



Radish

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Stacey grew up in the Quad Cities. She attended the University of Iowa and graduated with a Bachelors of Science in Nursing in 1995. Stacey practiced as a Registered Nurse at Genesis in the Birth Center. In 1999 she earned a Master's of Science in Nursing specializing as a Women's Health Nurse Practitioner, from Vanderbilt University in Nashville, TN. Stacey was also N.C.C. certified as an obstetrics and gynecology nurse practitioner. She has been practicing as a women's health nurse practitioner since and joined "The Group" in 2001.

Stacey resides in Bettendorf with her husband Mike and their two sons. She enjoys spending time with family and friends, reading, time outdoors, exercising and shopping.

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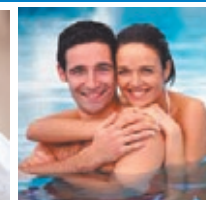
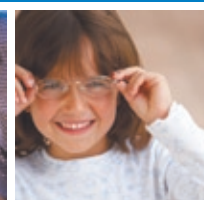
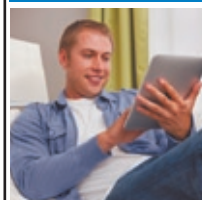
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from the editor



From left, fellow bike commuters Hector Lareau, Radish editor Sarah J. Gardner, and Jeff Cozad.
(Photo by Todd Welvaert / Radish)

When people find out that I like to ride my bike to work, what I get asked most often are how far is it, how long does it take, and is it a lot of work? Fair questions, all of them. The first two are easiest to answer: six miles and 30 minutes, or about 15 minutes longer than it takes me to drive.

The third question is a little harder to quantify. It clearly involves more physical effort to pedal a bike into work than it does to press a gas pedal, but I hardly arrive feeling exhausted. More to the point, I find the benefits consistently outweigh any extra work I have to put into it. That half-hour bike ride is more often than not a chance to enjoy a bit of sunshine and clear my head before digging into the work of the day, whether it's a project at the office or getting dinner going at home.

I find what I really value about a bike commute isn't the time it gives me to myself, though, but the way it changes the interactions I have with other people along the way. Often people I pass, whether out on their lawns or walking or biking themselves, will smile and say good morning — including Hector Lareau, who wrote the excellent article on bike commuting on page 22, and who always rings his bell as we pass. Along my route I've met many other interesting people while stopped at train crossings and bridges, and I have enjoyed our conversations as we waited for our turn to move on.

What a radical difference that is compared to a "normal" commute, where we're individually sealed up in our cars from the time we leave the house to the time we arrive at our destination! Just imagine how much differently you might feel stopped in traffic if, instead of stewing in frustration, you could make use of that time to stand up, stretch your legs and chat with a neighbor. Or even if on your way to work your fellow commuters smiled and waived as you passed.

Years ago, living in a different city and making a very different kind of commute, it was not uncommon for me to spend three hours trying to get home, stuck in stop-and-go traffic. I can still remember clearly the evening I looked over at a car next to me to see the driver knitting with her hands propped on her steering wheel. "Something has got to change," I thought. Little could I guess that a few years down the road my commute would be something to relish instead of endure.

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

the grapevine

From our readers

Back to the roots (April 2014): "Thank you Annie, for your memories and for renewing my determination to 'fix' my small garden beds. Gardens are both lovely and therapeutic — just as you so poignantly point out. Good luck with your new garden!"

— Janet B., Baton Rouge

"I would like to say how much I enjoyed Annie Scholl's article in the April issue. I always love Annie's pieces, but the gardening one touched my heart and soul. As a gardener, I feel that being in touch with the earth is very healing and this article may encourage someone to step outside and put their hand in the dirt.

"Thank you for working to bring a lovely publication to Eastern Iowa. I am grateful every time I find a place that has the Radish for the patrons."

— Dayle Berggren

"This so reminds me of spending time with my grandmother. The time I spent with her in the gardens were the most serene I have ever felt. I try to recreate it each year, some better than others. Thanks for reminding me of the real reasons I fill my yard with nature's bounty."

— Tracy, Cedar Rapids

Mark your calendar for the eighth annual Healthy Living Fair on June 14!

Here at Radish we've been hard at work putting together our annual Healthy Living Fair, which will be held from 8 a.m. to 3 p.m. Saturday, June 14, adjacent to the Freight House Farmers' Market, 421 W. River Drive, Davenport.

You won't want to miss this free event, now in its eighth year. It's a celebration of the best the area has to offer in healthy living that brings together more than 60 exhibitors to present the latest in environmentally-friendly products; ways to get involved in outdoor recreation and conservation; resources for holistic, alternative and integrative medicine; samples of healthy, local foods; and activities for kids and families. There also will be great events on stage like fun fitness classes and the ever popular Pet of the Year contest. We can't wait to see you there!

On the Road
with
Radish

We love to meet our readers! This month, keep your eyes out for Radish staff riding bikes as part of the Duck Creek-Mississippi River Trail Loop Ride, 8 a.m.-1 p.m. Saturday, May 10, on the Duck Creek and Mississippi River bike paths in Davenport and Bettendorf. No registration is needed for

this free event, just hop on your bike and get on the trails at any point along the 28-mile loop. For more information, call 563-344-4113 or 563-328-7275, or visit bettendorf.org/parks or cityofdavenportiowa.com/parks.

Radish on the Road events are made possible thanks to Friends of Radish. To discover more upcoming events of interest, see the events calendar on the Radish website, radishmagazine.com.

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- 1 tsp sugar
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- ¼ cup crumbled blue cheese
- 1 to 2 tsp water, if needed
- 1 tbsp finely chopped fresh chives, plus more for garnish
- ¼ tsp freshly ground pepper
- 12 slices whole grain baguette (1/4 inch thick), warmed or toasted

1. Combine strawberries and sugar in medium bowl and let stand while you make the cheese spread.
2. Combine cream cheese and blue cheese in a small bowl using a fork. Add water, if necessary, for a thick but spreadable consistency. Stir in 1 tablespoon chives and pepper.
3. Spread about 1 teaspoon of the cheese mixture on each piece of baguette. Top with the sliced berries. Garnish with a sprinkle of chives, if desired.

Nutrition Facts per serving: 66 calories, 2g fat, 1g saturated fat, 5mg cholesterol, 139mg sodium, 10g carbohydrate, 1g fiber, 2g protein.



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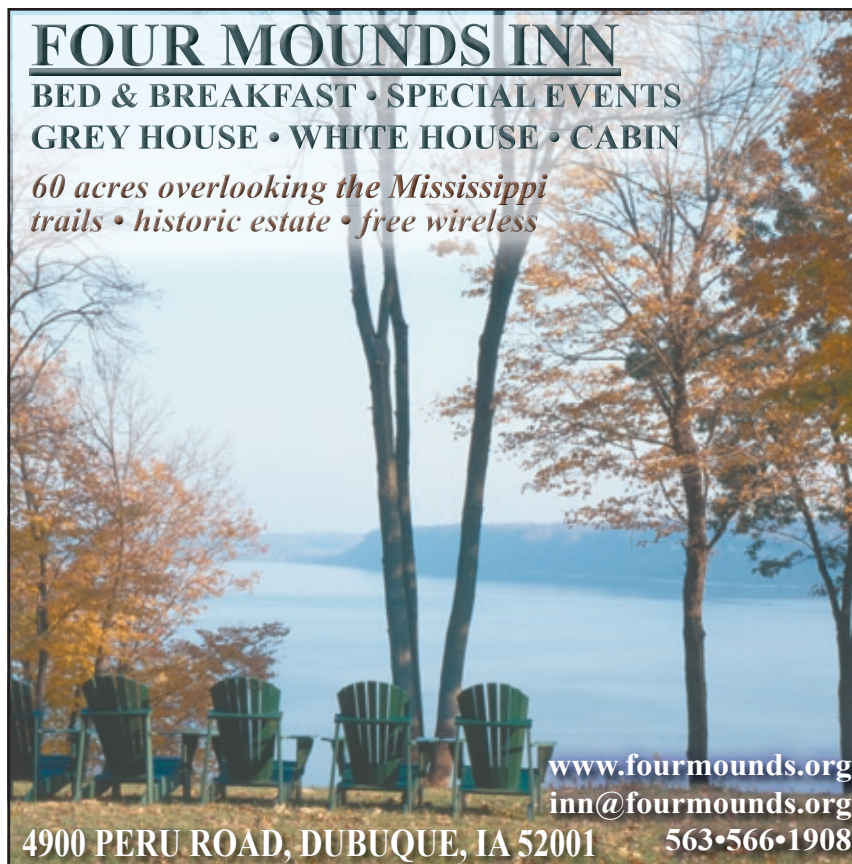
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features



6 Heirloom Market
This family-run business sets its sights on balanced living.

8 Scrub-a-dub-dub
Easy alternatives to microbead scrubs to make at home.

10 Garden apps
A handy set of tools for new gardeners and old pros.

16 Fantastic fungi
Business is mushrooming for Louisa County grower.

in every issue

2 from the editor

3 the grapevine

on the cover



Braydon Mills looks on as his father harvests oyster mushrooms grown at their farm.
(Photo by Cindy Hadish/ Radish)

departments

12 food
Rhubarb reboot: Adding a little adventure to a tasty rhubarb dessert.

14 environment
Eco-friendly fridge: Useful tips to cut down on energy use and food waste.

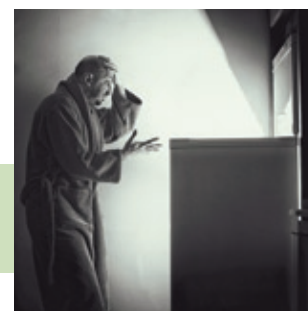
20 health & fitness
Double up: Get more from your workout with fitness pairings.

22 outdoors
Change your commute: With just a few tips, biking to work can be a true delight.

24 eating well
Sweet as sugar? We put three sugar substitutes for baking to the test.

26 grow your own
The Amana way: Author shares rich history of gardening at the colonies.

32 food for thought
Unwrapped: The packages may differ, but great gifts go to the heart.



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 underway, you'll want to check out our list of over 50 area 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

Heirloom Market

This family-run business sets its sights on balanced living

By Jean Eggemeyer

“To me, living life close to the land and to family is a spiritual thing that starts with the heart,” says Bill Heid. “It’s something I’m passionate about and that drives what I do.”

Heid is the owner of the Heirloom Market and Cafe, located on Route 84 in Thomson, Ill. Since opening two-and-a-half years ago, the business — which sells heirloom seeds and starts for the garden, solar generators, specialty foods and more — has become a destination for gardeners, day-trippers and families looking for activities to enjoy together.

Heid has carefully cultivated a business philosophy that emphasizes healthy, balanced living and stewardship of the land. He believes past generations “had it right” when they passed down family traditions and values by working side-by-side and hopes to encourage today’s families to take up hoes, trowels and rakes — or at least fresh sandwiches — together.

“If you don’t have time for family and friends, you’re too busy,” Heid says. “I want to show people another way to live. Living close to the land and the people that are important to you is really the ‘American Dream.’”

Heid, together with several members of his extended family and employees, work to operate the complementary businesses that strive to be a “one-stop shop” for home gardeners looking to preserve traditional and healthy growing practices.

The Heirloom Solutions company, one of the branches of the family



Bill Heid, left, runs his Thomson, Ill., businesses with the help of family members, including four of his five children (from right): Matt Heid, Nick Heid, Stephanie Heid and Sarah Tyler. (Photos by Jean Eggemeyer / Radish)



business, sells high-quality, heirloom vegetable, herb and flower seed varieties from around the world. The family produces a print and online catalog annually that outlines the offerings. All of the seeds are also stocked at the Heirloom Market in a humidity- and temperature-controlled room.

Included in their selections are home garden standbys such as Provider green beans, Danvers carrots, Black Beauty eggplant and several varieties of heirloom tomatoes. More unique seeds are also available, including Luffa Sponge gourd, the fruit of which can be dried and used as washcloths and dishcloths.

“There is a context to all the seeds we offer,” says Heid. “They’ve come to us through other people’s hard work and we like to highlight that in our catalog.”

Many of the seeds offered by Heirloom Solutions are grown in Chile. “It’s one of the few areas where there is little humidity so that seeds can be adequately preserved but (there’s) still enough water for plants to grow well,” Heid explains.

“We can also control the genetic purity of the seeds by eliminating the influence of genetically modified strains,” he says. “Some of our seeds have been cultivated for hundreds of years. It’s a legacy we want to help keep alive.”

Staff members enjoy sharing their knowledge of the seeds and resultant produce with customers, who grow Heirloom Solutions seeds locally as well as across the U.S. and internationally.

In the growing months, Heid, his family, and staff hand-tend large gardens adjacent to the Heirloom Market and Café building using Heirloom Solutions seed. The produce is grown naturally; no chemical pesticides, herbicides or fungicides are used. It's from these gardens that many of the ingredients used at the café and sold in the market are harvested.

Customers — whether gardeners or not — come from a wide area to enjoy the café's fresh food, coffee and handmade desserts. A garden seating area is popular in the spring, summer and autumn, while guests enjoy the warmth of the large, indoor fireplace in the cooler months.

The café features grilled panini, croissant sandwiches, salads and soups for lunch. For breakfast, a selection of egg panini, egg bakes, breakfast burritos and natural oatmeal are on the menu. Drinks include brewed coffees, teas, blended drinks, draft beers and local wines. For dessert, one of the most popular choices is the cinnamon roll bread pudding baked by Linda Heid, Bill Heid's mother.

"We try to use as much as we can from our own gardens," says Sarah Tyler, Heid's daughter and human resources manager. "And we bake our own bread."

"We'll base our menus on what's ripe in the gardens," adds Bud Benson, Café chef. "It's a really fun way to cook. I like to surprise people with daily salad specials that might include nasturtiums (edible flowers) with fresh greens and heirloom tomatoes."

Family-focused entertainment is also a draw for visitors. The Heirloom Market and Café hosts several music concerts throughout the year, showcasing local, as well as national, talent. The Melon Days Fall Festival, which takes place in September, features fair-type attractions including camel rides, kids games, live music, a beer tent, wine tasting, and, of course, melons and pumpkins for sale. In the winter months, the family builds an ice rink, complete with skate rentals and a nearby warming fire pit.

"We like having events that people can participate in as a family," explains Tyler. "We love to see grandparents, parents and kids enjoying themselves together."

In the summer, concerts often take place outdoors in the early evenings.

"We always offer family-friendly music so the kids can dance while the adults can enjoy a glass of beer or wine," Tyler added.

In addition to the fresh produce, started plants and organic soil amendments stocked in the warm months, the year-round Heirloom Market carries a large selection of Amish jams, locally-harvested honey, grass-fed beef, handcrafted gifts, reference books, and a full line of solar generators designed by Heid.

"I developed a portable solar generator that's attractive to those who 'tinker' with solar power and to those who want to have a clean, backup energy source," explains Heid.

What brings the seed, market, café and solar-power businesses together is Heid's personal mission to help people live happier, healthier lives.

"Our businesses are something we've built together as a family," says Heid. "It's our desire to leave a legacy of self-sufficiency and to encourage active participation in the stewardship of God's world."

"It's very satisfying," he adds. "We become part of the solution rather than part of the problem in today's world."

Jean Eggemeyer is a regular Radish contributor. For current menus, hours and event information for the Heirloom Market & Cafe, visit theheirloommarket.com or call 815-259-0125. Additional information on Heirloom Solutions can be found at heirloomsolutions.com.

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healthy living

Scrub-a-dub-dub

Easy alternatives to microbead scrubs to make at home

By Leslie Klipsch

Sugar. We love it and crave it but have no doubt that eating too much of it comes at a cost. And yet here's a bit of delicious news: there are ways to use the sweet temptress that actually can enhance your overall health and well-being rather than sabotage it. Guilt be gone, homemade sugar scrubs for your skin and body will make you feel good about your sugar consumption in ways you never have before.

Used as a natural beauty aid to exfoliate your skin, sugar scrubs are mild and help revive your skin, the body's largest organ, by deeply cleaning its pores. Plus, making your own sugar scrubs is simple. Combine a bit of sugar with a few other ingredients

and your skin will delight in the sweet reward.

One soothing, at-home skin-care ingredient that can be combined with sugar to make a face and body scrub is honey. It's full of antioxidants (good for wrinkles), is antibacterial (good for acne prevention), and is a great moisturizer (good for thirsty skin recovering from a long, dry winter). Another ingredient that melds well with sugar and is likely already in your pantry is olive oil. It's perfect for sautéing, but also can be used as a moisturizer — just like sweet almond oil, which is nongreasy and softens skin. Not only are these ingredients natural, but they are much less expensive than what you find bottled up at the cosmetic counter with a long list of often indecipherable nouns printed on the label.

You can customize your sugar scrub with the addition of just a few drops of essential oils, which are natural compounds found in seeds, bark, stems, flowers, and other parts of plants. Not only are they inherently fragrant, each has its own set of skin-care benefits. Peppermint oil smooths and softens; patchouli and sandalwood aid dryness; lemon is said to have antiseptic and antibacterial properties; while rose, geranium and chamomile all nourish aging skin.

An added bonus to making your own facial and body scrubs is that it spares the environment in an important way. Many of the products lining the cosmetic aisle contain microbeads. Consumers often are unaware that such beads actually are nothing more than tiny, hard plastic balls — that you



Citrus Sugar Scrub

1 cup sugar

½ cup olive oil

15-20 drops pure citrus essential oil (lemon or orange are refreshing)

Mix ingredients in a small bowl. Gently scrub your skin with the mixture. Rinse well with warm water and pat dry. (Makes 8 ounces.)



Sugar Honey Scrub

¼ cup sugar

2 tablespoons honey

Mix in a small mixing bowl. Dampen hands and gently rub small amounts all over your face until the mixture feels like a smooth layer on your skin. Rinse well and pat dry with a soft towel. (This makes two facial/body treatments, approximately 2 ounces.)

Vanilla Brown Sugar Scrub

1 cup brown sugar

½ cup almond oil

1 teaspoon pure vanilla extract

Mix ingredients in a small bowl, then scrub your skin in a circular pattern, letting the sugar do the exfoliating. Leave the scrub on your skin for a few minutes to reap full benefits and then wash your face as usual, patting dry with a clean towel. (Makes 8 ounces.)



► Note: All scrubs should be tried on a small area of skin before applying throughout the body so as to discover any sensitivities and avoid breakouts. Moisturize after using. (Coconut oil is a natural moisturizer that could follow any of the suggested sugar scrubs.) Store sugar scrubs in an airtight container and use within two months of making. (Photos by John Greenwood / Radish)

slather on your body! Though these beads do exfoliate the skin, once rinsed off they ultimately end up contaminating our fresh water supply and infiltrating our food chain.

Here's how: The plastic microbead scrubbing agents found in commercial exfoliants drain down the sink, flow through wastewater treatment plants, and then end up in our fresh water systems. There, they are consumed by various organisms, some of which we consume in turn. As the microbeads enter our food chain, we unwittingly ingest the infinitesimal bits of plastic as a part of our regular diet.

Prompted by this unwelcome consequence, states like California and New York have made legislative efforts to ban the sale, manufacturing and distribution of microbead-laden products. In turn, a handful of large cosmetic companies have committed to phasing harmful microbeads out of their products, but change is still slow coming. Johnson & Johnson, for example, states on its website that it will reformulate some, but not all, microbead products by 2015.

In the meantime, the good news is that sugar is sweet. Whether it's your vanity, pocketbook or conscience that motivates you (or a little bit of each), five minutes and a relatively stocked pantry may lead you to the discovery that a heaping cup of sugar is just the ingredient your body needs.

Leslie Klipsch is a frequent Radish contributor. Find more of her thoughts on food, faith and healthy living at leslieklipsch.com.

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Garden apps

A handy set of tools for new gardeners and old pros



John Greenwood / Radish

By Annie L. Scholl

This spring, I felt some anxiety as I planned my first vegetable garden in nearly 20 years. “What if I do it wrong?” was the thought banging around in my mind, as it often does when I attempt something new.

Having information — and lots of it — is one way I keep anxiety at bay. Fortunately information is all around us these days. Since I’m one of those people whose smartphone is never far from reach, I decided to investigate some gardening apps to help me. First, though, I turned to Facebook, asking my friends to tell me what gardening apps they’ve tried. As it turned out, no one had.

“I use manure, a shovel, a hail guard, pollinators, flowers and prayer,” posted my friend Brent, whose garden has resulted in some delicious dinners he and his wife have shared with me.

My big sister Julie also dismissed the need for a gardening app. “If I screw up one year on something, I don’t do that the next year,” she says.

My sister also offered advice I likely won’t find on an app: “One zucchini hill is God’s plenty. Any more and you will be ringing doorbells and running.”

Julie also made other suggestions I plan to follow: Put newspapers or grass clippings with no chemicals between the rows faithfully and you will be weed free. Water consistently — that’s crucial. Rotate your crops yearly. Especially weed carrots and beets regularly so the remaining ones will grow big. Call me if you are attempting potatoes.

Only my friend Machele had used technology to help plan her garden. She used the new garden planner on the Seed Savers Exchange website (seedsavers.org). I started there and found it to be a very helpful and easy-to-use tool. It does just what the name implies — it helps you plan your garden — the shape and size of your beds and what to put in them. This didn’t work on my iPhone, which I didn’t mind. My eyes appreciated using my large computer monitor versus my tiny phone screen.

In the end I did succeed in finding a handful of apps for my iPhone to help me with my gardening adventure. Many of them were free, and the most expensive one I looked at was \$3.99. The apps I checked out were great — I loved having all of the information at hand.

But, in the end, I still plan to supplement what I learned from the apps with advice from friends and family who are longtime gardeners. They’ve been there and done that. In fact, I joined forces to garden this year with my friend Lina. She had the experience and I had the land. Not only is it fun to plot and plan with my friend, it also makes the chores — like weeding and watering — much more fun. I also look forward to enjoying the fruits — and vegetables — of our labor in the form of some tasty dinners together.

Annie L. Scholl is a frequent Radish contributor.

Looking to download a little garden advice?
Here are some apps worth checking out.



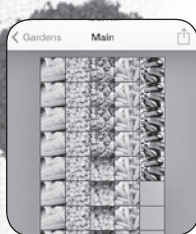
Organic Gardening Planting Planner: This free app is loaded with great information. It tells you how deep — and how far apart — to plant seeds and how far apart to space the rows. You choose the season you want to plant in and it tells you the best planting date — and the date of harvest. You also can plug in your location and it will give you the current weather and frost dates.

Garden Compass: This is another free app that I found helpful. When you select "Essentials," it takes you to a menu with information on all sorts of things, including organic pest control. When you click on "vegetables," it tells you about various ones, letting you know if they do well in your USDA Hardiness Zone, how far apart to space them when planting, how much sun they require, and how tall they'll get. Of course there's also a button that connects you with a retailer where you can buy the seed. This app also has a pest — and a plant — identifier. You just take a photo and submit it and you'll hear back from a horticultural expert (and from the reviews I read, someone actually DOES get back to you).



Garden Pro!: If you want to part with \$3.99, this is a good one. It has a garden guide and a pests and diseases guide. I narrowed the search to just vegetables and fruit and learned a lot about each plant, how much light and water it requires, and in what soil it grows best. It also tells you "most important care" instructions and the most common pests and diseases. You also can manage to-do lists, like when to compost, water and fertilize. And it includes a journal.

Garden Tracker: This is an inexpensive \$2.99 and was fun to use. You designate how many rows and columns you want to plant and it then creates a garden with little squares. When you click on the squares, a list of vegetables pops up and you then determine what you want to plant and whether you're planting seeds or seedlings. You can also use the app to track your garden's progress, including when you watered, fertilized and harvested. An additional fun feature: it tells you when the sun rises and sets and the moon phases.



Gardening: The Ultimate Guide: This is a free app that you might find helpful if you don't have a big sister or a friend to consult. It has a list of topics, like: "15 Dumb Gardening Mistakes," "40 Gardening Tips," and "6 Habits of Successful Gardeners." These were fun to read and also informative. This app includes "Starting a Garden Checklist," which I appreciated.

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Rhubarb reboot

Adding a little adventure to a tasty rhubarb dessert

By Sarah J. Gardner

There is something about eating rhubarb that makes me feel daring. I think of it as the Midwest equivalent of fugu, the Japanese delicacy made from the edible parts of a poisonous puffer fish. Fugu is prized not just for its taste but, in the best preparations, for the way it makes diners' lips tingle as they eat it — a tiny brush with mortality to season the meal.

Rhubarb isn't nearly as deadly as the puffer fish, of course. (For one thing, you don't need a special culinary certification to prepare it safely — just cut the rhubarb leaves away and discard them.) Yet every time I taste rhubarb's mouth-puckering tartness, I'm reminded that part of this plant is poisonous. And here I am, as breezy as you please, nibbling on it as a dessert. A dessert! What other cheeky high jinks will I get up to next?

Precisely because rhubarb kindles this sense of adventure, I find myself drawn to experiment with it each spring. I make the usual rhubarb cakes and crumbles, of course, and faithfully prepare a batch of strawberry rhubarb jam using my grandmother's time-honored recipe. But I've also been known to make rhubarb chutney and cold rhubarb soup, roasted chicken in rhubarb sauce and chipotle rhubarb pizza. With few exceptions (the soup stands out among them), rhubarb has rewarded my intrepid preparations with truly delicious dishes.

This year when I began thinking about new ways to play with rhubarb, I felt drawn to get back to desserts and see if I couldn't update a rhubarb crisp. In particular, I wondered what would happen if I baked tea into it. Generally speaking, though I'm an avid tea drinker, I tend not to like it in baked goods. When brewed and added as a liquid (as in cakes) I find the tea flavor often to be too subtle to detect,

and when added as leaves (as in shortbreads) the tea tends to be gritty and distracting. But in a rhubarb crisp, I reasoned, the citrus flavors of bergamot in an Earl Grey tea would compliment the tart taste of the rhubarb, and the juices of the rhubarb could "brew" the tea as it baked. So I took a deep breath, cut open two small bags of tea, and poured them over the fruit.

I couldn't have been more tickled with the results. The tea leaves did, indeed, soften as the dessert baked, their flavors melding with that of the filling. Combined with a topping that cuts down on flour and oatmeal by using more nuts to make the crumbly upper portion, this dessert was nothing short of quick, easy and delicious. In the end, the only danger I seemed to be in from this rhubarb dish was the temptation to dive in for second helpings.

Sarah J. Gardner is editor of Radish.



Todd Welvaert / Radish

Tea-Scented Apple Rhubarb Crisp

- | | |
|---|---------------------------------------|
| 2 cups (roughly 3 stalks) rhubarb, chopped | ½ cup whole wheat flour |
| 2 medium apples, peeled, cored and chopped | ½ cup brown sugar |
| 1 small lemon, juiced | ½ cup slivered almonds |
| ⅓ cup sugar | ¼ cup chopped pecans |
| 2 teaspoons cornstarch | 1 teaspoon cinnamon |
| 2 bags Earl Grey tea | ½ cup (1 stick) butter, melted |
| ¾ cup rolled oats | Vanilla ice cream (optional) |

In a medium bowl, combine chopped rhubarb and apples. Add juice from the lemon, sugar and cornstarch. Open the two tea bags and empty their contents into the bowl. Stir to combine all ingredients, then place in the bottom of an 8x8-inch baking dish.

In the now empty bowl, mix together oats, flour, brown sugar, chopped nuts and cinnamon. Stir in butter and mix well to moisten all ingredients. Spoon oat and nut mixture over fruit in the baking dish and spread to the edges. Bake for 25 minutes at 400 degrees.

Serve warm topped with a scoop of vanilla ice cream (optional).

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environment

Eco-friendly fridge

Useful tips to cut down on energy use and food waste

By Laura Anderson Shaw

Being “green” isn’t always easy. Although I’m a pro at grabbing my reusable bags on the way to the grocery store, when I return with my purchases and load up the fridge, I can’t help but wonder about the energy costs of storing all that food — especially when, a week later, I find a wilted head of lettuce or forgotten stalk of celery gone to waste.

Unfortunately, because I’m an apartment dweller living in a space that’s rented, I can’t purchase a more energy-efficient refrigerator to help my cause. But I can change how and what I put inside of the fridge I’ve got to make sure neither the electricity nor produce in my fridge are being wasted.

Check your temp

Professional organizer Mona Brantley, owner of Oragnize That in Bettendorf, suggests monitoring the temperatures of your freezer and refrigerator “for best efficiency.” The fridge should be between 36 to 38 degrees, and the freezer should be between 0 and 5 degrees, she says.

Also, check the location of your fridge. If you can, move the refrigerator away from windows, heating ducts and appliances that give off heat such as ovens and dishwashers. “Exposure to heat makes them work harder,” Brantley explains.

For this reason, Brantley also advises never placing hot food in the fridge. This will change the refrigerator’s internal temperature, and cause the motor to run more to cool the food.

Organize, organize, organize

To cut back on food waste, create a system of where to keep food in your fridge. Brantley says milk should be kept on the bottom shelf of the fridge toward the back where it’s colder. Other dairy products such as yogurt, sour cream and cottage cheese should be stored there, too. Raw meats should be kept on the bottom shelf because it’s coldest, and so its juices cannot leak onto other foods.

Butter and soft cheeses may be stored in the door, which is often warmer than the rest of the fridge, Brantley says. Other items such as condiments, pickles and salsa also may be stored on the door.

Keeping foods that expire more quickly than others in plain sight also may help to cut back on food waste. “One of our biggest problems in America is how much food we waste because things go out of date,” Brantley says.

Brantley also advises refraining from washing and cutting up fruits or vegetables until you’re ready to eat them, since uncut produce lasts longer.

Having a designated spot for everything in your fridge also can cut back on the amount of time you need to keep its door open to search for things. The



iStockphoto

longer the door is open, the warmer the inside of the fridge will be, which means more work for the motor to cool it back down to temperature.

Maintain balance

As your fridge fills up, Brantley advises “to have a balance. ... Too much food prohibits air flow and causes the motor to overwork,” she says. “Too little food cuts its efficiency.”

To make organizing a little easier, Brantley suggests using magazine holders turned on their sides to create extra shelving, especially in freezers. Turntables or “lazy Susans” can also help prevent food from getting lost and forgotten in the back of the fridge, she says.

As a general rule, take everything out of your refrigerator and freezer once a month. Check expiration dates on all foods before you put them back. If you come across a “use by” date “but you won’t have time to use it, put it in the freezer” instead of tossing it in the trash, Brantley says. “Almost all fridge items can be stored in the freezer.”

Laura Anderson Shaw is a writer on staff with Radish.

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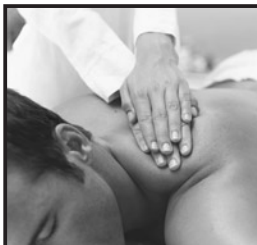
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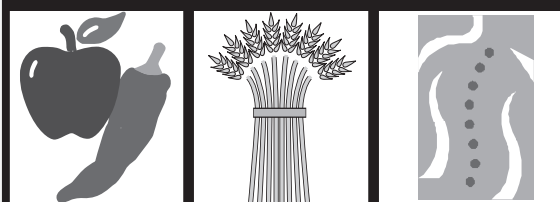
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By Cindy Hadish

Todd Mills is growing the future: The lion's mane and oyster mushrooms Mills cultivates in a growing room outside his rural Columbus Junction home possess a distinctively futuristic look, while also showing promise in studies of their health benefits.



grower
of the
month



Mills, 31, has been selling mushrooms the past few years at the Iowa City Farmers' Market and more recently at the Downtown Farmers' Market in Cedar Rapids. This year, he became a supplier for New Pioneer Food Co-op under his business name, Mushroom Mills.

Clear plastic containers of the off-white, shaggy lion's mane and more sculpted oyster mushrooms are sold in both the co-op's Coralville and Iowa City locations. Produce coordinator Mike Krogh says the two stores are carrying more varieties of mushrooms than ever before "and customers are buying them."

New Pi routinely carries 10 varieties of fresh mushrooms and eight to 10 types of dried mushrooms, Krogh notes. While sales of mushrooms have not increased substantially over last year, Krogh says customers seem pleased with the variety. "There has definitely been a positive response to the increased selection in our stores."

That response isn't lost on Mills, who is keeping up with demand. "I want to make sure the co-op is supplied with as much as they need."

Mills didn't initially set out to be a mushroom grower. His day job keeps him busy as a lubrication analyst



Todd Mills and son Ethan along with lion's mane (left) and oyster mushrooms (above) they have grown. (Photos by Cindy Hadish / Radish)

in Cedar Rapids with the Allied Reliability Group, which specializes in equipment maintenance.

"Everyone hunts morel mushrooms and I was no different," he says of his fungal beginnings. After researching the possibility of growing mushrooms, Mills took a class with mycologist and author Paul Stamets, and has been hooked ever since.

Along with selling mushrooms, he also has sold mushroom grow-kits at farmers' markets.

Continued on page 18



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Continued from page 17

Last year, he decided to uproot his family from their Cedar Rapids home to a more spacious site in rural Louisa County. The southeast Iowa acreage offered space to build his mushroom growing room, needed to increase the output.

To be financially viable, Mills estimates he needs to grow about 100 pounds per week, which is feasible in his new space. The structure was built specifically to grow mushrooms. Humidity is kept intentionally high inside the building, where shelves are lined with bags filled with growing medium for the lion's mane and oyster mushrooms.

Mushroom spawn is inoculated on straw that has been pasteurized in 55-gallon drums outside, with superfine sawdust, oats and wood chips also used in the growing process.

Spaceship-shaped oyster mushrooms grow on one side of the room, with the tufted hedgehog-like lion's mane on the other. Mills said the two mushroom varieties are compatible, but introducing other types could require a separate space.

The operation is surprisingly sterile, which Mills notes is necessary to prevent introducing the wrong type of spores from growing. "You want to maintain the purity of your cultures," he says.

Both the lion's mane and oyster mushrooms take three to four weeks to grow. The mushrooms protrude from the plastic grow-bags until they are the right size to harvest. Mills and his wife, Leanne, have two sons, Ethan, 10, and Braydon, 5, who sometimes help their dad by carefully picking the mushrooms they can reach.

Websites that tout the benefits of the exotic-looking lion's mane, which tastes a bit like lobster when sauteed in butter, often note that the mushrooms are difficult to find in stores.

Mills believes it's only a matter of time before people discover his mushrooms in Eastern Iowa and recognize the reputed health benefits of

mushrooms in general. "The medicinal side is really starting to bloom," he says. "Once the mainstream catches on, it should be a huge market."

Mushrooms have been used for centuries in Asia, but Western medicine has only recently taken notice. Mills cited research into the benefits of oyster mushrooms in cancer studies, while lion's mane is being studied for its potential uses for patients with Alzheimer's disease and nerve regeneration.

Other benefits attributed to mushrooms include reducing anxiety, improving the immune system and acting as antioxidants.

Both oyster mushrooms and lion's mane (also known as monkey's head, pompom and bear's head) grow in the wild, generally on dead or dying tree trunks, but mushrooms are still a rare commodity to cultivate in Iowa.

Mills is looking into selling his mushrooms in other venues and hopes to eventually make Mushroom Mills his full-time job. "This year should be our big year," he says. "I'm looking forward to it."

Cindy Hadish writes about farmers' markets, local foods, gardening and the environment at homegrowniowan.com.



Todd Mills mixes growing medium.
(Photos by Cindy Hadish / Radish)



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Double up

Get more from your workout with fitness pairings

By Chris Greene

Some things just go together: April showers and May flowers. Peas and carrots. Football and ballet. What ... football and ballet seem like the odd couple there to you?

Maybe at first glance, but if you take a closer look, they're actually a match made in heaven. Although the two activities seem very different, some of the physical benefits of ballet, for example, can actually help a football player improve performance. Ballet enhances balance and flexibility — both great assets on the field. Ballet also adds strength without adding bulk, making for a strong player who isn't weighed down. And ballet offers great cardio benefits, meaning a player will have more endurance on the field.

Football and ballet are far from the only interesting pairing out there. Just ask another interesting pair — Mike Kratzberg and Michele Jamison, certified personal trainers and co-owners of Begin Again Fit for Life Personal Training & Transformation Center in Rock Island.

Kratzberg and Jamison agree that not only will training across disciplines improve your fitness level, it also helps stave off boredom. "In our training, we combine boot camps, running, weight training ... whatever it takes to get your muscle groups working differently each time," says Kratzberg. "This keeps your muscles from doing the same, repetitive motions each time."

"This not only does more for your body," says Jamison, "but it does more for your motivation. Mixing it up keeps it exciting and fun, meaning you'll stick with it."

Here are a few suggestions for complimentary pairings. There are benefits to each member of the pair, but they each have something their partner doesn't.

Chris Greene is a writer on staff at Radish. For an additional fitness pairing, visit radishmagazine.com.

Weight training + boot camp

Lifting weights can do some great things for your body — you'll gain muscle definition, increase bone density and you'll get stronger. What you might find missing in a weight training program, however, is cardio. Kratzberg and Jamison like to have their clients do weight training and also engage in boot camp.

"Boot camp is high intensity and challenging. There is lot of circuit training, box jumps, squats, pull-ups, kettlebells — we challenge every part of the body and keep the intensity going," says Kratzberg.

With boot camp, you get some of the same benefits you get from weight training, but you get the added bonus of cardio. And you never have a chance to get bored.



Running + yoga

Running can torch calories like nobody's business. The cardiovascular benefits are huge. Runners swear by the runner's high and will tell you that a good run can be mentally therapeutic as well. But not every aspect of running is positive.

"Running can be tough on your body," Kratzberg says. "Your muscles shorten and tighten. Yoga can help stretch those muscles out."

Keeping those muscles soft and pliable helps the body better absorb the shock of running. In addition, yoga focuses largely on breathing, and controlling breathing is also incredibly important for runners.

"Any time you can work the muscles differently, you'll see a benefit," Jamison adds.



Keep changing it up!

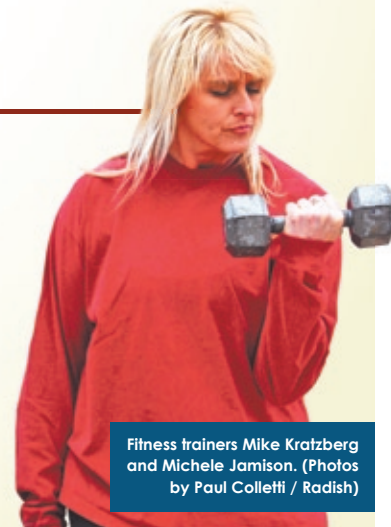
Think you've got the perfect pairings all figured out? Then think again! Ideally, Kratzberg and Jamison like to see their clients add a bit of everything to their routine.

"If you keep doing the same thing with repetitive motions, then it's time to change it up," says Kratzberg.

You'll see more benefit if you continue to vary your routine.

"Try weight training with running, weight training with cross fit, boot camp with yoga. Keep it varied," says Kratzberg. "Work all of your muscles — the fast twitch and the slow twitch. ... You'll learn what to add and what to take away."

"That's the thing about balance," says Jamison. "Once you think you've found it, something shifts. You have to keep changing to adjust. That's true in fitness and in life. Just when I think I have it all balanced, it's time to re-evaluate."



Fitness trainers Mike Kratzberg and Michele Jamison. (Photos by Paul Colletti / Radish)

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Change your commute

With just a few tips, biking to work can be a true delight

By Hector Lareau

This year's Bike to Work Week (May 12-16) is a perfect time to find out what it feels like to have fun as a regular part of your work days, restoring a bit of the playtime that tends to vanish when we grow up and get a job.

It's the kind of fun that can come cheap, too. "If you own a bicycle and a backpack, that's everything you need," says Jeff Cozad, who commutes by bicycle from his home in Bettendorf to Deere & Co. in Moline. There are entire magazines and huge chunks of the Internet dedicated to nearly irresistible and shiny new bikes and equipment. But you don't need a new bike to ride a few miles to work. My decades-old Schwinn

Collegiate five-speed is strong and heavy as a tank, yet it's also as comfortable as a Cadillac during my 14-mile round trip.

Before you set foot to pedal, though, it's a good idea to plan a safe route to ride. Even an experienced and confident bicyclist like Cozad prefers to ride paths for nonmotorized traffic. "It keeps me away from traffic," Cozad says, "so that's the first place to try to ride."

The overwhelming majority of motorists in our area encounter cyclists with courtesy; they even follow the 3-foot-of-clearance-while-passing law. If you're like me, though, you've seen too many texting or cell-phoning motorists who give their driving frighteningly minimal attention. So when your route requires being on the road, Cozad suggests avoiding arterial streets and finding a parallel street one over.

"Get to where you can go without traffic."

Cozad's advice is solid: "Get to where you can go without traffic."

Once you've got your route, you need to plan about clothing and sweating. I ride in something appropriate for the weather, then change when I get to work. I keep a towel at the office to mop my brow if it gets too sweaty or if it rained, and I take suits, slacks, sportcoats, shirts and ties to work weekly, either by car (Ugh! No play-time!) to be stored at the office or in a bag on the bike on days when I ride.

My own route doesn't take much more time than driving — probably an additional 10 minutes each way. But transforming mere transportation into play is well worth the extra time. And it may be enough to transform this week into an entire Bike to Work summer.

Hector Lareau is a regular Radish contributor.

But what about...?

Worried about getting a flat or caught in the rain? Turn potential pitfalls into nonissues with just a little planning.



Breakdown time

Experts say you need a kit and tools to fix flats — bicycling's most common inconvenience — but my own favorite breakdown tools are the mobile phone and the bus schedule. If you break down on the way to work, it's a lot easier and less messy to call for a ride or put your nonrolling bike on a city bus rack. Then you can fix things when it's convenient — or have the good folks at your local bike shop fix them.



Safety kit

The experts also say that high visibility kit, helmets, and eye-wear are all important safety gear. Although I always wear a helmet, I also wear ordinary clothing. Lights are essential in the dark, but longtime commuter Jeff Cozad recommends them at all hours: "It's cheap insurance," he says. "Anything to be more visible."



Stormy weather

The retailer's country of origin — and perhaps the price point — changes the name, but whether you buy a rain cape or a poncho, it's a good investment for rainy rides. So are fenders or mudguards — they keep that itchy wet stripe of spray off your backside, even when it's just puddly.



Hector Lareau and Jeff Cozad. (Photo by Todd Welvaert / Radish)

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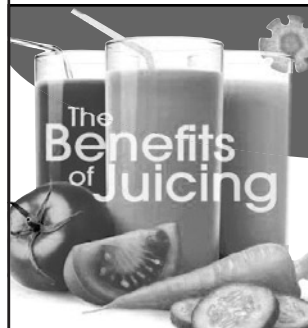


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Sweet as sugar?

We put three sugar substitutes for baking to the test

By Sarah J. Gardner

By now it's not news that Americans consume a lot of sugar: 152 pounds of sugar per person per year (a whopping three pounds of sugar a week!) according to the Department of Health and Human Services website (hhs.gov). It's also not news that Americans have been trying to whittle that number down and for good reason. Over-consumption of sugar has been linked to a wide range of health concerns, from obesity to cardiovascular disease to some forms of cancer.

The food industry has taken notice. Reduced-sugar and sugar-free items have proliferated on grocery-store shelves, and an increasing number of sugar substitutes have popped up in the baking aisle. These blends promise to work like sugar in a recipe (and, in fact, many contain some proportion of sugar mixed with an artificial sweetener) while reducing the calorie count of baked goods made at home.

But do they work? That's what we wanted to find out, so we baked up four batches of plain sugar cookies using the classic Joy of Cooking recipe. One batch of cookies was made using regular granulated sugar. The other three used popular sugar substitutes formulated for baking: Truvia Baking Blend, Stevia in the Raw, and Splenda Sweetener Sugar Blend.

In terms of appearance, the cookies came out looking nearly identical. We had to use careful labeling to keep the cookies straight, though there were some noticeable differences in texture once we started nibbling. When it came to taste, however, there was no mistaking these cookies for one another.

We've never had such a high degree of agreement in a Radish taste test before. Nine out of our 10 taste testers picked the cookies made with the Splenda blend as their favorite. They even beat out the cookies made with regular granulated sugar. Our taste testers noted that the cookies had a very nice crunch with a firm texture and a sweet taste. At a cost of \$7.49 for 2 pounds (23 cents an ounce), Splenda was also among the most affordable options. Though it offered the least reduction of calories of the three substitutes we tried — 387 calories per half-cup — that is still half the caloric content of the equivalent amount of sugar called for by the recipe.

In stark contrast were the cookies made with Stevia in the Raw. Every single one of our taste testers placed these cookies last in the rankings. The texture was noted as dry and crumbly, and several cookies fell apart. Our testers also disliked the overall flavor, describing these cookies as having an "artificial aftertaste." At \$7.99 for just over half a pound, it was also the most expensive option, though it did come with the greatest caloric reduction — zero calories in place of the 774 calories in a regular cup of sugar.

Landing in between were the cookies made with Truvia. These cookies came out with a soft texture that held together well, and they were noticeably sweet, though not as sweet as some of the other cookies. At \$6.59 for 1.5 pounds (27 cents per ounce), this sugar substitute cost only a little more than the Splenda blend, but offered half as many calories, comparatively — 190 calories per half-cup.



But what about the overall health impact of such artificial sweeteners? Most of the long-term studies that have been done on sugar substitutes have focused on sweeteners used in diet sodas like saccharin and aspartame. (These baking blends, in comparison, use more recently-developed sweeteners such as sucralose and stevia extract.) Although early tests on lab animals seemed to suggest saccharin and aspartame might be possible carcinogens, subsequent testing has shown no connection to cancer in humans, according to the National Cancer Institute website (cancer.gov).

However, more recent studies, including one published by Purdue University researcher Susan Swithers in the journal *Trends in Endocrinology and Metabolism*, have suggested artificial sweeteners can have metabolic effects in humans that are not yet fully understood, with possible impacts on Type 2 diabetes, cardiovascular disease and weight gain. Although her study, too, looked at soda sweeteners, Swithers suggestion that "caution about the overall sweetening of the diet is warranted," can be applied broadly.

The trick, in other words, may not be to find a better sweetener so much as to cut down on sweeteners overall.

Sarah J. Gardner is editor of Radish.

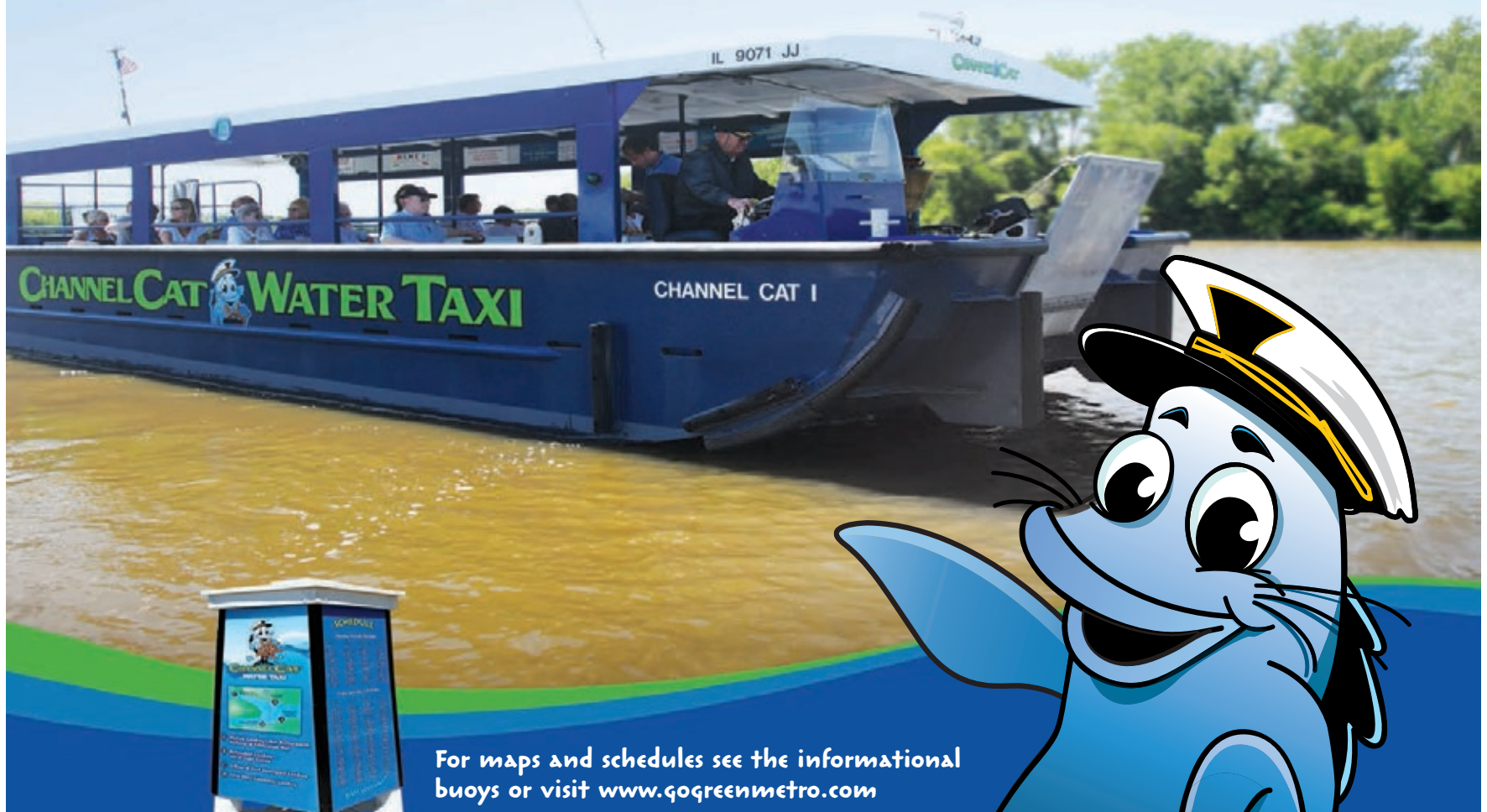
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The Amana way

Author shares rich history of gardening at the colonies

By Sarah J. Gardner

In his new book, “Gardening the Amana Way” (2013, University of Iowa Press, 172 pages, \$27.50), author and gardener Lawrence L. Rettig explores the communal garden practices that were at the heart of life in the Amana Colonies, seven villages founded in the mid-19th century by the members of the Ebenezer Society. He offers history, insight and even recipes that connect the practices of the past with life in the Amanas today. It is a fascinating lens into these unique Iowa communities. Radish recently caught up with Rettig through email to learn more.

Radish: Your parents were part of the communal life of the Amana Society. How did that heritage shape your gardening interests?

Lawrence L. Rettig: Because gardening was such an integral part of life in the Amana communal society, I was immersed in the gardening tradition at an early age. I grew up surrounded by gardens, not only those on our property at home but throughout my village and the other six villages that comprise the Amana Colonies. Even though I was born nine years after communal life was abandoned, and there were no longer any communal gardens, everyone still had gardens surrounding their homes. During World War II, the importance of those gardens increased, and usually their size as well, as everyone was encouraged to plant victory gardens.

By the time I was a teenager, I had already had years of gardening experience, working in the family vegetable garden and in the flower beds. My parents were both avid gardeners, but it was a kindly old neighbor who took me under his wing and really cultivated my interest. Not only did he acquaint me with plants, both vegetables and flowers, that I had no knowledge of, he taught me to graft. I thought it was absolutely magical that one could take the bud or the scion from one plant, graft it onto another and have it actually grow and thrive.

Another tradition that has remained with me through my gardening life is that of saving seeds. In fact, my wife, Wilma, and I have a seed bank that preserves some of the old vegetable varieties that were brought from Germany and grown in the communal kitchen gardens.

Finally, how could someone with a German name like Rettig not be a gardener? You see, it means “radish!”

R: Could you talk about the importance of “planting for the future,” as understood by members of the Amana Colonies?

LLR: Planting for the future was, of course, essential to the success of Amana communal life. It kept the communal kitchen houses in good supply of fruit and vegetables year-round. Not all plants in vegetable gardens were harvested. Some of each variety was held back for seed. The amount and quality of



Lawrence L. Rettig, author of “Gardening the Amana Way.” (Submitted)

that seed determined the quality and quantity of future meals at the kitchen houses. Fruit and vegetable varieties that canned or dried well or could be stored fresh over winter were especially valued.

R: A lot of vegetables familiar to gardeners today — cabbage, beans, potatoes, peas — were grown in the Amana gardens, but some less familiar produce, too, like citron melon, celeriac, salsify and ground cherries. Given the growing interest in heirloom vegetables in recent years, is there a lesser known vegetable you think is ready to make a “comeback”?

LLR: Definitely celeriac. It’s a “root celery” that’s still very popular in Europe and increasing in popularity here in the U.S. I’m seeing it occasionally in supermarkets in our area of Iowa now. It’s a celery that is grown not for its stalks, but for its bulbous root, which grows above ground, has a mild, pleasing celery flavor, and is used raw in salads or cooked in soups. The stalks are small, strong-tasting, stringy and generally unpalatable. If finely chopped, they may be used to flavor soups and other dishes.

Continued on page 28

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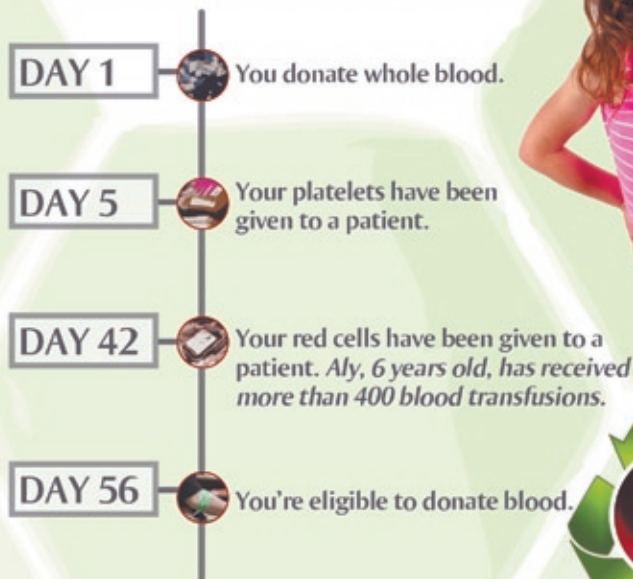
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Continued from page 26

R: Not everything prepared in the communal kitchens in the Amana colonies came from the gardens. What sorts of plants did the members forage to eat?

LLR: Dandelion, lamb's quarters, and stinging nettle were often gathered in the wild by the *Gardeschwestre* (garden sisters). Dandelion greens were harvested in early spring, chopped into small pieces and combined with a salad dressing and sometimes with bacon bits or chopped boiled egg. Lamb's quarters and stinging nettle were cooked like spinach.

R: How did flower gardening take root among the very pragmatic residents of the Amana Colonies?

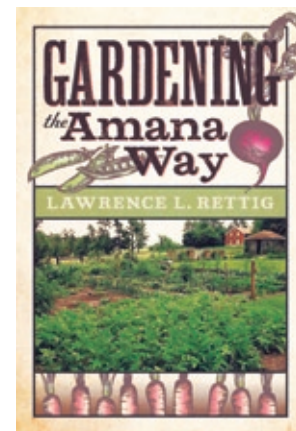
LLR: Flower gardening was pretty much taboo when the Society settled near Buffalo, N.Y., and began communal life in earnest as the Ebenezer Society before moving on to found the Amana Colonies here in Iowa. It was considered frivolous because it did not produce food. Even trees had to be utilitarian. If one wanted to plant a tree in one's yard, it had to be either a fruit or nut tree. To this day our gardens here at Cottage-in-the-Meadow Gardens reflect that practice, as we have fruit trees scattered throughout our lawns and garden beds.

An exception to this early view was already made during the sojourn of the Ebenezer Society in New York. A young man named Joseph Prestele, who had become a well-known lithographer in Europe before he and his family immigrated to Ebenezer, began to plant flowers around his home soon after he moved in. There was considerable consternation among the elders who ran the Society, but Prestele argued that he needed the flowers as subjects for his lithographs. Prestele was paid quite handsomely for many of the lithographs he produced, and those payments all went straight into the Society's treasury. By the time the Amana Society came into being, flowers appeared here and there in gardens, but not in great profusion, as was later the case.

R: What do you think are some of the valuable lessons or techniques contemporary gardeners can learn from the practices of the Amana gardeners?

LLR: 1) Plant heirloom vegetables and save their seeds. 2) Keep accurate and detailed notes. Each *Gardebaas* (garden boss) kept a garden journal from year to year. When planning the plantings for the coming gardening season, she consulted her journal often. 3) Avoid chemical insect control. Use companion plants to ward off pests. Hand pick insects from plants when feasible.

Sarah J. Gardner is editor of Radish. This Q&A has been edited and condensed to fit in the magazine; for the complete interview, visit radishmagazine.com. Copies of Rettig's book, "Gardening the Amana Way," are available through the University of Iowa Press, uiowapress.org.



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Alpha Village Farmers' Market, Alpha village gazebo, corner of D Street and 1st Street; 4-7 p.m. Fridays, May 2-Oct. 21. 309-529-2251

Geneseo Farmers' Market, City Park on Pearl Street; 8 a.m.-noon Saturdays, June 7-Oct. 18. 309-507-0002, facebook.com/geneseofarmersmarket

Kewanee Farmers' Market, 200 W. 3rd St.; 7:30-11 a.m. Wednesdays, 4-7 p.m. Thursdays, 7:30-11 a.m. Saturdays, May 3-Oct. 30. 309-852-2175

JO DAVIESS COUNTY

Elizabeth Farmers' Market, St. Paul's Lutheran Church parking lot, 411 W. Catlin; 3-6 p.m. Fridays, May 2-Oct. 31. 815-598-3138, facebook.com/elizabethfarmersmarket

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, May 10-Oct. 11. 815-777-1838

Galena Territory Association Farmers' Market, 2000 Territory Drive; 7:30 a.m.-12:30 p.m. May 25; June 2, 22; July 6, 20; Aug. 3, 11, 31; Sept. 14, 28; and Oct. 12. 815-777-2000

Hanover Farmers' Market, corner of Route 84 and Jackson Street; 9-11 a.m. Saturdays, May 3-Oct. 4. 773-430-4871

KNOX COUNTY

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, May 3-Nov. 1. 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 3-Sept. 25. 309-483-8412, facebook.com/oneidafarmersmarket

LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd Street; 7 a.m.-noon Wednesdays and Saturdays, May 3-Oct. 29. 815-284-3306

MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 7 a.m.-1 p.m. Thursdays and Saturdays, May 1-Oct. 18. 309-837-4855, facebook.com/macombfarmersmarket

MERCER COUNTY

Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, June 12-Oct. 9. 309-582-2751, aledomainstreet.com

OGLE COUNTY

Polo Farmers' Market, 200 block of S. Division Ave.; 3-6 p.m. Thursdays, July 10-Oct. 9. 815-946-3131

PEORIA COUNTY

RiverFront Market, 212 SW Water St. (parking lot between Liberty and Main streets), Peoria; 8 a.m.-noon Saturdays, June 7-Sept. 27. 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 3-Oct. 29. 309-235-6425, growersmarkets.com

Franklin Field Farmers' Market, 12th Avenue and 9th Street, Rock Island; 10 a.m.-1 p.m. Saturdays, June 7-Oct. 25. 309-786-2609

Cunningham-Brooks Farmers' Market, 9th St. and 4th Ave., Rock Island; 4-7 p.m. Tuesdays, June 10-Oct. 28. 309-786-2609

Healthy Snack Farmers' Market, 7th Ave. and 21st St., Rock Island; 5-7 p.m. Thursdays and Fridays, June 19-Oct. 31. 309-786-2609

Trinity Moline Market, UnityPoint Health-Trinity Moline, 500 John Deere Road; 8 a.m.-noon Saturdays, May 3-Oct. 25. 309-235-6425, growersmarkets.com

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 6-Oct. 24. 309-734-3181

WHITESIDE COUNTY

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

Morrison Farmers' Market, 204 E. Lincolnway (Route 30) next to the Heritage Museum, Morrison; 8-11 a.m. Saturdays, May 24-Sept. 27; 5-8 p.m. July 30, downtown Morrison. 815-772-3757, morrisonfarmersmarket.com, facebook.com/morrisonfarmersmarket

IOWA

CEDAR COUNTY

Cedar County Farmers' Market, south of the courthouse, Tipton; 7:30-11 a.m. Saturdays, May 17-Oct. 4. 563-946-3551

Tipton Farmers' Market, next to gazebo on courthouse square, 4-6 p.m. Thursdays May 1-Oct. 30. 563-940-7824

West Branch Farmers' Market, Gazebo at 110 Parkside Drive, 4-5:30 p.m. Tuesdays June 3-Sept. 30. 319-643-2044

CLINTON COUNTY

Comanche Farmers' Market, A&B Storage lot on 21 St., 4-7 p.m. Tuesdays June 3-Sept. 30. 563-259-9414

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-7 p.m. Wednesdays and 8-11 a.m. Saturdays, May 31-Nov. 1. 563-577-2216

Preston Farmers' Market, Iowa 64 at Twogood Park; 4-6 p.m. Thursdays, June 26-Sept. 18. 563-577-2216

DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-7 p.m. Thursdays, May 1-Sept. 11. 319-752-6365

DUBUQUE COUNTY

Dubuque Farmers' Market, near City Hall on Iowa, 12th-13th streets; 7 a.m.-noon Saturdays, May 3-Oct. 25. 563-588-4400, facebook.com/dbqfarmersmarket

Dyersville Area Farmers' Market, Commercial Club Park, 225 11th St. SE; 2-5:30 p.m. Thursdays, May 15-Oct. 9. 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 17-Oct. 11. 319-385-1846, facebook.com/mtpfarmersmarket

IOWA COUNTY

Amana Colonies Farmers' Market, Henry's Village Market, V Street, Homestead; 4-7 p.m. Fridays, May 30-Aug. 29. 319-622-3931, 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 20-Oct. 21. 563-652-6968, maquoketafarmersmarket@gmail.com

JEFFERSON COUNTY

Fairfield Farmers' Market, Howard Park at Main and Grimes; 3-6 p.m. Wednesdays and 8 a.m.-1 p.m. Saturdays, May 3-Oct. 29. 641-919-3212

Fairfield Senior Citizen Site Farmers' Market, 209 S. Court St.; 9 a.m.-2 p.m. Saturdays, Nov. 1-April 25. 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 5-Oct. 2. 319-248-1750, facebook.com/coralvillefarmersmarket

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 3-Oct. 29. 319-356-5210, facebook.com/ficfm

Iowa City Sycamore Mall Market, 1660 Sycamore St., Iowa City; 3-6 p.m. Tuesdays, May 2-Oct. 28. 319-356-5210

JONES COUNTY

Anamosa Farmers' Market, 600 E. Main St.; 3-6 p.m. Wednesdays and 8 a.m.-noon Saturdays, June 14-Oct. 18. 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 10-Oct. 25. 319-465-7023, monticelloiowafarmersmarket.com

LEE COUNTY

Fort Madison Farmers' Market, Central Park on 9th and Avenue E; 4:30-6:30 p.m. Thursdays, May 29-Sept. 25. 319-372-7700 ext. 216, fortmadison.com

Keokuk Farmers' Market, River City Mall parking lot, 300 Main St.; 7-11 a.m. Saturdays, May 17-Oct. 11. 217-242-4061

LINN COUNTY

Downtown Farmers' Market, 2nd and 3rd Avenues SE between 2nd and 5th Streets SE in downtown Cedar Rapids; 7:30 a.m.-noon Saturdays; June 7, 21; July 5, 19; Aug. 2, 16; and Sept. 6, 20. 319-398-5317, cedararapids.org

Mount Vernon Farmers' Market, First Street Community Center, 221 1st St. E.; 4-6 p.m. Thursdays, May 1-Oct. 9. 319-310-4145

NewBo Farmers' Market, 1100 3rd St. SE, Cedar Rapids; outdoor market 8 a.m.-1 p.m. Saturdays, 10 a.m.-1 p.m. Sundays, May 3-Oct. 26; indoor market 10 a.m.-8 p.m. Thursdays, 10 a.m.-6 p.m. Fridays, 8 a.m.-6 p.m. Saturdays, 10 a.m.-6 p.m. Sundays, year-round. 319-200-4050, newbocitymarket.com, facebook.com/newbocitymarket

Noelridge Farmers' Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, May 2-Oct. 17. 319-286-5699, facebook.com/noelridgefarmersmarket

LOUISA COUNTY

Louisa County Farmers' Market, Youth Center at Louisa County Fairgrounds, Hwy. 92, Columbus Junction; 4:30-6:30 p.m. Fridays, May 9-Oct. 10. 319-728-7971, columbusjunctioniowa.org, facebook.com/columbusfarmers-market

MUSCATINE COUNTY

Downtown Muscatine Farmers' Market, corner of 3rd and Cedar streets; 7:30-11:30 a.m. Saturdays, May 3-Oct. 25. 563-260-0950

SCOTT COUNTY

Bettendorf Farmers' Market, parking lot at 2117 State St.; 2-6 p.m. Thursdays, May 1-Oct. 30. 563-332-5529

Davenport Farmers' Market, parking lot of NorthPark Mall; 8 a.m.-noon Wednesdays and Saturdays, May 3-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. 563-322-6009, freighthousefarmersmarket.com

LeClaire Riverfront Farmers' Market, South Levee on the end of Wisconsin St.; 3-6 p.m. Saturdays, May 3-Oct. 25. 563-639-4621

Trinity Farmers' Market, UnityPoint Health-Trinity Bettendorf, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, May 5-Oct. 27. 563-332-5529

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food for thought

Unwrapped

The packages may differ, but great gifts go to the heart

By Becky Langdon

May is a month when we remember all the mothers in our lives, and often this celebration comes with gifts. Chocolates and flowers and brunches are classic, thoughtful ideas, but Mother's Day is also a great time to honor a loved one with something more personal that fulfills a deep need or desire.

My husband gave me a gift recently that elicited different reactions from everyone I told about it. Some responded with raised eyebrows, others with baffled shrugs, and still others with probing questions, trying to figure out the point. A few people understood my take on it, however — that it was one of the most amazing gifts one person could give another.

What was it? Two days completely and utterly to myself at Benet House Retreat Center at St. Mary Monastery in Rock Island, which I intended to use as a writing retreat. Surrounded by dense forests, overlooking a pond, the monastery provided the perfect tucked-away locale to truly escape, shed my responsibilities and recharge.

"So you're not going to see anyone?" friends and family asked. "It's just you?"

"Well, me and the sisters," I told them. "I can have meals with them and go to Vespers if I want. It's optional. But otherwise, yeah. Just two days with me and my writing."

Had our roles been flipped, my husband's and mine, this "gift" would have been some bizarre form of torture. Two days alone? No people? No plans? No TV? (There were TVs in the common areas, but not in the individual rooms. Just imagine it!) For me, it was pure bliss. Two days off from changing diapers and breaking up sibling fights. Two days away from dishes and laundry. Two days without feeling obligated to check my email or my Facebook page or my Twitter or any of my other online accounts that seem to multiply behind my back.

I think everyone understood the getting away part. It was the alone part that boggled some. That's the magic of a really good gift, though. It's personal. It's unique to you, and it transcends the ordinary.

A writing retreat was something I never would have planned for myself. A weekend to wake up and go to bed whenever I wanted, decide my own plans without consulting anyone, and binge on writing for fun — how indulgent is that? And I don't think I'm the only parent who struggles to let go and take time off. It's not just that I feel pressured to be with my kids all the time, either. I want to see them. I want to cherish their childhoods, especially since I'm told this stage will zoom by and they'll emerge from those years as sullen teenagers who think I'm the lamest thing since homework. I want to live in the moment with them, so taking a break is hard.

The break, however, ended up offering more rewards than I expected. I thought I would walk away with a few more pages of my novel done and a few more hours of sleep in my energy reserve. In addition to these things, I came away with greater self-awareness. My retreat made me realize how everyday stresses were



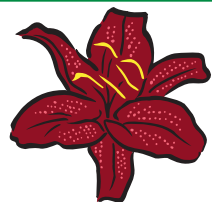
Paul Colletti / Radish

affecting me more than I thought. Managing the kids, the household and my freelance work was zapping my energy, and I was seeking comfort in food, Internet surfing, and (sometimes involuntary) naps in stolen bits of time. With this understanding came the opportunity to make changes, to find healthier ways to de-stress.

Many mothers feel the same pressures I do, the balance of family and work and home life, but there are plenty of other pressures life presents, and not just to mothers. The single 25-year-old that graduated from college three years ago and still can't land a job in his field deals with his own kind of stress. The 65 year old who suddenly has to manage the health and living needs of an ailing parent carries a different set of burdens.

When we give gifts to each other, for Mother's Day, other special occasions, or just those out-of-the-blue, "thinking of you" moments, it's helpful to remember the stresses each person manages. Instead of falling back on material goods and the fleeting pleasure they may offer, we can look for ways to truly indulge someone in a way they wouldn't presume to do for themselves. Sure, a nontraditional gift might elicit some funny looks from friends and family, but you might be surprised by the deep and unexpected rewards it brings.

Becky Langdon is a frequent Radish contributor.



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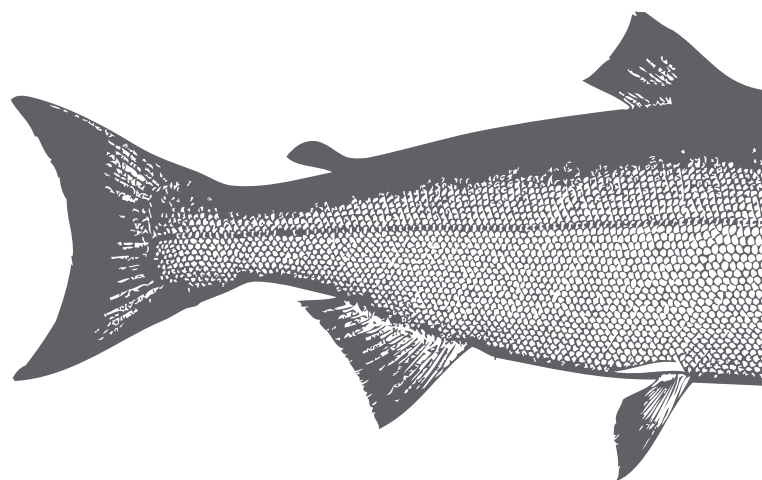
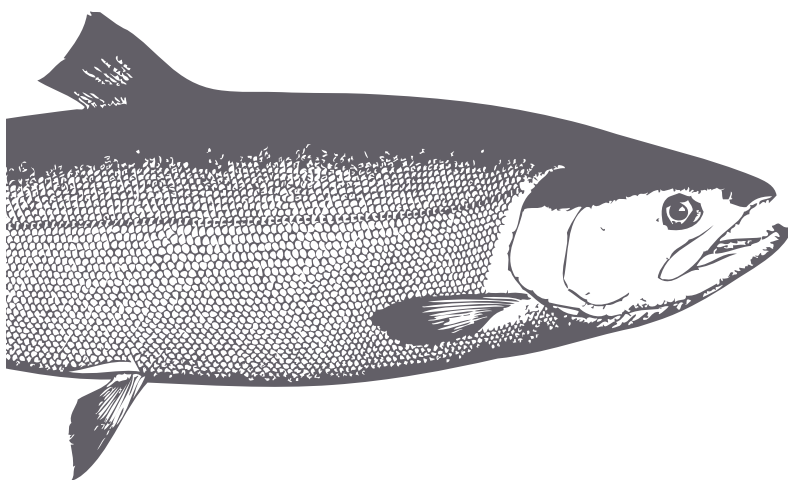
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Questions may be sent to racedirector@lakegeodechallenge.com, or visit www.lakegeodechallenge.org for more information.