

# Radish

HEALTHY LIVING ROUND UP

Preserve  
springtime  
in a jar  
with violet jelly



radishmagazine.com

MAY 2011

**Oddie's veggies**

Lessons in forgiveness

**Pick the right  
running shoes**

Treeology



*Weddings • Graduations • Yardscape*



- Special Events • Gardenscapes
- Annuals • Perennials
- Herbs • Vegetables



Featuring our  
**"Party Petals"**  
Living centerpieces  
for your wedding,  
graduation or other  
summer events!



### Visit Our Booth

at the  
**Downtown Davenport**  
Freight House Farmers Market:  
Tues. 3-6 p.m. & Sat. 8 a.m.-1 p.m.

### Shop at Our Greenhouse

A leisurely drive  
in the country  
only 10 minutes from the  
*Machine Shed Restaurant...*  
for an experience  
different from the rest.

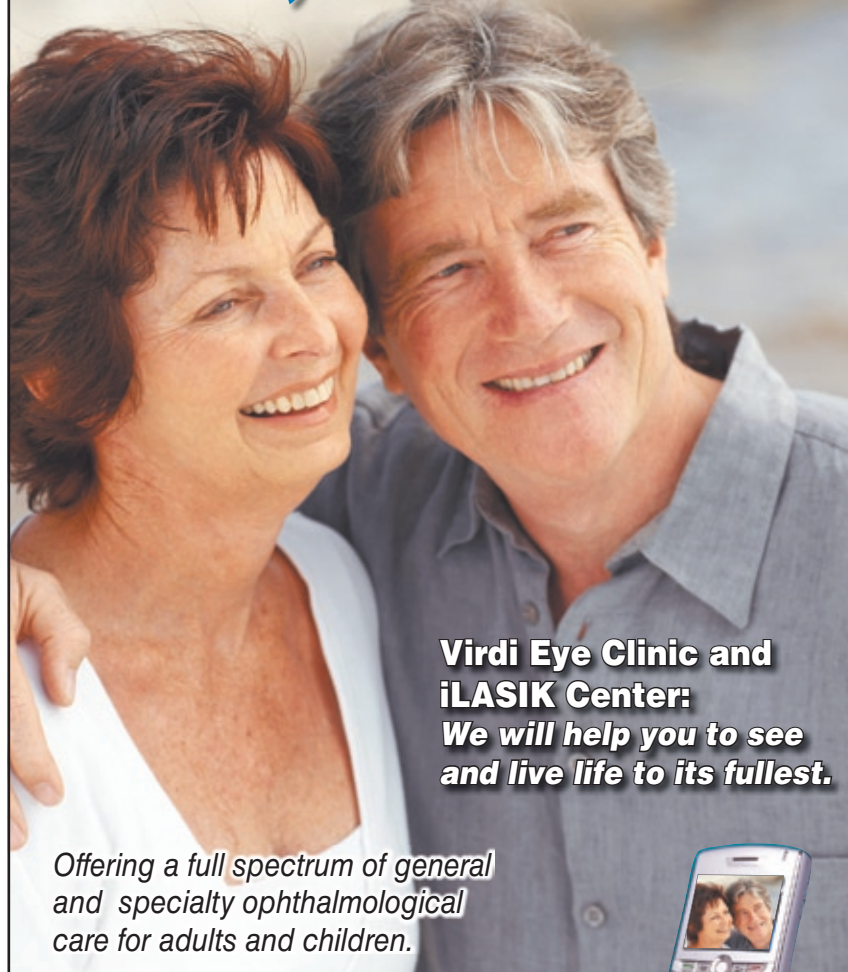


**Greenhouse Hours:**  
M•W•Th•F•Sat. 9 a.m.-5 p.m.  
Sun. Noon-5 p.m.  
Closed on Tuesdays

27345 Allens Grove Road • Donahue, Iowa  
[www.allensgrovegreenhouse.com](http://www.allensgrovegreenhouse.com)

**563-843-2248**

**See Near, Far & In-Between**



**Virdi Eye Clinic and  
iLASIK Center:**  
*We will help you to see  
and live life to its fullest.*

*Offering a full spectrum of general  
and specialty ophthalmological  
care for adults and children.*



- iLASIK
- Cataract Surgery
- Astigmatism Correction
- Multi-Focal Lens Implantation
- Affordable Eye Glasses & Contacts

At the Virdi Eye Clinic and iLASIK Center, we are driven  
by our commitment to providing the highest quality  
eye-care in a compassionate and ethical environment.



**VIRDI EYE CLINIC**  
LASER VISION CENTER  
**1-877-846-5762**

Dr. Navaneet S.C. Borisuth, M.D. Ph.D.  
Dr. Matthew P. Rauen, M.D.  
Dr. Abby Thomas, O.D.  
Dr. Ammie M. Chizek, O.D.  
Dr. Stacie Setchell, O.D.

**Convenient Locations:**  
Rock Island • Muscatine  
**309-788-5524**

**Davenport Location:**  
2533 E. 53rd Street • Suite 2  
**563-359-3357**

# The Friends of Radish

HELPING TO SPREAD THE WORD  
ABOUT HEALTHY LIVING

## The All-New 2012 Honda Civic

### Style, Fuel Economy & Performance

### Two models offer 40+ mpg

*Whether you think green or live for performance,  
there's a Civic for just about every taste.*



2012 Honda Civic EX Coupe

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

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



TRINITY  
IOWA HEALTH SYSTEM

Moline • Rock Island • Bettendorf • Muscatine



PAID ADVERTISEMENT

## “A Doctor’s Confession”

*(And Why I Still Do What I Do)*

Dear Friend:

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

**Ten years ago something happened that changed my life forever.**

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

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

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

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

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

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

**– Dr. Rob Scranton, D.C.**

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

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

*\*Medicare exclusions apply*



# from the editor



Joann Gardner baking with daughter Sarah. (Submitted)

As Radish editor, I wear many hats. Also, on occasion, an apron. Each month as stories start coming in for the next issue, if one of our writers hasn't done so already (and occasionally even if they have), I take to my kitchen with the recipes to make sure they work. Sometimes it's the only way to catch a typo, as when someone accidentally writes "bake at 450 degrees" and means 350. It also can help determine the best way to photograph the food. Above all, though, it makes me feel good knowing every recipe we print really is a delicious dish — and I do mean delicious. Over the course of the last year, I have nibbled my way through pear butter and strawberry cake, spiced nuts and, most recently, buttery homemade noodles. Even the memories of them are lip-smacking good.

I owe much of my kitchen know-how to my mother, who was an excellent cook and patient teacher. She managed a bakery that specialized in whole-grain breads and healthful ingredients at a time when such ideas hardly had the buzz they do today. That's her in the photo, and me, actually, receiving an early lesson in making zucchini bread. My mother was many things — kind-hearted and hard-working, adventurous and funny. All of her best qualities could be found in her baking.

"The key is to be generous," Mom told me time and time again. "Be generous, and you don't have to worry about something turning out." By this she didn't so much mean to add more of your favorite ingredients (though she was certainly known to add another apple to the pie when she could), but to be generous with your time and what you use. Don't take short cuts. Sift the flour before measuring it. Use the best and freshest ingredients you can find. If you don't, she maintained, nothing you can add later will make up for it.

I find reasons daily to be grateful for all Mom taught me, lessons in baking but also in a life lived well. She certainly would have appreciated one of the most satisfying aspects of my present job: I learn so many new things with each issue. This month, we have articles on making jelly from wild violets, tips on choosing running shoes, ideas for going paperless, and a round-up of citizen science projects. In a funny way, these articles remind me of one of my mother's favorite recipes, a chocolate confection called Gopher Cake. "Have one piece and you'll go for another," Mom used to joke. I hope you'll find this issue of Radish equally delectable.

— Sarah J. Gardner  
editor@radishmagazine.com

**Radish**  
HEALTHY LIVING FROM THE GROUND UP

Number 5, Volume 7  
May 2011

Gerald J. Taylor  
PUBLISHER

Joe Payne  
MANAGING EDITOR

Sarah J. Gardner  
EDITOR  
(309) 757-4905  
editor@radishmagazine.com

Val Yazbec  
ADVERTISING DIRECTOR

Terry Wilson  
NICHE PUBLICATIONS MANAGER  
(309) 757-5041

Rachel Griffiths  
ADVERTISING EXECUTIVE  
(309) 721-3204

Spencer Rabe  
LAYOUT & DESIGN

PUBLISHED BY  
Small Newspaper Group

Deborah Loeser Small  
DIRECTOR OF SPECIAL PROJECTS

Joseph Lacaeyse  
TREASURER

Robert Hill  
VICE-PRESIDENT

Thomas P. Small  
SENIOR VICE-PRESIDENT

Len R. Small  
PRESIDENT

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



Radish uses soy-based ink and recycled content in its newsprint and is 100 percent recyclable.



# contributors



Maggie Howe makes her Radish debut this month with an article on making violet jelly, which you can find on page 26. Howe grows herbs, spins fibers, hula hoops, bikes, runs, knits, cooks, cans, geeks out with film cameras, listens to records and plays with her cats and house bunny in beautiful central Iowa. Online evidence of her various pursuits can be found at prairielandherbs.com, girlwithasword.blogspot.com, or look for Girl With a Sword Production and/or Prairieland Herbs on Facebook.



Making his second Radish appearance is Leon Lagerstam, who recently celebrated the end of his 40s. He serves as the Faith & Values editor of The Dispatch and The Rock Island Argus. He's a single father of five, ranging in ages from 32 to 16-year-old twins. Lagerstam loves to cook, and relies on baking as an anger management tool. He's also an active Lutheran lay minister who has spoken at several local churches. Read his article on forgiveness on page 22.



Returning this month to Radish is Donna Duvall of Spragueville, Iowa. Duvall is the chef/owner of Food Fancies, a personal chef service. She has worked as a chef and writer for Learn Great Foods, an agro-culinary tour company, is a certified teacher, and is currently employed as store chef at one of the Dubuque Hy-Vees. Chef Donna is passionate about food and cooking and is an enthusiastic gardener. Read her tips on proper storage for farmers' market produce on page 30.



Rachel Morey Flynn is a writer and a cook who lives with her family on a tiny urban farm in Cedar Rapids. She teaches cooking classes at New Pioneer Co-op and at Kirkwood Continuing Education. Read about what she hopes her daughters will gain from time spent in the garden on page 40.



Community Wellness Executive for the Quad-Cities YMCA Christy Filby leads Activate Quad Cities, a community coalition of government, school, health-care, corporate, faith-based and nonprofit organizations with a mission to create a social and physical environment that encourages healthy lifestyles. She also contributes a story this month about the upcoming QC in Motion Week on page 32.

Also appearing in Radish this month are contributors Sharon Wren ("Oddie's veggies," page 8, and "Dirt therapy," page 28); Ann Scholl Rinehart ("Volunteer scientist," page 6); Chris Greene ("If the shoe fits," page 12); Lee Svitak Dean ("Use your noodles," page 18); Jeff Dick ("Adios, paper," page 14); Pam Berenger ("Bring your bikes," page 24); and Sarah Ford ("Treeology," page 16).

Radish is an editorial affiliate of **ENN** ENVIRONMENTAL NEWS NETWORK  
<http://www.enn.com>

## LET US CATER YOUR SUMMER EVENTS Reason's Prairie Creek 20807 183rd Ave. W. Buffalo Prairie, IL • 309-537-9122

MARKET  
& DELI

### We have a variety of LOCAL Food Choices!

- Fresh made-to-order SUBS • Homemade SOUP - SALADS
- Homemade PIE • COOKIES • and MORE.

#### Daily Breakfast Special

Mon-Sat at 7:30am

*Eat in or Carry Out,  
Call in Orders Welcome*

*We will Cater your Graduation or Summer Party!*

Catering Available: we can deliver to large or small parties or have food prepared for pick-up  
Located on the West side of Town on the County Line in Buffalo Prairie, IL

**OPEN 7 Days a Week!** M-F 7:30am-6pm / SAT 7:30am-4pm / SUN 11am-4pm



## Reason's Meats & Catering Buffalo Prairie, IL • 309-537-3424 or 1-800-772-4740

LOCAL  
MEATS



- Local Buffalo
- Chemical-Free Local Beef
- Elk • Pork
- Hickory Smoked Bacon
- Smoked Chops
- Summer Sausage & more



order online at [www.reasonsprairiepride.com](http://www.reasonsprairiepride.com)

Short Form • Sword Form • Long Form • Push Hands • Chi-kung • Meditation

## T'AI CHI'UAN

meditation

health

relaxation

### Beginner Level T'ai Chi Classes

Wednesday, 6-7 p.m.

Institute for Therapeutic Massage, 1730 Wilkes Ave., Davenport  
\$30/month

Saturday, 10-11 a.m.

St. John's Lutheran Church, 4501- 7th Ave, Rock Island  
\$30/month

Additional classes held throughout the Quad Cities at sponsoring organizations.



## Great River T'ai Chi Ch'uan

*Your first class is free!* Join our community of t'ai chi players,  
taught by 38-year practitioner and diploma-certified teacher Scott Caulpetzer.

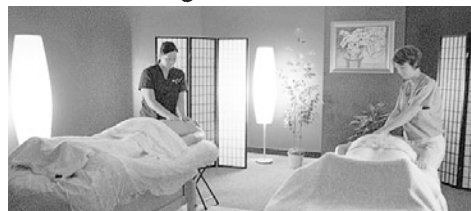
To register, or for more information, contact  
Scott at 563-322-4002 or [scaulpetzer@gmail.com](mailto:scaulpetzer@gmail.com).



# ✿ MOTHER'S DAY ✿ GIFT IDEAS

*Two Rivers Massage ✿ del Sole Barefoot Spa*

**Relaxation Massage • Foot Massage  
Pedicures • Couples Massages • Pre-Natal  
Lymphatic • Sports • Manicures**  
*Relax • Refresh • Rejuvenate!!*



**MOTHER'S DAY SPA PACKAGE SPECIAL**  
**One-hour Swedish Massage & Pedicure \$75**  
**One-hour Couples Massage and 2 Pedicures \$160**  
**Delight Foot Spa Package \$50 (save \$15)**

**DEL SOLE BAREFOOT SPA** – Treat your feet to a wonderful and relaxing lower leg and foot massage...add on a foot soak, paraffin wrap, get your nails done, and you've experienced a deluxe spa pedicure unlike any other offered in the Quad Cities! *We massage your sole!!*

**TWO RIVERS MASSAGE** – Unwind and de-stress with an awesome massage in the Quad Cities' premier massage facility. Enjoy a quiet session in a candle-lit room with soft music and relaxing atmosphere, or enjoy a massage with your Mom in our beautiful couples massage room! *Expect the best!!*

## ✿ GIFT CERTIFICATES ✿

Stop by to pick up your Mother's Day Gift Certificates. We can mail gift certificates to your mom too! Call for details!! **Our most-popular Gift Certificate is our luxurious One-hour Swedish Massage \$50**



**1411 Sixth Avenue Downtown Moline**  
**(309) 79-RELAX (797-3529)**



Pamela Fisher



## Meet Our Staff

(back) Abby, Sara, Marisa, Gloria, Steph & Lynn  
(front) Amber, Pam & Alicia  
Missing from photo: Tina, Hair Stylist

del Sole Barefoot Spa and Two Rivers Massage  
are open by appointment  
Monday thru Saturday from 9am until 8pm.

Appointments may be made by calling  
Pam at (309) 79-RELAX (797-3529)

[www.delsolebarefootspa.com](http://www.delsolebarefootspa.com)



[www.tworiversmassage.com](http://www.tworiversmassage.com)

## the grapevine

### Mark your calendar and get pumped up for the 2011 Radish Healthy Living Fair!

June is just around the corner, and with it, the fifth annual Healthy Living Fair! Mark June 18 in your datebook and plan to join us from 8 a.m. to 3 p.m. at the fair. We'll be returning this year to our spot next to the Freight House Farmers' Market, 421 W. River Drive, Davenport. It's the biggest event on the Radish calendar!

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

As always, the fair is free and open to the public. This year's event will feature an exhibitor area, the fifth unofficial World's Largest Yoga Class, an additional yoga class for kids, a Tai Chi demonstration and a booth where you can learn recipes to make the most of market produce with Slow Foods Quad Cities. Bring your drum and join the River Circle Drum Circle for some rhythmic well-being or bring your pet and enter it in the annual Pet of the Year contest.

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).

A complete guide to the 2011 Healthy Living Fair will be published in the June issue of Radish!



The farmers' markets return this month (see a complete list of market locations, dates and times for Radishland on page 39). To celebrate their arrival, Radish will be at the **grand opening of the outdoor Freight House Farmers' Market** from 8 a.m. to 1 p.m. Saturday, May 7, at 421 W. River

Drive, Davenport. (Be sure to check [freighthousefarmersmarket.com](http://freighthousefarmersmarket.com) for alternate location if flooding persists.) Come say hello, pick up an extra copy of Radish and see what the market has in store for this season.

Radish representatives also will be at the following events this month:

- **QC-VEG Vegetarian Potluck**, 6 to 7:30 p.m. Sunday, May 8, at Faith United Church, 1630 W. 38th St., Davenport.
- **A presentation by Sean McMahon**, Iowa director of The Nature Conservancy, 7 p.m. Monday, May 16, in the Bronze Room of the Moline Public Library, 3210 41st St., Moline.



## Find us on Facebook

Become a fan of our Facebook page and get updates on your favorite articles, start a discussion with other readers, and get a sneak peek at who will be coming to the Healthy Living Fair. You also can suggest future articles and post upcoming events for your community group or nonprofit. Becoming a fan is easy; just search for "Radish magazine" on Facebook, then click the "Like" button at the top of the page.



# healthy living from the ground up

## features



**6 Volunteer scientist**  
Enjoy the outdoors while contributing to science.

**8 Oddie's veggies**  
Seasoned grower has a new home for his green beans.

**10 Wild edibles**  
Spring turns the forest into a salad bar of outdoor delights.

**20 Trappist Caskets**  
Monks sustain themselves by the work of their hands.

## in every issue

2 from the editor

3 contributors

4 the grapevine

34 rooting around

38 resources

39 farmers' markets

## on the cover



Violet-tressed jelly-maker Maggie Howe and a jar of her violet jelly. (Photo by John Gibney / JAG Photography Services)

## departments

**12 health & fitness**  
If the shoe fits: What you need to know to find the best running shoe that works for you.

**14 environment**  
Adios, paper: Cut down on clutter and help the planet by going paperless.

**16 outdoors**  
Treeology: A cell phone is all you need for this walking tour of trees in the park.

**18 eating well**  
Use your noodles: Simple ingredients combine to make an easy homemade treat.

**22 body, mind & soul**  
Life lessons: Don't forget your servings of vegetables or forgiveness, says St. Ambrose professor.

**24 health & fitness**  
Bring your bikes: Criterium in Rock Island offers much to do for both racers and spectators.

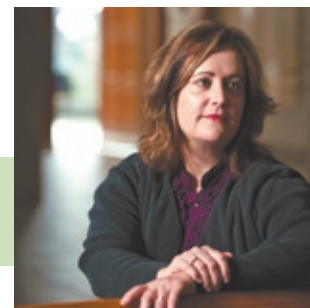
**26 food**  
Violet jelly: The humble wild flower works wonders in this spring treat that you can make yourself.

**28 gardens**  
Dirt therapy: Tools and techniques can help gardeners overcome their physical limitations.

**30 food**  
Storage 101: How to keep your market bounty at optimal freshness.

**32 health & fitness**  
Changing culture: QC in Motion Week offers many opportunities to get moving.

**40 food for thought**  
Indoors and out: Can a nature-adverse mom raise nature-loving kids?





healthy living

# Volunteer scientist

Enjoy the outdoors and contribute to science



IOWATER volunteers KJ Rebarcak and Larry Best check water in Scott County. (Photo by Lindsay Hocker / Radish)

By Ann Scholl Rinehart

When it comes to the importance of citizen scientists, Jacklyn Gautsch and Vera Bojic share the same sentiment: Their organizations wouldn't exist without them.

Gautsch is a natural resource biologist who trains volunteers for IOWATER, an organization whose mission is "to protect and improve Iowa's water quality." Bojic is the manager of Illinois RiverWatch Network, which "safeguards the future of Illinois rivers and streams." Both rely heavily on volunteers, whom they train, to monitor water sources throughout their states.

Since RiverWatch was established in 1995, more than 1,700 individuals have trained for and received RiverWatch certification. Since IOWATER began in May 1998, more than 3,000 people have been trained as volunteers.

So why do people get involved? "It's a great way to get out in your community and do something for your community," says Gautsch. "It's fun. It gets you outside."

Volunteers range in age from middle school

Get involved with ...

Does being a citizen scientist sound interesting to you? Beyond IOWATER and Illinois RiverWatch Network, there are numerous places for you and your family to volunteer, including in your own backyard. From saving bees to helping scientists better understand invasive plant species, here are a few worthwhile projects that need your help.

Birds

If birding is one of your interests, then consider eBird. This real-time, online checklist program, launched in 2002 by Cornell Lab of Ornithology and the National Audubon Society, involves recording the birds you see. The information is collected, permanently stored, and analyzed to learn more about bird populations and animal behavior. Learn more at [ebird.org/content/ebird](http://ebird.org/content/ebird) or [birds.cornell.edu/citsci/about](http://birds.cornell.edu/citsci/about).

Bees

You can help create a bee-friendly world by getting involved in The Great Sunflower project. This project was started in 2008 to help shed light on how wild bees are doing and what effect that has on the pollination of gardens, plants, crops and wild plants. People from all over the U.S. and Canada are involved, planting sunflowers to attract bees and then observing them. To learn more, visit [greatsunflower.org](http://greatsunflower.org).

Butterflies

Even if you don't know a lot about butterfly species, you can still contribute to this project. Started in 1987 by the Nature Conservancy, the Butterfly Monitoring Network (BMN) began monitoring seven sites in the Chicagoland area. Since then, citizen scientists throughout northeastern and central Illinois have been monitoring butterfly populations. Learn more about getting involved at [bfly.org](http://bfly.org).



students to retired senior citizens. While some have science backgrounds, “the bulk are purely ordinary Iowans,” Gautsch adds.

Both organizations encourage parents to get involved with their children. Teachers also go through the training so they can monitor with their students as part of class projects or after-school activities.

Volunteers, Gautsch adds, appreciate the flexibility of the program — that they can get as involved as they want. Some collect data once a year at one site; others do it several times a year at multiple sites. The average is once a month, with an average time commitment of about an hour per month.

While volunteers are enthusiastic, some are unsure and not always confident about the accuracy of their data, Bojic says. She admits that macroinvertebrate identification can be challenging, but points to a comment she received from a teacher who encouraged other instructors to get their students involved in the monitoring effort because of the “student excitement and enhanced learning.” He adds, however, that “it’s a commitment that requires patience, a little negotiating with colleagues and administration, and a great deal of flexibility.”

Many of RiverWatch’s volunteers have been involved with the program since its inception. “They participate in RiverWatch not because they have to, but because they want to,” Bojic says. “Having said that, it is always a challenge to retain volunteers long term and ensure they collect data each year.”

The problem: “Individuals are bombarded by volunteer opportunities,” she said. Bojic’s pitch: “Illinois RiverWatch gives you the opportunity to enjoy the environment, learn about the streams in your backyard, and take an active role in protecting those streams.

“Whether your profession is teaching, carpentry, engineering or medicine, out in the field with your rubber boots on and net in hand you become a citizen scientist and an invaluable steward of our Illinois waterways.”

Adds Gautsch: “Water quality is important. It’s a great way to get involved in your community, learn something and have fun at the same time.”

*To learn more about Illinois RiverWatch Network, visit [ngrrec.org](http://ngrrec.org) or contact Vera Bojic at (618) 468-4870 or [vbojic@lc.edu](mailto:vbojic@lc.edu). To learn more about IOWATER, visit [iowater.net](http://iowater.net) or contact Jacklyn Gautsch at (319) 335-1761 or [jackie.gautsch@dnr.iowa.gov](mailto:jackie.gautsch@dnr.iowa.gov).*

## Fireflies

Fascinated by fireflies? Consider getting involved in Firefly Watch. One evening a week throughout the summer, you’ll spend 10 minutes checking the fireflies in your backyard or a nearby field. Even if you don’t see fireflies, Firefly Watch wants to know that, too. Learn more at [mos.org/fireflywatch](http://mos.org/fireflywatch).

## Plant life

You don’t have to go through specialized training to get involved in this project, which involves a large-scale sampling of the highly invasive Garlic Mustard plant to better understand how it threatens the world’s natural resources. You’ll need a GPS unit (or access to GoogleEarth), a digital camera, yardsticks, tape measure, pencil and a hand counter. All of the information you need to get started is at [garlicmustard.org](http://garlicmustard.org).

# 5th Annual Spring Tea Tasting at Dewey’s Cafe in the Bettendorf Library Celebrating National Herb Day

Saturday May 7, 2011  
1 p.m. to 4 p.m.



Call (563) 332-1891

2395 Tech Drive, Suite 7

Bettendorf, Iowa

# YAK N’ YOGA

**Yoga class followed by  
group kayak.  
All skill levels welcome.  
Your choice of  
three scenic locations.  
Group discounts for 8+.**



525 S Main Street  
Galena, IL  
815-776-9425

Dates and More information at  
[www.feverriveroutfitters.com/eventslist.htm](http://www.feverriveroutfitters.com/eventslist.htm)

Nature • Relaxation • Adventure

healthy living

# Oddie's veggies

## Seasoned grower has a new home for his green beans

By Sharon Wren

Elwood “Oddie” Marshall of DeWitt, Iowa, knows the local farmers’ market scene; he should, he’s been part of it for more than 40 years. At 82 years old, Oddie (pronounced Oh-dee) isn’t simply the oldest vendor at the Freight House Farmers’ Market in Davenport, he’s also the vendor who has been there the longest. He’s seen plenty of changes, too, through the years. “The makeup of the market has changed, there’s different vegetables available now. It’s big compared to what it used to be,” says Oddie. “It’s sure grown in 40 years, and now they (farmers’ markets) are springing up all over.”

Oddie is changing with the times, too. Last fall he installed a hoophouse — an enclosed

structure that retains heat and allows for earlier planting — which he has been using to get a jump-start on the growing season. Constructing the hoophouse wasn’t difficult, says Oddie. “I’ve got a lot of friends and it took about three weeks to set up,” he says. “Two or three would show up one day, then another one would show up a week later.”

Together, Oddie and his friends managed to finish the hoophouse in October before the heavy snow arrived. The structure is framed with pipes, which hold up heavy plastic. The ends and door are made from wood and heavy Plexiglas. The building is quite sturdy; even on a windy day the plastic barely ripples. A large industrial fan in the corner will move the air around on sultry days and a heating system is in place, although he hasn’t had to use it yet. He also has a cover to help shade the

hoophouse this summer, when the temperatures inside can become unbearable for plants and people.

With the arrival of spring, Oddie has been enjoying the warm temperatures inside his new hoophouse, which he reports reaching 85 degrees in early April. He teases that he’s been considering renting the hoophouse out as a tanning parlor. His actual plans, though, include planting his usual crops of cauliflower, broccoli and cabbage in the hoophouse. Thanks to the warmth of the enclosure, he’ll be able to do so earlier than usual. “Normally, you plant around the first of May so I’m going to get a 30-day jump,” says Oddie.

Presently Oddie is growing his favorite green beans inside the hoophouse, which he says reminds him of his late wife, Bev, who was known at the farmers’ market as “The Queen of Green Beans.”





The beans are planted in eight neat rows, with soaker hoses every two rows. Not only do the hoses deliver water at a slow, steady rate, but according to Oddie, they should help cut down on the weeds in his hoophouse. "They won't grow where they're not watered," explains Oddie.

The hoophouse's protection has allowed Oddie's green beans to grow much faster than ones planted outdoors, although the plants closest to the edges of the building are still affected somewhat by the chill outside the enclosure. In early April the rows in the middle of the hoophouse were at least a couple inches high, while the outer rows were about half an inch high. Even though the outer rows weren't as tall, they were still bigger than if they were planted outside. Oddie expects big things from his green beans. "They'll eventually grow to about 14- to 16-inches tall. I usually get at least 10 beans per plant, sometimes even 25," he says.

The real test for the hoophouse will be seeing how late in the season he'll be able to keep his crops going, says Oddie. He'll be putting in tomato plants this fall, after the green beans are done. If all goes well, he plans to have fresh tomatoes ready for the holidays. "I think the good part of it is going to be tomatoes after the frost," says Oddie. "I'll have tomatoes in November and December, homegrown ones in the ground."

Oddie is proud of his hoophouse, which he prefers to call a greenhouse. "I call it the Michelle Obama Greenhouse. A year ago last fall, she had a garden at the White House. Someone came along and gave her a high tunnel (hoophouse). So her husband liked the idea. The grant was part of the stimulus program so I named it for her," he says.

According to a press release on the USDA website, funding for the hoop-houses is part of a three-year trial. The focus on high tunnels is deliberate. By extending the growing season, hoophouses can offer a steady income to small-scale farmers who sell their produce locally. This, in turn, increases overall agricultural sustainability, reducing the distance produce is transported to market after the close of the conventional growing season. Hoophouses also can help farmers with limited resources transition to specialty crops that might otherwise be damaged by unpredictable weather conditions. Thirty-eight states, including Iowa and Illinois, are taking part in the program.

Before a single pole went into the ground, Oddie already had a vision of how his hoophouse would work. He drew on his previous experience building four other hoophouses, which he uses to grow flowers. Unlike those enclosures, though, the USDA-grant-funded hoophouse could only be used for vegetable production. In addition, the grant required "nothing (be) grown in a pot; it all has to be in the ground," says Oddie.

Credit for his newest hoophouse should also go to his kids, Oddie says with a twinkle in his eye. "I've got great kids. They don't mind if I spend all their inheritance," he laughs.

*You can find Oddie Marshall Saturdays at the Freight House Farmers' Market, 421 W. River Drive, Davenport, at his stand, Oddie's Veggies.*



Photos by Stephanie Makosky / Radish

## General dentistry with a caring touch



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

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

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

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

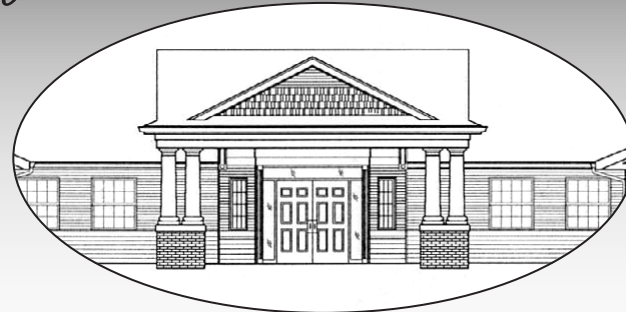
***I am pleased to now offer Cast Gold fillings and restorations. They are an excellent, long lasting, healthy choice for patients.***

Gold is a material with a long tradition in dental medicine. Cast gold inlays, onlays and partial crowns are considered an exceptional, precise, enduring restoration for posterior teeth. Today we have many choices in dental filling materials and restorative options. It is important for patients to understand all the numerous differences as **every** material has advantages and disadvantages. For countless years gold has been considered the highest benchmark in restorative dentistry. Contact our office to learn more about this exceptional choice.

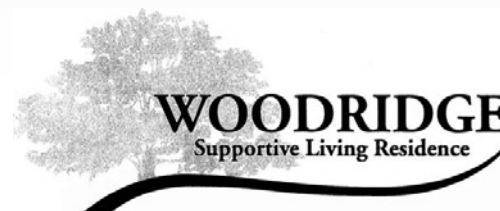
**2305 Jersey Ridge Road, Davenport, Iowa • 563.355.0258**

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

## Elegant • Intimate • Inviting



## YOU SIMPLY HAVE TO SEE IT



*Call Today To Schedule A Personal Tour*

**309-944-9600**

**620 Olivia Dr., Geneseo, IL 61254**

healthy living

# Wild edibles

## Spring weather turns the forest into a salad bar

By Sarah J. Gardner

I spent most of my childhood playing with friends in a wooded creek near my home — and much of that time munching on foraged goodies. We'd eat the black raspberries that grew thick throughout the woods and chew the tender leaves of sassafras trees on our way to go for a swim. Come the height of summer we'd pull the pistils from honeysuckle blooms to taste the tiny drop of nectar at the flower's heart. It was a bit of Eden, with only one serious downside: stinging nettles that seemed to spring up everywhere we wanted to go. If only I had known we could eat those, too.

"Nettles are some of the most nutritious wild plants you can eat," says Amy Newman, assistant seasonal naturalist at the Wapsi River Environmental Education Center in Dixon, Iowa. The leaves are high in both iron and beta-carotene. The trick, she says, is knowing how to harvest and prepare them. Raw, they can be quite bitter and prickly, but lightly steamed or stir fried, the leaves of the plants are tender and tasty. They can be harvested throughout the summer if you wear gloves, but spring is an especially good time to gather the plants. The young shoots are sting free.

In fact, spring is an ideal time to harvest the leaves and shoots of a number of wild edibles. These include spring cress, sweet cicely, onion grass, trillium and wild leeks, says Newman. The leaves of these plants can be eaten raw and make a good addition to salads, each adding a unique flavor. Spring cress tastes faintly of mustard, sweet cicely is reminiscent of licorice, onion grass and wild leeks taste like their namesakes, and trillium, well ... "That has a flavor that's hard to describe," says Newman, who hands me the tip of a leaf. "I'll let you try."



Naturalist Amy Newman locates early spring edible plants at the Wapsi River Environmental Education Center in Dixon, Iowa, including trout lily (left) and onion grass (top right). (Photos by Stephanie Makosky / Radish)

It's pungent, with a burst of unexpected sweetness at the end.

Perhaps because it is the hardest to describe, the trillium is my favorite out of all the leaves Newman offers to me to nibble on our walk at the Wapsi River Center. Here is a unique flavor I know I am not going to find in the supermarket, the perfect reason to hunt for it in the woods.

One of the biggest rules of foraging is that you should never eat anything unless you are absolutely sure of what it is, says Newman. It is also important to know the right parts of the plant to eat and the

best time to eat them. The trillium I tasted, for example, is best while the leaves are still curled around each other — eating them later in the season, or eating the wrong parts of the plant, would make for a very different dining experience.

"It's important starting out that you have a good guide," says Newman, who incorporates information about wild edibles in educational hikes she conducts at Wapsi Nature Center. She recommends two books by Samuel Thayer that she says have been invaluable in her own education as a forager: "Nature's Garden" and "The Forager's Harvest."

It's also important to harvest the plants in such





a way that they are able to continue to thrive and to feed woodland creatures. “Don’t overpick,” cautions Newman. “Ideally, you want to leave enough plants behind that it looks like you were never there.”

As for spots to search for wild foods, Newman says private property is best. Most park lands have regulations against removing any plants. The same goes for ditches, which are often owned by the county and have the added danger of herbicide drift from nearby fields. One of the very best places to start is your own backyard, says Newman.

“You’d be surprised how many edible plants can be found in a backyard. Dandelion greens, purslane and violet leaves are common and nutritious. And then you don’t have to use any sprays to get rid of them. Instead, you’re eating them,” she says.

When I ask Newman to name a wild plant she hasn’t yet eaten that she would like to try, she tells me she’s really curious about cattails. “Not only was I surprised to discover cattails were edible, but there are many parts of the plant that can be used,” she says. “In early spring, you can gather the young shoots and stalks. In late spring, the green immature flower spikes can be eaten like corn on the cob. In early summer, the flowers produce yellow pollen which can be added to flour to add protein. In fall and winter, the rootstocks are filled with starch and can be dried to make white flour.”

For me, it’s Solomon’s seal, a plant native to Midwestern woodlands that as a young shoot is supposed to taste like asparagus. I identified a patch of it on my property last year and have been keeping my eye out for the shoots this spring.

“Knowing where things were the year before definitely helps,” says Newman. “Foraging is a lifelong learning process. There is so much to learn about identifying plants, what parts to use and when to gather them. And then you are also learning where things grow so you can look for them again.” It’s clear as Newman takes me around the grounds of the Wapsi River Center that she knows exactly the places, even covered in leaves, where the wild ginger and trout lily grow. And yes, they’re both delicious.

*For a pair of wild edibles recipes or to see a slideshow of our walk at the Wapsi River Center and some of the plants Newman identified, visit [radishmagazine.com](http://radishmagazine.com).*

## Chiropractors are an integral part of your healthcare team

Some 9 out of every 10 Americans will experience back pain, neck pain or headaches during their lifetime. The team of spinal care experts at the Palmer Clinics treat musculoskeletal conditions like these. Call today for an appointment.

Palmer’s high standards of patient care have been nationally recognized. Our Iowa clinics have been received into the National Center for Quality Assurance—Back Pain Recognition Program.



**PALMER**  
Chiropractic Clinics

[www.palmerclinics.com](http://www.palmerclinics.com)

*The Trusted Leader in Chiropractic Education™*

## LOCAL SUSTAINABLE BEAUTIFUL



### TIMBER FRAME HOMES & STRUCTURES

Contact us to incorporate sustainably harvested timber into your • home • barn • outdoor living space.

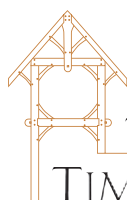
**We General Contract homes in our area.**

#### Upcoming Events:

Spring is here! Come out to our shop and take a look around or visit our next timber frame raising in Sherman, IL.

**Timber Frame Barn & Home Raisings!**

Please check out our website and Facebook page for details and updates.



TRILLIUM DELL  
TIMBERWORKS

*Inspiration. Craftsmanship. Sustainability*

1283 Knox Road 1600 North  
Knoxville, IL 61448  
309.289.7921  
[info@trilliumdell.com](mailto:info@trilliumdell.com)  
[www.trilliumdell.com](http://www.trilliumdell.com)

health & fitness

# If the shoe fits

## What to know to find the running shoe that works for you

By Chris Greene

If there is one thing that can help you get off on the right foot with your running regimen, it's choosing the proper shoes. With the overwhelming number of choices out there, though, picking the ones that fit you and your running style best can be a daunting task.

I have to admit, I wish I were a more avid fan of a variety of exercise, but alas, running is the one activity I truly enjoy. On paper, I don't think running is a good fit for me — I have bad knees, flat feet and issues with exercise-induced asthma. However, there is something I love about the freedom of running. It's the best therapy I know of — feeling my feet repeatedly slapping the ground somehow relieves stress, clears my mind, provides exercise and gives me a sense of strength and accomplishment I can find nowhere else. Considering that, the price of quality shoes seems like a bargain deal.

Even the best running shoes wear out sooner or later, though. In my quest for a new pair, I head to Running Wild in Davenport, where co-owner Doug Foster leads me through the process of picking the best option. Foster says that running shoes need to be replaced roughly every 350 miles. Although good shoes are not inexpensive, Foster says that the investment is worth it to avoid injury and make running a better all-around experience. He advises runners to avoid fads and not to choose a shoe based on its looks.

One of the first things Foster does is measure my feet. Even if you know your shoe size, this step is important as your size can change. I'm told to check my vanity at the door for this one. Conveniently, blisters and sore feet have taught me this lesson previously. According to Foster, it's best to shop later in the day when your feet may have swollen a bit and be at their largest size.

"A shoe that fits properly should allow enough room to have a thumbnail length from your toe to the end of your shoe. Width is important too — you should be able to put two fingers across the vamp (upper portion) of the shoe. When laced, the shoe shouldn't be pulled too far apart or too close together, and the heel shouldn't slip," says Foster.

Once you know your size, it's time to talk about how you run. At the forefront of this discussion is something called pronation, which is how your foot rolls across the ground from heel to toe as you run. With normal pronation, the foot hits on the outside of the heel and rolls evenly toward the toes.

If you underpronate, however, there is too much stress on the outside of your foot. If you overpronate, you roll too much to the inside. A good shoe salesperson can see which tendency you have by watching you walk or from looking at the soles of your shoes to see the patterns of wear. Arch height also comes into play. Those with a high arch won't need as much support as those with little arch.

There are also some variables in the construction of the shoes. A large number of running shoes feature mesh fabric. "Here in the Midwest, the summers are hot



Doug Foster helps Chris Greene select a shoe. (Photo by John Greenwood / Radish)

and humid, so that mesh fabric helps the shoe breathe and keep your feet cool. When the temps go up, that's a must," Foster says.

In addition to mesh fabric, many of the shoes have gel cushioning on the outside of the shoe. "This offers more independent movement. Other shoes have what looks more like a shock absorber on the shoe — and that's really what it functions as," Foster says.

To help me find a shoe that will best fit my somewhat flat, overpronating, size 8½ feet that tend to be a bit wider across the ball of the foot compared to a narrow heel, Foster makes some suggestions. I start with three choices and begin to feel a bit like Goldilocks as I quickly discard the first two (one slips a bit on my heel, and the other simply isn't comfortable). The third is immediately comfortable, fits my foot correctly and gives me the sudden urge to take a jog around the block. We have a winner.

Before I leave, Foster inspects the bottoms of my old shoes — I've brought them with me. He discovers that I don't have any areas wearing extremely heavily, which means that they are a good choice for correcting my overpronation. In the end, that's what a good shoe does — it compensates for what your foot lacks, be it enough support, arch or cushioning, or the ability not to overpronate or underpronate. The rest of the running experience is up to the runner.



**Award Winning Bed & Breakfast and Restaurant**  
**Enjoy Big City Dining in a Small Town Atmosphere**

We offer:

- ♦ 4 Guest Suites ♦ Private Bathrooms
- ♦ WI-FI ♦ Full Gourmet Breakfast
- ♦ Dish Network and over 1000 Movie Library
- ♦ Signature Toiletries ♦ Snacks/Beverages
- ♦ Beautiful Patios and Gardens



**Chestnut  
Street Inn**

"Any Meal, Any Time, By Reservation Only"



301 E. Chestnut St., Sheffield, IL 61361 • 815-454-2419/800-537-1304

 [www.chestnut-inn.com](http://www.chestnut-inn.com) • [monikaandjeff@chestnut-inn.com](mailto:monikaandjeff@chestnut-inn.com)

**Balanced Health  
Chiropractic**

**"Is Your Health in Balance?"**

Migraines? Neck Pain? Back Pain?

Digestive Issues? Seizures? Stress? Depression?...  
the list goes on and on

Balanced Health Chiropractic offers specialized low force chiropractic along with nutritional consultation and recommendations to provide patients with the best overall care.

Come in for your free consultation and see what Dr. Janice Kane can do for you and your loved ones.  
309.788.0078

New patients mentioning this ad will also receive one free yoga class!

Balanced Spine,  
Balanced Nutrition,  
Balanced Health!

Located on the 5th floor of  
the Safety Building on the  
corner of 3rd Avenue and  
18th Street in Rock Island  
1800 3rd Ave., Room 502  
Rock Island, IL 61201  
[Balancedhealthdc.com](http://Balancedhealthdc.com)

**NEW Gold's Gym  
Summer Specials!**



**Call For Details**

**563-355-2900**

**4885 Utica Ridge Rd. Davenport, IA. 52807**

**Give us 90 days.  
If you don't like it,  
we'll give you your  
old body back!**

environment

# Adios, paper

## Cut clutter and help the planet by going paperless

By Jeff Dick

The no-paper notion first originated in a Business Week article published in 1975, and the trend has only accelerated since then. From e-mailing, online banking and bill paying to electronic document delivery, signs of the decline of paper are everywhere.

In a move expected to save the government \$1 billion over the next decade, the U.S. Treasury is making electronic deposit of monthly Social Security checks mandatory after efforts at voluntary compliance reached 80 percent.

Tickets, too, are joining the paperless revolution: U.S. Airways recently announced they were issuing boarding passes via e-mail to cell phones, such as a Blackberry or an iPhone. Much to the chagrin of scalpers, Ticketmaster has also started issuing paperless concert tickets, making it all but impossible for brokers to resell seats.

Even doctors are getting in on the act, writing electronic prescriptions that spare pharmacists their infamously illegible scrawl.

The advantages to eliminating paper usage are many. Saving on paper doesn't simply preserve forests but also the chemicals (not the least of which is ink) and energy used in paper processing. And while recycling does save paper, energy is expended in that process, too. Eliminating paper, where possible, is the better option.



iStockphoto

For green-minded consumers interested in cutting down on their own household paper, tools such as “Going Paperless for Dummies: Scan and Organize Your Documents” (a CD-ROM available for \$45 from Amazon.com) can help ease the transition from paper to digital.

Having made the commitment to go paperless, the task can be made easier by keeping a physical inbox to hold documents for periodic scanning. There will be less paper to put in the inbox, though, by also making the move to electronic banking, online bill paying/credit card and financial statements. To further simplify, cut back on the number of accounts by getting rid of multiple credit cards.

Going paperless also involves paring back on the amount of junk mail received. Cut back by calling 1-888-OPT-OUT (1-888-567-8688) to put a stop to preapproved credit card offers. Ditto for other direct marketing mail (sweepstakes, advertisements, etc.), which can be eliminated by registering at [dmachoice.org](http://dmachoice.org) or [catalogchoice.org](http://catalogchoice.org).

The remaining mail and other documents that arrive at your home can be sorted into “recycle,” “shred,” or “scan” piles. Deciding between the first two categories hinges on privacy concerns. Certainly any papers with Social Security numbers or other personal data should be shredded. The remainder can be placed in the inbox for scanning. Knowing what to keep (especially for tax purposes) and what to throw away can be handy. By going to [www.irs.gov/formspubs](http://www.irs.gov/formspubs) and searching for Pub. No. 552, consumers can find the kinds of records that need to be kept and how long to keep them.

Using an inexpensive scanner, hard copies of important documents from the inbox can then be converted to PDF files and organized into an electronic filing system, which can be backed up on CD, flash drive or web-based storage service for protection.

Once important documents are converted to an electronic format, shredding outdated material will no longer be an annual ritual. Simply hitting the delete button will suffice. In addition, electronic document storage offers peace of mind from identity theft, assuming firewalls and secure passwords are used.

Scanned documents can be stored in a Users folder (in Windows) or a Home folder (on the Mac), with separate folders for “auto,” “home,” and other appropriate categories. Birth and death certificates, deeds, notarized documents, wills, divorce papers, and other important documents may be scanned, but for legal purposes the originals should be kept in a fireproof safe, or better yet, a bank safe-deposit box.

Eschewing paper certainly has its advantages, but it is not an unadulterated benefit for the environment. While going digital lessens dependence on one resource, it increases the demand for electricity to run the devices that make it possible. Ask yourself with each scan if you can do without that document — and if so, let it go. Once you get in the habit, you'll start spotting other ways to cut down on your household paper.



www.freighthousefarmersmarket.com

# GRAND OPENING OF OUTDOOR MARKET MAY 7

FREIGHT HOUSE  
**FARMERS' MARKET**

*Growing for YOU in anticipation of your  
LOCAL food needs!*

**OPEN EVERY**  
**Tuesday from 3-6 & Saturday from 8-1**  
**INDOOR & OUTDOOR**

**421 West River Drive**

*On the beautiful Mississippi riverfront in downtown Davenport*

## CORNUCOPIA

natural food and fine cheese

BULK FOODS & SPICES, ORGANIC PRODUCE, FRESHLY BAKED BREADS & SWEETS, COFFEE & TEA,  
VEGETARIAN DELI, ETHNIC INGREDIENTS, VITAMINS & SUPPLEMENTS, & MUCH MORE!

Get  
**\$5<sup>00</sup> off**  
on purchase of  
**\$25<sup>00</sup> or more**  
Coupon expires 5-30-11 • Limit one coupon per person  
COUPON

UNCLE  
**BILLY'S**  
BAKERY



83-89 S. SEMINARY STREET • GALESBURG, IL 61401  
(309) 342-6111 • HOURS: MON-SAT 7-6 • SUN 7-4

James Miller

Presents the

# IOWA CITY YOGA FESTIVAL

OCTOBER  
7•8•9

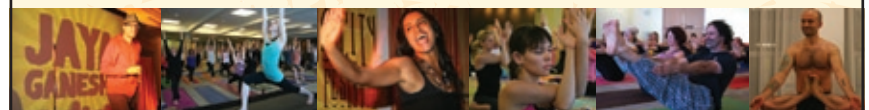
Registration  
Now Open!

*Celebrating Yoga  
in the Heartland*

Rock out, stretch beyond  
your limits, smile, dance, learn,  
laugh, and meet new friends —  
there's something for everyone!  
You don't want to miss this.

[IowaCityYogaFestival.com](http://IowaCityYogaFestival.com)

Duncan Wong • Sadie Nardini • Diane Hudock • Hemalayaa Behl  
Ashleigh Altman • Ava Taylor • Leslie Kaminoff • Alón Sagee  
Drez Selecta • Jim Bennit • James Miller • John Kepner  
Matthew Taylor • And MANY More!



FESTIVAL PRODUCED BY JAMESMILLERYOGA.COM

outdoors

# Treeology

## A cell phone is all you need for this walking tour of trees

By Sarah Ford

Are you curious as to which trees in Davenport's Vander Veer Botanical Park date back to the 19th century? Or where a racetrack and fairgrounds were located in the park? If so, such questions are waiting to be answered when you take the Treeology tour.

A new summer program through Davenport Parks and Recreation Department, Treeology offers visitors an opportunity to explore the historical and cultural roots of the diverse vegetation at Vander Veer Park. The interactive program brings life and character to the dozens of plant species that grace the landscape. The highlight of the program is a self-guided cell phone tour that provides historical and botanical information to listeners as they walk the 33 acres of the park located at the intersections of Central Park Avenue with Brady and Harrison streets.

"Our primary focus is the tree collection," says Susan Anderson, horticulture operations manager for Davenport Parks and Recreation. "Treeology allows people to go through the park and interact with the plant collection via phone. The tour features cultural information of the trees, their history in the park and various design elements."

Vander Veer Park, established in 1885, has been a recreational and educational haven for more than a century. Treeology creators used a 1910 map of the park found in the archives of the Putnam Museum to bring that history to life again. They've also used the historical data to determine which new species to plant and which to reintroduce.

Featured trees on the cell phone tour include ponderosa pines near the west entrance, the park's conifer collection, pecan trees at the northwest corner, the American linden near the old music pavilion, the ginkgo near the playground, a bald cypress, tulip trees at the north end of the Grand Allee, the golden rain tree, a black alder near the skate shack, and the beeches and Kousa dogwood in the shade garden. Each stop on the tour will shed some light on their significance in the park.

"The tour aims to bring back history through the tree and plant collections," says Anderson. Each stop on the tour will provide a historical link between the past and present elements of the park. Stories such as that of the American elms, once a numerous variety in the park, are featured. The trees were wiped out by Dutch elm disease, but the more tolerant heritage elms were introduced and now thrive at the park.

Inside the park conservatory will be an interactive exhibit on photosynthesis. "Sugar From the Sun" will guide visitors through the sugar-making process of trees and use hands-on activities to encourage youngsters to connect with the process. "It's a great experience for families," says Anderson.

At the park families can also examine "Treeology," a carving by Thom Gleich made from a linden tree that fell in the park during a late summer storm.



Debbie Hauser demonstrates using her cell phone to take a self-guided tour of historic trees at Vander Veer Park in Davenport. (Photo by Stephanie Makosky / Radish)

Ted DeMeulenaere from East Moline will lead youngsters in planting their own tree from a seed during day programs throughout the summer. A hunt-and-see game will encourage further exploration of the natural world, and other hands-on activities will provide hours of entertainment for kids and families.

The Vander Veer horticulturists who developed the tour wish to encourage visitors to understand, interact and see how the landscape has evolved and relates to the conservatory, the land and even their own backyards. Anderson says that the tour poses such questions as "Why interact with plants? Why are certain plants here?" As part of the Treeology tour, visitors are encouraged to pick up a tree map, bask in the subtropical comfort of the conservatory, browse through the indoor plants and view the original 1910 map of the park.

*Treeology kicks off on Memorial Day and will run through Labor Day. Admission to Vander Veer Park is free; the conservatory is open Tuesday through Sunday, 10 a.m. to 4 p.m., with an admission charge of \$1. For more information, call Vander Veer Botanical Park at (563) 326-7818.*



Join Us On the Road to Energy Independence



**E85**  
85% Ethanol

### **Gold Star FS / FASTSTOP**

E-85 — Available at 3 area locations

1601 1st Avenue, Silvis, IL Rt. 30, Morrison, IL

I-80 & Rt. 78, Annawan, IL

[www.goldstarfs.com](http://www.goldstarfs.com)

*Good for the Environment – Good for your Budget!*

*Pay at the Pump – All major Credit Cards Accepted*

E-85 IS FOR USE IN FLEX-FUEL VEHICLES ONLY



**COSC**

Register  
at [ICOSC.COM](http://ICOSC.COM) or  
515-707-2784

MAY 7 | FAIRFIELD  
Free! Bob Yapp Historic Home Seminar

MAY 12 & 13 | FAIRFIELD  
Building Rehab Workshop for Professionals

## THE ECCLESIA OF I AM SPIRITUAL CENTER

*Are you searching without knowing  
what you are searching for?*

*When we open up to the realization  
we are each individualized expressions  
of Spirit we can begin to find comfort within.*

*Join us as we seek to enter an  
energetic vibration that anchors our  
awareness of our essential perfection and  
oneness with the I Am Presence of the Self.  
It is our intention to provide a loving space  
dedicated to knowing the Truth of who  
we really are and recognizing with  
full knowing that all things are possible  
in universal consciousness.*

*Join us Sundays at 10:00am and 6:00pm.*

**2670 Riverbend Rd, Bettendorf, IA**

# FOUR MOUNDS INN



## BED & BREAKFAST DUBUQUE, IOWA OVERLOOKING THE MISSISSIPPI RIVER

Choose from seven Bedrooms in the  
*Grey Mission Mansion*

- \* Built in 1908
- \* Whole house rental available
- \* Tranquil atmosphere

Stay in the *Private Cabin*

- \* Large brick fire place
- \* Full kitchen
- \* Relaxing

Surrounded by 54 rolling acres

- \* Native Prairies
- \* Hiking Trails
- \* Timbered Bluffs

A delicious full breakfast is served

Gift certificates available

## FOUR MOUNDS INN

Bed & Breakfast

4900 Peru Road

Dubuque, IA 52001

Marie FitzGerald, Manager

[inn@fourmounds.org](mailto:inn@fourmounds.org)

563-556-1908

[www.fourmounds.org](http://www.fourmounds.org)



eating well

# Use your noodles

Simple ingredients combine to make an easy treat

By Lee Svitak Dean, from McClatchy Newspapers

The picked-over turkey carcass lay abandoned on the cutting board, awaiting action from me, a thrifty cook who lets no food go to waste. “I think I’ll make soup,” I declared to no one in particular, but my son responded nonetheless.

“Make egg noodles,” he said hopefully. “Like you always used to.”

Such are the vagaries of memory. I had only made egg noodles once, and he helped me on that occasion, when he was 10 years old. Now he’s 25.

On that youthful day long ago, with a soup pot simmering and my tattered Betty Crocker cookbook at my side, we set to work. Flour, eggs, water and salt. It was an easy dough for us novices. “You cut the noodles,” I told him and, with a knife in his wavering hand, his brow furrowed from concentration, he did. Then he beamed.

Since that day when my son requested noodles, I’ve made them many times. Mine are strictly low-tech. I don’t use a pasta machine. In fact, this recipe requires only a pair of hands, a rolling pin and a sharp knife.

The spur-of-the-moment cooking lesson had been prompted by memories of my grandmother making egg noodles at her red kitchen table, cutting the noodles and softly singing “Rock of Ages” and “I Come to the Garden Alone” as the boiling water steamed the kitchen windows.

Be forewarned: You do need a little patience with this task because the noodles need to dry. (You’ve heard of watching paint dry? Well, this takes about the same amount of time.) A couple of hours are needed before the noodles are ready for the boiling water or simmering soup. Actual work time: about 15 minutes.

The texture of homemade noodles is unmistakable: chewy rather than the slippery presence that commercial brands offer. The phrase *al dente* comes to mind. Homemade also looks different: thicker, not quite so perfect — in today’s parlance, they would be called “artisan.” Serve the noodles in soups or with stews or sauces atop. In the early summer a plateful of noodles with nothing more than a little butter and some diced fresh herbs is a treat.

Homemade noodles are a link to the past with a flavor profile of the present. Mmm. Good. And the memories? Indelible.



## Egg Noodles

3 egg yolks  
1 whole egg  
3 tablespoons water, or more  
¼ teaspoons salt, optional  
2 cups all-purpose flour

In a large bowl, lightly beat together egg yolks and whole egg with 3 tablespoons water and salt. Add the flour and mix thoroughly. On a floured surface, gently knead dough for 2 to 3 minutes, adding additional sprinkles of water, if necessary for easier handling. Divide dough into 3 parts.

With a rolling pin dusted in flour, roll out 1 mound of dough paper-thin (the dimensions do not matter), turning it over as you work. Let the dough dry for about 30 minutes. Meanwhile, repeat with remaining dough.

When the dough has become partially dry on its top surface, roll up the dough as you would for a jelly roll (you may need to use a knife underneath the dough to remove it cleanly from the

bottom surface). With a sharp knife, cut the dough to your preferred width (from ⅛ inch for a fine noodle to ½ inch for a broad noodle). Unroll the strips, cutting them further into shorter pieces, if desired. If the strips are kept long, hang them over a wooden spoon propped between two bowls to dry. Let the noodles dry for about 2 hours.

For immediate use: Drop noodles into a big pot of salted boiling water or simmering soup and cook, uncovered, for 8 to 10 minutes. If cooked in water, drain and toss with a little oil or butter to keep the noodles from sticking. Fresh, uncooked noodles can be stored in an airtight container in the refrigerator for about a week.

To store dried: Let noodles dry completely or they will mold. Seal in an airtight container for a month in a cool, dry spot. Cook as with fresh noodles, but for a little longer time.

To freeze: Fresh or dried noodles can be frozen, then put directly into the boiling water from the freezer to cook.

Makes 6 cups.



Enjoy fresh organic & heirloom produce  
Fresh picked from my garden to you!



Visit the Heilmann  
Hawkeye Acres  
booth at the  
Davenport  
Freight House  
Farmers Market  
Tues. & Sat.



— 2011 —  
**Organic CSA  
Membership  
Available**

**Heilmann  
Hawkeye Acres**  
— USDA Certified Organic Farm —  
Goose Lake, IA  
**Call: 563-522-2923**

### My customers ask me...

how I am able to bring in such high quality ingredients, like real crab meat, jumbo shrimp, Local Beef, Pork and Chicken and quality fresh herbs & vegetables. I tell them I want to give the best to my customers, **We Care About What You Eat.** I am here from Thailand studying Chiropractic. I was a nurse in Thailand where we ate very healthy, fresh and delicious foods everyday. I want to share these foods with the people of the Quad Cities. I buy ingredients for my restaurant that I want my family to eat. I cook all orders fresh. **Please come & try genuine, delicious Thai Food.**

**FREE Egg Roll or  
Dumpling Appetizers  
with your Dinner Order**

Expires May 30, 2011

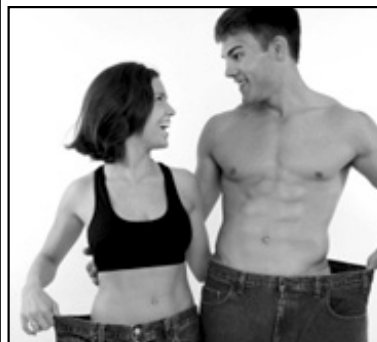
Open at 4:30 Mon.-Sat. ~ Carry out available

**THAI GARDEN  
RESTAURANT**

1600 Crosstown Ave., Silvis  
(formerly Pauper's Den)  
**309-792-1045**

[thaigardenqc.com](http://thaigardenqc.com)

# Lose Weight with e-HCG



HCG has helped thousands of people lose these "stubborn" pounds.

In addition to weight loss, patients who have completed the HCG program typically experience many other health benefits, including an increase in energy and a drop in cholesterol, triglycerides, blood pressure and blood sugar.



## On Sale Now!

Receive a FREE e-HCG "The Special Diet" Book with a e-HCG purchase.

**Made to Order**

**WE USE ONLY REAL FRUIT  
AND JUICE**

**For Breakfast, Snack or Lunch...  
Your Quick & Healthy Choice!**



**NO ADDITIVES  
NO Artificial Flavorings  
NO MIXES**

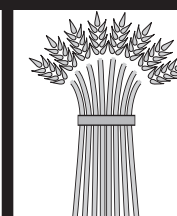
## BODY PRODUCTS THAT ARE SAFE FOR YOU & SAFE FOR THE EARTH!

**What are  
you putting on  
your skin?**

- Natural Organic Hair & Skin Care
- Cosmetics - Children & Infant Products
- Fragrance - Bath Products
- Men's Products - And more.....

**Stop By Heritage Natural Foods & Ask Our Experienced Staff About  
All-Natural, Safe & Effective Body Products**

**HERITAGE**



**NATURAL FOODS**

**We have the solution... "naturally!"**

**1317 6th Ave., Moline  
309-764-1912**

Monday-Friday 10am-6pm • Saturday 9am-5pm

**3875 Elmore, Davenport  
563-344-2100**

Monday-Friday 10am-7pm • Saturday 9am-5pm

## We offer a New Baby Registry for Your Baby Shower!



### Why Use Cotton Diapers?

**For your baby ...** Cotton diapers are so soft and comfy. And cotton diapers are healthy for babies!

**For the planet ...** Healthier for babies — but child's play to use!

**For you ...** Not only are they less expensive than disposables — but cotton diapers are easy to use.

Hi my name is Laura. My husband Jake and I live in the Quad Cities and have three children.

When first expecting we wanted to make a decision about diapers that was good for our baby, good for the earth and convenient. **We discovered that cloth diapering was healthier for our children and the planet, plus convenient and would save us money! We love using cloth diapers!** We wanted to share our discovery with family and friends and now share it with you.

Please consider cloth diapers for your baby.

**Live Healthy, Jake Beck and Laura Revell**

Please call  
**563-940-0723**  
or visit our website.  
[www.greenbottoms.com](http://www.greenbottoms.com)

**GREEN BOTTOMS**  
Making the World Greener One Bottom at a Time.

We offer pick-up in the Quad Cities to avoid delivery charges and in-home consultations.

healthy living

# Trappist Caskets

## Monks sustain themselves by the work of their hands

By Sarah J. Gardner

Summer or winter, the day begins hushed and in darkness. The Cistercian monks of New Melleray Abbey in Peosta, Iowa, rise at 3:15 a.m. and walk the unlit limestone corridors to the chapel, where they gather to sing psalms and listen to scripture. The morning that follows has a certain rhythm: simple breakfast, reading, prayer, all performed in silence. The monks return to the chapel at 6:30 a.m. and again at 9:15 a.m., summoned by a bell. Then they change their clothes and quietly make their way across the road to begin their day's work: crafting caskets.

"It's a corporal act of mercy for the monks," explains Sam Mulgrew, general manager for Trappist Caskets. "It allows them to be involved in and minister to the suffering of others, even though they are living a sequestered life."

Crafting the caskets also allows the monks to carry their contemplative practices into their workday. Cistercian monks (also known as Trappists) follow the Rule of St. Benedict, which calls them to "live by the work of their hands."

"The primary purpose of manual labor for a monk is cultivation of interior quiet and mindfulness of God," explains the Rev. Alberic Farbolin, one of the monks at New Melleray. For him, building the caskets "is routine and yet requires intense concentration to be done properly, and so, I find, it focuses me mentally while leaving my heart free to 'ponder all this in my heart' as was said of Mary, the Mother of God."

Before leaving the abbey grounds, each of the caskets is taken into a chapel built adjacent to the wood shop and blessed by one of the monks. The names of the persons interred in the caskets are likewise inscribed in a book, which is kept at the abbey and prayed over by the monks. Farbolin says, in working on the caskets, he feels connected "with the family who will gather around it," as well as with all of humanity, united in the mystery of death.

## Cottage industry

Manufacturing the caskets for sale is a relatively new undertaking in the history of the abbey, founded in 1849. In years past, the monks supported themselves through farm work, but as the farm economy worsened, they began looking for other ways to sustain themselves. Traditionally, they had built caskets in which to bury their own members. In 1999, they began selling caskets to the public to support the abbey.

"The monks don't live to make caskets, they make caskets to pursue their vocation," explains Mulgrew, who describes their operations as a true cottage industry. As such, the monks are involved in all parts of the process — in managing the forest, sawing the lumber, assembling and upholstering the caskets, but also in the accounting, sales and logistics end of the business.

The monks are joined in their labor by lay workers. The work can be difficult because of the emotional nature of what they are doing, says Dennis Felton, one such craftsman who works alongside the monks. "But the monks are very decent to work with," says Felton, who sometimes joins them in prayer over his lunch break.

On the work floor, it can be hard to tell the lay workers apart from the monks. In part this is because they are all dressed similarly, in slightly worn work clothes lightly powdered with sawdust on the front and shoulders.

It is also, though, because the workers all go about their labor with a shared bearing of concentration and purpose. There is little idle chatter on the work floor and no loud clanging of machinery or clumsy movements. The only sounds are the hum of the mechanical saws and sanders. Large windows looking out onto the surrounding farmland bathe the workspace in natural light. The smell of fresh-cut lumber hangs in the air.

## Sustainable forestry

At the heart of the monks' undertaking is a living forest. Full of red and white oak, black walnut, hard maple and bitternut hickory trees, some of them nearly a century old, the forest lies within the abbey's property. Five different deep ravines run through the forest, which covers more than 1,300 acres.

Every casket crafted by the monks is made from trees harvested from this forest. The timberland is carefully managed by Bill Haywood, who has a master's degree in forestry from Iowa State University. He has worked with the monks since 1996 to ensure the forest's long-term viability.

"Trees have a natural life span, just like people," explains Haywood. As part of the forest's management plan, trees planted now won't be harvested until they are 100 years old, says Haywood.

Also part of the management plan are some very careful logging practices. The smallest logging equipment available is used, allowing the monks to harvest only trees that have reached full maturity rather than having to clear the surrounding trees as well. The trees are also logged in winter to minimize damage to the ground as they are hauled away. And for every casket or urn that is purchased from the monks, a new tree is planted as a living memorial.

While watching the monks at work in the wood shop, the adage "in the midst of life we are in death" comes to mind. In contemplating the living legacy of the forest, though, it's striking how the reverse is also true — in the midst of death, there is life.

*For a longer version of this story, visit [radishmagazine.com](http://radishmagazine.com).*





Brother Paul of Trappist Caskets works on upholstering a casket with muslin. (Submitted)



Create life-long health!



## Self-Healing Through Movement and Vision Improvement

with *Meir Schneider, Ph.D., L.M.T.*

June 25 & 26, 2011 • 9am - 4pm

June 25 & 26, 2011  
9am - 4pm

Institute of Therapeutic  
Massage and Wellness  
1730 Wilkes Avenue  
Davenport, Iowa

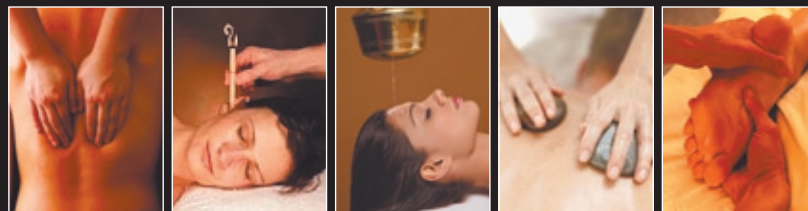
\$125 for 1 day  
\$225 for 2 days

To Register, call:  
563-570-8552  
415-665-9574

[www.self-healing.org](http://www.self-healing.org)

Muscle memory from daily routines cause a person-- on average, to use less than 10% of their 600 total muscles. This creates imbalanced movement patterns that damage our bodies, and our habits of staring at computer screens and relying on glasses cause us to ignore our peripheries and eventually deteriorate our vision.

Learn how to relax overused muscles and use muscles you've never used before. Discover how to use your muscles efficiently, increase joint mobility, build a healthy back, and prevent degenerative conditions of the body and eyes.



*John Taylor*

Salon and Day Spa

Offering Alternatives for Maintaining your Health

Massage  
Ear Candling  
Shirodhara  
Hot Stone  
Reflexology  
Steamy Wonder  
Sea Detox Wraps  
Sinus Massage

309.786.7090

4108 Blackhawk Rd.  
Rock Valley Plaza, Rock Island  
[johntaylordayspa.com](http://johntaylordayspa.com)

309.756.4696

777 Jumer Drive  
Jumers Casino, Rock Island  
[jumerscri.com](http://jumerscri.com)

body, mind & soul

# Life lessons

## Don't forget your servings of vegetables or forgiveness

By Leon Lagerstam

Eating your vegetables and forgiving people can improve your health. And they're both good habits Mara Adams, an associate professor in the theology department at St. Ambrose University, wants her students to develop. She'll leave nutrition information, though, to the dietitians.

Adams became much more interested in studying and teaching the concept of forgiveness after attending a Spirituality and Health Conference at Duke University, in North Carolina, a couple years ago. She quickly discovered that forgiveness was an issue affecting people's physical and spiritual health. Forgiveness can relieve stress, lower blood pressure and reduce the risks of severe depression and heart disease.

Adams shares that information with freshmen in a course titled "Forgiveness, Reconciliation and Peace Building." In developing her curriculum, Adams teamed up with colleague Robert Enright, an educational psychology professor at the University of Wisconsin-Madison. They joined forces to turn the class into a global initiative, thanks a lot to the power of Facebook. It allowed students from the Davenport and Madison universities to include peers attending St. Mary's University College in Belfast, Ireland, an area known for its long-standing and sometimes violent divisions between Irish Catholic and English Protestant cultures. Topics and lessons were listed on the Facebook page for all of the students and faculty members to discuss with one another.

Positive Facebook feedback Adams received served as encouraging signs that students were getting the idea of how important and healthy forgiveness can be, she said. "My goal was first to help people understand what forgiveness is — that it's a process or a procedure," says Adams. "And that it takes time."

Adams also hopes Ambrose students can become

ambassadors for peace by helping teach similar forgiveness lessons to students in local preschools, elementary schools and middle schools, and to tie it into anti-bullying programs already in place. To support this initiative, Adams recently received a Scott County Regional Authority grant.



St. Ambrose University professor Mara Adams. (Submitted)

One of her Ambrose students, Emma Williams, 19, knows that forgiveness takes time all too well. She remembers being told as a child in Sunday school that she's supposed to forgive people, but she's spent the past 12 years not being able to forgive the man

who killed one of her childhood best friends in a drunk-driving accident.

As she grew and heard reports about the man's early dismissal from prison, and saw pictures on the news of his smiling face, she felt outraged, she says. "I started thinking there was no way I ever could forgive him for what he did," Williams says.

But a time came when she knew she had to come to terms with it. However, she couldn't remember anyone from her Sunday school days telling her how to forgive. Adams' course on forgiveness provided valuable insight for Williams.

She's not reached the point, yet, of forgiving the man, but understanding the process of how she can one day "is like a huge weight being lifted off my shoulders," Williams says.

She still "struggles long and hard over the fact that the drunk driver never apologized for it," she says.

That's not surprising or unexpected, Adams says. Forgetting and forgiving are two different things, says Adams, who explains, "I really do want students to understand that forgiveness isn't a sign of accepting evil behavior."

Forgiveness isn't the same as excusing someone for their bad behavior, and doesn't mean you're being "soft" toward people who do you wrong, says Adams. "Forgiveness is when you give up a perceived right or a desire for revenge," she says.

She cites Bishop Desmond Tutu, who once said forgiveness is not amnesia. You do not forget, and you still may believe a consequence is appropriate for the wrong that was done, but you let go of your anger.

Adams also wants her students to understand that forgiveness and reconciliation are separate concepts. A main thing Adams wants her students to realize, though, is that forgiveness is a choice, like deciding to "eat your six servings of vegetables," Adams says. It's a choice that's good for your health and life.



**WQPT** PRESENTS

THE ROAD THEY TRAVELED CHANGED OUR NATION



# FREEDOM RIDERS

In 1961, 400 ordinary Americans risked everything for equality.

This is their inspiring true story.

WEDNESDAY MAY 25 | 8:00PM



#### Gold Sponsors



#### Silver Sponsors

The Westbrook Singers  
Western Illinois University Student Government Association

#### Bronze Sponsors

100 Black Men of the Quad Cities  
Ascentra Credit Union  
Royal Neighbors of America  
Western Illinois University Association of Latin American Students

#### Copper Sponsors

St. Ambrose University Campus Ministries: Ambrosians for Peace & Justice  
NAACP Davenport Branch

#### Additional Supporters

Churches United

Western Illinois University Society

National Funding Provided by



LEARN MORE ABOUT FREEDOM RIDERS AT [WQPT.ORG](http://WQPT.ORG)

## The All-New 2012 Honda Civic

Style, Fuel Economy & Performance  
Two models offer 40+ mpg



2012 Honda Civic EX Coupe



2012 Honda Civic Si Coupe



## immerman Honda

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

1740 5TH AVENUE ■ ROCK ISLAND, ILLINOIS

NEW (309) 788-9304

USED (309) 788-0648 ■ BUDGET (309) 788-0649

*Zimmerman Honda is locally owned and has been serving the Quad Cities for over 57 years.*

We will be here to honor your new car warranty and service your vehicle needs.

health & fitness

# Bring your bikes

## criterium offers much to do for both racers and spectators

By Pamela Berenger

For Donnie Miller, bicycles and cycling are life. It is a passion that began early. “I remember my first bike was an adult bike,” says Miller. “It was so big I had blocks on the pedals. My dad encouraged me to race, and I did. I had regular races among the neighborhood kids. When I wasn’t racing the kids, I did laps, 50 to 60 every time, sometimes in the dark.”

When Miller was 5 years old, his father took him to his first criterium bike race, an event that involves multiple laps on a short course (usually on closed-off city streets). At 17, Miller began competing in the races himself.

Now Miller serves as the race chairman for the Modern Woodmen Bank Quad Cities Criterium, an annual event that will take place May 30. In addition to organizing races, Miller is also a cycling instructor certified by the League of American Bicyclists and a safety consultant for the League of Illinois Bicyclists.

It’s vital that people, even hobbyists, learn to properly ride a bike and know the rules of the road as they apply to bicyclists, he said. “Learning to ride safely is a matter of life or death. Everybody has crossed paths with the person who rides on the wrong side of the road or doesn’t know their hand signals. There are many people who don’t know how to negotiate obstacles. I help people learn the safe way to ride.”

To help spread the safety message, the criterium features a “great big bicycle rodeo” from 9 a.m. to noon. Race attendees of all ages have the chance to bring their own bikes and take advantage of free lessons at the rodeo. These include tips on how to properly fit a helmet, do a quick check of the bike, and practice skills needed to ride safely in a variety of situations, including how to ride on sidewalks, deal with dangerous driveways and negotiate turns.

After brushing up on bicycle safety, rodeo participants can settle in to see how the more experienced cyclists manage the hourglass course laid out in the District of Rock Island. The Memorial Day race is the final day of racing in the Nature Valley Grand Pro Ride, which also includes the Snake Island Criterium in Burlington, Iowa, and the Melon City Criterium in Muscatine, Iowa. Miller says the Memorial Day weekend races will attract hundreds of men and women across the globe who eat, sleep and live bicycles.

Why is that? The top amateur man and woman from those races can win an invitation to join professional bicycle racers at the Nature Valley Grand Prix held June 15-19 in East Central Minnesota and Western Wisconsin.

“This is the American Idol of bicycle racing,” says Miller. “It is the ultimate prize ... to be picked up by a pro team. This is the chance for bicycling to become their everyday job. This race is huge. The riders who don’t get in at the other Nature Valley Pro Rides will have to come to ours and do all three, not just one. It will be an event people will want to see.”



File

Even to compete at this level, Miller says, the cyclists must commit to very demanding training regimens. This includes careful attention to nutrition and several hundred miles a week logged on the bike.

Although his commitment level is there, Miller says “there’s not a chance,” of him winning an invitation to the Nature Valley Grand Prix. “I learned a long time ago that I do it for the love of it,” he says. “To be competitive the commitment level is high. There’s little time for anything else.”

Like Miller, hundreds of others will be at the race that day, not for the chance of becoming professional riders, but purely for the love of cycling. And if not for that, well, then, there’s always the pancakes: the Kiwanis Club of Rock Island will be hosting a pancake breakfast from 6 to 10 a.m. on the morning of the race, open to spectators, racers, volunteers and anyone else, says Miller. For \$5, you can get three pancakes, two sausage links and — who knows — the chance to chow down elbow to elbow with someone who may just end up being the next Lance Armstrong.

*For more information on the day’s events, visit [quadcitiescriterium.com](http://quadcitiescriterium.com).*



## Feel Happy! Join us!

Thursday Night Yoga Workshops

5:30-6:45 pm

May 3rd Anxiety

May 10th Neck & Shoulder

May 17th Restorative

May 24th BreathWork

Introduction to Yoga Classes starting  
EVERY 6-Weeks!

The Davenport School of Yoga  
has been sharing the **Insight & Power**  
of Yoga with the Quad Cities since 1996.

We are proud to be the Quad Cities  
"original" Yoga Studio.

We specialize in Traditional Hatha Yoga.

You can expect Fundamental Classes from  
our instructors, emphasizing the most  
important aspects of any Yoga Practice:

- \*Strength \*Flexibility \*Balance
- \*Internal focus
- \*Release of Tension & Stress



The Davenport  
School of Yoga  
421 Brady Street  
Davenport, Iowa  
563-322-5354

www.DavenportSchoolOfYoga.com



Bring the gentle techniques of Integrative  
Reflexology into your practice, or start your  
practice as an Integrative Reflexologist.

### The Foot Bridge is offering a Level I Certification Class

8 hrs. in class, 22 hrs. home study. LMT's will  
receive NCBTMB credit for all 30 hours.

Date: **May 14**

Time: **8am-5pm**

Location: **Trinity Enrichment Center,  
Bettendorf, IA**

Integrative Reflexology™ is a CMM, Inc. Seminar

## The Foot Bridge



Ph: 563-343-6821

amy.s.petersen@gmail.com

www.integrativereflexology.com

- Design & Construction Integrity • Locally Owned & Locally Built



### Our Homes Feature:

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

Visit our  
model homes  
in Cambridge, IL  
Daily 9 AM-4 PM

## CSI Homes

CSI Homes, a division of CSI Manufacturing

P.O. Box 138, Cambridge, IL 61238

Call us TOLL FREE 866-937-5544

www.csihomesonline.com



- Organic teeth whitening
- Manicure: *all natural products*
- Pedicure: *all natural products*
- Infrared sauna
- Massage
- Spa capsule
- Custom airbrush tanning
- Fresh Juice Bar *Opens at 7:00 am*
- Colon hydrotherapy  
*(may also be used to prepare for your annual colonoscopy)*

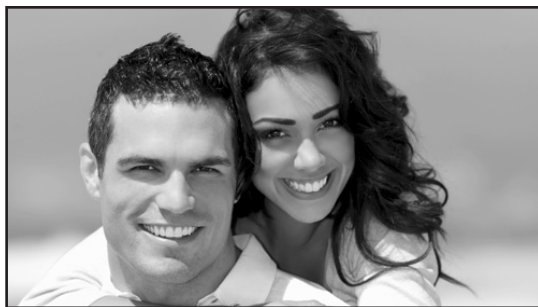
**Mother's Day  
Gift Certificates Available.**

# REALM

WELLNESS SPA

150 16½ Street, Rock Island, Illinois 61201  
309-786-9355

Open 7am - Closed Mondays



LIVE A LIFE THAT YOU LOVE,  
IN A BODY THAT YOU ADMIRE!

Call us or visit our website  
www.realmspaqa.com

## COLON HYDROTHERAPY BOOT CAMP

5 sessions, 5 days,



## 21 DAY DETOX PROGRAM

food

# Violet jelly

## The humble wild flower works wonders in this spring treat

By Maggie Howe

Capturing all the flavors of the growing season in a jelly jar is one of my passions. This year-long quest to bottle sunlight begins early each spring when the wee purple violet flowers appear, hiding shyly along the slightly shady woodlands and the back reaches of everyday backyards. These blossoms can be transformed into a row of shimmering, purple jars of luscious, fragrant jelly to be enjoyed year-round.

Wild violets are easy to identify and are a wonderful plant to wildcraft. They're plentiful, recognizable and tasty. They have heart-shaped, deep green leaves and small purple flowers. Violets grow in wooded and slightly shady areas in all parts of the U.S. On a sunny spring day when the violets are blooming, head outdoors with a bowl or basket and spend a pleasant half-hour picking blossoms. Children (and felines) seem to enjoy "helping" with this process, too.

To pick your violets, choose a location that is relatively clean, not too dusty or muddy, and not sprayed with chemicals or pesticides. Look for fully opened buds for the best color and flavor. While you are out gathering flowers, pick some of the young, green leaves, too. These you can add to your spring salad along with any extra blossoms. The leaves and flowers are chock-full of vitamins A and C and contain antioxidants to boot! All of that — and for free! Isn't Mother Nature generous?



Submitted

To concoct your jelly, wash the flowers well, drain, and place them in heat-proof glass or nonreactive bowl. Pour boiling water over petals, cover the bowl, and let steep from 30 minutes to 24 hours. Strain through a fine sieve, reserving the liquid. You should have about 1¾ cup of deep blue tea. If not using immediately, refrigerate up to 24 hours or carefully label and freeze the infusion.

At this point, you may be scratching your head and wondering how pretty purple flowers become pretty purple jelly when you are looking at navy blue tea. Do not fear. This is where the kitchen magic begins! In a large pot, combine your violet infusion and the lemon juice, then marvel as the tea magically changes color. Add the 4 cups sugar, and bring to a full rolling boil on high heat, stirring frequently.

Add the liquid pectin and continue to boil 2 minutes, skimming any foam that may rise to the surface. Turn off heat, and ladle quickly into sterilized jars to within about ⅛ inch from the top. Clean each rim and the threads of the jar as it is filled, and place a flat lid and ring on each before filling the next.

Place jars in your canner and — making sure water is at least 1 inch over jars — boil for 10 minutes. Remove jars, let cool, and then test to make sure jars have sealed. (If the lid "pops," the jar hasn't sealed and should be refrigerated. The jelly is still safe to eat if used within a few weeks.)

To enjoy violet jelly at its rustic best, slather it on homemade toast with butter.

Or impress friends and use it as a layer in a trifle with angel cake, homemade whipped cream, fresh berries and violet blossoms sprinkled on top. The jelly can also be used as a filling for thumbprint cookies.

In the event that your jelly doesn't "jell" — no fear!

You have simply made violet syrup instead. Violet syrup is delicious in tea, drizzled into your favorite white cake, and absolutely stunning added to sparkling water, white wine or champagne.

*For a recipe for Thumbprint Cookies to make with violet jelly, turn to Resources, page 38.*

### 🌸 Violet Jelly 🌸

- 2 heaping cups of fresh violet petals
- 2 cups boiling water
- ¼ cup bottled lemon juice
- 4 cups sugar
- 3 ounce liquid pectin (Certo)
- 4-5 half-pint jars



# Hoopring

Everyone is invited to the  
**Hoopring Workshop**

**May 14th, 2011 – 1:00-2:00 pm**

**Riverside Park (behind the pool)**

Join in the new exercise craze simply known as **"HOOPING"**. Hooping is a new way to have fun and get fit by bringing your 1950s style Hula-hoop into the 21st century! Moline Parks will host a **FREE** workshop on Saturday, May 14th at Riverside Park, 1:00 pm. This activity is appropriate for the whole family as all ages and abilities are welcome!

**Hoopring is HERE!** "Now there's a fun exercise program"

The first class will include making a hoop.

— A \$5 material fee will be collected. —

**Session 1: May 17-June 23, Tues & Thurs 5:30 pm to 6:30 pm**

**Location: Riverside Park behind the pool / Offered to all ages**

**Fee: \$40 • More Sessions to Follow!**

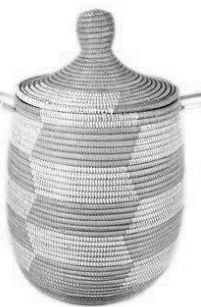


**Call 309-524-2424 to register for the first session.**

**MOLINE PARKS & RECREATION**

**www.moline.il.us**

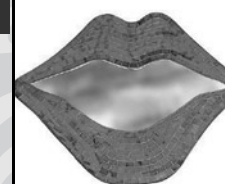
GIFTS FOR WEDDINGS GRADUATIONS HOLIDAYS



**SIS**  
**INTERNATIONAL**  
Gifts, Fair Trade

A Fair Trade Shop  
**NOW OPEN**  
in the Quad Cities!

Find us on:  
**facebook**



Shop **FAIRTRADE**



1605 N Harrison,  
Davenport, Iowa

parking available in rear  
Across from Greatest  
Grains on Harrison

**563-424-2012**

Shop **FAIRTRADE**

**Receive**  
**\$5.00 OFF**

a \$25.00 purchase

**JOIN US!!!!**

Take a Fair Trade  
Coffee Break & Celebrate  
**World Fair Trade Day**  
**Saturday May 14th**

at SiS International Fair Trade Shop  
World Fair Trade Day is part of a  
moment to connect farmers and artisans  
with customers. Fair Trade products shift power to cooperatives  
and farmers encouraging Stability, Sustainability, Empowerment and  
Community. Come join us in taking a moment to think about the people  
who grow our food and produce our goods.

*Free Fair Trade Coffee and Tea will be served, BYO MUG*

Stability  
Sustainability  
Empowerment  
Community

**It's What You've Been Waiting For!**

Contact Doug Elam,  
an environmentalist for over 40 years!



**319-654-4007**

**www.dragonairewp.com**

**Sustainable energy for your home,  
school, church or farm!**

gardens

# Dirt therapy

## Tools, techniques help gardeners overcome limitations

By Sharon Wren

Gardeners daydream all through the winter about this time of year, but for those with physical limitations, spring may be cruel because they think they can't indulge in their favorite activity. Not so, say the recreational therapists at Trinity Medical Center in Rock Island. With a few adjustments in how they work, gardeners of all abilities can keep the dirt under their fingernails.

The time and energy involved to weed and water makes gardening an excellent form of therapy, says recreational therapist Kate Parr. In fact, for many patients, digging in the dirt accomplishes more than traditional physical therapy techniques. "It's good for physical, social and emotional functioning," she explains.

Stacia Carroll, a fellow recreational therapist at Trinity, agrees. "Gardening is great (as physical therapy) because it works on endurance and strength," she says.

Because of this, an adaptive garden is maintained at the hospital that allows patients to get hands-on experience with different gardening methods and lets therapists assist patients in working through any challenges that might arise. Some of the patients have an interest in gardening but haven't been active in the garden in some time. The recreational therapists show them how to adapt their past practices to their current abilities. Others are new to gardening entirely.

The biggest challenge for many gardeners is being able to reach their plants, say Trinity's recreational therapists. Arthritis patients and those in wheelchairs can't always reach the ground. "We tell them to move the garden up to them," says Parr. "Try container gardens, raised beds and boxes, or hanging gardens — anything, as long as it doesn't require stooping and bending. If that's not possible, use lightweight, long-handled tools." Companies like OXO make products that have larger, more ergonomic handles. In the Quad-Cities, Teske Pet and Garden Center and Wallace's Garden Center carry some OXO products and can order others.

Buying adaptive gardening tools doesn't have to break the bank, according to Carroll, who says many affordable gardening items can be found at dollar stores. She recommends looking in other aisles beyond the gardening department. Take the toy section, for example. "Children's gardening tools are good because they're lightweight," says Carroll. And they work.

Of course, it's not always necessary to buy new tools; sometimes you can improvise something better with items found around the house, says Parr. One recent gadget put together by the therapists involved an oven mitt, Velcro and D-rings to enable a patient to grip the tool more easily. Bicycle grips and cushioned baseball tape also can be used on tools a gardener already owns to improve grip. "The tools you can buy can be pricey, but you can adapt things with Velcro," explains Parr.

Other adaptive strategies are more straightforward. Sitting in a chair makes it easier to reach weeds and plant seeds, for example, and making sure the chair is lightweight makes it easier to move down the row. Watering wands attached



Trinity therapists Kate Parr, Hillary Milo and Stacia Carroll work with gardening tools adapted for those with physical limitations. (Photo by John Greenwood / Radish)

to hoses allow gardeners to reach farther, both up and down. Spring release tools make pruning easier, while cordless power tools are lightweight and easy to carry around without worrying about tripping or running over cords.

Hillary Milo, another recreational therapist at Trinity, says there are many ways to make seed and bulb planting easier. She recommends using pepper shakers to sprinkle seeds or planting strips of seeds. Many seed catalogs carry seed tapes, which are biodegradable strips embedded with small seeds like lettuce and carrots. There are also several websites that show how to make homemade seed tapes. "You can use PVC pipe to plant bulbs or plants," says Milo. "You put one end over the hole and drop the plant or bulb down the other end." A long-handled hoe can be used to firm the dirt over the plant or bulb.

Gardening doesn't always have to mean digging around in the backyard, either. Parr suggests rethinking the definition. "Try tabletop water gardens, hydroponics on a small-scale or terrariums," she says. Tools for this kind of gardening are not only lightweight but often can be found around the home, such as chopsticks or miniature tools normally used for decoration.

Milo believes all the work involved in adapting gardens and tools are worth it. "The patients love it, but it takes some coaxing," she says. "One gentleman was thrilled to garden again. He said, 'I have something that changes everything.' Sometimes they just need a push and guidance to do it again."





**FIND YOUR PASSION:  
BECOME A  
YOGA TEACHER**

Yoga Alliance Registered  
200 hour Teacher Training Program  
Begins June, 2011  
[www.tapasyogashala.com](http://www.tapasyogashala.com)  
309-236-6084



**tapas yoga shala**

**LIKE** what you read in **Radish**  
HEALTHY LIVING FROM THE GROUND UP


**Come experience it at the Radish  
HEALTHY LIVING FAIR**  
Next to the downtown Davenport  
Freight House Farmer's Market  
Saturday, June 18th 8 am - 3 pm  
[www.radishmagazine.com](http://www.radishmagazine.com)

**FREE ADMISSION  
OPEN TO  
THE PUBLIC**

To book your booth or for more information contact:  
Rachel Griffiths (309) 721-3204  
[rgriffiths@radishmagazine.com](mailto:rgriffiths@radishmagazine.com)

# ARE YOU 50?

Because symptoms may not appear until late in the disease, colorectal cancer can be a silent killer. A colonoscopy is the most effective prevention for colon cancer.





☒ **Schedule your colonoscopy!**


**Gastroenterology  
Consultants**  
a family of healing partners  
**Call 309-762-5560**  
545 Valley View Dr, Moline, IL  
4480 Utica Ridge Rd, Ste 2240, Bettendorf, IA

# Locally grown

Living on Earth, Sundays at 3 p.m.:  
your world, covered

**wvik** 90.3fm  
AUGUSTANA PUBLIC RADIO

 Like us on Facebook [[www.facebook.com/WVIKfm](http://www.facebook.com/WVIKfm)] | [wvik.org](http://wvik.org)

food

# Storage 101

## How to keep your market bounty at optimal freshness

By Donna Duvall

Welcome to the season for leisurely trips to farmers' markets and baskets of ripe produce from the garden. Whether fresh-picked or purchased, fruits and veggies need proper storage to maintain flavor and nutrition. Once picked, produce will deteriorate quickly if not stored correctly, but proper storage under optimal conditions can maintain freshness and taste for a few days or even several weeks.

Not all storage is created equal, though. Even after picking, vegetables are alive and continue respiration or "breathing." Proper storage slows plant respiration and water loss, extending shelf life. The rate of respiration varies with the water content of the plant. Plants with high water content such as lettuce breathe more rapidly and wilt more quickly than low moisture plants such as potatoes.

Proper storage all comes down to two key factors, temperature and humidity, with each fruit and vegetable having slightly different needs. These needs can be divided into roughly four classifications: cold and moist with temperatures between 32 to 40 degrees and high humidity (similar to a muggy day), cool and moist with temperatures between 40 to 50 degrees and high humidity, cool and dry with temperatures between 40 to 50 degrees and moderate humidity (comfortable humidity) and warm and dry with temperatures between 50 to 60 degrees and moderate humidity.

Many refrigerator crispers have a high humidity drawer for storing vegetables and a low humidity drawer for storing fruits. Others are equipped with slides that open for low humidity and close for high. The top of the refrigerator also tends to be a few degrees warmer than the bottom; store produce that likes warmer temperatures such as green beans, cucumbers and eggplant near the top.

To store vegetables that require high humidity, try placing them in perforated plastic or paper bags, or store them in the refrigerator in containers loosely

### Extend the freshness of your produce

Celebrate the season with first and second helpings of garden-fresh vegetables kept at the peak of flavor, freshness and nutrition using proper storage methods. To help keep your produce at its best, try these tips.

**Asparagus:** Store upright in a container of water in the fridge or on a counter.

**Beets:** Remove tops before storage.

**Sweet corn:** Best when freshly picked although some varieties maintain sweetness for several days under refrigeration.

**Cucumbers:** Cukes develop pitting and water-soaked areas if chilled below 40 degrees.

**Garlic:** Store in perforated paper bags (not plastic) or boxes in a cool, well ventilated area.

**Greens** (beet greens, Swiss chard, lettuce, spinach, turnip greens, kale and mustard greens): Wash and spin dry in a salad spinner or wrap in towels to reduce moisture.

**Green Beans:** Keep in mind beans develop pitting if stored below 40 degrees.

**Herbs:** Store in a loosely covered container, or upright in a container of water. Basil leaves will blacken if stored below 50 degrees.

**Potatoes:** Store covered in a cool, dry, dark place such as the basement or pantry. Potatoes that are exposed to light will turn green and develop a bitter taste. New potatoes may be stored in the refrigerator. Starch in the potatoes will turn to sugar when held below 38 degrees and potatoes will taste noticeably sweet.

**Radishes:** Store without tops.

**Tomatoes:** For best flavor store out of refrigeration until cut, then refrigerate.

**Spring fruits** (cherries, berries and strawberries): Fragile. Store them in shallow containers and wash them just before eating.

### Absence makes the produce keep longer

Apples, pears, plums, cantaloupes and peaches require special care. They are all high producers of ethylene gas. Exposure to ethylene gas not only quickens the ripening process in vegetables, but the gas also causes yellowing of green vegetables, russet spots on lettuce, and toughness in asparagus. Store these fruits in a separate location from vegetables.

covered with a damp paper towel. Store greens loosely wrapped in a damp (not wet) paper towel in a perforated plastic bag. Plastic containers with tight fitting lids are not recommended. They collect condensation which will promote spoilage.

*For a list of common market veggies grouped by their ideal storage conditions, turn to Resources, page 38.*



iStockphoto





**Juice PLUS+**

The next best thing to **fruits** and **vegetables**.

Do you get your recommended 9 to 13 daily? Bridge the gap between what you do get and what you should get with Juice Plus. 17 whole fruits and vegetables in convenient capsules. It's clinically proven to work!

For more information go to [www.rrrsharesjuiceplus.com](http://www.rrrsharesjuiceplus.com) or call 309-269-6989.

HEALTHY LIVING FAIR EXHIBITOR



**Aledo**  
Great Shops. Great Food. Great Life!

The secret **is out.**

**Upcoming Summer Events**

June 3 - 4	Rhubarb Fest
June 9 to Oct. 13	Main Street Farmer's Market Thursday evenings from 4 to 6 p.m. in Central Park
July 4	Old-fashioned 4th of July
July 12 - 16	Mercer County Fair

[AledoGreatLife.com](http://AledoGreatLife.com)

# YES, even a TIRE SHOP can GO GREEN

At Iowa City Tire, we help YOU and YOUR CAR reduce your carbon footprint!

Iowa City Tire was the first shop in the Iowa City area to stop using lead wheel weights and replace them with steel wheel weights.

The EPA estimates that up to 2,000 tons of wheel weights fall off each year — one of the largest sources of lead in the environment.



Nitrogen

We carry NITROGEN to fill tires — Did you know? Nitrogen filled tires run cooler, retain pressure longer and wear less, which increases fuel economy.

We carry fuel efficient tires.

- ✓ Expert ASE - Certified technicians
- ✓ Gemini certified
- ✓ Locally & family owned since 1981

**IOWA CITY TIRE**  
**(319) 338-5401**

410 Kirkwood Ave • Iowa City • [ictire.com](http://ictire.com)



Improve Your GAS MILEAGE Check Your Tires!

# TERRY SWAILS CHASING STORMS!


## ON THE CHASE

THIS MAY

**8**  
WQAD

**WQAD.com**

WQAD METEOROLOGIST  
**TERRY SWAILS**

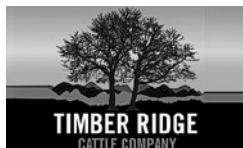


## ♦ Healthy Local ♦ **BEEF SNACK STICKS**

Made with  
**Smoked Meats**  
from **ALL NATURAL**  
**PASTURE-RAISED CATTLE**  
that are hand fed a  
specially formulated  
flax seed supplement  
to increase Omega 3's.

- ♦ No Hormones
- ♦ No Antibiotics
- ♦ No Feed Additives

**Available at area Hy-Vee Stores  
in the Health Mart Section**



[www.timberidgecattle.com](http://www.timberidgecattle.com)

## **Spring Forest Qigong Classes at The Healing Heart Center, Bettendorf, IA**

The goal of Spring Forest Qigong is to enhance the quality of your life by teaching you ways to open your energy channels and maintain balance.

Colds, arthritis, depression – **all diseases** – are simply symptoms of the imbalance of energy flow in the body. Remove the imbalance, and you remove the pain.

**Level I Class begins May 24**

**Call 309-269-6989 for more  
information and to register**  
NCBTMB approved provider

## health & fitness

### **QC in Motion Week has many opportunities to get moving**

By Christy Filby

Recently, inspired by the spring weather, two of my office mates donned their tennis shoes and left on a lunchtime walk. I turned down the offer to join them (too many deadlines), but found myself later wondering if I had made the right choice. Would the fresh air have cleared my mind? Would the physical activity have given me more focus for the afternoon? Would my spirit have been enriched by the color of spring flowers? The resounding answer was “yes,” yet I had chosen my desk chair and computer over a refreshing spring walk.

Unfortunately, I am not alone in my choice. Many people in our community do not take advantage of the little ways we can work physical activity into our lives on a daily basis. The 2010 Quad-Cities Community Vitality Snapshot shows that nearly two out of three adults in Scott and Rock Island counties are overweight or obese. How did we get this way? Well, although I am a believer in personal responsibility, a large part of the blame can fall on the shoulders of a cultural shift over the last 30 to 50 years. This shift can be traced to a number of factors — the rise of the automobile and suburban sprawl, the pressure of the 50- to 60-hour work week, and the tendency toward “convenience” in every aspect of our lives. Today, 40 percent fewer children walk or bike to school than when I was growing up. Many of our trips by car are within a mile of our homes.

How do we change this culture? Fortunately, we don’t have to do it alone. A number of organizations in the Quad-Cities are coming together to promote walking, biking and transit use. As part of this effort, the second annual QC in Motion Week will take place May 14-21. Sponsored by Trinity Health Systems, QC in Motion Week is a week of opportunities dedicated to active living — whether that is just getting out and walking or utilizing active transportation like biking.

The week will focus on promoting ways of incorporating physical activity into your daily routine and increasing awareness that a healthier environment leads to a healthier community. You can take part in a number of special activities at local parks such as disc golf or a scavenger hunt. You can also ride the Loop bus and experience local art offerings during the “Loop d’Arte” event, ride your bike to work or school, or take part in a walking group at your place of work and join other organizations as they walk on May 20. Many more activities will be taking place to help Quad-Cities residents get in motion.

Working together and taking small steps, we can change our culture to one that is healthier for all of us. Tomorrow I think I’ll take that walk at lunchtime and trade my screen saver for a view of the river and my stress for warm sunshine on my face.

*For more information on QC in Motion Week, visit [activatequadcities.org](http://activatequadcities.org).*



Thinkstock

## ***Myofascial Release***

Releasing discomfort, Freeing movement  
Change from a whole-body perspective  
Conditions that can be helped are: Carpel tunnel,  
Back problems, Bladder incontinence, Headaches,  
Plantar fasciitis, Restless legs, TMJ, & Fibromyagia.

### **SERENITY MASSAGE CENTER**

Bettendorf, Iowa • 563-332-5373  
[www.amtamembers.com/darleneneff](http://www.amtamembers.com/darleneneff)

## **New In Town? WELCOME!**

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



Call Teri At (563) 332-6498

[www.qcgreetings.com](http://www.qcgreetings.com)



## Mothers are Special at Tantra

TREAT YOUR MOTHER TO A DELICIOUS,  
RELAXING DINNER AT TANTRA!



*Relax & Enjoy Innovative  
Exotic Dishes & Specialty Martinis*

SPRING FLAVORS • FRESH • DELICIOUS • HEALTHY



# Tantra Asian Fusion

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

**589 EAST 53RD STREET • DAVENPORT, IA**  
**563.445.8898**

Dine In • Catering • Lunch (express available) • Carry Out  
Reservations for Dinner Recommended • Gift Certificates Available

IN MY WORLD  
**BLUE**  
IS THE  
NEW **GREEN.**  
I RIDE METRO.

I like knowing that I'm doing my part for the environment by riding **Metro**.

With a fleet of clean burning compressed natural gas buses—"CNG's"... the skies are a little bluer now for everybody.




**METRO**  
[www.gogreenmetro.com](http://www.gogreenmetro.com)



**New to Indigo? Bring in this ad for 1 Free Class** (limit 1 per person drop in classes only)

309-764-YOGA (9642)



**Sign Up Classes:**

- Core Strength Yoga
- Yoga For Beginners
- Belly Dance Workshop

*See special events page for details*

**Indigo**

*View our calendar of classes at:*  
[www.indigowellness.info](http://www.indigowellness.info)

1621 5th Avenue • Downtown Moline, IL

## Think Sandals! Foot Care

Handmade soaps, lotions, personal care and home care products.




**Iowa Naturals**

1-800-265-5252  
[www.iowanaturals.com](http://www.iowanaturals.com)

## Who Needs Pesticides!



**RED BARN Organics**

[www.RedBarnOrganics.com](http://www.RedBarnOrganics.com)

**Red Barn Organics for your one-stop source for all your organic gardening, household and pet product needs!**



**NATURE'S FRIEND**  
Organic Lawn Care

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

[www.NaturesFriend.net](http://www.NaturesFriend.net)

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

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

## rooting around

### Reduce, reuse, recycle ... and make art

Laura Liegois, solid waste manager at the Muscatine Recycling Center and Transfer station, will conduct a class on recycled art from 2 to 5 p.m. May 7 at the Muscatine Art Center, 1314 Mulberry Ave. Celebrate good stewardship and your own creativity by bringing something that has been recycled; it will become the base for your art project. Cost to participate is \$10 per family. For more information, contact the art center at (563) 263-8282.

### Bring your own mug; the coffee's on SiS

Free fair-trade coffee and tea will be served (bring your own mug) May 14 at SiS International, 1605 N. Harrison St., Davenport, in celebration of World Fair Trade Day. Fair-trade products shift power to cooperatives and farmers, which encourages stability, supports sustainability, empowers individual citizens and builds community. The event is an opportunity to think about the people who grow our food and produce our goods. For more information, call SiS International at (563) 424-2012.

### Short on flower pots? Plant in a boot or bag

The Bickelhaupt Arboretum in Clinton, Iowa, will host Margo Hansen from 10 to 11 a.m. on May 7 for a presentation on annual flowers. Participants can learn more about caring for their summer blooms and perhaps even discover a new favorite. As part of the program, everyone will have an opportunity to create a planter out of a purse or boot to take home. Cost to participate is \$10; class size is limited. For more information or to reserve a spot, call (563) 242-4771.

### Slow Food Iowa City hosts potluck in park

Slow Food Iowa City will host an "Eat-In" celebration from noon to 2 p.m. Saturday, May 7, at Chauncey Swan Park, 220 S. Gilbert St., to mark opening day of the Iowa City Farmers' Market. You can bring a favorite recipe or a dish to share at the potluck, which is free and open to the public. Trade tips, swap recipes, sample others' dishes, learn more about upcoming Slow Food events and meet some of the local farmers who grow food for the market.

### Seeds, shoots, flowers, veggies and herbs: something for every gardener at plant sale

Visit the Rock Island County Extension in Milan, Ill., from 9 a.m. to 2 p.m. May 7 to load up on garden goodies being sold as part of the annual Master Gardeners sale. A wide variety of plants grown and donated by Rock Island County Master Gardeners will be offered, including perennials, annuals, herbs, hanging baskets, house plants, container gardens, vegetable starts and seeds. Gently used gardening tools and books also will be for sale. The event will also feature a raffle for four garden-related prize baskets. Raffle tickets will be sold for \$1 each or 6 for \$5. Proceeds benefit the horticulture programs of Rock Island County Extension. For more information, contact the Rock Island County Extension at (309) 756-9978 ext. 10.



## 'Shift up, throttle back' to save tractor fuel

Rising fuel prices present a challenge for farmers, but depending on the make and model of a tractor, certain driving techniques can improve fuel efficiency. "The first step to reduce fuel consumption is remembering to shift up to a higher gear and ease back on the throttle when the tractor is only partially loaded," said Mark Hanna, ISU Extension agricultural engineer. "This technique alone can easily improve fuel savings by 10 percent." A new publication from Iowa State University Extension illustrates the "shift up, throttle back" technique. It is available to download from the Extension Online Store, [extension.iastate.edu/store](http://extension.iastate.edu/store).

## Get the 'buzz' on natural beekeeping

Famed beekeeper Zan Asha will conduct the workshop, "The Old Time Natural Hive," at 6:30 p.m. May 2 at the Vander Veer Conservatory, 215 W. Central Park Ave., Davenport. The third-generation beekeeper will share her method of beekeeping that involves no hard chemicals and works instead with the seasons and the bees' natural cycle. Participants can expect to learn about bee history and behavior, beekeeping equipment, natural pest management, colony collapse disorder and other maladies, and how to allow bees to "manage" their own hive. Asha is the chief beekeeper for Bronx Bees, an organization bringing pollinators to the cities and educating urbanites to responsibly help bees. Cost to participate in the class is \$50; registration is required. To learn more or reserve a spot, contact Cathy Lafrenz at (563) 282-4338.

## South Eastern Iowa Health and Longevity Symposium coming to Fairfield

Natural approaches to achieving a healthful, long life will be in the spotlight at the South Eastern Iowa Longevity Symposium May 14 at the Fairfield Arts and Convention Center, 200 N. Main St., Fairfield, Iowa. The event will include presentations and demonstrations from individuals working to promote health and longevity. Promotional tables will feature health and wellness products and services. The keynote address will be given by author, humorist and practical philosopher Steve Bhaerman ("Swami Beyondananda"), who will speak on Deepak Chopra's ideas in "Spontaneous Evolution: Our Positive Future and a Way to Get There From Here," co-authored with noted cellular biologist Bruce Lipton. For more information, call (641) 919-7221 or e-mail [intendedlongevity@gmail.com](mailto:intendedlongevity@gmail.com).

## The barrels and bins are in! Get yours at the i wireless Center May 7

Looking for a way to reduce water runoff from your property? Or a way to cut down on how much kitchen waste you send to the landfill? Perhaps both? The Rock Island County Waste Management Agency has the goods to get you started: rain barrels and compost bins. Earth Machine compost bins (\$42) and SYSTERN rain barrels (\$52) will be for sale from 9 a.m. to 3 p.m. May 7 at the i wireless Center, 1201 River Drive, Moline. Both prices include tax. For more information, call Laura Berkley at (309) 788-8925 or visit [ricwma.org](http://ricwma.org).

## MAIN STREET MARKET

FIND OUT  
MORE  
309-236-4751

DOWNTOWN EAST MOLINE

VENDOR  
SPACE  
AVAILABLE

**THURSDAYS 2 PM to 6 PM  
MAY 5 THRU SEPTEMBER 15**

15TH AVENUE AT THE NATIONAL BANK PARKING LOT

FIND OUT MORE AT  
[www.eastmoline.com/farmersmarket.cfm](http://www.eastmoline.com/farmersmarket.cfm)

## Clean the Green & Healthy Way mold, allergens & dirt!

Eliminate your Dust Mite Problem the Natural Way

**New Customer 10% discount on the first whole service with the ad.**  
Good for one cleaning anytime during 2011.

- Mattresses • Upholstery • Draperies
- Carpets • Pillows • Stuffed Toys

**Hygienitech Cleaning & Sanitizing**  
JANICE SAUCEDO

(309) 944-1212 • (309) 507-0063

*The Green Way to Clean*



## Hy-Vee

### Mediterranean Salsa

Recipe from Hy-Vee Dietitians  
Serves: 6

#### All you need:

- ½ cup Hy-Vee sliced black olives
- ¼ cup chopped red onion
- ¼ cup Hy-Vee sliced green olives
- ¼ cup roasted red pepper, diced
- ¼ cup reduced-fat feta cheese crumbles
- 2 tbsp. Hy-Vee light Italian dressing

## May is Mediterranean Month.

Explore the wonderful flavors, textures and health benefits of the Mediterranean Diet.



#### All you do:

Combine olives, red pepper, onion and cheese in medium bowl. Lightly stir dressing into olive mixture until combined. Chill until ready to serve. Serve with pita chips or alongside grilled chicken.

**Nutrition Facts per serving:** 80 calories, 6g fat, 1g saturated fat, 0 cholesterol, 550mg sodium, 4g carbohydrates, 0 fiber, 1g sugar, 1 g protein.



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



Chrissy Mitzel, MS, RD, LDN  
2930 18th Ave., Rock Island  
309.793.0684 and  
3019 Rockingham Rd., Davenport  
563.322.0132



Molly Shattuck, MS, RD, LD  
2200 W. Kimberly Rd., Davenport  
563.391.0213 and  
4218 Ave. of the Cities, Moline  
309.762.0200



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



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



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



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



Nikki Putnam, RD, LDN  
2001 5th St.,  
Silvis  
309.292.7494



Kristen Decker, RD LD  
4064 E. 53rd St.,  
Davenport  
563.355.5540



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A SPLASH OF SUMMER FUN



**Ready for a totally  
awesome summer?**

Find the fun at your local Y! So many things to do, so many friends to make – for kids of all ages and kids at heart. Learn, grow and thrive at the Y this summer!

Ask about our **FUN-tastic Summer** special pricing with 3-month memberships as low as \$49 (youth). Visit your local branch today and get started on your FUN-tastic summer.

Moline • Bettendorf • Davenport • Maquoketa  
Camp Abe Lincoln

**quadcitiesymca.org**

## rooting around

### Congress spent \$860,000 on bottled water

In a study called “Tapping Congress to Get Off the Bottle,” Corporate Accountability International looked at what Congress spent on bottled water from April 2009 through March 2010 and determined that at least \$860,000 was spent on bottled water — or almost \$2,000 for each House member. According to the study, if Congress redirected the money spent on bottled water, it could purchase more than 4,000 drinking fountains, “bottle-less” coolers and water filtration units on Capitol Hill, more than enough for each Congressional office. The full report is online at [stopcorporateabuse.org/congressoffthebottle](http://stopcorporateabuse.org/congressoffthebottle).

### Fungi may form the foam of the future

Vegetarian pizzas and cars may have something in common in the future — both may contain mushrooms. Ecovative Designs, based in Green Island, N.Y., is working with the Ford Motor Company to develop bumpers, side doors and dashboards made from a fungus-based biodegradable foam. Ecovative Designs and Ford hope to replace about 30 pounds of petroleum based foam per car with the new product. Ford is already using a soy-based foam in seat cushions. Ecovative Designs hopes its product will eventually be used in insulation, wind turbine blades and carryout food containers.

### Magnetic north accelerates drift southward

The magnetic north pole is now moving faster than ever recorded, about 40 miles per year, and is starting to affect daily life. Airports in Tampa and Ft. Lauderdale have had to change the names of some of their runways, which were named after the degree at which they point on a compass. In the past decade, compasses have been thrown off by about one degree every five years. The changing magnetic north pole might also impact wildlife, which uses the magnetic field to navigate during migration. It's not known if animals can adjust to the field's changes. Magnetic north was discovered in 1831 and scientists have been tracking its movement ever since. While true north is marked by the Earth's axis, magnetic north is constantly moving due to changes in the molten core, which contains iron.

### EZ Pass reduces needless auto emissions

Called EZ Pass in some states, I-PASS in others, the electronic devices that hang on your windshield and allow drivers to pass through toll gates without stopping to count out quarters have an unexpected benefit: they also reduce overall fuel consumption on toll roads. How? By allowing drivers to forgo idling their engine while waiting in line to pay at the booth. The electronic passes also reduce the number of times drivers must slow to a halt then accelerate back up to highway speed. This doesn't just add up to better efficiency in travel time. A recent study of the New Jersey turnpike revealed that drivers' use of EZ Pass reduced fuel consumption on that state's tollway by 1.2 million gallons per year and cut emissions of volatile organic compounds — a key component of smog — by 0.35 tons per day. Multiply that by the 25 other states, Illinois among them, that make use of the electronic passes and the environmental benefits are significant.



## U.S.: 138 gallons of water per capita, daily

Each day, Americans consume 43 billion gallons of water, more than any other nation on earth. That works out to more than 138 gallons for every man, woman and child in the United States. Although much of that water is used for industrial purposes, there are still things an average household can do to stem the tide at the tap. Simple changes such as switching to low-flow fixtures like showerheads and toilets, replacing aging or damaged gaskets on faucets to prevent leaks, and running dishwashers and laundry machines only when full can save on water — and on water bills.

## Bury these shoes to reduce your footprint!

Attendees at the Green Fashion Competition in Amsterdam recently got a peek at sneakers soon to hit the market, and though they definitely made an impression, winning second place, you might say it won't be lasting: the shoes are completely biodegradable. Made from ecological materials including seed-embedded cork soles, the OATS shoes can be buried in a garden, woods or compost bin once you are done wearing them and nature will reclaim them. Talk about reducing your carbon footprint! Visit [oatshoes.com](http://oatshoes.com).

## Keep on Truckin'! will benefit Farm2Fork

Keep on Truckin'!, a fundraiser to benefit the Augustana College Farm2Fork program, will be held from 5 to 7:30 p.m. May 5 on the lower quad outside the Thomas Tredway Library. Farm2Fork brings faculty, students and local farmers together to implement Augustana's sustainable movement, and includes an acre of land known as "Augie Acres" on Augustana's campus, strictly run by students, allowing them to grow their own organic produce. The event will raise money for a biodiesel truck — to be powered by biodiesel made in Augustana's chemistry department using cooking oil left over from the campus cafeterias. The truck will transport compostable materials from campus cafeterias to Wesley Acres Produce (a local organic farm which provides Augustana College with fresh produce) and transport fresh produce grown by students to the farmers' market. Keep on Truckin' will include a healthy meal for purchase, organic T-shirts, other eco-friendly merchandise and live music. For more information contact Moselle Singh at (563) 676-1525 or by e-mail at [mosellesingh09@augustana.edu](mailto:mosellesingh09@augustana.edu).

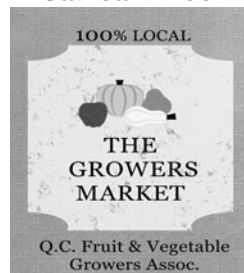
## App helps turn foil, cans into nickels, dimes

Ever wonder how much you could make by recycling aluminum cans? Thanks to the free Aluminate app from Alcoa, you can set a monetary goal and see just how many cans it will take to make that amount. Earning \$100 in four months would require 6,800 cans and has the environmental impact of planting 21.8 trees. You can track your progress on the app with both a graph and a smiley face. It also features articles on promoting your recycling cause, where to get bins and fun facts about aluminum recycling, which can be shared via e-mail or Facebook. You can even find the closest recycling centers.

## FARMERS MARKETS May - October Fresh LOCAL Delicious

East Moline, IL  
**Skate City Parking Lot**  
1112 Avenue of the Cities  
Wed. & Sat. • 8am-Noon

Moline, IL  
**Trinity Hospital**  
7th Street & John Deere Road  
Sat. 8am-Noon



**309-738-3218**



**WARNING!**  
Side effects of clinical & holistic healing may include:  
Reduction of Anxiety • Release of Anger  
Improved sleep patterns • Relief from depression  
Reduction of pain • Peace, calmness, feelings of relaxation  
• Expansion of awareness

Please Come and Experience our Peaceful, Healing Environment and Expand Your Growth!

### More than 20 practitioners, services include:

- Play & adolescent therapy
- Family & individual therapy
- Couple & group therapy
- Life coaching & workshops
- Commitment & Wedding Celebrant
- Chakra classes
- Massage therapy
- Shamanic healing
- Cranio-Sacral therapy
- Cellular release hypnotherapy™
- Sound healing
- Reiki
- Reflexology
- Acupuncture
- Chiropractic
- Aromatherapy
- Spiritual Direction
- Tai Chi
- Tai Kwon Do
- Chi Gong

Call today and feel the healing power  
**563.370.7995**

3481 Utica Ridge Rd., Bettendorf, Iowa  
[thehealingheartcenter.org](http://thehealingheartcenter.org)



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



NATURAL AND ORGANIC SPICES & EXTRACTS  
NATURAL PERSONAL CARE PRODUCTS  
NATURAL-BASED HOME REMEDIES  
NATURAL PLANT-BASED HOME CARE  
NATURAL-BASED SUPPLEMENTS

SOMEDAY ALL NATURAL PRODUCTS  
WILL BE THIS GOOD.  
JUST GIVE THEM 143 YEARS.

PARTIES  
FUNDRAISERS  
START YOUR OWN BUSINESS FOR \$39.95.

FOR ORDERS AND INFORMATION  
**DEBRA CARPENTER**  
INDEPENDENT WATKINS ASSOCIATE

**815-632-1601**

DCARPENTER10562@YAHOO.COM  
[WWW.WATKINSONLINE.COM/DCARPENTER](http://WWW.WATKINSONLINE.COM/DCARPENTER)  
ASSOC #391346

## Fresh Heirloom Organic

**Oak Hill Acres**  
Certified Organic Farm  
319-560-4826 & 563-946-2304

Visit our booth at the

**Davenport Freight House Market**  
421 W. River Dr.  
Sat. 8am-1pm & Tues. 3-6pm

**Iowa City Farmers Market**  
Chauney Swan Parking Ramp  
Wed. 5-7:30pm | Sat. 7:30-11:30am

**Cedar Rapids Downtown Farmers Market**  
Select Saturdays 7:30 a.m.-Noon

### Featuring:

- Heirloom Plants  
~ Tomatoes  
~ Flowers  
~ Vegetables
- Organic Fresh Greens  
• Fresh Eggs

Stop by and learn about our  
2011 CSA Memberships

[www.oakhillacres.com](http://www.oakhillacres.com)

## Mississippi Valley Growers' Farmers' Market

Local Fruits • Vegetables • Meats • Flowers • Plants  
• Fresh Eggs • Baked Goods • Crafts and More



Now accepting vendors for the 2011 outdoor farmers market season  
**www.mvgrowers.com**

The Mississippi Valley Growers' Association, Inc. is a non-profit organization that fosters the growing and selling of Mississippi Valley Area farm products, baked goods and locally produced handicrafts. Our market is producer-based, keeping local dollars in the local community

### OPEN MAY-OCTOBER

Trinity Farmers Market  
on Utica Ridge Rd.  
Mondays 3-6 pm

Bettendorf Farmers Market  
on State St.  
Thursdays 2-6 pm

Davenport Farmers Market  
at NorthPark Mall  
Wed. & Sat. 8 am-Noon

## resources

### VIOLET JELLY

(Story on page 26)

You can use any sugar cookie recipe to make thumbprint cookies, but here is my favorite version, which is a variation from canning blogger Tigress of [tigressinajam.blogspot.com](http://tigressinajam.blogspot.com). It's got some whole-wheat flour, and I like to vary the nuts depending on what type of jam or jelly I'm using. — *Maggie Howe*

#### Thumbprint Cookies

- |                                    |   |
|------------------------------------|---|
| 1 cup soft butter                  | 1 teaspoon salt   |
| ½ cup brown sugar                  | 1 teaspoon vanilla                                      |
| 2 eggs, separate yolks from whites | 1½ cups chopped nuts (I like almonds with violet jelly) |
| 1½ cups all-purpose flour          |   |
| ½ cup whole wheat flour            |   |

Preheat oven to 375 degrees. Cream together butter, sugar, egg yolks and vanilla, then stir in dry ingredients. Slightly beat the egg whites. Roll dough into 1-inch balls, dip into the egg whites, roll in chopped nuts, and placed on an ungreased baking sheet 1-2 inches apart. Remove from oven, let cool very slightly, then press your thumbprint in the middle of each warm cookie, creating a well. Return to the oven and bake another 7-8 minutes, until lightly brown. Remove from baking sheet, let cool entirely and fill the thumbprints with your favorite jelly or jam. Yields approximately 3 dozen cookies.

### STORAGE 101

(Story on page 30)

Curious as to what should go in the colder regions of the fridge, and what should be left out on the counter? Here's a guide with how long you can expect produce to last in optimal storage conditions — the length of time your produce can be kept fresh is listed in parentheses.

#### Cold and moist (32-40 degrees, high humidity)

These foods are happiest in a refrigerator set at the proper temperature:

- |  |                           |
|--|---------------------------|
| • Broccoli (10-14 days)                    | • Green beans (7-10 days) |
| • Cabbage, early (3-6 weeks)               | • Peas (1-3 weeks)        |
| • Carrots, immature (4-6 weeks)            | • Radishes (3-4 weeks)    |
| • Cauliflower (2-4 weeks)                  | • Rhubarb (2-4 weeks)     |
| • Corn, Sweet (4-8 days)                   | • Snap peas (7-10 days)   |
| • Greens (1-3 weeks, depending on variety) |                           |

#### Cool and moist (40-50 degrees, high humidity)

If you have a cool spot in your home (a humid cellar works), these foods may last longer outside of the fridge:

- |                          |                               |
|--------------------------|-------------------------------|
| • Asparagus (2-3 weeks)  | • Potatoes, early (1-3 weeks) |
| • Beets (3-5 months)     | • Spring berries (2-7 days)   |
| • Cucumbers (10-14 days) | • Summer squash (1-3 weeks)   |
| • Eggplant (1 week)      | • Tomatoes (1-3 weeks)        |
| • Herbs (1 week)         |                               |

#### Cool and dry (40-50 degrees, moderate humidity)

These foods do well on the counter and even better in a dry cellar:

- |                       |                       |
|-----------------------|-----------------------|
| • Garlic (6-7 months) | • Onions (6-7 months) |
|-----------------------|-----------------------|

Aledo is the Rhubarb Capital of Illinois!



ALEDO, ILLINOIS

For more information or a festival flyer  
call 309-582-5373 or 582-2751  
or visit [www.aledomainstreet.com](http://www.aledomainstreet.com)  
or [www.aledochamber.org](http://www.aledochamber.org)

## FREE Admission!

Join Us for a BIG Time Festival  
in a Small Town Atmosphere!

**June 3 & 4, 2011**

- Rhubarb Tasting • Rhubarb Bake Sales
- Craft, Antique & Flea Market
- 12,000 Rhubarb Seeds will be given away
- Rhubarb Recipe & Biggest Leaf Contest
- Music & Entertainment for the Whole Family
- Watch a Sand Sculptor • Food
- Shopping in Historic Downtown

Bring a lawn chair and enjoy the festival entertainment in Central Park.

## REACH New Customers

Place your information  
in our welcome packets.

Call Bonnie  
**309-796-1145**



*Making Friends*  
*Welcome Service, Inc.*

...Helping New Neighbors  
Feel Right at Home

Since 1989 [www.makingfriendsqca.com](http://www.makingfriendsqca.com)





# 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, May 21-Oct. 29. (815) 875-6468

### CARROLL COUNTY

Mt. Carroll Farmers' Market, west side of courthouse on Main Street; 8 a.m.-noon Saturdays, May 7-Oct. 29. (800) 244-9594

### HENRY COUNTY

Geneseo Farmers' Market, City Park and Pearl Street; 8 a.m.-noon Saturdays, June 25-late October or early November. (309) 269-7409

Kewanee Farmers' Market, 200 W. 3rd St.; 7:30-11 a.m. Wednesdays and Saturdays, May 18-Sept. 28. (309) 852-2175

### JO DAVIESS COUNTY

Elizabeth Farmers' Market, St. Paul's Lutheran Church parking lot, 411 W. Catlin; 3-6 p.m. Fridays, May 6-Oct. 28. (815) 598-3138

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, May 14-Oct. 15. (815) 777-1838

Galena Territory Association Farmers' Market, 2000 Territory Drive; 7:30 a.m.-12:30 p.m. May 29; June 5, 19; July 3, 17, 31; Aug. 14, 28; Sept. 4, 11, 25; and Oct. 9. (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 St., through October. (815) 947-3197

### KNOX COUNTY

The Fairgrounds Farmers' Market, Knox County Fairgrounds, 1392 Knox Highway 9, Knoxville; 8:30 a.m.-12:30 p.m. Saturdays, May 7-Sept. 24 and 3:30-6:30 p.m. Wednesdays, June 15-Sept. 21. (309) 289-2714 or [knoxfair.com](http://knoxfair.com)

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, May 7-Oct. 29. (309) 368-9844

Oneida Farmers' Market, across from DT Sales and Service parking lot, 221 W. U.S. 34; 3-6 p.m. Thursdays, July 7-Sept. 29. (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, May 18-Oct. 29. (815) 284-3306

### MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 7 a.m.-1 p.m. Thursdays and Saturdays, May 26-Oct. 22. (309) 837-4855

### MERCER COUNTY

Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, June 9-Oct. 13. (309) 582-2751

### OGLE COUNTY

Polo Farmers' Market and community dinner, Senior Center on Mason Street; 3-6 p.m. Thursdays, July 7-Sept. 29. (815) 946-3131

### PEORIA COUNTY

RiverFront Market, on the corner of Water and Liberty Street, Peoria; 8 a.m.-noon Saturdays, June 4-Sept. 4. (309) 671-5555

### ROCK ISLAND COUNTY

East Moline Farmers' Market, Skate City parking lot, 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, May 4-Oct. 29. (815) 778-4483

Homegrown Farmers' Market on the Square, 321 W. 2nd Ave., Milan; 2-5 p.m. Wednesdays, May 4-October. (309) 756-9978 ext. 10

Main Street Market, 700 block of 15th Avenue, East Moline; 2-6 p.m. Thursdays, May 5-Sept. 15. (309) 236-4751

Trinity Moline Market, 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, May 7-Oct. 29. (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, June 3-Oct. 28. (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](http://tcmarket.org)

## IOWA

### CEDAR COUNTY

Cedar County Farmers' Market, south of the courthouse, Tipton; 7:30-11 a.m. Saturdays, May 14-Oct. 1. (563) 886-2076

### CLINTON COUNTY

DeWitt Farmers' Market, 5th Avenue and 10th Street (Lincoln Park), downtown DeWitt; 3:30-6:30 p.m. Mondays and Thursdays, May 19-Oct. 13. (563) 676-3689

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-7 p.m. Wednesdays and 8-11 a.m. Saturdays, May 28-Nov. 1. (563) 577-2216

Preston Farmers' Market, Iowa 64 at Twogood Park; 4-6 p.m. Thursdays, June 30-Sept. 24. (563) 577-2216

### DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-7:30 p.m. Thursdays, May 5-Oct. 27 (June 9, 16 and Sept. 15 at Crapo Park). (319) 752-6365

### DUBUQUE COUNTY

Dubuque Farmers' Market, near City Hall on Iowa, 12th-13th streets; 7 a.m.-noon Saturdays, May 7-Oct. 29. (563) 588-4400

Fountain Park Farmers' Market, Fountain Park Plaza, 2728 Asbury Road, Dubuque; 3-6 p.m. Thursdays, June 2-Sept. 29. (563) 588-2700

### HENRY COUNTY

Mount Pleasant Farmers' Market, Wright Family Pavilion at McMillan Park, Walnut Street; 4-6 p.m. Wednesdays and 8:30-11 a.m. Saturdays, May 14-Oct. 15. (319) 931-1458 or [mpfarmmarket.org](http://mpfarmmarket.org)

### IOWA COUNTY

Amana Colonies Farmers' Market, Henry's Village Market, V Street, Homestead; 4-7 p.m. Fridays, May 20-Sept. 23. (319) 622-3931 or [henrysvillagemarket.com](http://henrysvillagemarket.com)

### JACKSON COUNTY

Bellevue Farmers' Market, gazebo on Riverview Drive; 7-11 a.m. Saturdays, May 21-Sept. 24. (563) 872-4170

### JEFFERSON COUNTY

Fairfield Farmers' Market, Howard Park at Main and Grimes streets; 3-6 p.m. Wednesdays and 8 a.m.-1 p.m. Saturdays, May 4-Oct. 29. (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 2-Oct. 6. (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-noon Saturdays, May 4-Oct. 29. (319) 356-5210

Lone Tree Farmers' Market, North Park, 402 N. Devoe, Lone Tree; 4-6:30 p.m. Tuesdays, June 7-Oct. 25. (319) 629-4299

Sycamore Mall Farmers' Market, west end of Sycamore Mall parking lot, Iowa Highway 6 and Sycamore Street, Iowa City; 3-6 p.m. Tuesdays, May 3-Oct. 25. (319) 338-6111

### LEE COUNTY

Fort Madison Farmers' Market, Central Park, 9th and Avenue B; 4:30-6:30 p.m. Thursdays, June 2-Sept. 29. (319) 372-5471

Keokuk Farmers' Market, River City Mall parking lot, 2nd and Main streets; 7-11 a.m. Saturdays, May 21-Oct. 8. (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 3-Oct. 22, except for June 4, 18; July 2, 16; Aug. 6, 20; and Sept. 3, 17. (319) 286-5699

Downtown Farmers' Market, 3rd and 4th Avenues SE, 2nd to 5th Streets, downtown Cedar Rapids; 7:30 a.m.-noon, June 4, 18; July 2, 16; Aug. 6, 20; and Sept. 3, 17. (319) 398-0449 or [downtowncr.org](http://downtowncr.org)

Green Square Farmers' Market, Green Square Park, 3rd Avenue and 5th Street SW, Cedar Rapids; 4-6 p.m. Thursdays, June 1-Aug. 31. (319) 286-5699

Mount Vernon Farmers' Market, Memorial Park, 1st St. W., Mount Vernon; 4-6 p.m. Thursdays, May 5-Oct. 13. (319) 310-6399

Noelridge Farmers' Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, May 2-Oct. 21. (319) 286-5699

### LOUISA COUNTY

Louisa County Farmer's Market, American Legion parking lot, 99 2nd St., Columbus Junction; 4:30-6:30 p.m. Fridays, May 6-Oct. 14. (319) 728-7971

### SCOTT COUNTY

Bettendorf Farmers' Market, parking lot at 2117 State St.; 2-6 p.m. Thursdays, May 5-Oct. 27. (563) 332-5529

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

Davenport Farmers' Market, parking lot of NorthPark Mall, Davenport; 8 a.m.-noon Wednesdays and Saturdays, May 4-Oct. 29. (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 through Oct. 29. (563) 322-6009

Trinity Farmers' Market, Trinity Bettendorf, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, May 2-Oct. 31. (563) 332-5529

food for thought

# Indoors and out

## Can a nature-adverse mom raise nature-loving kids?

By Rachel Morey Flynn

Several years ago, I went to our neighborhood urgent care office with a painful, bubbly mess all over my arm, side and forehead. I had managed to contract another angry nature-induced rash that would require a month of steroids to cure. Apparently, the doctor was as annoyed by my tendency to attract poison ivy as I was. “I give up,” he said. “You need to be an inside person.” So I was, until I had my two daughters. Suddenly, exposing my babies to the wonders of nature was on my Mommy-do list. I wanted my kids to enjoy life outside ... without actually having to go out there.

Last summer, my 7-year-old ended up with the itchy rash. It spread quickly, and she needed steroids. The doctor warned her to stay out of tall grass and off hiking trails. “Some folks don’t do so well with the outdoors,” he noted. My girls and I are also allergic to mosquito bites, and we are the palest-of-the-pale variety that requires sunscreen 10 months a year. When anyone brings up camping, I cringe.

Sometimes, though, it seems like the newest guilt-trip laid on busy city-dwelling parents by the Association for Guilt-Tripping Perfectly Nice People (perhaps you’ve heard of it) is called “Nature Deficit Disorder,” the idea that keeping kids indoors comes with hefty psychological and physiological consequences. I’ve really had to work this out with myself, since I’m not at all a nature-loving woman. I appreciate the “free-range kid” movement and support it from afar. But to me and mine, nature is mean. It’s itchy and disregards human comfort. We need nature with borders in my family for our own safety.

To compensate for their lack of “outdoorsiness” my kids are very into gardening, as am I. Last

spring, we planted sugar snap peas. The vines grew vigorously, but the peas didn’t materialize. As I pulled them up, my 5-year-old exclaimed, “Momma! Don’t! I love those snappy things!” No wonder she wasn’t



Rachel Morey Flynn outdoors with daughters Zoe and Tori. (Submitted)

hungry for lunch most days. We didn’t bring any strawberries or green beans inside the house, either. I heard a neighbor kid say, “Ew! That bean has dirt on it!” to which my daughter replied, “All food comes from the dirt. Duh.” My heart swelled with pride.

After rescuing countless worms from the driveway post rainstorm and returning them to the herb garden “where they won’t get squished,” the girls like to sit on the porch swing and feel the rain drip down from the trees. They run around squealing and hollering as the rain slows to a mist and beg to take their shoes and socks off. My kids probably regard the woods as a foreign place to avoid, but their childhood memories will include the gardens where we get supper in the summer and a backyard fort on stilts. I like to think that’s a suitable substitute.

We skip bird watching in the woods in favor of dog walking in the evening. The daily “nighttime walk” began as my husband’s ingenious plan to wear the little ones out so they would sleep through the night. After supper we head out into the neighborhood to see what we can see. Sometimes we let the kids ride their scooters, causing the parents to have to move faster. It almost counts as exercise. We walk the alleys that snake through every block in our neighborhood and look at other people’s gardens. Our dogs face off with unsuspecting cats and pretend to chase rabbits. Although we aren’t a family of nature lovers, we are madly in love with our neighborhood. My favorite part of the nighttime walk is when our house comes back into view.

I must say I don’t appreciate the accusing tone of “Nature Deficit Disorder.” Our kids are going to be alright. Mine might not survive in the wild, but I like to believe they won’t need to. Encouraging

the kids to spend time outside is important, and I have been known to stand behind the screen door and watch them from the safe haven of my 70-degree kitchen. I warm my hands on a cup of caramel-laced coffee and hope they grow up slowly.



# Why choose Galesburg Cottage Hospital for your baby's birth?

## Our beautifully renovated Birthing Center.

When the big day arrives, we surround new moms and babies with special comforts and attentive care. Our Birthing Center is designed so you can stay in the same private suite from labor until it's time to go home. And Dad is welcome to stay with you. You'll find board-certified OBs and pediatricians, a nurse midwife, lactation specialist and dedicated staff here to take good care of you. And epidurals are available 24/7. **To see our new labor and delivery suites, visit [CottageHospital.com](http://CottageHospital.com).**



3000  
HOSPITALS  
STUDIED

100  
HOSPITALS  
RECOGNIZED

1  
QUAD-CITIES  
AWARD

If you'd like to know  
more about what  
this means for our  
community, visit  
[100tophospitals.com](http://100tophospitals.com).

[TrinityQC.com](http://TrinityQC.com)



**TRINITY**  
IOWA HEALTH SYSTEM