

The Friends of Radish

HELPING TO SPREAD THE WORD
ABOUT HEALTHY LIVING

WQPT is a member of The Friends of Radish,
a special group of community-minded
businesses that are helping to spread
the word about healthy living from the
ground up.



Photo by Dick Oberg

The cast of WQPT's new local children's exercise program Get Movin' which debuts May 15 at 4:00 p.m. on WQPT, Quad Cities PBS. Get Movin' features exercise, cooking and "put play in your day" segments and is designed to give children and their families a fun and educational way to add healthy habits to their lives.

The Friends
of
Radish
HELPING TO SPREAD THE WORD
ABOUT HEALTHY LIVING



A better experience.



ADVERTORIAL

"A Doctor's Confession"

(And Why I Still Do What I Do)

Dear Friend:

Perhaps a confession can help clear the air so there's no misunderstanding. But let me say a few other things first.

Ten years ago something happened that changed my life forever.

At the time I was a financial analyst for Florsheim in Chicago. I was a former college volleyball player who still loved to play, but I had developed a very painful shoulder problem from all my volleyball playing. I couldn't raise my arm above my shoulder and what was even worse for me at the time; I could no longer play my favorite sport. It eventually spread to my neck and caused headaches that stopped me from sleeping at night. For more than 2 years I had painkillers, muscle relaxers, and physical therapy that only made me feel better until the next day. I considered surgery, (my doctor in Chicago said that was my only option), but I decided against it. A friend of mine convinced me to give a chiropractor a try. The chiropractor did an exam, took some films, and then "adjusted" my spine. The adjustment didn't hurt; it actually felt good. I got relief, and I could use my shoulder again. In fact, within only one month I was back playing volleyball again, at full speed, like I never had a problem. It worked so well that I went to chiropractic school myself.

Now people come to see me with their "rotator cuff" problems. Also, they come to me with their *headaches, migraines, chronic pain, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, ear infections, asthma, allergies, numbness in limbs, athletic injuries*, just to name a few.

Several times a day, patients thank me for helping them with their health problems. But I can't really take the credit. **My confession is that I've never healed anyone of anything.** What I do is perform a specific spinal adjustment to remove nerve pressure, and the body responds by *healing itself*. We get tremendous results. It's as simple as that! I have a significantly lower fee plan so that more people are able to afford the care they need. A whole week of care in my office may cost what you could pay for **one visit** elsewhere.

Amazing Offer – When you bring in this article, you'll receive our entire new patient exam, with x-rays for just **\$27**. That's it, no kidding.

Great care at a great fee – Please, I hope that there's no misunderstanding about quality of care just because I have that lower fee. **I just have that low fee to help more people who need care.**

My assistants are Tacia and Amy, and they're both really great people. Our office is both friendly and warm, and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office is called **SCRANTON CLINIC** and it is at 2512 18th Avenue, Rock Island, IL (We are "next to, but not in Whitey's"). Our phone number is 309-786-3012. Call Tacia, Amy or myself today for an appointment. We can help you. Thank you.

– Dr. Rob Scranton, D.C.

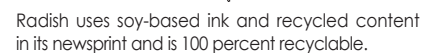
P.S. When accompanied by the first, I am also offering the second family member this same exam for only \$10.

P.S.S. Please hurry, we only have 7 slots available this month for this offer.

Radish 2



— Brandy Welvaert
 editor@radishmagazine.com



Radish is an editorial affiliate of **ENN** ENVIRONMENTAL NEWS NETWORK

3 Radish

the grapevine

Bring your dog to the 3rd Annual Healthy Living Fair!

Radish wants you to bring your family pet to the 3rd Annual Healthy Living Fair for the Radish Dog of the Year Contest!

The Healthy Living Fair will be held from 8 a.m. to 3 p.m. Saturday, June 20, next to the Freight House, 421 W. River Drive, Davenport.

To participate in the dog contest, bring your dog and be prepared to share how you keep him or her healthy. The winning dog — as chosen by a vote of applause — will be named Radish Dog of the Year. The winner also will get a gift bag filled with healthy treats and will be featured in an upcoming issue of Radish.

Also at this year's event: The Quad-Cities Largest Yoga Class III and a Radish Scavenger Hunt.

For the latest info on the 2009 Healthy Living Fair, visit radishmagazine.com. A complete guide to the fair will be included in the June edition of Radish.

On the Road with Radish Stop by the Radish booth at the following events and pick up a copy of the magazine. On the Road with Radish is made possible by The Friends of Radish: Trinity Regional Health System, Metro, Zimmerman Honda and WQPT.

- Moonlight Frog Chorus, Wapsi River Environmental Education Center, 31555 52nd Ave., Dixon, Iowa, at 7:30 p.m. May 2. Bring a flashlight and waterproof footwear.
- The opening of the Milan (Ill.) Farmers' Market, 900 W. 4th St., from 2:30 to 5:30 p.m. May 6.
- Mother's Day Mania at the Freight House Farmers' Market, 421 W. River Drive, Davenport, from 8 a.m. to 1 p.m. May 9. For details, turn to page 13.
- Showing of the film "The Future of Food," Unitarian Church, 3707 Eastern Ave., Davenport, at 7 p.m. May 15.

Kick back with a free book from Radish

Looking for a good read? Each of the following books will be given to the first reader who requests it and in turn agrees to write a mini-review for Radish.

- "300 Big & Bold Barbecue & Grilling Recipes," by Karen Adler and Judith Fertig (Robert Rose, 2009)
- "Clean Food: A Seasonal Guide to Eating Close to the Source," by Terry Walters (Sterling, 2009)
- "Depletion and Abundance: Life on the New Home Front," by Sharon Astyk (New Society, 2008)
- "Oneota Flow: The Upper Iowa River & Its People," by David S. Faldet (University of Iowa, 2009)
- "Visits with the Amish: Impressions of the Plain Life," by Linda Egenes (University of Iowa, 2009)

To request a book, send an e-mail to editor@radishmagazine.com.



From our readers

"I really enjoy your magazine and read it whenever I can. I'm from the Mt. Vernon, Iowa, area and would always pick up a copy whenever I saw it around town. Now I live in the Quad-Cities, and I'm thrilled to find it everywhere here!"

— Erin Farrington, Quad-Cities

Grounds for recycling (March 2009): "Great article. I didn't know coffee grounds could be used as insect repellent."

— Dixie Norris, East Moline, IL

Alpacas (Feb. 2009): "Our alpacas have given us beautiful and peaceful moments, and all visitors are mesmerized by them. The most important fact about their fiber is that it is the only natural warm fiber that is non-allergenic, which makes it so sought-after in garments."

— Marianne Pattysyn, Wayland, IA

Vegan for six weeks (Feb. 2009): "So ... I came across this article, and I was wondering: How do you get protein in your diet? I know nuts and soy-based 'meat' have protein, but is it enough?"

— Sean, Colona, IL

Protein needs are easily met with a well-balanced vegan diet. Protein is found in many plant foods such as beans, nuts, soy products and even grains and vegetables. Most Americans eat much more protein than they need. The recommended daily allowance for protein is .8 grams per kilogram of body weight. For someone weighing 150 pounds (68 kilograms), that would be 55 grams of protein per day. With a protein food at each meal (for example, soy milk at breakfast, hummus at lunch and lentil soup for dinner) along with vegetables and grains throughout the day, a vegan easily could meet the recommended protein intake for the day.

— Jeni Tackett, registered dietitian

Way to go, Fairfield!

Last month when Grist (grist.org) named its picks for the top "green" mayors across the country, it selected Fairfield, Iowa's mayor Ed Malloy among them. Radish honored Malloy and the city of Fairfield with a 2009 Radish Award earlier this year for adopting a citywide Green Strategic Plan. The Grist story also is featured at MSN.com and links to the January Radish story by Linda Egenes, which is online at radishmagazine.com.



Ed Malloy



healthy living from the ground up

features



8 Finding one's place Iowa nature writer relishes even the Midwest humidity.

8 Visits with the Amish Sustainable farming, living are hallmarks of the plain life.

10 The early risers Recipes for enjoying the first foods at farmers' markets.

20 Hey, good lookin' Beautiful blooms pack a powerful punch.

in every issue

2 from the editor

3 contributors

4 the grapevine

34 roofing around

38 resources

39 farmers' markets

on the cover



Dana Swanson at Wesley Acres, Milan, Ill. (Photo by Paul Colletti / Radish)

departments

12 eating well Spring clean your diet: Eat whole grains, drink more water and add some fish.

13 community Market madness! Area farmers' markets celebrate spring with special events.

14 good business Heavenly Organics: Sweetly sustainable sugar and honey from small farms.

16 growers Beyond sustainability: Leopold Center awards grazier with Spencer Award.

18 food Strawberry love: Recipes for tempting fruits from one smitten chef.

22 outdoors Take a hike: There's plenty to see at Starved Rock.

24 body, mind & soul A Massage Oasis: Human touch heals hospital patients and their families.

26 health & fitness Breaking through: Bored with working out? Give tae kwon do a try.

28 arts Better bling for Mom: Dazzle her with healthy, local glitz this Mother's Day.

30 gardens Garden homework: Check out these tips before buying or planting this year.

32 environment Switch up the ride: Try alternative transportation this month and save.

40 food for thought Farming 101: Cultivating cucumbers — and a love for soil



Finding one's place

Iowa nature writer relishes even the Midwest humidity

By Ann Scholl Rinehart

When he was about 6 years old, Tom Dean had a major revelation: His whole world — his grandparents, his school, his library, his grocery store — was within walking distance of his home.

In that eye-opening moment was born Dean's passion for place, a passion he shares in his book, "Under a Midland Sky" (2008, Ice Cube Press). In it, Dean weaves some of his life experiences, including his bout with cancer and his mother's death, with his infatuation with Midwestern weather.

It all began with the book's first essay, Dean's personal favorite, "The Commute of the Canada Geese." In it, he writes, "The commute of the Canada geese had been a sounding note of my search for home after first leaving Iowa."

The Rockford, Ill., native earned a Ph.D. in English from the University of Iowa in 1991. Throughout the following years, he and his wife Susan Prepejchal "always looked for a place like Iowa City" until moving back in 1999 with their two children, Nathaniel, now 16, and Sylvia, now 13.

Since 2000, Dean has worked as special assistant to the president for communications and research at the University of Iowa. His job involves being the speechwriter for University President Sally Mason, which he also did for her various predecessors.

While he didn't write the Canada geese essay with the idea of writing a book, doing so was always in the back of his mind. Some of his essays were published over the years. Many of his pieces started with U R Here, a monthly column he writes for an Iowa City publication called Little Village.

Eventually Dean realized he had the makings of a collection of essays tied together by the sky/weather theme. When the time came, he turned to Steve Semken, publisher of the Ice Cube Press in North Liberty, Iowa, who had published some of Dean's essays in his Harvest Lecture series. Dean says he and Semken are "kindred spirits in our dedication to place, environment and community."



Tom Dean sits at the desk of nature writer Sigurd F. Olson in Ely, Minn. (Submitted)

As a child, Dean poured over his mother's encyclopedia set from the 1940s. Reading about various towns was of particular interest. At Northern Illinois University at DeKalb, Ill., where he earned bachelor's degrees in music history and English and a master's in English, he became interested in Midwestern regionalism. He also developed an interest in environmental studies and nature writing. "All were coalescing to the idea of being connected to place," Dean says.

In "Under the Midland Sky," Dean writes about many topics familiar to Midwesterners, such as "Embracing Humidity," and specifically to those living in Eastern Iowa. For example, his essay "Farewell to Denny" revolves around being a "weather geek" and his lifelong relationship to local news meteorologists, including the sadness he felt in

2006 when longtime KCRG-TV Channel 9's weatherman Denny Frary retired. Dean refers to Frary as a "minister of place" and how, because of Frary's departure, "our place will never be quite the same, either, at least for me."

"News, Atmospheric and Metastatic" is a powerful essay that ties in weather events, like flash floods and heat waves, with the death of his mother and his own experience with testicular cancer in 1996.

Writing about such personal things can be frightening, Dean admits, but it serves as a vehicle for his "mission:" to talk about the importance of being committed to place.

"There's plenty of autobiography and memoir that's self indulging," he says. "I want to avoid that. I don't think my story is any more important than

anyone else's." By writing, though, he hopes to demonstrate that "everybody's story is important and deep, even if it's just an everyday life."

Dean says that when he teaches Introduction to Place Studies, he considers three important questions: Who am I? What am I going to do? Where am I? The latter receives little attention in our culture or our educational systems, he maintains. Dean believes that we have a responsibility to care for the natural environment, but that can only happen if people feel connected to it.

Dean believes Iowans have a strong pride in being Iowan, a strong sense of what it means to be Midwestern and a strong literary and artistic tradition "expressing who we are as a people."

On the other hand, Iowans have an "infamous modesty" that says they're not all that important. While Iowans lament the departure of their young people, who leave to live and work in other places, Dean points out that Iowans often are the ones pushing them out the door.

"We've had a tendency to encourage young people to get the hell out of here."

Dean hopes his writings will help readers who are from the Midwest feel connected to and appreciative of where they are from. "There are great and wonderful things here," he says.

"We have this prejudice that only oceans and mountains" matter.

"I hope to reveal the wonder and beauty of the Midwest and even of the everyday. I haven't convinced a whole lot of people about the humidity," he cracks.

He hopes to overcome stereotypes that people outside the region might have about the Midwest.

"We have this prejudice that only oceans and mountains" matter, he says. He invites people to "come out here and see the fields, see the gentle hills" and understand that they can be "just as wondrous as an ocean."

Dean has had great feedback on his book.

"People say, 'Yes, this is how I feel but I didn't have the words to express it.' That's very rewarding when I feel I'm expressing what others think and feel."

He believes his skills as a keen observer developed through his love and study of literature and music. "You have to pay attention to detail" when you are studying literature, he says, and when you play an instrument, you "have to dig into the details and individual notes and play them over and over and over."

He is also an optimist who is "always looking for greatness in something instead the ugliness."

Another book already is taking shape for Dean. The working title: Rock, Soil, Water. He also hopes to inspire others not just to think about place and their connection to it, but to write their stories as well. Dean teaches at the Johnson County Senior Center and through the Iowa Summer Writing Festival.

"I think a place will not flourish, a community will not flourish, unless the community is connected. It can't just be an individual proposition. It's a part of community building and a part of place building. It's a way for people to discover their own connection."



- Effective and affordable organic lawn care
- Pesticide free lawn, tree and shrub treatments
- Safe for people, pets and the planet

**Serving the Quad Cities Area
and surrounding areas since 2003.**

**Unlock the potential of your soil by calling
Toll Free: 866-582-5592
www.naturesfriend.net**

WHO NEEDS PESTICIDES!
Join our commitment to a Safer Environment

Southpark Chiropractic Wellness Center

Weight Loss & Health Through Nutrition



Relax and Stay Healthy

We Offer:

- Massage • Reflexology • Indian Head Massage
- Nutritional Counseling & Supplements



**Call 757-7100 Today
1529 46th Ave., Moline
www.southparkchiropractic.com**

Come in or call us today to
set up an appointment
and receive

\$5.00 off
Your first visit.

**We are offering
\$5.00 off
an Indian Head Massage
For an appointment call
309-757-7100
Exp. June 15, 2009**

Have you tried diets before where you
lost 5, 10 or maybe even 20 pounds, but
now you have **plateaued?** We can help!

Dr. Bethel can create a **"just for you"**
nutrition plan to not only help you lose
those unwanted pounds, but it will help
you become a **healthier** you!

Visits with the Amish

Sustainable farming, living are hallmarks of the plain life

By Linda Egenes

Golden sunlight stretches wide over the Iowa hayfields in early September. At the Yoder farm near Bloomfield, a girl waves a hearty hello.

This is Regina, age 15. Besides household chores, she and her older sister Annie milk their family’s cows and drive a team of horses in the fields.

The girls laugh merrily when they talk. “Some people think we are twins, especially when we dress the same,” says Annie with a laugh. Today they wear identical raspberry-colored dresses, white aprons, and royal blue scarves tied under their chins.

Both say they’d rather spend their day in the fields than inside the house. “I think it’s great fun to work out,” says Regina.

“I feel more free outside,” agrees Annie in her mild way. “Farm-work doesn’t have to be done so fine and neat as needlework.”

Their day starts at 6 a.m., when their father wakes up the eight children who still live at home. Before breakfast, the girls feed the cows while their father and 22-year-old brother, Dan, feed the horses. All four help with the milking, then Dan goes off to work as a carpenter.

The 12 black-and-white spotted Holsteins all look identical to me, but the girls befriended Jody, Joline, Vera, Abby, Shirley, Tina, Sheila, Fannie, and Pam when they were calves and call each one by name. Honey Lou and Sunny Sue, two fawn-colored Jerseys munching on hay in the corner, complete their herd.

Do the cows ever kick?

“Some people’s cows do kick, but ours don’t,” says Regina. “If they start to kick, we give them a little slap and they learn they can’t do that.” Hobbles — clamps that gently draw the cow’s hind legs together just above the knee — keep the cows quiet during milking.

Sometimes the girls do get stepped on, which is not too serious. “It hurts for about five minutes, and that’s all there is to it,” says Regina.

Inside the barn I meet two colts, Dawn and Beauty. Regina pats Beauty on the lips, who bares her teeth in a jack-o’-lantern smile. “I like to tease her,” says Regina mischievously. “She bit me the other day, just to be playful. Boy, did that hurt.”

An immense black stallion stands in the stall across from the colts. “He’s gentle,” Regina reassures me as she strokes his forehead between soft black eyes.

“He helps us clean the barn in winter by pulling the manure spreader while we pile it up.”

Suddenly three wide-eyed children appear. Robert, David and Grace, aged seven, 10 and 12, just drove home from their one-room school in an open pony cart. They show me how to hitch it up. Like a well-trained team, Robert and David pull the cart out of the shed while Grace slips the bridle on Midnight, their pony, and backs her in between the cart’s shafts. In one minute, thanks to team-work, it’s ready to go.

Annie takes me for a ride. The wind blows in our faces. Annie likes riding in a cart better than a buggy, she says, “because it’s more open, more free.” We pass the grassy pasture where the Yoders’ cows and horses graze peacefully. With just a slight tug, Midnight turns around.

Back on the farm, I notice the family’s three black, covered buggies stored in an open shed. Annie and Regina have driven their family’s covered buggies to town or to visit friends “since we were big enough to read up and put the bridle on the horse,” says Annie.

The family owns two Standard Bred geldings to pull the buggies and nine big-boned Percheron mares to plow the fields. Both girls love to mow the hay fields with a team of two mares. “If you like horses, you like to do things with them,” says Annie.

“Driving a workhorse is even more fun than driving a gelding, because they’re more powerful,” says Regina. “When you drive a team, you just feel content. Except you have to watch to make sure you’re at the row you should be and the mower doesn’t get jammed up.”

The geldings and massive draft horses are easy to handle and calm, the girls tell me. “We do have one pony that is kind of skittish,” says Regina. “So only Dad or Dan (her older brother) rides him.”

Soon it’s 5 p.m. and time for Regina to round up the horses and cows from the pasture. Barefoot, she rides Midnight without a saddle, because “Dad says it’s more fun to ride bareback.”

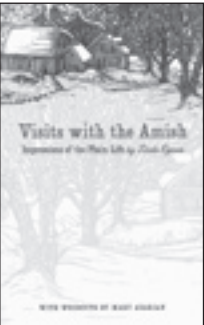
The sun slips low on the horizon by the time the cows are in their stalls. In a graceful motion, Annie swings the hobble chain under a cow named Sheila and fastens it just above the knees, drawing them together.

“Usually, you milk cows on the right side,” Annie says. But since Sheila is a two-bucket cow, the girls place their stools on opposite sides of Sheila, clutch shiny metal pails between their legs, and pull the cow’s teats with both hands in brisk rhythm. Frothy milk splashes into the buckets.

“Want to try?” Annie asks. I do, but when I squeeze the cow’s udder, there’s barely a trickle. Annie laughs and makes milk squirt like a faucet.

They like to sing while milking. A plaintive hymn floats in the air, voices clear and sweet, perfectly on key. “There are no shadows without the sunshine. There are no showers when all is fair. And roses blooming in thorny places with sweetest fragrance perfume the air.”

Excerpted from “Visits with the Amish: Impressions of the Plain Life,” which recently has been re-released by the University of Iowa Press. The book is available online and in local bookstores. The author will speak at 7 p.m. May 18 at the Fairfield (Iowa) Public Library, 104 W. Adams. To schedule a talk, contact Linda Egenes at laegenes@gmail.com.



Certified Organic Processor/Handler #0207-0031N
Certified by: Indiana Certified Organic, Inc.

The key to **healthy meat and milk** begins with a **healthy animal**. **Helfter Feeds, Inc.®** provides **certified organic complete livestock feeds**

no matter how large or small your operation. For a **Free Catalog** or for more information, call **866-435-3837**

Helfter Feeds, Inc.®
135 N. Railroad Street / P.O. Box 266 / Osco, IL 61274-0266
(Toll Free) 866-435-3837
(Local) 309-522-5024 (Fax) 309-522-5021
www.helfterfeeds.com



At Helfter Feeds, Inc.® no order is too small!

“Spring into action with our 6 week weight loss challenge!”

Get in swimsuit shape for only 25 dollars a week!

Package includes:

- Metabolic Testing
- Wellness Coach Visits
- Access to Women’s Core Circuit Fitness
- Abs Class
- BMI Testing
- Regular health and fitness evaluations

“Coming soon
Belly Dancing Class!
Call for details”



TAKE ACTION



“HITTING THE TARGET”

Old Town Mall
901 E. Kimberly Road
Davenport, Iowa 52807

It’s YOUR Choice –
Take Action Today
Call: 563-445-6640

healthy living

The early risers

Recipes for enjoying the first foods at farmers’ markets

By Darcy Maulsby

After a long, cold winter, few things can compare to finding the first firm, slender spears of asparagus, tender, crisp leaves of lettuce, and rich, red stalks of rhubarb at the local farmers’ market.

“People are really ready for fresh food this time of year, and there are so many great options at area farmers’ markets,” said Morgan Hoenig, a vegetable grower who manages the farmers’ market that opens May 16 in Mount Pleasant, Iowa.

Options in the Midwest can include radishes, Swiss chard, spinach, lettuce, cabbage, arugula, collard greens, rhubarb and asparagus. Hoenig, who runs MoGo Organic and has been selling produce at the farmers’ market for three years, likes to use lettuce in salads and Asian spring rolls, while Swiss chard works well in salads and calzones.

“I like to grow pretty plants,” added Hoenig, who raises unusual varieties like “Yugoslavian Red” butterhead lettuce and gets many of her seeds from Seed Savers Exchange in Decorah, Iowa.

“Food tastes better when it looks good, too,” she says.

Hoenig opened up her recipe box to share some of her favorite spring recipes.



Roasted Garlic Salad Dressing. (Photos by Paul Colletti / Radish)

Lemon-Roasted Asparagus

- | | |
|-------------------|------------------------|
| 1 lemon | 1 tablespoon olive oil |
| 1 pound asparagus | Salt and pepper |
- Preheat oven to 450 degrees. Grate the zest and squeeze the juice from the lemon. Place asparagus in a single layer on a baking sheet. Drizzle with oil and roll asparagus on pan to coat. Sprinkle with lemon zest, salt and pepper. Roast 5 to 7 minutes, turn for even cooking, and roast for 2 to 4 more minutes. Drizzle with 1 teaspoon lemon juice and serve.

Yogurt Dill Salad Dressing

- | | |
|------------------------------|---------------------------|
| 1 teaspoon olive oil | Salt and pepper, to taste |
| 1 tablespoon minced dill | 2 teaspoons lemon juice |
| ½ teaspoon dried oregano | 1½ teaspoons honey |
| 1 to 2 cloves garlic, minced | ¾ cup plain yogurt |
- Blend all ingredients but the yogurt in a blender or food processor. Stir into yogurt and serve.

Poppyseed Salad Dressing

- | | |
|---------------------------|--------------------------|
| ½ cup sugar | ½ onion, minced |
| 1 teaspoon mustard powder | 1 cup vegetable oil |
| 1 teaspoon salt | ½ tablespoon poppy seeds |
| ⅓ cup vinegar | |
- Whisk all ingredients or mix in a blender. Cover and refrigerate until ready to serve.

Roasted Garlic Salad Dressing

- | | |
|----------------------------------|----------------------------|
| 10 to 12 garlic cloves, unpeeled | 1 teaspoon salt |
| 1 cup olive oil | ¼ teaspoon pepper |
| ⅓ cup balsamic vinegar | 1 tablespoon Dijon mustard |
| ⅓ cup water | |
- In a small, heavy skillet, roast the unpeeled garlic cloves over medium heat, turning them occasionally. Cook the garlic for 10 to 15 minutes until it is soft and covered with dark spots. Test doneness of garlic by pressing with a spoon. If juices squirt through the skin, remove from pan. Allow garlic cloves to cool, then peel off the skins.
- In a blender, puree the garlic with the oil, vinegar, water, salt, pepper and mustard until smooth. Dressing will keep for a couple of weeks in the refrigerator.



- ### Radish Salad
- ½ cup radishes, sliced
1 carrot, thinly sliced
1 tablespoon soy sauce
1 tablespoon apple cider vinegar
1 teaspoon brown sugar
1 teaspoon oil
½ teaspoon hot pepper sauce (optional)
2 cups lettuce, chopped

Mix radishes, carrots, soy sauce, vinegar, brown sugar and oil. Cover and let marinate in refrigerator for at least an hour. Serve on a bed of lettuce. Serves 4.

Southern-Style Collard Greens

- | | |
|-------------------------------------|-------------------------------|
| 2 pounds collard greens, chopped | 1 teaspoon crushed red pepper |
| 1 medium onion, sliced or chopped | 2 to 3 teaspoons kosher salt |
| 1 ham hock or 6 slices cooked bacon | |
- Clean and wash greens; remove tough stems and ribs. Chop greens and place in a deep pot; add onion. Wash ham hock and add to the pot. Add red pepper and salt. Add enough water to cover greens and cook until tender, about 1 hour. Taste and adjust seasonings. Serve with sliced tomato and corn bread.

Rhubarb Strawberry Topping

- This sauce recipe from the University of Illinois Extension Service is excellent as a topping for ice cream, pancakes, waffles, pound cake, a bowl of fresh fruit, gingerbread or yogurt. It will keep in the refrigerator up to 4 days.
- | | |
|---|----------------------------|
| 10 stalks rhubarb, trimmed and cut into 1-inch pieces | 1 cup orange juice |
| 4 cups hulled, quartered strawberries | Zest of one orange, grated |
| 1½ cups sugar | Zest of one lemon, grated |
| | ½ teaspoon vanilla extract |
- In a large heavy saucepan, combine all ingredients and stir well. Bring to a boil over medium-high heat. Reduce heat and simmer for 10 to 12 minutes, skimming off foam as it collects. Remove from heat and allow sauce to cool to room temperature. Cover and refrigerate. Serve cold or warm. Reheat if desired. Makes 8 cups.

For more recipes, turn to Resources, page 38, or visit radishmagazine.com.

Mother's are Special at Tantra

Treat mom to a delicious, fresh dinner

Complimentary roses for all mom's on Mother's Day



Tantra Asian Bistro

Bring home the flavor

The key to pleasing the palate is a passion and commitment to excellent food and service.



Known for innovative and exotic dishes, our diverse and flavorful menu has something for everyone, mild or hot, vegetarian or not, our menu includes:

- ~ *Crispy Lettuce Wraps*
- ~ *Tempura Green Beans*
- ~ *Mandarin Sesame Chicken Salad*
- ~ *Malaysian Peanut Salad*
- ~ *Spicy Basil Noodles*
- ~ *Drunken Noodles*
- ~ *Asparagus Shiitake Mushroom*
- ~ *Crying Tiger Steak*
- ~ *Siam Curry*
- ~ *Pineapple Fried Rice*
- ~ *Teriyaki Mango Chicken*

589 East 53rd Street • Davenport, IA • 563.445.8898
101 W. Mississippi Dr. • Downtown Muscatine IA • 563.263.2345
Dine in, catering, lunch (express available), **carry out**
Reservations for Dinner Recommended • Gift Certificates Available

eating well

Spring clean your diet

Eat whole grains, drink more water and add some fish

By Stacy Mitchell, RD, LD

Spring is a great time not only to clean up your surroundings but also your plate. Add the following foods to your diet to amp up your health.

Think whole. Let’s look at your food. What types of whole grains are in your diet? Many items may say “whole wheat,” “wheat” or “multigrain” on the front of the package, but that does not necessarily mean they have a higher nutritional value. Don’t be fooled. Turn the package over and look at the ingredients. Make sure either the first or second ingredient is whole wheat flour. The word “whole” tells you that the product is made with all three parts of grain, including fiber-rich bran, endosperm (which contains some B vitamins) and the germ, which is a nutrient powerhouse. If you see the word “enriched” as the first ingredient, then you are losing the fiber-rich bran and the germ.

Let’s take it a step further. How about trying a new grain? Have you ever tried barley, wheat berries, bulgur or even quinoa (keen-wah)? These grains pack a lot of nutrition and are a great source of fiber along with iron, B vitamins and minerals.

Try something new. We all know fruits and veggies are packed full of good nutrients for you, but many of us seem to come up short in our servings each day. So here is a challenge for you: Try a new fruit or vegetable this week. Go to the grocery store or farmers’ market and find an item that you have never tried before. Some of my favorites include jicama (he-ka-ma), broccoli slaw, spaghetti squash, pummelos and tangelos.

Get great omega-3s. Let’s not forget about those heart-healthy omega-3 fats. These essential fatty acids are important in the diet for both the young and old. Omega-3 fats can help stop blood platelets from “clumping” together and sticking to the artery walls and help keep arteries flexible. There also has been research showing that omega-3 fats may help lower triglyceride levels. The American Heart Association recommends eating at least two servings of fish each week and getting the omega-3 fatty acids from fish, not from fish oil capsules. For children, omega-3 fats from fish are brain food! Studies continue to show the positive effects that omega-3 fats have on brain development.

Omega-3 fats can be found in fatty fish, such as salmon, tuna, mackerel, bluefish, herring, lake trout and sardines. Some of my favorites are salmon and mahi mahi burgers, and frozen marinated teriyaki salmon and lemon-herbed tilapia. So delicious!



Dietitian Stacy Mitchell shows off healthy foods. (Photo by John Greenwood /Radish)

You also can get omega-3 fats from a variety of plant sources including canola oil, walnuts, walnut oil, flax seed, omega-enriched eggs, wheat germ and soy foods. However, the body has to convert the omega-3 fats in plant foods first, so you get fewer omega-3 fats from plant foods than you do from fish.

My new favorite plant source of omega-3 fats are chia seeds. Check out our pumpkin-chia muffin recipe on hy-vee.com.

Drink water. Along with these nutrient-packed foods, beverages may be overlooked in our diet. Do you get at least 64 ounces of water each day? For many people, it may be difficult to drink so much water, so they may overcompensate on soda, juice, coffee and other flavored beverages. According to studies, calories from liquids such as soft drinks, sports beverages or sweetened tea don’t seem to register as food.

Be aware of the portion sizes of beverages. A king-sized soft drink can contain up to 500 calories. In addition to the sugar and calories, soft drinks also are high in caffeine and affect the body’s use of calcium, which may lead to weak bones.

There’s no time like the present to enhance your diet for health. After all, swimsuit season is just around the corner!

community

Market madness! Area farmers’ markets celebrate spring with special events

By Radish staff

As farmers’ market season takes off, a bevy of good times — not to mention good, healthy buys — await shoppers. Here’s what’s going on around the region this spring.

- The Bettendorf (Iowa) Farmers’ Market, 2117 State St., will host a Mother’s Appreciation Day with free gifts for moms from 8 a.m. to noon Saturday, May 9. The Spring Fling, from 8 a.m. to noon on Thursday, June 11, will include face-painting for the kids, free balloons and ice cream, and free books from the solar-powered S.M.A.R.T. Bus.

- The Davenport Farmers’ Market, 320 W. Kimberly Road, will host a Mother’s Appreciation Day from 8 a.m. to noon on Saturday, May 9. All moms who come to the market will be treated to a free continental breakfast. Other special events in May at the Davenport Farmers’ Market will include a visit with the greyhounds from Quad Cities Greyhound Adoption from 8 a.m. to noon on Wednesday, May 13; and on Saturday, May 16, Quad-Cities author Gary Metivier will read from his book, “A Hog Ate My Homework.” During the event, kids can pet a real potbellied pig.

- The Fairfield (Iowa) Farmers’ Market, in Howard Park, will ring in the season from 8 a.m. to 1 p.m. on its opening day, Saturday, May 2, with a May Day Festival. Shoppers can participate in a traditional May pole dance at 10 a.m., and they’ll have the chance to make May baskets, too. On Saturday, May 9, the market will provide supplies for kids to make cards for their moms for Mother’s Day.
- The Freight House Farmers’ Market, 421 W. River Drive, Davenport, will kick off the outdoor season from 8 a.m. to 1 p.m. Saturday, May 2. Beginning at 8 a.m., 500 reusable market totes will be given away. A brass band will perform from 10 a.m. to noon.

On May 9 for Mother’s Day, children can decorate a flower pot and plant a marigold, and moms and their daughters are invited to a dress-up tea on the refurbished loading dock.

- The Galesburg (Illinois) Farmers’ Market, held in the parking lot on Simmons Street between Seminary and Kellogg streets, will hold a Mother’s Appreciation Day from 8 a.m. to noon on Saturday, May 9. The first 100 moms to visit the market will receive a free flower from the Galesburg Flower Company.
- The Mount Pleasant (Iowa) Farmers’ Market will celebrate its grand opening in a brand-new location under two permanent pavilions from 3 p.m. to dark on Tuesday, May 12, at Moultrie Middle School on Coleman Boulevard. The event will include live entertainment and a kids’ corner with activities for children.
- The Twin City Market, 106 Avenue A., Sterling, Ill., will host a Summer Kickoff Cookout from 9 a.m. to 1 p.m. Saturday, June 6.



Shoppers check out the veggies at the Freight House Farmers’ Market in Davenport in this 2008 file photo.

The Healing Heart Center

Monthly Events Include:
Classes, Workshops, Drumming,
Sound Healing and More

Call today and feel the healing power

The Healing Heart Center
563.370.7995
Georgian Square, second floor,
1035 Lincoln Road • Bettendorf, IA

Clinical & holistic healing offer infinite possibilities, just like life

More than 20 practitioners, services include:

- Play & adolescent therapy
- Family & individual therapy
- Couple & group therapy
- Life coaching & workshops
- Commitment & Wedding Celebrant
- Channeling & Angel readings
- Chakra classes
- Massage therapy
- Shamanic healing

- Cranio-Sacral therapy
- Cellular release hypnotherapy™
- Yoga for entire family
- Belly dancing classes
- Sound healing
- Reiki
- Reflexology
- Acupuncture
- Chiropractic
- Aromatherapy

Center Director,
Candice Kundert, LISW
Counselor, Therapist, Officiate
25 yrs. experience serving our community

Fresh Grape Salsa

All you need:

- 1 c. seedless green grapes, roughly chopped
- 1 c. seedless red grapes, roughly chopped
- 3 tbsp chopped red onion
- 1 tbsp chopped fresh cilantro
- 1 tbsp seeded, chopped jalapeño pepper*
- 2 tbsp fresh lime juice
- salt and pepper, to taste

Serves 4 | Source: Try-Foods International
Nutrition information per serving: Calories: 41; Carbohydrate: 11g; Cholesterol: 0mg; Dietary Fiber: 1g; Fat: 0g; Protein: 0g; Saturated Fat: 0g; Sodium: 2mg

All you do:

1. In medium bowl combine grapes, onion, cilantro, jalapeño and lime juice. Cover and chill at least 30 minutes.
2. Season with salt and pepper to taste.
3. Serve with chips or grilled chicken, fish or pork.
4. *Use caution when handling hot peppers. Wear disposable gloves or wash hands thoroughly in hot, soapy water afterward.

May is Salsa Month

The Hy-Vee dietitians can answer your questions about products, nutrition and health.

Services include: Individual nutrition counseling • Personal shopping assistance • Group nutrition class and workshops • Supermarket tours • Monthly nutrition newsletter • Recipe demos • Cooking classes

Janet Macon
MS, RD, LD
2351 W. Locust St.,
Davenport
563.324.9948

Chrissy Mitzel
MS, RD, LDN
2930 18th Ave.,
Rock Island
309.793.0684

Valerie Wheatley
RD, LDN
201 W. 10th Ave.,
Milan
309.787.0273

Beth Freehill
RD, LD
901 S. 4th St.,
Clinton
563.243.6162

Dawn Blockinger
RD, LD
750 42nd Ave.,
Moline
309.757.1085

Allison Yoder
RD, LD
2200 W. Kimberly Rd.,
Davenport
563.391.0213

Stacy Mitchell
RD, LD
2900 Devils Glen Rd.,
Bettendorf
563.332.8496

good business

Heavenly Organics

Sweetly sustainable sugar and honey from small farms

By Donna Schill

My first encounter with Heavenly Organics was while I was working at a specialty store called the At Home Store on the downtown square in Fairfield, Iowa. We had new products in — three kinds of honey from a local company, Heavenly Organics. The Himalayan Raw Honey quickly became my favorite, swirling smoothly upon my spoon and spreading malleably over my tongue with a light and fragrant flavor.

The story of Amit Hooda, who is president of Heavenly Organics, was beginning to spread around town, and I decided to learn more. I had a chance to speak with Hooda himself, and I learned not only of his beginnings, but of why each product he sells is unique.

They say that sometimes one must travel far to discover what is right in front of him. This was definitely true for Hooda. He grew up in a country known for its virgin rain forests teeming with wild-growing medicinal herbs. Born and raised in Northern India, Hooda had his own free-roaming dairy cow in the backyard, a sprawling garden full of sustainable produce and a renowned organic agronomist for a father. When it came time for college, he found himself in the plains of Iowa at Maharishi University of Management in Fairfield, where he sought a master’s in computer programming and a good job in the United States.



During a required business course in which students designed their own business plans, Hooda was reminded of his childhood in Northern India. He came up with a plan for his own organic food company, drawing upon the experience of his father.

Since before Hooda was born, his father, Dr. Ishwar Singh Hooda, dedicated himself to helping hundreds of farmers in India and parts of Asia to preserve their traditional and sustainable methods while making a living wage. His son explained to me the situation of rural farmers in India.

“Small farmers using traditional methods are very unfortunate. They are the members of society left behind— left to starve.”

The elder Hooda has been working hard to change that. He has helped small family farmers find markets for their products, connecting them with five-star hotels. The hotel restaurants benefits from local, fresh produce, and the farmers get a reliable income. He also worked with the Indian government to subsidize farmers using traditional methods.

His son found himself with a business plan that tied right back in to the cause he grew up with. He decided to put aside a job offer in computer programming and pursue his business with organic sweeteners.

“I realized that starting this business would be a good cause for me,” Hooda says, adding, “I want to make a contribution to society.”

Heavenly Organics now has been running successfully for five years and its products are in more than 300 stores nationwide, including Whole Foods.

“At Heavenly Organics, we have respect for honey bees as our planet’s prime pollinators, responsible for the biodiversity of any farm or garden,” Hooda says.

India’s wild-growing medicinal herbs afford health benefits to each honey, correlating with the land it was harvested in. This land never has had chemicals put on its soil, is certified organic through a French organics certification firm (ECOCERT), is harvested in a sustainable fashion, and is purchased from farmers at a higher than market price. Unlike most methods that squeeze the entire hive, Heavenly Organics methods are cruelty-free because the company takes only the portion of the hive that holds ripe, pure honey.

The sugar sold by Heavenly Organics is unique as an organic sweetener because it’s not processed with synthetic chemicals like other organic sugars. The farmers practice a unique method of using herbs instead of chemicals to process the sugar and a sun-drying method to maintain its vitality. The process creates a sugar that dissolves slowly into the bloodstream and doesn’t spike blood sugar like refined white sugar does. It is good for the digestion and respiratory systems. It also tastes good and promotes the greater good. What could be better?

Heavenly Organics is sold at Hy-Vee stores; the New Pioneer Coop in Iowa City; and Everybody’s, Golden Dome Market, and the At Home Store in Fairfield. For more information, visit heavenlyorganics.com or call (866) 923-2184.

May 2: Grand Opening

Freight House Year Round Indoor/Outdoor Farmers Market

- Free Reusable Market Totes Given Away
- River City Dixie Racing Marching Society Good Time Brass Band will be performing throughout the market!
- Area Animal Shelters will be on hand with adoptable animals.

May 9: Celebrate Mother's Day at Market

Tea, treats, flowers. Children will be encouraged to decorate a flower pot with stickers, etc. and plant a marigold plant for their Mom's as a unique gift that will educate as well. Friends of the Market are planning a “tea” on the loading dock complete with real tea cups and linens. Mom's and their daughters are encouraged to dress the part with hats and gloves. Baked goods supplied by our vendors will also be served.

Saturdays Year-Round from 8:00 am to 1:00 pm
Tuesdays 3:00 pm to 6:00 pm May-October
421 W. River Dr. Downtown Davenport
www.freighthousefarmersmarket.com

Real Life. Real Health. Real Living.

If your busy life is overwhelming you and your health, we can help. At the Palmer Chiropractic Clinics in Davenport and Moline, we have more than 25 highly qualified, experienced doctors of chiropractic who are assisted by well-trained student interns.

With our natural approach to health care, we'll help you heal from the inside out so you can get back to *real* living.

Davenport
(563) 884-5801

Moline
(309) 764-4901

PALMER
Chiropractic Clinics

Luxurious foot massage & treatments

TWO RIVERS MASSAGE

MOTHER'S DAY SPECIALS!

Bring in your Mom throughout May and receive a special chocolate treat from Lagomarcino's. Enjoy one-hour of “Delight” together as you both receive an aromatherapy Foot Soak, Lower Leg and Foot Massage, and a soothing Paraffin Wrap. Bring your own wine and snacks for an extra-special evening. Or you can both receive a one-hour Swedish relaxation Massage in the same room at the same time! **Delight Couples \$130; Swedish Couples \$110.**

NEW SERVICES!!

We are very excited to announce a few new services that we are adding to our already-diverse menu – Manual Lymph Drainage (MLD) and Head, Hands, and Feet Massage (HHF). MLD stimulates your immune system function, relieves inflammation, and helps detoxify your body. Add MLD to your massage or receive MLD separately \$30 for ½ hour, and \$50 for 1 hour. HHF is perfect for people who want a massage for stress reduction, but would rather stay dressed. During HHF, we will also massage the reflex points on your ears, palms, and soles. 40 minute HHF is \$40.

WORKSHOPS

Join us for some interesting, fun, and educational Workshops. We have invited professionals to come and share their knowledge about chakras, human energy field (auras), power animals, and basic spirituality. Thu May 30 11a Explore your Chakras \$65; Mon May 11 6p Spirituality 101, Free; Fri May 15 Aura photos \$50; Sat May 16 Human Energy Field Workshop \$129. Check out our website at <http://www.tworiversmassage.com/workshop.shtml>

OUR STAFF

Meet our 12 Professional, Licensed Therapists ~
Candi, Miranda, Amy Jo
Alicia, Crystal, Pam, Lynn
Jen, Amber, Amy, Sara
Missing - Gloria
Open by Appointment Mon-Sat 9a-8p

1411 Sixth Avenue • Downtown Moline
Celebrating 10 Years - 1999 to 2009
Pamela Fisher, Owner (309) 79-RELAX
www.delsolebarefootspa.com • www.tworiversmassage.com

growers

Beyond sustainability

Leopold Center awards grazier with Spencer Award

By Natalie Askren

In Steve Reinart’s mind, sustainable agriculture has the wrong name. He suggests a different one.

“It should be called regenerative agriculture,” he said. “‘Sustainable,’ to me, is simply doing no additional harm, while ‘regenerative’ improves the soil and ecosystems.”

He lives what he preaches on his 500-acre operation with seed stock cattle and grass-finished organic beef, which makes the Glidden, Iowa grazier fully deserving of the Spencer Award that he recently received from the Leopold Center for Sustainable Agriculture in Ames. The award was established in 2002 to honor those who have made substantial contributions to the stability of mainstream family farms in the state.

Reinart’s practices differ from those of most in his field: He relies on grazing and forages for his cattle’s nourishment. Not alone in using this method, he regularly gets together with others who also practice holistic management, an approach to grazing that blends land use with natural processes. “We bounce ideas off each other,” he said. “If I don’t think something is going to meet my holistic goal, I won’t use it.”

Beyond raising cattle, Reinart is instrumental in the well-being of wildlife in his area and incorporates many shelterbelts (windbreaks), wetlands and ponds into his farming acreage. These improvements helped him qualify in 2005 for Tier III payments for the highest level of conservation practices under the Conservation Security Program.

On his farm, Reinart has some Composite and Black Angus cattle, but his focus and main operation is with Red Angus. “That’s the breed I want to settle on eventually,” he explained. “They’re more heat tolerant and do more of the things I want them to do.” He selects for breeding traits such as fertility, longevity and the ability to produce tender and marbled meat.

Reinart was born in Iowa and is a 1964 graduate of Carroll Kuemper High School. The fall after his graduation, Reinart participated in a winter-quarter farm operations class at Iowa State University. The following fall, he was drafted into the Army and served in Vietnam.

In 1973, Reinart took over his father’s farm. At that time, he mostly operated the conventional way. Around 1975, his uneasiness with conventional farming took hold and he began planting native grasses on his farm, seeing their benefits for wildlife and admiring the way they work as a throwback to how Iowa once was.

“I’m thinking the past forward, taking the best from the past,” Reinart said. By 1981, he had transitioned the farm to native and cool-season grasses for grazing.

The name of his operation, Reinart’s Prairie Reds, came about seven years ago because he needed a name for advertising and an e-mail address. He was certified



Steve Reinart raises cattle on his farm in Glidden, Iowa. (Submitted)

organic three years ago. It was an easy process for Reinart since he had always avoided insecticides and herbicides.

“I’ve been living the lifestyle forever, so that’s why I could jump in immediately,” he said.

Reinart has served on the Carroll County Conservation Board and the Carroll County Soil and Water Conservation District. He was honored the Ruth Wagner Award as the state’s outstanding assistant commissioner in 2006. More recently, Reinart has helped the conservation board acquire property and create Reinart’s Bend conservation area along the North Raccoon River south of Lanesboro. He also is on the boards of directors for the Iowa Forage and Grassland Council and M&M Divide RC&D, and has worked on efforts to establish a community market in Carroll, Iowa. He is a member of Practical Farmers of Iowa, too.

Reinart believes that sustainable agriculture should be an integral part of the way farmers think, and that no one should have to receive an award as encouragement to carry out what he and others are practicing.

“We’re so blessed to be able to do these things and work with the land,” he said.

This story originally appeared in the Leopold Letter, a quarterly publication of the Leopold Center for Sustainable Agriculture. It is reprinted here with permission.

BUY FRESH • BUY LOCAL • LIVE HEALTHY

ENJOY HOMEGROWN PRODUCE AND SEASONAL CROPS AT



Open every Thursday
4 to 7 p.m.
June 11 through October 22
at Central Park Parking Lot

FRESH FROM THE FARM
fruit, vegetables, berries, wines, cheeses,
flowers, breads, eggs and meats.

Support our local growers.
Make Main Street Farmers Market
downtown Aledo your one-stop-shop for
all your produce needs.

Need more information? Call Aledo Main Street
(309) 582-2751

Email: aledoms@qconline.com • Website: www.aledomainstreet.com

Supported in part by a grant from the
Illinois Department of Agriculture

CONSTRUCTION

WHERE IN THE WORLD IS...


ReStore



STILL AT
3629 MISSISSIPPI AVE.
IN DAVENPORT

During construction of
Kimberly Road, take Bridge
or Eastern Avenue...

...to find GREAT DEALS
on new and gently used building products!

OPEN TO THE PUBLIC: Wed 10-7, Thurs-Fri 10-5, Sat 10-3

www.restoreqc.org

Caring
Hands
Therapeutic
Massage

relax + heal

Donita Grebner, LMT:

"Offering professional Swedish Therapeutic
Massage, Craniosacral, Lymphatic, and
Reiki, my passion is to help my clients
understand their bodies, pay attention to
the discomforts they may be having and
promote healthy living."

using the power of touch
to heal your body, mind,
and spirit

Call for an appointment
563.210.7198

Located near the Bettendorf Public Library
2395 Tech Drive, Suite #9, Bettendorf
www.donitascaringhands.com

food

Strawberry love

Recipes for tempting fruits from one smitten chef

By Chef Donna Duvall

“Doubtless God could have made a better berry ... but doubtless God never did.” That often-repeated line just about sums it up. What could be more tempting than a sun-warmed, jewel-red strawberry fresh from the garden or farmers’ market? To make it even sweeter, this delectable fruit is a powerhouse of nutrition. A serving of strawberries provides more vitamin C than an orange, plus fiber, folate, potassium and antioxidants, all at only 55 calories per cup. Is it any wonder that 94 percent of Americans eat strawberries?

Strawberries are members of the rose family and are the only fruit with seeds on the outside. However, botanically speaking, strawberries are not true berries, but pseudocarps, or false fruit, with their “seeds” being the true fruit. Each beautiful berry has 200 seeds, or more correctly, fruits, on its luscious exterior.

Strawberries have a long history, going back more than 2,000 years. They grew wild in Italy and were enjoyed by the Romans. In medieval times, they were served at important functions to bring peace and prosperity.

But why are they called strawberries? There is a legend that 19th century English children picked the berries, placed them on grass straws, and sold them as “straws of berries.” Another theory goes back 1,000 years to when straw was strewn around the plants to protect the ripening fruit, thus the plants were called strew-berries, which over time became strawberries.

Strawberries are best the day they are picked but will keep for several days in the refrigerator. They should be covered with plastic wrap and refrigerated. Keep the caps on berries until ready to use, and rinse berries just before serving or preparing. To freeze strawberries, place them in a single layer on a sheet pan, then transfer them to plastic containers or freezer bags.

Balsamic Strawberries

- 2 tablespoons balsamic vinegar
- 2 tablespoons red wine
- ½ cup sugar
- 2 tablespoons butter
- 4 cups strawberries, halved
- 4 scoops vanilla ice cream

Combine balsamic vinegar, red wine and sugar in a sauté pan. Bring to a boil and reduce by half; turn heat to low and stir in butter.

Add strawberries and stir until just warmed. Serve over ice cream. Serves 4.

Strawberry Honey Butter

- ½ cup strawberries, sliced
- ½ cup butter, very soft
- 2 tablespoons honey

Place all ingredients in a mixer with the whip attached. Mix until strawberries are well incorporated



Brandy Welvaert / Radish

and butter is creamy. Store in the refrigerator. Allow to come to room temperature before serving. Serve on toast, biscuits or scones. Yield: 1 cup.

Strawberry Salsa (above)

- 3 cups fresh strawberries, chopped
- 1 cup green pepper, chopped
- 3 tablespoons green onions, chopped
- 3 tablespoons cilantro, chopped
- Half a jalapeno, chopped
- 1 tablespoon honey

Juice of half a lime
Salt and pepper, to taste

Mix all ingredients together in a bowl. Cover and refrigerate for 2 hours. Serve with grilled fish or chicken, or with tortilla chips. Yield: 4 cups.

All recipes created and tested by Chef Donna Duvall. For more recipes, visit radishmagazine.com.

WE HAVE A VARIETY OF HEALTHY FOOD CHOICES!

NATURAL BEEF

Locally Raised
Hormone Free
Antibiotic Free

BUFFALO MEAT

High Protein, Low Fat, Low in Cholesterol and Calories

Try our homemade **Buffalo Hot Dogs**
Only 8 grams of fat and extra lean **Brats!** Locally Raised & State Inspected.

LOCAL MEATS

Try our very lean Elk products

We trim our Pork Products to be leaner

We use less water in our Hams

Improve Your Health and Reduce Your Pain With **100% Natural Montmorency Tart Cherry Juice Concentrate**

SPECIAL

32 Oz. Cherry Concentrate **\$26.95**
(Shipping Cost Included)

WE SHIP DIRECT

HOMEMADE PIES – Year Round

Made from scratch on site, using our own rendered lard.

Apple, Cherry, Blueberry and a Seasonal Pie Fresh frozen Michigan fruits, no filling. Order a pie: baked fresh or vacuum-pack frozen. **CALL TO ORDER!**

Great Selection of Seafood!

order online at www.reasonsprairiepride.com

Reason’s Locker Service

Buffalo Prairie, IL • 309-537-3424 or 1-800-772-4740

WELCOME

Newcomers – Newlyweds – New Babies

Making Friends has a free gift packet from area businesses worth over \$500!

Call Bonnie 309-796-1145

Making Friends

Welcome Service, Inc.

www.makingfriendsqca.com

Since 1989

A black and white portrait of Bonnie, a woman with short, curly hair and glasses, smiling. To her left is a decorative arrangement of various flowers, including daisies and tulips.

General dentistry with a caring touch

Dr. Krista L. Kukarans, D.D.S.

Dr. Kukarans and her staff provide excellence in dentistry with kind and gentle hands.

The unique relaxing atmosphere and caring touch strive to make each dental visit a pleasant experience.

Our approach to Dentistry promotes health and wellness. We support and inform our patients so they can make educated, healthy choices.

Now accepting new patients — Call to learn more about our exceptional dentistry.

2305 Jersey Ridge Road, Davenport, Iowa

563.355.0258

A black and white portrait of Dr. Krista L. Kukarans, a woman with shoulder-length curly hair and glasses, wearing a dark blazer over a white collared shirt and a necklace.

NATURE WORKS

PROFESSIONAL RESULTS THROUGH BOTANICAL SCIENCE. 95%* NATURALLY DERIVED**, PROVEN TO PERFORM. BEAUTY IS AS BEAUTY DOES™

SALONaria | + SPA

a harmony of beauty wellness & the earth

AVEDA

SHOP Salon Aria + Spa

We offer the full line of Aveda professional, plant-based hair care, skin care, makeup, Pure-Fume and lifestyle products. Whether you're new to Salon Aria + Spa or looking for a new experience, find the most popular, award-winning and recommended products from Aveda.

Our Gift Cards make the perfect gift for Mother's Day

5260 utica ridge road davenport, ia 52807
563 | 359 5098
www.salonaria.com
BRING IN THIS AD & RECEIVE A FREE GIFT

A black and white close-up of a woman's face, focusing on her hair and eyes. She is wearing a headband and has Aveda hair care products applied to her hair and face.

Hey, good lookin’

Beautiful blooms pack a powerful punch

By Barbara Pleasant, from Mother Earth News

We value beauty for its own sake, yet many colorful flowers have much to offer beyond their good looks. Some can be used medicinally, others are good to eat, and many provide food and habitat for beneficial insects. Give multipurpose flowers a bit of space in your garden and prepare to be amazed at what they can do for your health, your palate and your spirits.

Calendula (Calendula officinalis)

Whether you prefer your calendulas orange, yellow or somewhere in between, all are easy to grow in cool weather and bloom for weeks or months if you remove seedheads before they mature. Many cooks snip calendula petals into eggs or rice as “poor man’s saffron,” and chickens fed calendula flowers lay eggs with darker yellow yolks. Calendulas make great cut flowers, but their greatest use may be in topical oils or creams for burned or injured skin.



MCT

Garlic Chives (Allium tuberosum)

A culinary herb and a beautiful flower, young garlic chive leaves can be used in salads or sprinkled over potatoes. Garlic chives often are included in perennial display gardens, too, where they bloom from late summer to early fall and attract many beneficial insects. You need not worry that they smell like garlic because garlic chive blossoms have a light lilac scent. It’s a good idea to remove spent flowers to keep them from shedding too many seeds and becoming invasive. If you can’t bear to take them from your garden, gather them up just as their black seeds harden and thresh in

a paper bag. Then you can sprout them and enjoy their zingy flavor on salads and sandwiches in winter, when fresh pickings from the garden are in short supply.

Sunflower (Helianthus annuus)

Sunflower varieties are diverse, and you can choose between tall, upright forms, bushy, branching varieties and others that have been bred for pollen-free cut flowers. Sunflowers are easy to grow, though it’s important to remember that they are phototropic plants that will twist around until they face the direction from which sunlight is strongest. Choosing among dozens of varieties can be a challenge, too, but not if you focus on your goal. Want a towering giant? Try 12- to 14-foot-tall ‘Sunzilla’ or ‘Titan.’ Tall varieties also tend to produce large, easily hulled seeds for snacking.

Nasturtium (Tropaeolum majus)

Nasturtiums are so easy to grow that they are recommended for children’s gardens. Nasturtium leaves and flowers are edible, too. Softly fragrant nasturtium flowers have a mild peppery-sweet flavor, but the leaves are much spicier. They taste like watercress and contain 10 times the vitamin C found in most types of lettuce.

Day Lily (Hemerocallis species)

Day lilies have big, delicious buds that you can eat. Day lily buds are a marvelous little vegetable. Imagine the tenderness of asparagus combined with the savory flavor of a baby snap bean, and you have a pan-braised day lily bud. Pick them just before they open and cook in a little olive oil until they caramelize to a brown color (less than five minutes). You can eat opened day lily flowers, too, but remove the stamens before you slice the petals into your salad. Day lily buds, flowers and even young leaves have been eaten and used as medicine in China for thousands of years. Confucius recommended consuming day lilies to ease the pain of grief, and recent research at Michigan State University’s Bioactive Natural Products and Phytochemicals Lab has revealed that day lily petals are loaded with an array of anti-oxidant compounds, which help prevent cancer and the effects of aging.



MCT

Echinacea (Echinacea purpurea)

Often called purple coneflower, echinacea is easy to grow, and the blossoms are frequented by bees and butterflies. You also can use echinacea to make your own immune system-enhancing medicine. There was a study published in the New England Journal of Medicine a few years ago that reported echinacea was not effective against a common cold virus, but

follow-up points made by the American Botanical Council indicated that the dose used in the study was one-third of what it should have been. To decide for yourself and make an echinacea tincture, harvest the plants in the fall by uprooting them and pulling apart the crowns. Scrub the seeds clean, air dry them for a day, then



Mother Earth News

chop them up and put them in a clean glass jar with a few leaves from the plant. Cover everything with 100-proof vodka, screw on the cap and let it steep for three weeks before straining it. By then, a drop of the stuff on your tongue should leave a tingly numb spot — evidence that the polysaccharides and other compounds in the echinacea have turned the vodka into a true tincture.

Lavender (Lavandula species)

Lavender has been used in aromatherapies since the time of the Roman Empire, and there are numerous named varieties, most of which are winter-hardy. Scientists have validated its relaxing effects on guinea pigs and lab rats. To help calm geriatric patients, several nursing homes have reported good results from diffusing lavender oil into the air at bedtime. In the garden, you don’t have to wait for the appearance of flowers to enjoy lavender’s fragrance because the leaves give off a burst of aroma when crushed. When lavender plants bloom in early summer, bees are as drawn to the flowers as are gardeners. Dried lavender stems hold some fragrance for several months.

Excerpted from Mother Earth News magazine. Read the full story at MotherEarthNews.com or call (800) 234-3368 to subscribe. Copyright 2005 by Ogden Publications, Inc.

The CORE of Good Health



Buy 1, GET ONE 1/2 OFF

Heritage Natural Foods

Private Label

- Fish Oil ■ CoQ10
- Calcium
- Digestive Enzymes
- Select Multi-Vitamins

HERITAGE



NATURAL FOODS

We have the solution... "naturally!"

1317 6th Ave.

Moline

309-764-1912

m-t 9-5:30, w-f 9-6:30, sat. 9-5

3875 Elmore

Davenport

563-344-2100

m-f 10-7, sat. 9-5

21 Radish

outdoors

Take a hike

There's plenty to see at Starved Rock

By April Maher

Along the mighty Illinois River near Utica, Ill., hikers will find fun at Starved Rock and Matthiessen State Parks.

The three provide plenty of outdoor recreation activities for the entire family. The heart of Starved Rock is its lodge built in the 1930s by the Civilian Conservation Corps. Inside, the Great Hall provides an impressive introduction to what lies ahead. Stepping outside onto the veranda, visitors get a glimpse of what the park has to offer.

Of course, the major attraction at Starved Rock is hiking. The 13 miles of hiking trails (and many stairs) lead to the high points of Starved Rock itself, to Lover's Leap and into the lower canyons. There are 18 canyons in the park. French Canyon is reached by following a short, 0.7-mile trail toward the mossy-layered, sandstone cliffs, which descend 50 feet. At the trail's end, we were able to navigate the narrow passageway and trickling stream to enter the compact canyon.

After a heavy rain, waterfalls become a major reason to visit Starved Rock. It is a mystical trade-off for hikers as the short-lived cascades prevent hiking into the canyon.

There are 16 well-marked trails at Starved Rock. Many of them are divided into very doable sections. Five are less than one mile in length (one way), and the friendly visitor center staff can provide trail maps and sound advice.

Camping at Starved Rock State Park Family Campground is available year-round with 133 campsites situated in two loops. Campsites in loop 1 (numbered 1-55) are more open and grassy, while the loop 2 campsites (56-133) are more wooded. All the campsites have electricity. Five generously sized, paved campsites are available for campers with disabilities. Only 25 campsites are available on a first-come, first-served basis. Reservations are strongly recommended between May and October, as sites fill up fast.

We camped at the park, but noncamping friends can hit the sack in one of 92 rooms at the lodge's hotel. Rooms start around \$100 a night.

Before you go, let the kids check out the Web site, starvedrocklodge.com, to help plan the trip. Most Friday nights, free live music is offered, and waterfall and canyon tours are offered on weekends. On May 16 and 17, visitors can enjoy the 5th Annual Honor the Eagle Pow-Wow, which will include dancing, drumming, storytelling and events for kids.

A steaming cup of creamy hot chocolate hit the spot the chilly weekend we visited. When we asked for extra whipped cream, the server didn't flinch. Customer service and comfort food head the menu in the lodge's expansive main dining room that seats up to 200 people and is open seven days a week. Breakfast, snacks and specialty drinks are available from the Starved Rock Cafe, and burgers and beers are par for the course at the Back Door Lounge.

Fishing also is available at Starved Rock, and boats may be launched into the Illinois River from the west end of the park. Catfish, bullhead, white bass, sauger, walleye, carp and crappie are plentiful.

Nearby Matthiessen State Park is smaller and less crowded than its big sister park. The main event at Matthiessen is its reconstructed fort. One interesting walking tour takes the visitor to the Upper Dells and continues to Cascade Falls, where the canyon drops 45 feet toward where the Lower Dells begins. The canyon is one mile long and includes a rock formation called Giant's Bathtub.

Accessible to visitors to either park are 13 miles of equestrian trails and nearby stables that rent horses along Illinois 71 and 1/2-mile east of Illinois 78.

For more information, visit starvedrocklodge.com or call (800) 868-7625.



French Canyon is a popular hiker's destination at Starved Rock State Park near Utica, Ill. Heavy spring rains create waterfalls in the park. (Photo by April Maher)

Local, Sustainable, Beautiful

Timber Frame Homes & Structures

- framework for energy efficient green buildings
- offering environmentally conscious forest products

FOUR MOUNDS INN

BED BREAKFAST • CONFERENCE CENTER
WHOLE HOUSE RENTAL • CABIN
4900 Peru Road, Dubuque, IA 52001
(563) 556-1908
www.fourmounds.org

**Handsomely restored 1908
Craftsman Style Mission Mansion
overlooking the Mississippi River**

**2010 Honda
Insight Hybrid**

A new stage in the evolution of hybrid technology, providing hybrid customers with a new level of affordability

Performance Technology Value

2010 Honda Insight EX

Honda Creating Environmentally Responsible Mobility

As an automotive leader in clean technology, our commitment to being environmentally responsible is second to none. Equally important is our desire to help keep drivers and passenger safe.

1740 5TH AVENUE ROCK ISLAND, ILLINOIS
NEW (309) 788-9304 USED (309) 788-0648
BUDGET (309) 788-0649

the BIG **Z**... an ea**Z**ier way to buy a car!

body, mind & soul

A Massage Oasis

Human touch heals hospital patients and their families

By Ann Scholl Rinehart

D aureen Hoverson’s 8-year-old son Dawson couldn’t take it any longer as he watched his mother enjoy a chair massage at University of Iowa Hospitals and Clinics (UIHC) recently.

“Mom,” he chided, “I should be the one getting a massage!”

True, Dawson has had a tough time since a toy sheriff’s badge penetrated his eye in January 2008 after he rolled over onto it in bed. But the multiple trips to UIHC have proven stressful for his mother, too. Hoverson says she first noticed A Massage Oasis during a visit a week prior. This time, the Freemont, Neb., woman decided not just to walk by the station,

located on level 2 at elevator L in the Pomerantz Family Pavilion. Instead, she signed up for a 15-minute massage — her first ever.

“I think it’s wonderful,” she said after the massage. “I feel good. I feel more awake now and less tensed up.”

Such benefits of massage are becoming more and more well known, says Kristen Stephens, executive director of East-West School of Integrative Healing Arts in North Liberty, Iowa, and owner of A Massage Oasis. In addition to lowering stress and improving mood, Stephens says massage has been shown to reduce muscle pain, boost the immune system, lower blood pressure, enhance flexibility, relieve headaches, improve thinking and increase productivity.

She’s grateful that the UIHC was open to having a chair massage station in the hospital. The idea took root more than two years ago when Stephens was volunteering on the Women’s Wellness Committee at the UIHC. At first, the idea was to offer massage to pregnant women, and then it took off. Why not let everyone benefit from massage?

“We believe that this amenity is reflective of our efforts to create a welcoming environment and to provide services that are responsive to the needs of our patients, visitors and staff,” says Amy O’Deen, senior assistant director at UIHC. “It has proven to be a wonderful addition and complement to the array of support services we offer throughout the hospital.”

The grand opening of A Massage Oasis was Jan. 5. By early March, more than 6,000 minutes of massage had been provided.

“I have heard many accolades and expressions of appreciation that this service is now available in the hospital,” O’Deen says. “A hospital can be a physically and emotionally draining environment, so massage can provide much needed stress reduction and respite.”

Social worker Kelly Nissen, A Massage Oasis regular, agrees. The 43-year-old woman often has shoulder and neck discomfort but can’t always get a full massage. She appreciates being able to get some relief from her pain without leaving the hospital.

“I was pleased (UIHC) would look at something that’s a nice complement to what we’re already doing here,” Nissen says.

Carrie Eckermann, a graduate of the North Liberty school, says that she loves giving massages in a hospital setting and “just seeing that they feel better when I’m finished with them, that they’re going to walk away a little taller, a little more relaxed.”

A Massage Oasis is open Monday through Friday from 9 a.m. to 5 p.m. The cost is \$1 per minute. For more information, visit amassageoasis.com.



Carrie Eckermann gives a chair massage to Kelly Nissen at A Massage Oasis, Iowa City. (Photo by Ann Scholl Rinehart)



Riverside Aquatic Center

Opening Day June 1st

Hours:
Mon thru Thurs 12-6
Fri thru Sun 12-5

Call 736-5714 to book
a private rental.
Private rentals available
Fridays, Saturdays
and Sundays from 6-8
Pool phone: 797-0788



MOLINE PARKS & RECREATION
309-736-5714
www.moline.il.us

100% Natural

EPICOR®



Be healthy. Balance your immune system.

EpiCor is a nutritional supplement that works with the body's natural immune defenses to strengthen resistance and maintain wellness before health issues arise. A recent clinical study showed that EpiCor reduced the incidence of colds and flu and decreased the symptoms and severity. Learn more at: www.4greathealth.com

Available at these Hy-Vee locations
Cedar Rapids/Marion area stores
901 S. 4th Street, Clinton, IA
1914 8th Street, Coralville, IA
2351 West Locust Street, Davenport, IA
4064 East 53rd Street, Davenport, IA
2395 NW Arterial, Dubuque, IA
1720 Waterfront Drive, Iowa City, IA
312 S. First Avenue, Iowa City, IA
310 N. First Avenue, Iowa City, IA
or online at www.4GreatHealth.com

PRActive HealthProducts

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. EpiCor® is registered trademark of Embria Health Sciences, LLC.



New In Town? WELCOME!

Neighborhood Greetings has a
FREE packet
for you with coupons and gifts from
area merchants worth over \$500

Call Teri At
(563) 332-6498
In Geneseo call
Kellee (309) 944-5973



**NEIGHBORHOOD
GREETINGS
LLC**

www.qcgreetings.com

Plant SALE



May 8th, 9th & 10th
May 8th 4-8PM *QCBC members only preview,*
May 9th 8-4PM Public Sale
May 10th 10-3PM Public Sale

*Shop a great selection of healthy happy plants.
Expert gardeners will be available to answer your
planting questions. We will have a great selection
of perennials from sun to shade.*



**QUAD CITY
BOTANICAL
CENTER**

2525 4th Avenue,
Rock Island, IL 61201
(309) 794-0991
www.qcgardens.com

Breaking through

Bored with working out? Give tae kwon do a try

By Sharon Wren

The first time I ever saw tae kwon do was when I took my son, Logan, to his first class. While many of the students were young enough to be my kids, there were adults in the class, too — adults I assumed had been practicing since they were old enough to walk. As Logan and I became regulars, they teased me about when I was going to start. Me? The stereotypically geeky kid who preferred books to exercise and would use any excuse to get out of gym? I'd been doing yoga for four years and figured that it would be the extent of my workouts. Besides, I'd tried running, lifting weights and workout tapes before and quickly got bored.

When I learned the order of belt colors — white, yellow, orange, green, blue, red, brown, temporary black and black — I was surprised to discover that the adults I thought had been practicing tae kwon do since babyhood only had started a year or two earlier. I watched as they struggled to break boards with kicks that looked like they came from a Jackie Chan movie — and finally broke them with practice. Boy, wouldn't it be so cool to break a board?

Going to the tournament hosted by our school clinched it for me. Adults of all ages and ranks were competing, and when I saw an 80-year-old black belt snap a board, I was hooked. I became a white belt a week after the tournament, at age 40.

Fast-forward two years. Logan since has dropped out, but my other son, Tyler, is now a yellow belt. I'm a blue belt with the goal of becoming a black belt by the time I'm 50. I'm in the advanced class, but Tyler's still in the beginner class. Two nights a week we're at the dojang (practice hall) from about 5:15 until 7:30 p.m. Members of the advanced class often are asked to help out during the beginner class. When we're not lending a hand, we practice on our own, study terminology or trade Chuck Norris facts. ("When Chuck Norris does a push up, he doesn't push himself up. He pushes the Earth down.")

Respect is a huge part of tae kwon do, and yes, I do have to bow to people decades younger than myself and call them "ma'am" and "sir." It never bothers me because while I'm older, they're senior belts. When I bow, I'm showing respect to the tremendous amount of work they've put in at the dojang. Believe me, nobody just hands you your new rank: You work for it, and you work hard.



Tae kwon do blue belt Sharon Wren breaks a board. (Photo by John Greenwood / Radish)

A typical class starts with lots of stretching, followed by punches and kicks, then forms. Forms are sort of like choreographed dances made up of various kicks, blocks and punches. Promotion testing happens every other month at the home dojang, Chung Kim's Black Belt Academy in Bettendorf, Iowa, and consists of forms, punches, sparring, questions on terminology and board breaking. Testing was nerve-racking until a black belt told me that everyone there wants to see us succeed and that testing is a "Hey, look what I can do!" type of event. Even though we try, those boards don't always break on the first kick, but it's heartwarming to see black belts, even from other schools, run over to struggling students to offer advice and support.

When we learn a new technique, the instructors teach us to aim for floating ribs, noses and kneecaps and explain how to get the most out of our kicks and punches. Knowing that you can break a rib is very empowering, but probably the most useful thing we learn is how to break out of wrist grabs. Blue belts know 11 different techniques, and it's great knowing that you can pull away if someone grabs you, even if they're bigger and stronger. While board breaking is a blast, my absolute favorite part of tae kwon do is the staff class in the summer. Once a week, we spend half an hour learning forms with those big sticks like Robin Hood uses in the movies.

Let's not forget the exercise! According to Mayo Clinic, a 160-pound person will burn 730 calories per hour in class. It's rare that I come home from class not dripping with sweat, even in winter.

Recently I overheard our instructor talking to two temporary black belts about what they want to do when they become black belts. I'm still at least a year away from becoming a black belt, but already I think I know what I want to do. I think I'd like to open a school that caters to women over 30. I want them to know that it's never too late to become what you're supposed to be.

For a list of area dojangs, turn to Resources page 38.

FREE ADMISSION!



Saturday
June 20th
8 AM – 3 PM

Sponsored By:
Dispatch • Argus



*Taking Root Next to the
Freight House Farmers Market
located at 421 West River Drive, Davenport, Iowa*

An energizing experience with a focus on healthy, sustainable living.

The **Healthy Living Fair** will give attendees the opportunity to see, taste, touch and experience natural foods, products, resources and services dedicated to improving their health, environment and world. Businesses and organizations from the region will be on hand to showcase their products and services.

Healthy Highlights:

- Quad-Cities Largest Yoga Class III
- Radish Dog of the Year Contest
- Radish Scavenger Hunt

For more information visit radishmagazine.com.

Additional financial support provided by:



Special thanks to



for more information contact: Rachel Griffiths • (309) 721-3204 • rgriffiths@radishmagazine.com

Better bling for Mom

Dazzle her with healthy, local glitz this Mother’s Day

By Brandy Welvaert

Most moms will tell you that they like Mother’s Day not because of the gifts but because of the sentiment. Yet a piece of jewelry — a simple pendant, a bracelet — sure does bring a smile to Mom’s face, doesn’t it? It’s good to know that you can give her sparkling gifts that are safe for her skin and benefit the environment, too.

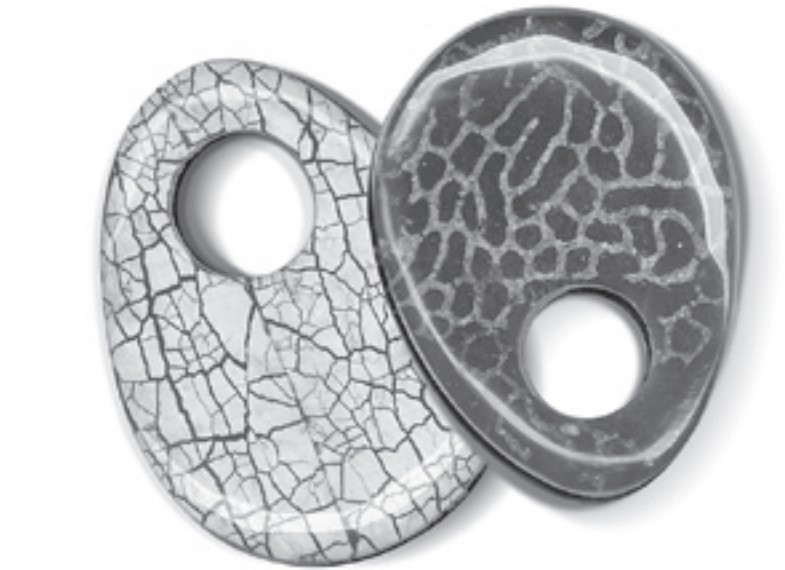
The environment was a top concern for Judy Payne of Davenport when she began creating her Cool Earthwear designs, a line of pendants made from salvaged organic materials.

“It had to do with my attitude about where the world is going with excess. We want it all, and we want it now. If you want it, at least we’re using the leftovers and being more practical,” says Payne, who began working with fused glass in 2003. Her designs use wood as a base to encapsulate organic materials, such as a slice of beehive, coated with a thin veneer, which she says is the only non-eco-friendly part of the reversible jewelry.

The pendants are sold in the Quad-Cities at Your Designs and Five Star Salon Spa, both in Bettendorf, Iowa, and at ArtsWork in LeClaire, Iowa.

ArtsWork sells a variety of locally-created jewelry, including some truly repurposed glitz that’s made from salvaged plumbing parts, says owner Deb Willaredt.

Yet the environment isn’t the only reason to select jewelry carefully. In recent



Pendants from beehive and natural wood from Cool Earthwear. (Submitted)

years, the safety of some jewelry has become a concern — especially when it comes to kids’ health.

Last December, several pieces of costume jewelry from nationwide stores like Express, Lane Bryant, Wal-Mart and Banana Republic were found to contain dangerous amounts of lead, according to a report by the nonprofit Center for Environmental Health.

Lead can cause cancer and reproductive problems as well as mental and physical retardation, and it’s especially harmful to children. Even if the jewelry is meant for moms — and not kids — safety experts say that it can end up in their hands — and in their mouths.



Amy Greenberg of Davenport owns Blarney Glass & Beads. (Submitted)

Lead is something that artist Amy Greenberg always thinks about when she finishes a ready-to-wear pendant.

“I am cognizant of this issue as a mother of a toddler, and any chains or raw materials I purchase in producing my jewelry and other glass products I review for safety,” says Greenberg, whose sells her dichroic glass jewelry, including earrings and pendants, under the name Blarney Glass & Beads at the Davenport Farmers’ Market from 8 a.m. to noon Saturdays at NorthPark Mall, 320 W. Kimberly Road. Her work also is sold at Inspirational Cup and Gift Gallery, 2724 Brady St., Davenport. Each piece costs between \$5 and \$25.

“As a mother to a toddler, I want to make sure that the things I have in my house are safe for my toddler,” she says.

She doesn’t discard small, “leftover” bits of glass, either: She uses every piece in some way.

Sometimes she uses lead-free sterling silver or gold-plated metals for earring posts and the like. However, most pieces are made of glass only, which is “good for people with allergies to metals,” she adds.

Artist Toni Reed believes that her jewelry actually promotes healing. Reed, a breast cancer survivor, sells silver magnetic bracelets and anklets touted for health-promoting properties at the Freight House Farmers’ Market (3-6 p.m. Tuesdays and 8 a.m. to 1 p.m. Saturdays at the Freight House, 421 W. River Drive, Davenport). Bracelets cost \$8 to \$10 each, and anklets are \$15.

Looking for another good reason to give a gift of local jewelry? Consider who crafts it. Most of the time, the beaded bracelets and funky pendants sold at farmers’ markets and small gift shops are handmade by local women finding creative ways to support their families.

Greenberg, a single mom, says, “I started designing the jewelry as a hobby — and it exploded into a career.”

Design & Construction Integrity • Locally Owned & Locally Built

Plant Yourself In A New CSI Home!

Our homes feature:

- Modular Construction, Factory Built in Cambridge, IL
- Ranch, Two Story, Cape Cod
- Energy Efficient Construction
- Individual Color & Option Selections

Now more than ever Trust and Quality are critical in your home building decisions. Call us before you make a decision.

CSI Homes

CSI Homes, a division of CSI Manufacturing
P.O. Box 138, Cambridge, IL 61238
Call Us TOLL FREE 866-937-5544
www.csihomesonline.com

Visit our model homes in Cambridge, IL — Daily 9am-4pm

Let RubberSTAMPS.NET help your business

MAKE A GREAT IMPRESSION

Over 300 stamp sizes, shapes and colors available.

Home and business stamps for:

- Logos
- Deposits and check endorsements
- Customizable, rotating date stamps
- Notaries
- Return addresses
- ... and more!

Visit **www.RubberStamps.net**
2323 W. 63rd St., Davenport, IA 52806
(563) 391-6369
Don't forget our sister site SuperiorLabels.com for all your label needs.

Rock Island County Extension Programs & Events

Release your Potential!

Grand Opening & Plant Sale
Saturday, May 9, 9:00 a.m. - 2:30 p.m.
Rock Island County Extension, 321 West 2nd Ave., Milan, IL

Master Gardener Plant Sale, Basket Raffle, Used Garden Tools & Books
Family Environmental Education Activity Stations, Games & Crafts
Live Butterflies & Butterfly Life-cycle Exhibits
Rock Party by Mar-Qui—Crystals, Fountains, & Decorative Rocks for sale
Lunch café—Freshly grilled butterfly pork chops and more for purchase
Enjoy a free piece of cake and tour our new facility in Milan, IL

Learn to Grow More of your Own Food at Home!

Home Grown Challenge Purposeful Gardening Series
6:00 p.m., Tuesdays, now through August 25. FREE.
Call or visit the web site to find class topics and locations.

Learn how to make delicious and economical meals

What's for Dinner Cooking Classes
Thursdays, May 14 - June 18, 5:30 - 6:30 p.m.
Includes groceries to make one of the featured meals for a family of five.

University of Illinois Extension, 321 W. 2nd Ave., Milan, IL 61264
(309) 756-9978 Register online at www.extension.uiuc.edu/rockisland

Whats for dinner tonite

Create Your Menu From Our Menu...

A. **Environmentally Right** –
Use only the amount of packaging and food you want for meals.

B. **Nutritionally Right** –
Half the menu is either less than 350 calories or less than 15 grams of fat.

C. **Priced Right** – \$2.85 - \$3.08 per person/per meal.

D. **Portioned and Fixed Right** – You know how much food, which ingredients are preferred, so create what you desire.

E. **Timed Right** – Decide which entrée, thaw & serve. It's that easy!

Clean-up Right you create, we clean-up!

2521 18th Street • Bettendorf, Iowa 52722 • 563-355-1511
www.whatsfordinnertonite.com
Reservations: online, phone, or at location
(just north of Bettendorf Middle School, next to Dairy Queen)

29 Radish

Garden homework

Check out these tips before buying or planting this year

By Radish staff

May has arrived, spring has sprung, and it’s time to put down roots in the garden. Finally! But before you head out the door to the nearest garden center or farmers’ market, check out these tips for finding the best plants — and making the most of them once you do.

Before you shop, consider: How big is the space you plan to fill? Is it a whole bed, a space between plants, or a container? You want to choose a plant that will fill the space but not quickly outgrow it. If you plant something in a space that’s too small, you always can move it, but that’s more work.

If you love it, don’t let it go. You’re bound to see purple petunias everywhere, but when you see a unique plant that you really like, you may not find it again — buy it.



Look closely. Plants should be sturdy and compact for their type. Leaves should be vibrant, clean and free of insects and imperfections. Check the undersides of leaves, too. Stay away from spindly plants and plants with leaves that are light-colored for their type.

Overdo it. Buying a few extra plants never hurt anyone. Having extras available to fill a space or to cover for plants that die is a good idea.

Buy bigger when you can. Bigger plants are less work to put in, and they look better faster.

Shop on Fridays. While this might not be the best advice everywhere you go, some gardeners shop on Fridays because they think selection is at its peak then. Stores won’t be as crowded on Fridays as they are on weekends, either. It’s the best of both worlds.



Photos courtesy of iStockphoto





Valley View Place
615 Valley View Drive, Suite 101
Moline, IL 61265

(309) 743-0445

- PET/CT Oncology Imaging
- CT Scanning (CAT scan)
3-D Whole Body Imaging
Virtual CT Colonoscopy
- Image Guided Pain & Steroid Injections
- Women’s Imaging
Digital Mammography (Screening & Diagnostic)
Bone Density
Image Guided Breast Biopsies
- Vascular Imaging
CT Angiography (CTA)
Vascular Ultrasound (Doppler)
- Ultrasonography
OB/GYN
Breast
Abdominal/Vascular
- General X-Ray
- Complete MRI services available on-site with Metro MRI Center

www.advimaging.org

CoolEarthwear
www.coolearthwear.com



Eco-Friendly Reversible Pendants

Organic Material Naturally "Green"

CoolEarthwear
(Now available in three sizes.)
earrings – beads – buttons – hair accessories
563. 650.2727 www.coolearthwear.com



Produced by WQPT. Featuring local kids from right here in the Quad Cities area.

Exercise shouldn't be this fun, should it?
Tune and find out when Get Movin' premieres on WQPT on Friday, May 15 at 4:00 p.m.

WQPT
QUAD CITIES PBS

Learn more at wqpt.org



It's back...

May 29–June 8, 2009



onlineauction
wqpt.org/auction



Gino's East Pizza Shipped to Your Home



Jumer's Casino & Hotel Overnight Stay



Chicago Cultural Weekend

WQPT, your local PBS station

will be auctioning off fun and unique items to raise money to support quality television programs for viewers like you in Eastern Iowa and Western Illinois.

Need exposure for your business? There is still time to make a donation. It's easy. Call WQPT at 309/796-2424.

Easy, simple and fun!
Go to wqpt.org/auction

environment

Switch up the ride

Try alternative transportation this month and save

By Jeff Cornelius

One are the days when people could make a living and purchase, build, make or grow whatever they needed within their own communities. We now have to travel great distances to work and school, and in search of things to do and buy that are not closely available. But when will we come to the realization that all this traveling around by so many people is taking an enormous toll on the environment?

A good time to think about it is now. Alternative Transportation Week, or Alt-Trans Week, as it's been dubbed, is May 10-16 this year.

Consider: Studies attribute nearly 30 percent of the average American's carbon footprint to "private transportation." To put that number in perspective, consider that home electricity is 12 percent of one's footprint, clothes and personal effects just 4 percent and what we eat and drink is 5 percent.

All of this begs the question: How can we continue to live modern lives and minimize damage to the planet at the same time? Part of the answer lies in the reality that it's not just about miles-per-gallon, but reducing vehicle-miles-driven. It is truly time to start thinking outside the car.

Throughout the Midwest, alternative transportation advocacy groups, local businesses and employers are gearing up for Alt-Trans Week by doing their part to promote options that help people lead more sustainable and healthier lives. They will promote biking, transit and walking in place of driving with fun events aimed at inspiring new beginnings. But for those who swear by it, sustainable travel can be enjoyed year round.

Iowa City's Bike Library was founded in 2004 with the hope that encouraging the community to take up cycling would serve as a catalyst to other advocates in the area.

Founder Brian Loring says, "Bike Library serves mainly as an entry point for cyclists. We started with a folding table at the farmers' market, checking out

three or four bikes per week. Now we check out 800 bikes per year."

Bike Library relies heavily on donations and volunteers to maintain its fleet. The system works by lending kids' and adult bikes for up to six months for a small deposit. "In the past two years, we've noticed a significant increase in people checking out bikes for commuting and running errands," says Loring.

Bruce Grell, owner of Healthy Habits bike shop in Bettendorf, says the resurgence in urban biking has "opened new doors to stock and maintain bikes designed for commuting, and modifying customers' existing bikes. We now stock more options in tires, bags, racks and lights for commuting than ever before. People still like to customize their ride too, even if the bike is mainly utilitarian."

Grell attributes the interest mostly to the rise in the cost of gas, but he notes that bike commuting can help shed pounds as well as save money.

Healthy Habits has initiated some creative ways to promote biking in the Quad-Cities. During last year's Alt-Trans Week, they partnered with Genesis Health System to offer employee discounts on bikes and accessories that were purchased through a payroll deduction program. Both are looking forward to offering the same program in 2009.

If you're interested in sustainable living and saving money but prefer a relaxing commute with your coffee, paper and iPod, there's likely a bus stop close with your name on it. Transit usage exploded in 2008. More people rode the nation's buses and trains last year than in any year since 1956.

If you've taken steps to live a more sustainably, you probably already understand that it's not about giving up all of life's comforts. Yes, there is some self-sacrifice involved, but it's mainly about wise decision-making and adjusting your lifestyle. Choosing to bus, bike or walk can make a difference in the environment, your waist and your wallet.

For more information, turn to Resources, page 38. Read a longer version of this story at radishmagazine.com.



Programmer Todd Kempf rides his bicycle to work in Rock Island. (Photo by Todd Mizener / Radish)

Heavenly Organics™

Organic, Sustainable, Fairly Traded

Heavenly Organics mission is to provide the best tasting 100% organic products using sustainable methods.

We are dedicated to preserving the environment and providing economic opportunity for communities in rural areas of India where our products are harvested.

Check your local Hy-Vee or Co-op for product availability or order direct at **www.HeavenlyOrganics.com**

For Investment opportunities please call our office at **641.472.0745**

Award Winning Massage School

East • West School of Integrative Healing Arts

— Massage School Excellence —

YOU have come to the right place! We are the Premier Massage School that is taken seriously! We are the only Massage School with an affiliation with the University of Iowa Hospitals & Clinics and students come from all over the state to attend our Award Winning School. We also have immediate job placement for students after graduation!!

www.east-westschool.com

We would love to have you join our amazing program! NOW taking applications for our Fall Program. **Hurry** – This program is filling up quickly and we do anticipate it to reach full capacity soon. Spaces are limited. **Call to schedule a tour: 319.351.3262**
1395 Jordan Street
North Liberty, IA 52317

COME IN FOR A TOUR AND RECEIVE A FREE GIFT!



You Need a Playcation

Family vacation not in the budget?
Take a *playcation* instead!

Your local YMCA offers lots of opportunities for family fun - swimming, basketball, family classes, campouts, special events and more!

Ask about Summer Sampler special pricing.
For a fraction of the cost of a vacation, your family can enjoy the YMCA all summer long!

Check out all the options at your nearest YMCA branch.
Moline • Bettendorf • Davenport • Maquoketa
Camp Abe Lincoln



www.quadcitiesymca.org

rooting around

Sustainable ag tours planned in Illinois

Looking for farm fun this spring and summer? Then check out the University of Illinois Extension’s farm tours that highlight sustainable agriculture operations around the state. “Small farms embody a diversity of ownership, cropping systems, landscapes, biological organization, culture and traditions and have unique challenges and opportunities,” says Deborah Cavanaugh-Grant, who is coordinating the tours. The schedule for the 2009 sustainable agriculture tours is as follows:

- **May 14: Organic meats and poultry;** Open Range Products, Pecatonica, and Eickman’s Processing, Seward.
- **June 19: Growing strawberries naturally;** Jed’s Farm, Thompsonville.
- **July 7: Grass-fed beef, pastured chickens and eggs;** Meadow Haven Farm and Graze N’ Grow Farm, Sheffield.
- **Aug. 13: Creative community co-op farming;** Basu Natural Farms, Pembroke.
- **Aug. 15: Raising elk and innovative farming;** Mackinaw Valley Elk Farm and Blue Schoolhouse Farm, Congerville.
- **Sept. 22: Fresh fruits and vegetables;** River Front Berry Farm, Martinton (riverfrontberryfarm.com).

Tours are \$20 per person and include lunch. Register at least one week in advance at webs.extension.uiuc.edu/registration/default.cfm?RegistrationID=2845. To register by phone, contact Donna Cray at (217) 241-4644.

Citizen science tracks warming trend with Project BudBurst

The idea behind Project BudBurst is simple: Watch the buds on your trees, then make a report when they’ve opened to reveal leaves. Over time, scientists will use the data to track trends in global warming. An analysis of thousands of Project BudBurst observations from last year and the 2007 pilot shows that volunteers have established a baseline for the timing of key plant events. In 2008, 4,861 observations were reported online from participants in every state except Hawaii. Scientists made interesting observations between the 2007 and 2008 years, finding that forsythia in Chicago opened their first flowers from April 17 to 19 — almost a week earlier than the 2007 flowering dates of April 23 to 25. Scientists warned, however, that they could not draw any conclusions about global warming from just two years of data. They will have to analyze observations for many years in order to distinguish the effects of long-term climate trends from year-to-year variations in weather. To help out with Project BudBurst, visit budburst.org.



Steve Krause picks tomatoes at his Atkinson, Ill., farm. (File)

Report: Local foods can grow the economy

The Illinois Local and Organic Food and Farm Task Force released its long-awaited report to the Illinois Governor and General Assembly last month in a press conference at the capitol. The verdict? More local foods in Illinois could make a significant economic impact. “Local Food, Farms, and Jobs: Growing the Illinois Economy” makes a strong case that the state dramatically can increase economic activity by growing and processing much more of the food sold in the state. “That perhaps 95 percent of the fruits, vegetables and meats that Illinoisans eat are produced in other states or countries is an astonishing imbalance and presents us with an enormous opportunity. This plan represents an important step forward in efforts getting underway in Illinois that will enable farmers in the state to produce and sell fresh food and other farm products, keeping billions of dollars in our communities,” says representative Julie Hamos (D-Evanston), lead sponsor on the legislation. Based on the report’s findings, Hamos and state senator Jacqueline Collins (D-Chicago) have filed new legislation, which when enacted, will set in motion important elements of an Illinois local farm, food, and jobs economy.

Chicago Smart Home is open once again

Visitors again will be able to stroll through the Museum of Science and Industry’s environmentally friendly home exhibit after a brief closure and renovation. Museum officials say the Smart Home exhibit, which closed Jan. 4, reopened March 19. The 2,500-square-foot home has been renovated with the latest in green technology, including an eco-friendly nursery and a garage workshop. The home is on the grounds of the museum and will be open through May 31. For more information, visit msichicago.org.



A view inside the Smart Home. (Submitted)

Mother Earth News wants to help you find a new, green career

Despite the current recession, there are more green job opportunities now than ever before, including careers in wind power, HVAC, environmental engineering, transportation and facilities retrofitting, according to Mother Earth News. To make these jobs easier to find, Mother Earth has created a new Web site, Great Green Careers, to showcase jobs that make a difference in the environment. Users can post their resumes, sign up for job alerts and have updates about job openings sent to their e-mail’s inbox. All job-seeker services are free. To check it out, visit greatgreencareers.com.

You can appreciate the Mississippi with River Action

River Action, a nonprofit organization in Davenport, Iowa, will begin offering its summertime Channel Cat Talks and Riverine Walks the first week of June. Each talk or walk has a special focus, and topics include Mississippi flora and fauna, and river folktales and songs. Channel Cat Talks are offered Tuesdays and/or Thursdays from 9 to 10:45 a.m. aboard the Channel Cat Water Taxi, which launches from Celebration Belle Landing, 2501 River Drive, Moline. Early June talks will be held June 2, 4, 9 and 11. Cost to attend is \$12 per person. Riverine Walks are offered on Wednesdays from 6:30 to 8 p.m. and/or Saturdays from 9 to 10:30 a.m. Walks take off from various Quad-Cities locations. Early June walks will be held June 6 and 17. To register for an event or for more information, visit riveraction.org or call (563) 322-2969.



Aboard the Channel Cat Water Taxi on the Mississippi. (File)

New FoodBooks from Learn Great Foods

Learn Great Foods, a culinary tourism company with an outpost in Mount Carroll, Ill., now offers 10 books that introduce local foods. FoodBooks include the latest information about the health benefits of foods, ideas for storing foods and tour-tested recipes. The full-color books are 16 pages and cost \$2.45 each (plus shipping and tax, as applicable). Books cover foods such as asparagus, bison, fish and herbs. To order, visit learngreatfoods.com. FoodBooks also are available at Common Ground Grocery, 516 N. Main St., Bloomington, Ill.; GreenSky, 5357 N. Ashland, Chicago; and at the John Deere Historic Site, 8334 S. Clinton St., Grand Detour (near Dixon), Ill.

Hit the floor barefoot and dance in Amana

The 7th annual polka fest, hosted by Barefoot Becky and Ivanhoe Dutchmen, will be held May 29-31 at the Amana Colonies RV Park and Outdoor Convention Center, located at the corner of Iowa Highways 15 and 220. The event features food, drink, music from seven polka bands, and dancing in two air-conditioned halls with wooden floors. Dance hours are 6 p.m. to midnight May 29, noon to midnight May 30 and noon to 6 p.m. May 31. Admission is \$10 for Friday or Sunday, \$12 for Saturday or \$25 for a 3-day pass. For more information, contact Becky Livermore at (877) 499-7133 or polkabecky@aol.com. Or visit barefootbecky.com.



Scattergood
FRIENDS SCHOOL

- ★ College Prep Curriculum
- ★ Experiential Learning
- ★ Healthy Peer Culture
- ★ Diverse Community
- ★ Environmental Stewardship
- ★ Working Organic Farm

1951 Delta Ave, West Branch, IA 52358
Please call us at (319)643-7600 or visit us at www.scattergood.org



Increase Energy, Reduce Weight, & Manage Stress with Yoga & Massage

Sign up now for Yoga for beginners course July ,Yoga for Tweens in June age 7-11, and a women’s self-defense course w/John Morrow - details TBA!





1621 5th Ave. Downtown Moline
309.764.YOGA
www.Indigowellness.info

Offering 20
Drop In Yoga Classes
Each Week

– Hormone & Antibiotic Free –

MEMBER:
*Buy Fresh,
Buy Local*



GEEST
FARMS
Blue Grass, Iowa

– Hormone & Antibiotic Free –

Hormone-Free Antibiotic-Free Meats
Berkshire Pork
Wagyu & Angus Beef

563-381-3761

– Hormone & Antibiotic Free –

– Hormone & Antibiotic Free –

Come & see us at the Davenport FREIGHT HOUSE Farmers’ Market
Sat. 8am-1pm May–Oct.



Women's
Health Services
The Right Choice - Smart Healthcare

Women’s Health Services
2635 Hwy 30 West In Clinton
229 South Main St. in Maquoketa
Call:
800.664.1413 or 563.243.1413
www.womenshealthservices.org

Offering the newest and most complete medical services.
Also new in this area... in-office Essure sterilization!

Steven Breaux, MD
Kellie Schultz, ARNP, FNP

Forget the gym:

Show your gym id for a free class.

<http://tapasyogashala.com>

THE QCs PREMIERE YOGA STUDIO

take our yoga challenge.

Country Corner CSA
Hwy 150
2 mi. North Alpha, IL

OUR FARM IS YOUR FARM!
Fresh locally grown fruits & vegetables
16 weeks of fresh farm produce
June 2 - September 20
variety of shares available including work shares

Pick up sites in the Quad Cities, Galesburg, or visit us on the farm for a real 'country farm' experience
Timber Park - Petting Zoo - Picnic Area - Playground

Contact us now for a 2009 CSA Membership
Andrea @309-236-1993
Bruce @309-337-6714
countrycornr@winco.net

visit our website @ www.country-corner.com

FARM FRESH FUN

MAY THRU OCTOBER

MAIN STREET MARKET
DOWNTOWN EAST MOLINE

MON/THURS 2PM - 6PM

Take Time To Discover The Diversity and Hometown Atmosphere that Brings Shoppers Back to Downtown East Moline

FOOD, ART, CRAFTS AND MORE!

15TH AVENUE BETWEEN 7TH & 8TH STREETS

FIND OUT MORE AT www.eastmoline.com/farmersmarket.cfm

SAWYER BEEF
“The Best Beef You Can Bite!”

Princeton, Iowa

Visit us at the Davenport Freight House Market- Indoors All Year Round every Saturday 8am to 1pm

(563) 289-4359 • www.sawyerbeef.com

- Supreme Steaks • Ravishing Roasts
- Exquisite Specialty Cuts
- Locally raised on our Quad City Farm
- Gift Packaged Delicious Meats & Gift Certificates Available
- Free of routine antibiotics & growth hormones

resources

THE EARLY RISERS

(Story on page 10)

Here’s a recipe for chard, one of spring’s heartiest leafy greens.

Multicolored Chard Calzones

Dough:

1 tablespoon active dry yeast	1 tablespoon olive oil
1 teaspoon sugar	1 teaspoon salt
1½ cups warm water	2 cups unbleached all-purpose flour

Filling:

3 cups chard, finely chopped	2 tablespoons balsamic vinegar
1½ cups sweet onion, finely chopped	½ teaspoon salt
3 cloves garlic, minced	Cornmeal for dusting
1 cup provolone cheese, grated	Tomato sauce (optional)
2 tablespoons olive oil	

In a large mixing bowl, stir the yeast and sugar into the warm water. Cover the bowl and set aside for about 10 minutes. Stir in the oil, salt and flour using a sturdy wooden spoon and vigorous strokes. Dust a bread board or countertop with flour and knead the dough for 10 minutes, adding flour as necessary to keep the dough from sticking. Return the dough to the bowl and cover with plastic; allow dough to rise for 2 hours or until doubled in volume. In another bowl, combine the chard, onions and garlic, cheese, oil, vinegar and salt. Preheat the oven to 400 degrees. Dust two baking sheets with cornmeal. Divide the proofed dough into five equal pieces. Shape them into balls and allow them to rest for at least five minutes. Dust with flour and gently press each piece into an oval shape roughly 10 inches by 14 inches. Place equal amounts of the filling on one half of each oval. Fold over and pinch around the edges. Arrange the calzones on the baking sheets, allowing some space around each. Bake for 25 minutes, or until the calzones are golden on the bottom. If you will be using tomato sauce, warm it for ladling over the calzones.

BREAKING THROUGH

(Story on page 26)

Want to try tae kwon do? Several schools in the Radish region offer classes:

- **Chung Kim’s Black Belt Academy**, 1423 18th St., Bettendorf, IA. (563) 359-7000 or chungkim.com
- **Hawkeye Tae Kwon Do**, University of Iowa Fieldhouse, 113 E. College St., Iowa City. (319) 335-9282 or www.uiowa.edu/~tkd
- **Jung’s Tae Kwon Do Academy**, 3950 Wilson Ave. S.W., Cedar Rapids, IA. (319) 396-1973 or jungstkd.com
- **Springer’s Tae Kwon Do**, 1880 Radford Road, Dubuque. (563) 582-1400
- **West Central Tae Kwon Do and Tumbling Academy**, 613 E. Pierce St., Macomb, IL. (309) 833-5867

SWITCH UP THE RIDE

(Story on page 32)

Alternative Transportation Week events are planned in the Quad-Cities and Iowa City/Coralville for May 10-16. For details about events in the Quad-Cities, visit quad.cities.tag.googlepages.com. Sign-up will take place from 8 a.m. to 1 p.m. Saturday, May 9, at the Freight House Farmers’ Market, 421 W. River Drive, Davenport. For events in Iowa City/Coralville, visit cicbikeweek.org.

farmers’ markets

ILLINOIS

BUREAU COUNTY

Bureau County Farmers’ Market, Darius Miller Park at the train station, Princeton; 3:30-6:30 p.m. Tuesdays and 8:30 a.m.-2 p.m. Saturdays, through October. (815) 875-6468

CARROLL COUNTY

Mt. Carroll Farmers’ Market, west side of courthouse on Main Street; 8 a.m.-noon Saturdays, through October. (815) 244-3027

HENRY COUNTY

Kewanee Farmers’ Market, 200 W. 3rd St.; 7:30-11 a.m. Wednesdays and Saturdays, May 13-September. (309) 852-2175

JO DAVIESS COUNTY

Elizabeth Farmers’ Market, St. Paul’s Lutheran Church parking lot, 411 W. Catlin; 3-6 p.m. Fridays, May 2-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, 3-6 p.m. Tuesdays, next to Casey’s on South Main St. and 8 a.m.-noon Saturdays, Stockton High School, 500 N. Rush St., May 5-October. (815) 947-3197

Warren Farmers’ Market, 110 W. Main St.; 9 a.m.-1 p.m. Saturdays and 4-7 p.m. Wednesdays, May 16-October. (815) 745-2117

KNOX COUNTY

Galesburg Farmers’ Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, through October. (309) 368-9844

Local Growers’ Network Farmstand, parking lot at Oak Run Food Mart, 1472 Knox Road 1725 N. #1, Dahllinda; 9 a.m.-2 p.m. Saturdays, through October. (309) 335-2744 or lgfarmstand@yahoo.com

MERCER COUNTY

Main Street Farmers’ Market, Central Park, Highway 17 and College Avenue, Aledo; 4-7 p.m. Thursdays, June 11-Oct. 22. (309) 582-2751

MCDONOUGH COUNTY

Macomb Farmers’ Market, Courthouse Square; 6 a.m.-noon Thursdays and 7 a.m.-1 p.m. Saturdays, May 21-Oct. 29. (309) 837-4855

PEORIA COUNTY

Shoppes at College Hills Farmers’ Market, Von Maur parking lot, 5201 W. War Memorial Drive, Peoria; 4-8 p.m. Wednesdays and 8 a.m.-11 a.m. Saturdays, through early October. (309) 692-3672 ext. 19

ROCK ISLAND COUNTY

East Moline Farmers’ Market, Skate City parking lot, 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, May 2-October. (815) 778-4984

Main Street Market, 700th block of 15th Avenue, East Moline; 2-6 p.m. Mondays and Thursdays, through Oct. 29. (309) 755-7922

Milan Farmer’s Market, 900 W. 4th St.; 2:30-5:30 p.m. Wednesdays, May 6-Oct. 28. (309) 798-7480

Port Byron Farmers’ Market, Main Street near the pavilion; 3-7 p.m. Wednesdays, mid-May-October. (309) 269-8705

Trinity 7th Street Market, 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, May 2-Oct. 31. (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 Avenue A., Sterling; 8 a.m.-noon Saturdays, May 9-October. (815) 626-8610 or www.tcmarket.org

IOWA

CEDAR COUNTY

Cedar County Farmers’ Market, south of the courthouse, Tipton; 7:30-11 a.m. Saturdays, May 16-Oct. 3. (563) 886-2076

CLINTON COUNTY

Lyons Farmers’ Market, Lyons Four Square Park, Clinton; 4-6 p.m. Wednesdays and 8-11 a.m. Saturdays, through October. (563) 577-2216
Preston Farmers’ Market, Iowa 64 at Twogood Park; 4-6 p.m. Thursdays, through September. (563) 577-2216

DES MOINES COUNTY

Riverfront Farmers’ Market, 400 N. Front St., Burlington; 5-8 p.m. Thursdays, through October. (319) 752-6365



DUBUQUE COUNTY

Dubuque Farmers’ Market, near City Hall on Iowa and 13th streets, down Iowa Street to 11th Street; 7 a.m.-noon Saturdays, through Oct. 1. (563) 588-4400

HENRY COUNTY

Mount Pleasant Farmers’ Market, Simmons Street and Coleman Boulevard, 3 p.m.-dark Tuesdays, through October. (843) 884-8517

JACKSON COUNTY

Bellevue Farmers’ Market, gazebo on Riverview Drive; 7-11 a.m. Saturdays, May 30-September. (563) 872-5812

JEFFERSON COUNTY

Fairfield Farmers’ Market, Howard Park at Main and Grimes streets; 3-6 p.m. Wednesdays and 8 a.m.-1 p.m. Saturdays, May 3-October. (641) 472-6177

JOHNSON COUNTY

Coralville Farmers’ Market, Coralville Community Aquatic Center, 1513 7th St.; 5-8 p.m. Mondays and Thursdays, May 4 to Oct. 1. (319) 248-1750

Iowa City Farmers’ Market, Chauncey Swan parking ramp between Washington and College streets; 5:30-7:30 p.m. Wednesdays and 7:30-noon Saturdays, May 2-Oct. 31, except dates following. (319) 356-5110

Iowa City Downtown Market, Iowa Avenue between Clinton and Linn streets and along Dubuque Street between Jefferson and Washington streets; 7:30 a.m.-noon May 30, June 13, July 11, Aug. 8, Sept. 12 and Oct. 17. (319) 356-5110

Sycamore Mall Farmers’ Market, west end of Sycamore Mall parking lot, Iowa Highway 6 and Sycamore Street, Iowa City; 3-6:30 p.m. Tuesdays, May 5-Oct. 27. (319) 338-6111

LEE COUNTY

Keokuk Farmers’ Market, River City Mall parking lot, 2nd and Main streets; 6:30-11 a.m. Saturdays, through September. (319) 524-3985

LINN COUNTY

8th Avenue Market, 8th Avenue and 2nd Street SE, Cedar Rapids; 4-6 p.m. Tuesdays and 7:30 a.m.-noon Saturdays, May 2-Oct. 24. (319) 286-5699

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

Muscataine Farmers’ Market, 3-5:30 p.m. Tuesdays, Wilson’s True Value Hardware Store 1420 Park Ave., and 7:30-11:30 a.m. Saturdays at Mississippi Drive and Sycamore Street, May 2-October. (563) 299-2709

SCOTT COUNTY

Bettendorf Farmers’ Market, corner of 21st and State streets; 2-6 p.m. Thursdays, May 7-Oct. 29. (563) 332-5529

Davenport Farmers’ Market, NorthPark Mall east entrance, 320 W. Kimberly Road; 8 a.m.-noon Wednesdays and Saturdays, May 2-Oct. 31. (563) 332-5529

Davenport Freight House Farmers’ Market, 421 W. River Drive; 3-6 p.m. Tuesdays and 8 a.m.-1 p.m. Saturdays, May-October. (563) 940-0634

Trinity Farmers’ Market, Trinity at Terrace Park, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, May 4-Oct. 26. (563) 332-5529

food for thought

Farming 101

Cultivating cucumbers — and a love for soil

By Dana Swanson

When the professors of my environmental learning community course at Augustana College in Rock Island told us that we'd be meeting for class at a farm in Milan, Ill., the class was less than enthused. (I'm from the Chicago suburbs, and the closest I had been to a farm was the produce isle at Jewel.) We were told we'd be going to Wesley Acres Produce for a tour and to see what we would be doing there for the service-learning component of the course. As we approached Wesley Acres, I was surprised to see open farmland so close to the densely developed Quad-Cities.

When we arrived, Jim and Linda Johansen, who own the farm, led the class around the property; the temperature was remarkably warm for early autumn. After the tour, the class perspired and picked produce, including tomatoes, squash and cucumbers. I spent the hour knee-deep in the prickly vines of the cucumber patch, hunting for the plump green vegetables. The sun was glaring down, my shirt was sticking to my back, and I couldn't stop smiling. It just felt right. I needed more.

The following day, I and my roommate, Heather, who also was enrolled in the course, returned to the farm. Jim let Heather drive the tractor while he and I sat on the back to load the cabbages into the planter. Later in the season, the seedlings that I held in my hands peeked their heads up through the soil. Unfortunately, not all of our "cabbage patch children" survived the first frost. Still, there's something truly rewarding about taking responsibility for the crooked lines of cabbage and knowing that I played a part in planting something that may find its way into someone else's stomach.

The rest of the days blur together, filled with picking green beans and peppers, searching for squash under the vines and cutting pumpkins from the patch. But the work does not stop once the produce has been harvested. Things need be done after the fact, like sorting and washing for market.



Dana Swanson and farmer Jim Johansen at Wesley Acres, Milan, Ill. (Photo by Paul Colletti / Radish)

I've helped with other things around the farm, like skinning corn off the cob for the winter months. One afternoon, while in the shed sorting apples with Jim and resident rodent control specialist, Casper the cat, I learned that produce can get sunburn: The red blush on green apples comes from too much sun.

Wesley Acres is not just about produce. In addition to the vegetable fields, there are areas designated for prairie and wetland restoration as well as trails winding through the woods. I'm not the only one who has been infected with farm fever; most of my friends who have been introduced to the farm ask to come back.

Since my first visit last September, I've spent quite a few hours at the farm. What do I receive

in exchange for my time? On a rudimentary level, my stomach has acquired a considerable number of fresh, local vegetables. One of the first days, Jim let me take a cucumber. I was the one who brushed the insects, dirt and pokes off the cucumber — I never knew before I visited the farm that the little dots on smooth, supermarket cucumbers were once little spikes. Something satisfying stems from knowing the soil where the seed became the cucumber finding its way onto my taste buds.

In addition to the rosy cheeks and muddy shoes I've acquired, while wandering Wesley Acres I've learned something about place. Prior to my experiences at the farm, I had not cultivated an appreciation for the smell of rich soil, dirt underneath my fingernails or how satisfying it is to engage in meaningful work. An apple that I twisted off the tree tastes astonishingly better than one plucked from a sea of pre-picked apples saturated in the oil required to ship them to the supermarket.

By reminding me that green beans come from a vine and not from a can, my time at the farm makes me realize how deeply we as humans rely upon the land to sustain us. I've become more conscious of my choices, realizing that the food I put on my plate contributes to more than just satiating my appetite. The relationship between humans and the Earth is reciprocal; we must understand the implications of the choices we make. Locally grown sweet potato squash not only tastes fresher but also requires far less oil for transportation than squash from California.

I've given parts of me to the farm — sweat, scraped skin and many afternoons — but the farm has given back an opportunity to be part of something natural, something human, something I didn't quite know I was missing until I found it. I've learned a little about farming, a little about sunburned fruit, a little about the land and a little about myself.

Although much can be discovered in the classroom, growth also comes as we weave between rows of leafy vegetables, appreciate the beauty in a stalk of corn and sink our shoes into the tire-tracked mud.