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HEALTHY LIVING FROM THE GROUND UP

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# “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.

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**– Dr. Rob Scranton, D.C.**

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

*\*Medicare exclusions apply*



# from the editor



Photo by Todd Mizener / Radish

It feels good to be back in Radishland, even if it'll only be short-lived. As our former editor, Brandy Welvaert, told you last month, she has flown the coop for a new job and now will be a free-range writer when her time allows. Until we hire a new editor, you all are stuck with me again.

I've quickly remembered why I enjoy working on this magazine so much: there are so many great things being done by great people in eastern Iowa and western Illinois. The Radish mission is to seek out these people, tell their stories and, hopefully, inspire others.

The people we write about range from the well-knowns to the not-so-well-knowns, but all share one common bond: they are trying to make the world a better place to live, be it in large or small measure.

This issue is a prime example of this wide range of efforts being carried out in our midst.

At one end, we have His Holiness The 14th Dalai Lama of Tibet, who is coming May 18 to the University of Northern Iowa in Cedar Falls to speak on educating for a non-violent world. Frequent contributor Susan McPeters writes about his visit on page 8. Because of her affiliation with Radish, Susan has received media credentials to cover the Dalai Lama's keynote address and will report on the experience in a future issue.

At the other end of the spectrum we have the 6th grade class from Mediapolis (Iowa) Community School. These dedicated youngsters just found out they are the national grand-prize winners of Disney's Planet Challenge. Their project — Operation: Save the Quail — won the environmental competition out of several hundred entries from thousands of students across the nation. The whole class is going to Disneyland this month to be honored in a ceremony and parade. Read their story on page 24.

How can you not feel good to live in a region where inspiration comes not only from the Dalai Lama himself but also from teacher Julie Schnedler's 6th graders?

Ya gotta love it.

Indeed, Radishland is a great place to live — and it's expanding, in a healthy way.

Last month we launched a new edition of Radish in Rochester, Minn., where our parent company owns a newspaper. The Rochester folks are following the same mission we are — to introduce readers to the natural foods, products and resources of their region.

If you find yourself up that way this summer, be sure to pick up a copy at the farmers' markets and elsewhere. You may be inspired to bring an idea back home and try it here.

I'm thrilled to see Radish grow. Many thanks to the readers and advertisers who have embraced us to make it all possible.

— Joe Payne  
[editor@radishmagazine.com](mailto:editor@radishmagazine.com)

# Radish

HEALTHY LIVING FROM THE GROUND UP

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# contributors



**Brandy Welvaert**, former Radish editor, makes her first appearance as a contributor this month. Brandy now works and writes for Palmer College of Chiropractic in Davenport by day. By night she likes to write some more, cook and eat, and chase her aging Labrador retriever around the backyard. She lives with her husband, Jeremy, in East Moline, Ill. Read her stories about hula hooping your way to health (page 32), YogaG (page 18) and The Chestnut Inn (page 30).



**Susan McPeters** of Davenport has long been an advocate of "life long learning" and has been exposed to different cultures, lifestyles and ideas through her travels, both domestic and international. This month she will take a trip to Cedar Falls to see one of the world's spiritual leaders, the Dalai Lama. "So many people express what impact the mere presence of the Dalai Lama had on them; I'm anxious to find out what reaction I will have when I see him," she says. Her story on how UNI lured the Dalai Lama to Iowa is on page 8. In July, Susan will report on the experience.



**Nora Pouillon** is a chef and founder of Restaurant Nora, the first certified organic restaurant in the United States, located in Washington, D.C. With a lifetime commitment to nutritionally wholesome food, balanced eating and sustainable living, Pouillon initiated the first producer-only farmers' markets in the nation's capital and was instrumental in creating organic certification standards for U.S. restaurants. Her cookbook, "Cooking with Nora," was a finalist for the Julia Child Cookbook Award. Read her essay, "Growing green," on page 40.



**Kim Schneider** is a member of the Midwest Travel Writers Association, through which she's won several Mark Twain writing awards for her regional pieces on culture and travel. A long-time newspaper and magazine journalist, she writes about travel, the environment and a host of other topics from her home base in northern Michigan. She also edits the new "Our Mississippi" publication for the U.S. Army Corps of Engineers, focusing stories around a multi-generational vision for a sustainable river. Her

story on how Mississippi River research and restoration is serving as a model for China's Yangtze (page 22) was originally published there.

Also writing in this month's issue are regular contributors **Jeff Dick** ("Green travel tips," page 10); **Leslie Klipsch** ("Little locavores," page 6); **Ann Scholl Rinehart** ("Person-oriented care," page 16); **Linda Egenes** ("Lights + gems = relief," page 26); **Stephanie Catlett** ("Lunch revolution," page 14); and **Ann Ring** ("Blue Ribbon Farms," page 28).

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# the grapevine

## 2010 Healthy Living Fair is just around the corner!

Next month — June 19 to be exact — brings the high point of the Radish calendar: the annual Healthy Living Fair!

The 2010 fair — the fourth in our young magazine's history — will be held from 8 a.m. to 3 p.m. next to the Freight House Farmers' Market, 421 W. River Drive, Davenport.

The Healthy Living Fair will feature a marketplace where visitors can shop for and experience the healthy goods, resources and services featured in Radish. The annual event celebrates local and natural foods, health and fitness, nutrition and the environment.

This year's fair is free to the public, as always, and will feature an expanded exhibitor area, a "cooking with local foods" booth, a local farmers' pie contest, a pet contest, the fourth unofficial World's Largest Yoga Class and much, much more.

Presiding over everything — at least in spirit — will be our new mascot, Rooty Radish (shown above). We don't have a costume for our editor to wear, but if anyone shows up decked out as Rooty, we will give you your 15 minutes of fame!

Vendor information is available by calling Radish account executive Rachel Griffiths at (309) 721-3204 or e-mailing her at [rgriffiths@qconline.com](mailto:rgriffiths@qconline.com).

Look for a complete 2010 Healthy Living Fair guide in the June issue of Radish!



The farmers' markets return this month (see a complete list on page 39) and to celebrate their arrival Radish will be present at the May 1 grand opening of the Freight House Outdoor Market, 421 W. River Drive, Davenport. Opening day will feature live music, kids' activities and free Freight House Farmers' Market tote bags for the first 500 guests. Enjoy early-season offerings like asparagus, rhubarb, tender greens and, of course, radishes. Hours are 8 a.m. to 1 p.m. Saturdays and 3 to 6 p.m. Tuesdays.

Radish also will be on the road this month at:

- QC TAG Commuter Breakfast, 6:30-9 a.m. May 17, Bechtel Park, corner of 2nd and Iowa streets, Davenport. QC TAG — the Quad Cities Transportation Advocacy Group — encourages the use of current resources for getting around in a healthier, greener, and much less expensive fashion.

- Sierra Club-Eagle View Group Book Club, 6 p.m. May 17 in the Bronze Room, Moline Public Library, 3210 41st St. The club will discuss "Plan B 3.0: Mobilizing to Save Civilization" by Lester Brown. For more information contact Jodi Zimmerman at [jd1492@mchsi.com](mailto:jd1492@mchsi.com).

*On the Road with Radish is made possible by The Friends of Radish: Humana, Metro, Trinity Regional Health System, WQAD News Channel 8 and WQPT.*



## From our readers

**100 acts of green (April 2010):**

"This is an excellent list. It is not a rehashing of the same list you see posted everywhere (CFLs, turn down your thermostat, etc.) This list offered at least 25 ways to live greener that I had never heard before! Thanks!"

— April Galarza, Chicago

**Plastic profits (April 2010):** "Just reading the article is inspiring. Can't wait to hear Mr. Sherga in person. Thanks to all who organized this."

— Lisa Martin, Davenport

"Hands down, again I say, Radish has been my best advertising outlet for reaching my client base. Radish has been consistent in bringing good quality clients to my business. My professional connections outside this area envy this great resource."

— Amy Petersen, owner, The Foot Bridge, Davenport

**The Natural Gait (February 2010):** "Thank you for this article. (Went) there for the first time for a Switchback Cave Concert in the cave you mention. It rained, and all, including the electrical, stayed wonderfully dry. It was great to experience what the Indians might have in the cave in the rain."

— Jan, Rochester, Minn.

"Radish magazine always leaves me with a sense of happiness to know good things are happening in the area and that people actually care about others and our world. It was no surprise when I walked in to the free Q-C Earth Week Fair and the first thing I see is the Radish booth with two smiling, happy people who later I found out were the editors. They gave me a red Radish tote bag ... full of all kinds of info, kids' books, posters, and so many, many other giveaways including two small trees! My kids, ages 2, 4 and 16, had a blast! ... Thanks so much for your magazine, which I pick up for free at the Iowa City library. Thanks also for your generosity and drive to help others and our planet!"

— Mary Pezzarossi and family, Iowa City

## Last call for Radish Reels!

Entries are due May 10 for Radish Reels, a new, online collection of short environmental documentaries.

Your video could feature a natural place, such as the Mississippi or Wapsipinicon rivers; your favorite farmers' market; an Earth Day event or cleanup; or even spring flowers in your yard or garden. There are just two rules: Your mini-documentary must be three minutes or less and you must upload it to the Radish Web site: [radishmagazine.com](http://radishmagazine.com).





# healthy living from the ground up

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healthy living

# Little locavores

## Growing a new generation of eaters

By Leslie Klipsch

The start of the outdoor farmers' markets is an exciting time of year — and a great opportunity to introduce children to the notions of sustainability and local foods. Items purchased at the local markets come with a snap, color and taste that surpasses most others — something even the most finicky child will recognize and appreciate or, happily, can learn to.

Alex and Emily Arguello and their two young sons make Saturday-morning trips to the Freight House Farmers' Market in Davenport a family event. Not only do the boys (ages 5 and 2) enjoy playing on the playground, participating in the occasional kid-centered events and watching all of the dogs walking with their owners, but Emily also has found that involving her kids in picking and purchasing food

makes them more likely to eat the meals and snacks she presents them at home.

On the way to the market, she talks to her 5-year-old about what foods are on their list that day and puts him in charge of remembering a couple of the items. She also lets him select the produce and make decisions regarding what to buy. (Yellow or red potatoes? Orange or red tomatoes? What color peppers?) And even though her 2-year-old does not yet participate in the dialogue, Arguello finds the market to be a great place to teach him new words, colors and patience. (He typically wants to eat the food now, she says.)

Jason and Heather Phelps, who raise all-natural chickens on a farm outside of Orion, Ill., also enjoy experiencing summertime markets with their children. "We let them wander off and enjoy the almost

carnival-like atmosphere. The girls (ages 10 and 12) often come running back to us telling us about something that intrigues them or something they've discovered they love. We often indulge them," Jason says.

### Helping hands

On the other side of the farm stand at the Tipton (Iowa) Farmers' Market is Sandy Mente and one of her grandchildren. Mente allows her grandchildren to help sell her legendary sweet corn, fresh eggs, colorful produce and rich cherry jam (to name just a few of her wares) each Thursday afternoon throughout the summer in the town's courthouse square. After reaching the milestone age of 8, her grandchildren take turns each week helping her set up her table, count currency and help customers carry



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their purchases to their car. During the week, the children are active on her farm south of Tipton, participating in everything from picking potato bugs off plants to helping her bake the breads she sells at the market.

Though not every child is lucky enough to spend a part of their formative years learning the pleasure and hard work of a farmers' market, many children, with the help of their parents, do have access to a bit of land — whether it's a community garden, a friendly neighbor's backyard or a pot on their own porch or patio. Mente has found that if her grandkids help plant it, they will help eat it. Her grandsons are known to pull a carrot from her garden, rub a little dirt off of it and sit under the pine trees nearby to eat it.

"It's a wonderful experience for them to taste things right off the plant," she says. She recommends encouraging kids to get involved in the planting, but to start simple. "For a fast reward, try planting peas," she advises. "Anyone can have a little pea patch. They can be picked and even eaten raw if you'd like."

## Green thumbs in the making

This year, Mente's 10-year-old granddaughter is making plans for her own garden. She has been studying seeds and mapping what and when to plant. Two of Jason Phelps' children are planning gardens as well. "My wife and I let them go through the seed catalog, which they think is even more fun than the market," he says. "It's a great lesson in follow-through and responsibility."

Not to mention the rewards of the labor. These are girls who, five years ago, plucked a crop of broccoli that was resting on their porch after Phelps had harvested it from his small backyard garden. "I had the broccoli cut and placed on the railing," he recalls. "I walked away for just a bit and when I came back, it was gone."

The Arguellos experienced a similar display of wholesome hunger last year as they were de-husking fresh sweet corn. Taydem (5) could not wait until the corn was cooked to take a bite. "We eat the majority of our produce raw," says his mother, Emily. "We rarely eat sweet corn because you have to cook it ... or so we thought. Taydem took one bite and loved it. We ended up eating the whole dozen ears uncooked — full of vitamins, minerals and enzymes!"

Small but hungry, these little locavores learn to eat nutritious foods and keep fit by planting, caring and gathering it for a lifetime of better health, giving us all one more reason to embrace the full pleasure of the season.

## For the littlest locavores

Making your own baby food is a wholesome and inexpensive option. Purchase just about any fruit or vegetable at the market, take it home and puree it with a bit of water to your little one's desired consistency. (Some produce requires cooking first.) Freeze the puree in an ice cube tray. Pop them out and defrost them as needed. Great options include sweet potatoes, squash, peas, blueberries, carrots, green beans, even kohlrabi!



Kane Halverson of Bettendorf at the Bettendorf Farmers' Market in 2009. (Photo by John Greenwood / Radish)

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- \*Use a blender as they will bounce around in a food processor.
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- Cover and let cook for 8 to 9 hours.
- Stir and serve



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healthy living

# Awaiting His Holiness

## The Dalai Lama to speak on education at UNI

By Susan McPeters

When I asked Betty Ann McKay of Moline why she wants to see the Dalai Lama when he comes to the University of Northern Iowa on May 18, she didn't hesitate for a second.

"Who wouldn't want to see the Dalai Lama?" she said.

"Our country is so divisive currently and we're just not listening to one another," she added. "The world is full of turmoil. In the midst of all this shouting and struggling to be heard comes this quiet, peaceful, compassionate voice of the Dalai Lama. Perhaps more people should want to hear him."

The Dalai Lama is both the head of state and the spiritual leader of Tibet. The dalai lamas are believed to be manifestations of the Bodhisattva of Compassion and patron saint of Tibet. Bodhisattvas are enlightened beings who delay their own nirvana, choosing to take rebirth to serve humanity. The current Dalai Lama fled Tibet in 1959 in the wake of a failed Tibetan uprising against Chinese rule, establishing a government-in-exile in India. The Dalai Lama was awarded the Nobel Peace prize in 1989, with the Nobel Committee praising "his consistent resistance to the use of violence in his people's struggle to regain their liberty."

Getting the Dalai Lama to come to Iowa has been a goal for many years, according to Jan Hanish, assistant vice president for outreach and special programs at UNI. "At one point we did provide an overview proposal which was shared with the office of His Holiness," she said. "We were invited to meet with him during his visit to Madison, Wisconsin, where (UNI) University President Dr. Benjamin Allen made a formal request for the visit."

The university's 15-year relationship with the New York-based Tibet Fund also played a major role in the Dalai Lama's acceptance of their invitation. According to Kristi Marchesani, UNI assistant director of international admissions, the fund promotes Tibetan culture and supports programs and services for Tibetan refugees.

"Many Tibetan students have enrolled in programs within our college of education and have returned to the Tibetan exile communities to further the education system," said Marchesani.



Submitted



Marchesani has heard the Dalai Lama speak on two prior occasions. "I was struck by the graciousness and spirit of His Holiness," she said. "His laugh is unforgettable, as he likes to humbly make fun of himself and seems to always look for the joy in life."

According to Hanish, the Dalai Lama does not accept payment for his visit. But there are other costs associated with his visit, such as travel, security, technology, facility needs, etc. "We expect 12 to 14 people to accompany His Holiness" says Hanish.

His May 18 visit will begin with a panel discussion from 9:30 to 11 a.m. on "Educating for a Non-Violent World." This discussion will focus on ways education can promote civility and enhance understanding. The keynote address, "The Power of Education," will follow from 2 to 2:30 p.m. It will focus on the importance of education in an increasingly global society, the role of education in developing socially responsible citizens, and the impact an individual can have on the world. A sell-out crowd of 5,500 is expected for the keynote address and close to that number for the morning panel discussion.

Also among those looking forward to seeing the Dalai Lama in person is Monica Ehlers of Davenport. She practices yoga and has, in her words, dabbled in Buddhism. By coincidence, she has been reading the book, "The Art of Happiness in a Troubled World," by the Dalai Lama. "I'm enjoying it," she said. "It's just common sense about how we should be accepting and compassionate and reject racism and prejudice. These are things we tend to forget on an everyday basis."

Since my birth in 1952 there have been 12 U.S. presidents, six popes and 12 British prime ministers. But there only has been one Dalai Lama (held to be the reincarnation of the previous 13 Dalai Lamas of Tibet), a fact I find fascinating.

The process by which a Dalai Lama is chosen also intrigues me. When a Dalai Lama dies, monks, following a number of signs, set out to find his reincarnation, a journey that can take years. The head of the corpse of the 13th Dalai Lama is said to have turned from facing south to northeast, leading Buddhist monks in that direction and eventually to the 2-year-old who would be proclaimed the 14th Dalai Lama.

"UNI built the Dalai Lama's visit to celebrate the importance of education," Hanish said. "We then organized related events with the goal of bringing together people of all ages and backgrounds. The event will focus on education in an increasingly global society, the role of education in developing socially responsible citizens, and the impact that an individual can have on the world. We hope that each person fortunate enough to see the Dalai Lama will find personal meaning in the messages that are shared."

I feel fortunate that I will be among them.

*Susan McPeters can be e-mailed at [takeahike@rl250.com](mailto:takeahike@rl250.com).*

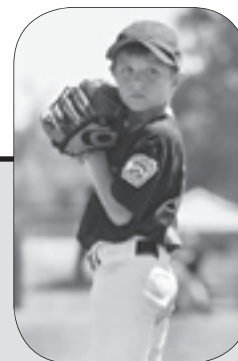
### His Holiness at UNI

**"A Conversation with His Holiness the 14th Dalai Lama of Tibet: Educating for a Non-violent World"**  
9:30-11 a.m. May 18, McLeod Center. Tickets: \$15 (plus \$2 handling); UNI students free. To check on ticket availability, call (319) 273-4TIX (4849), visit [www.unitix.uni.edu](http://www.unitix.uni.edu) or stop at the ticket office at the McLeod Center or the Gallagher-Bluedorn Performing Arts Center.

**Keynote Address:**  
**"The Power of Education,"**  
His Holiness the 14th Dalai Lama of Tibet, 2-2:30 p.m. May 18, McLeod Center. Tickets are sold out.

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healthy living

# Green travel tips

Taking the road less carbon traveled



By Jeff Dick

When going on vacation, consider environmentally sensitive destinations, the least carbon-emitting transportation and eco-friendly accommodations.

Planes, trains, and automobiles, along with buses, all produce pollution that contributes to global warming. But choosing the right way to go for a given trip can make a difference.

In the 2009 transportation guide “Getting There Greener,” the Union of Concerned Scientists offers a comparison of transportation options, with recommendations based on travel distance and number of passengers.

For a trip of 100 to 500 miles for a family of four, buses are the greenest, followed in order by cars,

trains and airplanes. But for two people for the same length trip, trains came in second place while cars dropped to third.

When traveling alone or with one other person, flying becomes less carbon-unfriendly as the distance increases — assuming the flight is direct in coach class. For trips over 500 miles, flying is cleaner than driving the typical car.

Those are among the sometimes surprising findings by the scientific group. For the complete rankings, together with a lot of green travel tips, go to [ucsusa.org/gettingtheregreener](http://ucsusa.org/gettingtheregreener).

In other research, Planet Green ([planetgreen.discovery.com](http://planetgreen.discovery.com)) looked at three domestic trips — New York City to Washington, D.C. (230 miles), New York City to St. Louis (950 miles) and New York City to San Francisco (2,900 miles) — to

determine which type of transportation produced the lowest emissions on a per-person basis.

Driving in a Prius (or similar fuel-efficient vehicle) with three other people had the lowest carbon emissions. Going from New York City to San Francisco took about 305 pounds of CO<sub>2</sub> per person.

Taking the bus for long distances beat other kinds of public transit, with emissions running about 1.7 times higher than driving a Prius. The New York City to San Francisco trip totaled 520 pounds of CO<sub>2</sub>.

Taking the train or driving alone in a fuel-efficient car came out about the same — between 2.25 and 2.5 times the emissions from taking the bus. From New York City to San Francisco, that amounted to 1,220 pounds of CO<sub>2</sub>.



Flying produced the most emissions, but the damage per mile is worse on a short-haul flight than on a long-haul one. New York City to San Francisco emitted about 2,500 pounds of CO<sub>2</sub> — five times more than a bus or eight times more than the Prius.

While these scenarios are instructive, their applicability is limited for travelers living in eastern Iowa and western Illinois. Area residents often have quite a drive just to catch a train, bus or plane.

And for those travelers interested in renting a Prius or other hybrid vehicle when they reach their destination, be prepared to pay a premium — assuming one is even available. Because hybrids are classed as a “specialty vehicle,” they cost about \$5 to \$10 per day more than similarly sized standard cars.

In a recent article (“Hybrid Rental Cars Playing Hard to Get”), USA Today reported that rental hybrids are generally restricted to large cities, particularly those on the West Coast. Only about 15,000 to 20,000 of the 1.3 million domestic rental fleet are hybrids. Enterprise Rent-A-Car has the most, followed by Hertz and Avis.

**For a trip of 100 to 500 miles for a family of four, buses are the greenest, followed in order by cars, trains and airplanes.**

If practicality trumps environmental concerns when picking transportation, travelers still can make green choices in destinations and lodging, then budget for carbon offsets to cover getting there.

“Fodor’s Green Travel: The World’s Best Eco-Lodges & Earth-Friendly Hotels” has reviews of 100 accommodations around the world — from the budget (solar-powered yurt camps) to the high-end (eco-chic city hotels). The guide also includes accounts of eco-tourist experiences ranging from bear-watching in Alaska to wine-and-cheese trails in Great Britain.

GreenTravelFinder.com is far less selective, covering over 8,000 lodging establishments that have passed green certification programs. Travelers can book directly with hotels, resorts, bed-and-breakfasts and hostels.

Another popular Web site devoted to the subject, GoGreenTravelGreen.com, offers tips, reviews and news covering hotels, public transportation, local food and eco-tours.

Finally, Greenopia.com provides a directory of eco-friendly restaurants, stores, services and organizations for numerous U.S. cities.

Happy trails! And when traveling, remember the adage, “Take only pictures, leave only footprints.”

Just don’t leave the big carbon kind.

### Green travel tips online

- Union of Concerned Scientists: [ucsusa.org/gettingtheregreener](http://ucsusa.org/gettingtheregreener)
- Planet Green: [planetgreen.discovery.com](http://planetgreen.discovery.com)
- GreenTravelFinder.com
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outdoors

# It's time to get out!

## 10 great events to celebrate nature in May

By Radish staff

Now that May is here, it's time to get out and enjoy the many ways to connect with nature — animal, plant and mineral. Here are 10 free or inexpensive events for doing just that in all corners of Radishland.

**1** Take a “Stroll Through Springtime” from 7 a.m. to noon May 1 at Black Hawk State Historic Site in Rock Island. All events are free, and includes a bird walk from 7 to 9 a.m., a forest plants program at 9 a.m. and a wild-flower walk at 10 a.m. Call (309) 788-9536 or visit [blackhawkpark.org](http://blackhawkpark.org).

**2** Take a free tour of the Pine Creek Grist Mill from 12:30 to 4:30 p.m. Saturdays and Sundays during May at Wildcat Den State Park, 1884 Wildcat Den Road, Muscatine County, Iowa. After the tour, grab a trail map and take a self-guided hike of the beautiful bluffs, forest and outcroppings of the park. Call (563) 263-4337.

**3** Go on a frog walk during the Sounds of Spring, a program for preschoolers and parents, from 10 to 11 a.m. May 8 at Indian Creek Nature Center, 6665 Otis Road SE, Cedar Rapids. Listen to the wonderful sound of frogs calling at a wetland. Learn about the life cycle of a frog and find out the many ways it survives in the wild. \$4; \$5 for non-member child; parents are free. Call (319) 362-0664 to register.

**4** Join Scott County (Iowa) naturalists in an educational and fun introduction to canoeing and kayaking at 6 p.m. May 14 at West Lake Park, Davenport. This program includes equipment and instruction. Participants are requested to register by calling (563) 328-3286 for this free event.

**5** Take a spring bird and wild-flower walk from 10 to 11:30 a.m. May 15 at Schurmeier Forest, 147 E. Reusch Road, Elizabeth, Ill. Enjoy and learn about beautiful native woodland wildflowers and migratory songbirds on a guided hike through the Jo Daviess Conservation Foundation's teaching forest. Free. Call (815) 858-9100.

**6** Learn how to plant an organic kitchen garden from 3 to 4 p.m. May 15 at Earth Source Gardens, northeast corner of N. Scott Boulevard and Rochester, Iowa City. Seasoned gardener Scott Koepke will help you map your plot, suggest when to get various crops in the ground, what tools and seeds to use, and how to beat the weeds. Free; no registration required. Call (319) 337-4883.



Pine Creek Grist Mill. (Photo by Lindsay Hocker / Radish)

**7** Go on the two-day Jackson County (Iowa) First GEAR Bicycle Ride May 15-16. This “hills, ridges and bridges” tour travels 56 miles on day one and 42 miles on day two. The ride starts and ends at Bellevue on the banks of the Mississippi River. Ride at your own pace over back roads and through the towns of Cottonville, Andrew, Springbrook, Preston, LaMotte and Spragueville. Free overnight camping is planned in Maquoketa. Registration is \$35 per person. Visit [jc1stgear.com](http://jc1stgear.com) or call (563) 652-2441 or (800) 747-7377.

**8** Learn about nature's night shift while looking for nocturnal creatures at 7 p.m. May 22 at the Wapsi River Environmental Center, Dixon, Iowa. See firsthand how owls, bats and moths survive and thrive in the woodlands along the Wapsipinicon River.

Participants should bring a small flashlight. Free. Call (563) 328-3286.

**9** Take a stroll in the park alongside miniature llamas during Argentines in the Park, a llama show May 28-29 in the new outdoor arena behind Monastic Fleece, 820 E. 5th St., Galesburg, Ill. The show will feature various breeders, including Monastic Fleece, whose llamas are raised by the Benedictine monks and nuns of Holy Rosary Abbey. Call (309) 342-1800 or visit [monasticfleece.com](http://monasticfleece.com).

**10** Join a bluebird trail walk from 9 a.m. to noon May 29 beginning at Galena Cellars Winery, 4746 N. Ford Road, Galena, Ill. View bluebirds and many other species of birds on this guided walk. Free. Call (815) 947-3575.



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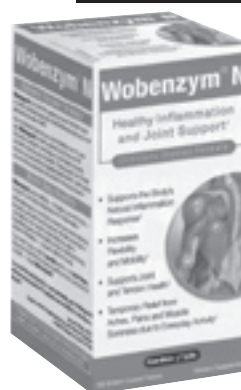
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food

# Lunch revolution

## It's time to make over school meals with local foods

By Stephanie Catlett

As childhood obesity rates continue to rise and the number of miles from field to plate increases, the clamor for healthier, local school lunches is being heard from parents, educators and local food advocates.

How do we make more local foods available for school lunches? Where is the disconnect between the “breadbasket of the world” and lunch trays?

“To change the food culture you must also change the school lunch culture and that is a tough problem with many issues, time being a major issue,” says Alice Traylor. “Lunch at school, currently, must be fast and efficient, which most often means pre-packaged food.”

Traylor is part of the Progressive Action for the Common Good Food-In-Schools Project, an initiative designed to reach out to schools and start a dialogue to seek ways to incorporate local foods into area school lunches. To date, local foods are not a part of public school lunches anywhere in the Quad-Cities.

Because local food doesn't come pre-packaged — at least not right now — the pre-made food used in school lunches comes from large-scale food distributors in distant states. And most of us know by now that the closer your food is to home, the easier it is to trace food-borne illness to their source. Other benefits of local food are quality and taste.

The abundance of fresh food available at the Freight House Farmers' Market, Davenport, caught the eye of Garry Griffith, director of dining at Augustana College, Rock Island, and inspired him to make changes to the meals served to students there.

“When I started at Augie, they were using all convenience foods, frozen soups and prepared entrées,” Griffith says. “We changed to using all fresh vegetables, real potatoes (and) making all soups from scratch.”

Augustana students were happy with the changes to the lunch program, and the university even cut costs by 2.4 percent. But Griffith admits that in public schools, the challenges of including local foods in menus are great.

“Those working in school lunch programs have special challenges when it comes to labor and food budget

constraints. But we need to think outside the box. ... There are models for these programs across the nation that have worked.”

One such model exists within the Independence, Iowa, school district. Kelly Duritsa, food service director, connected with Farm to School, an organization dedicated to helping schools incorporate more local food into their menus. With the help of a \$4,000 grant last fall, Duritsa began serving local apples from Applecourt Orchard, and has since incorporated lettuce, spinach, carrots and potatoes into her lunches.

In the beginning, the challenges of procuring local food were overwhelming. “Who do you buy from?” she said. “We have corn everywhere here, but it's nothing you can actually eat.”

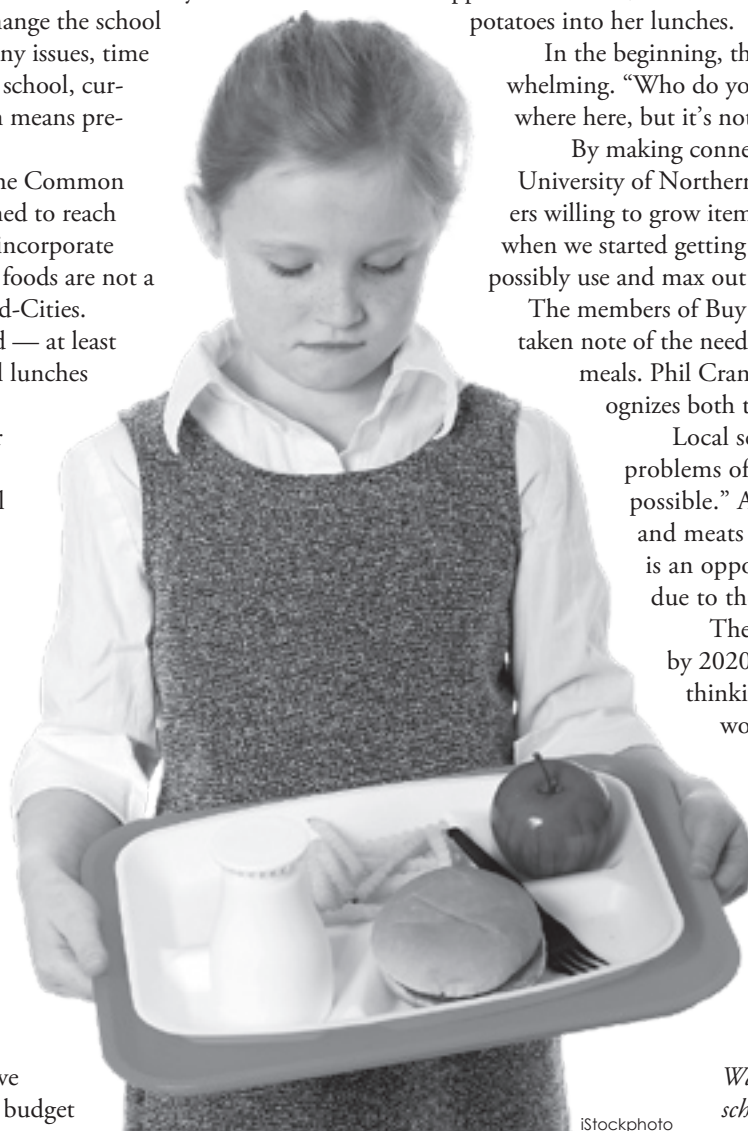
By making connections with Buy Fresh, Buy Local through the University of Northern Iowa, Duritsa was able to meet local farmers willing to grow items specifically for her program. “Last spring is when we started getting things going. I could see what exactly we could possibly use and max out the growing season a little bit.”

The members of Buy Fresh, Buy Local in the Quad-Cities also have taken note of the need to incorporate healthier foods into school meals. Phil Crandall, president of the Quad-Cities chapter, recognizes both the challenges and the benefits.

Local schools, he notes, “are surviving the economic problems of Illinois and must provide meals as cheaply as possible.” Although 90 percent of the fruits, vegetables and meats consumed by Illinoisans are imported, there is an opportunity to improve these numbers in schools due to the recent passage of House Bill 3990.

The bill establishes a local-food goal of 10 percent by 2020. Though the percentage is small, this forward-thinking piece of legislation is a step forward. “I would expect food distributors to start looking at carrying a selection of local food to satisfy the goal. This is just good business on their (the distributors') side,” says Crandall.

Schools in Cedar Falls, Oelwein and Atlanta, Iowa, have proven that local food can be incorporated into healthy school lunches. The key for other schools is to make connections between parents, schools and farmers.



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*Want to help get healthy, local foods into your child's school? Check out Resources, page 38.*



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# Person-oriented care

## Functional medicine puts focus on the entire being

By Ann Scholl Rinehart

The first appointment Melodie Gage had with Dr. Karyn Shanks of Iowa City in the summer of 2006 lasted more than two hours.

That wasn't her first indication that Dr. Shanks' approach to medicine was going to be different than the average doctor. The visit came after Dr. Shanks had sent Gage a thick questionnaire to complete before her appointment.

"It included detailed questions about my personal and social history and my health habits," recalls Gage, 49, a two-time cancer survivor. "I sent it back with a photo of me with my family ... I wanted her to see me in the context of my life."

Just as Dr. Shanks welcomed receiving the photo, Gage was thrilled to have the opportunity to share it.

"I had been to many specialists who had looked only at the organ systems that they specialized in and I was really eager to find a doctor who saw me as a whole person, not a group of organs," Gage says. She adds that she has "benefited greatly" from conventional medicine, but believes that what Dr. Shanks practices — functional medicine — takes the medical profession to a "new and better level."

Functional medicine puts the focus on dealing with prevention and underlying causes of chronic disease versus focusing on symptoms. "It's a person-oriented approach to health care rather than the conventional disease-oriented approach," Dr. Shanks says. "I am interested in them as whole people — mind, body, spirit, community, environment — and I am interested in understanding what the underlying causes or triggers for their problems are. They are unique individuals with unique physiologies and we must understand what that means to make relevant changes in their health. There are no one-size-fits-all solutions."

Dr. Shanks studied traditional Western medicine at the University of Chicago. She always took a holistic approach to caring for her patients, "understanding that care of the whole person was important and distinct from focusing on parts of people." She began to study functional medicine in 2001 after she discovered the Institute for Functional Medicine, founded by Dr. Jeffrey Bland.

"People are hungry for this kind of medical approach that treats them like unique individuals, takes their entire story into account, treats underlying causes, and avoids the toxicities of many of the drugs currently used to treat symptoms."

Many of her patients, she says, have gone the conventional medicine route and have not had success. "They know what they need and the functional medicine approach resonates with them," she says.

Dr. John Golden, a practitioner of functional medicine in Moline, says he believes that "a sense of hope" is a huge benefit from functional medicine.

"Many times patients come to me frustrated and on multiple medications with a sense of hopelessness about the future. They feel their body is out of control, their future is out of control and no one can help them."

Dr. Golden doesn't want to create the impression that he can help everybody,



Melodie Gage with her husband, Chris, daughter Olivia and son, Evan. (Submitted)

he does say that taking a good history, understanding physiologic principles and using appropriate lab testing often can result in a reduction of medications and symptoms and provide "hope for the future."

Gage recalls her frustration in 2008 when a cascade of symptoms — from profound fatigue, weight loss and dizziness to heart palpitations, shortness of breath and headaches — left her bedridden most days. After eight months of trips to the emergency room as well as to numerous medical specialists, she finally thought to call Dr. Shanks. "She immediately began looking for the source of my symptoms and worked with my local health-care provider (she then was living on the East Coast) to get further testing done," Gage recalls.

Dr. Shanks determined a diagnosis, prescribed the appropriate medication and within two weeks, Gage was "a new person. My symptoms were gone."

"I truly feel she gave me my life back," Gage says of Dr. Shanks. Today, Gage is "active and engaged in my life as a mother, wife and cancer coach." (Visit her Web site at [wholelifecancercoach.com](http://wholelifecancercoach.com)).

Dr. Golden says he is optimistic that functional medicine will continue to grow in the next decade "because it answers the question 'why?' and not the question 'what?'"

*To learn more about functional medicine, or to see if there is a practitioner in your area, visit [functionalmedicine.org](http://functionalmedicine.org).*



Dear Radish Readers:

I just want to take the opportunity to explain my philosophy on health care. I look at every patient as unique and approach each examination and treatment protocol as distinctive to that patient's needs. No cookie-cutter approaches in my office. I take the time to listen and I place great emphasis on careful and accurate diagnosis. I am concerned with the number of people who have lost healthcare insurance due to recent layoffs who feel they can't afford to get sick. I agree, none of us can afford to get sick, that is why it is critical that these folks take on a new mind-set: Prevention and Wellness, not sickness care. No health insurance plan or prescription will make you healthy. The cost of treating illness is huge compared to the reasonable cost that patients invest for wellness visits to my office, the supplements they use, and nutritional counseling they receive. Wellness visits are your best insurance, not only from a cost standpoint, but for preventing disease and sickness and feeling and functioning your best. **My patients know what many studies have shown: regular Chiropractic care lowers incidence of disease, lessens hospitalizations and decreases drug use.** Isn't that what we all want? We will listen to you, do a thorough examination, and ensure our treatment is appropriate for your diagnosis. Health doesn't happen to you, it is an active process that you must participate in and we will work with you to achieve your health goals.

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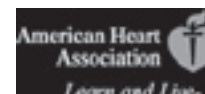
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# The gift of yoga

## YogaG provides classes for women and kids in shelters

By Brandy Welvaert

As far as stress-easing workouts go, you can't get much more equal-opportunity than yoga. You don't need expensive equipment or a gym membership to try yoga and experience its benefits.

"You just need a mat," says Sarah Johnson of Davenport. By day, Johnson serves as general counsel for Augustana College, Rock Island. But much of the rest of the time, she's thinking about yoga, about using it to help people, and about YogaG.

YogaG is the nonprofit that Johnson started last summer. Its goal? To provide free yoga classes to women and children living in domestic violence shelters — not just in the Quad-Cities, but nationwide.

What's the G in YogaG? It stands for "gift" — the gift of yoga.

Already YogaG has classes at the Family Resources Domestic Violence Shelter in Davenport and The Women's Crisis and Family Outreach Center in Parker, Colo., a suburb of Denver.

In April, YogaG officially went "national" at the Yoga Journal Conference in Boston as the event's only nonprofit exhibitor.

Yoga — a practice that involves holding the body in specific poses while focusing on breathing — helps people develop physical coordination and balance, but it also benefits practitioners in other ways.

"It's good for your mental awareness. It's very much a mind-body-spirit activity. It's physical and meditative," says Johnson, who has practiced yoga for 10 years.

Back when she was working as a corporate attorney in Denver, she spent a lot of time traveling. Yoga was a workout that she could take with her, she says.

Likewise, when women and children leave a domestic violence shelter, "it's something that they can take away with them," says Cheryl Goodwin, president and CEO at Family Resources.

Yoga "has been a wonderful addition to our already comprehensive program," Goodwin says. "We work with the client to identify for themselves



Sarah Johnson, Davenport, is the founder of YogaG, a new, Davenport-based nonprofit that brings yoga classes to domestic-violence shelters nationwide. (Photo by Shuva Rahim / Accent Photographics)

what their needs are. It's very empowering, and so is yoga."

In essence, YogaG works as a "matchmaker" between volunteer yoga teachers and shelters. Johnson encourages teachers and shelters interested in taking part to make contact.

For yoga teachers, volunteering in a shelter can be an eye-opening, humbling experience.

"You never know what to expect," says Kristin Gibowicz, who teaches yoga at the shelter in Parker, Colo.

"The class I taught this month represented the diversity you see each time you visit the shelter. I had a pregnant woman, a woman who spoke only Spanish, a woman in a wheelchair, a teenage girl, a woman who had practiced yoga regularly prior to her stay at the shelter, (and) an older woman who was clearly suffering from injuries incurred from a struggle with her partner," says Gibowicz.

For adult students in shelters, who mostly are newbies to yoga, the practice can get emotional.

"One woman asked me if it was normal to feel 'weepy' after doing yoga. The answer is 'yes,'" the instructor says. "There is a ... reaction in the mind when you physically back-bend or open your heart and let go of the emotional baggage."

Yet instructors don't push students. They're allowed to take yoga as far as they're comfortable — and they get to keep a brightly-colored yoga mat.

"Wherever you are on your mat that day," says Johnson, "that's just right."

All mats so far have been donated by Gaia, a company that makes yoga mats and other fitness equipment. Donations of new mats are welcome — but no black mats are allowed. Colorful mats symbolize a vibrant new beginning.

A new beginning is what most YogaG participants need. Women who enter shelters often leave a domestic-violence relationship with few or no resources, says Goodwin, of Family Resources.

And it's not just women in the shelters — it's kids, as well. According to the National Woman Abuse Prevention Project, in families where woman-battering occurs, the rate of child abuse is 1,500 percent higher than the national average. So YogaG provides classes for the kids, too.

Hearing the kids say the names of the yoga poses in Sanskrit is so cute, says Johnson. "The class really just lets kids be kids."

*For more information about YogaG, visit [yogag.org](http://yogag.org).*



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healthy living

# It's in the bag

The right soil mix is crucial for this easy first-year garden

*Excerpted from "Starter Vegetable Gardens: 24 No-Fail Plans for Small Organic Gardens" by Barbara Pleasant (Storey Publishing, \$19.95)*

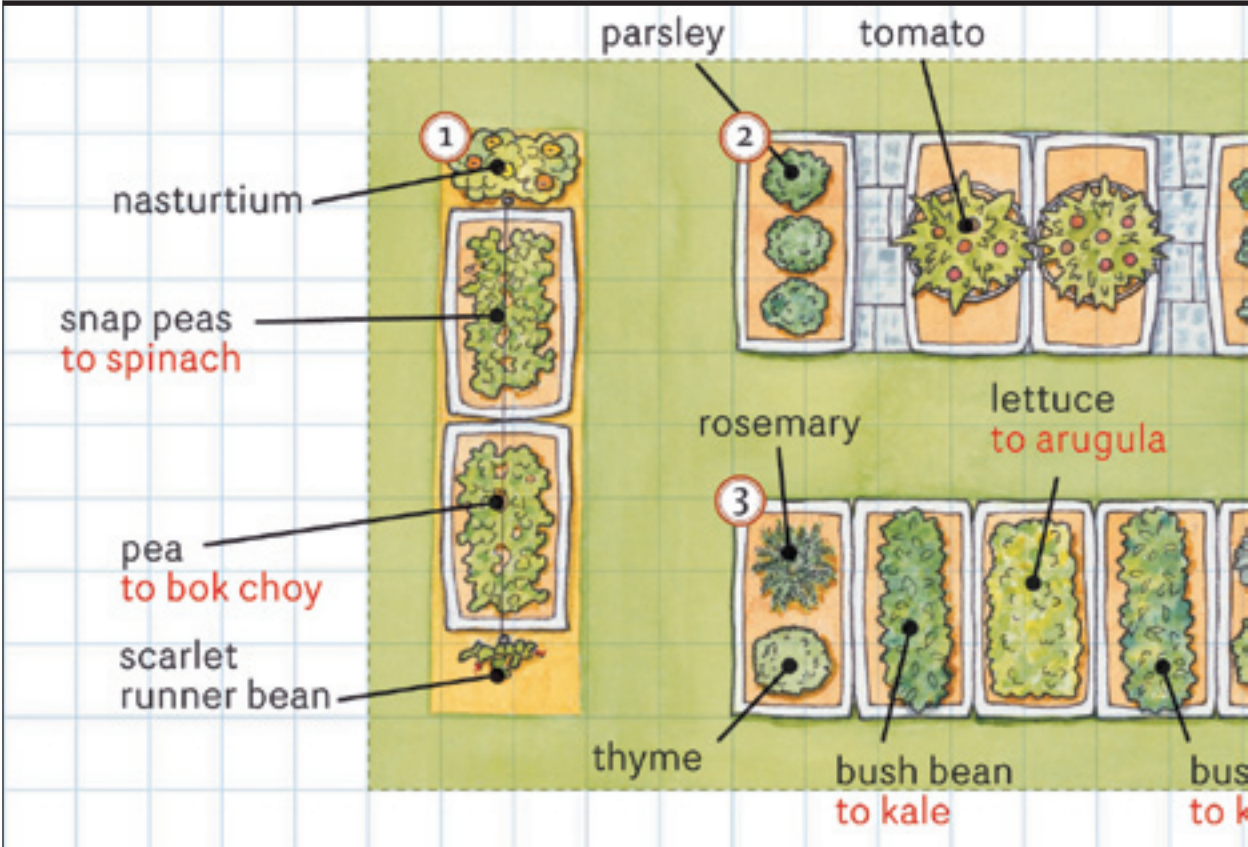
By Barbara Pleasant

Most garden centers sell a dizzying array of bagged soil mixes and soil amendments, so choosing one can be confusing! To make the problem worse, there are no strict standards for what qualifies as "compost" or "shrub planting mix." The best way to know what you're getting is to look beyond the label and examine what's inside the bag. Many garden centers set aside broken bags so customers can examine the contents, or you can buy a few sample bags and bring them home.

For most soil-building purposes, a mixture that looks and feels fluffy, with plenty of tidbits of decomposed leaves or wood chips, offers more organic matter than a heavier mixture that includes mostly gritty soil. Light-textured composts are usually the best choice for digging into soil as a long-lasting source of organic matter.

For the fast bag beds in this garden, though, look for products that do include some gritty soil, because plant roots prefer a mixture of soil and organic matter to organic matter alone. A bag of such soil will feel heavier than one that's mostly organic matter (assuming that both are equally wet or dry). Ordinary bagged topsoil or inexpensive tree and shrub planting mix will do quite nicely for the first two years of the Beginner Bag Garden — or for any spot where you want to set up a new veggie bed fast.

A final sticking point: Soil amendments may be sold by weight or by volume. ... A 40-pound bag is the large size typically sold at garden centers and home stores, while 20-pound bags are the smaller ones.



## Easy-care bag garden: Year one

**Footprint:** 8 x 19 feet

**Skill level:** Fine for first-timers

### When to plant:

- Mid spring — snap peas, lettuce, and parsley.
- Late spring — basil, tomatoes, snap beans, rosemary, thyme, oregano, sage, nasturtiums, and scarlet runner beans.
- Late summer — kale, spinach, arugula, and baby bok choy.

## The plants: Bed 1

- Baby bok choy, 1 packet seeds
- Nasturtium, 1 packet seeds
- Scarlet runner bean, 1 packet seeds
- Snap pea, 1 packet seeds
- Spinach, 1 packet seeds



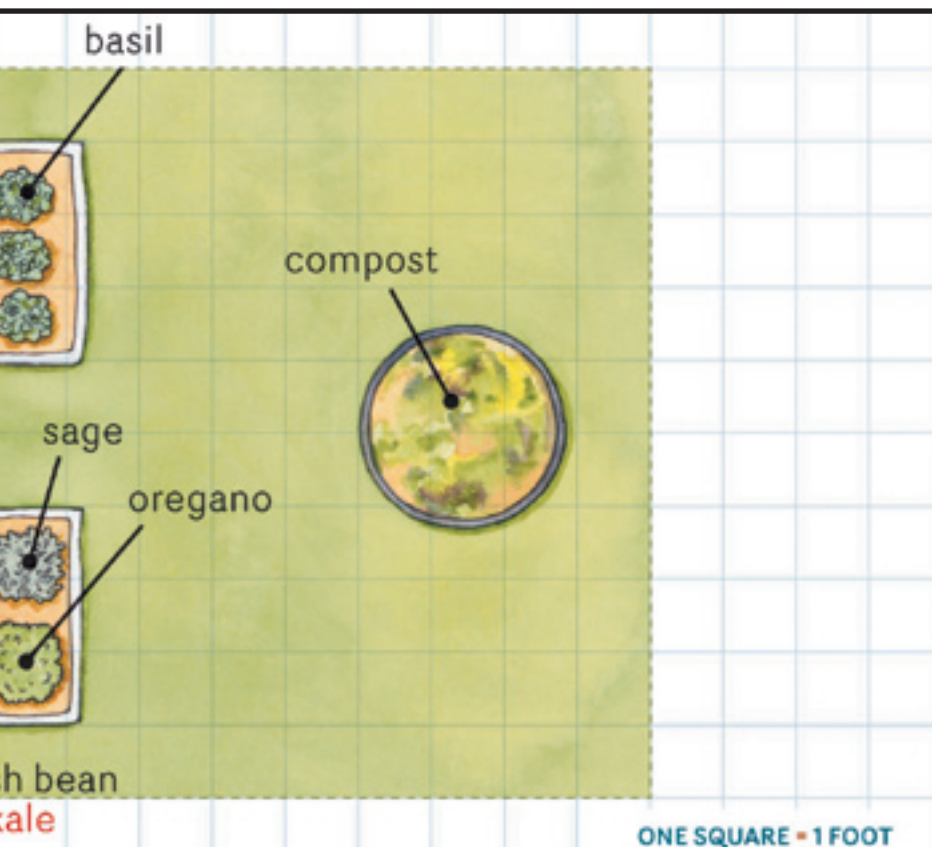


Illustration courtesy of Storey Publishing

### Bed 2

- Basil, 1 packet seeds or 3 seedlings
- Parsley, 1 packet seeds or 3 seedlings
- Tomato, 2 seedlings

### Bed 3

- Arugula, 1 packet seeds
- Kale, 1 packet seeds
- Mixed lettuce, 2 packets seeds
- Oregano, 1 plant
- Rosemary, 1 plant
- Sage, 1 plant
- Snap bean (bush variety), 1 packet seeds
- Thyme, 1 plant

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environment

# A tale of two rivers

## Mississippi monitoring is a model for the Yangtze

By Kim Schneider, from Our Mississippi

A 20-year-old environmental monitoring program unique to the Mississippi River is becoming a model for other major world river systems, including the Yangtze.

Four Chinese scientists spent nearly a month along the Mississippi last year, studying the Corps of Engineers' Long-term Resource Monitoring Program for the Upper Mississippi River and other ecosystem sustainability projects in the hopes of launching similar initiatives in China. It's an exchange from which both countries — indeed, all the world's river systems — will benefit, said Dr. John Chick, who visited the Yangtze in 2008 as part of the exchange and last summer hosted his Chinese counterparts.

"A long-term goal for everyone involved with this would be to see comparable monitoring begun in China on the Yangtze and hopefully expand to other rivers internationally," said Chick, field station director at the Great Rivers Field Station in Brighton, Ill. "It would be such a great thing to have comparable data from several river systems."



Duan Xinbin of the Yangtze River Fisheries Institute holds an Asian carp retrieved from the Mississippi while Xiaoming Sun, The Nature Conservancy's Yangtze River project assistant, looks on. Also in the photo are Zack Lancaster (seated) and Eric Ratcliff of the Illinois Natural History Survey. (Photo courtesy of Our Mississippi)

One thing the rivers have in common, one of the Chinese scientists noted, was the way each sits at the heart of each nation's history, culture and economy. There are other similarities, notably the establishment of large dams at various points of the rivers and the hypoxic (low oxygen) dead zones forming at some parts of the Yangtze, not unlike that at the mouth of the Mississippi at the Gulf of Mexico.

But differences were evident as well. What struck him most vividly, Chick said, was China's rate of growth; he and his colleagues gave up counting the number of bridges being constructed over the Yangtze because they couldn't keep up, he said. The intensely personal way the Chinese people interact with the river — and the longevity of those interactions — also left a lasting impact.

"Every half or quarter mile there'd be stone staircases carved into the rock, staircases 1,000 years old, so people could get access to the river. The number of people swimming and fishing and doing laundry was truly striking."

The Chinese scientists, on the other hand, commented on the massive scale of river restoration projects and on the Mississippi's "abundance," said Chick and Gretchen Benjamin, the assistant director of The Nature Conservancy's Upper Mississippi River program. The Nature Conservancy sponsored the exchange, along with the governments of the two countries.

"They commented on how there were so many birds, how they were catching so many fish, that everything seemed to be plentiful on the river," Benjamin said. "What we've done to care for the river shows up to someone who lives on a river that's perhaps in a little bit more degraded state than the Mississippi. They could see the foresight of people creating a refuge on the river and what it might be able to do for them in the future."

The Chinese scientists are looking to establish long-term monitoring methods; they'd also like to establish a fish refuge for their native fish populations, of which there are 275, Benjamin said.

The project offers a true exchange, Chick said. China has a sophisticated water quality monitoring program, for example. It also reflects the growing international reputation of the Long Term Resource Monitoring Program, created in 1986, and the success of partnerships between various U.S. entities with a role in river management.

"It's the story of Mississippi River partnerships all along," Benjamin said. "They just keep growing. And because of that growth, we're able to do more and more with what we learned about what we can physically do on the river, then go beyond our borders and help others and learn from them as well."

*Reprinted with permission from Our Mississippi, a publication of the U.S. Corps of Engineers. For more detail on the specific monitoring projects mentioned in this article, visit [umesc.usgs.gov/ltrmp.html](http://umesc.usgs.gov/ltrmp.html).*



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education

# Rising to the challenge

## Mediapolis 6th-graders win Disney award for quail project

By Jermaine Pigeo, from The (Burlington) Hawk Eye

Julie Schnedler, a Mediapolis, Iowa, sixth-grade teacher, along with her students, went into the Mediapolis High School gymnasium April 13 to hear a presentation about recycling with the rest of the school.

But the announcement that followed surprised everyone.

Representatives from Disney, along with Mickey Mouse himself, announced the 66 sixth-graders were the national grand-prize winners of Disney's Planet Challenge for their project — Operation: Save the Quail.

Disney's Planet Challenge is a project-based environmental competition for fourth- through sixth-grade students.

"This is the first we have heard of this," Schnedler said, moments after the announcement. "It showed the kids if you put your mind to it and try really hard, you can actually achieve something like this."

The sixth-graders were awarded a trip to Disneyland in California on May 5 and will return May 8. The students will be honored in a recognition ceremony and parade at Disneyland on May 7.

The students focused on saving the northern bobwhite quail population for their project. The decline in quail population, due to harsh weather and decreased prairie land, is a significant environmental issue in Des Moines County.

"The students got together and contacted Chris Lee (natural resource manager for Des Moines County Conservation Board), and he gave the kids an idea of things in our area that were a problem and could be fixed, and we chose to help the quail," Schnedler said. "The kids had this fondness with the quail because it's an animal, and the sixth-graders love animals."

To restore the quails' natural habitat, the students collected information through computer research and field work.

"Once the students did research and found what the problem was and how to fix it, we started to put an action plan together," Schnedler said. "We went to Luckenbill Woods to survey the area to see what needed to be done to make it into an appropriate habitat for quail. We went back and put our plan in action."

With the help of community members, the students restored acres of existing conservation space in Luckenbill Woods by conducting a controlled burn to prepare the land and replanting native vegetation that will benefit local quails, promote diversity of wildlife and help to control soil erosion.

"When Mr. Lee was cutting down trees, we all got together and ran up and picked the trees up and moved them together so the quail can have hiding spots to run under," sixth-grader Nick Spiker said. "We just had a lot of fun."

The students also wrote to the local Pheasants Forever chapter, which fulfilled a request to help fund the project.

In a press release, Beth Stevens, senior vice president of environmental affairs for The Walt Disney Co., said naming a winner was a tough decision.



Mediapolis sixth graders at work in Luckenbill Woods. (Photo by Julie Schnedler)

"So many of the projects submitted exhibited environmental solutions grounded in science and teamwork," she said. "Mrs. Schnedler's class submission for Operation: Save the Quail went above and beyond in demonstrating a dedication to understanding the environmental impacts of actions and initiating real-life change that they can be proud of."

The students were chosen by a committee of scientists, environmental experts and educators, including representatives from the National Science Teachers Association and WestEd K-12 Alliance.

Thousands of students in all 50 states entered the Challenge.

"The most important part of all this is it's educational," said Christiane Maertens, Disney's Planet Challenge program manager. "They had some educational learning, but they had to work in real life to apply it. What the kids did was fantastic."

Schnedler said she is very proud of the students.

"They stayed after school to work on the projects, and they worked in their own free time," she said. "I couldn't ask for a better group of kids."

The class will be featured on The Disney Channel as a youth environmental leader.

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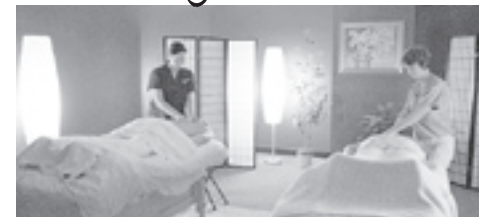
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body, mind & soul

# Lights + gems = relief

## New treatment seeks health through precious stones

By Linda Egenes

When Jim Fairchild, a 68-year-old college professor, signed up for a session of light and gem therapy treatments, little did he know that this holistic new therapy would provide relief from a serious injury.

“Ever since a car ran over me when I was 3 years old, I’ve lived with constant pain and pressure in the back of my neck,” he says. “As a result, I’ve been on a life-long quest for relief — consulting legions of chiropractors, massage therapists, and others. But nothing worked.”

At first, Fairchild found that light and gem therapy treatments simply made him feel more relaxed.

Then, to his surprise, he felt a profound shift in his level of pain. “I came out of a session feeling almost no discomfort in the back of my neck,” he says. “I quietly waited for the inevitable. But the pain didn’t return. My neck isn’t perfect, but the difference is profound. The amazing thing is that during the session I didn’t feel anything extraordinary in my physiology. Yet somehow relief came to me, without my even asking.”

The oldest and most refined members of the mineral kingdom, gems have long been known for their healing qualities. For thousands of years, the Ayurvedic tradition of India has employed gems for prolonging life span and promoting health, wealth, happiness, charisma and the fulfillment of desires. In fact, Ayurvedic texts describe mantras, gems and herbs as the three fundamental means to support the development of higher states of consciousness and perfect health.

Today the healing power of gems is available in a new treatment called Maharishi Light Therapy with Gems (MLG), offered at The Raj Maharishi Ayurveda Health Spa in Fairfield, Iowa. In this treatment, the profound orderliness of 13 gemstones, each with their own unique crystalline structures, is made available to the mind and body. This occurs by using special “light beamers” which project soft light through the gems.

Dr. Keith Wegman, an MLG practitioner at The Raj, says, “The light frequencies act as a carrier for the orderly structure of the gems. They resonate with subtle frequencies of our physiology and trigger profound self-healing and self-repair.”

During the past year, over 2,000 treatments given at The Raj have provided strong evidence of the long-term benefits of this approach.

“Individuals have reported relief from chronic disorders, such as decreased anxiety and decreased joint, muscle, and bone problems, as well as improved emotional stability, better sleep and expanded self-development,” says Dr. Wegman. “Now a six-month research study is being conducted to quantify the long-term effects of the treatment.”

The equipment used in MLG treatments was developed over a period of 30 years by Dr. Yoachim Roller, a German gemologist, under the direct guidance of Maharishi Mahesh Yogi, who founded the Transcendental Meditation technique



A client at The Raj receives an MLG treatment via 'Big Beamers.' (Submitted)

and Maharishi Ayurveda. Trained practitioners offer MLG exclusively at The Raj in Fairfield and in facilities around the world.

The Raj is the only place in North America to offer treatments using larger, more powerful instruments, affectionately called “Big Beamers.” The 13 Big Beamers contain 12 gems each, with a total of 145 gems to magnify the effect.

“The Big Beamers have a unique ability to transform any rigidity or obstruction to the flow of energy in the physiology,” Dr. Wegman says. “The transformation is more significant than with the regular beamers because the body is being submerged in profound coherence. The more powerful orderliness of the large beamers takes over any disorder, restoring balance in previously weak or compromised areas of functioning.”

Adds Dr. Wegman, “Gems are crystalline structures that are as old as our planet. Their inherent orderliness resonates with the inherent orderliness in the physiology, and that produces the profound results for mind and body that thousands of people have already experienced.”

*For more information or to schedule Maharishi Light Therapy with Gems, contact The Raj Maharishi Ayurvedic Health Spa in Fairfield, Iowa, (800) 864-8714, extension 5300, or visit [theraj.com/mlg/index.php](http://theraj.com/mlg/index.php).*



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grower of the month

# Blue Ribbon Farms

## From backyard plot to a growing concern

By Ann Ring

Like most vegetable and fruit growers, Jim Stanley had always liked gardening and working with the soil. So it was natural for him to start a garden in his backyard when he moved several years ago to Knoxville, Ill., to work for the railroad.

Today his backyard garden has grown to a quarter of an acre, and his local grower business goes by the name Blue Ribbon Farms. The name comes from his penchant for winning at county fair competitions.

"I entered my vegetables in a couple of county fairs over the years and won some blue ribbons," he says modestly. The fact is, he has won nearly every category he has entered.

Stanley hand plants everything and uses a riding mower with a tiller for some of the work. "Before I retired, I gave a lot of (vegetables) away," he says, in addition to selling pumpkins at Scenic Drive (Walnut Grove Farm) for two or three years.

After retiring eight years ago, he knew he needed something to do. Since he was already successful at it, he decided to keep his vegetable patch going. He expanded what he grew and used nearly all his time to concentrate on gardening and delivering to farmers' markets.

For five or six years he set up shop five to six days a week at various markets, which kept him on the road from spring until fall. Since Knoxville didn't have a farmers' market, in 2007 he asked a popular convenience store on U.S. 150 if he could set up shop in its parking lot. They said yes, and Mr. Stanley and a handful of other growers put up stands and waited for buyers.

In December of 2008, Stanley and nine other like-minded folks founded the Good Earth Food Alliance (GEFA), which provides weekly shares of fresh produce through community supported agriculture (CSA). GEFA was born out of small farmers just like Stanley coming together and sharing the same goals — to provide safe,

chemical-free fruits, vegetables, and herbs. GEFA completely sold out its 110 shares in its first year (2009) and has a mailing list of nearly 400 addresses. Founders include local growers from Farmington, Elmwood, Dahinda, Brimfield, Country View Estates, Kickapoo, Knoxville, Manito, Cramer and Wyoming, Ill.

Unfortunately last year there was a fire at the convenience store, and Stanley found that selling locally-grown vegetables on a Tuesday afternoon in Knoxville didn't capture the audience they had hoped. "People were tired and wanted to get home," he says.



Jim Stanley of Blue Ribbon Farms (Photo by Patrick Traylor )

"There was a crowd, but all they did was look. There just wasn't enough interest for a week day."

He has a good spirit about the Knoxville market, though. "It was just a trial," he says. "If it worked out, great; if not, then that's OK, too."

Turns out, another farmers' market is coming to Knoxville — the Fairgrounds Farmers' Market, which is being spearheaded by a member from the Local Growers' Network, a group similar to the GEFA in that it's dedicated to growing fresh produce to be sold locally. Stanley will participate as a vendor in the new market, which will be held on Saturdays beginning May 1.

This year he also hopes to have a greenhouse in place and hopes the Good Earth Food Alliance will have more CSAs available than last year.

He also has looked into becoming a USDA Certified Organic grower. "For that," he says, "everything has to be documented — cradle to grave, so to speak. Your wetting agent, seeds, soil treatment — everything."

Even though he sells the popular staples — tomatoes, cucumbers, various peppers, rhubarb, asparagus, herbs, zucchini, winter squash, pumpkins, etc. — he's obviously doing something a little different because of all the blue ribbons. But he's casual about it.

"Sometimes I was the only one entered," he admits. Still, one of his peppers won best in show, a category that has to have some competition, even at a small fair.

*The Fairgrounds Farmers' Market will be held from 8:30 a.m. to 12:30 p.m. every Saturday beginning May 1 at the Knox County Fairgrounds, 1392 Knox Highway 9, just north of Knoxville, Ill. Beginning June 16 the market also will be open from 3:30 to 7:30 p.m. on Wednesdays. For more information, visit [knoxfair.com](http://knoxfair.com) or call the Knox County Fair office, (309) 289-2714.*



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great places

# Chestnut Street Inn

## A local retreat with global influences

By Brandy Welvaert

The ingredients are local but the cuisine is global at Chestnut Street Inn of Sheffield, Ill. The flavors, however, are out of this world.

On a sunny summer's day, you can sit on the sun porch and see the low, gently sloping hills of Illinois. They're green, lush and familiar. But the scents wafting from Chef Monika Sudakov's kitchen are not what you'd expect in farm country. One day they're Moroccan — a vivid bazaar of apricot, ginger, cumin and saffron. The next day, they might be Italian or French or Spanish.

Food is paramount at Chestnut Street Inn, where Chef Monika and her husband, Jeff Sudakov, cook, bake and otherwise play host and hostess to guests every night of the week. The couple purchased the sprawling yet cozy bed-and-breakfast in 2005.

You don't have to be an overnight guest to enjoy one of the chef's meals, either. On Friday and Saturday nights, and on special occasions — St. Patrick's Day or Julia Child's birthday, for instance — Chef Monika creates meals for both overnight guests and diners who make reservations. A recent spring dinner offered brie en croute with mushrooms and shallots, spinach with warm bacon vinaigrette, steak Oscar, roasted garlic mashed potatoes and creme brulee for dessert.

Chef Monika has some serious chops — she's worked in hospitality for over a dozen years and holds a master's degree in gastroanthropology, the study of food and culture — and she loves to cook.

No matter what she's cooking, the chef uses local foods as much as possible because, she says, "Quality is first and foremost" for the farmers from whom she buys. They're "picking at the peak of

ripeness" and growing foods for their inherent good taste, not the ability to withstand shipping.

The inn gets two CSA subscription boxes per week from Coneflower Farm in nearby Tiskilwa, Ill. Berries and flowers come from Plow Creek Farm, also in Tiskilwa. Grass-fed, organic meat comes from Meadow Haven in Sheffield, and they buy extra produce from Indian Trail Farm in Thompsonville, Ill.

Located 50 miles from the Quad-Cities and Peoria, Ill., the inn has three types of rooms: Buddy's Roost, a collection of three rooms with a screened-in porch; the Federal Room and Blue Room, each with a private bathroom; and the Rosewood Suite, with a private dining room and bath. Rooms cost \$105 per night and up.

*Reservations may be made online at [chestnut-inn.com](http://chestnut-inn.com) or by phone at (800) 537-1304 or (815) 454-2419.*



Chef Monika Sudakov, co-owner of Chestnut Street Inn in Sheffield, Ill., holds a plate of Eggplant Salad. (Photo by Brandy Welvaert / Radish)

### Chef Monika's Moroccan Eggplant and Tomato Salad

- |   |  |
|---|--|
| 2 medium eggplants                                | 2 teaspoons Hungarian paprika                                      |
| Half a Vidalia onion, quartered and thinly sliced | 2 teaspoons harissa paste, or a pinch of crushed red-pepper flakes |
| 2 14-ounce cans diced tomatoes                    | 2 tablespoons red-wine vinegar                                     |
| 3-4 cloves garlic, minced                         | 1 tablespoon honey   |
| 2-3 tablespoons extra virgin olive oil            | 2 tablespoons chopped Italian parsley                              |
| Kosher salt and freshly ground pepper             | 2 tablespoons chopped cilantro                                     |
| 2 teaspoons ground cumin                          |  |

Place eggplants on a baking sheet. Pierce several times with a fork and place in a preheated, 375-degree oven for about 1 hour, rotating the eggplants once halfway through. Remove from oven and allow to cool.

Heat oil in a medium saute pan over medium-high heat. Add onion and saute until just translucent, about 5 minutes. Add garlic and saute until fragrant. Add tomatoes and bring to a boil. Reduce heat to a simmer and allow to cook until most of the liquid has evaporated.

In the meantime, peel cooled eggplant and chop meat into chunks. Add to reduced tomatoes along with salt, pepper, cumin, paprika, harissa (or pepper flakes), vinegar, honey, parsley and cilantro. Continue cooking until all the liquid has evaporated. Adjust seasoning to taste.

Cool and serve at room temperature. This salad tastes better the next day, as the flavors have a chance to marinate. Simply cover, refrigerate, and then remove from the refrigerator about 30 minutes before serving. Serves 4-6. (For *Chicken with Chickpeas and Dried Apricot Tagine*, turn to page 38.)



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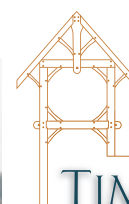
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health & fitness

# Step into the circle

## Hula hooping isn't just for kids anymore

By Brandy Welvaert

Though the true origins of the toy hoop are unknown — Egypt? China? — the hula hoop made its way into millions of American toy boxes in the 1950s and '60s. Now, the children and grandchildren of those old-school hoopers are taking up the toy, this time with a focus on fitness.

"Anyone can benefit from hula-hooping. It is a physical exercise. As you keep the hoop in continuous motion, it brings your heart rate up. The core and thighs are utilized in the circular motion of the hips," says Courtney Miller, who teaches hula-hoop classes at Indigo Wellness, Moline ([indigowellness.info](http://indigowellness.info)). In Miller's classes, participants make and decorate their own hoops using plastic tubing from the hardware store. Then they shimmy to health.

According to Betty Hoops, the company that produces and sells "Hoop Dance" DVDs, hula hooping burns 600 calories per hour and tones the glutes and quadriceps as well as muscles in the abdomen, arms, waist and lower back. Plus, hooping is just plain fun.

"We have a lot of fun making and decorating our own hoops and recalling the simple joys in life that brought us so much pleasure when we were younger," Miller says of her classes. "We try lots of tricks. Maybe we get them, maybe we don't, but we have a lot of fun."

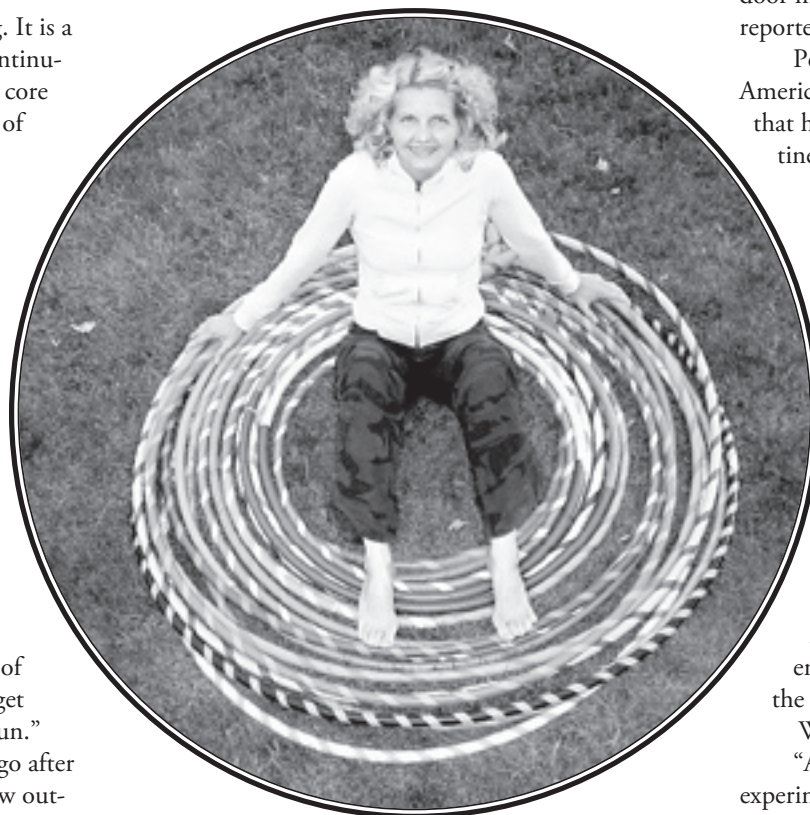
She caught the hooping bug five years ago after she saw people using extra-large hoops at a few outdoor music festivals. "Because of the size, they could slow it down and incorporate more tricks," she says.

The larger the hoop, the easier it is to manipulate. For beginners, big hoops work best. Smaller hoops require faster movements and are harder to control — but get good enough to use one, and you'll burn more calories.

To get started with hooping, don't buy a hula hoop from a toy store. It'll be too small. Instead, you

may want to make your own with irrigation tubing from a hardware store or find one online. Yourhoop.com, hoopgirl.com and bettyhoops.com are just three sites with big, pretty hoops for sale.

Here's how to tell if your hoop is big enough: Stand it next to your body. It should be tall enough to reach your stomach or chest. If your waist is



Allyson Makiej is a fitness instructor who helps her students gain balance and lose weight through hula hooping. (Photo by GateHouse News Service)

thicker than average, you'll want an even larger hoop.

To get started, place one foot in front of the other, rest the hoop against your back, then give the hoop a push and start to shift your weight back and

forth. Don't try to move your hips in a circle to keep the hoop in motion — it won't work for long.

So how did hooping make a comeback? According to Hooping.org, the phenomenon partially may be attributed to the band The String Cheese Incident, which tosses hoops to the crowd during shows. But the trend has moved far beyond the outdoor music scene. In fact, last fall Time magazine reported on hooping as an emerging wellness trend.

Pete McCall, an exercise physiologist for the American Council on Exercise, told the magazine that hooping helps people mix up their fitness routines and keep them from being boring.

While many hooping classes and DVD programs incorporate dance, others use yoga as a basis. Hooping instructor Allyson Makiej in Lowell, Pa., says, "Yoga helps my students stretch themselves through a variety of positions. This stretching opens up the students. With this technique, one woman, who was 70, was able to get up from the stretching and do the hula hoop. She couldn't do it before the stretching."

Yet you don't need to know yoga — or other "moves" — to give hooping a try.

"There is no prerequisite for the class.

We welcome people with absolutely no experience, and I guarantee, if nothing else, by the end of the two hours you will be able to keep the hoop up around your waist," Miller says.

With practice, hooping gets easier.

"As you get the basics down, you can start to experiment more with the hoop. Everyone has their own style. Sometimes I just like to listen to music and let the hoop dance around me. Other times, I like to work on technical tricks," she says. "Hooping will help you find more confidence in your body motion, and you will learn to master more tricks as you play with that motion."

*GateHouse News Service contributed to this report. For tips on introducing kids to hooping, turn to page 38.*



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# rooting around

## Living Lands & Waters plans Great Mississippi River Cleanup

Living Lands & Waters will hold its first multi-state cleanup of the upper Mississippi River on June 19. "We've been able to host more than 440 community cleanups over the years, and this is the biggest effort we've ever done," LL&W founder Chad Pregracke said. "This has been needed for a long time, and we're so very excited to be coordinating this important effort." The East Moline, Ill.-based environmental nonprofit is seeking 800 to 1,000 volunteers from Illinois, Iowa, Minnesota, Wisconsin and Missouri to pull it off. The group's goal is to have volunteers in 22 cities, from St. Paul, Minn., to St. Louis, Mo. Site coordinators for each location, supplies, boats and drivers also are needed. For more information on the Great Mississippi River Cleanup, visit [livinglandsandwaters.org](http://livinglandsandwaters.org).

## 'Altered books' entries sought in Iowa City

The Iowa City Public Library Friends Foundation invites interested individuals to create and donate an item originating from a book for the Altered Books Exhibit and Sale fundraiser. Entries must be received by 5 p.m. Friday, May 14. Download an application at [icpl.org/support/altered-books-call-for-entries.pdf](http://icpl.org/support/altered-books-call-for-entries.pdf). Entries will be exhibited and sold during the Altered Books Exhibit and Sale fundraiser in early June to benefit the Iowa City Public Library. The event is being held in conjunction with the Iowa Arts Festival in downtown Iowa City. For more information, contact Patty McCarthy at (319) 356-5249.

## Get growing with the master gardeners annual plant sale May 8

The Iowa State University Scott County Extension Master Gardeners will present Get Growing, their annual plant sale, from 9 a.m. to 2 p.m. May 8 at the Scott County Extension Office, 875 Tanglefoot Lane, Bettendorf, Iowa. Choose from a wide variety of exceptional perennials and native plants grown and donated by Scott County Master Gardeners. All plants are hardy for zone 5 and are ready to plant. Master Gardeners will be on hand to help offer plant selection advice. Gardening demonstrations and tours of the Scott County Extension Gardens will be offered throughout the day. For more information, call (563) 359-7577.

## Augustana cookout will raise funds for Darfur solar cooker program

Augustana College student group STAND against genocide, Amnesty International, Global Affect and Farm2Fork will hold a Solar Cookout fundraiser May 8 at the college in Rock Island. All proceeds will go to the Solar Cooker Program in Darfur ([darfurpeace.org/programs/solar-cooker-program](http://darfurpeace.org/programs/solar-cooker-program)), which provides training to displaced women in Darfur to make and use solar-powered cookers. The event will include solar cooker demonstrations, live music, local art auction and artist competition. The event is open to all; for more information contact Mo Singh at [mosellesingh09@augustana.edu](mailto:mosellesingh09@augustana.edu).

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# rooting around

## Learn how to educate kids about global warming at Bettendorf event

The Bettendorf (Iowa) Community School Foundation is bringing renowned scientist Dr. Hiram “Chip” Levy II to present the lecture, “Global warming is real: How to educate ourselves, our children, and our grandchildren about earth’s future climate.” His presentation will begin at 10 a.m. May 1 in the Bettendorf High School Auditorium, 333 18th St. The lecture will examine topics including climate/extreme weather events, economic consequences, agriculture, water supply, disease/medical responses, extinction of species and the melting of polar ice caps. Dr. Levy, a 1958 graduate of Bettendorf High School, is a senior research scientist at the Geophysical Fluid Dynamics Laboratory of the National Oceanic and Atmospheric Administration. His research and writings have received worldwide acclaim.

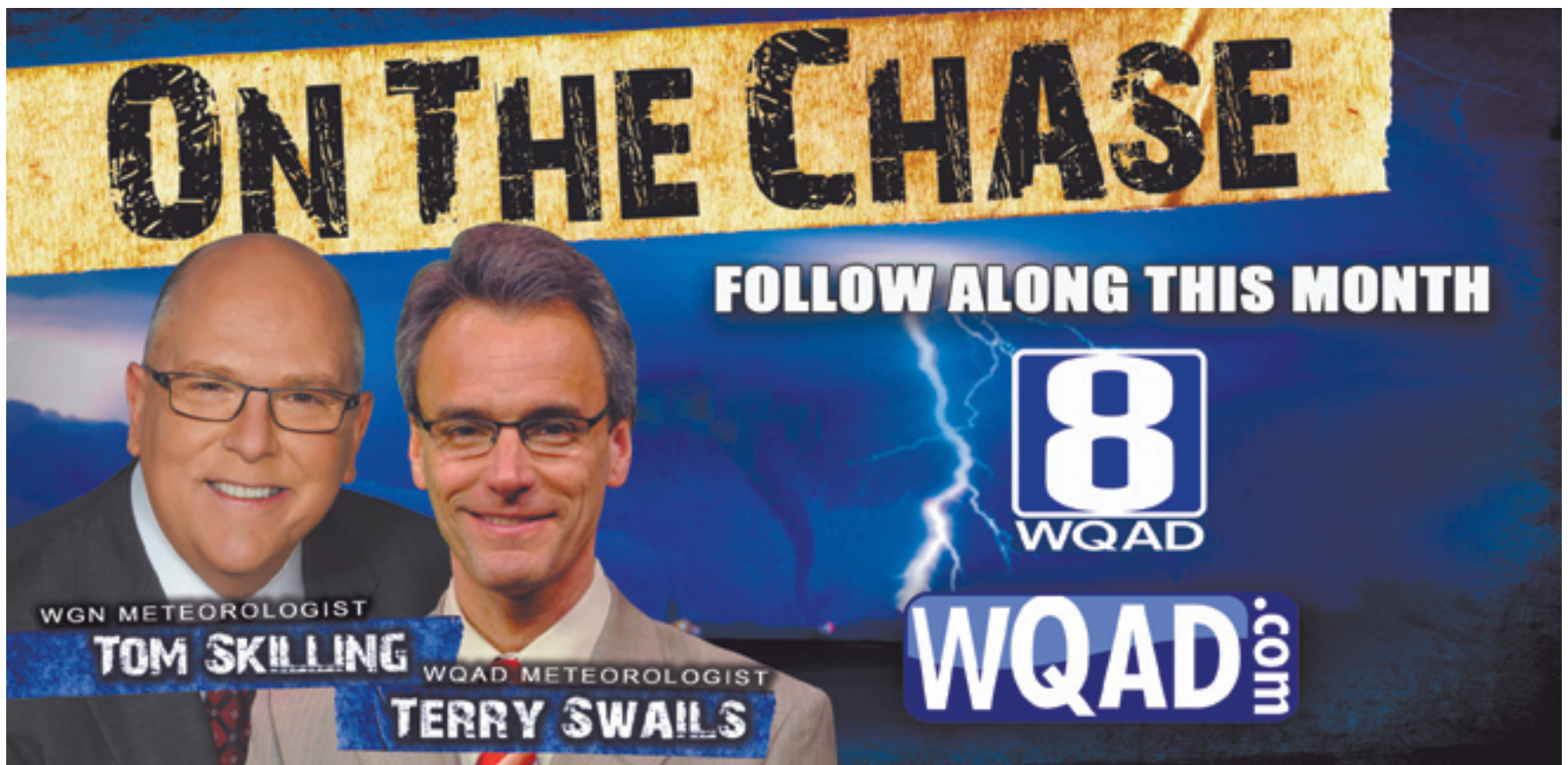
## Farmers can consult new series on economics of growing alternative crops

A new series of crop and livestock enterprise budgets from the Leopold Center for Sustainable Agriculture and the Beginning Farmers Center at Iowa State University gives farmers a quick overview of what alternative agricultural operations might work for them and how. Enterprise budgets for sweet

corn, sorghum, popcorn, sheep and beekeeping are provided. Budgets covering Christmas trees and raspberries will appear soon. The budgets were designed to quickly and easily show the level of knowledge needed, level of capital, time to pay off, and other important factors. Resources for further information are provided for each crop. Download the budget sheets at [www.leopold.iastate.edu/pubs/enterprise.html](http://www.leopold.iastate.edu/pubs/enterprise.html).

## Locally Grown Clothing offers organic duds to support local foods

Locally Grown Clothing Co., a grass roots lifestyle apparel company in Des Moines, has launched a new Web site ([locallygrownclothing.com](http://locallygrownclothing.com)) offering products supporting the local food movement. Consumers can buy organic apparel that spreads a message of support for local farmers and eating locally. The site also lists resources for people who want to support sustainable agriculture and family farms at many levels. Locally Grown donates part of each sale to the nonprofit organization Food Democracy Now! to raise awareness around issues impacting the family farm. Shoppers can choose T-shirts, sweatshirts, onesies and bags with messages like “Locally Grown,” “Locavore” and “Urban Farmer.” Franchise opportunities also are available to people passionate about bringing Locally Grown Clothing to their own communities and spreading the word about the importance of buying local.







## Buddhist Meditation Classes

Tuesday Nights, May 11th - June 15th:  
6:30pm to 7:45pm

at the Quad City Botanical Center,  
2525 4th Avenue, Rock Island, IL

Cost: \$10 no registration required, please drop in

For more information:

**(319) 351 9893**

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*Joy of Life*

WITH KAMBIZ NAFICY



Participants of the *Joy of Life* retreat will be introduced to the ancient arts of **Kriya Yoga** and Pranayama. Following practice in these powerful breathing techniques, they will learn to recognize negative self-talk and limiting beliefs, identify the roots of these unconscious mental habits, and begin reprogramming the subconscious mind so as to transform limiting beliefs into constructive ones.

Kambiz Naficy is a yogi who studied and trained under noted Indian scholars and Yogic masters during several stays in India. After deep study of ancient Indian scriptures and meditation practice he found striking parallels between the state of super consciousness in human beings and quantum theory. To further his knowledge and experience of Yogic studies, Kambiz has explored different Western based holistic studies and transpersonal psychology. This combined knowledge culminates in the *Joy of Life* practice and philosophy.

Thousands of men and women worldwide have strengthened their physical energy, mental concentration, self-confidence, and their contact with an inner-source of creativity, through Kambiz and his organization, *Joy of Life*.

Kambiz Naficy, a meditation master who teaches the art of joyful and stress-free living through the integration of **Kriya Yoga** meditation, energetic breathing, and neurolinguistic programming, will be conducting a Level 1 *Joy of Life* retreat **June 11-13, 2010**, at the former Fulton's Landing Guest House in Davenport, IA. Retreat Hours: Friday 6-9:30 pm; Saturday 9 am-12:30 pm & 3:30-7 pm; Sunday 9 am-12:30 pm. Cost: \$300 for entire weekend. A Level II Joy of Lift Retreat will be held June 4th, 5th & 6th.

To Register visit [www.joyoflifeorg.com](http://www.joyoflifeorg.com) or phone 563-349-1569



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## resources

### LUNCH REVOLUTION

(Story on page 14)

Want better food for kids in schools? Here's where to start:

- **Buy Fresh, Buy Local:** Visit [foodroutes.org](http://foodroutes.org) to find a local chapter.
- **National Farm to School Program:** Visit [farmtoschool.org](http://farmtoschool.org) or contact Marion Kalb at (310) 822-5410 or [marion@foodsecurity.org](mailto:marion@foodsecurity.org).
- **The Illinois Farm-to-School Initiative:** Visit [healthyschoolscampaign.org](http://healthyschoolscampaign.org), call (312) 419-1810 or e-mail [rhonda@generationgreen.org](mailto:rhonda@generationgreen.org).
- **University of Northern Iowa Local Food Project:** (319) 273-7575 or [kamyar.enshayan@uni.edu](mailto:kamyar.enshayan@uni.edu).

### CHESTNUT STREET INN

(Story on page 30)

Chef Monika's Chicken with Chickpeas and Dried Apricot Tagine

- |  |                               |
|--|-------------------------------|
| 3 tablespoons extra-virgin olive oil       | Pinch saffron                 |
| 1 large Vidalia onion, diced               | ¼ cup chopped Italian parsley |
| 3-4 cloves garlic, minced                  | ¼ cup chopped cilantro        |
| 2 pounds boneless, skinless chicken breast | 2 cups chicken broth          |
| Kosher salt and freshly ground pepper      | 1 15-ounce can chickpeas      |
| 2 teaspoons ground ginger                  | 1 cup dried Turkish apricots  |
| 3 teaspoons ground cinnamon                |                               |

Heat olive oil in a medium pan over medium-high heat. Add onions and saute until translucent, about 5 minutes. Add garlic and saute for one minute or until fragrant. Add chicken breasts, pushing onions and garlic aside, and allow to brown evenly on both sides, about 3-4 minutes per side. Season with salt, pepper, ginger, cinnamon and saffron. Add chicken broth and bring to a boil. Cover and reduce heat to a simmer. Allow chicken to cook about 1 hour. Add cilantro, parsley, chickpeas and apricots. Continue cooking an additional 10-15 minutes. Adjust seasoning to taste. Serve with pita or flatbreads. Serves 4.

### STEP INTO THE CIRCLE

(Story on page 32)

Introduce your child to hooping with these ideas:

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3. Practice and stage a hooping performance for friends and family.
4. Invite other kids over for a hooping play date.
5. Ask your child to create and teach you a hooping trick.

For more information about hooping, visit [hooping.org](http://hooping.org) or [hoopcitcity.ca](http://hoopcitcity.ca).

— By Beth Morey

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# 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

Geneseo Farmers' Market, City Park and Pearl Street; 8 a.m.-noon Saturdays, June 26-late October or early November. (309) 269-7409

Kewanee Farmers' Market, 200 W. 3rd St.; 7:30-11 a.m. Wednesdays and Saturdays, May 19-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, through Nov. 19. (815) 598-3138

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

Galena Territory Association Farmers' Market, 2000 Territory Drive, Galena; 7:30 a.m.-12:30 p.m. May 30; June 6, 20; July 4, 18; Aug. 1, 15, 29; Sept. 5, 12, 26; Oct. 10. (815) 777-2000

Stockton Farmers' Market, 3-6 p.m. Tuesdays, next to Casey's on S. Main Street, and 8 a.m.-noon Saturdays, Stockton High School, 500 N. Rush Street, May-October. (815) 947-3197

Warren Farmers' Market, 110 W. Main St.; 8 a.m.-noon Saturdays, May 15-October. (815) 745-3373

### KNOX COUNTY

The Fairgrounds Farmers' Market, Knox County Fairgrounds, 1392 Knox Highway 9, Knoxville; 8:30 a.m.-12:30 p.m. Saturdays, May 1-Sept. 25 and 3:30-7:30 p.m. Wednesdays, June 16-Sept. 22. (309) 289-2714 or knoxfair.com

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, May 1-Oct. 30. (309) 368-9844

Oneida Farmers' Market, across from the DT Sales and Service parking lot, 221 W. U.S. 34; 3-6 p.m. Thursdays, July 1-Sept. 30. (309) 483-6467

### LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd streets; 7 a.m.-6 p.m. Wednesdays and 7 a.m.-noon Saturdays, June-October. (815) 284-3306

### MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 7 a.m.-1 p.m. Thursdays and Saturdays, May 27-Oct. 23. (309) 837-4855

### MERCER COUNTY

Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, June 10-Oct. 14. (309) 582-2751

### OGLE COUNTY

Polo Farmers' Market and community dinner, Senior Center on Mason Street; 3-6 p.m. Thursdays, July 8-Sept. 30. (815) 946-3131

### PEORIA COUNTY

Shoppes at College Hills Farmers' Market, Von Maur parking lot, intersection of Towanda Avenue and Veterans' Parkway, Normal; 4-8 p.m. Wednesdays and 8 a.m.-11 a.m. Saturdays, through 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 1-Oct. 30. (815) 778-4483

Homegrown Farmers' Market on the Square, 321 W. 2nd Ave., Milan; 2:30 to 6:30 p.m. Wednesdays, May 5-Oct. 27. (309) 756-9978 ext. 10

Main Street Market, 700 block of 15th Avenue, East Moline; 2-6 p.m. Thursdays, May 13 through Sept. 30. (563) 441-4070 or (563) 940-7029

Port Byron Farmers' Market, downtown Port Byron, 2-5 p.m. Wednesdays, mid-May-October. (309) 269-8705

Trinity Moline Market, 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, May 1-Oct. 30. (309) 936-7792 or (309) 944-7980

### WARREN COUNTY

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

### WHITESIDE COUNTY

Twin City Market, 106 Ave. A., Sterling; 8 a.m.-noon Saturdays, year-round. (815) 626-8610 or tcmarket.org

## IOWA

### CEDAR COUNTY

Cedar County Farmers' Market, south of the courthouse, Tipton; 7:30-11 a.m. Saturdays, May 15-Oct. 2. (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; 5-7:30 p.m. Thursdays, through October. (319) 752-6365

### DUBUQUE COUNTY

Dubuque Farmers' Market, near City Hall on Iowa and 12th-13th streets; 7 a.m.-noon Saturdays, through Oct. 30. (563) 588-4400

Fountain Park Farmers' Market, Fountain Park Plaza, 2728 Asbury Road, Dubuque; 3-6 p.m. Thursdays, June 3-Sept. 30. (563) 588-2700

### HENRY COUNTY

Mount Pleasant Farmers' Market, Wright Family Pavilion at McMillan Park, Walnut Street; 4:30-6:30 p.m. Wednesdays and 8:30-11 a.m. Saturdays, May 22-Oct. 16. (319) 931-1458 or mpfarmmarket.org

### JACKSON COUNTY

Bellevue Farmers' Market, gazebo on Riverview Drive; 7-11 a.m. Saturdays, May 15-September. (563) 872-4170

### JEFFERSON COUNTY

Fairfield Farmers' Market, Howard Park at Value Hardware Store; 3-6 p.m. Wednesdays and 8 a.m.-1 p.m. Saturdays, May 1-Oct. 30. (641) 472-6177

### JOHNSON COUNTY

Coralville Farmers' Market, parking lot of the Coralville Community Aquatic Center, 1513 7th St.; 5-8 p.m. Mondays and Thursdays, May 3-Sept. 30. (319) 248-1750

Iowa City Farmers' Market, lower level of Chauncey Swan parking ramp between Washington and College streets; 5-7 p.m. Wednesdays and 7:30 a.m.-noon Saturdays, May 1-Oct. 30. (319) 356-5210

Lone Tree Farmer's Market, North Park, 402 N. Devoe, Lone Tree, Iowa; 4-6:30 p.m. Tuesdays, June 1-Oct. 26. (319) 629-4299

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 4-Oct. 26. (319) 338-6111

### LEE COUNTY

Fort Madison Farmers' Market, downtown Avenue G; 8 a.m.-noon Saturdays, June 5-Aug. 28. (319) 372-5482

Keokuk Farmers' Market, River City Mall parking lot, 2nd and Main streets; 6:30-11 a.m. Saturdays, May 15-Sept. 25. (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 1-Oct. 23, except for June 5, 19; July 3, 17; Aug. 7, 21; Sept. 4, 18. (319) 286-5699

Green Square Farmers' Market, Green Square Park, 3rd Avenue and 5th Street SW, Cedar Rapids; 4-6 p.m. Thursdays, June 3-Aug. 26. (319) 286-5699

Downtown Farmer's Market, 3rd and 4th avenues, downtown Cedar Rapids; 7:30 a.m.-noon, June 5, 19; July 3, 17; Aug. 7, 21; Sept. 4, 18. (319) 398-0449

Mount Vernon Farmers' Market, Memorial Park, 1st Street W., Mount Vernon; 4-6 p.m. Thursdays, May 6-Oct. 14. (319) 310-6399 or mtvernonfm@yahoo.com

Noelridge Farmer's Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, May 3-Oct. 22. (319) 286-5699

### MUSCATINE COUNTY

Muscataine Farmers' Market, Wilson's True Value Hardware Store; 2:30-5:30 p.m. Tuesdays, 1420 Park Ave., and 7:30-11:30 a.m. Saturdays, Mississippi Drive and Cedar Street, May 1-Oct. 30. (563) 299-2709 or (563) 506-3459

### SCOTT COUNTY

Trinity Farmers' Market, Trinity Bettendorf, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, May 3-Oct. 25. (563) 332-5529

Bettendorf Farmers' Market, parking lot at 2117 State St.; 2-6 p.m. Thursdays, May 6-Oct. 28. (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, year-round. Outdoor market May 1-October. (563) 940-0634

Davenport Farmers' Market, parking lot of NorthPark Mall, Davenport, 8 a.m. to noon Wednesdays and Saturdays, May 1-Oct. 30. (563) 332-5529

Blue Grass Farmers' Market, Paul Barnes' farm, 430 Mayne St.; 4-7 p.m. Thursdays, mid-June-September. (563) 381-3761

food for thought

# Growing green

We're moving in the right direction

By Nora Pouillon

It is no secret that our bones, heart, brain and every part of our bodies are made up of the matter that passes between our lips. But how many of us stop to think about this while rushing through dinner or supermarket aisles?

We are what we eat, and unfortunately for most Americans, that means that we are made up of the same unhealthy, chemically-infused and unsustainably produced food that we put on our plates every day.

When I moved to the United States in the '60s, I was shocked to find that people lacked a relationship with their food. Supermarkets were full of lifeless sameness: packaged and processed foods without any diversity, and NO seasonal or local foods! Americans were (and increasingly are) plagued by horrible diseases like cancer, obesity and diabetes.

And after learning about how food was produced in the U.S. — with fields covered in pesticides, animals pumped full of antibiotics and safety sacrificed in favor of the bottom line — it all became clear to me: Americans were eating themselves sick.

That's why I opened Restaurant Nora (in Washington, D.C.) in 1979, hoping to inspire diners to rethink what they were eating. At that time, it was nearly impossible to find organic sources. I remember searching long and hard to find organic staples like olive oil and sugar, only to have farmers tell me that they were too risky or costly to produce organic.

Thankfully, the organic industry has grown by leaps and bounds since then. In 1999, Restaurant Nora became the first certified organic restaurant in the U.S., meaning that 95 percent of what you'll find on our menu is organic. From our grass-fed sirloin to locally grown radicchio, we try to offer a return to healthy, seasonal food that has been sorely lacking from the American diet for decades.

I recently helped select the winners of the Natural Resource Defense Council's 2010 Growing Green Awards, and was incredibly inspired by what farmers, producers and business leaders are doing all over the country to transform



iStockphoto

our food industry. Far beyond just producing organic foods and wine, they are drastically cutting their global warming pollution, conserving precious water and educating their communities about eco-friendly choices. These pioneers are making healthy, sustainable food fashionable again.

Taking care of our bodies and minds (and our environment) means looking holistically at the food we eat, from water to farm to you. I encourage you to read the stories of the NRDC's 2010 Growing Green Award winners, get inspired and spread the word. You can make the choice to improve your well-being and the future of this planet, one bite at a time.

*Visit Nora Pouillon's new blog at [onearth.org/author/norapouillon](http://onearth.org/author/norapouillon).*

## 2010 Growing Green Awards

The Natural Resources Defense Council has named the following as winners of its second annual Growing Green Awards to honor farmers, business leaders and promoters of sustainable food:

**Food Producer:** Russ Lester, Dixon Ridge Farms, Winters, Calif. Co-owner of Dixon Ridge Farms, the largest handler of organic walnuts in the U.S., Lester has dramatically reduced environmental impacts from the orchard to the final stages of processing.

**Business Leader:** Karl Kupers, Shepherd's Grain, Harrington, Wash. Co-founder of Shepherd's Grain LLC, Kupers aims to reconnect growers and consumers through the sale

of sustainably farmed wheat from more than 30 growers throughout the Northwestern U.S.

**Thought Leader:** Fred Kirschenmann, Stone Barns Center for Food and Agriculture, Pocantico Hills, N.Y. President of the board of directors for Stone Barns Center for Food and Agriculture, Kirschenmann was integral in the establishment of this unique nonprofit that advances community-based food production.

**Water Steward:** Mike Benziger, Benziger Family Winery, Glen Ellen, Calif. Benziger is a leader in the biodynamic farming movement. Utilizing an innovative constructed wetland and pond treatment system, Benziger Winery recycles an average of 2 million gallons of water per year.

*Read the full stories on the award winners at [nrdc.org/health/growinggreen.asp](http://nrdc.org/health/growinggreen.asp).*





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