Radish

HEALTHY LIVING FROM THE GROUND UP

Backyard BISON

MAY 2013

Probiotics

Quick pickled asparagus

Bickelhaupt Arboretum

radishmagazine.com

from the editor

Photo by Paul Colletti / Radish

It was one of the first warm days of spring when we visited the farm of Lyndall and Nancy Winter in Blue Grass, Iowa, to take photos of their bison. Venturing out into one of the fields where the animals were grazing, we rounded a point below a ridge and looked up to see the bison silhouetted against the clear blue sky, where they stood in stately procession. A thin line of sunlight lay across their backs, outlining each animal.

I thought immediately of the depictions of bison in Chauvet Cave in southern France, dating back more than 30,000 years, and the people who first drew them. They are the oldest paintings known to exist. To maintain the delicate conditions that have preserved the artwork, only a handful of researchers are allowed in the cave for a few weeks out of every year. In fact, as I would later realize, we were at the bison farm during the brief window in which the scientists and historians would be at work in Chauvet Cave — and there we were, half a world away, looking at the living relatives of those creatures thundering across the cave wall.

When one of the bison snorted and turned its head to look at us, a shiver went down my spine. It was like seeing a cave painting come to life. I suddenly understood part of the fascination that drove our ancestors to draw these animals in the first place, and why eyes were some of the few details drawn within the spare outlines of each animal. Like the cave painters, I was looking out into the world, and realized when the bison turned its head, part of the world was looking back.

It was a sensation that stayed with me as we were able to get up close to two of the bison, Thunder and Lightning, and let them lick our palms with their big, blue tongues. When I shared my thoughts with Lyndall, he pointed out that bison, unlike woolly mammoths and giant sloths, are Ice Age animals that remain with us. Even their fate had been in peril once, their numbers dwindling down to 300 living animals, as you'll read in the story on page 8. Today, bison stand as a living testament to the fact that we really can find solutions to grave situations through dedicated effort, even when a more dire outcome seems inevitable. It gives me hope. Perhaps someday 30,000 years from now, other human beings will be looking at bison in wonder and thinking of us.

— Sarah J. Gardner
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the grapevine

Mark your calendar for the 2013 Radish Healthy Living Fair — coming next month!

Want to meet some of the people you've read about in Radish? Curious about their goods and services? Then mark June 15 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, for the seventh annual Healthy Living Fair.

In addition to the demonstrations held on stage all day, the Healthy Living Fair features an exhibitor area where visitors can ask questions, get more information, and shop for and experience the healthy goods, resources and services featured in Radish. This annual event is held in celebration of all the area has to offer in local and natural foods, health and fitness, nutrition and the environment. As always, it is free and open to the public.

To learn more, keep your eyes out next month for the June issue of Radish, which will include a complete guide to the 2013 Healthy Living Fair. Vendor information is available by calling Radish account executive Rachel Griffiths at 309-721-3204 or emailing her at rgriffiths@qconline.com.

From our readers

Nature's cues (April 2013): "Read the latest Radish, so much good stuff this month. I found the article on phenology particularly interesting."

— Michelle L. Olson

"Just saw your segment on Paula Sands Live. Very informative."

— Jodi Robbins

You can see Radish on Paula Sands Live, too. Keep on eye on Facebook.com/RadishMagazine for updates on when editor Sarah J. Gardner will be on the show to discuss articles from each new issue.

On the Road with Radish

Want more Radish? Thanks to Friends of Radish, you can find the magazine this month at opening day for the outdoor **Freight House Farmers' Market,** 8 a.m.-1 p.m. Saturday, May 4, at the Heilmann Hawkeye Acres booth. For more information on happenings at the market, visit freighthousefarmersmarket.com.

To discover more upcoming events of interest, see the events calendar at radishmagazine.com.

Beg your pardon

In the article "Health in Harmony" (April 2013), the adult ballet classes identified as offered by Ballet Quad Cities should have been identified as offered by Ballet Quad Cities School of Dance, which can be found online at balletquadcities.com/school-of-dance.aspx or reached by calling 309-786-2677. We regret the error.

healthy living from the ground up

features

in every issue

on the cover

One of the bison raised by Winter Bison in Blue Grass, Iowa. (Photo by Paul Colletti / Radish)

departments

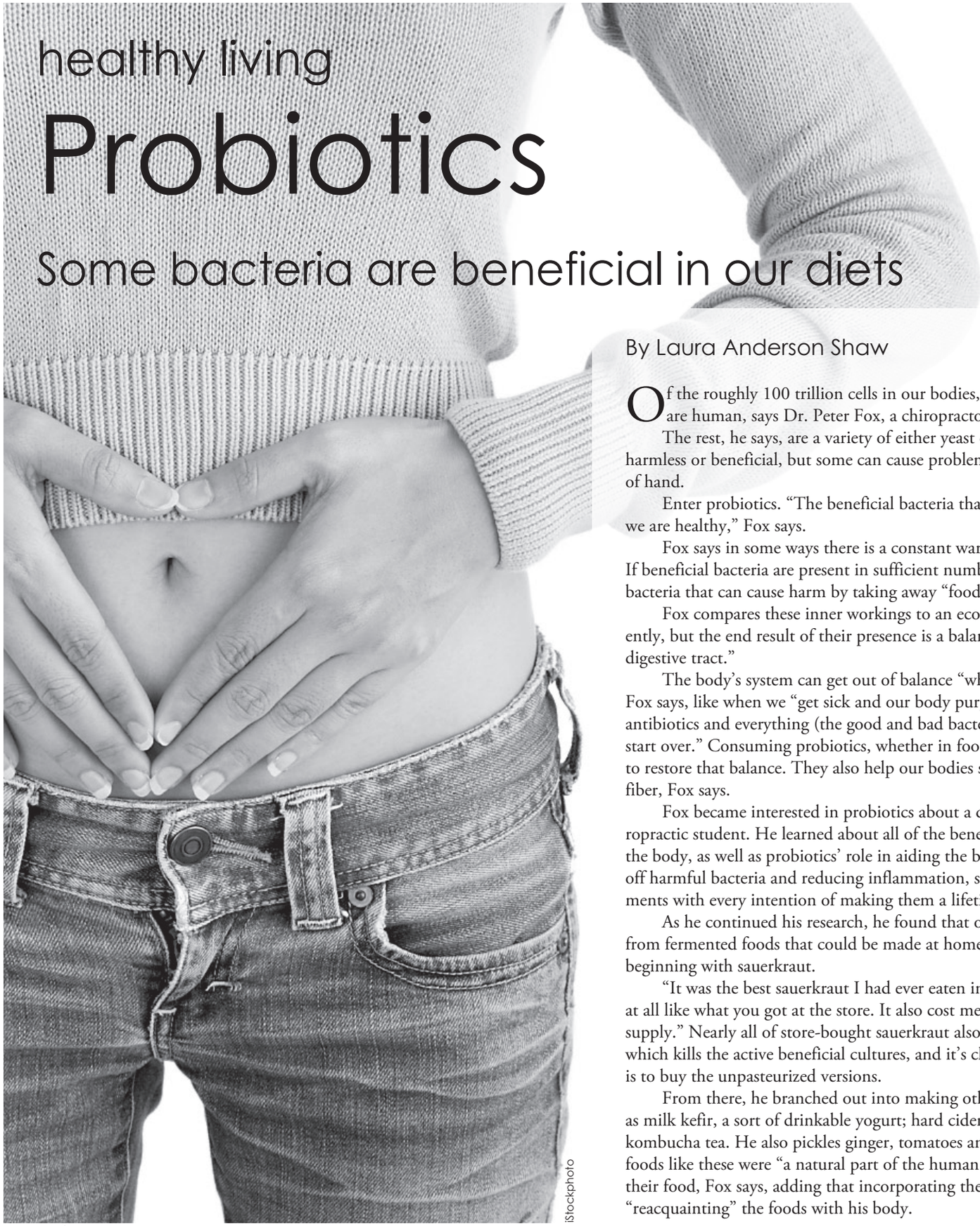
radishmagazine.com

Looking for a new farmers' market 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 area farmers' markets on **page 26.** 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.

Probiotics

Some bacteria are beneficial in our diets



iStockphoto

By Laura Anderson Shaw

Of the roughly 100 trillion cells in our bodies, only about 10 trillion of them are human, says Dr. Peter Fox, a chiropractor in Davenport.

The rest, he says, are a variety of either yeast or bacteria, most of which are harmless or beneficial, but some can cause problems if their populations get out of hand.

Enter probiotics. "The beneficial bacteria that share our bodies with us when we are healthy," Fox says.

Fox says in some ways there is a constant war being waged within our bodies. If beneficial bacteria are present in sufficient numbers, they "out-compete" the bacteria that can cause harm by taking away "food and space from them," Fox says.

Fox compares these inner workings to an ecosystem. Probiotics "all act differently, but the end result of their presence is a balanced, healthy ecosystem in our digestive tract."

The body's system can get out of balance "when something bad happens," Fox says, like when we "get sick and our body purges almost everything, or we take antibiotics and everything (the good and bad bacteria) gets wiped and we have to start over." Consuming probiotics, whether in food or in supplements, can work to restore that balance. They also help our bodies synthesize nutrients and digest fiber, Fox says.

Fox became interested in probiotics about a decade ago when he was a chiropractic student. He learned about all of the benefits to maintaining a balance in the body, as well as probiotics' role in aiding the body to utilize nutrients, fighting off harmful bacteria and reducing inflammation, so he bought a bottle of supplements with every intention of making them a lifetime health habit.

As he continued his research, he found that our ancestors got their probiotics from fermented foods that could be made at home. "So I gave it a try," he says, beginning with sauerkraut.

"It was the best sauerkraut I had ever eaten in my life," he says. "Nothing at all like what you got at the store. It also cost me about $5 to make a month's supply." Nearly all of store-bought sauerkraut also has been pasteurized, Fox says, which kills the active beneficial cultures, and it's cheaper to make your own than it is to buy the unpasteurized versions.

From there, he branched out into making other fermented foods, such as milk kefir, a sort of drinkable yogurt; hard ciders and meads; vinegars; and kombucha tea. He also pickles ginger, tomatoes and more. Before refrigerators, foods like these were "a natural part of the human diet" so folks could preserve their food, Fox says, adding that incorporating them into his diet is simply "reacquainting" the foods with his body.

Fox says each of these foods present a "broader spectrum" of a variety of strains or species of probiotics, while with supplements, "you're limited to whatever species they put in a bottle." Eating foods that contain probiotics is the most natural way to take them, he says.

For those who would prefer their probiotics in supplement form, though, Lori Pennington, co-owner of Heritage Natural Foods in Moline and Davenport, says there are a range of probiotic supplements on the market.

She says Heritage carries between 30 and 40 types of probiotics. Depending on the type, they can aid digestion, constipation, yeast overgrowth and more. "It's not a generic thing," she says, as there are "a lot of specific strains." The staff at Heritage will help guide the customer to the probiotic that best suits their needs.

For those who would like to make their own probiotic foods as Fox does, stores including Greatest Grains in Davenport carry the supplies, such as kefir grains (which, when added to milk, create kefir), yogurt starter, and additives to make sauerkraut, such as caraway seed, says store manager Latoya Pegues.

Fox suggests reading "The Art of Fermentation," by Sandor Ellix Katz, before making your own probiotic foods. While many people can safely ingest probiotics, Fox says that children who are too young to eat food shouldn't consume probiotics. Infants already receive them if they are breast fed, he says. Some individuals who are taking certain medications also should not take probiotics, he said, so ask your doctor before you begin taking them.

For those who are interested in probiotics but have never taken them, Fox says to start slowly. "Don't overdo it," he says. Taking a lot of probiotics at once can upset the gastrointestinal tract, he says.

Probiotics are important because "they are essential for us to be truly healthy," Fox says. Whether you go the supplement or the food route with probiotics, "the best probiotic is the one you will use."

Laura Anderson Shaw is a writer on staff at Radish. Dr. Peter Fox can be reached at (563) 295-8998.

Homemade probiotic recipes – Kefir

½ gallon of milk **1 tablespoon kefir grains**

Note: All utensils and containers that will come into contact with ingredients to be fermented must be clean and bacteria free, says Fox. To clean the items, use a solution of 1 tablespoon of bleach per gallon of water for 20 minutes. Then rinse until no bleach odor can be detected, and air dry.

To make kefir, start by taking the milk and placing it a larger container such as a clean, gallon milk jug with a lid, leaving at least a few inches of space at the top of the container.

Rinse 1 tablespoon of kefir grains with filtered water and add them to the milk.

Leave at room temperature for 12 to 48 hours, occasionally loosening the lid to let out the carbon dioxide that has built up. Swirling the mixture helps create a uniform product.

When the beverage has thickened, strain off the kefir grains and put the container in the refrigerator. The grains can be reused later to make a new batch.

If your food smells or tastes vile or putrid, has a slimy texture or rampant mold growth, something went wrong, Fox says. Toss it out and begin a new batch from scratch.

grower of the month

Hello, buffalo!

Local farm finds its niche with a native food source

By Becky Langdon

The first year Lyndall and Nancy Winter had a buffalo calf born on their ranch in Blue Grass, Iowa, they came home one day to find the calf stuck in the creek at the front of their property. As they watched the calf struggle, they tried to figure out what piece of equipment they could use to get it out without spooking the protective mother nearby. All of the sudden they heard the mother buffalo calling to the rest of the herd, and soon another bison cow came to the creek. Together the two buffalo dug their noses under the calf, lifted it up, and tossed it onto the dry shore.

Nancy Winter of Winter Bison says, "I told Lyndall right then and there, 'I've never seen a more awesome animal. I don't care if we never make another penny at this in our lives; they are the most magnificent animals to watch.' "

This awe and fascination the Winters share has helped to fuel the development of their 170-acre farm boasting a little more than 100 head of buffalo. Located on Highway 61 midway between Davenport and Muscatine, Iowa, the property used to be a cattle farm, which Nancy's family had owned since the '60s. The Winters got involved in the mid-'80s and bought their first bison in 1991. Today they run a start-to-finish operation offering a full meat market of buffalo products.

Nancy says when they made the transition to bison she was tired of the labor-intensive nature of cattle. The buffalo require less hands-on involvement, particularly in the calving operation.

"They take care of themselves," she says.

"The main thing is that you have to keep feed in front of them," Lyndall adds. "There are not many fences that will keep them in if they're looking for food."

All of the buffalo at Winter Bison receive organic feed, grazing on grass and straw rather than grains. The buffalo help to maintain the pastures where they graze by replenishing them with wild seeds. Lyndall says their facial hair will pick up the seeds, and as they move around, the seeds fall off in different parts of the pasture.

The Winters found when they started their bison operation that feeding the animals grain was a waste. "All you're doing is fattening them up," Lyndall says. "Bison don't need all the proteins in grain to gain weight. They will draw protein out of the grass or straw."

If the bison receive any grain, they get it only in the last 90 days, which can help tenderize the meat, Lyndall says.

They also avoid feeding the animals any chemicals or additives. "We try to stay as pure as we can," says Lyndall. "We try to keep them drug-free. We do have to worm them more often, but we don't have to vaccinate every year like cattle."

The Winters have two pet bison, Thunder and Lightning, who receive a slightly more varied diet than their companions. When children visit the farm and meat market, they may have the chance to feed Thunder and Lightning slices of bread, bananas, stale bakery cookies, or the occasional doughnut. Of course, it takes a bit of courage to let an animal that can weigh up to 2,200 pounds eat from your hand.

The Winters' buffalo products range from steaks to roasts to ground meat, bacon, jerky, bratwursts and more, packaged in similar cuts as beef. They run a meat market at the farm and also sell their products at the Freight House Farmers' Market in Davenport on Saturdays. Outside of the Quad-Cities area they sell to restaurants and grocery stores as well.

Buffalo products are getting more common, Lyndall says, and they appeal to customers because

of the leanness of the meat. Nancy says it tastes sweeter than beef, not gamey as some might expect, and it's lower in cholesterol and fat. According to the nutrition facts they provide their customers, in 100 grams of cooked lean meat, bison has 2.42 grams of fat and 143 calories while beef has 10.14 grams of fat and 219 calories. In fact, bison meat is lower in fat than both chicken and pork as well.

"We have new customers now who are driving in from the Des Moines area who had cholesterol problems," Lyndall says. "After eating buffalo the first month their cholesterol dropped 30 points. After a year it had dropped 90 points. And they hadn't been able to lower their cholesterol at all before that. Their doctor had never seen anything like it."

Other customers appreciate the Winters' role in helping to preserve the heritage of the American bison. The animal faced extinction near the end of the 19th century due to hunting and other factors, such as bovine diseases. According to the American Bison Society, the number of bison had

Lyndall and Nancy Winter, owners of Winter Bison. (Photo by Paul Colletti / Radish)

'I think the bison have done more for North America than any other animal.'

dwindled from tens of millions at the time of European colonization to a few hundred by the mid-1880s. Today about a half million bison exist in North America, but few are free from cattle gene integration. During the time when bison numbers had dipped so low, they were crossbred extensively with cattle. The Winters say they have bred their herd out of the best bloodlines to get back to pure bison genetics.

"People stop by just to see them," says Nancy. "People bring us trinkets and books on the history of bison. They're so impressed that you're doing something to preserve the heritage."

Lyndall says, "I think the bison have done more for North America than any other animal. No offense to the bald eagle."

The intelligence, strength and speed of bison intrigue him. Despite their size, buffalo can run up to 40 miles per hour, and unlike horses, they turn off all four feet making them twice as fast at turning around. "It's hard to believe how strong they actually are. I've seen them go right through a wall. I've seen them push my truck sideways. They're all muscle," says Lyndall.

While operating a buffalo ranch may not be for the faint of heart, visiting one is easy and welcome. And for Nancy and Lyndall, they wouldn't have it any other way. Their house is built on a ridge that overlooks the pastureland and a pond where the buffalo sometimes cool off in the summer, and they love nothing more than introducing guests to their backyard buffalo.

Becky Langdon is a regular Radish contributor. For business hours and information about Winter Bison, visit winterbison.com or call (563) 381-3671.

A powerful legacy

Daughter inspired to raise ovarian cancer awareness

By Annie L. Scholl

Jodie Kavensky holds a picture of her aunt, Leah Yecies Hantman, left, and mother, Norma Yecies Shagrin, right. (Photo by Todd Mizener / Radish)

Jodie Shagrin Kavensky made a promise to her mother: She would try and do for ovarian cancer what Nancy Brinker, sister of Susan G. Komen, did for breast cancer.

The 55-year-old Rock Island woman is doing her best to keep that promise to her mother. Kavensky is the executive director of the NormaLeah Foundation, which she founded in 2008 to create public awareness, promote early detection and support research for ovarian cancer. The foundation honors the memory of Kavensky's mother, Norma Yecies Shagrin, and Norma's sister, Leah Yecies Hantman, both of whom died of the disease.

"When they made her, they threw away the mold," Kavensky says of her mother. "The same could be said for my aunt. They were very friendly and very opinionated. Both of them were so full of life. They were almost like Mexican jumping beans. You couldn't control them. You never knew what they were going to do next."

In addition to being fun-loving people with a passion for the finer things in life, the women had serious sides, Kavensky adds. "They were very determined people. If there was something they wanted, they went after it."

Kavensky recalls how agitated her mother was after going to a cancer luncheon in her gated community in Boca Raton, Fla., three months before she died. Although it was a cancer event, nothing was said about ovarian cancer. In sharing her irritation, Kavensky says her mother was "trying to give me the message that something needed to be done."

"It was her way of saying, if anyone can do it, you can do it. It was her way of challenging me to make something good out of her death."

Kavensky's mother died in 2008 less than two weeks after turning 73 — a decade after Kavensky's aunt passed. She was 67.

After her mother's death, Kavensky didn't immediately start NormaLeah Foundation. Instead, Kavensky focused on finishing raising her two daughters and winding down her volunteer commitments in the Quad-Cities community. In 2011, she resurrected the promise to her mother after reading, "Promise Me," the memoir by Nancy Brinker, who founded the Susan G. Komen foundation in memory of her sister. "I got goose bumps," Kavensky recalls. "There are a lot of similarities between her story and mine."

By December 2011, the foundation was off the ground and running. Kavensky is in the process of waiting for its nonprofit, 501(c)(3) status through the Internal Revenue Service. The organization has a board of directors, which Kavensky chairs, and is a partner member of the Ovarian Cancer National Alliance. They also partner with the Community Foundation of the Great River Bend so that donations can be tax-deductible.

One of the NormaLeah Foundation's biggest efforts to date is creating and distributing "BEAT OVCA" cards, which remind women of the four most common symptoms of ovarian cancer. The

cards have been distributed throughout the Quad-Cities in medical offices and in businesses that cater to women. Of the 60,000 cards originally printed, only about 9,000 remain.

"The community has rallied around us and embraced what we're doing," Kavensky says. "It's a vote of confidence."

Kavensky, who loves jewelry just like her mother did, carries "Bling4Cancer" jewelry on the foundation's website, normaleah.org. The jewelry — from pendants to earrings to bracelets — started out with just teal, the color that symbolizes ovarian cancer awareness, but has expanded and is now available in colors that represent other cancers. The proceeds benefit the foundation's efforts and ovarian cancer research.

Ultimately, Kavensky wants ovarian cancer screening to become a routine part of annual gynecological exams for women. The Pap test, Kavensky explains, does not test for ovarian cancer. She also added that women who have had their ovaries removed are still at risk for the disease. "There is a lot of misinformation and, hence, misunderstanding at all levels of society about the disease," she says.

While no universally accepted test for early detection exists, there are tests for women who may be at high risk for the disease. Kavensky urges all women to be vigilant self-advocates for their health and demand these tests if they are experiencing any of symptoms (see sidebar) of ovarian cancer.

According to the American Cancer Society, in 2012, about 22,280 women received a new diagnosis of ovarian cancer and about 15,500 died of the disease. Ovarian cancer is the ninth most common cancer among women, excluding nonmelanoma skin cancers, and ranks fifth in cancer deaths among women — more deaths than any other cancer of the female reproductive system. Kavensky explains that ovarian cancer is so deadly because, in almost 75 percent of cases, it is not found until it has spread beyond the ovaries.

Ovarian cancer symptoms

The NormaLeah Foundation uses the acronym "BEAT" to help women identify the symptoms of ovarian cancer:

Bloating

Eating less, feeling fuller

Abdominal pain

Trouble with your bladder and bowels

Learn more at normaleah.org.

Like her mother before her, Kavensky shares a BRCA mutation — a genetic predisposition to the disease. She found that out after her mother died. "I felt empowered knowing that I had the gene and could be proactive about my health as it relates to ovarian cancer and hopefully not suffer as my mother, and so many other women have from this insidious disease," she says. "I'm still at a higher risk than normal for breast cancer. I'm not worried about dying from the disease, but am certainly more vigilant in my screening for these cancers."

Kavensky believes her mother knows that she made good on her promise. "My mother is my biggest cheerleader up there — her and her sister," Kavensky says. "I really do believe a greater power is helping steer the foundation. It's not just up in heaven. It's here on earth — just the way the community has embraced us and our message."

Annie L. Scholl is a frequent Radish contributor.

Ready for rhubarb

Chasing cake perfection takes a little kitchen creativity

By Sarah J. Gardner

Rhubarb is one of my great culinary loves. I love the tart bite of it, love it as one of the first gifts of the garden, love even the word itself — how the vowels "oo" and "ah" in the middle of rhubarb, a touch of amazement tucked inside the name. But above all, I love my grandmother's rhubarb cake and my memories of peering over her kitchen counter to find a sheet of it cooling at eye level.

The cake comes as close as possible to rhubarb perfection: Rather than mask the taste of the rhubarb, this cake plays it up by pairing it with tangy buttermilk. A distinct layer of cinnamon sugar sits on top. Biting into a slice, you experience the sweetness and the tartness separately, a little duet of flavors.

Even so, I found myself wondering if I couldn't tinker with the recipe a bit. (I wouldn't dare use the phrase "improve upon it.") Traditionally, the cake is served in a Pyrex baking dish, which is fine enough, but I wondered if a variation couldn't be made that would be just a little more dainty for special occasions like a Mother's Day brunch.

I rolled up my sleeves and started baking. My first instinct was to try making it in a bundt pan with a cinnamon-sugar crust. No go. The resulting cake, in which all the rhubarb sank to the crown, came out looking like a Christmas wreath that had been mauled by bears.

I next tried baking a layer of cinnamon-sugar crumbs into the center of the cake. The baked cake broke in half along the cinnamon-sugar fault line. Then I turned to another recipe for a lemon bundt cake and tried replacing the lemon with rhubarb. The cake looked beautiful, but the rhubarb was barely detectable. I began to consider making a rhubarb syrup to soak the cake, but that seemed another step away from my beloved grandma's recipe.

Finally, I found myself in the kitchen of a friend, sharing our recent baking woes. For her part, she had been excited to find a baked doughnut recipe, only to realize she didn't have a doughnut pan or know where to get one. I told her they were inexpensive and could be found in hobby shops or purchased online. I had gotten mine at a garage sale.

"I love it," I told her. "They're great because you avoid the hassle and added calories of frying, and using the pan you can convert almost any cake recipe into a doughnut with just a little tinkering. …" It was the proverbial light-bulb moment.

The next day I was in my kitchen, pulling a beautiful, golden batch of rhubarb doughnuts from the oven. They were a bit earthy, but coated in cinnamon-sugar, the donuts really came into their own: a little crunch on the outside, tender on the inside, and a wonderful harmony of sweet and tart throughout. "You've got it," my husband exclaimed, biting into one. "How long before you make more?"

Sarah J. Gardner is the editor of Radish.

Todd Welvaert / Radish

Baked Rhubarb Doughnuts

1¼ cups all-purpose flour
1 cup sugar
½ teaspoon baking soda
½ teaspoon kosher salt
2 tablespoons buttermilk powder
2/3 cup canola oil
1/3 cup water
1 egg
1 teaspoon vanilla extract
1 cup finely diced rhubarb
1 tablespoon cinnamon

Heat oven to 350 degrees. Using a whisk, combine flour, ¾ cup sugar, soda, salt and buttermilk powder in a bowl and mix until uniformly blended. In a separate bowl, whisk together oil, water, egg and vanilla extract; add to flour mixture and mix to create a thick batter. Fold in diced rhubarb. Grease a doughnut pan well. Spoon batter in the molds, filling each halfway (this will not seem like much batter, but that is OK). Bake until doughnuts are lightly golden, edges are just starting to pull away from the pan, and a toothpick inserted midring comes out clean, about 18-20 minutes. Run a thin, plastic spatula or the dull edge of a butter knife around the outside of each doughnut to help release them from the pan, then invert onto a wire rack. Combine remaining ¼ cup sugar and cinnamon in a shallow bowl. One by one, gently dip and twist each doughnut in the cinnamon-sugar mixture, coating both the top and bottom. Return to wire rack to cool completely. Makes 12-14 doughnuts.

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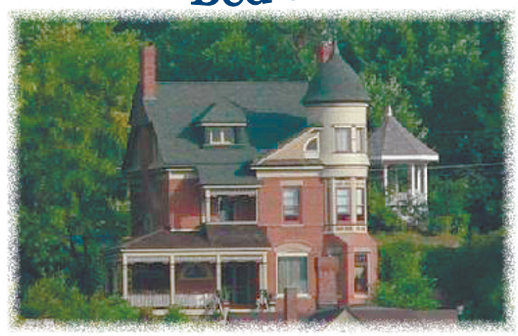

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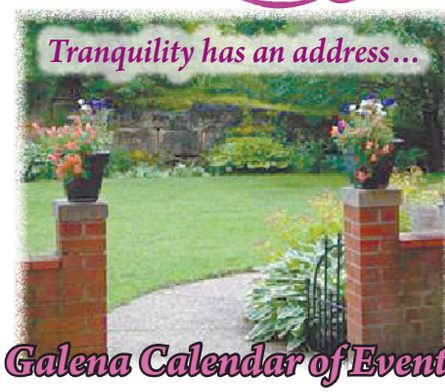

Galena Calendar of Events

May 22nd, 2013
Galena Triathlon/Duathlon

June
Great Galena Balloon Race

July 4th, 2013
15th Annual Independence Day Parade and Celebration – Sunday, July 4th

October
Oktoberfest

November
Galena JoDaviess Quilt Show

Tea gardens

Brew up a blend grown in your own backyard

By Chris Greene

For some folks, the beverage that fits them to a T is, well, tea. Drinking tea can be many things to many people, but most of all, it's an experience — often an enjoyable, relaxing and comforting experience, made all the more so when the tea you are sipping is made from herbs grown in your very own tea garden.

Although true "teas" use the leaves or buds of the tea plant, *Camellia sinensis*, which grows best in tropical and subtropical climates, many herbal infusions (or "tisanes") are brewed as teas using one or more herbs — some of which you may already be growing.

Rhonda Ferree, a University of Illinois Extension educator who regularly gives presentations on backyard tea gardens, says the types of herbs she chooses to grow and use most in her tea gardens include lavender, lemon verbena, mint, sage and thyme.

"Herbs are easy to grow and are tolerant of a variety of soil conditions," says Ferree. "They almost all prefer full sun."

When it comes to caring for your growing tea garden, you don't have to have an extensive amount of gardening knowledge. "Basic garden care works for herbs," says Ferree. "In general, that means about 1 inch of rain or irrigation a week (more when first planted) and full sun. Typically, they don't need much fertilizer, if any. The primary recommendation is to groom and trim the herbs as they grow."

Ferree offers one useful tip if you are growing a plant just for its leaves: pinch off any flowers as they develop to encourage the plant to spend its energy putting out more leaves instead. This will result in a more productive plant for you.

Peg Christensen of QC Herbs says that although it is nice to have a separate bed for a tea garden, it's not a necessity. In fact, you may not even need a "garden" at all: Ferree says that those with small yards or those who live in apartments can grow herbs in pots instead. "Strawberry pots work really well to do several herbs in one container," she says.

When should you harvest your herbs? Start in June, says Christensen. Doing so "helps to give plants shape, encourages growth and gives you a nice cooling beverage to enjoy during the summer," she says.

Once picked, the herbs can either be used fresh or hung to dry. If you decide to dry your herbs, the key is lots of air circulation. "I prefer the traditional method of hanging small bunches in dark, airy, cool places until the water is gone, but I think people should try several methods to find what is best for them," Christensen says.

If you brew your tea using fresh herbs, remember to use a much larger amount than if they were dry. "You usually use more fresh than when dried because when they dry, their essence is more concentrated," explains Ferree.

The possibilities for tea mixes are endless. "I have descriptions of at least 100 blends of herbs, herbs and flowers, herbs and vegetables, herbs and fruits … far too many to list here," says Christensen. "I encourage people to try many things to discover what they like."

As for her own summer favorite, Ferree has a mix she suggests: "I like to mix lemon verbena and lavender for an evening relaxation drink."

If you are looking for additional tips, Christensen says, "QC Herbs has programs on gardening, cooking and many other aspects of herbs, free and open to everyone." To learn about upcoming programs, contact Christensen at pegc@mailbug.com.

Chris Greene is a frequent Radish contributor.

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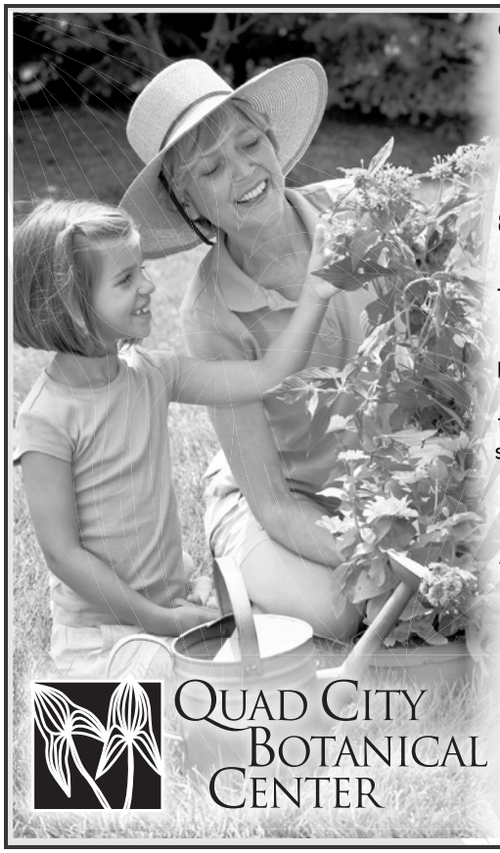

Quad City Botanical Center's

Plant Sale:

May 10-12, 2013

Plant Sale.
Hours; Friday and Saturday
8am – 4pm, Sunday 12pm-4pm.

Members only preview
Thursday, May 9 4pm-7pm.

Purchase your Plant it Pink planter at the QCBC plant sale (a portion of the sales from the Plant it Pink containers will support the Race for the Cure). Also for sale at the plant sale will be garden troughs container gardens created by the staff and volunteers of the Quad City Botanical Center.

Check our website
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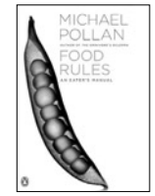

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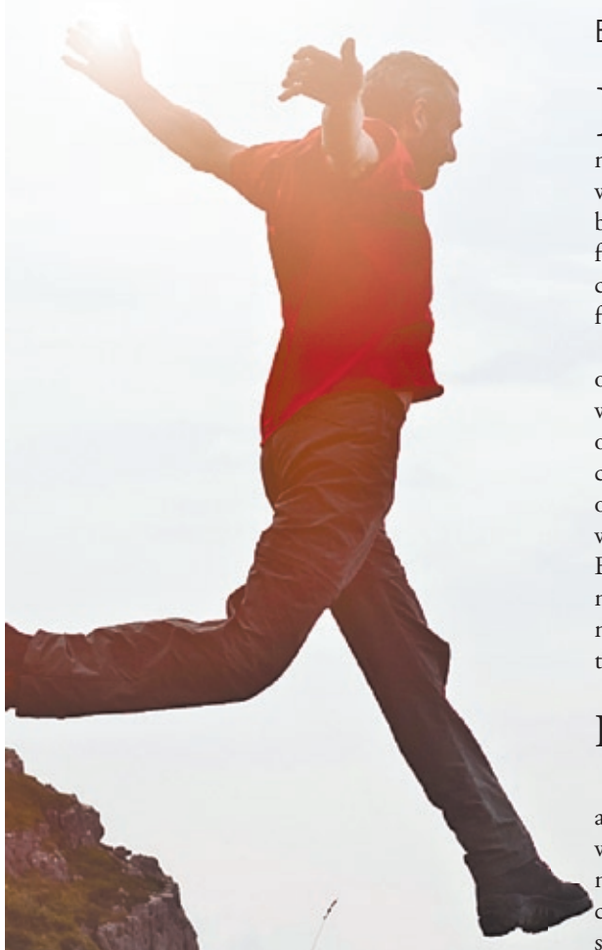

By Hector Lareau

In recent years, as a growing number of vacationers have become interested in eco-friendly travel, much of the discussion has centered around the best ways to get to and from destinations. Should you go by train, plain, bus or automobile? How far is too far? And what about carbon offsets? How do you calculate how many to purchase to reduce the carbon footprint of your travels?

These conversations are important, but they often overlook another big opportunity to "go green" while traveling: how you go about getting around once you reach your destination. You can rent bicycles, for example, or look into public transportation options. You can even just stay put, committing to a week on the beach without visiting other attractions. Experience has taught me, however, that the simplest mode of transportation of all — walking — can offer more relaxation and recovery from the daily desk than simply sticking your toes in the sand.

Intimacy with the destination

Walking can put an area's history into unique and vivid perspective. A number of years ago, my wife, Liz, and I walked through several miles of northern England on a road Romans built in the first century. My imagination was filled with legionnaires' stern marching when we paused to retie our shoes. As I bent over, a Royal Air Force fighter jet roared just over our heads and snatched me a couple millennia forward through time.

"When you walk, the senses are alert to everything around you," says Christopher Knowles of World Walks Ltd. (worldwalks.com). That heightened awareness leads to "a deeper knowledge of a place … than any amount of traveling by car can achieve."

Dr. Tracey McLoone is passionate about both walking and travel. Her medical practice, Passport Health of the Quad Cities, provides travel preparation care for folks headed just about anywhere in the world, arming them with vaccinations and education to minimize health risks abroad.

"I like to walk wherever we go because it brings you into the culture," says McLoone. "A few years ago my mother and I went to Italy. We didn't rent a car. We used public transportation and walked everywhere. Walking immerses you in the culture. You get to meet people and see things you'd never see from a car. (Walking) allows you to soak in the ambiance, the culture — and the food. Walking puts you at ground level with all of that."

"You can go to the tourist areas, but you really feed on the culture in those incidental surprise areas," says McLoone. "That's the beauty of walking. You can talk to people and hang out with the locals and really get the feel of the country."

Local walking opportunities

Walking adventures don't require transatlantic flights, of course. Rewarding experiences await walkers throughout our region. And just like when you choose to walk at a more far-off destination, experiencing an area by foot is an opportunity to get to know it on a different level.

Marilyn Krachmer of the Hawkeye Hikers chapter of the American Volkssport Association (ava.org) has loved Iowa's Amana Colonies since 1966. The volkssport club has carefully mapped a trail incorporating most of the Amana Kolonieweg, a trail that circles a lake and connects Amana and Middle

Amana. The walk connects some of the region's most historic features: a furniture shop, woolen mill, winery, brewery, bakeries and museums relating to the Colonies' early days.

"For my family, going to the Amanas meant going to a particular restaurant, eating fried chicken, and partaking of a unique family-style meal," says Krachmer, describing her earliest Amana experiences. "So when our group, the Hawkeye Hikers, decides to do the Amana walk, I always insist that we have a meal there, at the Colony Inn, where the staff stores our Walk Box with all of the necessary information. My favorite part of the walk, though, is the Lily Lake, which I only discovered after I became part of this group."

The Hawkeye Hikers have organized other self-paced walks, including a walk along the Mississippi River in Davenport and a walk highlighting historical and literary points of interest in Iowa City.

Other walking destinations in the area include the recently completed Fairfield Loop Trail in Fairfield, Iowa, that allows pedestrians and cyclists to experience the prairies, woodlands, lakes and wetlands that surround the community, all at a leisurely pace. Mile markers occur every quarter mile along the 16-mile route, allowing visitors to keep track of where they are, and several intersecting trails connect to parks and points of historical interest. A complete map of the trail can be found at jeffersoncountytrails.org.

Eat, drink and come home fit

Of course, the benefits of a walking vacation go beyond experiencing the sights and sounds of your destination in new and interesting ways. You also are more apt to spot local eateries worth checking out while passing them on foot — not to mention working up an appetite along the way. Walking's calorie-burning benefits even can help keep vacation eating and drinking from coming home as extra waistline luggage.

"Walking is the best method of exercise, bar none. It is weight-bearing but not as jarring to the joints as running. It provides cardio benefits, helps keep weight under control, it's free, and no gym membership is required. Walking protects bones, and it can even help women with the hot flashes during menopause," says McLoone.

I have no experience of hot flashes, nor I imagine, does Christopher Knowles. But he observes that walking carries "the added benefit of becoming fitter in the process — the average person will walk about two miles in an hour (in the country), which over the course of a day will mean that a significant number of calories will be burnt with very little trouble and with a great deal more interest than a gym can provide."

Hector Lareau is a regular Radish contributor. For more immunization and safety advice in preparation for travel, visit passporthealthusa.com/moline.

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Think Bicycles

Iowa City group champions two-wheel transportation

By Mary Blackwood

Every month is Bike-to-Work Month for Anne Duggan. Neither rain nor snow nor heat nor gloom of night keeps her off her bicycle. As a commuter, she's proof even Iowa weather can be amenable to riding a bike all year long.

Anne is a member of Think Bicycles, an Iowa City collective that brings together cyclists, bicycle shops, cycling clubs and community organizations in order to advocate for bicycling by encouraging people to ride, expanding infrastructure, increasing access to trails, and working with traffic planners to make sure that roadways are safe for cyclists. Think Bicycles wants to make cycling fun, convenient and safe for everyone.

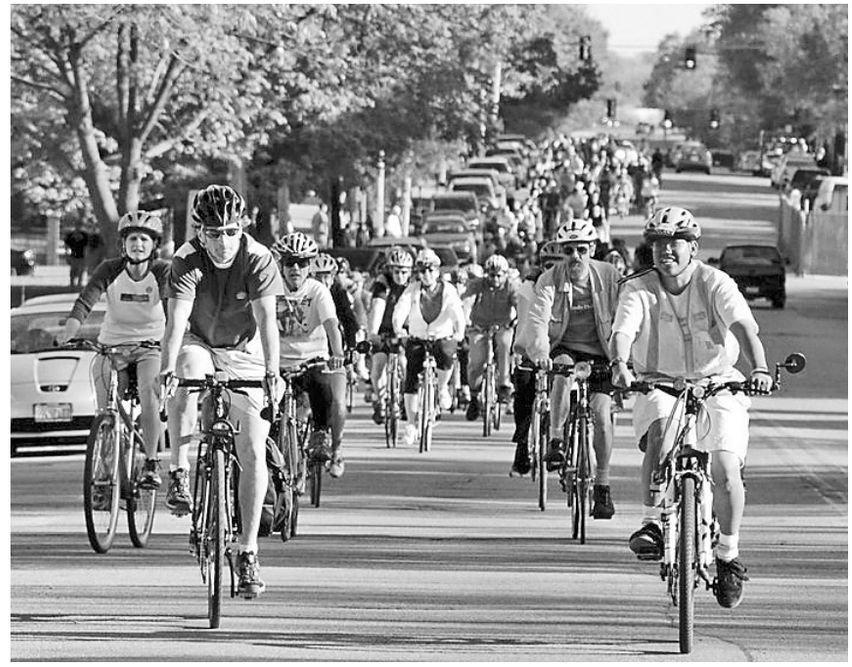
Unlike cars, bicycles don't burn fossil fuels; they create no pollution. They generate less wear and tear on roads and, whether parked or on the road, take up less space. The manufacturing footprint is tiny. Maintenance is inexpensive. Bicycling provides healthy exercise. They are simply cleaner, cheaper and healthier.

The big question is how to get more people to forego their cars and ride bikes instead. This is where Think Bicycles comes in. Established in late 2009 in order to help policy makers (who are often frustrated by the mixed signals they get from cyclists) understand what would benefit cyclists most, the group's members discuss their needs and wishes together and decide how to approach the policy makers with a united voice.

As an example, Iowa City is planning to improve Burlington Street just east of the Iowa River. Burlington is the major corridor for cyclists to cross the river, yet they must share up to seven lanes of traffic with cars, buses and trucks, all while changing lanes, turning, and encountering bumpy train tracks and crosswalks full of pedestrians. In a recent guest opinion in the Iowa City Press Citizen, Brad Parsons of Think Bicycles wrote, "Current plans for the area, including a plan to widen Burlington Street to make room for a substantial median, fail to improve this section of roadway for cyclists." Think Bicycles has inserted itself into the discussion to make sure the traffic planners take bikes into account.

Safety is paramount for bicyclists, who are challenged by being more vulnerable to everything around them — vehicles of many times their weight and size, inclement weather, and lack of good routes. Think Bicycles members offer classes in Traffic 101 to the public, teaching traffic and riding skills. Light the Night, a program co-sponsored by Think Bicycles, allows cyclists who have received a citation from the police for failing to use a light while riding at night to get the citation waived if they purchase and install a light.

Think Bicycles works closely with the innovative Bike Library. Donated bicycles are refurbished by Bike Library volunteers. Then someone can "check out" a bike for six months by leaving a deposit, usually around $100. If the bike is returned before six months is up, the deposit is returned. If the rider likes the bike enough to keep it, the Bike Library keeps the deposit, which is then used to buy parts and equipment to fix up more bikes. The Bike Library also offers inexpensive rental of space, tools and equipment so that riders can tune up or repair their bikes.



Cyclists participating in a 2011 Think Bicycles event. (Submitted)

Bike-to-Work Month is a time of opportunity and visibility, so Think Bicycles puts on several events. The highlight is the Old Pi to New Pi ride — 200 cyclists start at the town's original New Pioneer Co-op in downtown Iowa City and ride together across the river and down the road to adjacent Coralville, winding up at the newer branch of the Co-op. Think Bicycles also sponsors public forums, commuter breakfasts and a bus/bike/car race.

Anne Duggan became a cycling enthusiast later than many. A few years ago, in her 50s, she got back on a bicycle and found she loved it. Now Anne commutes to work every weekday. Her beloved "town girl" bicycle has fenders that mean business and panniers roomy enough to stow her grocery purchases. The wheels have the right tread for negotiating slushy snow in the winter.

She even gave up her car.

Mary Blackwood lives in Iowa City and writes regularly for Radish. For information and a list of upcoming Think Bicycles activities for Bike-to-Work Month, visit thinkbicycles.org/bike-to-work-week.

Ah, asparagus!

A tasty spring treat that rewards your patience

By Rachel Morey Flynn

Asparagus is a tedious vegetable. Far from being a 21-day growing project, like lettuce, baby spinach and radishes, it requires three years of dedicated attention from a gardener.

Year one involves digging trenches in well-drained, good-quality black soil and gently laying in the bare-root plants. After watering them well and covering them very carefully with more of that good black soil, they must be weeded and protected from the heavy feet of people and dogs and the ruthlessness of hungry bunnies. They will send up a few delicate ferns during their first summer and then in the fall, they'll die back.

The first spring after they have been planted, the ferns will seem stronger and taller. They may produce tiny red berries. The eager gardener will see miniature asparagus spears and think about creating a tiny salad. But those tiny spears will soon become tall ferns that direct nutrients back into the soil, and harvesting them will surely kill the future crop.

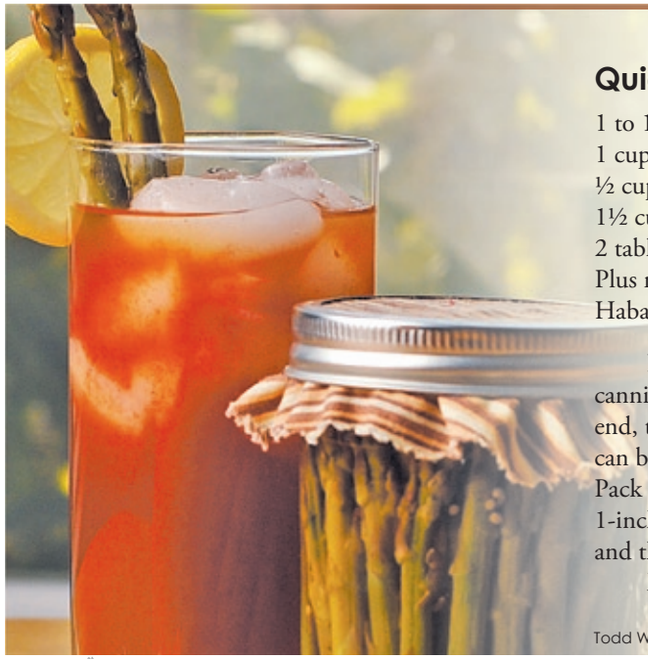
The second spring, if all has gone as planned, real asparagus will appear. Leaving those spears alone will nearly guarantee a larger crop for the following spring. It's very difficult to resist tasting a few spears at this point. But it must be done.

Three years after those bare-root plants were first buried, the gardener can snap off armloads of beautiful, fat asparagus spears nearly every day for six weeks. This is what we gardeners wait for. A well-established, well-tended plot will yield nearly a pound of asparagus per square foot for the better part of 20 years.

Even so, after the initial years of patient waiting, it's almost cruel that the asparagus season is so brief. Over the years, I've tried to extend the season by canning, freezing and pickling what couldn't be eaten right away. I prefer asparagus as close to fresh-picked from the garden as I can get it, and the first two methods often left me with mushy, brown, inedible results that became wonderful treats for my backyard flock of laying hens. I had the feeling that I should have enjoyed eating the preserved asparagus right out of the garden instead and skipped the hard work that comes with freezing and canning.

There is one surefire way to hang on to that wonderful asparagus goodness past the time when it's in season, however. Turning them into refrigerator pickles is very little work and certainly worth the effort: If you make the pickles in mid-May, which is usually the end of asparagus season, you'll be enjoying the results on your salads, in your Sunday morning Bloody Marys, and standing in the light of your refrigerator late at night, well into September.

Rachel Morey Flynn is a regular Radish contributor.



Todd Welvaert / Radish

Quick Pickled Asparagus

1 to 1½ pounds medium asparagus spears
1 cup water
½ cup sugar
1½ cups vinegar
2 tablespoons canning salt
Plus mustard seed, dill seed and garlic cloves
Habanero peppers (optional)

Begin by fitting your asparagus spears to the canning jars by snapping the ends off (the woody end, though generally too tough and fibrous to eat, can be kept to be made later into vegetable stock). Pack the spears into the jars, being sure to leave a 1-inch headspace between the tops of the spears and the rim of the jar.

Meanwhile, mix together water, sugar, vinegar and 2 tablespoons of canning salt in a large pot. Bring the mixture to a boil and stir gently until you can see that the sugar and salt has dissolved.

To each jar of asparagus, add 1 tablespoon of whole mustard seeds, one tablespoon of whole dill seed, and one whole clove of peeled garlic. Using a canning funnel, gently pour the hot vinegar mixture over the contents of each jar, leaving ½ inch of space at the top of each jar. Screw the lids on tightly and let the jars cool to room temperature, then place in refrigerator. Refrigerate for a minimum of 3 days before opening the jars.

If you prefer the spicy variety, collect as many habanero peppers as you have jars, cut a few slits in each pepper, and put one pepper into each jar. I find it's best to let the jars with peppers in them marinate in the refrigerator for at least two weeks.

Blooms and buds

Bickelhaupt Arboretum features 14 verdant acres

By Susan McPeters

"He that planteth a tree is a servant of God — he provideth a kindness for many generations, and faces that he hath not seen shall bless him." — Henry van Dyke

When setting out to explore the 14 acres of the Bickelhaupt Arboretum in Clinton, Iowa, visitors are greeted by a sign that reads "Earth at Rest." It certainly seemed as if Mother Nature was in a perpetual state of hibernation on that chilly day in March when I visited the Bickelhaupt Arboretum for the first time. In just a few months the snow and bare tree branches would be replaced by a carpet of 10,000 naturalized daffodils enhanced by the sight and smell of the adjacent blooming crabapple trees. On the surface the earth might have been at rest, but the wildflowers, peonies and plants of the Butterfly Garden were slowly edging toward the surface to emerge in yet another spring.

The Bickelhaupt Arboretum is truly a labor of love. Bob and Francis Bickelhaupt, who founded the arboretum, had previously owned a successful car dealership in Clinton. "In making plans for retirement, Mr. and Mrs. Bickelhaupt decided they wanted to give something back to the community. In the mid-1960s the couple began noticing the devastating effect that losing hundreds of trees to Dutch elm disease had on Clinton. Throughout the city, neighborhoods were left devoid of any trees," says Margo Hansen, director of programs at the Bickelhaupt. The couple, explains Hansen, decided that the establishment of an arboretum — a collection of woody plants — would be an appropriate gift.

The couple resolved to turn land inherited from Bob's father into the arboretum and started making plans. "There was one problem," notes Margo. "Neither of them knew much about horticulture."

The Bickelhaupts would visit botanical centers and arboretums, but that didn't teach them enough to establish their own, so they began taking night classes at the Morton Arboretum in Lisle, Ill. Their instructor, Roy Nordine, had been head propagator at Morton for more than 20 years. Upon his retirement, he became the consultant for the creation of the Bickelhaupt Arboretum, assisting them in site preparation, tree selection and planting.

In 1970 the Bickelhaupts donated the Arboretum to the city of Clinton's park board, although they continued to live in their house on the grounds. The arboretum is financially supported through a private foundation governed by a board of directors. Bob Bickelhaupt passed away in 2006. At age 97, Francis still lives in the house on the hill overlooking the grounds.

According to its mission statement, the Bickelhaupt Arboretum "serves as a connection between people and plants through a better understanding of horticulture by developing and maintaining a well-documented collection of plants for education and enjoyment."

Today the Arboretum is home to more than 2,000 named and labeled plant species. While Hansen says the nine specialty gardens "add interest," the trees are the heart of the collection. Grouped by type, they include maple, birch, ash, beech, linden, oak and elm.

Submitted

The real gem is the "Heartland Collection of Rare and Dwarf Conifers." Dwarf conifers are slow-growing varieties of their larger relatives, and many of those at the Arboretum are unique. The different varieties were created through a delicate process of plant breeding. The conifers also add color to the landscape year-round.

David Horst, who has been the director of horticulture at Bickelhaupt for 27 years, and Hansen are the only paid employees. A dedicated staff of volunteers helps with various duties such as labeling and plant maintenance, updating the plant inventory list, and assisting with special events.

Hansen says while every season brings its own special beauty to the Bickelhaupt, her favorite is spring. "Everything is starting to come alive after the winter, and it is so nice to see the colors again."

Susan McPeters is an outdoor enthusiast and regular Radish contributor. The Bickelhaupt Arboretum, 340 S. 14th St., Clinton, is free to visit and open daily from dawn to dusk. For more information, visit bickelhaupt.org.

Sleek and green

Cedar Rapids sports new, energy-efficient courthouse

By Joe Payne

It took an environmental disaster to bring an environmental wonder to downtown Cedar Rapids: the new U.S. Federal Courthouse at 111 7th Ave. SE, which has recently been awarded LEED Gold certification from the U.S. Green Building Council.

Design work on the $115 million project began way back in 2002; however, a lack of funding kept it on hold for years. But when the massive Cedar River flood of June 2008 inundated all of downtown Cedar Rapids — including the previous 1930s-era courthouse — Congressional funding for the new building was put on the fast track. Four years after the flood, the new, 280,000-square-foot courthouse opened for business Nov. 5, 2012.

I work for KJWW Engineering Consultants, the company that designed the courthouse's mechanical, electrical and plumbing systems — which, along with a building's envelope (or shell), are the biggest determinants of energy consumption.

Working with architectural firm William Rawn Associates of Boston, OPN Architects of Cedar Rapids, and energy modeling firm The Weidt Group, KJWW engineers were able to design systems that met the sustainability requirements set forth by the building's owner — the U.S. General Services Administration (GSA).

Meeting the sustainability criteria became even more of a challenge as the building also had to meet the GSA's anti-terrorism design standards, parts of which result in greater-than-normal energy use for systems such as dedicated ventilation and security-based lighting.

The result is a structure that can protect occupants from outside blasts, collapse and poisonous gas attacks. At the same time, the building uses little more than 16 kilowatt hours of energy per square foot per year. (By comparison, a typical office building may use 18 to 23 kwh per square foot per year.)

"The building needed to be extremely energy efficient — but there also was competing criteria from the architect, such as a six-story glass-curtain wall facing north in Cedar Rapids, where it gets very hot and very cold," says Lincoln Pearce, KJWW's project manager and lead mechanical engineer.

The building is open to the public daily, and if you choose to visit, one of the first features you'll notice is the sleek and striking north-facing glass wall (as big as a football field). Inside, that same wall provides a bounty of natural daylight to illuminate the curved hallways and six-story bifurcating atrium. Hanging above the marble staircase in the center of the atrium is a large art installation made of silhouettes that represent jurors. Artist Ralph Helmick created the silhouettes from real people who had visited the farmers' market in downtown Cedar Rapids.

Since the sustainable features aren't readily apparent to visitors, an interactive kiosk providing this information has been placed on the second-floor landing.

The north-facing glass wall of the U.S. Federal Courthouse in Cedar Rapids, as viewed from the exterior and interior of the building. (Submitted)

It provides a variety of static and real-time information. This includes a building performance monitor showing the building's energy and natural resource consumption (water, gas, electricity) as well as its energy production (from the roof-mounted photovoltaic panels). Visitors can view the energy usage and production by the hour, day, week, month and year.

The kiosk also has a LEED checklist showing the various green features that can go into determining a building's certification at the silver, gold and platinum levels. This screen explains in detail the courthouse's many sustainability features, which (in addition to those already mentioned) include limited exterior hard surfaces (to limit water sent to sewers); low-emitting materials (i.e., no VOC-emitting paints, materials or furnishings); a recycling program; and the use of Forest Stewardship Council-certified wood.

Joe Payne is a former editor of Radish magazine. For more information on the U.S. Federal Courthouse in Cedar Rapids, visit iand.uscourts.gov/e-web/home.nsf/home. For an explanation of LEED certification, visit usgbc.org/leed.

farmers' markets

Visit 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, 935 N. Main St., Princeton; 3-6 p.m. Tuesdays and 8:30 a.m.-2 p.m. Saturdays, May 25-Oct. 26. 815-875-6468

CARROLL COUNTY
Mt. Carroll Farmers' Market, north side of courthouse on Market Street; 8 a.m.-noon Saturdays, May 4-Oct. 26. 800-244-9594

HENRY COUNTY
Alpha Village Farmers' Market, Alpha village gazebo, corner of D Street and 1st Street; 4-7 p.m. Fridays, May 3-Nov. 22. 309-529-2251

Geneseo Farmers' Market, City Park on Pearl Street; 8 a.m.-noon Saturdays, June 1-Oct. 26. 309-507-0002 or geneseofm@geneseo.net

Kewanee Farmers' Market, 200 W. 3rd St.; 7:30-11 a.m. and 4-7 p.m. Wednesdays, 7:30-11 a.m. Saturdays, May 15-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 3-Oct. 25. 815-598-3138

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, May 11-Oct. 12. 815-777-1838

Galena Territory Association Farmers' Market, 2000 Territory Drive; 7:30 a.m.-12:30 p.m. May 26; June 9, 23; July 7, 21; Aug. 4, 18; Sept. 1, 15, 29; and Oct. 13. 815-777-2000

Hanover Farmers' Market, corner of Route 84 and Jackson Street; 9-11 a.m. Saturdays, May 4-Oct. 5. 773-430-4871

KNOX COUNTY
Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, May 4-Oct. 12. 309-368-1750

Oneida Farmers' Market, across from DT Sales and Service parking lot, 221 W. U.S. 34; 3-6 p.m. Thursdays, July 1-Sept. 30. 309-483-8412

LEE COUNTY
Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd Street; 7 a.m.-noon Wednesdays and Saturdays, May 4-Oct. 26. 815-284-3306

MCDONOUGH COUNTY
Macomb Farmers' Market, Courthouse Square; 7 a.m.-1 p.m. Thursdays and Saturdays, May 16-Oct. 19. 309-837-4855

MERCER COUNTY
Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, June 13-Oct. 10. 309-582-2751 or aledomainstreet.com

OGLE COUNTY
Polo Farmers' Market and community dinner, Senior Center on Mason Street; 3-6 p.m. Thursdays, July 11-Oct. 10. 815-946-3131

PEORIA COUNTY
RiverFront Market, on the corner of Water and Liberty Street, Peoria; 8 a.m.-noon Saturdays, June 1-Sept. 28. 309-671-5555

ROCK ISLAND COUNTY
Broadway Church Farmers' Market, 710 23rd St., Rock Island; 3-6 p.m. Wednesdays, June 5-Aug. 28. 309-786-2631

East Moline Farmers' Market, Skate City parking lot, 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, May 1-Oct. 30. 309-235-6425

Franklin Field Farmers' Market, 12th Avenue and 9th Street, Rock Island; 10 a.m.-1 p.m. Saturdays, June 1-Aug. 31. 309-644-9084

Trinity Moline Market, 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, May 4-Oct. 26. 309-936-7792 or 309-235-6425

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 7-Oct. 25. 309-734-3181

WHITESIDE COUNTY
Twin City Market, 106 Ave. A, Sterling; 8 a.m.-noon Saturdays, year-round. 815-626-8610 or twincityfarmersmarket.com

Morrison Farmers' Market, 202 E. Lincolnway (Route 30) behind the Heritage Museum, Morrison; 8-11 a.m. Saturdays, May 18-Oct. 5. 815-772-3757 or morrisonfarmersmarket.com

IOWA

CEDAR COUNTY
Cedar County Farmers' Market, south of the courthouse, Tipton; 7:30-11 a.m. Saturdays, May 11-Oct. 12. 563-946-3551

CLINTON COUNTY
DeWitt Farmers' Market, Lincoln Park on 5th Avenue and 10th Street; 4-7 p.m. Thursdays, May 16-Oct. 17. 563-357-9485

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-7 p.m. Wednesdays and 8-11 a.m. Saturdays, May 22-Nov. 2. 563-577-2216

Preston Farmers' Market, Iowa 64 at Twogood Park; 4-6 p.m. Thursdays, June 27-Sept. 19. (563) 577-2216

DES MOINES COUNTY
Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-7:30 p.m. Thursdays, May 2-Oct. 31. 319-208-0056

DUBUQUE COUNTY
Dubuque Farmers' Market, near City Hall on Iowa, 12th-13th streets; 7 a.m.-noon Saturdays, May 4-Oct. 26. 563-588-4400

Dyersville Area Farmers' Market, Commercial Club Park, 225 11th St. SE; 2:30-6 p.m. Thursdays, May 16-Oct. 10. 563-875-2311

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 18-Oct. 12. 319-385-1846 or mpfarmmarket.org

IOWA COUNTY
Amana Colonies Farmers' Market, Henry's Village Market, V Street, Homestead; 4-7 p.m. Fridays, May 31-Aug. 30. 319-622-3931 or henrysvillagemarket@gmail.com

JACKSON COUNTY
Maquoketa Farmers' Market, parking lot of Ohnward Fine Arts Center, 1215 E. Platt St.; 4-7 p.m. Tuesdays, May 21-Oct. 22. 563-249-8456 or maquoketafarmersmarket@gmail.com

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. 26. 641-919-3212

Fairfield Senior Citizen Site Farmers' Market, 209 S. Court St.; 9 a.m.-2 p.m. Saturdays, through Nov. 2. 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 6-Oct. 3. 319-248-1750 or 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 1-Oct. 30. 319-356-5210

Mercer Park Farmers' Market, 2701 Bradford Drive, Iowa City; 3-6 p.m. Tuesdays, May 7-Oct. 29. 319-356-5230

JONES COUNTY
Anamosa Farmers' Market, 600 E. Main St.; 3-6 p.m. Wednesdays and 8 a.m.-noon Saturdays, June 12-Oct. 19. 319-462-2971

Monticello Farmers' Market, middle school parking lot at 274 S. Main St.; 3-5:30 p.m. Wednesdays and 8-11 a.m. Saturdays, May 11-Oct. 30. 319-465-7023 or monticelloiowafarmersmarket.com

LEE COUNTY
Fort Madison Farmers' Market, Central Park on 9th and Avenue E; 4:30-6:30 p.m. Thursdays, May 30-Sept. 26. 319-372-7700 ext. 216 or fortmadison.com

Keokuk Farmers' Market, River City Mall parking lot, 300 Main St.; 7-11 a.m. Saturdays, May 18-Oct. 12. 217-242-4061

LINN COUNTY
Downtown Farmers' Market, Green Square Park, 3rd and 4th Avenues SE, Cedar Rapids; 7:30 a.m.-noon Saturdays; June 1, 15; July 6, 20; Aug. 3, 17; and Sept. 3, 21. 319-398-5317 or cedarrapids.org

Mount Vernon Farmers' Market, Memorial Park, 311 1st St. W.; 4-6 p.m. Thursdays, May 2-Oct. 10. 319-310-4145

NewBo Farmers' Market, 1100 3rd St. SE, Cedar Rapids; outdoor market 4-7 p.m. Thursdays, 8 a.m.-2 p.m. Saturdays, 10 a.m.-2 p.m. Sundays, May 2- 31; indoor market 4-8 p.m. Thursdays, 8 a.m.-8 p.m. Saturdays, 10 a.m.-6 p.m. Sundays, year-round. 319-200-4050

Noelridge Farmers' Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, May 1-Oct. 18. 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 10-Oct. 11. 319-728-7971 or columbusjunctioniowa.org

MUSCATINE COUNTY
Downtown Muscatine Farmers' Market, corner of 3rd and Cedar streets; 7:30-11:30 a.m. Saturdays, May 4-Oct. 26. 563-260-0950

Muscatine Farmers' Market, 1420 Park Ave.; 2:30-5:30 p.m. Tuesdays, May 2-Oct. 31. 563-260-0950

SCOTT COUNTY
Bettendorf Farmers' Market, parking lot at 2117 State St.; 2-6 p.m. Thursdays, May 2-Oct. 31. 563-332-5529

Davenport Farmers' Market, parking lot of NorthPark Mall, Davenport; 8 a.m.-noon Wednesdays and Saturdays, May 1-Oct. 30. 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 4-Oct. 29. 563-322-6009

Trinity Farmers' Market, Trinity Bettendorf, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, May 6-Oct. 28. 563-332-5529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The General Store

food for thought

With two hands

Life lessons learned working at a sewing machine

By Margeaux Fincher

There are little metal panels under the needle of a sewing machine called feed dogs. The first time my sewing teacher referred to them I laughed and asked about the origin of the name. Unfortunately, she did not have an explanation for me. I quickly added the phrase to my sewing vocabulary and it became unfunny in the way that constant use makes anything unfunny.

Amusing name or not, feed dogs are important. Covered with tiny teeth, they churn up and down constantly as the machine runs, pulling the fabric under the needle and moving the whole project forward. If the material jams or the stitches bunch up, the feed dogs hustle everything along. My hands guide the project from the top, but the feed dogs are like another tiny set of hands that guide from below.

A funny thing about feed dogs: They can be disabled. My sewing machine has a tiny wheel on its underside that lowers and disengages the feed dogs. When I first heard I could do this, I was baffled.

"Won't the stitches sew on top of each other?" I asked, picturing a ridiculous pileup of thread.

"No," my teacher replied. "With the feed dogs down, you can guide the project entirely yourself. Many sewers use this function for free-hand quilting when they want to create crazy stitch formations."

Tentatively, I tried retracting the feed dogs and doing some experimental sewing. It was both disconcerting and a strain on my hands; my stitches were no longer perfectly even and perfectly spaced.

I haven't tried sewing without my feed dogs since that first time. Content to allow the machine to help my projects along, I prefer to keep everything neat and tidy and in place. Recently, however, I have been thinking about feed dogs again. Here, on the cusp of adulthood (I turned 20 in February), I've realized that my parents have been my "feed dogs." They pull me along, working behind the scenes to keep everything going and functioning and succeeding. This realization is coupled with a startling discovery: The process of growing up is all about disabling the feed dogs. That is scary.

Margeaux Fincher at work on a quilt at her sewing machine. (Photo by Gary Krambeck / Radish)

Most days I'm not sure I'm ready for freehand quilting. It feels equal parts ludicrous and revolutionary. Allowances, curfews, chores and the other accoutrements of childhood sound comforting and safe.

Other days (days that come with increasing frequency), when I retreat to my bedroom with a mug of coffee to churn through piles of college homework and plan my upcoming adventures, I am seized with a surge of creativity. I am overcome with a desire to pull the future closer with my own two hands, faster than the feed dogs can move, eating through fabric with crazy-colored stitches and looking back over my handiwork with the satisfaction of someone who chose her own pace and design.

Some nights (nights that come with increasing frequency), when I am driving alone down a starlit highway with the radio blasting in my car and home miles behind me, I laugh at my crazy zigzag freedom. I can do whatever I want. Squiggles, swirls, doodles, across seemingly endless yards of time — I am free to sew them all.

Of course, even the craziest of crazy quilters knows there's a fine line between whimsical design and a tangled mess. Get too loopy, and your work becomes chaotic. To even reach the stage where free-form stitching is a possibility takes a precise understanding of the fundamentals of sewing and the patience to measure, cut and seam accurately. Skip these linear preparations and your stitches look childish, not artistic.

When it comes to life, my parents know this well. They've done their best to give me a good foundation, to teach me how to find a balance between creativity and disaster. Now it's up to me. I am poised to sew a masterpiece but the excitement of adulthood lies in the fact that the design could still go awry. But I am determined to make each stitch matter, even if I don't know where they will ultimately lead. I am determined to learn to live two-handed.

Margeaux Fincher learned to sew through classes taught by Jane Kiser at Neal's Vacuum and Sewing Center in Moline. She makes her Radish debut this month.

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Cash awards

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Questions may be sent to racedirector@lakegeodechallenge.com, or visit **www.lakegeodechallenge.org** for more information.