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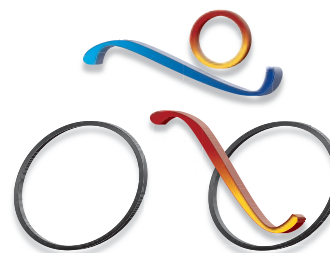
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[www.lakegeodechallenge.org](http://www.lakegeodechallenge.org) for more information.





# from the editor



Photo by Paul Colletti / Radish

Ah, May! So full of delights — the farmers' markets start back up, the school year winds down, and everywhere, everywhere, green things are growing. On a recent trip to Kurt's Green Acres and the Little Red Barn, featured in this issue as our Grower of the Month, I had the chance to step into a high tunnel and lovingly ruffle the leaves of tomato plants that will, before long, be feeding the patrons of their farm stand and farmers' market booth. From those tender plants rose a trace of the tomatoes' piquant scent like the promise of summer's return.

It struck me then what a miracle each of those plants were, grown from seeds no bigger than a pencil eraser and as thin as a thumbnail. Wouldn't it seem far more likely, given their size and weight, that dropped in the ground the seeds would simply disappear into the dirt, never to be seen again? And yet, here they were, each plant a seed that had gone into the earth and then steadily unpacked itself — stalk, branch and leaf — back into the sunlight.

Perhaps the only reason we aren't staggered by this turn of events is that it happens so quietly and reliably. The everyday miracles are always the hardest to spot. And yet, given a few moments of our attention, the wonder of it quickly becomes apparent. How many people will those seeds come to feed? What tables will those tomatoes reach, passed hand from hand, grower to customer, this summer?

Although I can't claim to be an authority on holiness, I do believe there is an element of the sacred to the relationships and processes that sustain us. How fortunate we are to live in a place where we can put faces and names to the people who labor to feed us. When we bring an awareness and appreciation to the table of the growing process and the work these farmers have done, it elevates our meals.

Perhaps this is a bit of what Jewish philosopher Martin Buber means when he writes, "One eats in holiness, tastes the taste of food in holiness, and the table becomes an altar. One works in holiness, and raises up the sparks which hide themselves in all tools. One walks in holiness across the fields, and the soft songs of all herbs, which they voice to God, enter into the song of our soul." Aware of the miracles, great and small, that make our lives possible, it's hard not to feel the splendor and joy of this existence.

— Sarah J. Gardner  
[editor@radishmagazine.com](mailto:editor@radishmagazine.com)

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# the grapevine

## Mark your calendar for the 2012 Radish Healthy Living Fair — coming next month!

June is just around the corner, and with it, the sixth annual Healthy Living Fair. Mark June 16 in your calendar and plan to join us from 8 a.m. to 3 p.m. next to the Freight House Farmers' Market, 421 W. River Drive, Davenport. Then, keep your eyes out next month for the June issue of Radish, which will include a complete guide to the 2012 Healthy Living Fair.

Want to meet some of the people you've read about in Radish? Curious about their goods and services? In addition to demonstrations held on stage, the Healthy Living Fair features an exhibitor area where visitors can ask questions, get more information, shop for and experience the healthy goods, resources and services featured in Radish. The fair is an annual event held in celebration of local and natural foods, health and fitness, nutrition and the environment. As always, it is free and open to the public.

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

## From our Readers

**Pitching in (April 2012):** "I like the article, and the idea of gifting the work in exchange for the work."

— Pat Healy, Cedar Rapids, IA

**Technical support (March 2012):** "I really enjoyed this article, well written and very helpful. I have actually sought out some of these apps and have used them. Always enjoy this publication, keep up the good work."

— H.R. Jung, Indianapolis, IN

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

• **Quad Cities Birth Conference by Baby Matters**, 9 a.m. to noon Saturday, May 5, at the First Assembly of God Church, 1811 18th St., Bettendorf. Read more about this event on page 10.

• **Freight House Farmers' Market**, Oak Hill Acres booth, 10 a.m. to noon Saturday, May 12, 421 W. River Drive, Davenport.

To discover more upcoming events of interest, see the events calendar at [radishmagazine.com](http://radishmagazine.com).

On the Road  
with  
**Radish**



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- \* Ask Questions

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# healthy living from the ground up

## features



**6 Gifts of the heart**  
A roundup of Mother's Day gifts that do a world of good.

**8 Let's do brunch!**  
Treat your mom to a meal that's leisurely and delicious.

**10 Delivery decisions**  
Exploring options to build a better birth experience.

**12 Live the adventure**  
Summer camps connect a plugged-in generation with the outdoors.

## in every issue

**2 from the editor**

**3 the grapevine**

## on the cover



Beth Alderson of Galesburg, Ill., holds a quiche baked by her daughter, Erin. (Photo by Erin Alderson)

## departments

**14 health & fitness**  
Q-C Bike Month: Events planned to celebrate two-wheeled transportation.

**16 outdoors**  
Field and forest: Local authors puts a creative twist on field guides for children.

**18 outdoors**  
Nature's classroom: Indian Creek Nature Center offers programs for all ages.

**20 health & medicine**  
Lucky lavender: A little herb with a long history and a lot of uses.

**22 grower of the month**  
The ties that unite: A farm partnership built on the traditions of two families.

**24 handmade**  
Try, try again: Knitting imperfections lead to fun yarn shop gatherings.

**26 Radish reads**  
Our readers weigh in on a pair of recent books about healthy living.

**32 food for thought**  
Bite by bite: How we eat can matter as much as what we eat.



## radishmagazine.com

Looking for a new farmers' market to visit this summer? Can't quite remember which of your favorite markets opens first? Now that the growing season is well underway, you'll want to check out our list of nearly 50 farmers' markets on page 30. Each listing includes complete, up-to-date information about the times, dates and locations for the farmers' markets in our area.

Clip out the market list and keep it with you all through the season so that wherever you roam in Radishland, you'll always be able to find a market nearby. Then, check out radishmagazine.com throughout the summer for updates to the list and an interactive map that pinpoints the locations of each market.



healthy living

# Gifts of the heart

## Unique Mother's Day gifts that do a world of good

By Leslie Klipsch

Here's to Mom! She taught you to tie your shoes, share your toys and be nice to other people. This Mother's Day, if you're looking to buy a certain something to say thanks for all she did, why not consider a gift that also spreads a little caring around the world? What follows is a roundup of do-good organizations, institutions and individuals who offer great Mother's Day gifts for the benevolent buyer. Such thoughtfulness is sure to make your kind-hearted mother proud.

### + Wow her with water

Based in New York, charity: water is a highly-recognized organization that has raised nearly \$10 million in the last four years, changing the lives of hundreds of thousands of people by providing clean and fresh water solutions in places that are without. Charity: water takes 100 percent of all donations directly to water solution projects and follows up with proof — pictures and Google Earth coordinates of all completed projects. The impact is huge: Unclean water is the leading cause of death in developing nations, 90 percent of which occur among children under the age of 5.

You can support their effort and make your mom swoon by shopping their merchandise. Choose from dozens of gifts including GelaSkins for her phone (\$15) or tablet (\$30); a BPA-free, eco-friendly thermos (\$40); or even a Kwiat diamond bracelet (\$100). One hundred percent of every purchase goes to support the work of charity: water. Shop online at [charitywater.org/shop](http://charitywater.org/shop).



Todd Welvaert

### + Be charitable and charming

Since Kellie Noel (pictured above), 23, set up her first display of hand-made earrings at Dunn Bros Coffee on Middle Road in Bettendorf last fall, she has raised more than \$1,100 for Love 146, a nonprofit organization working toward the abolition of child sex slavery and exploitation. In May she plans to sell her lovely earrings once again, hoping that her contribution will empower the organization to continue their work in abolishing sex trafficking. "Jewelry is something I enjoy purchasing and making, and I'm inspired by the fact that girls around the world make jewelry. I have a heart for women and girls who are involved in sex trafficking and I feel fortunate to be able to contribute to an effort to help them," she says of her efforts.

Mother and daughter business partners Paula Martinez and Gina Bettini, who opened Dunn Bros Coffee in 2011, are happy to let Noel sell her goods in their store. "We are happy to be able to support Kellie by giving her space to sell her jewelry. We are proud of her for working to make the world a better place," Martinez says. Earrings (\$10 a pair) will be available at Dunn Bros Coffee, 787 Middle Road, Bettendorf, while supplies last.



## + Support another mother

The name says it all. Because Every Mother Matters (BEMM) was founded in 2008 and has since established a birthing kit program to help provide safe births to vulnerable African women and their children; supported maternal health centers, child development centers and group homes for mothers; and purchased an ambulance to provide transportation and funds for women in rural Ethiopia to be taken to the nearest hospital in health-care emergencies.

Amy Smith, who lives with her husband and six children in Muscatine, Iowa, became vice president of BEMM after she adopted a child from Ethiopia. "Having been to Ethiopia and seen the problems, I wanted to do something tangible so that other kids didn't have to go through what my daughter did. The women in our program come from mother-headed households. They want to work, and by helping them become self-sufficient, families can be preserved."

In addition to becoming a sponsor, supporters of BEMM can purchase "Tacky for Africa" headbands (\$10) to help raise funds for their mission. The headbands are made by Burmese refugees living in the Midwest who pool the money they earn by constructing the headbands to help loved ones back in Burma. These, as well as lovely note cards (\$10) and stylish screen-printed T-shirts (\$29), are available on the BEMM website: [becauseeverymothermatters.com](http://becauseeverymothermatters.com).



Submitted

## + Love her with local luxury

Because a portion of the profits from items purchased in museum stores help fund museum operations and often provide educational opportunities for community members, purchasing a Mother's Day gift at your favorite museum can be a great option. For instance, at Quad Cities Botanical Center's Window Box Gift Shop you can find handmade infused glass, beaded jewelry, and unique garden gifts made by local artisans. The Putnam Museum Store and the Figge Museum Store are both gold mines for lovely gifts that will make your mom smile. Search museum websites for hours of operation.

*Leslie Klipsch is a frequent Radish contributor.*

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healthy living

# Let's do brunch!

Treat your mother to a meal that's leisurely and delicious

By Sarah J. Gardner

A few years ago while on a trip to New York, I was tickled and then surprised by a friend's invitation out to eat followed by the declaration, "Brooklyn has brought back brunch!"

"Really? Had it gone somewhere?" I teased. I couldn't help but feel a small surge of Midwestern pride to think where I came from, brunch had never really fallen out of fashion — which could almost be construed as having stayed ahead of the culinary curve.

Whether trendy or not, I could certainly appreciate his enthusiasm for brunch. Perhaps more than any other meal, brunch, with its mid-morning start, invites us to take our time at the table and enjoy the company of the people we are with. This is no up-and-out-the-door breakfast, nor is it a power lunch. It's brunch. By its very name, it suggests a certain freedom from the usual regimented schedule.

## This is no up-and-out-the-door breakfast.

It's also an opportunity to exercise a little creativity in the kitchen. As a lover of breakfast foods who doesn't always have the time to prepare more elaborate dishes, I appreciate the chance brunch provides to "upgrade" my usual breakfast fare to something truly special. Quiche instead of scrambled eggs? A colorful salad instead of a banana eaten on the way out the door? Sign me up!

And while you are at it, sign up your mom, too. Cooking up a Mother's Day brunch allows you to give your mom a gift of both time and talent — delicious and healthy food you made yourself, served when you've really got time for a good, long chat. If you ever pouted at the table when your mom served up broccoli, or dashed off to a high school dance instead of sitting down to dinner, think of this as your chance to make it up to her.

### Roasted Sweet Potato, Caramelized Onion, and Gorgonzola Quiche

#### Crust:

1½ cups whole wheat pastry flour  
2 tablespoons natural cane sugar

¾ teaspoon salt  
½ cup cold butter, cubed  
¼ cup cold water

#### Filling:

2-3 large onions  
2 tablespoons olive oil  
1 large sweet potato, cooked and sliced  
1 teaspoon salt  
5 eggs

½-1 cup crumbled Gorgonzola cheese  
2½ cups milk  
½ teaspoon salt  
½ teaspoon pepper  
Pinch nutmeg

To make crust, combine flour, sugar, and salt in a bowl and cut in butter with your fingers or a pastry blender. Once butter is broken down to the size of peas, add water to the mix and stir/knead until the dough comes together. Roll out onto a floured surface and gather into a disc. Wrap with plastic wrap and place in refrigerator for 20 minutes to chill. Preheat oven to 425. Roll out dough and crimp into an 11-inch quiche pan. If you have dough left over, store in the freezer for later use. Parbake the crust for 10-15 minutes, just until the crust gets a little brown color. Remove from oven and set aside on a baking tray. Reduce oven temperature to 375.

Meanwhile, cut onions into even ¼-inch slices and heat a medium pan with 2 tablespoons olive oil over medium-low heat. Start cooking onions, stirring occasionally. After onions have cooked for 15-20 minutes, add salt. Continue to let cook, stirring every 15-20 minutes. Continue to cook and stir onions until golden, soft and cooked down, usually 60-75 minutes. Set aside.

Once the onions and crust are ready, layer the sweet potatoes in the bottom of the crust. Sprinkle caramelized onions and Gorgonzola cheese on top. Finally, whisk eggs, milk, salt, pepper and nutmeg together. Pour over filling ingredients.

At this point you can cover the quiche and set it in the refrigerator for up to 1 day before baking.

To bake, carefully transfer quiche to the oven. Bake for 45-55 minutes until the filling domes up and barely jiggles. Remove from the oven and let sit for 10-15 minutes before serving. Serves 8-10.

*Recipe source: Erin Alderson*



Photo by: Erin Alderson



## Grapefruit Brûlée

2 grapefruits, halved crosswise      4 tablespoons raw sugar

Trim ¼ to ½ inch of peel from bottom of each grapefruit half so that they can sit flat on a plate without rocking. Place grapefruit, flesh side down, on paper towels to dry for 5 minutes. Invert grapefruit and sprinkle 1 tablespoon sugar evenly over the flesh of each grapefruit half. Using a kitchen torch, heat sugar until melted and beginning to turn dark amber.

Alternatively, preheat broiler. Transfer grapefruit, cut side up, to a rimmed baking sheet lined with foil. Broil grapefruit, watching closely to prevent burning, until the sugar is melted and beginning to turn dark amber, between 4-8 minutes. Let grapefruit cool before serving.

*Recipe source: Bon Appetit*



John Greenwood

## Walnut, Beet and Watercress Salad

¼ cup coarsely chopped walnuts      1 bunch watercress  
2 cups pickled beets (preferably      Olive oil, to taste  
homemade)      Balsamic vinegar, to taste

On a serving plate, arrange slices of pickled beets over a bed of watercress. Place walnuts in a small, dry skillet and toast over medium heat for 3-5 minutes, stirring frequently. Walnuts are done when they just begin to deepen in color and give off a nutty fragrance. Remove from heat immediately. Sprinkle toasted walnuts over the beets and watercress, then drizzle olive oil over the top followed by balsamic vinegar.

Note: If you don't have homemade beets on hand and have a little extra time, you can avoid using store-bought canned vegetables by "quick pickling" a batch of fresh beets. In a medium saucepan, combine ½ cup red wine vinegar, 2 tablespoons sugar, 1 cinnamon stick, 2 cloves, 1 sliced red onion and 3-4 peeled and sliced raw beets. Bring the mixture to a boil, then cover, reduce heat and simmer until beets are fork tender. The beets can be used immediately or stored in a clean glass jar in the fridge, covered with the cooking liquid, up to 2 weeks.

## Deep Fried Radishes

### Ingredients

1 ½ c. flour      2 tsp. cornstarch,  
1/2 c. cornstarch      mixed with  
1 tsp. baking powder      2 tsp. water  
2 T. sugar      vegetable oil for  
2 T. cider vinegar      deep frying  
2 T. pineapple juice      sliced radishes  
soy sauce to taste

Mix together the flour, cornstarch and baking powder with enough cold water to form the consistency of heavy cream. Make sure there are no lumps. Refrigerate until thoroughly chilled. To make the dipping sauce, heat together the sugar, cider vinegar and juice in a small pan.

Bring to a boil. Add enough soy sauce to color the mixture lightly. Add the cornstarch, mixed with water. Return to a boil and cook until thickened. Heat the oil to 375 degrees. Dip radishes into the chilled batter and allow excess to drip off before gently placing it, using a slotted spoon, in the hot oil. Remove with slotted spoon and drain on paper towels. Serve immediately with dipping sauce.

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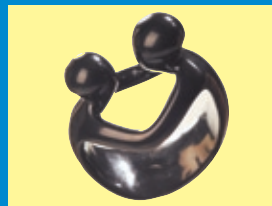
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healthy living

# Delivery decisions

Exploring options to build a better birth experience

By Brandy Welvaert

**H**aving a baby, as they say, changes everything. But the way you have your baby changes everything, too, and understanding your options — before, during and after pregnancy — is important to your overall health and the health of your family.

“Really look into what you want from your birth experience,” suggests Tammy Ryan, a certified doula and childbirth educator from Bettendorf.

Ryan and her colleague, Debbie Young, are organizing the Quad Cities Birth Conference by Baby Matters from 9 a.m. to noon, Saturday, May 5, at First Assembly of God Church, 1811 18th St., Bettendorf. The conference will provide a place for women — and men, too — to explore options available in the area. A variety of local health professionals will lead learning sessions, and the event also will feature an expo of birth-related services and goods from local vendors. Admission is free. (For updates about the event in your Facebook feed, “like” Baby Matters Birth Conference.)

“Exploring options for the childbearing year can mean the difference between a labor and birth filled with a connection to the innate power of a woman’s ability to birth, or a labor and birth (that feel) like an average production line,” says Linda Crownover-Inch of Coal Valley, Ill., a fellow doula and childbirth educator.

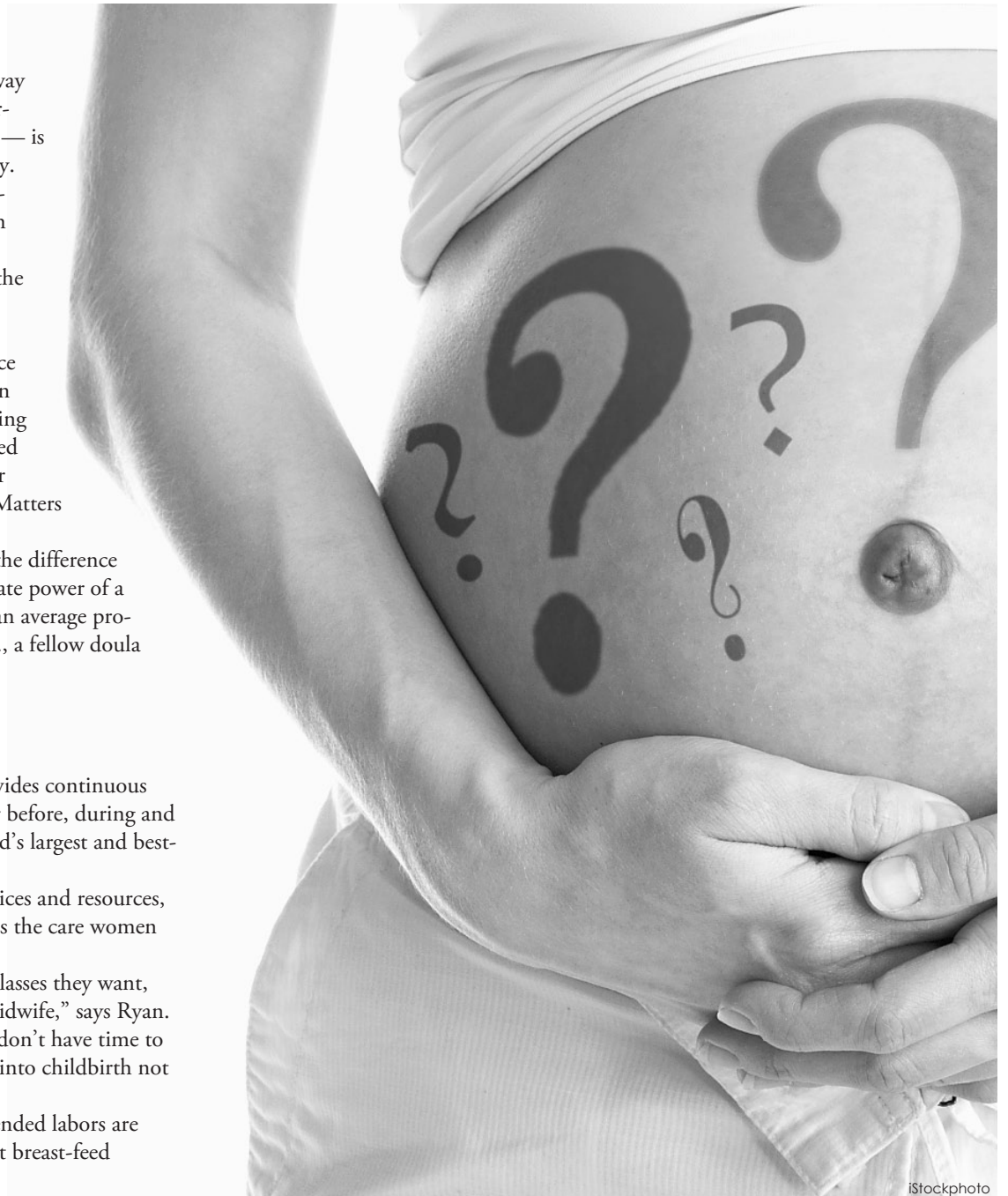
## Advocate, educator — doula

A doula is a “trained, experienced professional who provides continuous physical, emotional and informational support to the mother before, during and just after birth,” according to DONA International, the world’s largest and best-known doula association.

Most doulas also serve the family as a guide to local choices and resources, and the education they provide to women often complements the care women receive from other health-care professionals.

“Many women don’t know how to find the childbirth classes they want, or even know the difference between an obstetrician and a midwife,” says Ryan. “Health-care professionals are telling us, as doulas, that they don’t have time to do the full education with moms. You have these women go into childbirth not knowing what their options are.”

According to the DONA website ([dona.org](http://dona.org)), doula-attended labors are shorter and less complicated, resulting in healthier babies that breast-feed more easily.



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To find a doula, you can begin by visiting the DONA website and searching by region. Interview at least two doulas for comparison's sake before hiring one, and get started as soon as you can; the best doulas with the most experience sometimes book early.

## At home or hospital?

In the Quad-Cities and beyond, it's likely that the act of choosing a care provider to round out your childbirth team will determine the venue for your birth. Most obstetricians and certified nurse midwives (CNM) attend births in hospitals. However, at least one CNM in the region attends home births, as do several certified professional midwives (CPMs). (Learn more about CNMs and their training and experience online at [midwife.org](http://midwife.org), and about certified professional midwives online at [narm.org](http://narm.org).)

Katie Sullenbrand of Eastern Iowa Midwifery is a CNM who provides home-birth services within 45 minutes of her Cedar Rapids home. Visit [easterniowamidwifery.com](http://easterniowamidwifery.com), call (319) 481-8772, or email [katie@easterniowamidwifery.com](mailto:katie@easterniowamidwifery.com) to learn more.

Iowa Midwives Association, a professional trade association of certified professional midwives, supports home birth and the Midwife Model of Care as defined by Citizens for Midwifery ([cfmidwifery.org](http://cfmidwifery.org)). To contact the group, e-mail [iowamidwivesassociation@gmail.com](mailto:iowamidwivesassociation@gmail.com) or call (563) 277-0027.

## Find the class that fits

Childbirth classes help prepare a mother-to-be and, many times, her significant other for the challenges of labor and birth. Several kinds of classes are offered in the Radish region.

**Birthing From Within:** Inspiring creativity and intuition in the mother-to-be, promoting active participation in birthing, honoring a mother's birth vision and enhancing her connection with her body are the focus of these classes provided by doula and infant-massage instructor Linda Crownover-Inch of Coal Valley, Ill. Classes are available in private or group sessions by contacting [childbearingyearresources.info](http://childbearingyearresources.info), (309) 737-9255 or [lcrownoverinch@sbcglobal.net](mailto:lcrownoverinch@sbcglobal.net).



**Bradley Method:** These 12-week sessions for couples focus on in-depth education and training with a partner for childbirth. In the Quad-Cities, doctors of chiropractic Sarah and Josh Blunt teach the Bradley Method: [bradleybirth.com/sarahblunt](http://bradleybirth.com/sarahblunt), (563) 370-3682 or [qcnaturalbirth@hotmail.com](mailto:qcnaturalbirth@hotmail.com). To find a Bradley instructor elsewhere, search [bradleybirth.com](http://bradleybirth.com) or call (800) 4ABIRTH.

**Christian Classes:** Doula and educator Tammy Ryan of Bettendorf teaches childbirth classes with a Christian focus: [servanthands123@aol.com](mailto:servanthands123@aol.com) or (563) 505-3991.

**Hypnobirthing:** Teaching moms how to relax and tap into their natural instincts for a safer, more comfortable birth, Quad-Cities labor and birth nurse Janel Miner teaches these courses through the Trinity Enrichment Center in Davenport: [qchypnobirthing.com](http://qchypnobirthing.com), (563) 742-580 or [qchypnobirthing@gmail.com](mailto:qchypnobirthing@gmail.com). Jessica Rairdin-Hale also teaches throughout the Radish region: (563) 940-7920 or [jessi@doulajessi.com](mailto:jessi@doulajessi.com).

*Brandy Welvaert of East Moline, Ill., is a full-time communications worker and a mother of one. For a list of further resources she compiled, visit [radishmagazine.com](http://radishmagazine.com).*

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# Live the adventure

## Camp connects a plugged-in generation with nature

By Jane VanVooren Rogers

For many kids today, media consumption has become nearly a full-time job: an average of 7 hours and 38 minutes daily spent playing video games, using computers, and texting or talking on the phone, according to a 2010 Kaiser Family Foundation survey of kids ages 8 to 18 years old.

Although such a media-rich upbringing holds some potential for learning, there are limits to the connections made electronically. "Today, kids are aware of the global threats to the environment — but their physical contact, their intimacy with nature, is fading," writes Richard Louv, author and advocate for restoring children's time outdoors.

Parents who want to give their kids a direct experience of the outdoors have an ally in summer camps, which offer many of the recreational activities they may remember from their own youth like swimming, boating and hiking. But just as childhood is changing, so too are expectations of the camp experience. To find out what's new about camp in the 21st century, and what has stood the test of time, Radish contacted three local summer camps.

### YMCA Camp Abe Lincoln, Blue Grass, Iowa

Located on 250 acres along the Mississippi River bluffs, YMCA Camp Abe Lincoln has been in operation since 1924. The camp promotes the Y's four core values: caring, honesty, respect and responsibility. "Everything we do is based on those values," says Zach Klipsch, executive director of YMCA Camp Abe Lincoln.

Camping also links generations to nature. "The cool thing about camping is that minus the climbing tower, we're doing pretty much the same things as in the 1930s," Klipsch says. "We're getting kids outside, telling stories around a campfire, and reading.

"At first some of the kids are like, 'Where's my phone? Where's my computer?' But then they forget about the phone and Facebook. It's a cool transformation," he says.

It's often not the kids who have the hardest time with the "no cell phone" rule, however. "Believe it or not, the hardest person to let go of the cell phone is mom," says Klipsch, describing phones that sometimes turn up in campers' backpacks, hidden there by well-meaning parents.

While at camp, kids learn important etiquette lessons such as how to shake someone's hand, how to set the table for the entire camp, and how to welcome fellow campers to meals. "Relationships are definitely the biggest part," Klipsch says. "Getting away from technology, getting them outside, creating positive friendships. We're walking them up to be able to go to college, preparing them to be independent."

**Secure a spot:** Deposit \$25 for a day camp or \$50 for an over-night camp. Call (563) 381-3053 or visit [ymcacampabelincoln.org](http://ymcacampabelincoln.org).



At YMCA Camp Abe Lincoln, campers are given a canoe lesson (above). Campers at Camp Shalom have fun in the open air while building positive relationships (far left). At Camp Loud Thunder, campers are taught firearm safety at the rifle range (left). (Submitted)



## Camp Shalom, Maquoketa, Iowa

Camp Shalom is an outdoor Christian ministry that has 311 acres with trails, high and low challenge courses, archery, sports and canoeing on a wooded stretch of the Maquoketa River.

"We're finding that kids are starting the camp experience much later than 20 to 30 years ago," says the Rev. Eric Elkin, executive director of Camp Shalom. "Some kids aren't ready to be away for a whole week and some parents aren't ready." The camp offers a shorter, three-day camp experience for those looking for a gentler transition.

Of the camp's many offerings, the "Outpost Experiences" are most popular: "The kids stay in treehouse cabins, and they absolutely love it," Elkin says. "The kids really like being on the land, 10 to 15 feet off the ground in a tree farm, with barred owls talking and coyotes in the distance.

"It's really hard to teach the next generation to appreciate the environment when they have no experience in it," Elkin continues. "It's been amazing to me how much kids love being in the woods. You don't really read about that in assessments of today's kids."

The camp also focuses on building positive relationships. "The relationships are the most important thing," Elkin says. "Kids learn how to problem solve, manage conflict and grow as a group, and how to treat people more lovingly, more compassionately. Parents often say the first week after camp is the greatest week of the year!"

Cell phones are not allowed at Camp Shalom, but Elkin says it hasn't been a problem. "Kids are looking forward to a break as much as we are."

**Secure a spot:** Register online at [campshalomia.org](http://campshalomia.org) or call (563) 652-3311.

## Camp Loud Thunder, Illinois City, Ill.

For more than 100 years, the Boy Scouts of America (BSA) has prepared kids to make ethical choices and learn about nature. Local scouts are doing just that on Camp Loud Thunder's 200-plus acres with the help of hundreds of adult volunteers.

"Camp allows kids to leave the fast track behind," says Anna Hudak, program director of the Illowa Council BSA. "They might pick up a GPS and do land navigation or pick up a bow and arrow and become a master of archery. The outdoor classroom is one of the most powerful."

The "Leave No Trace" program at Loud Thunder helps kids understand their environmental impact, teaching kids to pack in/pack out, how to cook properly, and other essential camping skills.

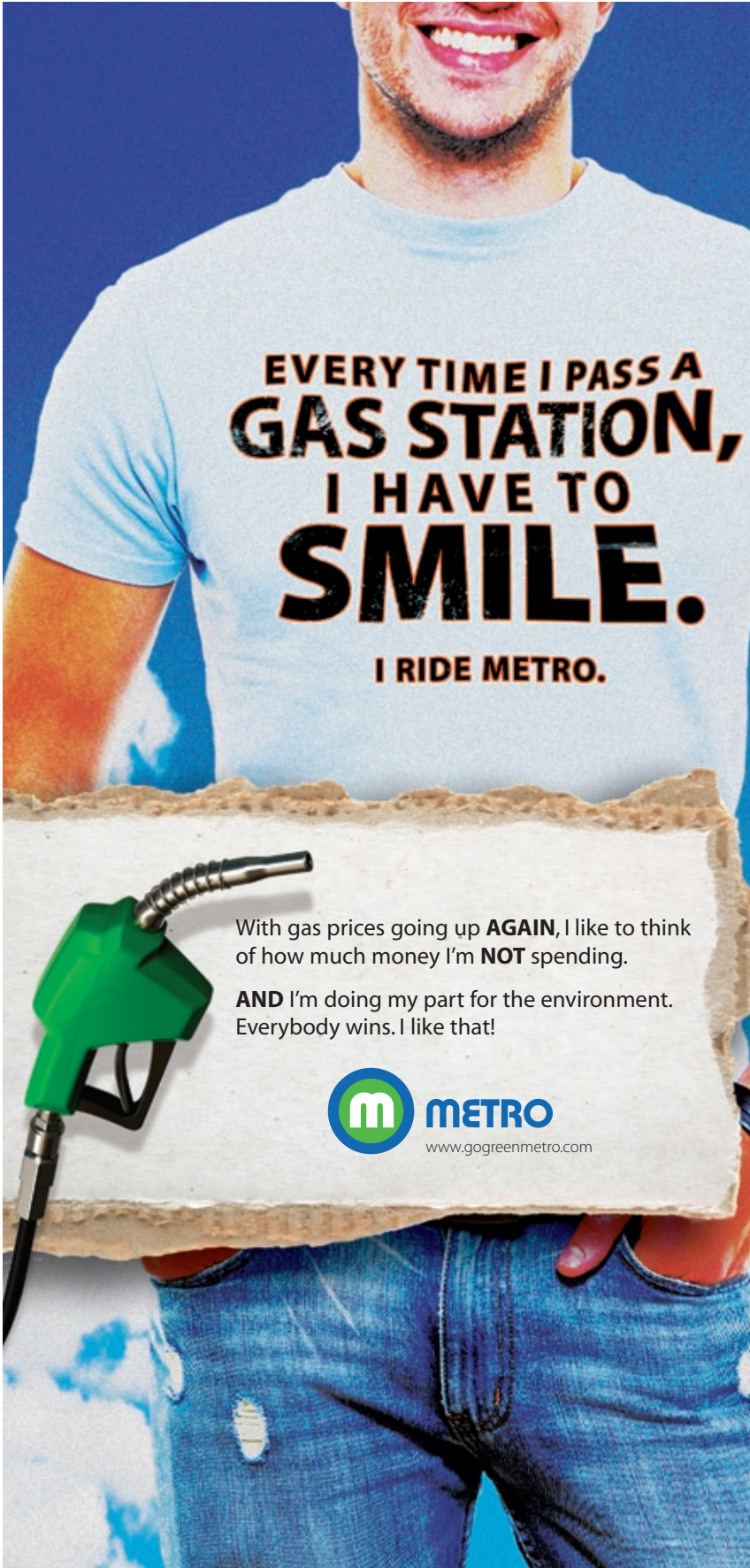
The BSA takes a different approach to technology, as cell phones are permitted at camp, and scouts can use apps to pull up their merit badge requirements.

"I like to embrace technology," Hudak says. "We need to funnel it through the program and make it work for us. The scouting app is the future of scouting.

"I truly believe scouting teaches young men and young ladies how to be good citizens," she says.

**Secure a spot:** Visit [illowabsa.org](http://illowabsa.org) or call (563) 388-7233.


*Jane VanVooren Rogers is a freelance writer, editor and stay-at-home mom in Orion, Ill. For a longer version of this article, including descriptions of the various sessions and activities offered at each camp, visit [radishmagazine.com](http://radishmagazine.com).*



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health & fitness

# Q-C Bike Month

## Events planned to celebrate two-wheeled transportation

By Chris Greene

April showers may bring May flowers, but the folks at Bicycle Friendly Quad Cities and the Quad Cities Convention and Visitors Bureau are more interested in pedals than petals this May. These two organizations and their partners are celebrating May as Bike Month with a full lineup of local rides, events and promotions.

According to Dan McNeil, one of the event volunteers, the idea behind Bike Month is simply to encourage Quad-Citians to get out and ride their bicycles. McNeil cites three primary goals: “To encourage Quad-Cities residents to bike to work and commerce, to encourage residents to bike for recreation and health, and to raise awareness of bicycling’s health and economic impact.

“Organizers are looking forward to an increased number of people in the Quad-Cities out on their bicycles,” says McNeil.

Bike Month is a nationally celebrated event. Locally, a core group of bicycle enthusiasts — including representatives from the Quad Cities Convention and Visitors Bureau, Bicycle Friendly Quad Cities, the Quad Cities Bicycle Club, Friends of Off Road Cycling, Quad Cities Transportation Advocacy Group, River Action and Activate Quad Cities — have banded together to organize a month-long extravaganza of bicycle friendly events. The primary focus of these events will be to encourage folks to ride, provide education for cyclists of all ages and abilities, and to advocate bicycling all month long.

The benefits of cycling abound. According to Mark Wyatt of the Iowa Bicycle Coalition, bicycling benefits your health, your environment and your pocketbook. “In Iowa alone, about \$73 million was saved in health-care costs because those who cycle recreationally are proven to be at a lower risk for noncommunicable diseases such as cancer and heart problems,” says Wyatt.

**‘It’s impressive to see the number cyclists out there commuting now.’**

“It’s definitely cheaper to bike than ride in a car. A used bike or even a new bike is much less expensive to purchase and maintain than a car is, even when you include expenses like tires, rain gear, etc. In addition, there is little pollution created by bicycling, and very little wear and tear on roads and trails. You get a good return on your investment. Besides, it’s a lot of fun compared to commuting by car, and it puts a smile on your face,” says Wyatt.

Dean Mathias, Quad City Bicycle Club member and Bike Month committee member, says with the price of gas on the rise, bicycling is a great alternative to conventional methods of commuting. He hopes Bike Month will help continue to



Photo by Gary Krambeck / Radish

raise awareness in area cities and spur further improvements. “It’s such a win-win — it’s great for transportation, recreation and stress relief,” says Mathias.

“We hope to see bike paths continue to be added and improved. A great way for businesses to participate would be to add a bike rack outside their business, making them more accessible for cyclists,” Mathias says.

The number of cyclists is on the rise, he adds. “It’s impressive to see the number cyclists out there commuting now. I think once you get started, you get hooked.”

Getting more people hooked is exactly what Bike Month is all about. “We are hoping that once people get started, they will continue year-round. We encourage riders to get out and do what they can, even if it’s only a day, but we think once you start riding, you’ll want to keep it up,” says Mathias.

He has a few tips for cyclists. “If you need motivation, get a bike buddy. Remember that it’s great exercise and is good for all ages. Carry a few things with you, like a water bottle, spare inner tube, and a couple of energy bars. Start slow if you are just beginning — don’t think you can just get up and ride RAGBRAI, but do get started and work up to it,” Mathias says.

*Chris Greene is a frequent contributor to Radish. For more information, including a list of events, visit [qcbikemonth.com](http://qcbikemonth.com).*





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outdoors

# Field and forest

## Author puts a creative twist on field guides for children

By Leslie Klipsch

Though author and conservationist Jannifer Powelson spent three years studying raccoons as a graduate student in northern Illinois, it wasn't until after the birth of her first daughter that she ever thought she'd write a children's book with a dress-wearing cartoon raccoon as its protagonist.

Since then, Powelson has written three educational children's books in a series featuring two precocious characters: Rachel the Raccoon and Sammy the Skunk. Whether Powelson's characters are exploring the prairie, strolling through the forest or gathering information about trees, readers learn from the knowledgeable Rachel as she tutors Sammy about the Midwestern landscape around them.

In "Rachel and Sammy Visit the Forest," for instance, the characters stroll through the woods near their home identifying and discussing native seasonal wildflowers such as bluebells, purple trillium and wild geranium. Powelson says that dependent on the weather, the flowers represented in the book are

common in our region during spring months, making it exciting for young readers who read the book and then go outdoors to explore.

Like Powelson, who enjoys photographing the outdoors and whose still-life photography accompanies the books' digitally rendered illustrations, Rachel the Raccoon takes photographs of the wildflowers she observes in the forest. Likewise, Sammy the Skunk draws pictures in his sketchbook. Both are activities that Powelson says serve as a great model for young readers. "When you capture a photograph or draw a picture, you can bring it back home and it becomes a memory to take with you. This helps reinforce the experience for whatever you've learned," she says.

Powelson uses her books frequently in her job as a conservationist, often sharing them as a part of the educational programs offered by the Stark County Soil and Water Conservation District in Illinois. She encourages caregivers to read the books with children before heading outdoors in order to prepare young naturalists for the experience. She also suggests taking

the book along on hikes so that it can be referenced as families explore. As someone who frequently enjoys local trails as well as visits to national parks around the country, Powelson believes in the value of not only reading about nature, but going outdoors to experience it as well.

"There's so much to keep kids indoors these days, and it's a real issue," she says. "I find it important to teach our kids about the joys of nature."

Powelson's books ("Rachel and Sammy Visit the Prairie," "Rachel and Sammy Visit the Forest," and the forthcoming "Rachel and Sammy Learn about Trees") are available in both print and digital form. For a list of where they can be purchased, visit her website, [janniferpowelson.com](http://janniferpowelson.com).

*Leslie Klipsch is a frequent Radish contributor and mother of three.*

### A world of wonder

Author and conservationist Jannifer Powelson offers these tips for enjoying the outdoors together as a family.

**Explore your own backyard:** Plant a variety of native plants in your yard, allowing your children to assist with planting, watering and maintenance. Install bird feeders, houses and other shelters for backyard inhabitants. Enjoy the buzz of activity that follows.

**Make use of drive time:** As you drive, point out unusual wildlife, plants, crops, landscapes and other natural wonders to your passengers. It makes

the time go faster and helps children learn to observe the world around them.

**Set an example:** When children see parents working and relaxing outdoors, it encourages them to want to enjoy the outdoors as well.

**Encourage everyday outdoor time:** Even on a blustery day, it's nice for children to spend time outdoors. Bundle them up and let them frolic. There is much to discover about nature, no matter what time of year.

**Be amazed:** Take the time to

simply point out everyday natural wonders, such as the smell of wild flowers or the shimmer of morning dew on a spider web.







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outdoors

# Nature's classroom

## Indian Creek Nature Center offers programs for all ages

By Rachel Morey Flynn

Indian Creek Nature Center is situated just off Mount Vernon Road east of Cedar Rapids. Signs for the center lead visitors down a barely graveled road and across a tiny, bright-blue metal bridge. At first glance, you may think the nature center — Iowa's oldest, incorporated in 1973 — is just a small barn with a building attached to it. Behind this quiet facade, though, there is a buzz of constant activity.

The nature center's mission is twofold, says Susan Gordon, marketing manager. "Environmental education is one part of our mission, and land restoration and stewardship is the other," she says, explaining that the 210 acres of woodland, prairie and wetlands that make up the center were restored "using natural methods to return the land to what it was hundreds of years ago before it was farmed."

The list of classes that Indian Creek Nature Center offers to people of all ages is exhaustive. Wildflower walks. Workshops for building bat houses. Rainwater management. I recently attended a class on keeping chickens to fulfill the city of Cedar Rapids' requirement to get a license to raise six hens in your backyard. The class instructor, Rebecca Mumaw, is a founding member of CLUC (Citizens for the Legalization of Urban Chickens) as well as president-elect of Indian Creek Nature Center's board of directors. She answered a barrage of questions and concerns from somewhat panic-ridden city folk (like me), all while holding one of her pet chickens under her arm.

My children attended the class with me, but there was too much to see in that giant room at the top of the winding silo stairs for them to sit still for long. They dragged me into the adjoining education room to visit a few of the bees that call the nature center home. My family has been eating honey from these bees for years. At the nature center, you can view the bees working in a hive through Plexiglas. It's a rare treat, as most bee-viewing carries with it the inherent risk of upsetting the hive. These bees seemed to know they were safe and carried on with their work undisturbed by my gawking children.

"Part of our mission is nurturing the individual through environmental education, and we focus a lot of that on children. It's really important to us to put kids in touch with nature," says Gordon.

Even if you don't live close like I do, a family trip to the nature center is worth it to check out the walking trails. You can explore miles of nature or just go a few feet and stop to stare at snails, like we do. There's no better place to watch the seasons change. One portion of the trails is built like a huge deck above the wetlands. You'll always see frogs in the summer, which is thrilling for little kids. We've seen gigantic dragonflies, skittish snakes and the occasional fish sunning near the surface of the water. The trails are open from sunrise to sunset 365 days a year.

In addition to encouraging families to interact with nature together through programs like Family Fun Fridays, says Gordon, the nature center also offers



Summer campers explore a pond at Indian Creek Nature Center. (Submitted)

classes for children as young as 18 months of age. Activities for kids include summer day camps, evening nature walks, and even a GPS egg hunt in the spring.

Indian Creek Nature Center is a wonderful place to go and just relax. If you have questions about anything you see while exploring the trails, come up against a gardening conundrum or need some advice about basic bee keeping, the folks at the nature center have answers for you. I know, because I've asked hundreds of questions over the years.

After our chicken class, we picked up our certificate of completion and placed our order for fancy heirloom chicks from Murray McMurray Hatchery. Indian Creek Nature Center facilitates a joint chick order so the newbie chicken keepers can order just a few and still meet the mandatory 20 chick minimum required for shipping. As I left the center, it occurred to me that I have no idea how to build a chicken coop. I guess I have a couple of months to figure it out, and I know who to call with my questions.

*Rachel Morey Flynn is a regular contributor to Radish. The barn at Indian Creek Nature Center is open Monday through Friday from 9 a.m. to 4 p.m. and Saturday from 11 a.m. to 4 p.m. The grounds are open from sunup to sundown. Both the barn and grounds are free to visit; class fees vary. For more information, including upcoming events at the center, visit [indiancreeknaturecenter.org](http://indiancreeknaturecenter.org).*



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health & medicine

# Lucky lavender

A little herb with a long history and a lot of uses

By Julie Barton

*"There's a few things I've learned in life: always throw salt over your left shoulder, keep rosemary by your garden gate, plant lavender for good luck, and fall in love whenever you can." — Alice Hoffman*

Lavender. Found in fabric softeners and candles, paint and bedding colors, names of wineries — wherever you may go, you can't escape it. Lavender is so prevalent, so popular, this fragrant little plant could be dubbed the prom queen of the herb world.

Or rather, prom *queens*. Lavender isn't just one purple spiky plant — there are well over 20 different species from countries all over the world, ranging in height from 8 inches to nearly 3 feet, with flowers in hues from deep purple to white.

It's an herb with a long history. In medieval times when the royals left their castles, the servants would strew lavender on the floors to absorb any lingering odors. Greeks and Egyptians used lavender for perfume and the mummification process. Roman baths used it to purify the body and spirit. Archeological digs have unearthed traces of lavender going even further back — nearly 60,000 years — but without written records, it's impossible to know how it was used.

According to Aura Cacia, an essential oils company based in Hiawatha, Iowa, lavender was also used during the Great Plague in 17th century London. People would carry lavender bunches, glove makers would scent their stock with lavender oils, and grave robbers would douse themselves in "Four Thieves Vinegar," which contained lavender. This proved to be effective, as lavender is an insect repellent, and the plague was later found to be spread by fleas.

Today, lavender is probably best known for its use in aromatherapy. Many spas and estheticians use lavender essential oils as part of their services to soothe and relax customers. It even works on pets. Lavender essential oil can be used to help calm anxious animals during storms or bath time.



## Calming Mist Spray

4 ounces water

20 drops lavender essential oil

20 drops geranium essential oil

20 drops clary sage essential oil

Mix together in a spray bottle. Use to enhance relaxation.

— Recipe from AuraCacia.com

"Lavender has so many wonderful uses, they're almost endless, the things you can do," says Peg Christensen, organizer of QC Herbs. Lavender has soothing qualities that can improve moods, and it can be used in sugar scrubs, teas, potpourris, nosegays and furniture polishes, among other applications, says Christensen. She suggests tying a small bunch of lavender from the shower head, so its relaxing and calming benefits are dispensed during the shower. The lavender can hang to dry in between uses.

But lavender can be used for more than just good grooming. Did you know lavender is edible? Christensen says Queen Elizabeth I loved to eat lavender conserve at tea, and that it's delicious in ice cream, puddings and cheese. Cookies and fudge with lavender added to them are also popular choices, as is shortbread. There are numerous websites with recipes that include the tasty flowers on this plant.

This multifunctional herb is also being researched for medicinal purposes. The University of Maryland Medical Center has information on their website about the use of lavender essential oils to treat conditions ranging from hair loss, anxiety and insomnia to postoperative pain. While they do tout its use in relieving stress and improving mood, sleep and relaxation, they also advise only using lavender, or any herb, under the supervision of a health-care provider trained in botanical medicine.

With all of the benefits lavender provides, we're fortunate to be able to easily grow it in the Midwest. "Lavender is very easy to grow," said Christensen. "It requires full sun for six hours a day, and since it originates in the Mediterranean, it prefers dry, sandy soil. A good garden center will be able to pick out the kind you want."

With so many uses, the only thing stressful about lavender may be deciding which to do first. Should that happen, try this "Calming Mist Spray." Spritzed into the air, it will infuse your home with the tranquil benefits of lavender.

*Julie Barton is a frequent contributor to Radish.*



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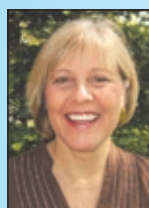
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grower of the month

# The ties that unite

## A farm partnership built on the traditions of two families

By Pam Berenger

Digging his hand into a large tub of potting soil, Elmer Mess smiles, sighs and says, “It’s spring.”

Elmer, his son Rick, and grandson Aden are about halfway done setting small geranium “plugs” into 4-inch pots while waiting for Mike Schwarz to arrive and start another task. Together, they make up RM Growers. “Bet you can’t guess what the RM stands for,” jokes Elmer.

While Rick Mess is the “R” and Mike Schwarz is the “M” in front of “Growers,” they’re better known by the stands they operate, Kurt’s Green Acres and the Little Red Barn. Both businesses have been supplying a select few eateries and plenty of Quad-Cities’ families with homegrown sweet corn, produce and bedding plants for more than 30 years.

It’s an exciting and busy time for the two men and their families, who merged the two businesses about eight years ago. Mike worked alongside his godfather, the late Kurt Kuehnbackl, a German immigrant who started Kurt’s Green Acres outside Davenport in the mid-1970s, so he says he knew what he was “getting into” when he took over the roadside stand.

Rick’s involvement in truck farming started with Elmer, who up until the mid-1980s had a conventional farm operation on his 400 acres. The farm crisis was just the nudge he needed to diversify his grain and livestock operation. Elmer planted a few acres of sweet corn and his wife, the late Sonya Mess, sold it at farmers’ markets. The Mess family also supplied sweet corn to Kurt’s Green Acres, which ultimately led to their partnership.

In the mid-1990s Rick’s sister, Roxanne Nagle, became involved with the family business as bedding plants were added to the roster. Elmer built a produce stand in the shape of a barn, which they painted red and dubbed the “Little Red Barn.”

“Word of mouth spread about the plants, and they had to build another greenhouse,” Rick says. “We have five greenhouses now and a high tunnel for tomato plants. The livestock had to make way for the greenhouses. Something had to go, and I can’t say as I miss the livestock.”

It’s become a true family business. Elmer and Aden supply the cut flowers and bouquets, and Mike’s wife, Jodie, and daughter, Tonya, help out with selling on occasion. Rick says his wife, Tammy, helps out by telling him what to bring home from the farmers’ market.

Bedding plants are sold in the Little Red Barn, located at 20770 Utica Ridge Road, Davenport, from the end of April through the first week of July. Kurt’s Green Acres, located at 6620 Jersey Ridge Road, Davenport, is open from the first of June and sells fresh produce, all of which is either grown on-site or on the Mess’ farm.

“We’ve stuck to our guns about being 100 percent homegrown,” Rick says. “We may be out of sweet corn occasionally, but people understand that we’ll have



Mike Schwarz, Rick Mess and Elmer Mess of Kurt’s Green Acres and the Little Red Barn in one of their greenhouses. (Photo by Paul Colletti / Radish)

more in a few days. Occasionally we may bring in watermelons from Muscatine but our customers will know it.”

Mike and Rick are “in charge” of the booth at the Freight House Farmers’ Market from the first of May to October. They also have a spot at the Trinity at Terrace Park Farmers’ Market on Mondays.

“The men are at the market because we’re the boss,” Mike says, looking quickly over his shoulder. “We love the market. It is so much fun meeting different people and seeing the different cultures. It’s a more relaxed environment. We can take the time to talk to customers.”

“What we don’t like are late Friday nights getting ready and rainy Saturdays,” Rick adds.

The men pile sweet corn up in the back of a green 1928 Model A truck, restored by Rick, and drive it to the market. “People look for that truck,” Mike says. “And they sniff for corn. ... Rick will sometimes roast corn on Saturdays at the Freight House. The atmosphere there is so enjoyable.”

*Pam Berenger is a regular Radish contributor. The Little Red Barn is open from 8 a.m. to 6 p.m. daily. Kurt’s Green Acres is open from 11 a.m. to 7 p.m. daily. For more information call (563) 359-5214 or (563) 940-2316.*



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1 1/2 tsp brown sugar  
3/4 tsp ground cumin  
3/4 tsp onion powder

1-2 cloves garlic, minced  
2 cups cooked shelled edamame  
2 cups roasted frozen sweet corn  
3/4 cup finely diced red peppers

3/4 cup finely diced red onions  
1 (15 oz) can drained & rinsed black beans (optional)  
Sea salt and pepper, to taste

### All You Do:

1. In a small saucepan combine vinegars, sugar, cumin, onion powder and garlic. Heat until sugar is dissolved. Remove from heat.
2. Place edamame, roasted corn, red pepper, onion & beans (if desired) in a medium bowl. Pour vinegar mixture over vegetables. Stir to mix. Cover refrigerate 1 to 4 hours or until chilled, stirring once or twice.



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# Try, try again

## Knitting imperfections lead to fun yarn shop gatherings

By Melisa Jackson

As the Friday fog rolled across the cornfields, my friend Jenn and I set out to get ripped. I know what you must be thinking and no, we weren't heading out for a wild night on the town or even an intense weight-lifting session. The "Get Ripped" event we wanted to attend was a quaint little potluck and frogging session at a yarn shop called 365 Days on a Farm, recently opened in Eldridge, Iowa.

To frog, in knitting terms, means to rip out a piece of work after noticing a mistake several rows after you made it. It is also known as "ripping out," which is why the event was titled as such. Participants are encouraged to come in with their unfinished projects or pieces that they need help correcting, along with a side dish or beverage. They can come in, make themselves comfy and grab a bite to eat while they have some fun fixing mistakes.

When we arrived, I was immediately smitten with the warmth — in both environment and reception — as everyone greeted us with a smile. The group was quite small, which only added to the coziness, consisting of two men and seven women (us included), all ranging in age. We were invited to sit and make a plate from the potluck offerings.

Shop owner Tammy McKay explained she taught herself to knit and used to rip out blankets to help her figure it out. Although she did not have much experience then, her frogging was an act of curiosity, like a clockmaker's apprentice prying open a pocket watch to understand how all the gears work together.

Scott Hull, McKay's business partner, set up his wheel and, to my surprise, started to spin with great ease. As he worked the fiber, twisting it into a uniform, endless strand, he explained that it is much easier to frog while spinning as opposed to knitting because you just have to put the wheel in reverse and do it again. It doesn't really affect the rest of the yarn the way ripping out a stitch does.

Donna Leiting, a regular patron, said she only frogs because she is a perfectionist. "No one can see it, but I can see it," she stated simply. She described a top she owns with a slight imperfection in the front which she takes note of every time she puts it on.

Meanwhile, Bethany Cain, one of the younger participants, worked diligently on a beautifully fragile piece of white lace. Cain is blind, although one would never be able to tell by her clean, symmetrical stitching. When asked how she handled ripping out her projects, Cain smiled and furrowed her brow as she continued to



The yarn shop's sign, hand painted by Jen Walters VanOort. (Photo by Jenn Swift)

work. If there is some kind of mistake, she said, she usually scraps the whole project, unless there is someone there to help her fix it.

There seemed to be an overall consensus on frogging throughout the group. If it needs to be done, do it — which in turn kind of lends itself to the saying: "Don't put off tomorrow what you can get done today." Some knitters learn to gauge their mistakes so that they rarely have to rip out their work, some don't mind a little help along the way (which is what a gathering like the one I attended can offer), and for some a little imperfection simply gives a piece some pizzazz.

Open from 9 a.m. to 6 p.m. Monday through Saturday, 365 Days on a Farm is located at 116 W. Davenport St. in Eldridge. It offers a range of knitting and spinning supplies, accepts fiber from local alpacas and sheep on consignment, and offers a wide range of classes. For more information on hours of operation and upcoming events, visit [365daysonafarm.blogspot.com](http://365daysonafarm.blogspot.com).

*Melisa Jackson makes her Radish debut this month.*

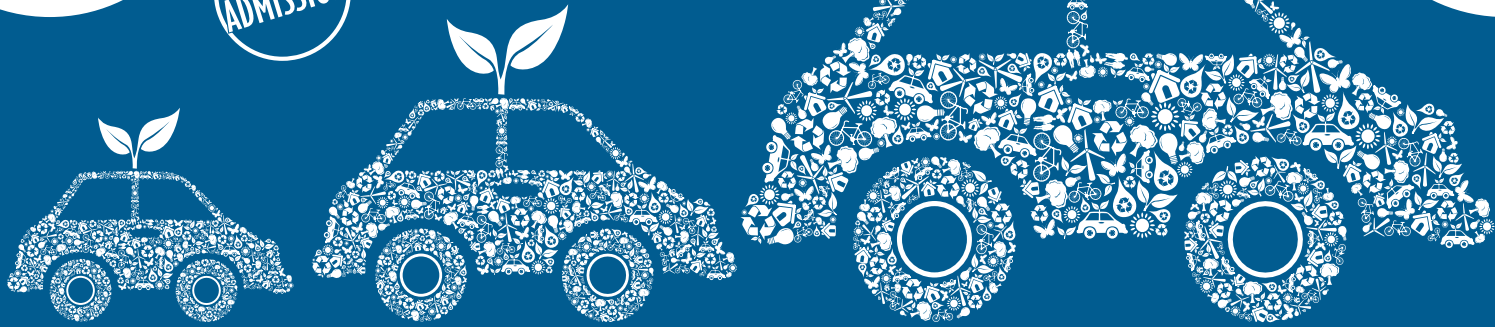


**To frog, in knitting terms, means to rip out a piece of work after noticing a mistake several rows after you made it.**





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# Radish reads

## Sustainable farming gets the royal treatment

Mini-review: "The Prince's Speech: On the Future of Food," by Charles Windsor, the Prince of Wales (Rodale Books, 2012, 64 pages, \$6.99 paperback)



"The Prince's Speech: On the Future of Food" is an essay based on a keynote address given by His Royal Highness the Prince of Wales, more commonly known as Prince Charles, at Georgetown University in 2004.

Prince Charles begins by articulating the shortcomings of industrial farming, especially its resulting ecological damage. He discusses soil erosion, water scarcity, dependence on oil and population growth, and he suggests that the real cost of industrial farming needs to be reflected in the price of food. For example, pesticides that poison water supplies are cleaned up not by the polluter but by governments, which is passed along via citizen's water bills.

I enjoyed the book, though some sentences got a little long and became difficult to follow. It is a short read. I thought it provided a good overview of the need for sustainable food production. It would make a good gift to introduce the issue to people who are not familiar with it.

— Terry Nestel, Bettendorf, Iowa



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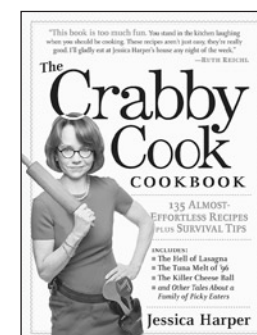
Mini-review: "The Crabby Cook Cookbook," by Jessica Harper (Workman Publishing, 2011, 272 pages, \$15.95)



If you like to read more than you like to cook, this cookbook is for you. A story comes with every recipe. There is a cast of characters that become like your own family, my favorites being Oliver, the counter-surfing golden retriever, and the Crabby Cook's mother-in-law, Bette. The story of her Saturday Soup recipe made me laugh my head off. In short, when a son-in-law found a hot dog with teeth marks on it, that was the end of Saturday Soup for guests.

Most of the recipes use readily available ingredients and basic cooking techniques, with a few options that require overnight preparation. The cooking instructions, variations and extra tips offer a lot more information than most standard cookbooks. I instantly found two recipes that I wanted to make — "Healthy-ish Oat Muffins" and "Pain-in-the-Ass Minestrone." They were both definitely worth it. The only downside to the recipes is that they do not list the nutritional information, including calories. But who cares if you can keep everyone happy and have fun cooking at the same time!

— Jan Franks, Geneseo, Ill.



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#### Saturday, May 12

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#### Saturday, May 12

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#### May 14-20

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#### Monday, May 14

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#### Friday, May 18

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#### Sunday, May 20

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**Tuesday, June 19**

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**Moline Public Library**  
3210 41st Street, Moline

**Thursday, June 21**

2:00–3:30p.m.

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# farmers' markets

*Clip and save! Traveling in Radishland this summer? Keep this list of farmers' markets handy to help you find the region's best in fresh, local produce, meats, baked good and more. Visit [radishmagazine.com](http://radishmagazine.com) for updates to the list throughout the summer, plus a complete map of all the market locations.*

## ILLINOIS

### BUREAU COUNTY

Bureau County Farmers' Market, Darius Miller Park at the train station, Princeton; 3:30-6 p.m. Tuesdays and 8:30 a.m.-2 p.m. Saturdays, May 26-Oct. 27. (815) 875-6468

### CARROLL COUNTY

Mt. Carroll Farmers' Market, north side of courthouse on Main Street; 8 a.m.-noon Saturdays, May 5-Oct. 27. (800) 244-9594

### HENRY COUNTY

Geneseo Farmers' Market, City Park and Pearl Street; 8 a.m.-noon Saturdays, June 16-late October or early November. (309) 269-7409

Kewanee Farmers' Market, 200 W. 3rd St.; 7:30-11 a.m. Wednesdays and Saturdays, May 16-Sept. 29; 404 E. 3rd St., 4-7 p.m. Thursdays June 14-Aug. 16. (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 4-Oct. 26. (815) 598-3138 or [elizabethfarmersmarket.com](http://elizabethfarmersmarket.com)

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, May 12-Oct. 13. (815) 777-1838

Galena Territory Association Farmers' Market, 2000 Territory Drive; 7:30 a.m.-12:30 p.m. May 27; June 10, 24; July 1, 8, 22; Aug. 5, 19; Sept. 2, 16, 30; and Oct. 7. (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., May 5-Oct. 27. (815) 947-3197

### KNOX COUNTY

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, May 5-Oct. 27. (309) 342-7711

Oneida Farmers' Market, across from DT Sales and Service parking lot, 221 W. U.S. 34; 3-6 p.m. Thursdays, July 5-Sept. 27. (309) 483-8412

### LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd Street; 7 a.m.-noon Wednesdays and Saturdays, May 5-Oct. 27. (815) 284-3306

### MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 7 a.m.-1 p.m. Thursdays and Saturdays, May 17-Oct. 20. (309) 837-4855

### MERCER COUNTY

Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, June 7-Oct. 11. (309) 582-2751

### OGLE COUNTY

Polo Farmers' Market and community dinner, Senior Center on Mason Street; 3-6 p.m. Thursdays, July 5-Oct. 11. (815) 946-3131

### PEORIA COUNTY

RiverFront Market, on the corner of Water and Liberty Street, Peoria; 8 a.m.-noon Saturdays, June 2-Sept. 29. (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 2-Oct. 31. (309) 936-7792 or (309) 944-7980

Homegrown Farmers' Market on the Square, 321 W. 2nd Ave., Milan; 2-5 p.m. Wednesdays, May 16-Oct. 31. (309) 756-9978 ext. 10

Trinity Moline Market, 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, May 5-Oct. 27. (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 1-Oct. 27. (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)

Morrison Farmers' Market, 202 E. Lincolnway (Route 30) behind Heritage Museum, Morrison; 8-11 a.m. Saturdays, June 2-Sept. 29. (815) 772-2018 or [morrisonfarmersmarket.com](http://morrisonfarmersmarket.com)

## IOWA

### CEDAR COUNTY

Cedar County Farmers' Market, south of the courthouse, Tipton; 7:30-11 a.m. Saturdays, May 19-Oct. 6. (563) 886-2076

### CLINTON COUNTY

DeWitt Farmers' Market, 5th Avenue and 10th Street (Lincoln Park), downtown DeWitt; 4-7 p.m. Thursdays, May 10-Oct. 11. (563) 357-9485

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-7 p.m. Wednesdays and 8-11 a.m. Saturdays, May 26-Nov. 3. (563) 577-2216

Preston Farmers' Market, Iowa 64 at Twogood Park; 4-6 p.m. Thursdays, June 28-Sept. 20. (563) 577-2216

### DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-7:30 p.m. Thursdays, May 3-Sept. 27. (319) 208-0056

### DUBUQUE COUNTY

Dubuque Farmers' Market, near City Hall on Iowa, 12th-13th streets; 7 a.m.-noon Saturdays, May 5-Oct. 27. (563) 588-4400

### 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 5-Oct. 13. (319) 385-1846 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 25-Sept. 7. (319) 622-3931 or [henrysvillagemarket.com](http://henrysvillagemarket.com)

### JACKSON COUNTY

Bellevue Farmers' Market, gazebo on Riverview Drive; 7-11 a.m. Saturdays, May 19-Sept. 29. (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 5-Oct. 27. (641) 919-3212

### JOHNSON COUNTY

Coralville Farmers' Market, parking lot of the Coralville Community Aquatic Center, 1513 7th St.; 5-7 p.m. Mondays and Thursdays, May 7-Oct. 4. (319) 248-1750 or [coralville.org](http://coralville.org)

Iowa City Farmers' Market, lower level of Chauncey Swan parking ramp between Washington and College streets; 5-7 p.m. Wednesdays and 7:30 a.m.-noon Saturdays, May 2-Oct. 31. (319) 356-5210

Sycamore Mall Farmers' Market, east end of Sycamore Mall parking lot, Iowa Highway 6 and First Ave., Iowa City; 3-6 p.m. Tuesdays, May 1-Oct. 30. (319) 338-6111

### LEE COUNTY

Fort Madison Farmers' Market, Central Park, 9th and Avenue E; 4:30-6:30 p.m. Thursdays, June 7-Sept. 27. (319) 372-5471 or [fortmadison.com](http://fortmadison.com)

Keokuk Farmers' Market, River City Mall parking lot, 2nd and Main streets; 7-11 a.m. Saturdays, May 19-Oct. 27. (217) 242-4061

### LINN COUNTY

8th Avenue Market, 12th Avenue and 2nd Street SE, Cedar Rapids; 4-6 p.m. Tuesdays and 7:30 a.m.-noon Saturdays, May 5-Oct. 20, except for June 2, 16; July 7, 21; Aug. 4, 18; and Sept. 1, 15. (319) 286-5699

Downtown Farmers' Market, 3rd and 4th Avenues SE, 2nd to 5th streets, downtown Cedar Rapids; 7:30 a.m.-noon June 2, 16; July 7, 21; Aug. 4, 18; and Sept. 1, 15. (319) 398-0449 or [cedarrapids.org](http://cedarrapids.org)

Mount Vernon Farmers' Market, Memorial Park, 311 1st St. W.; 4-6 p.m. Thursdays, May 3-Oct. 11. (319) 310-4145

Noelridge Farmers' Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, May 2-Oct. 19. (319) 286-5699

### LOUISA COUNTY

Louisa County Farmers' Market, American Legion parking lot, 99 2nd St., Columbus Junction; 4:30-6:30 p.m. Fridays, May 11-Oct. 12. (319) 728-7971

### SCOTT COUNTY

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

Blue Grass Farmers' Market, Paul Barnes' farm, 430 Mayne St.; 4-7 p.m. Thursdays, June 7-Sept. 27. (563) 381-3761

Davenport Farmers' Market, parking lot of NorthPark Mall; 8 a.m.-noon Wednesdays and Saturdays, through Oct. 29. (563) 332-5529

Freight House Farmers' Market, 421 W. River Drive, Davenport; 3-6 p.m. Tuesdays and 8 a.m.-1 p.m. Saturdays, year-round; outdoor market May 5-Oct. 30. (563) 322-6009

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



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food for thought

# Bite by bite

How we eat can matter as much as what we eat

By Annie Scholl

To the left of my keyboard is a slightly burned grilled-cheese sandwich — comfort food (yes, even the burnt part) on a windy, overcast day when I’m feeling particularly lonely. I take a bite of the sandwich, wipe my hands, and begin to type again. I stop, have a blue corn chip dipped in my sister Julie’s to-die-for salsa and begin to write again. I pick up a carrot and eat it, not because I necessarily want to, but I’m trying to at least get some sort of vegetable into my system today.

Maybe you have this eating thing all figured out. I’m nearly 49 and I can tell you that, despite being a regular contributor to this healthy publication, I struggle. A few months back, I had been going through a divorce and living in my friends’ machine shed. It’s not quite as rough as it sounds — it had doubled as their family room while their house was being built. I bought a microwave, a two-burner hot plate and a toaster oven. Even though I didn’t have an official kitchen, I figured these devices would result in a healthy meal or two. They would have — if I had used them. Instead, most of the time, I often grabbed something to eat from whatever fast food place or convenience store was nearby.

The good news was at least I was walking a gravel road, pretty much every day, so weight gain was kept to a minimum. The bad news: my cholesterol climbed — and not the good cholesterol. My vitamin D levels tanked. My circles under my eyes had circles (as my mother used to say) and my skin looked dull. I cut myself some slack — I was going through a tough time, after all — and I looked forward to getting back on track. Despite that burned grilled cheese consumed over my keyboard, I’m getting there.

Today, while I’m feeling a bit, well, not mindful, I can tell you strides have been made. Each day, I’ve managed to start the day in a healthy way. I have a cup

**I can tell you that, despite being a regular contributor to this healthy publication, I struggle.**

of hot water and lemon — a good way to get the metabolism going, according to “You Are What You Eat” by Gillian McKeith. She suggests drinking it first thing in the morning because it cleans the mucus out from the day before. Yuck, I know, but I’m all about cleaning the mucus out.

I then have a banana or some fruit before taking my dog on a walk. After I get back, I drink more water, take my vitamins, and sit down to have a breakfast of toast with peanut butter or steel cut oats or an egg and turkey bacon. Depending on the day, this good, focused, mindful pattern continues through the evening.

The University of Minnesota reports that if we eat while overloaded with stimuli and under stress, our bodies don’t know that they’re supposed to be digesting. That’s why mindful eating matters: If we pay attention when we eat, full digestion is certain. In other words, we get the good stuff out of our food.

According to Susan Albers, author of “Eating Mindfully,” the practice is about being aware of our eating habits and the sensations, thoughts and emotions we experience when we dine. In other words, as she says, it’s more about *how* we eat than *what* we eat. On her website, [eatingmindfully.com](http://eatingmindfully.com), Albers has a dandy downloadable poster with inspirational quotes about mindful eating, including a Rashaski Zen proverb I aspire to: “When walking, walk. When eating, eat.”

When eating burned grilled cheese, at least savor each bite. I didn’t today, but when the next time rolls around — because it likely will — I’ll at least smile at that sandwich before it reaches my lips.

*Annie Scholl (formerly Ann Scholl Rinehart) is a frequent contributor to Radish. To learn more about mindful eating, visit the Center for Mindful Eating’s website, [tcme.org](http://tcme.org).*







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