues.

— Joe Payne
editor@radishmagazine.com

Radish

HEALTHY LIVING FROM THE GROUND UP

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contributors



Alice Waters, chef, author and proprietor of Chez Panisse Restaurant in Berkeley, Calif., is a pioneer of a culinary philosophy based on using only the freshest organic products, served only in season. Her commitment to education led to the creation of The Edible Schoolyard, a one-acre garden and an adjacent kitchen classroom at Berkeley's Martin Luther King Jr. Middle School. This model public education program gives 1,000 students the knowledge and values they need to build a humane and sustainable future by actively involving them in all aspects of the food cycle. Waters has written eight books and is vice president of Slow Food International, a non-profit organization that promotes and celebrates local, artisanal food traditions. Read her story, "A Delicious Revolution," on page 10.



Lindsay Hocker of Iowa City, a native of Milan, Ill., is double majoring in journalism and religious studies at the University of Iowa. During her high school years she wrote freelance articles for The Rock Island Argus and The Dispatch in the Quad-Cities, where she continues to work as an intern in the news department during the summers. A true advocate for our four-footed friends, Lindsay also has been an animal caretaker and adoption counselor for the Quad City Animal Welfare Center and volunteers with Quad Cities Greyhound Adoption. Her story on designer dogs, "The New Hybrids," appears on page 14.



Elizabeth Janicek grew up in Morrison, Ill. She studied English and music at Augustana College, and is happy to now live within walking distance of her local Quad-Cities farmers' market. A former Radish intern, Elizabeth is currently writing for freelance and for fun. She enjoys long walks by the river and has a soft spot for coffee, adjectives, live music and bare feet. Her story on the Hancher Auditorium's Spot program appears on page 22.

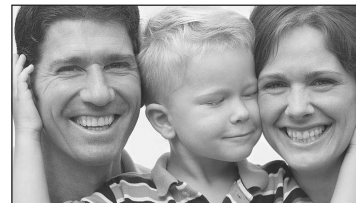


The Rev. Robert Grant is a Catholic priest, associate professor of theology and men's soccer coach at St. Ambrose University in Davenport, Iowa. He holds a Ph.D. from the School of Religion at the University of Iowa, a doctorate in sacred theology from Gregorian University, Rome, and a master's degree in Christian spirituality from Creighton University. He also is the author of "A Case Study in Thomistic Environmental Ethics." Read his essay on making sacrifices for the Earth on page 40.

Also appearing in this month's issue are regular contributors Sarah Gardner ("Lonitermie," page 19), Todd Welvaert ("Yoga Scouts," page 24) and Sharon Wren ("Botanical Buffer," page 30).

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the grapevine

Patchouli, PROJECT InSECT to join the 2008 Healthy Living Fair

The Earth-loving folk duo Patchouli and PROJECT InSECT — a one-of-a-kind art exhibition — have joined the lineup of the 2nd Annual Healthy Living Fair.

This year's event — presented by Radish and the Quad City Botanical Center — will be held June 14-15 at the QCBC, 2525 4th Ave., Rock Island, Ill.

Patchouli — the husband-and-wife team of Bruce and Julie Hecksel — performed at last year's fair and will return this year to present a free performance on the QCBC lawn at noon Sunday, June 15.

PROJECT InSECT — another husband-and-wife duo, Jessa and James Huebing-Reitinger — will present insects as you've never seen them before. Jessa creates larger-than-life oil paintings of insects while James entertains with his traveling insect "trunk show" and temporary insect tattoos.

For the latest info on the 2008 Healthy Living Fair, visit radishmagazine.com. A complete guide will be included in the June edition of Radish.

On the Road
with
Radish

Radish will be at the following events in May, made possible in part by The Friends of Radish — Trinity Regional Health System, WQAD NewsChannel 8, MetroLink and Zimmerman Honda:

• Freight House Farmers' Market, 8 a.m.-

1 p.m. May 3, 421 W. River Drive, Davenport, Iowa. Get a recipe from Sawyer Beef and enter to win a free Radish canvas tote bag.

• Trinity 7th Street Market, 8 a.m.-noon May 17, 500 John Deere Road, Moline, Ill. Visit with Teresa's Tasty Produce and get some great recipes straight from their farm.

• Milan Farmers' Market, 2:30-5:30 p.m. May 7, 900 W. 4th St., Milan, Ill. Learn about the benefits of buying local and organic foods and discover heirloom plants from Oak Hill Acres.

• University of Illinois Extension Master Gardeners Plant Sale, 9 a.m.-2 p.m. May 10, 4550 Kennedy Drive, East Moline, Ill. Visit with master gardeners and naturalists.

Be a Healthy Living Fair volunteer!

Volunteers are needed for the 2nd Annual Healthy Living Fair to be held June 14-15 at the Quad City Botanical Center, 2525 4th Ave., Rock Island, Ill. Help is needed in all areas, and volunteers can sign up for a variety of tasks. Pitch in for an hour or two — whatever you can spare! To learn more, come to the volunteer meeting being held at 5:30 p.m. May 8 at the Botanical Center. Can't make it to the meeting? Contact Beth Peters, (309) 794-0991, ext. 30.

From our readers

Laughing Matters (April 2008): "The latest issue of Radish is a gem! There are so many great articles but the one that becomes personal to me is 'Laughing Matters.' The excellent read by Michael Ashcraft made me realize that 'laughing' therapy is truly embedded in scientific proof of its actual health benefits. ..."

— Donna Gulep, Milan, IL

Let It All Hang Out (April 2008):

"... The article on using a clothes line in the April Radish is PRICE-LESS! I have been married nearly 14 years and have always hung our wash out, weather permitting. I love the smell of line dried clothing! My electric dryer quit about 18 months ago and I still haven't replaced it. I hang my clothing on racks in bathrooms during the winter and hang out on all other 'wash days.' ... Ms. Wren's article made me chuckle and think about all those years that I've done this (as my mother before me has) and we didn't know we were being 'green,' we just did it because it made sense to save the energy and have that wonderful fresh smell!"

— Karen Searl, Port Byron, IL

"Hanging laundry outside has been one of my favorite household — not chores — pleasures for many years. I wash early in the morning and hang them out before normal neighborhood sounds begin. There will be birds singing ... and of course I get distracted when little things in the garden, which borders the clothesline, start poking up in the spring or ripening in the summer sun. ... I would never live in a neighborhood where I couldn't have a clothesline."

— Shirley Rote, Rock Island, IL

"Living Here on Earth" looks inside reusable bags

Read this month's story on reusable shopping bags (page 12), then watch the May 6 episode of "Living Here on Earth" during the 10 p.m. newscast of WQAD NewsChannel 8.

Host Matt Hammill will visit with local distributors of these eco-friendly bags, which are made out of organic and/or recycled materials and manufactured in the U.S.

For other regional environmental reports, tune in to "Living Here on Earth" each Tuesday at 10 p.m. on WQAD NewsChannel 8.

Send your comments to editor@radishmagazine.com or write to Radish, 1724 4th Ave., Rock Island, IL 61201.



healthy living from the ground up

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Radishes yield only to gardeners who follow a few general rules. Read about these easy-to-grow plants on page 8. (Photo by Paul Colletti)

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healthy living

Rebuilding Earth

10 green fields for work-hungry graduates

By Brandy Welvaert and Laura Anderson

May is graduation month for thousands of high school and college students, many of whom are pounding the pavement for full-time employment in tough economic times.

According to the American Solar Energy Society, 8.5 million clean-energy jobs cropped up in 2006. Yes, green jobs exist, and the call for all kinds of green-collar labor — from less-skilled to highly-skilled — is only expected to grow, according to a report on eco-jobs from the non-profit Apollo Alliance in March. E Magazine's November/December 2007 issue, in fact, reports that the 10 Midwestern states, which are ideally positioned for wind-energy development, could see nearly 37,000 new jobs by 2020. (To read the full story, "Welcome to Green-Collar America," visit emagazine.com/view/3943&src.)

In its story, E magazine grouped green jobs into the 10 categories that follow. From green tourism to organic farming, this is for anyone who wants to launch a green career.

1 Green travel and hospitality: Travel is the world's fastest-growing industry, and green travel minimizes impact, builds environmental awareness and conservation and provides financial benefits for visitors and hosts, according to The International Ecotourism Society. Jobs run the gamut, from restoring lands to maintaining listings for Web sites such as Green Routes (greenroutes.org) in Minnesota.

"Understanding that we're a part of nature and not apart from it provides the foundation for a sustainable, green tourism enterprise," says John Ivanko, who with his wife, Lisa Kivistir, owns and operates the bed-and-breakfast Inn Serendipity, a turn-of-the-century farmhouse near Monroe, Wis., that runs on 100-percent renewable energy. Green tourism, Ivanko says, requires the same hard skills, though green employers also may value soft skills and personal traits such as "passion, sense of purpose, commitment and a values-rich approach to living and working."

Tip: Check out the International Ecotourism Society's Web site, ecotourism.org.

2 Organic and sustainable agriculture: You don't have to dig in the dirt to work in organics, according to Sally Worley, communications coordinator for Practical Farmers of Iowa in Ames. "I think it's pretty diverse," Worley says of careers in the field. "In my opinion it's a fairly strong movement. From grassroots efforts to government programs, there are organizations looking for people to work in value-added, organic agriculture."

Many farms across the region offer field internships, good options for students with an interest in hands-on learning. Practical Farmers usually hires a



Blackphoto

summer intern with a background in communications, Worley says, adding that how many new opportunities arise in organic agriculture depends greatly on the Farm Bill.

Tip: Find internships and jobs at the Practical Farmers of Iowa's Web site, practicalfarmers.org/programs/youth-and-next-generation.html. Contact Cedar Johnson at cedar@practicalfarmers.org to receive e-mails about job openings in agriculture.

3 Improving industry: If corporate social responsibility traditionally has been tackled outside-in, then an important change in the way some companies do business is underway. "There are certainly more jobs becoming available with 'sustainability' and related fields in their descriptions, and more and more we're seeing people within companies creating opportunities to address these issues," says Nancy Johnston, development and outreach director for Natural Capital Solutions in Eldorado Springs, Colo. NCS' mission is to educate senior decision-makers in business, government and civil society about the principles of sustainability. Last year, NCS founder Hunter Lovins told Radish, "There are a lot of aspects to a successful, well-run company, but those without a sustainability component to their management strategy are in real peril."

Tip: NCS maintains a list of resources for job-seekers at natcapsolutions.org/jobs.htm.

4 Design and construction: "A lot of the green, environmental companies are small companies, and they're perfecting their own products," says George Bialecki Jr., founder of Alternative Energy Builders, Moline, Ill. While local, grass-roots businesses may be the place for grads to find a green niche, those who find ways to make connections among eco-minded architects, designers, product manufacturers, contractors and others will fill an immediate gap — a gap that Bialecki has been bridging while building the groundbreaking Future House, a sustainable prototype home opening June 1 in Beijing for the 2008 Olympics. Bialecki says the greatest challenge of Future House was bringing like-minded suppliers and planners together to create a truly integrated green home. And despite reports of a housing slump, people are still touring and buying the sustainable homes Bialecki is selling in the Quad-Cities because of their lower life-cycle costs, he says. With all kinds of living costs rapidly rising — from gas to food — consumers are starting to look at the big picture on big-ticket items. Green design and construction only will become more necessary as people adopt this "life-cycle" mindset, he says.

Tip: "No matter what field they're in, if one can really educate themselves on how to be sustainable within that industry, I think you become a very valuable asset if you come in with that knowledge," Bialecki says.

5 Planning and land use: Degree programs that address sustainable planning and land use are being created at the university level, says Suzanne Rynne, manager of the Green Communities Research Center for the American Planning Association, which as recently as December was hiring a researcher. For recent grads, a solid background in planning coupled with an understanding of environmental issues can lead to work in the field, she says.

Planners essentially decide how to use land and then put those ideas into practice. Sustainable planners, however, are charged with balancing development with environmental and social concerns, which ultimately result in quality of life. "I think there are new roles for planners in positions that may have not focused on sustainability before," Rynne says. "And some cities are starting new jobs, like a sustainability coordinator."

Tip: Look for green planning jobs at planning.org by clicking on "jobs & careers." A recent search for planning jobs in Iowa and Illinois netted 12 results.

6-10 The other top green career fields are complementary and alternative health care; energy and renewables; public interest law; eco-education and information technology. For information on the opportunities in these fields in the Radish region, read this story online at radishmagazine.com.

"If you can really educate yourself on how to be sustainable within an industry, you become very valuable."

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healthy living

Once bitten

Snappy radishes lure impatient gardeners

By Brandy Welvaert

For impatient gardeners, radishes make fast friends. By most accounts, the radish is one of the easiest, quickest and most beginner-friendly garden plants around. Sow seeds directly into the soil once it's workable and taste the roots of your labor in as few as three weeks. Open any gardeners' guide to the Rs and you likely will find these words, or some version of them: "Children will like to grow red radishes because the time in between planting and eating them is so short," as the Reader's Digest Illustrated Guide to Gardening puts it.

Yet garden writer Genie Gratto has something to say about the supposed ease of the red root. Gratto moved to Iowa City from Washington, D.C., in September 2005 at the time when Midwest gardeners close up shop for the season. Never a green thumb, she decided to try radishes the following spring.



Paul Collett / Radish

"I was not particularly successful. They got all funky and twisty, and they rotted. I think I got about a half of a radish out of the experience," she admits. (You can read her 2006 blog about radishes at inadvertentgardener.wordpress.com.) She adds that she's planting heirloom radishes from Seed Savers Exchange (Decorah, Iowa) this year because she's learned a lot from her first try.

Turns out, radishes yield only to gardeners who follow a few general rules. Rule one: Give them space. Sow seeds of spring radish varieties about ¼ to ½ inch in soil with a 1- to 2-inch layer of compost. After they sprout, thin them to leave 1 inch between plants in rows or 2-3 inches in beds planted in all directions. Crowded radishes are not happy radishes.

Rule two: Grow 'em quick. Radishes need food and water to grow quickly, which is what the best-tasting radishes do. Radishes that grow slowly may have an unpleasantly spicy flavor and a woody texture. Do use compost to prepare the soil, and keep the plants evenly moist. Dry and wet periods will cause the roots to crack.

Rule three: Be impatient, first about planting. If you haven't planted radishes yet, do it now! Radishes need temperatures below 80 degrees F to flourish.

Also be impatient about plucking. Unlike the sluggish tomato, which doesn't reach bliss-inducing ripeness until practically August, the radish tastes better plucked young than mature. Start pulling them when roots are less than 1-inch in diameter, advises University of Illinois Extension. If you pluck them late, they will be spongy rather than crisp.

While the radish mainly is grown as a root vegetable, as a member of the mustard family, its leaves are edible, too. Toss them into a salad; dab a bit of goat cheese on a large leaf, roll it up and secure with a toothpick for an appetizer; or toss leaves with hot pasta and feta cheese for a quick meal.

Radishes add color, not just bite, to salads and sandwiches — particularly heirloom radishes, which grow in shades from pale yellow to scarlet to plum-purple. An old-fashioned favorite, the French Breakfast radish, is oblong in shape. Buy heirloom radish seeds from Seed Savers Exchange (seedsavers.org) and Baker Creek Heirloom Seeds in Mansfield, Mo. (rareseeds.com).

Gratto, 34, has loved radishes since she was a child. Her dad was a foreign-service officer, and she recalls eating "big white radishes" in Germany back then. "They don't have much of a bite, and we ate them sliced thinly with salt. Mom would make me a big plate." She also likes radishes sliced thinly along with cucumbers and tossed with rice vinegar, salt, pepper and crushed red pepper flakes. One of her most memorable culinary experiments was to roast radishes as parsnips. "They get all caramelized on the outside and soft inside," she says.

The greedy gardener need not wait for radishes to roast. Just yank a root from the dirt, splash it with hose-water and crunch: impatience never tasted so fine.

Radish Confetti Salad

4 large radishes, washed and trimmed
1 medium carrot, trimmed
1 celery stalk, trimmed
6 to 8 chives, cut in 1-inch pieces
Salt and freshly ground black pepper

¼ cup sweet rice vinegar
¼ cup olive oil
½ teaspoon celery seed
6 romaine lettuce leaves

Using a mandolin or box grater, shred the radishes and carrots. Cut the celery into matchstick-size pieces. Toss the vegetables together in a medium bowl. In a small bowl whisk together olive oil, vinegar, celery seed and salt and pepper. Pour over vegetables and toss. Serve on romaine lettuce leaves.

Open-Faced Radish Sandwiches

4 whole-grain bagels, halved, or
8 slices bread
8 ounces low-fat cream cheese

6 small globe radishes
Salt and freshly ground pepper, to taste

Spread bagels or bread slices with ¼ inch cream cheese. Using a sharp knife or mandolin, slice radishes very thinly. Overlap radish slices on top of the cream cheese. Sprinkle each sandwich with salt and pepper. Cover with damp paper towels until serving.

Source: University of Illinois Extension

Zippy Radish Salad

2 cups radishes, thinly sliced
½ cup Swiss cheese, cubed
2 green onions, thinly sliced
1 clove garlic, minced

1 tablespoon tarragon vinegar
½ teaspoon Dijon mustard
3 tablespoons olive oil
Salt and pepper to taste

In a bowl, combine radishes, cheese and onions. In a small bowl, combine garlic, vinegar, mustard and salt and pepper; whisk in oil until smooth. Pour over radish mixture; toss to coat. Chill for 2 hours.

Source: Favorite Recipes Home-Style,

from Your Friends at the East Moline Farmers' Market (out of print)

Roasted Zucchini and Radishes

2 pounds zucchini
7 tablespoons extra-virgin olive oil
1 teaspoon salt

½ teaspoon black pepper
3 bunches large radishes

Put oven racks in upper and lower thirds of oven, then put baking pans on racks and preheat oven to 450 degrees F.

Halve zucchini lengthwise, then cut crosswise into ¼-inch pieces. Toss with ¼ cup oil, ½ teaspoon salt and ¼ teaspoon pepper in a large bowl. Halve radishes lengthwise, then cut crosswise into ¼-inch pieces. Toss with remaining 3 tablespoons oil, ½ teaspoon salt, and ¼ teaspoon pepper in another large bowl. Working quickly, spread zucchini in pan on lower rack and radishes in pan on upper rack. Roast vegetables, without stirring, until lightly browned and tender, 20 to 30 minutes, then toss together in a large bowl.

Source: Gourmet magazine, June 2007



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healthy living

A delicious revolution

Teaching children how to think about food

By Alice Waters

Learning to make the right choices about food is the single most important key to environmental awareness — for ourselves, and especially for our children. Until we see how we feed ourselves as just as important as — and maybe more important than — all the other activities of mankind, there is going to be a huge hole in our consciousness. If we don't care about food, then the environment will always be something outside of ourselves. And yet the environment can be something that actually affects you in the most intimate — and literally visceral — way. It can be something that actually gets inside you and gets digested.

How can most people submit so unthinkingly to the dehumanizing experience of lifeless fast food that's everywhere in our lives? How can you marvel at the world and then feed yourself in a completely un-magical way? I think it's because we don't learn the vital relationship of food to agriculture and to culture, and how food affects the quality of our everyday lives.

To me, food is the one central thing about human experience that can open up both our senses and our conscience to our place in the world. Consider this: eating is something we all have in common. It's something we all have to do every day, and it's something we can all share. Food and nourishment are right at the point where human rights and the environment intersect. Everyone has a right to wholesome, affordable food.

What could be a more delicious revolution than to start committing our best resources to teaching this to children — by feeding them and giving them pleasure; by teaching them how to grow food responsibly; and by teaching them how to cook it and eat it, together, around the table? When you start to open up a child's senses — when you invite children to engage, physically, with gardening and food — there is a set of values that is instilled effortlessly, that just washes over them, as part of the process of offering good food to one another. Children become so rapt — so enraptured, even — by being engaged in learning in a sensual, kinesthetic way. And food seduces you by its very nature — the smell of baking, for example: It makes you hungry! Who could resist the aroma of fresh bread, or the smell of warm tortillas coming off the comal?

There is nothing else as universal. There is nothing else so powerful. When you understand where your food comes from, you look at the world in an entirely different way. I think that if you really start caring about the world in this way, you see opportunities everywhere. Wherever I am, I'm always looking to see what's edible in the landscape. Now I see Nature not just as a source of spiritual inspiration — beautiful sunsets and purple mountains majesties — but as the source of my physical nourishment. And I've come to realize that I'm totally dependent on it, in all its beauty and richness, and that my survival depends on it.

We must teach the children that taking care of the land and learning to feed yourself are just as important as reading, writing and arithmetic. For the most part,



Alice Waters says food needs to be added to the "3 R's." (Photo by Colin Finlay)

our families and institutions are not doing this. Therefore, I believe that it's up to the public education system to teach our kids these important values. There should be gardens in every school, and school lunch programs that serve the things the children grow themselves, supplemented by local, organically grown products. This could transform both education and agriculture. A typical school of say, 1,000 students, needs 250 pounds of potatoes for one school lunch. Imagine the impact of this kind of demand for organic food!

There's nothing new about these lessons. In a pamphlet published in 1900, a California educator argued for a garden in every school. School gardens, he wrote, will teach students that "actions have consequences, that private citizens should take care of public property, that labor has dignity, that nature is beautiful." They also teach economy, honesty, application, concentration, and justice. They teach what it means to be civilized.


Food is the one thing about human experience that can open up our conscience to our place in the world.

I've seen all this happen at The Edible Schoolyard Garden at Martin Luther King Middle School in Berkeley, Calif. I've seen the kids sitting around the picnic tables in the schoolyard, eating salads they've grown themselves with the most polite manners. They want these rituals of the table. They like them. I've seen troubled kids who've been given a second chance and allowed to work in the garden be so transformed by the experience that they return to King School to act as mentors to the new students. The Edible Schoolyard creates that kind of clarity — and its potential lies in the multiplication of these epiphanies of responsibility, at school, two or three times a day.

What we're doing now is building models and demonstration projects, such as The Edible Schoolyard, to prove that this kind of experiential education is truly a viable initiative. In Berkeley, we're about to transform the school lunch program of an entire school district, with more than 17 schools and more than 10,000 students, in collaboration with the school board, Children's Hospital Oakland Research Institute, the Center for Ecoliteracy and the Chez Panisse Foundation. This is a revolutionary way of thinking about food in schools — it's what I call a Delicious Revolution.

Wendell Berry has written that eating is an agricultural act. I would also say that eating is a political act, but in the way the ancient Greeks used the word "political" — not just to mean having to do with voting in an election, but to mean "of, or pertaining to, all our interactions with other people" — from the family to the school, to the neighborhood, the nation and the world. Every single choice we make about food matters, at every level. The right choice saves the world. Paul Cézanne said: "The day is coming when a single carrot, freshly observed, will set off a revolution." So let us all make our food decisions in that spirit: let us observe that carrot afresh, and make our choice.

"A Delicious Revolution" by Alice Waters is taken from Thinking Outside the Lunchbox, an essay series of the Center for Ecoliteracy, www.ecoliteracy.org. Copyright 2008 Center for Ecoliteracy. All rights reserved. Printed with permission.



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healthy living

A brand new bag

Reusable bags totes to stores more and more



By Brandy Welvaert

Call them the Worst Collectible Ever. They're bursting out of closets and floating down streams. Plastic shopping bags hang from trees and dance on the breeze — a scene never quite as lovely in real life as it was in the 1999 film "American Beauty."

In the U.S. alone, the plastic-bag industry makes about \$4 billion a year. Since the average sack is used just once and costs the buyer 4 cents, that's a whole lot of tossed bags. Sadly, the EPA estimated that only 5.2 percent of plastic sacks in the municipal waste stream in 2005 were recycled, which explains how bags end up in the wrong places — such as the Pacific Ocean, where sea turtles, those grizzled yet graceful marine antiques, mistake them for delicious jellyfish and die.

Sue Davis Smith has seen them blowing across the 70 acres of greenspace near Prairiewoods, the spirituality/ecology center where she works in Hiawatha, Iowa. "If we have plastic bags floating around, which we do, it fits our mission to be out there and let people know that these are not the best use of resources," says Smith.

Indeed, plastic bags start out as crude oil, natural gas and other petrochemical derivatives that get transformed into something called polymer resin that's heated, shaped, cooled, flattened, sealed, punched and printed, according to Worldwatch Institute. Plastic bags, beginning with the sandwich bag in the 1950s, rose to ubiquity as a clean, forest-friendly alternative to paper bags.

Not anymore.

Radish 12

Founded in 1996 by a group of Franciscan sisters, Prairiewoods recently kicked off a new public-awareness campaign called "Fantastic! It's Not Plastic," which provides information about plastic-bag use and invites bring-your-own-baggers to sign a plastic-free pledge online at prairiewoods.org.

The center is selling reusable canvas totes with the logo for \$5 and will sell them at various local events throughout the summer, including the Hiawatha farmers' market.

"We have a really strong mission to do something ecologically," Smith says. "We're very much wanting to make some social changes rather than going the legislative route."

Plastic bags are a good place to start because people "can do it locally and feel like they're making a difference in their personal lives," says Sue Millar of Cedar Rapids.

"Like everybody else, I'm just appalled with what's happening with climate change, and it's not an easy thing to address," says Millar, who decided to address it with reusable, gender-neutral bags.

"I have talked to a couple of men about this because they were like, 'We don't want to look like we're carrying a purse!'" she says.

Through her home-based business, Choose Cloth, she sells U.S.-manufactured bags made from repurposed textile scraps and plastic bottles emblazoned with three ears of Iowa corn in eye-popping colors and a style reminiscent of Andy Warhol's work.

"I chose corn because I wanted to do something pop-art, and because it's Iowa," she says, laughing. "I know people are so burnt out on corn, but I just think it's cute!" The bags are for sale online at choosecloth.com for around \$6 to \$10 and come in various sizes.

She plans to sell string bags, too. "This way, you can put your produce in a non-plastic bag. At the grocery store I realized I'm putting everything in plastic bags to then be placed in my non-plastic bags. It just shows (plastic bags) are a huge problem."

They're also an item that most people have become conditioned to use, many times without thinking.

"Just the other day, a bagger put my milk in a plastic bag, and I made him take it out and put it in my bag. The bagger then threw out the plastic bag. I was so annoyed. I tried to save a bag and he just got rid of it!" says Melissa Goldberg, who writes an environmental blog called A Greeniac's World at greeniacworld.blogspot.com.

"I think people working at stores are getting educated at the store, too," Millar says. "People are getting more and more used to 'packing items in bags brought by customers."

Joan Burns, who sells her Cart By Cart (cartbycart.com) cotton canvas bags in retail stores in Iowa City and beyond, agrees that "the primary obstacle right now is developing the habit." All habits — even helpful ones — take time to form.

"This is so tricky because here I am, selling these bags, and yet I get to the store and I don't have them," admits Millar. Blogger Goldberg hangs her bags on the doorknob to the garage after unloading groceries, yet still forgets them sometimes.

Cart by Cart's point-of-purchase sign says "get in the habit," says Burns, who is heartened every time she sees someone carrying a reusable bag — whether it's one of hers or not. "I'm very grateful that corporate stores are willing to offer their shoppers options to plastic grocery sacks, and that it doesn't have to say the name of the store on the bag," she says.

So far Cart by Cart has sold 800 of its U.S.-made bags primarily through Iowa Hy-Vee and Fareway stores, proof that a revolution in the way people carry things may well be underway. The American Chemistry Council, which represents the interests of the plastics industry, has taken note of the mainstream push for reusable totes. The ACC issued a statement that touts plastic bags as fully recyclable and more resource-efficient than paper. But the question isn't "paper or plastic" anymore.

Plastic simply isn't a choice in several developing nations, Bangladesh among them. The bags have been banned there since early 2002 because they were a main culprit during floods that submerged two-thirds of the country a decade ago. Plastic bags later were discovered to have clogged drainage systems. China's plastic-bag ban goes into effect June 1, and San Francisco supermarkets and pharmacies have to use recyclable or compostable sacks by this fall.

Though plastics legislation isn't likely in the Radish region — not anytime soon, anyway — people can exercise the freedom to pack a sack and experience the healthy effects right away.

What's it like to walk away from the grocery store toting delicious foods packed into easy-to-carry, reusable bags? Goldberg sums it up: "I feel great."

Turn to Resources, page 38, for a list of regional distributors of U.S.-made shopping bags made from organic and recycled materials.

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13 Radish

pets

The new hybrids

Designer dogs can be fine — but choose wisely

By Lindsay Hocker

Call them what you want: designer dogs, hybrids or mutts. With cute names like puggle and maltipoo and faces to match, designer dogs have become very popular among celebrities and dog lovers at large. Many people are misinformed about these dogs, however, and purchase them on a whim and end up taking them to an animal shelter. Do a quick search at petfinder.com of any of the main breeds used for cross-breeding (such as poodle, maltese or pug) and you'll find many designer dogs. Often advertised as having the best characteristics of both purebreds and mutts — as lovable, healthy dogs with pedigree — these dogs can't always hold up to unrealistic expectations.



A Labradoodle puppy — a combination of a Labrador and poodle. (iStockphoto)

Three common misconceptions:

1. My cockapoo is purebred.
False. By very definition, a cockapoo or any other designer dog is not purebred. Breeders may sell a half cocker spaniel, half poodle for a few hundred or even over a thousand dollars, but that does not make the dog purebred. The American Kennel Club (AKC), which is a leading registry for purebred dogs, does not recognize designer dogs.

That said, new registries that cater to hybrid dogs also exist, such as the American Canine Hybrid Club (ACHC). On its home page, it lists hundreds of "hybrid breeds" that can be registered through its services. A note at the bottom says breeds are added to the list upon breeder demand.

2. Designer dogs only inherit the best characteristics of each breed.

False. This claim may seem laughable, but I've heard it made over and over again. To me, it's like saying that since heart disease only runs on my dad's side and not my mom's, there's no way I received any of those genes. Medically, a puggle puppy has the possibility of inheriting the common medical conditions of the beagle breed (heart disease and epilepsy) and those of the pug breed (spondylitis, dislocation of kneecap, keratitis and demodex).

If have your heart set on a designer dog, research both breeds before making your selection and be prepared to deal with any or all of each breed's characteristics or medical problems after you take home your bouncing bundle of puppy joy.

3. Designer dogs have hybrid vigor, which makes them healthy.

That's the general idea, but it might not be so. Hybrid vigor basically means that the dog will be strong and healthy. Most purebred dogs have at least one medical condition linked to the breed, so breeding one purebred with a different breed is supposed to deepen the genetic pool and result in a genetically sound litter of puppies. Keep in mind that even a well-bred animal can develop health problems, inherited or otherwise.

Also note that breeders sometimes breed designer dogs together (a cockapoo and cockapoo instead of a cocker spaniel and poodle) or else breed a designer dog with a purebred dog to make a designer dog that is not a 50/50 mix. Returning to the idea of breeding cockapoos, though: if both of the cockapoos had purebred cocker spaniel and poodle parents, their offspring are called second generation, and a second generation breeding results in third generation. In these instances, hybrid vigor is thought to be less significant for every instance the original pairing of the breeds is removed.

How can you get a designer dog?

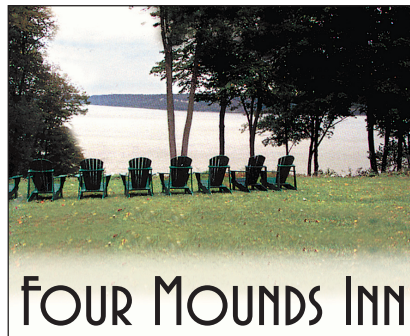
Your options are the standard ones, with the main two being an animal shelter or a breeder. With a shelter, you might have to search a little bit if you have your heart set on a particular dog, but designer dogs do end up at shelters frequently. Using petfinder.com and checking your local shelter's Web site can help you find the perfect dog to adopt. When you go to the shelter, ask a lot of questions: Where did the dog come from? Is any medical or behavioral history available? Also, spend time with the animal to make sure you're able to bond before welcoming it into your household.

With a breeder, make sure you interact face to face. Make sure the person is knowledgeable about all the breeds or hybrids he or she produces. Ask many questions, see the parent animals and make sure they're kept in comfortable and sanitary living conditions.

For more information, contact:

- American Canine Hybrid Club: achclub.com
- American Kennel Club: akc.org
- Petfinder: petfinder.com
- Humane Society of the United States: hsus.org

Read a longer version of this story at radishmagazine.com.



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outdoors

On two wheels ...

Great bike rides await cycling enthusiasts

By Radish staff

Missed the April 1 sign-up deadline for RAGBRAI? Not to worry — there are several other great bicycle rides this spring and summer in the Radish region. Check out the following list and prepare to saddle up and ride on!

• **Ride the Ups and Downs, May 3:** This one-day bicycle tour allows riders to cover from 25 to 61 miles of scenic, hilly backroads of Jo Daviess County in northwestern Illinois near Galena. Color-coded maps, sag service and snacks will be provided. Cost is \$20. Visit elizabeth-il.com/calendar.asp or e-mail bausmana@juno.com.

• **QuadruPedal Century, May 4:** This charity ride showcases the beautiful rolling hills of southwest Wisconsin, starting in Dodgeville. Ride options include challenging routes of 35, 55, 85 and 100 miles for the cycling enthusiast, with routes climbing between 1,500 and 9,000 feet. This ride uses some of the same roads used by the Horribly Hilly Hundreds, the Dairyland Dare and the Wright Stuff Century, but with full sag support, rest stops, showers and a meal when you finish. Cost is \$45. Call (608) 935-1381 or visit ichs.net/quadrupedal.html.

• **TOMRV, June 7-8:** The Tour of the Mississippi River Valley — a Midwest cycling tradition in its 31st year — draws 1,500 riders for a challenging ride on scenic roads through Midwest farmlands and along the Mississippi River. Riders depart Saturday, June 7, from either Bettendorf, Iowa (106 miles), or from Preston, Iowa (67 miles), and travel to Clarke College in Dubuque. On Sunday the riders return using a different route to Bettendorf (88 miles) or to Preston (44 miles). Registration is \$65 through May 24. Visit qcbc.org/tomrv.

• **American Gothic Bike Ride, June 15:** Participants will ride rural Highway 16 through Selma and Douds, Iowa, or can take an alternate route on the gravel roads along the river. The ride is between 20 and 24 miles and begins at the American Gothic House Center in Eldon. Cost is \$15 before June 1, \$18 after. Call (641) 652-3352 or visit wapelocounty.org/americangothic/events/bikeride.html.

• **Ride the River, June 15:** Riders can pedal a basic route of 16 miles or follow the signs for longer rides of up to 60 miles in this annual event along the Mississippi River in the Quad-Cities. For more information, call River Action, Inc., (563) 322-2969 or visit riveraction.org.

• **GITAP, June 15-21:** The 6th annual Grand Illinois Trail and Parks bicycle tour starts and ends just south of Dixon, Ill. Participants can ride from 300 to 550 miles through northwestern Illinois along prairies, hills and the Mississippi River shoreline. Riders will spend the nights at Lowden, Mississippi Palisades and Morrison-Rockwood state parks, and a "day off" will be spent at Augustana College in Rock Island, Ill. Base price is \$375 until June 1. Visit bikelib.org/gitap/2008/index.htm or e-mail oestreich@qconline.com.

• **Tour for Cancer Century, June 28:** This 100-mile ride in northwest Illinois begins and ends in Freeport. (A 30-mile route also is available.) This is a self-supported tour, and donations go to the Ferguson Cancer Center in Freeport. Visit chainlinkcyclists.org or e-mail cycleupperleft-il@gmail.com.

• **Washington Area Habitat for Humanity Ride, June 28:** Participants can ride 10, 20, 35 or 55 miles on paved county roads south of Washington, Iowa. The route includes a couple of rest stops with snacks and liquids provided. Cost is \$25. Call (319) 653-1674 or e-mail mgi948@hotmail.com.

• **Melon City Bike Club 4th Annual Century Ride, July 6:** Starting in Muscatine, Iowa, riders cross the Mississippi River, ride the Great River Road south in Illinois, cross back into Iowa at Burlington and go north back to Muscatine (About 110 miles.) Free. Call (563) 571-5251 or visit meloncitybike.org.

• **RAGRAI, July 20-26:** Registration closed April 1 for the Register's Annual Great Bicycle Ride Across Iowa, but spectators can join in on the fun as the route passes through the Radish region this year, through towns including Solon, Mount Vernon, Tipton, and LeClaire. Visit ragrai.org.

• **Bike MS — Cedar Rapids, Aug. 23-24:** This charity ride for the National Multiple Sclerosis Society covers 75 to 100 miles each day from the Cedar Rapids area to Marshalltown, Iowa. Cost is a \$30 registration fee plus a \$200 minimum pledge. Call (319) 447-1800, option 2, or visit mymbike.org.



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great places

Blessed land

Benedictine sisters strive to preserve and protect

By Brandy Welvaert

When the Sisters of St. Benedict moved to their new monastery in 2001, they were thinking about their new community, as well.

The monastery, located on the countryside in southwest Rock Island, Ill., has extensive grounds and gardens where the sisters — and visitors on retreat — may stop to pray or meditate.

In the summer, brilliant-colored clematis climb the bell tower, toward heaven. Snapdragons, marigolds, petunias, dianthus and roses grace the monastery's more formal gardens, while bachelor buttons burst with blue and sunshine-yellow coreopsis grow wild across the landscape. Fuzzy bumblebees buzz along the half-mile path that surrounds the lake before continuing. They stop for sips from the occasional red-headed poppy or purple coneflower, nestled among the native grasses and clover.

The sisters want to share this wilderness — and the peace it offers — with the local community, said Sister Roberta Bussan, director of vocation at the monastery. According to Benedictine values, it's a wilderness they've worked hard to preserve and protect.

A roof-top garden blooms with verberna, asters, geraniums, clematis, veronica and other plants, and offers another stunning view of the lake.

Sister Bussan said the monastery and the grounds have been used in a manner that's environmentally responsible and lovely at the same time. In spring, they burned the prairie to loose good seeds and eliminate exotics and weeds.

And the wildflowers weren't planted around the lake simply for their beauty. They also eliminate the need for mowing, which decreases fuel emissions and fuel consumption.

"It's a nice, quiet setting in nature. It's good inspiration for prayer," Sister Bussan said.

The sisters invite visitors to periodic retreats at the monastery's Benet House Retreat Center. The quiet atmosphere, spacious grounds and walking

areas provide an ideal environment for reflection. The retreat house has 12 bedrooms, single and double occupancy, with private bathrooms. Other amenities include the use of the oratory, lounge, conference room, kitchenette and dining area. Simple meals can be taken at Benet House or at the Monastery a short walk away. Guests are invited to share in the services in the community chapel and may make an appointment with a spiritual director. Cost for spiritual counsel is \$25 to \$50 per session. While at the Monastery they also have access to the library and

book store/gift shop.

The fee is \$53 for an overnight stay that includes three meals at the center. For \$40, guests may stay overnight and enjoy a continental breakfast.

For more information, call Sister Charlotte Sunneville at (309) 283-2108 or e-mail her at retreats@mmsisters.org. More information about the Benedictine Sisters at St. Mary Monastery, Rock Island, is online at mmsisters.org.

"It's a nice, quiet setting in nature. It's good inspiration for prayer."



Sister Roberta Bussan sits in the roof garden at St. Mary Monastery in Rock Island. (Photo by Dan Vedeich)

health



Healing Methods 101

Ionithermie works on the cellular level to extract toxins

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History: Invented nearly 30 years ago by French physician Oliver Fouche, Ionithermie is a detox method that originally was developed as a treatment for arthritis. It soon showed other unrelated benefits, including improved skin and muscle tone, a reduction in the appearance of cellulite and visible slimming in treated areas. European spas joined physicians' offices in offering Ionithermie treatments, and in 2003 it came to the U.S.

How it works: Specially infused clay is combined with mild electric stimulation to flush toxins from the body. The electric pulses cause the muscles to flex and help move toxins out of individual cells and into the lymphatic system. The clay contains micronized alginate, a mix of proteins and amino acids, and 104 trace minerals. As the toxins leave the cells, extracts from the clay help rejuvenate the body.

What a practitioner says: Christa Feist, a registered nurse and owner of Ionislum Spa in Davenport, Iowa, says the process of "remineralizing" the cells is what makes Ionithermie different from other detox methods. "With a lot of wrap methods, it's water weight you are losing, and that's why people feel drained," she says. "This method, though, works on a cellular level. You have the toxins going out but you also have proteins and amino acids going in, so people end up feeling recharged. ... You can see in the clay some of the toxins that get pulled out. It gets darker. And if someone smokes or is around people who smoke, you can smell the nicotine in the clay when we're done."

What a session is like: A typical session takes about one hour. The skin is first brushed to increase circulation and help the body absorb the nutrients from the clay. Then the treatment area — most commonly the midsection and thighs — is cleansed and tonics are applied. A mat containing the clay is spread out on a table for the client to lie down on. Then the treatment area is covered in gauze and more clay. Finally electrodes are carefully placed over specific muscles. Electrical stimulation is applied for 40 minutes, after which the treatment area is cleansed and moisturized with lotion.

The electrical current pulsing through the muscles produces a sensation similar to that of a vigorous massage. "Even though you are lying down, you feel like you are getting a workout," says client Dan Sweeney, who was attracted to the treatment because he felt it was an all-natural way to boost weight loss.

Who should not use it: Ionithermie is not advised for persons undergoing cancer treatments, but most other health conditions can be accommodated by adjusting the treatment method. It is approved by the FDA.

Cost: \$165 to \$175 per session.

More information: Visit houstonmedcenter.com/articles/Ionithermie-Detox-Treatment.php.

Radish-area providers: Ionislum Spa, Davenport (ionislumspa.com); Reality Spa, Peoria (309) 689-8888 and Ionispa, Des Moines (ionispadm.com).

— By Sarah J. Gardner

Bellies and Babies
two of life's small wonders

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food

The 'shroom boom

Spring's the season for fabulous, flavorful fungi

By Brandy Welvaert

The vernal tide has turned, and warm-weather foods are springing up all over. The mushroom is one you won't want to miss.

Mushrooms are so versatile. No matter what you're making, mushrooms will fit in.

They easily stand in for other proteins — think meaty portobello caps — and they offer hearty substance to soups and salads. On their own, maybe with a bit of butter and some bread crumbs, they create a simple, tasty side dish. In recipes, they can take a front or a back seat, asserting robust flavor as a main ingredient or absorbing and conveying notes of a more complex dish. When the weather's warm, you can grill them to create delicious, low-calorie morsels.

There's a good reason — actually, a bunch of them — why healthy, edible mushrooms remind us of magic.

Sometimes described as “the third kingdom,” mushrooms, or fungi, are neither wholly animal nor vegetable. While fruits and vegetables translate the energy of the sun into calories

through photosynthesis, mushrooms don't rely directly on the sun for food. Also unlike most food plants, they don't grow from seeds, and they don't have root systems that hunters can pull from the soil and inspect. Instead, the wild mushrooms we eat spring from microscopic networks of cells that live in the soil, sometimes for centuries before bearing fruit above ground.

Instead of reaching for the sun for food, fungi feast in the dark on organic matter past its prime, turning the most inedible things into delicious, delicate mushrooms — a food that easily becomes a metaphor for spring itself.

Almost unbelievably, the fan-shaped oyster mushroom, prized for its robust, peppery flavor that becomes much milder when cooked, actually can digest petrochemical sludge and transform it into edible protein.

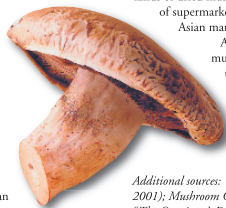
Though mushrooms have been cultivated since Greek and Roman times, the best mushrooms — the wild ones — tantalize the taste buds in ways that the common white button mushroom can't.

In fact, the season for cultivated button mushrooms peaks in fall and winter, while the wily morels of the Midwest usually begin peeking

out of the soil in April or May. But you don't have to be a naturalist or a mushroom hunter to enjoy delicious mushrooms at home.

The produce sections of supermarkets always offer fresh white button mushrooms and portobellos, both sliced and whole. You'll find fresh shiitake mushrooms there, as well. You can find different kinds of dried mushrooms in the health-food sections of supermarkets, in health-food stores and in Asian markets.

Asian markets often sell dried mushrooms for a fraction of what they cost in other stores. These markets also usually sell different kinds of canned mushrooms, which always should be rinsed under cold water before use.

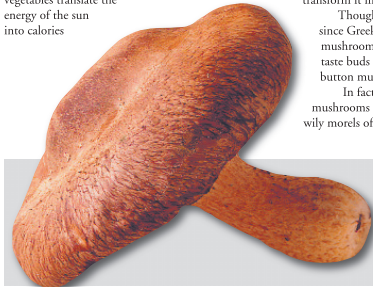


Additional sources: "Food Lover's Companion" (Barron's, 2001); Mushroom Council (www.mushroominfo.com); "The Omnivore's Dilemma," by Michael Pollan (Penguin Press, 2006)

Baxter's Vineyards & Winery, 2010 E. Parley St., Nauvoo, Ill., is holding its first morel mushroom contest. Hunters are asked to bring the largest and smallest mushrooms they find to the winery to have photos taken and measurements recorded between now and May 15. Find out more online at nauvoowinery.com.

Grow your own

One good source for at-home mushroom-growing supplies — such as plug spawn (inoculated pieces of wood for inserting into drilled logs) and inoculated sawdust-filled bags — is Fungi Perfecti of Olympia, Wash. For a free catalog, call (800) 780-9126, e-mail info@fungi.com or visit fungi.com.



eating well

A Fare of the Heart

Program helps people eat smart when they eat out

By Brandy Welvaert

Imagine. You swing through your favorite local cafe for a quick lunch, or you sit down for a meal in a white-tablecloth establishment.

A voice in your head tells you to order something healthy, and this isn't McDonald's, where they print the bad news on the box. In these waters, it's possible to choose a healthy meal. But how?

Restaurants and Trinity Regional Health System have an answer for Quad-Citians, and an example for other communities to follow.

Since February, several Q-C area eateries began indicating heart-healthy dishes with an “A Fare of the Heart” logo: a heart topped with a chef's hat. Menu items bearing the logo will be certified by a Trinity nutritionist to include no more than 30 percent of their total calories from fat; no more than 10 percent of total calories from saturated fat; no more than 120 milligrams cholesterol; and no more than 1,000 milligrams sodium.

“Our grandpa had a quadruple bypass. ... That's our personal connection to heart health,” says Amanda Kernan, owner of downtown Moline's Cafe Fresh, one of the first restaurants to sign on with the program. So far two dishes from Cafe Fresh have earned the designation, and Kernan is confident that about half of her menu will qualify once she submits exact recipes to Trinity.

Cafe Fresh's “skinny” chicken salad features chicken breast marinated in light Italian dressing with cucumber, shredded carrots, avocado, tomato, lime and spices on a bed of romaine. Its veggie wrap, with spinach, artichokes, cream cheese, carrots, tomato, bell pepper and sprouts, also gets the heart-healthy logo.

Healthy foods don't have to be bland, Kernan says. A mixture of chili and spices — not fat and salt — ramp up the flavor of the skinny chicken salad, which is one of her favorites. “Part of the reason for opening this restaurant was to offer healthy, fresh foods,” Kernan says. “I'd like to eat healthier myself, and I want my restaurant to be the kind of place that I'd say, ‘I'd like to eat there.’”

Heart health depends on several factors, and diet is among them, says Flo Sprow, Trinity's vice president of operations. Sprow oversees Trinity's cardiac division, which created and implemented the new program. “Heart disease is the leading cause of death for men and women in the U.S., and we believe a lot of that can be prevented,” she says. “One of the risk factors (for heart disease) is diet, so we wanted to help make people aware of heart-healthy foods.”

“People more and more are eating out, and they want the ability to eat smart and healthy at the same time,” she says.

Restaurants that sign on get a mention and a link on Trinity's A Fare of the Heart Web site. Perhaps best of all, it's free for them to participate.

“It's really a collaboration between health care and restaurants to serve and make a healthier community,” Sprow says. “They all have loved ones whom they want to have healthy hearts, as do we.”



Sisters Heather and Amanda Kernan hold a “skinny” chicken salad from Cafe Fresh's heart-healthy menu. (Photo by Nick Loomis / Radish)

Love your heart — and the hearts of others

- At home: Take Trinity's HeartAware test online to discover your risk for heart disease at www.trinityqc.com/heartaware.

- Eating out: Look for the A Fare of the Heart logo on the menu in the following restaurants: Cafe Fresh!, Moline, Ill.; Cafe Indigo, Davenport, Iowa; Johnny's Italian Steakhouse, Moline; Seattle Sutton, Moline; the Red Crow Grille, Bettendorf, Iowa; Thunder Bay Grille, Davenport. As more restaurants sign on, they will be added to the A Fare of the Heart Web site, www.TrinityQC.com/Fare.

- For restaurateurs: Restaurants that wish to participate in the program should visit the Web site or e-mail Sherri Behr DeVrieze at devriesj@trinityqc.com.

- Learn more: Visit www.TrinityQC.com/Fare or call (309) 779-2912.



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...ative workshop with the group. "That activity got me think-
...teractive some of these groups' performances are," he says. "I had
...gotten to know performers the way I have gotten to know the people
...gs in."
Swanson says Spot profoundly impacts performers as well. "These artists have
...ed their adventures in Iowa," says Swanson. "Every single artist we've had
...been touched by the people across the state, touched by the h-
...That not only changes the way those artists



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Yoga scouts

After-school program builds confidence, focus

By Todd Welvaert

One minute, they are a squirming, wriggling, writhing mass of energy — everything a pack of little girls can be.

The instructor stands at the head of the room at Horace Mann Choice School in Rock Island, Ill., and directs the members of Daisy Girl Scout Troop 5149 to find their places on their mats and assume the first yoga pose. "Breathe in," she says in a measured monotone. "Breathe out."

Horace Mann parent Kathy Lelonek helped start the after-school yoga program last fall after coming across the name of a yoga instructor. Lelonek started the yoga sessions as an intercession offering, but had such a good response she thought it might go over well as an after-school program.

The program, open to all the grades, has been a success. The Monday afternoon session averages about 20 students and has had as many as 35.

The Girl Scout troop members were working toward their "courageous and strong" merit medal, according to leader Emily Jackson, and the yoga session seemed to be a good fit.

Yoga leaders Johanna Hilliard and Becky Licandro studied at the Davenport (Iowa) School of Yoga. Lelonek says they co-teach the class, and "it's pretty amazing how focused the kids are and how much they are learning."

"The kids are learning balance and some of the yoga terms and know what it is," Lelonek says. "It gives them a chance to calm down after the day. It always starts noisy and settles down as the kids are getting focused. I did some research, and yoga can help kids focus. If they are upset, it can help them kind of get back to where they need to be. It's also good for kids who are in sports because it increases their flexibility and their balance is improved."

Lelonek also says she likes the idea the kids are doing something that is active and physically engaging that's not a sport. "It's something good for them they can do when their whole lives if they want," she says.

"It might appeal to some of the kids who are not all out for the sport thing. A lot of the younger students up to the third grade have really glommed onto it. I think they are a little more open to it because they are little."

Teachers and parents have been very supportive. "We are lucky to have an open-minded principal and teachers who have been very supportive," she says. "I think (the teachers) are pleased the children have an opportunity to learn and explore yoga. I think the teachers feel they are learning some skills they can take with them and use throughout the day and the week."

Lelonek's daughter Madeline, 7, is a first-grader who likes both soccer and ballet. Lelonek says Madeline likes to see how flexible she can be in the

yoga class and loves to show what she's learned.

"I think she's more confident. It's good for kids to try new things," Lelonek says. "I've seen a change in her concentration and focus. I also like it because she's learning outside the classroom."

Back in the class, the girls go through a series of the yoga poses. Eventually, the class winds up with the girls sitting cross-legged, their hands on their knees, their palms up. The instructors remind them to breathe in, breathe out, and each squirming, wriggling and writhing girl is recast into the picture of relaxed calm.

Everything a pack of little girls can be.

View an audio slide show of this class at qonline.com/multimedia/display.php?id=233



Students at Horace Mann School, Rock Island, mimic teacher Becky Licandro. (Photo by Todd Mizener)

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25 Radish

eating well

Angling for health

Eating fish caught in Illinois or Iowa? Read this.

By Brandy Welvaert

With spring in full swing fishermen (and women) are gearing up for tasty meals. Even cooks who don't fish will be in the mood for lighter protein dishes as warmer weather approaches, making seafood the right choice.

But which fish are safest to eat? And which seafood doesn't contribute to environmental problems?

When it comes to health concerns about locally-caught fish polluted with toxic chemicals like PCBs, methylmercury and chlordane, a conservative rule for the Radish region seems to be: If you're a woman of childbearing age or one who has small children, your safest bet is to eat just one meal of locally-caught fish per month. If you're anyone else, stick to one meal per week.

Though many fish safely may be eaten more often, knowing which ones, and where they may be caught, takes a little research. (For Illinois waters, you can find a list compiled by the Illinois Department of Public Health online at www.idph.state.il.us/envhealth/fishadv/2008_fish_advisories.pdf. For a list of Iowa waterways, their fish and consumption information, visit www.iowadnr.com/fish/news/consump.html.)

Agencies in both Iowa and Illinois stress that fish caught in these states generally are safe to eat and that "fish advisories" aren't meant to scare people or discourage them from eating what they catch. Instead, the advisories "should be used as a guideline to help anglers and their families decide where to fish, the types of fish to eat, and how to prepare fish for cooking to reduce possible contaminants," says Dr. Damon T. Arnold, Illinois state public health director. "Fish can be an important part of a balanced diet. It is a good source of high-quality protein and other nutrients and is low in fat."

In fact, the American Heart Association recommends that people eat fish and other seafood at least twice a week, which jives with recommendations from dietitians, the Environmental Protection Agency and the Food and Drug Administration. They say women of childbearing age should eat about 12 ounces of fish per week; other "non-sensitive" populations should get about 14 ounces.

Since toxins are stored in fish fat, the Illinois Department of Public Health recommends eating younger, smaller fish and leaner species, such as walleye and panfish. It also recommends removing visible fat from fish and broiling, baking or grilling it in a way that allows the fat to drip away.

Because of mercury levels found in fish caught in the Mississippi River between Dubuque and Bellevue, the Iowa Department of Natural Resources last November added a category of fish to its list of species to be eaten no more than once a week. In a statement, the Iowa DNR cautions, "individuals should consume no more than one meal per week of walleye, sauger, largemouth bass, smallmouth bass, white bass or northern pike."

When it comes to seafood, making good choices also includes taking sustain-



Fresh Walleye and Baby Spinach with Balsamic Vinaigrette. (Radish photo)

ability and fishing practices into consideration.

That's where the Right Bite wallet card can help. Print off one of these cards, fold it into your wallet or purse, and use it when you shop for seafood or order it in a restaurant. Find the card online at www.shedd-aquarium.org/pdf/cons_rightbite_seafood_card.pdf.

"We work with a lot of aquariums out there ... to gather this information and inform the consumers on the right thing to eat," says a spokesman for the Right Bite campaign at the Shedd Aquarium in Chicago.

The card breaks seafood into three categories — green (best choices), yellow (good alternatives) and red (avoid). Popular foods currently in the green are wild-caught Alaskan pollock and salmon and U.S.-farmed tilapia. In the red are other popular choices like orange roughy, mahimahi and shrimp. Interestingly, species can end up on the yellow and red lists for completely different reasons.

"Shrimp itself is actually not a problem at all," the Right Bite spokesman says. "The problem is how it's harvested. For every pound of shrimp that's caught, there are 8 to 10 pounds of 'bycatch.' Bycatch can include endangered sea turtles and coral."

Read this story online at radishmagazine.com and get the recipe for Fresh Walleye and Baby Spinach with Balsamic Vinaigrette, shown above.

how to

Green my screen: Eco-wise desk jockeys turn it off



By Radish staff

The Oxford English Dictionary's recent introduction of the words "computeritis" and "computer" into the official lexicon is a dead giveaway: We live by the screen. In fact, some of us spend half or more of our waking hours plopped in front of a computer monitor at work and at home. Here are five ways to green the experience.

1. Black or white? Do black-screened search engines save energy? Techblogger.com's Darren Yates, former technical editor for the Australian version of PC Magazine, tested 27 PC monitors. The bottom line? He suggests using Blackle.com to save energy with a CRT (cathode-ray tube) monitor. White-screened engines, like Google.com, generally save a small amount of energy when viewed on other types of screens.

2. Turn it off. Your PC needs less energy to power down and power up again than to run continuously. Even if you'll be away from your desk for three minutes, you'll save energy if you shut down, according to Sierra Club.

3. Go naked — as in no screensaver. If you don't have the time to reboot your computer during the day, at least turn off the monitor when you're not using it. Screensavers spare unattended screens from damage called image persistence or burn-in. They don't save energy.

4. Vintage is good. According to Sierra Club, "more than 80 percent of the lifetime energy consumption of a PC occurs before you buy it," and new PCs also require 10 times their weight in fossil fuels and chemicals to produce. So fixing up an older machine when feasible or opting for a refurbished computer when you need a "new" one are good, green options. Apple, Dell, HP and IBM sell refurbished models directly to shoppers.

5. Rules for new. Going new? Laptops consume about five times less energy than desktop computers. No matter what type of computer you buy, however, you can check out the Silicon Valley Toxics Coalition's report card on the major manufacturers. SVTC grades them on materials use, responsibility, take-back and end-of-life management. Currently, HP and Dell score best.

Take the Sierra Club quiz "How Green is My PC?" at sierraclub.org/howgreen/PC.



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health

Mixing medicine

Natural healing as a complement to Western practice

By GateHouse News Service

As an herbalist and registered nurse, Nancy Venzon bridges two worlds. She values the knowledge and efficacy of each, but believes they are stronger in combination rather than opposition.

Venzon is educated in the Western tradition of pharmaceutical-based medicine and healing. She worked as a registered nurse for 30 years and has certifications in critical care and trauma nursing.

She's also an herbalist working with ancient knowledge of the healing qualities of herbs and plants

to treat illness and maintain health.

One Saturday afternoon, Venzon stirred herbs in an olive oil base simmering for hours in a slow cooker in the kitchen at Seven Circles Heritage Center in Edwards, Ill. The wind howled outside; inside, the aroma of rosemary, myrrh and thyme filled the air.

Venzon was presenting a workshop on herbal salves. About 20 students encircled her as she poured a warm herbal stew into cheesecloth and squeezed it to separate oil from solids. Then she returned the oil to the slow cooker and added beeswax and lard.

Dennis Weaver watched and took notes. His grandparents were Cherokee. His wife's grandparents were Scotch-Irish.

"Our grandparents knew these old recipes, but they passed before they passed on the knowledge. Now my wife and I are trying to learn again," Weaver said.

Venzon, 65, recalled that her grandmother, an herbalist, treated ear infections by squeezing onion juice into a warm spoon and pouring the liquid into the ear.

Her grandmother had been thrilled when Venzon went to college to study nursing. "A better medicine," her grandmother had thought. Venzon had thought so, too, at least until she perceived the common sense of natural healing in a context of integrated medicine.

The healing cream made during her class at Seven Circles was based on a recipe Venzon prepares about twice a year. Once the preparation sets, it is a hard cream used for cuts, scrapes, burns, bites, rashes, poison ivy, athlete's foot and fungal infections. It relieves pain and itching and promotes healing.

Each of the 18 ingredients — from calendula,

echinacea and yarrow to chaparral, comfrey, turmeric and osha — has specific healing qualities.

"The first time I made this, I measured all the ingredients. The second time, I just added them and prayed over it. People raved about that second batch," she said.

Venzon said Western medicine treats disease rather than the whole person. Traditional herbal, complementary medicine is based on maintaining health as well as treating illness.

Not just folklore

Venzon said ancient remedies are often dismissed by people who are locked into the philosophy of Western medicine, but ancient remedies have centuries of wisdom behind them. There are many natural and herbal supplements that can be intermediary steps before starting regimens of Western medicine. For example, borderline high blood pressure often can be successfully treated with herbal teas.

"People ridicule herbal remedies as old folklore. But if I had chronic swollen feet, I might try dandelion tea, a potassium-rich diuretic. Of course, I'd run that by my physician, but it might be very helpful," Venzon said. "In our society, we take a pill for everything. People should ask questions first about intermediary herbal steps."

Nancy Venzon says 10 herbs are the core of treating yourself and your family. She orders herbs from Frontier Natural Products in Iowa (frontiercoop.com) and Spice Discounters in California (spicediscounters.com).

Many natural and herbal supplements may serve as intermediary steps to health before a regimen of Western medicine is begun.



Nancy Venzon talks to Aaron Zaborac while stirring a crockpot filled with herbs and olive oil during a workshop at Seven Circles Heritage Center. (Photo by Tom McCarthy Jr. / GateHouse News Service)

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Always wanted to try yoga but never had the chance? Come to the lawn of the Quad City Botanical Center at 9:30 a.m. Saturday, June 14, and join the fun!

S.M.A.R.T. Bus

Hop on board and learn about the environment and conservation. Kids get to pick out a book and take it home.

Alternative Transportation Area

Race miniature solar race cars, ride bicycles, check out hybrid cars and neighborhood electric vehicles and learn about other types of Earth-friendly transportation.



For more information and updates on attractions, visit radishmagazine.com.

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Additional financial support provided by A.D. Huesing Corp., Community Foundation of Great River Bend, Hiland Toyota and Courtesy Car City.



gardens

Botanical buffet

Swap seeds with others for biodiversity and fun

By Sharon Wren

The Bible says thou shalt not covet thy neighbor's wife, but you'd sure love some of his heirloom tomato plants — or those amazing sweet peas from seeds his great-grandmother brought over from Europe. Get your hands on these hort gems, and share your own with a seed swap!

Long before Burpee catalogs began arriving in mailboxes, trading seeds with the neighbors was the only way gardeners could try different varieties. Saving and trading those seeds eventually spread them across the world. But as seeds became more widely available through catalogs and stores, trading them became less popular. Heirloom varieties became endangered as their seeds fell out of favor, replaced by ones available in almost every store.

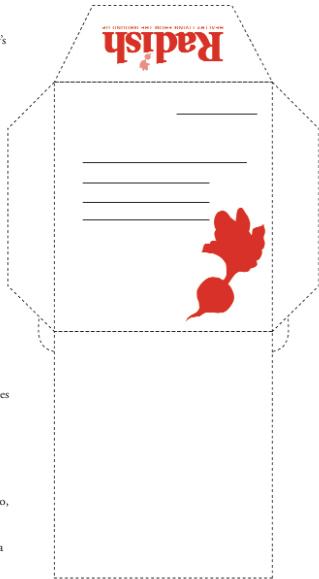
Trading seeds not only carries on an ancient tradition, it also helps ensure that older varieties don't disappear — which would be bad news for our taste buds as well as the world's food supply. According to Seed Savers Exchange in Decorah, Iowa, plant breeders rely on the old varieties to breed resistance into modern crops that are constantly being attacked by rapidly evolving diseases and pests.

Organizing a seed swap can be as simple or elaborate as you wish. You can ask your neighbors, coworkers and other green thumbs if they'd be interested in trading a few seeds. Or you can go all out with a seed-swap soiree featuring packets made from the accompanying template. Either way you go, here are some tips for a successful swap.

- "Test" your seeds. Make sure your seeds are still viable by placing a few on a damp paper towel a few days before the party. If they start to sprout, they'll be fine.

- Establish trading rules. Will you and your guests just trade seeds, or are cuttings and plant divisions included? What about gardening books?

- Bring plenty of markers and envelopes; some-



To make your own seed-swap packets, make copies of the above template, fold along the dotted lines and glue or tape sides together. Then write the name of the seeds plus other important information in the spaces provided. Fill the packet with the seeds and start swapping with others!

one is bound to need one or the other. Encourage attendees to bring pictures of plants from their seeds in bloom.

- Organize the seeds by name (botanical or common) or by family. At the very least, you'll need to separate them into fruit, vegetable, herb, annual, biennial and perennial. If any of the seeds are organic, note that on the packet. Include important growing information, such as light preferences and other tips for proper germination. If your seeds have a story, like they're descendants from Thomas Jefferson's crops, include that on the envelope or on a separate sheet of paper. You also could fill small bowls with each variety of seed and let people pick and choose what they want and how many, like a botanical buffet.

- Bring samples. You'll have more luck trading tomato seeds, for example, if your guests can try salsa made from those tomatoes.

- Invite a gardening expert to talk about germination or saving seeds; find experts through your local garden center or county Extension office.

If you're trading with the neighbors and it's a nice day, set up a couple of tables and some chairs on your lawn. If you're expecting a crowd or don't want a herd of gardeners inspecting your yard, hold the party at your church or a community center.

If you can't find anyone to trade with, go online. A Google search for "seed swap forum" returned 99,000 results. Check with friends for online forums they have tried. For \$35, you can join Seed Savers Exchange and choose from over 11,000 varieties. (SSE's 28th Annual Convention — which includes a seed swap — will be held July 18-20 in Decorah. Visit seedsavers.org for more information.)

Swapping seeds is a great way to expand your garden for almost no cost and preserve the world's horticulture history. Besides, it sure beats sneaking over the fence in the middle of the night to get the neighbor's tomatoes.

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growers Sustaining the herd

Better farming equals better beef

By Radish staff

Sawyer Beef in Princeton, Iowa, is a family-owned cattle farm that provides grass-fed beef to individual consumers and to the dining halls at Augustana College, Rock Island, Ill. Radish recently caught up with Neal Sawyer, who operates the farm with his father, Norman.

Radish: Tell us a little bit about your farm and yourselves.

Neal Sawyer: I grew up working on the farm, and this is my fourth year that I am "in on the farm" full-time. My wife, Lucie, and I live on what was my grand-mother's farm, which connects to my parents' (Lorna and Norman) farm, originally bought by my grandparents about 60 years ago. Most of the land is in pasture, though we do raise some crops and hay. This spring around 230 of our mother cows had calves. My dad has been selling halves and mixed quarters of Sawyer Beef for about 20 years. Last year was our first year of selling Sawyer Beef in retail cuts.

R: How has the farm changed over time?

NS: I believe our farms have become more environmentally sustainable over the years. Our farms are located on the rolling hills near the Mississippi River where the soils easily erode. Originally the farm was heavily cropped, with some livestock. Over the years my father grew the size of the cow herd and converted the crops to pasture land. Currently we do practice rotational grazing, however this year we are instituting our first sectioned-off areas for an intensive rotational grazing system. Intensive rotational grazing promotes better feed for the cattle through plant diversification and stronger soil conservation.

R: What makes your beef different?

NS: Every animal raised for Sawyer Beef comes from our predominantly Black Angus herd of cattle raised in a natural and humane way. Sawyer Beef has no routine antibiotics and no growth hormones. All of our beef is processed at a local locker where it passes an official inspection before it is naturally aged for a minimum of two weeks then processed and sharp frozen, ready for your freezer.

R: What's the greatest reward of the work you do?

NS: Fresh air, working outdoors, seeing my work come to fruition throughout the year, and of course the customer that swears they will never buy beef anywhere else.

R: What are your greatest challenges?

NS: As a young beginning farmer, it is tough to "get your traction." Land prices keep creeping higher as well as other costs. Another challenge we face is managing the day-to-day farm activities, while at the same time trying to market our own beef. If the tractor breaks that is used for getting our cattle fed on the



Norman and Neal Sawyer on their Princeton, Iowa, farm. (Photo by Robert Leistro)

same day as we have a farmers' market, we really have to scramble. Finally, for us as a producer and marketer of beef, we face the challenge of meeting a year-round demand while keeping inventory current.

R: What is an average day on the farm like?

NS: Every day is different, and there is always something to do. Typically before breakfast I check the overnight markets on the Internet. During the winter months I spend a good portion of the morning into early afternoon getting our cattle fed. In the spring we check the health of new calves. Summertime the cattle are on pasture, which relieves us from daily feeding, but obligates us to other projects like mending fences or hay making.

R: Are you full-time growers? What else do you do?

NS: Raising Sawyer Beef is our main enterprise. I also dabble with raising heirloom tomatoes and other garden vegetables. In winter months I substitute teach. In summer months we operate a brush-management business that cleans pasture/hunting ground of multiflora rose and thorny trees.

R: Where can we get Sawyer Beef?

NS: Sawyer Beef can be purchased at Slagle's Food Pride in LeClaire, Iowa, at the Davenport farmers' market (Saturdays), Bettendorf farmers' market and from our farm. We also will deliver to the Quad-Cities area if a quantity is ordered.

To contact Neal Sawyer, call (563) 289-4359 or e-mail him at neal@sawyerbeef.com. Find the Sawyers' recipe for Boeuf au Legume Casserole in Resources, page 38.

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rooting around

Local foods conference in Rock Island will connect growers, businesses

The University of Illinois Extension will host a "Locally Grown Opportunities Conference" from 9 a.m. to 2 p.m. June 13 in room 102 at the science building at Augustana College, Rock Island, Ill. Cost to attend is \$30, which includes a locally-grown lunch. There will be time for networking among businesses and growers, and several speakers will talk about local foods. Jerry Moore with Loffredo Fresh Produce Co., Inc., will discuss logistics and distribution, and Jim Slama, founder of FamilyFarmed.org, will discuss quality, packaging and handling of foods. Chris Hilgert, horticulture educator, will discuss the economics of growing fruits and vegetables. With questions or for more information, contact Peter Chege at (309) 792-2500. Register online at www.extension.uiuc.edu/rockisland, or by phone at (309) 796-0512.

Racin' on sunshine: Junior Solar Sprint Race takes off May 14 in Muscatine

About 215 middle-school students will participate in the Muscatine Junior Solar Sprint Race at 11 a.m. May 14 at West Middle School, 600 Kindler Ave., Muscatine. Setup will begin around 9 a.m. Muscatine Power & Water has teamed up with West Middle School and has been facilitating the Junior Solar Sprint Race for the past year, with the first race taking place in 2007, explained Nicole McCleary, a coordinator of the event. Twenty-five to 30 cars will be selected from the preliminary to race on race day. The cars will race on six "lanes," and winners will be chosen using a double-elimination format. Energy efficiency-related prizes will be awarded to the winners. For more information, call (563) 262-3423.

Savor the flavor, save the Earth at Fairfield Eco-Fair, May 3-4

Savoring the flavor and saving the Earth are twin themes of this year's Eco-Fair, being held May 3-4 in Fairfield, Iowa. The event highlights artisanal foods and the Slow Food Movement. Speakers include Deborah Madison, author of a number of award-winning vegetarian cookbooks, who has been featured in the New York Times, The Washington Post, USA Today and other publications; Kurt Michael Friese, proprietor and chef of Iowa City's Devotay, author and member of the board of directors of Slow Food USA; and Sherri Brooks Vinton, the New York/New Jersey Regional Governor of Slow Food USA and co-author of "Real Food Revival." The Eco-Fair will include a Saturday-evening Eco-Jam, a celebration that includes an eco-fashion show, live music, dancing and vendor booths with a wide range of eco-conscious offerings. Sunday will feature a variety of hands-on workshops. General admission for all events May 3-4, including Saturday's lunch, is \$45; \$25 for students. Single-evening admission for May 3 is \$10 for each event. May 4 admission is \$10 and covers all workshops. For more information and to register online, visit mum.edu/ecofair. All events will be held at the Fairfield Arts and Convention Center, 200 N. Main, Fairfield.

Learn to hunt the mighty morel at the Illinois state championship May 2-4

The 13th Annual Illinois State Morel Mushroom Hunting Championship and Festival will be held May 2-4 at the Marshall-Putnam Fairgrounds near Henry, Ill. Each year, thousands of mushroom hunters and festival-goers from throughout the Midwest come out for the event. After 12 years, event founders Tom and Vicky Nauman of Morel Mania, Inc., Magnolia, Ill., have turned over event management to Tom Davis and Choice Productions of Henry. The weekend will include entertainment and food Friday night, a mushroom hunt with over 500 hunters on Saturday and morel-mushroom tours and hunting lessons Sunday. For complete details and a schedule of events, visit ilmorelhunt.org.

Learn about the signs and science of global warming at Bettendorf library

Learn about global warming from 6:30 to 8:30 p.m. May 27 at the Bettendorf Public Library, 2950 Learning Campus Drive, Bettendorf, Iowa. Participants will watch "Global Warming: The Signs and the Science," a film that uses expert dialogues to explain how humans can reverse global warming's course. After the film, attendees will have the opportunity to ask questions and participate in a discussion about the film and related issues. For more information about this free event, call the library at (563) 344-4175.

Be heard! PLAY around with ideas for community center in Cedar Rapids

Attention Cedar Rapids citizens! Here's your chance to tell leaders what you'd like to see in the new community center. PLAY — Planning Lifelong Activities for You — will host a community forum June 4 and 5 to garner input from people who will use the center. A place and time for the meetings have yet to be determined and will be posted online at playinlincolncounty.org closer to the dates.

Go ahead, rev your NEV in Rock Island

Rock Island has become the second Illinois Quad-Cities community to allow small neighborhood electric vehicles (NEVs) on public streets. This action — approved by the city council — follows a state law approved this spring by the Illinois House and now being considered by the Senate that would permit and regulate the use of the environmentally friendly cars statewide. Currently, Illinois prohibits NEVs on public roads unless the city has passed an ordinance that makes it OK. Short of the change in state law, Bruce Wood of Port Byron-based ePower Synergies is asking Illinois Q-C municipalities to adopt local ordinances. Last August, his town approved use of NEVs — mainly for test-driving at ePower, an authorized dealer of the ZENN (Zero Emissions No Noise), made in Canada. While electric cars will be legal in Rock Island, no Illinois NEV driver can legally cross the Centennial Bridge into Davenport, since Iowa licenses the NEVs, but Illinois doesn't, Mr. Wood said. For the complete story, visit radishmagazine.com.

calendar

BODY, MIND & SOUL

Integrative Reflexology, 5:30-7 p.m. Tuesdays, May 13-June 17, Trinity Enrichment Center, 4622 Progress Drive, Suite A, Davenport, IA. \$100/six weeks. Foot and hand integrative reflexology; bring two pillows. (563) 742-5800.

The Essence of Tai Chi, 6:30-7:30 p.m. Tuesdays, May 13 to June 17, Trinity Enrichment Center, 4622 Progress Drive, Suite A, Davenport, IA. \$42/six weeks. (563) 742-5800. For more classes, visit www.trinityqc.com/bodyclass?id=93.

Guided Meditation for Discernment, 6:30-8 p.m. May 19, Stepping Stones Massage, 1205 State St., Ely, IA. \$35. Lectio Divina meditation; bring pen and paper. (319) 841-9277.

FOOD

Come Cook With Me, 6:30 p.m. May 1, 2, 8, 9, 15 and 16, The Great Galena Cookery, 412 Spring St., Suite B, Galena, IL. \$50. (815) 777-1556 or www.galenapeddlery.com.

Dutch Oven Cook-off, 7 a.m.-2:30 p.m. May 3, Jefferson County Park, located southwest of Fairfield city limits, main entrance on Libertyville Road, Fairfield, IA. Cooking begins at 9:30 a.m. Dutch oven workshop for non-competitors at 10 a.m.; children's activity area 10 a.m.-2 p.m. Pre-registration required for competitors. (641) 472-4421.

Grilling with Iowa Machine Shed, 3 p.m. May 7, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA. \$6. Chef Jeff Grunder will grill in a tent on the east side of the parking lot. Call (563) 332-8496 to register.

Healthy Exchanges: Salads! More Than Just a Side Dish, 6 p.m. May 22, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA. \$6. Learn to prepare main-dish salads. Call (563) 332-8496 to register.

Mayfest Culinary Tour, 3-9 p.m. May 31, Learn Great Foods, Campbell Center Campus, Mount Carroll, IL. \$95. Register at (815) 244-5602, contact@learngreatfoods.com or www.learngreatfoods.com.

HEALTH & FITNESS

Drive against Prostate Cancer bus screenings, 8 a.m.-11:30 a.m. May 2, Genesis Medical Center, East Rushmore St., Davenport, IA: 1-4:30 p.m. May 2, Genesis Physical Rehabilitation, 170 S. 4th Ave., Eldridge, IA: 8-11:30 a.m. May 3, i wireless Center, 1201 River Drive, Moline, IL and 1-4:30 p.m., Genesis Medical Center, Illini Campus, 801 Illini Drive, Silvis, IL. Confidential, free screenings on a bus specifically designed for this purpose. Free; no registration.

Lifestyle and Weight Management Courses, 9 a.m. Saturdays, May 10-June 14, 1 on 1 Fitness Studio, 2224 E 12th St., Davenport, IA. Course focuses on lifestyle and weight management. (563) 508-8868 or www.1on1fitnessstudios.com.

Women and Cancer: A Discussion Over Dessert, 6-7 p.m. May 6, Trinity 7th Street Campus Education Center, 500 John Deere Road, Moline, IL. (309) 779-2000 or (877) 242-8899.

Gender Specific Knee Replacement, 6-7 p.m. May 8, Trinity at Terrace Park, 4500 Uisca Ridge Road, Bettendorf, IA. (309) 779-2000 or (877) 242-8899.

The Complete Diabetes Lifestyle, 10 a.m. May 10, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA. Author and diabetes lifestyle coach Donna Kay will share how to live well with diabetes. Call (563) 332-8496 to register.

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calendar

Women's Screening for National Women's Health Week, 8:30-10:30 a.m. May 12, 3-5 p.m. May 13, 3-5 p.m. May 14, 8:30-10:30 a.m. May 15 and 3-5 p.m. May 16, Tinitiy VNHA, 106 19th Ave., Moline, IL. Consists of written assessment for osteoporosis, height measurement, blood pressure and blood work (vitamin D and calcium check). \$35. No fasting required.

Cholesterol screening, 8-11 a.m. May 28 and 29, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA. Get your blood lipid profile and glucose checked. \$28. Call (563) 332-2983 for an appointment.

HOME & GARDEN

Introduction to Permaculture Gardening and Sustainability Workshop, 8:30 a.m.-7 p.m. May 3 and 9 a.m.-5 p.m. May 4, 3409 Seminole Valley Road, NE Cedar Rapids, IA. \$55 per person. Registration required. Frank@myearthwatchexperience.com, (319) 832-1025 or www.myeartwatchexperience.com.

Plant Sale, 8 a.m.-4 p.m. May 10 and noon-4 p.m. May 11, Quad City Botanical Center, 2525 4th Ave., Rock Island. (309) 794-0991, www.qcgardens.com.

Master Gardeners' Plant sale, 9 a.m.-2 p.m. May 10, 4550 Kennedy Drive, East Moline, IL. Radish will join Master Gardeners at a booth to answer gardening questions. (309) 796-0512.

Chicagoland Garden Centers Hop, 7:30 a.m. May 15 (bus departs at 8 a.m.) from Quad City Botanical Center, 2525 4th Ave., Rock Island, IL. Members \$85, non-members \$95. Day-trip by bus to two of the best nurseries and garden centers in the Chicago area. Call (309) 794-0991 ext. 28 for reservations. www.qcgardens.com.

RIDES, RUNS & WALKS

5th Annual NAMI Walk, May 3, The Golf Lodge at Credit Island Park, 800 Credit Island Lane, Davenport, IA. Raises funds and awareness for support, education and advocacy in the Quad-Cities. (563) 388-9068.

Women's 5K Running/Walking Program, 6 p.m. Tuesdays, Duck Creek Park Lodge, East Locust Street and Marlo Avenue, Davenport, IA. Train for the QC Distance Classic 5K on May 11. \$20 includes t-shirt, pedometer and pasta party. (563) 326-1942.

"Do in' it for Deb" — Miles for Melanoma, 9 a.m. May 10, Carver P.E. Center, Augustana College, 639 38th St., Rock Island, IL. \$20 adults, \$12 ages 18 and under.

Preeclampsia Awareness Walk-a-Thon, 8:45 a.m. May 10, Centennial Park, Marquette Street and Biederbecke Drive, Davenport, IA. (563) 284-6111.

Quad-Cities Distance Classic, May 11, Augustana College, 639 38th St., Rock Island, IL. Half-marathon and 5K. (563) 326-1942.

Volkswalk, 8 a.m.-1 p.m. May 17, German American Heritage Center, 712 W. 2nd St., Davenport, IA. (309) 797-1362. 5K and 10K routes.

2008 Quad-Cities Start! Heart Walk, 8 a.m. May 17, LeClaire Park, 400 Beiderbecke Drive, Davenport, IA. (563) 323-4321.

42nd Annual Quad Cities Criterium, 8 a.m.-6 p.m. May 26, downtown Rock Island, IL. 13 bicycle races, children's races, a bike rodeo, Big Wheel and tri-cycle races, food and activities for families. www.quadcitiescriterium.com.

OUTDOORS

Stroll through Springtime, 7 a.m.-noon May 3, Watch Tower Lodge, Black Hawk State Historic Site, 1510 46th Ave., Rock Island, IL. Birding walk 7-9 a.m.; refreshments and presentation on tallgrass prairie follow. Wildflower walk 10 a.m.-noon. (309) 788-9536.

Down Town Clean Up, 8 a.m.-noon May 3, northeast corner of the parking ramp at 17th Street and 3rd Avenue, Rock Island, IL. Call (309) 786-1334 to register.

Wildflower Pressing and Hike, 10 a.m.-noon May 3, Wapsi River Environmental Center, 31555 52nd Ave., Dixon, IL. \$4. Pre-register by calling (563) 847-7202.

Spring Clean-up, 1 p.m. May 3, Hurstville Interpretive Center, 18670 63rd St., Maquoketa, IA. Join Jackson County Conservation staff to clean up around the center. Wear work clothes and bring a rake, hand pruner and gloves if possible. (563) 652-3783.

GPS/Compass Workshop for Adults, 12:30-4 p.m. May 10, Hurstville Interpretive Center, 18670 63rd St., Maquoketa, IA. Learn to use basic topographic maps, waypoints, GPS, other maps and Internet resources. Wear sturdy shoes and dress for off-trail hiking. (563) 652-3783.

International Migratory Bird Day, 7 p.m. May 10, Indian Creek Nature Center, 6665 Otis Road SE, Cedar Rapids, IA. Stroll through bird habitats with a guide. Member \$3, non-member \$5, ages 3-12 \$1. Call (319) 362-0664 to register.

Moonlight Frog Chorus, 7:30 p.m. May 15, Wapsi River Environmental Center, 31555 52nd Ave., Dixon, IA. Bring a flashlight and waterproof footwear. (563) 328-3286.

Moonlight Walk in the Spring Woods, 8:30 p.m. May 16, Indian Creek Nature Center, 6665 Otis Road SE, Cedar Rapids, IA. Members \$3, non-members \$5, ages 3-12 \$1, 3 and younger free. Call (319) 362-0664 to register.

Downtown and Bike Path Flower Planting, 8 a.m.-noon May 17, Parking Lot B at 20th Street and 1st Avenue, Rock Island, IL. Call (309) 786-1334 to register.

Iowa Nature Mapping Level 1 Workshop, 9 a.m.-4 p.m. May 17, Wapsi River Environmental Center, 31555 52nd Ave., Dixon, IA. \$30, includes materials and lunch. Call (563) 328-3286 to register. www.extension.iastate.edu/naturemapping/workshops/index.htm.

EVENTS

Make a Mother's Day Gift, 1 p.m. May 3, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA. Design pot holders for mom. \$10 per set, supplies included. Call (563) 332-8496 to register.

Birds of America: John James Audubon, through May 11, Figgart Art Museum, 225 W. 2nd St., Davenport, IA. Admission \$7; \$6 for ages 60 and older and students with ID, \$4 for ages 3-12. (563) 326-7804 or www.figgartmuseum.org.

Heritage Days, 11 a.m.-5 p.m. May 25 and 26, Dan Nagle Walnut Grove Pioneer Village, 18817 290th St., Long Grove, IA. Historical interpreters, crafts, games, music, dancing and more. Admission \$2, \$1 for ages 5-12, free for ages 4 and under. (563) 328-3283.

For more calendar listings and to submit events, visit radishmagazine.com.

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~May-October~

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resources

A BRAND NEW BAG

(Story on page 12)

Giving up plastic for reusable bags? Here's what you need to know.

Local bags:

- Cart By Cart, Iowa City, cartbycart.com. Bags sold in several Iowa Fareway and Hy-Vee stores. Find a list at cartbycart.com/stores. Not sold online.
- Choose Cloth, Cedar Rapids, chooselcloth.com. Sold online.

Nifty bags from beyond:

- Local Celebrity, localcelebrity.com: Organic "Respect Your Mother" bags; 10 percent of proceeds go to Global Green USA.
- EcoVixen, ecovixen.com: "I'm a Man of the Cloth" bag, designed for men.
- Chico Bags, chicobag.com: Take the company's "Plastic Bag Addict?" quiz.

D-I-Y: Make your own bag by recycling an old button-down shirt, suggests quilter Margaret Paulos of Davenport, Iowa:

1. Button the shirt and turn it inside out.
2. Sew all the way across the body of the shirt where it would hit your hips. Do this two or three times.
3. Turn the shirt right-side out again; tie the wrists together. (You may wish to sew the front opening closed so things don't fall out of the bag between the buttons.)

SUSTAINING THE HERD

(Story on page 32)

Here's a great recipe from Sawyer Beef.

Boeuf au Legume Casserole

- | | |
|-------------------------------|--|
| 6 slices bacon | 1/2 teaspoon thyme |
| 1 pound Sawyer Beef stew meat | 1 can condensed beef broth |
| 1/2 cup flour | 6 medium potatoes, peeled and halved |
| 1 teaspoon salt | 12 small white onions, peeled |
| 1 cup dry red wine | 3 carrots, sliced lengthwise |
| 2 tablespoons parsley | 1 can (4 ounces) mushroom stems and pieces |
| 1/2 clove garlic | |

Cook bacon until crisp; drain on paper towels; reserve drippings. Cut beef into cubes. Sauté a few at a time in a paper bag containing flour and salt. Brown cubes on all sides in bacon drippings; remove to 2-quart casserole. Pour wine into electric blender; add parsley, garlic, thyme and beef broth; and blend until solid ingredients are pureed. Pour over meat in casserole. Cover casserole; bake at 350 degrees for 1 hour. Stir potatoes, onions and carrots into casserole. Replace cover. Bake 1 hour longer or until vegetables are done. Stir in mushrooms. Crumble bacon; scatter on top. Enjoy. Makes 4-5 servings.

MIXING MEDICINE

(Story on page 30)

Nancy Venzon's Healing Cream: One-quarter cup each of calendula, myrrh, thyme, peppermint, echinacea, yarrow, onion, cloves, plantain, marshmallow root, rosemary, chaparral, comfrey, chickweed, osha, tea tree, St. John's wort and turmeric.

Mix herbs with 6 cups olive oil. Heat over low flame or in slow cooker for 6 to 8 hours. Cool and strain. Add 2 1/2 cups lard and 3/4 pound beeswax. Reheat until melted. Stir in 1/2 teaspoon benzoin powder. Bottle while hot.

farmers' markets

ILLINOIS

BUREAU COUNTY

Bureau County Farmers' Market, Darius Miller Park at the train station, Princeton; 8:30 a.m.-2 p.m. Tuesdays and Saturdays, through October. (815) 875-6468

CARROLL COUNTY

Mt. Carroll Farmers' Market, west side of courthouse on Main Street; 7 a.m.-noon Saturdays, through October. (815) 244-2171

HENRY COUNTY

Geneseo Farmers' Market, east side of Extra Mile convenience store, Chicago Street; 8 a.m.-noon Saturdays, through October. (309) 269-7409

Kewanee Farmers' Market, 200 W. 3rd St.; 8 a.m.-noon Wednesdays, through October. (309) 852-2175

JO DAVIES COUNTY

Elizabeth Farmers' Market, St. Paul's Lutheran Church parking lot, 411 W. Catlin; 3-6 p.m. Fridays, through October. (815) 598-3138

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, through October. (815) 777-1838

Stockton Farmers' Market, next to Casey's on South Main Street (Tuesdays) or Stockton High School, 500 N. Rush St. (Saturdays); 3-6 p.m. Tuesdays, 8 a.m.-1 p.m. Saturdays, through October. (815) 598-3220

KNOK COUNTY

Galadburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, through Sept. 22. (309) 368-9844

Junction Farmers' Market, Junction Gas Station, U.S. 150 and County Highway 10; 3-6 p.m. Tuesdays. (309) 289-4317

Onida Farmers' Market, DT Sales parking lot, U.S. 34, Onida; 4-8 p.m. Thursdays. (309) 483-6467

LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, Highland and 2nd streets; 7 a.m.-noon Wednesdays and Saturdays, through October. (815) 288-5043

MCDONOUGH COUNTY

Macomb Farmers' Market, courthouse square; 6 a.m.-noon Thursdays, 7 a.m.-1 p.m. Saturdays, through Oct. 18. (309) 837-4855

PEORIA COUNTY

Shoppes at Grand Prairie Farmers' Market, parking lot in front of center, 5201 W. War Memorial Drive, Peoria; 4-8 p.m. Wednesdays, through early October. (309) 692-3672 ext. 19

ROCK ISLAND COUNTY

East Moline Farmers' Market (Quad Cities Fruit and Vegetable Growers Association), Skate City parking lot, 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, through October. (309) 787-4286

Milan Farmers' Market, 900 W. 4th St.; 2:30-5:30 p.m. Wednesdays, through October. (309) 787-4286

Trinity 7th Street Market (Quad Cities Fruit and Vegetable Growers Association), 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, through October. (309) 936-7792

WARREN COUNTY
Monmouth Farmers' Market, First State Bank of Western Illinois parking lot, N. Main and W. Boston streets; 7 a.m.-noon Fridays, through October. (309) 734-3181

WHITESIDE COUNTY

Twin City Market, 106 Ave. A, Sterling; 8 a.m.-noon Saturdays, year-round (indoor). (815) 535-0509; www.tcmarket.org

IOWA

CEDAR COUNTY

Cedar County Farmers' Market, south of courthouse, Tipton; 7:30-11 a.m. Saturdays, through October. (563) 886-2076

Tipton Farmers' Market Association, north side of courthouse, Tipton; 4-6 p.m. Thursdays, through September. (563) 886-6255

CLINTON COUNTY

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-7 p.m. Wednesdays, 8-11 a.m. Saturdays, through October. (563) 577-2216

DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-8 p.m. Thursdays, through Sept. 11. (319) 752-6388

DUBUQUE COUNTY

Dubuque's Farmers' Market, near City Hall on Iowa and 13th streets, down Iowa Street to 11th Street; 7 a.m.-noon Saturdays, through October. (563) 588-4400

HENRY COUNTY

Mount Pleasant Farmers' Market, Old Threshers Food Court, 405 E. Threshers Road (use Walnut Street entrance); 4:30-6:30 p.m. Wednesdays, 8:30-11 a.m. Saturdays, through Oct. 11. (319) 931-1458

JACKSON COUNTY

Bellevue Farmers' Market, gazebo on Riverview Street; 7-11 a.m. Saturdays, May 17 through mid-September. (563) 872-4173

Preston Farmers' Market, Iowa 64 at Twogood Park; 4-6 p.m. Thursdays, through September. (563) 577-2216

JEFFERSON COUNTY

Fairfield Farmers' Market, Howard Park (at Main & Grimes streets); 3:30-7 p.m. Wednesdays, 8 a.m.-1 p.m. Saturdays, May 3 through October. (641) 472-2449

JOHNSON COUNTY

Coralville Farmers' Market, Coralville Community Aquatic Center, 1513 7th St.; 5-8 p.m. Mondays and Thursdays, May 5 through October 2. (319) 248-1750

Iowa City Farmers' Market, lower level of Chauncey Swan parking ramp between Washington and College streets; 5:30-7:30 p.m. Wednesdays, 7:30-11:30 a.m. Saturdays, May 3 to Oct. 29. (319) 356-5110

Sycamore Mall Farmers' Market, west end of Sycamore Mall parking lot, Iowa Highway 6 and Sycamore Street, Iowa City; 6-6:30 p.m. Tuesdays, May 6-Oct. 28. (319) 338-6111

LEE COUNTY

Fort Madison Farmers' Market, Central Park, 9th Street and Avenue E.; 3:30-5:30 p.m. Thursdays, June 12 to Sept. 25. (319) 372-7700 ext. 202

Kokuk Farmers' Market, River City Mall parking lot (2nd and Main streets); 7 a.m.-11 a.m. Saturdays, through September. (319) 524-5055

LINN COUNTY

8th Avenue Market, 8th Avenue and 2nd Street SE, Cedar Rapids; 4-6 p.m. Tuesdays and Thursdays, 7:30 a.m.-noon Saturdays, through October. (319) 286-5699

Downtown Market, Downtown Cedar Rapids (2nd Street SE); 7:30 a.m.-noon, first Saturday of the month, June-October, with extra markets June 21 and Aug. 16. (319) 398-0449

Noelridge Farmer's Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, through October. (319) 286-5699

MUSCATINE COUNTY

Muscatine Farmers' Market, Wilson's True Value Hardware store, 1420 Park Ave. on Tuesdays, Mississippi Drive and Sycamore Street on Saturdays; 3-6 p.m. Tuesdays, 7:30-11:30 a.m. Saturdays, May 3 through Oct. 28. (563) 299-2709 or (563) 506-3459

SCOTT COUNTY

Trinity Farmers' Market (Mississippi Valley Growers' Association), Trinity at Terrace Park, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, May 5 through October. (563) 332-5529

Bettendorf Farmers' Market (Mississippi Valley Growers' Association), corner of 21st and State streets; 2-6 p.m. Thursdays, through October. (563) 332-5529

Davenport Farmers' Market (Mississippi Valley Growers' Association), NorthPark Mall, 320 W. Kimberly Road; 8 a.m.-noon Wednesdays and Saturdays, through October. (563) 332-5529

Davenport Freight House Farmers' Market, 421 W. River Drive; 8 a.m.-1 p.m. Wednesdays and Saturdays, through October. (563) 940-0634

Davenport RiverCity Farmers' Market (RiverCity Market Association), NorthPark Mall, 320 W. Kimberly Road; 8 a.m.-noon Wednesdays and Saturdays, through October. (563) 332-5529

West Kimberly Market, 4004 W. Kimberly Road, Davenport; 9 a.m.-5 p.m. Wednesday-Saturday and 11 a.m.-4 p.m. Sundays, year-round (indoor). (563) 391-1616; westkimberlymarket@aol.com

Blue Grass Farmers' Market, Paul Barnes Farm, 430 Wayne St.; 4:30-7 p.m. Thursdays, June through October. (563) 381-3761

food for thought

Giving it up for Earth

Our personal sacrifices will lead to joy, recovery

By Father Bud Grant, Ph.D.

Several years ago, someone seeded a small island with caribou. At first, lacking competition and predators, they flourished, but eventually they overpopulated and overconsumed and collapsed the entire island's ecology. Then, of course, they suffered starvation and disease.

This is a parable of our age — the Anthropozoic Age — as some call it. As with those reindeer, today's environmental crises trace to overpopulation and overconsumption. Overpopulation tends to be a phenomenon of the developing world, while overconsumption is the habit of the comparatively rich. We are accustomed to buying our comforts cheaply, replacing them often, and tossing them out. Call us Wal-Mart Nation.

Among the results of these habits are climate change, species extinction, habitat loss, pollution and declining natural resources. All global ecosystems suffer while the world's poor, indigenous, elderly and "environmental refugees" are the first to feel the worst of the economic, cultural, political and health-related costs. Perhaps the most affected will be our future generations, who will not even be aware of what they might have been able to experience.

Suffering is the fact of the matter. For even if we were to intervene immediately and dramatically, ecological suffering will worsen and the marginalized will continue to bear the largest burden while we privileged few will be somewhat discomforted. Nature, of course, will adjust, regardless of the suffering. Think of what happened to those island reindeer.

But we are not caribou. Using reason, we can discern nature's laws, measure our impact, predict the trajectories and make ethical choices that will mitigate and more justly distribute the suffering to the planet and its species. The most wealthy among us can choose to make deliberate personal and corporate sacrifices in order to ease the suffering of the planet and its most vulnerable — and so leave a

richer ecological heritage to our decedents.

This imperative is to be done, not merely to salvage some future, but because it is simply, purely and compellingly the right thing to do. In fact, this is the pre-eminent moral imperative of the Anthropozoic Age: sacrifice to alleviate the impact on those suffering most. Yes, this is an unsettling concept. At a recent workshop for "Green Christians," I suggested this ethic. One participant exclaimed, "Whoa! I was with you until that!" This reaction is stunning. The idea of self-sacrificial love for the sake of the beloved, after all, is fairly central to Christianity!

Even my students asked me to substitute "sacrifice" for "suffering" as a more palatable word. But still, this is an ethic of deliberate suffering — OK, sacrifice — for the sake of the rest of nature: ecosystems, humans and the future.

Others argue that it is unrealistic: people won't choose against their own happiness.

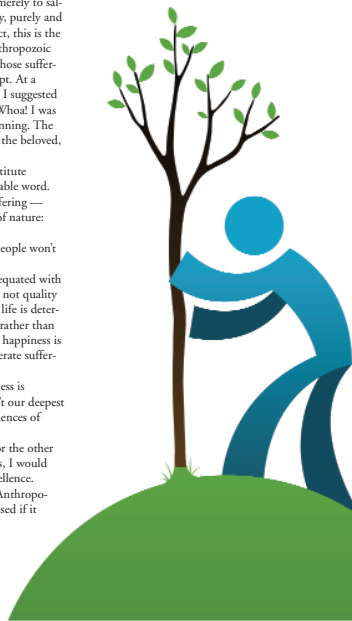
Happiness, however, ought not be equated with material well-being. Standard of living is not quality of life. The richness of our experience of life is determined by the depth of our relationships rather than by what we possess or consume. Human happiness is most often discovered in the act of deliberate suffering for the sake of the other.

This is perhaps paradoxical: happiness is equated with suffering? But reflect: Aren't our deepest joys intimately wrapped up in our experiences of suffering with and for others?

To surrender one's personal good for the other answers a basic calling of our nature. It is, I would argue, the very apotheosis of human excellence.

The great moral imperative of the Anthropozoic Age is our duty. I wouldn't be surprised if it results in both ecological recovery and human joy.

Read a longer version of this essay at radishmagazine.com.



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