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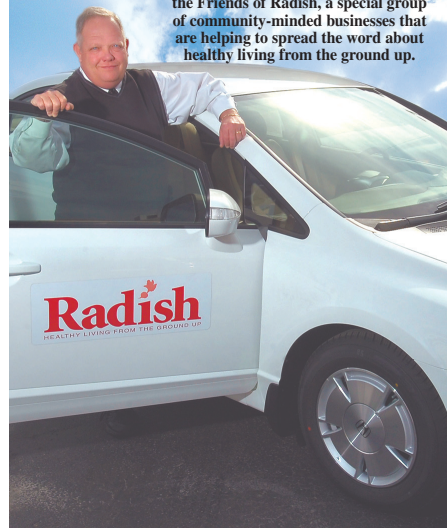
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One of the many benefits of planting things is that it offers quality time for thinking. Not that you would want to, but you cannot multitask when planting. You cannot at the same time watch TV, pay your bills, talk on the cell phone or play Sudoku. Your hands are duly engaged, and, even when they are not, they are too dirty to handle anything other than earth-

bound things.

Once you have your planting rhythm down — you've figured out what you're going to plant where, how deep and how far apart — your hands take over and your mind is free to think.

I had a lot of free time to think last month while I was planting four trees and a bush in my front yard. The 90-mile-an-hour winds that had whipped through the Quad-Cities one stormy day in July had taken out our massive, shade- and privacy-providing box elder that had defined our front yard ever since we moved to the neighborhood 19 years ago (and even before then, as it was planted by the previous owners). Since we lost that tree, our yard looked naked, and we felt exposed, too. Not too patiently we waited for the fall sales to come to the nurseries and then made a modest investment for the future.

We came home with a Japanese lilac tree, a crab apple tree, a smoke tree, a red maple and a bush, the name of which I cannot recall but which I trust will do just fine nevertheless. A week later I planted them, and I thought.

I thought about big things, little things, odd things. Of particular relevance to what I was engaged in at the time, I thought about the fact that I had never before planted anything that would take decades to mature. I also thought about the inescapable truth that I won't be around when the red maple reaches its peak size.

That's unsettling in a way (and certainly puts life in perspective), but it also means that I'm leaving a living gift; what I planted will be around for others to enjoy long after I am not (around, that is). This includes my children, my children's children, and anyone else who comes to our neighborhood and is glad for that red maple.

Beyond all that, there's no better way to experience or understand the significance of a tree until you dig a hole and place it in the earth.

If you've never planted an oak, maple or other long-living tree, see if there's not a place in your yard that could stand a little something now, and a big something long after you're gone.

Then plant it, and think about it.

— Joe Payne
editor@radishmagazine.com

Radish

HEALTHY LIVING FROM THE GROUND UP

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

contributors



Evan Harris of Cambridge, Ill., has been studying Eastern philosophy and yoga since 2002 and has studied with some of the world's most renowned teachers. Recently he and his wife have invested every free minute in preparation for the opening this month of their new yoga studio in Davenport, Iowa. Evan enjoys hobby farming, playing music, gardening, vegetarian cooking, writing and blogging about yoga at subtlebliss.blogspot.com. Read his story about Ashtanga yoga on page 10.



Marion and Rich Patterson of Cedar Rapids enjoy camping, canoeing, birding and hiking. They have been active freelance writers for more than 25 years. Marion, a native of New England, teaches in the Cedar Rapids School District. Her interests include weather, flowers and wildlife. Rich is director of the Indian Creek Nature Center in Cedar Rapids and writes a nature column for the Cedar Rapids Gazette as well as fishing and hunting features for Iowa Game and Fish Magazine. Read their story about Effigy Mounds National Monument on page 28.



Chef Kurt Michael Friese is director of Slow Food Iowa and serves on the Slow Food USA national board of directors. He and his wife, Kim, own the Iowa City restaurant Devotay, a community leader in sustainable cuisine. He also is editor-in-chief of the magazine Edible Iowa River Valley. Read an excerpt from his recent book, "A Cook's Journey: Slow Food in the Heartland," on page 24.



After years as a television newscaster, Steve Trainor is now doing some freelance writing and makes his first appearance this month in Radish. He probably is best remembered in the Quad-Cities as the Call for Action reporter at WOC, now KWQC-TV 6. He lives with his wife and two cats in Rock Island. Read his story about eco-brokers on page 30.

Also appearing in this month's issue are Chris Dunn ("Signature blend," page 40), Lindsay Hocker ("Iowa City eats," page 18), Ann Ring ("No time for downtime," page 32), Jim Earles ("Sprout and soak," page 26), Jeni Tackett ("Turkey trots," page 16), and Leslie Klipsch ("Free bird," page 6).

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the grapevine

Visit the Radish booth at the following events this month:

- Freight House Farmers' Market, 8 a.m.-1 p.m. Nov. 8, 421 W. River Drive, Davenport, Iowa. Visit with Radish at the indoor farmers' market and get healthy holiday recipes.
- Future of mass transit presentation with the Sierra Club, 6:45 p.m. Nov. 17, Bettendorf (Iowa) Public Library, 2950 Learning Campus Drive. Featured speaker will be Becky Passman, Iowa Quad-Cities transit coordinator. The event is free and open to everyone. For more information, call (563) 332-5373.
- Healthy seasonal cooking, 1-3 p.m. Nov. 22, Heritage Natural Foods, 1317 6th Ave., Moline. Food samples and giveaways.

On the Road with Radish is made possible by The Friends of Radish: Trinity Regional Health System, WQAD NewsChannel 8, Metro and Zimmerman Honda.

Need a good book? Check out these freebies from Radish!

Here's a list of free books from Radish. Be the first to request one, then send us a mini-review when you've finished reading it, and the book is yours. To request a book, send an e-mail to editor@radishmagazine.com.

- "The Complete Idiot's Guide to Good Food from the Good Book" by Leslie Bilderback, CMB. An explanation of the dietary rules laid out in the Bible, along with recipes.
- "A Cook's Journey: Slow Food in the Heartland" by Chef Kurt Michael Friese. A tour of the heartland and its foods with the Iowa City author.
- "The Flexitarian Diet" by Dawn Jackson Blatner, RD LDN. Includes 100 quick recipes and explains how to eat a plant-based diet for health.
- "Juicing, Fasting, and Detoxing for Life" by Cherie Calbom, MS, with John Calbom, MA. The healing power of fresh juices and cleansing diets.
- "Patient Listening: A Doctor's Guide" by Loreen Herwaldt. The illness narratives for two dozen writer-patients teach listening skills to medical students, residents, physicians and other health-care providers.

Get easy Thanksgiving recipes at radishmagazine.com!

Looking for healthy Thanksgiving recipes? Check out radishmagazine.com this month, where you'll find simple, delicious fare for your holiday table. Find more ideas for celebrating an eco-friendly, good-for-you holiday in this issue on pages 6, 15, 16 and 20.

On the Road
with
Radish



Gary Krambeck / Radish

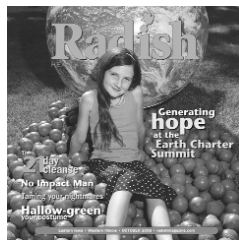
From our readers

October 2008: "Thank you folks for putting out such a great publication!"

We moved here from Seattle in September of 2006, and it was a pleasure to find Radish among the many other efforts in the area that are addressing a better way of life."

— Dennis and Lauryn James,
Fairfield, Iowa

Send your comments about Radish magazine to editor@radishmagazine.com or write to Radish, 1720 5th Ave., Moline, IL 61265.



Finding farmers' markets in the cold months

If you're looking for a farmers' market now that the regular May-October season is done, search no more! Radish has you covered. Here are several upcoming markets:

- Davenport Farmers' Market, 8 a.m.-1 p.m. Saturdays, Freight House, 421 W. River Drive, Davenport. Newly open throughout the winter inside the renovated Freight House.
- Iowa City Holiday Farmers' Market, 9 a.m.-2 p.m. Nov. 15; Robert A. Lee Community Recreation Center, 220 S. Gilbert St., Iowa City. One of two special holiday markets. The next market will be held Dec. 6.
- A Cornucopia of Local Foods, 3:30-6 p.m. Wednesdays, Taylor Hall, 119 S. Randolph St., Macomb, Ill.
- Twin City Farmers' Market, 8 a.m.-noon Saturdays, 2nd Street and Avenue A., Sterling, Ill.

'Living Here on Earth' explores Effigy Mounds National Monument

In the mood for a fall hike? Check out Effigy Mounds National Monument, which hugs the Mississippi River near Marquette, Iowa, on the Nov. 25 episode of "Living Here on Earth," which will air during the 10 p.m. newscast of WQAD NewsChannel 8.

Host Matt Hammill will explore Effigy Mounds, where trails ascend riverside bluffs and lead hikers near several man-made, animal-shaped mounds.

For other regional environmental reports, watch "Living Here on Earth" each Tuesday at 10 p.m. on WQAD NewsChannel 8.



Matt Hammill

healthy living from the ground up



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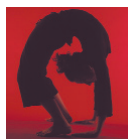
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Kelly Harris bends into Wheel pose. (Photo by Paul Colletti)

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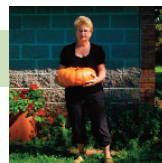
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healthy living

Free bird

Pasture-raised turkey, from farm to table

By Leslie Klipsch

Something to add to your list of thanks: pasture-raised turkey harvested by thoughtful, local growers.

By keeping food miles low, working to decentralize the food supply and ensuring a variety of alternative food choices, non-industrial turkey farmers are going against the grain of factory turkey farming and ensuring that America's most famous Thanksgiving Day dish is a bit more palatable to the grateful diner, both in taste and conscience.

One such farmer, Tom Arnold, has been raising

poultry for eight years outside of Elizabeth, Ill., on his family's 440-acre farm. Arnold, whose recent crop of large-breasted, white turkeys numbered around 200, raises his birds humanely, naturally and in the light of day. Such practices are in stark contrast to the way that most of the 45 million mass-produced turkeys that Americans will eat this Thanksgiving are raised and treated.

In late May, just as most of us are gearing up for the beach and summertime baseball, Arnold has the holiday season on his mind as he travels to a hatchery in Miles, Iowa, and returns with five-day-old turkeys. Back at Arnolds Farm, he welcomes them to a

ing house and begins to monitor them every two hours. His main concern is making sure the poults are kept warm. If there's a draft, the birds may pile on top of each other to keep warm, crushing those on the bottom. Or they might lie in their water, prompting a chill that they may not survive. In the beginning, the care is constant. "When they're young, it seems like if you look at them wrong, they're dead. It's very tricky; they just don't have much of a sense of self-preservation," Arnold says. "After four weeks or so, they smarten up pretty good. Once they pick it up, they're almost indestructible."

Early on, Arnold's toms eat a high-protein "starter ration" that includes soybean meal, fish meal and ground corn. As they mature, the ration is adjusted to contain more carbohydrates than protein. Eventually, when the turkeys begin to spend their days outdoors, 30 to 40 percent of their total diet is foraged grasses and insects. In contrast to most mass-produced turkeys, Arnold's birds do not get antibiotics in their feed. His birds do not suffer from diabetes, heart disease or respiratory problems that plague birds with an unvaried diet, no exercise, and no sunshine. Neither does Arnold supplement his turkeys with growth hormones as is the norm in industrial operations that want to produce large turkeys fast.

Turkeys reach puberty around four weeks, at which point they grow feathers and are capable of maintaining their own body heat. Shortly after this, Arnold's turkeys are ready to face the field, an environment to which they gradually have been growing accustomed. At around six to eight weeks, weighing in around 10 pounds, the turkeys are ushered into a "portable pen" that is approximately 300 feet in circumference. It is here that they live out their days. The pen has no roof but is enclosed in nylon netting with strands of stainless steel wiring that keep predators out. When the turkeys thoroughly have chewed down the grass, legumes, clover or alfalfa, Arnold moves the pen so that they can forage fresh, unexplored area. He rotates the use of his land to allow for

re-growth so that what is used one year won't be foraged again for another two. Turkeys are naturally curious birds who don't object to relocation.

Arnold describes his birds as being "raised on pasture" because for the vast majority of their lives that is where they dwell. However, the language of turkey farming can be tricky. A turkey in the grocery store may be labeled "free-range," but by USDA definition this just means that the poultry (the same applies to chicken) have been allowed access to the outside without any real guarantee that it actually lived or thrived outside. As Arnold points out, "If someone says they're 'free-range' but just have a door open on a house that never gets moved, after a few days the birds will have that area worn down to a dirt patch — and there's really nothing there of any sort of sustenance." By being raised in the pasture and regularly introduced to new land ripe with grass, seeds, and insects, Arnold's turkeys are raised as naturally as possible, while still protected from predators.

During the peak growing months, Arnold's turkeys ease into a life of eating and exercising under the sun. They roam the pasture and tone their muscles. Shortly before Thanksgiving, Arnold takes his turkeys to a nearby custom-processor, making the whole process as easy as possible for the birds along the way. "A contracted muscle is a tough muscle. Anything you can do to relieve stress will make for a better eating experience," he explains.

Many of the turkeys that Americans will eat this Thanksgiving are processed months in advanced. These birds require preservatives to last in various freezers. Not Arnold's. "The most amazing thing is that there is nothing added to our turkeys," Arnold says. "Most turkeys that you find in the store have salt or butter-flavoring, something that has been added during processing."

This, in turn, impacts the way Americans prepare this main Thanksgiving-day dish. As Arnold explains, "I get a lot of people who compliment our birds, but the compliment is really a tribute to the person cooking because there is nothing added to the bird. If they've cooked it plain, or if they've added their own little spices and stuffing and everything, then it was a good match up between my raising the bird and their cooking skills."

Whether you look for a farmer in your area who can talk to you about the way he raises poultry, order a specialty heirloom bird, or even hunt wild turkey on your own, chances are you'll leave the table satisfied.

To order a turkey from Arnolds Farm for Thanksgiving, visit arnoldsfarm.com.



Stockphoto



Jessica, Cody, Andrew, Vanessa and Tom Arnold. (Submitted)



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healthy living

Peasant Works

Art and nature thrive together on the prairie



James and Lori Keller-Morrissey (Photos by Josh Morrissey)



By Brandy Welvaert

A beautiful chaos is emerging at Peasant Works in Bishop Hill, Ill., where basket-maker Lori Keller-Morrissey, her husband and their brood sell what they harvest and what they create.

Entering the shop, set back from the path at 205 N. Bishop Hill St., feels like walking into the past, and it should: the big, red barn was built in 1882. Yet it also feels like walking into an imagined future, a time when work of the hands and a love of nature come together to forge an aesthetic that's funky and familiar, yet fresh.

Keller-Morrissey calls the barn part rustic, part avant-garde and part gypsy, and that about sums it up.

"It's natural and abundant," she says. "I like old

Scandinavian things, but I'm going in my own direction."

Bunches of organic herbs and flowers trail from rafters strung with thousands of twinkling white lights, and vignettes packed with more dried plants, soaps and art effuse a natural sweetness into the air.

Each member of the Keller-Morrissey family contributes something at the barn: James Morrissey, Lori's husband, is a blacksmith and taught their son, Josh, how to hand-forge functional as well as whimsical items, such as the delicately-curving earrings he makes under the name BarnStorm Ironworks. Josh also sells nature photography.

Daughter Chelsea is an artist but can't contribute much now because she's in Zurich working on her master's degree.

Daughter Rachel makes natural soaps and sells

them under the name earth faeries. A bar of her spice soap, heady with clove and anise, is itself a reason to visit the barn. She also sews old neckties into handbags that have become popular.

Rachel's little girls, Madeline and Norah (6 and 2), are too young to join in the family business, but grandma says Madeline wove her first basket not long ago. Still, the girls like the place mostly for the "kitties, toads and butterflies," says Keller-Morrissey.

A typical day for the artisan begins early at the family's Blooming Earth Farm, where most of the year there's work to be done in the field, either sowing or gathering flowers and herbs. The farm is organic, but not certified. By noon she's back at the barn, which is open from noon to 5 p.m. every day but Monday.

Despite the flurry of activity at the barn these

days, it's nothing compared to the action the 126-year-old structure has seen. Visitors continue to surprise Keller-Morrissey with memories.

"I talk a lot with people who are associated with the barn. One guy told me a story about how he was learning to drive this old Model A, and he almost drove it into the barn!"

Another woman said that her parents met at a barn dance there. Yet another visitor said that her grandfather helped build it.

The barn originally stood about 10 miles from town and was moved to its current location in the 1970s. Keller-Morrissey bought it 15 years ago after spending 10 years as basket-maker in a shared building with other artists. She picked up basketmaking at a community college class and has stuck with it ever since.

"I really like making something from nothing, and it's nice to make people happy. I like it (basket-making) to be an escape, and the barn is an escape for people, too."

Nestled into Henry County, Bishop Hill was founded in 1846 by a group of tough, hopeful Swedish immigrants. Originally a Janssonist commune, the town once functioned according to carefully laid out economic and social principles. Though much has changed, it's still known as the "Utopia on the Prairie."

Keller-Morrissey says it's rare to find so many artists together in such a small place. In many ways, the creative ingenuity that brought the Swedes to the prairie remains Bishop Hill's lifeblood today.

Even as budget cuts threaten to eliminate money used to staff the National Landmark Village's historic sites, such as the Colony Hotel and Colony Church, business owners and artists in the village want people to know they're sticking around and picking up the slack, she says.

Like the Peasant Works barn, Bishop Hill itself is an escape. At the holidays, and especially during the annual Julmarknad festival, the town with fewer than 200 full-time residents crawls with visitors.

This year, Julmarknad will be held Nov. 28-30 and Dec. 6-7. Museums and shops will be decorated traditionally. Folk music, textile demonstrations and make-and-take workshops for kids punctuate the event, which will feature a storyteller this year, too. The Swedish Christmas goat — the Julbock — usually makes appearances, sometimes giving chase and/or stealing mittens from visitors who seem willing to play along.

Keller-Morrissey, in fact, takes credit for the appearance of the Julbock — "I found it in an old Swedish book and thought it would be fun," she says — but she's keeping her lips sealed about his true identity.

If you visit Peasant Works during Julmarknad, you'll likely see the artist seated on a wooden chair, greeting customers as she weaves a basket amid the holiday bustle.

She says the best compliment about her shop came from what she thought was an unlikely source — a visitor in town from Sweden.

"The barn is a creative free-for-all, and Swedes are usually as neat as a pin!" she says, laughing, adding that despite her Swedish genes, she's "a bit of a pack rat." She apologized to the man for the artsy mess, but he just smiled and said, "It's a beautiful chaos."

For more information about Peasant Works, e-mail Lori Keller-Morrissey at peasant-works@uivco.net or visit myspace.com/peasantworks.

For more information about Bishop Hill, visit bishophill.com.

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healthy living

Shala-la-la

Q-C Ashtanga yogis find rhythm, rigor in India

By Evan Harris

After six years of increasingly intense yoga practice — including forays into Chicago studios, experimentation with interlibrary-loaned DVDs, an exhaustive survey of YouTube and much, much trial and error — my wife Kelly and I earlier this year hopped an Air India double-decker to Mysore, Karnataka, in South India, to be baptized as “ashtangis.” That is, practitioners of Ashtanga yoga, the ridiculously intense, wildly popular form of practice taught since 1947 in Mysore by Sri K Pattabhi Jois, known as “Guruji.”

The words “Guruji,” “Ashtanga” and “Mysore” all are instantly recognizable and revered in yoga circles. A trip such as this, which was at one time the only way to learn the little-known form, now has become part pilgrimage, part initiation, part Hollywood.

When Guruji, now 93, travels, all kinds come out of the woodwork. It’s not uncommon for a single class offering of his in the States to draw some of the best-known Ashtanga celebrities: Madonna, Sting, Gwyneth Paltrow, Willem Dafoe.

Jokes abound. Is it possible that it is only coincidence that the home of the original “power” yoga is called “Mysore” — as in “Boy, am I sore!” Certainly the city is not unaware: in addition to billing itself as home to Mysore Palace, sandalwood and handmade incense, it now boasts as the international home of Ashtanga. Gokulum, the section of Mysore in which Guruji’s shala (yoga school) is located, is thick with copycat yoga schools, clothing shops, scooter rentals, Internet cafes, coconut stands and restaurants catering to Western yogic taste.

As we stepped from the train into Mysore’s railway station, banyan trees and errant crows made it instantly clear that, although we were not in Kansas anymore, we were in the right place. A voice asked “Gokulum?” Certainly we fit the M.O.: young white people, long hair, confused expressions, each sporting a cylindrical bag slung over one shoulder. After some pathetic initial bluffing about “walking,” we forked over the rupees (Indian currency, about 40 to a dollar) and hopped into the auto rickshaw, the preferred mode of private transport for hire.

At just over one million people, Mysore is a sizeable city and authenti-



Evan and Kelly (left) Harris practice Ashtanga. (Photos by Paul Collelli / Radish)

cally Indian, which means that to the Western eye, traffic, like most everything else, is slightly modified chaos. There are few street signs or lane markers, “circles” instead of intersections, spotlights that show a caution light before a green one (Ready? Set. Go!), and the overwhelming popularity of two-wheelers all conspire to make driving a free-for-all of horns and hand signals. Best to sit quietly in a rickshaw, repeating “om.”

Because the minimum practice time at the shala is one month, hotels are not a good option. Thankfully, most of Gokulum is strung with “to let” signs, and finding a place to stay is as easy as falling out of Tree Pose. We were lucky enough to land a room in a house within sight of the shala. Just how lucky this was we quickly discovered upon registration, where we were told to show up for class the next morning at 4:45 a.m. The convenience of walking was a small but appreciated comfort the next morning before dawn.

And just like that, we fell headlong into the routine of practice at the shala. In many ways, the shala and its rhythms are the heartbeat of the otherwise bucolic and folksy Gokulum. The shala is a year-round operation with students always coming and going. Whatever life you come from, the power of shala life exerts itself immediately. This life is a rolling river, and try as you might to wade in slowly, it sweeps you away.

In Ashtanga, a new student is charged with gradually learning the Primary Series, the first sequence of poses. Beyond this are five other, increasingly difficult series. To give some perspective, the most advanced individuals at the shala work on the third or fourth series after logging 15 to 20 years of annual visits to Mysore.

Monday through Thursday, the shala operates in a supervised self-practice style, usually called “Mysore practice” in the world at large and simply called “practice” there. The single, high-ceilinged practice room is filled to capacity with 70 to 80 students at 5 a.m. Each student practices on her own, with assistance as needed by Sharath — Guruji’s grandson and heir to the Ashtanga lineage — and Saraswathi, Sharath’s mother, who is Guruji’s daughter. Guruji retired from teaching only last year but is still quite visible day-to-day at the school. As the first students finish their practices, usually no earlier than 6 a.m., more students arrive and are called in to take their places one at a time: “One more!”

Fridays and Sundays are instructor-lead classes and all students move in sync as Sharath calls out the postures in Sanskrit, relishing every tremble and look of pleading on his students’ faces. (Most ashtangis have strong masochistic tendencies). Saturdays are rest days, as are “moon days” — the new and full moon.

Whatever your yoga experience, it is unlikely that it matches the intensity of life at the shala. The walls sweat in the practice room. With a reputation for teaching hard classes in the Quad-Cities, we found ourselves in a much bigger pond. The first instructor-lead class left us limp and wasted, and the first week demanded hours of napping each day. However, the body quickly rises from the ashes of aches and detoxification — sweating out the Starbucks — and takes to the early-morning rigors remarkably quickly. Always there is a curious feeling tempering the “boot camp” experience: a sense of pilgrimage and sacredness, which is contagious among the students.

During our month at the shala, we mostly felt the Indian culture. Yet when we returned to Mysore after spending several weeks of travel throughout South India, it was the Western influence that we couldn’t miss.

Ashtanga is big these days, and Mysore is ground zero and therefore quite a “scene.” Westerners walk the streets in big sunglasses and scarves, buying houses for apartments to facilitate annual visits; they throw shal (Indian spiced tea) parties and all varieties of social events.

Because practice ends by mid-morning at the latest, there is plenty of time to experience Indian life, which exists beneath the veneer of westernism. Grungy cafes serve up spicy-as-hell masala dosa and boiling hot chai. Fresh coconut water — sucked through a straw out of a fresh, still-green coconut slashed open with a machete — is the quintessential post-practice recovery food.

Mysore’s residents are friendly to a fault, eager to talk right up to the very limits of their English abilities. Tailored clothes, exotic fruit, street food, a mysterious “head wobble” gesture and a “No shoes, no problem” business policy are only the tip of the iceberg of South Indian charms.

Through the bleary-eyed mornings, long lazy days and lively warm nights, the steady rhythm of regular discipline and challenge wore on us. We lived quietly, cheaply, simply. There is no guesswork about what will happen in yoga class today or tomorrow. The combined energy and uplift of the shala is remarkable, and when the time comes to wade out of the river, it is impossible not to consider when, how, and if it might be possible to return.

Until then, we are happy to bring all our hard-won experience — though unfortunately no coconuts — back to the Quad-Cities. We’ll see you in class.

For a list of Ashtanga yoga classes in the region, turn to Resources page 38.

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Davenport, IA 52804
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www.quadcitiesymca.org

homes

Cleaning for a Reason

Helping cancer patients keep dust bunnies at bay

By Brandy Welvaert

Sometimes Carol Poppy doesn't have the strength to clean her house. "There are days when you don't feel good. You've had chemo, and you just want someone to say, 'Don't worry about it. Put your feet up and let me take care of it,'" Poppy says.

Earlier this year, the Moline, Ill., woman serendipitously found a couple of women who told her just that.

In January she connected with Magic Touch cleaning service (qcmagictouch.com), the only Quad-Cities partner of the national nonprofit Cleaning for a Reason foundation, which provides free housecleaning for women undergoing cancer treatment.

So far, Magic Touch has cleaned Poppy's house several times at no cost. "We're trying to do something for the community," explains Becky VanWatermeulen, who started Magic Touch, an eco-friendly cleaning company, in fall 2005 because she began to fear the harmful effects of the chemicals at her old cleaning job.

Poppy found out she had breast cancer in 1998, and for five years she took tamoxifen, a synthetic estrogen, which helped. In 2003, she went to the doctor thinking she was having a gallbladder attack. Instead, she was told that cancer had spread to her bones and liver.

For four long years, she's been in chemotherapy, and she thinks she will be for the rest of her life.

"My daughter does my laundry, but it's hard because she works full time and has a husband and two daughters," says the mother of five adult daughters. Her husband, Russell, lends a hand around the house, but it's not the same.

Poppy does what she can, "but when I get tired and I can't, I just let it go because the dust bunnies are always going to be there."

Yet her cherry furniture looks polished. Her wall mirrors are streak-free.

"You have to have faith — faith in the good Lord. And you have to have faith in the human," she



Becky VanWatermeulen and Laurie Schafer of Magic Touch cleaning service, Moline, clean for Carol Poppy. (Photo by Robert Leistra / Radish)

says of VanWatermeulen and Laurie Schafer, the cleaning women she calls "angels."

Microfiber dusting cloths peek out of her jeans' pockets, proof of Magic Touch's Earth-friendly promise to its clients.

The company uses microfiber cloths because they function better, requiring less cleaning solution and creating less waste than paper towels. Also, Magic

Touch uses only biodegradable, natural cleaners.

"I think it makes a big difference for the cancer patients whose immune systems are compromised," VanWatermeulen says. "It's also safer for pregnant women and small kids."

Finding good "green" cleaning supplies was difficult three years ago, she says, but she located products that do the job and won't harm her health or that of her employees or customers. Today, she makes some of her own supplies with products like Dawn dish soap, baking soda and vinegar.

So far, maid services across the country have provided free general house cleanings for more than 300 women through Cleaning for a Reason, says executive director Lynn Olmstead in Lewisville, Texas.

"We have over 257 maid services all over the U.S. and four in Canada," Olmstead says. "Our maid services pledge both time and money. They pledge to do two patients per month. Of course, they can do more, but there is a minimum of two. And they are not compensated in any way for that work."

Deborah Sardone founded Cleaning for a Reason because cancer had touched many of her clients and employees of Buckets & Bows Maid Service Inc. in Lewisville, Texas.

The idea caught on with other members of the Association of Residential Cleaning Services International, and in May 2006 she launched Cleaning for a Reason as a national nonprofit group with the help of other maid services.

Only one other cleaning service in the Radish region is listed as a participant on the Cleaning for a Reason Web site: Sparkle 'n Shine Cleaning, Inc., in Springfield, Ill. So far, no businesses in Iowa have joined the nonprofit.

VanWatermeulen says she hopes more cleaning companies decide to participate, and Poppy agrees.

For more information about Cleaning for a Reason, call (877) 337-3348 or visit cleaningforareason.org.

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health & fitness

Nordic walking

Get a total body workout the Scandinavian way

By Mike DeDoncker, GateHouse News Service

Sure, your feet and legs are involved in walking, but physical therapist Vicki Rudh-Jones of Rockford, Ill., sees no reason the rest of the body should just go along for the ride.

To that end, Rudh-Jones teaches Nordic walking, using poles similar to cross-country ski poles in a diagonal arm and leg motion, as a cardiovascular fitness activity and uses it as a therapeutic tool for her clients. The diagonal motion is achieved by simultaneous forward motion of the right arm and left leg followed by simultaneous motion of the left arm and right leg.

"Nordic walking is extremely effective in working the total body," Rudh-Jones said, "and, when I say that, I don't just mean arms and legs. I also mean the trunk, including your abs and back muscles, your chest, your lats. Working the abdominal muscles also includes your obliques because your trunk is rotating as you're walking."



Vicki Rudh-Jones demonstrates the Nordic walking technique on the Sinnissippi Bike Path in Rockford, Ill. (Photo by Christina N. Elbers / GateHouse News Service)

She said several studies have shown health advantages for Nordic walking as exercise over regular walking but said the most familiar may be research by The Cooper Institute in Dallas, Texas, that indicated Nordic walking burns between 25 percent and 75 percent more calories per minute, "depending on how much effort you put into the upper body movement with the poles and, of course, the speed at which you walk." That study, performed in September 2002, tested results for 11 men with an average age of 33.8 years and 11 women with an average age of 27.1 years and concluded that "Nordic walking, examined in the field, results in a significant increase in oxygen use and caloric expenditure compared to regular walking, without significantly increasing perceived exertion."

Rudh-Jones said the increased benefits come "by the very virtue of using your arms with the poles. The arm swing is a very minimal movement in ordinary walking, but in Nordic walking it's a purposeful arm swing with a rotation of your trunk and pelvis."

Nordic walking is popular in Scandinavian countries where it is used as off-season training for cross country skiing, and Rudh-Jones said it is gaining popularity in the U.S. because Madison, Wis.-based fitness advocate Tom Rutlin has developed safe and comfortable walking poles along with a patented technique, called Exerstrider, for using them.

In the Exerstrider style, Rudh-Jones said, the walker places the pole in front of them and the arm motion stops as the hip on the same side of the body comes even with the pole. In a style taught by the American Nordic Walking Association, the pole is placed between the stride of the legs and, as the leg on the same side of the body passes the hand, the walker releases the pole, which is held by a wrist strap, as if pushing off in a skiing motion, then pulls the pole forward, and grasps it to apply the next stroke.

Rudh-Jones said Rutlin's walking pole is well suited to therapeutic uses because of its soft grip and support for the user's hands. "I especially like using them with my patients with osteoporosis," Rudh-Jones said. "That particular condition almost always causes the person to fall into a forward slumped posture because the bones are compressing down and start moving forward. It becomes very difficult for them not only to do everyday activities but even to go for a walk, per se."

"The poles offer them the support of having two extra legs, so the poles can help them stay upright as they're walking so they can get the impact type of exercise that they need to strengthen their bones. It's very much the dilemma of a lot of people who need to exercise that the very thing that they need to do is the very thing they can't do."

For more information, visit the American Nordic Walking Association at anwa.us. For information on Exerstrider poles, visit walkingpoles.com.

how-to

Celebrating green

Gearing up for eco-savvy holidays

By Sharon Wren

The holidays are traditionally a season of excess. We eat too much at Thanksgiving and spend too much on gifts. You may think there's no way to have an environmentally friendly holiday that won't throw the family into a tizzy, but it is possible, according to Corey Colwell-Lipson and Lynn Colwell, authors of "Celebrate Green, Creating Eco-Savvy Holidays, Celebrations and Traditions for the Whole Family."

The book, available at CelebrateGreen.net and Amazon.com, has creative suggestions for greening up Thanksgiving, and none involve eating more broccoli.

"Thanksgiving is a tough nut to crack for the newly eco-sensitive," the book says. "Rein in your burgeoning holiday eco-zeal just an eensy-weensy bit for the sake of family unity. Seek out a local farmer who raises turkeys organically, meaning without pesticides, antibiotics, nitrates or nitrites, in uncrowded conditions where they can graze on natural edibles."

You likely can buy all the ingredients you need for Thanksgiving dinner locally. Farmers across the region can provide everything you need, from wine to turkey. In the Quad-Cities, check out allensgrovegreenhouse.com/bfbl/pdf/s/QCBL08.pdf for a list of Buy Fresh, Buy Local producers. Year-round farmers' markets in Davenport (downtowndavenport.com/residential/farmersmarket.html) and Sterling, Ill. (tcmarket.org), are good places to start.

In addition to stimulating local economies, buying local cuts the waste used in transportation. According to the book, "each ingredient in an average Thanksgiving dinner travels about 1,500 miles to arrive on your plate. A 2007 study determined that one Christmas dinner for eight people in the United Kingdom generates an equivalent to 44 pounds of carbon dioxide emissions. Feeding the country is equal to driving a car around the globe 6,000 times."

To cut the holiday carbon footprint, mix common sense with creativity. If you need extra plates, borrow or rent them instead of buying paper ones. Pass on expensive arrangements of out-of-season flowers in favor of decorations from nature.

Christmas is undoubtedly the biggest waste-producing holiday. According to Stanford University, Americans throw away 25 percent more trash between Thanksgiving and New Year's than any other time of year. The extra waste amounts to 25 million tons of garbage, or about 1 million extra tons per week. The easiest way to green up gift giving is to say "no" to wrapping paper. You may be able to use natural items or scraps of paper or cloth (if you sew) for gift wrap, and gift bags are available in a wide variety of styles and are reusable. (In my family, we pass them around so much that it's almost a game of trying to remember how many times a certain bag has been used!)

Look for heavy-duty gift bags that will last through years of giving, or buy a canvas tote bag that not only can be used for groceries, but which also can result in



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a refund at the register. (Hy-Vee stores give a five-cent refund for every bag you bring.)

You'll need gifts to put in those gift bags, so look for ways to give greener presents. Someone who's just beginning to live the eco-friendly way would enjoy a canvas shopping bag with compact fluorescent bulbs (CFLs), rechargeable batteries and a book on Earth friendly cleaning recipes. Offer to buy MP3 downloads for someone's music player. And you can't go wrong with homemade gifts, like jewelry or food. Solar powered gifts, like the "frightened grasshopper" from Robotkits (fatbraintoys.com) are easy to assemble and don't require batteries.

Mention "eco-friendly Christmas," and the debate begins: artificial or real tree? An artificial tree can be used for years, while a real one must be bought every year. Artificial trees are petroleum-based and require a significant amount of energy to create and ship. Real trees often are grown using chemical pesticides and fertilizers. Artificial trees eventually wind up in the landfill, while real ones can be mulched or composted. Potted Christmas trees are another option, but only if you live where you can plant it later. If you choose a real tree, buy one grown locally. If you choose artificial, try to find a used one through Freecycle or a resale store like Goodwill.

Maybe this can be the start of a new tradition for your family and friends. See who can have the greenest holiday!

health & fitness

Turkey trots

Balancing the feast with exercise

By Jeni Tackett

This Thanksgiving, why not take part in a "turkey trot" — a holiday walk or run — to help burn off some of the feast? Exercise is a great way to stoke your metabolism, and combined with good eating, it's the way to keep the holidays fun and healthy.

You may wonder how far you have to jog or walk to burn off some indulgences during the holiday season. On average, joggers burn approximately 100 calories per mile. If you jog a five-mile race on Thanksgiving morning, you'll burn 500 calories and, therefore, may eat anything you wish. Right? Wrong! The truth is, you still need to be aware of how much you eat if you want your exercise to balance the calories you consume for the day.

A typical turkey dinner can pack a lot of calories and fat grams. While many of the dishes are healthy — such as lean turkey, yams or sweet potatoes, peas and potatoes — added butter, cream and sugar quickly increase calories and fat in many traditional dishes.

How many calories can a person consume during one Thanksgiving meal?

Here's the breakdown of a typical turkey dinner:

- Roasted turkey (6 ounces dark and white meat): 450 calories
- Homemade stuffing (1 cup): 400 calories
- Gravy (½ cup): 150 calories
- Mashed potatoes (1 cup): 350 calories
- Candied sweet potatoes (1 cup): 400 calories
- Cranberry sauce (½ cup): 200 calories
- Rolls with butter (2): 300 calories
- Peas with butter (1 cup): 150 calories
- Sweetened beverages (2 glasses): 300 calories
- Pumpkin pie with topping (1 slice): 450 calories
- Pecan pie (1 slice): 650 calories
- Eggnog (½ cup): 200 calories

The grand total for this typical feast is a whopping 4,000 calories. At the holidays, people commonly throw caution to the wind and indulge in multiple desserts, sugary beverages and increased portions. To burn off all of those calories, you would need to walk or jog approximately 40 miles!

At the same time, Thanksgiving comes just once a year. If you couple healthier choices with exercise, you'll be able to enjoy it and honor your health.

Now that's something to be thankful for.

Turkey trotting'

Here are several runs and walks in the Radish region to help you get going:

- **Fairfield Park and Recreation Department Turkey Trot 5K and 1-mile**, 9 a.m. Nov. 15, 1000 W. Burlington Ave., Fairfield, IA; (641) 472-6159. Top finishers receive a turkey.
- **Hawk Hustle**, 10 a.m. Nov. 15, Black Hawk College, 6600 34th Ave., Moline, IL; (309) 796-5052. 4-mile cross country.
- **Return of the turkey trot 8K and 4K family fun walk**, 9 a.m. Nov. 22, Marion Square Park, Marion, IA; (319) 551-6781.
- **Legends of the fall cross country trail run**, 8 a.m. Nov. 27, Regina High School, Iowa City, IA; (319) 351-3607.
- **Turkey Trot**, 8:30 a.m. Nov. 27, Davenport, IA; (563) 322-7171. 5-mile, 1-mile.
- **Thanksgiving Day turkey trot**, 9 a.m. Nov. 27, Wahlert High School, Dubuque, IA; (563) 543-6439. 2.5-mile, 7.5-mile.
- **West Liberty 5K run/walk turkey trot**, Nov. 29, West Elementary School, 111 W. 7th St., West Liberty, IA; (319) 627-4243. ½-mile run/walk, grade 2 and under, 10 a.m.; 1-mile run/walk grades 8 and lower, 10 a.m.; toddler trot (50-yard dash), 10:15 a.m.; 5K run/walk, 10:15 a.m.
- **Fulton Christmas run/walk**, 6:30 p.m. Dec. 5, The Paddle Wheel, 1112 4th St., Fulton, IL; (815) 589-4945. 2-mile.
- **Reindeer ramble**, 9 a.m. Dec. 7, IBEW Local 135, 1700 52nd Ave., Moline, IL; (309) 788-0500. 5K.



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great places

Iowa City eats

Finding local, fair-trade and organic foods is easy

By Lindsay Hocker

Fresh, organic and local food is the order of the day for many restaurants and cafés in Iowa City. From fair trade coffee to fresh, farm-sourced ingredients, they serve foods of quality. Read on to find out where to find healthy, responsible eats.

Café del Sol Roasting

Located in: Coralville, Iowa
Web site: cafedelsoalroasting.com

Certified fair trade and organic specialty coffee roaster Café del Sol Roasting has 100 to 150 pound burlap bags of coffee beans from around the world shipped to its Coralville location, where they are roasted in eight-pound batches.

According to marketing manager Linda Couch, Café del Sol selects only the best arabica specialty grade beans, which are roasted Monday through Friday. The company has a strong belief in "always fresh, never warehouse," Couch says. Most of the company's coffees are fair trade and organic certified. "The organic (certification) is our assurance we're not getting anything but natural components."

Iowa restaurants serving Café del Sol's coffee include Lincoln Cafe in Mount Vernon, Leaf Kitchen in Iowa City and Revelations in Fairfield.

Devotay

Located at: 117 N. Linn St. in Iowa City
Web site: devotay.net

Devotay offers hot and cold appetizers, sandwiches, salads, soups and entrees, and its menu varies depending on the season and the market. The owners "take great pride in using local, organic, naturally fed meats, dairy, and produce whenever feasible," according to its Web site.

Fair Grounds

Located at: 345 S. Dubuque St. in Iowa City
Web site: fairgroundscoffeehouse.com

Owner Christine Peterson says Fair Grounds

offers only fair trade coffees, and uses as many organic products as possible. Real fruit smoothies and specialty drinks also are on the menu. Fair Grounds has a completely vegan bakery, as well.

Known for its vegan and vegetarian breakfast and lunch items, Fair Grounds sells waffles, French toast and grilled panini sandwiches. "For \$6, you get this incredibly filling, sweet breakfast," she says of the Banana Split French Toast, which is stuffed with bananas and topped with homemade chocolate syrup, whipped cream, peanuts and a cherry.

Other noteworthy items at Fair Grounds include gluten-free waffles and four types of vegan cheeses that can be purchased by the pound. "We have vegan nachos. I think we're the only ones in the Midwest," Peterson says with a laugh.

Motley Cow Café

Located at: 160 N. Linn St. in Iowa City

Motley Cow Café owner and chef David Wieseneck's dishes are almost completely made from locally produced ingredients. He says using local ingredients improves food quality and nutritional value. "We believe food should not just be pleasing to the mind, but pleasing to the body. We can serve the produce on the same day it's delivered to us. It's something we take a lot of pride in." He also believes in buying locally as a way to support the local economy and Iowa's history of small farms.

Due to the emphasis on fresh ingredients, Wieseneck said the menu changes as often as once a week. Vegetarian and fish dishes always are available, in addition to meats like grass-fed beef, lamb and pizzas baked in a wood-burning oven. Homemade desserts are also on the menu.

Wieseneck says customers can have an expensive entrée with wine at the Motley Cow, or they can satisfy their appetites on a tight budget. "You can have a sandwich and a beer for under \$10. You can do that at the same table."



Marinated tempeh with whole oat millet pilaf, cilantro lime sauce and spiced summer vegetables from The Red Avocado. (Photo by Lindsay Hocker / Radish)

The Red Avocado

Located at: 521 E. Washington St. in Iowa City
Web site: theredavocado.com

David Burr, owner and chef of The Red Avocado, says that taste is of paramount importance when it comes to food, and using fresh locally grown ingredients is a great way to enhance taste. The Red Avocado's menu is completely vegan and organic. Brunch and dinner are offered year-round, as well as lunch in the summer months. Italian, Indian and Asian inspired dishes often are among the entrees. Weekly and daily specials showcase dishes made with local ingredients.

Drinks include wine, beer, and juice made to order. "All the wine is made from organically grown grapes," he says. The restaurant offers an organic, Iowa City-produced beer.

During the summer and early fall, about 90 percent of ingredients used at the restaurant are locally grown. Much of the produce is grown within 10 miles of The Red Avocado. In winter, about 30 to 40 percent of ingredients are local. "We're a very seasonal place. In the summer, there's a lot of vegetables, and in the winter it's grain-based," Burr says.

Whatever the season, freshness is always key at The Red Avocado. "The food philosophy is cooking things to order. There's no microwave here."

environment

'Save Our Water Planet' with Alexandra Cousteau at Beginning Bioneers Symposium

By Sharon Wren

Even if you never make it to a Bioneers conference in California, you still have the chance to participate in the event hosted by the environmental group that's been promoting sustainability for almost 20 years.

You can watch recorded presentations from celebrated environmentalists who spoke in October during the 2008 Bioneers Conference in San Rafael, Calif., at the inaugural Northern Illinois Beginning Bioneers Symposium. This first-ever satellite conference will be held from 9:30 a.m. to 3 p.m. Nov. 8 at McHenry County College, located at 8900 US Highway 14, Crystal Lake, Ill.

The schedule includes showings of Jacques Cousteau's granddaughter Alexandra Cousteau's "Saving Our Water Planet," David Orr's "Some Like It Hot, But Lots Don't: The Changing Climate in U.S. Politics" and Sandra Steingraber's "The Environmental Life of Children — from Placenta to Puberty."

In addition, regional experts will speak on energy savings, green building, sustainable agriculture and recovering water on your property.

While you're there, you can check out exhibits that will demonstrate how to make businesses and homes more sustainable. Exhibitors include Ameriprise Financial, Jordan Green Homes, Small Waters Education, CreativeCore Marketing, McHenry County Conservation District, McHenry County Government, Blazing Star Inc., Chicago Northwest Import and Export Inc., Gaskell Healthy Solutions and the Green Business Referral Exchange.

There will be environmental book signings and raffle prizes, too. The cost to attend is \$25 in advance or \$30 at the door, and lunch is included. Student admission is \$10.

The Symposium is hosted by the Green Alliance of the Green Business Referral Exchange, the Lou Marchi Total Recycling Institute at McHenry County College and the McHenry County Environmental Alliance.



Siblings Alexandra (left) and Philippe Cousteau Jr. (Photo by Blue Legacy)

Bioneers 4-1-1

Where: McHenry County College, 8900 US Highway 14, Crystal Lake, Ill.

When: 9 a.m.-3 p.m. Nov. 8

Cost: \$25 in advance or \$30 at the door. \$10 for students. Lunch included. To register, visit mcbioneers.com and print the PDF form.

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10 foods to enjoy this Thanksgiving

By Brandy Welvaert

Everyone knows what not to eat on Thanksgiving: the litany of lard-laden, gravy-inspired and creamed foods to be avoided. And yet, despite the very real, incredible triple-threat of obesity, diabetes and heart disease, it's still really, really hard to say "no" on that one day of the year when overeating seems to be the whole point.

Wouldn't it be nice if instead of telling us what not to eat, someone would give us some ideas about we should eat? Guess what? Three dietitians agreed to do just that.

Here are 10 foods you can put on your Thanksgiving table — or any table, really — and enjoy completely, knowing that you're doing something good for your body with each and every bite.

Need a recipe for one of the dishes mentioned in this story? Find instructions for making whole-wheat rolls, fresh cranberry relish, stuffing, crustless pumpkin pie and fruit crisp online at radishmagazine.com.



1 Turkey breast: "Turkey is very healthy, especially the white meat," says Lia Nightingale, Ph.D., who teaches biochemistry at Palmer College of Chiropractic, Davenport. "The dark meat is where we find the fat, and of course we need to remove the skin," Nightingale adds. "Turkey breast is one of the leanest meats. Plus, protein makes us feel really satisfied, and it sticks with us," says Kim Peterman, outpatient dietitian at The Finley Hospital in Dubuque. It doesn't make for the same presentation, but a turkey breast roasts more quickly than a whole bird.



2 Simple veggies. Let the true flavors of green beans, broccoli and brussels sprouts shine. Simply steam them and add a little salt and pepper — a bit of olive oil if you must — and serve, suggests Nightingale. She adds that broccoli, especially, belongs on the table because it's high in vitamin C and folic acid. It also contains antioxidant compounds that prevent cancer. Ideally, the Thanksgiving plate will be packed with veggies. In fact, two-thirds of every meal should be comprised of vegetables.



3 Pumpkin pie. "As far as pies go, pumpkin is actually better for you because it doesn't have the top crust, and it doesn't have as much fat as, say, pecan pie," says Peterman. She suggests eating half of a slice to satisfy the craving for sweets. "A two-inch arc of pie gets you all the pie goodness with half the calories and fat," she says. "Many times we eat the whole big piece just because it's already been sliced that way." Another option: Make crustless pumpkin pie and enjoy pumpkin's health benefits without the fat.



4 Calorie-free beverages. With the meal, drink water but add a twist of lemon for color and flavor, and enjoy coffee or tea with dessert. Even if you add a teaspoon of sugar to your tea, your body will benefit. Consider: a 12-ounce can of soda contains 11 teaspoons of sugar, and even the lightest of the light beers has 66 empty calories, says Donna Matt, registered dietitian with Trinity Regional Health System, Rock Island.



5 Fresh cranberry relish. Truth be told, dietitians are split on cranberry relish. Some say it's OK. Others point out the sugar content and insist we're better off pigging out on something else. The middle ground seems to be homemade relish from fresh cranberries. The sugar content will depend on the recipe, but fresh fruits and vegetables without preservatives always beat canned when it comes to health, says Nightingale.



6 Better stuffing. "Stuffing is going to be a little bit of a challenge," Nightingale says. "If you can find a recipe that uses whole-grain bread and some fruits and vegetables, that'll make it a little bit healthier."



7 Sweet potatoes. So long as you prepare them simply, sweet potatoes pack a nutritional punch. Just be sure to leave out the marshmallows, brown sugar and too much butter. "They're very high in vitamin A, a carotenoid that's a good antioxidant," Nightingale says.



8 Fruit crisp. As an alternative to pie, load up on fall fruits like apples and pears, sweeten them with honey or maple syrup and top them with oatmeal, suggests Nightingale. This way you're getting not only fruit, but whole grain, too — without the processed sugar.



9 Whole-grain rolls. Skip white breads and opt instead for whole-grain dinner rolls. If you buy packaged rolls, check the ingredients list for whole-wheat flour. If it's not the first ingredient, the rolls aren't really whole-grain, even if the label on the front says otherwise. (Enriched flours are not the same as whole-wheat flour.)



10 Breakfast. OK, so this isn't something for the table. But if you want to pig out the healthy way, dietitians say it's important not to be famished when you sit down to dinner. Eat a small, healthy breakfast in the morning — such as a peanut butter toast. "When you skip breakfast, everything looks good," says Peterman. "You're going to have a little trouble if you don't eat beforehand."

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health & medicine

Season of sniffles

Seeking natural, effective remedies for colds and flu

By Linda B. White, M.D., Mother Earth News magazine

Few people make it through the winter without a scratchy throat and runny nose. You can't very well hold your breath all winter, but you can put your immune system in top-notch form by using a variety of herbal remedies and supplements.

Vitamin C often is one of the first things people take when they get sick. But a 2004 review of vitamin C research concluded that the data doesn't justify mega-dosing to prevent or treat the common cold, even at the onset of symptoms. However, people undergoing brief periods of intense physical exertion or exposure to cold weather did seem to catch fewer colds while taking vitamin C. Some users report a reduced duration and severity of cold symptoms. Typical effective daily doses are 200 to 500 milligrams.

There have been about a dozen studies on zinc lozenges and nasal gels, with mixed results. Side effects with the lozenges include nausea and a strange taste. There have been reports of people permanently losing their sense of smell after using the nasal gels - a good reason to choose lozenges instead.

In a study conducted at the Ege University Medical School in Turkey, children received zinc sulphate (15 milligrams of zinc) as a syrup for seven months, with a doubling of the dose at the onset of cold symptoms. Compared to children who took a placebo syrup, those taking zinc had significantly fewer colds, and the ones they got were shorter and milder.



Herbs and minerals such as echinacea, elderberry and zinc can help reduce the duration of your cold. (Photo by Matthew T. Stallbaumer)

Echinacea is the best-researched herb for enhancing immune defenses to help prevent respiratory tract infections. Several studies support the use of this herb for the treatment of acute viral upper respiratory infections. Though a controversial 2005 study published in the New England Journal of Medicine concluded that extracts of echinacea didn't significantly affect viral infections, the American Botanical Council noted the dosage used in the study was lower than the amount recommended by both the World Health Organization and the Canadian Natural Health Products Directorate. Two more recent reviews of studies concluded that echinacea did reduce the duration and incidence of the common cold. Two types of preparations have repeatedly been shown effective are the juice of the above-ground parts of echinacea and tinctures of the roots. Most experts say that when a good product is taken in adequate and frequent doses at the onset of symptoms, echinacea can shorten the duration and severity of a cold.

Andrographis seems to be an up-and-coming cold season herb. A 2004 research review of seven double-blind, controlled studies concluded that andrographis is a safe and effective treatment for the relief of symptoms of uncomplicated upper respiratory tract infection. A Russian study in children found that andrographis leaf extract and Siberian ginseng were more effective than an echinacea extract in reducing the severity and duration of common cold symptoms.

A time-honored European cold and flu remedy is a tea of elder flowers and peppermint leaves. Scientific research, however, has focused on the berry from the black elderberry tree. Red elderberries are toxic when taken internally. American elderberries, which are dark purple, are safe to eat if cooked first. An extract of black elderberries produces beneficial immune actions and helps fight influenza and other respiratory viruses. Two small studies have demonstrated rapid recovery from influenza with a proprietary elderberry extract called Sambucol, which is available in many natural food stores.

Licorice root is an anti-inflammatory, soothes sore throats, relaxes tight coughs and expels respiratory mucus. One study found that drinking six cups a day of a tea called Throat Coat containing licorice root relieved throat pain. However, don't take licorice for more than four to six weeks - it causes your kidneys to retain water and sodium and lose potassium. Don't take it at all if you're pregnant, have high blood pressure or low blood potassium, or take a potassium depleting diuretic.

Excerpted from Mother Earth News magazine, the original guide to living wisely. Read the full story at MotherEarthNews.com or call (800) 234-3368 to subscribe. Copyright 2007 by Ogden Publications, Inc.

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food

Slow Food queen

Simone Delaty keeps it plain and simple

By Kurt Michael Friesse

Editor's note: Following is an excerpt from "A Cook's Journey: Slow Food in the Heartland" (Ice Cube Press, 2008) by Kurt Michael Friesse of Iowa City. Friesse is a chef, restaurateur, author and founder of Iowa's first Slow Food convivium.

I did not understand the paintings of Iowa native Grant Wood (he of "American Gothic" fame) until I spent some time getting to know Simone Delaty's farm in Wellman, Iowa. Standing next to her brick oven, looking over the rolling hills of Southeast Iowa with its hundred shades of green, you can begin to see what Wood was trying to convey. There is such a tranquil beauty to this place that you cannot resist connecting in a very personal way to the land itself. It was something akin to this feeling that brought Simone here 20 years ago, and it is why she is still here caring for the land.

Simone is not a native of this place. She arrived here through a series of coincidences that so often occur in this modern age, leading her from her home in Limousin, in central France, by way of Buffalo, N.Y., and Bowling Green, Ohio, to what became a 28-year career teaching French literature and related topics at the University of Iowa. Ten years before her retirement in 1996, she bought a piece of land about 25 minutes southeast of Iowa City, where she has built a paradise on the prairie that attracts people from hundreds and even thousands of miles away.

What Simone has built is a farm and much more. It is the land that keeps her here, and it is what she does with the land that attracts so many people. Her vegetable and flower gardens are meticulously cared for, yielding the bounty she uses to contribute to Local Harvest CSA and to produce delightful private dinners throughout the season on her screened in porch. Her orchard supplies apples, pears and a variety of currants and nectarines for scrumptious desserts. Eggs are provided by her flock of Rhode Island Red and Barred Rock chickens.

A 2001 CBS story about Simone's caused a flood of inquiries that has helped to make it so that Simone's private dinners are sold out well in advance. If you would like to reserve a spot, you must call two to three months in advance, or even longer. By July she's book solid for the rest of the year. To accommodate those who do not wish to gather a large group on their own, Simone has begun a series

of table d'hôte dinners, once a month on Monday evenings. For these you can make reservations on your own or with a small group, and meet new people who share a love of great food. These too often sell out. Make your reservations at her Web site: simoneplainandsimple.com.

Simone calls what she does "Plain and Simple" because that's what it is — simple farmhouse cooking made with generations of French technique. Most of the dinners Simone prepares are rustic French fare, like her delectable cassoulet, made with almost exclusively local seasonal products. Those she does not raise herself she obtains from her friends and neighbors. She also has a love of Moroccan cuisine (her tagine, a classic Moroccan casserole, is renowned) and makes a variety of authentic pizzas and country breads in her wood-fired oven.

At Simone's you can understand the idea of placeness. The food is fabulous not just because of Simone's considerable culinary talent — which she developed at her aunt's and grandmother's apron strings — but because the food is literally garden fresh. "You have to do so little to food when it's a great product," she says.

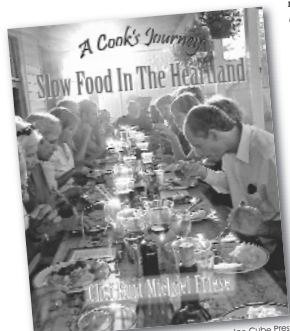
Despite their success, the dinners are not the sole focus of her work. Along with Susan Jutz of ZJ farm in Solon, Iowa, Simone has helped to build the largest and most successful Community Supported Agriculture (CSA) organization in the area. Through Local Harvest CSA, community members receive fresh eggs, flowers and wood-fired bread from Simone as well as fresh seasonal produce from ZJ farm.

It was this CSA that gave rise to Local Foods Connection, and now Simone and Susan are creating an educational system with workshops specifically designed for grade-school, high-school and college kids in an effort to reconnect the youth of Iowa to the land that made Iowa great.

"I am here to take care of this planet," Simone says. "It's very satisfying." One would expect no less of any benevolent monarch, and this Queen of Slow Food in Iowa is indeed a munificent caretaker in this small corner of the world.

Turn to Resources, page 38, for a recipe from Simone Delaty.

"A Cook's Journey: Slow Food in the Heartland" sells for \$26.95 and is available in book stores and online at icecubeypress.com.



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eating well

Sprout and soak

Getting the most nutrition from grains and seeds

By Jim Earles

With preparation, whole grains can be even better for you. All grains, as well as all nuts and seeds, contain naturally occurring anti-nutrients: phytic acid, enzyme inhibitors and tannins. Grains such as wheat, oats, rye and barley also contain difficult-to-digest gluten and complex sugars. These anti-nutrients, if not properly neutralized before consumption, eventually may lead to weakened digestion, mineral imbalances, food allergies, disease and even illnesses such as those associated with Celiac disease.

Many cultures of the past and their culinary arts intuitively have recognized the problems with anti-nutrients and found ingenious and delicious ways to make their foods more digestible and nutritious. Two of those methods are outlined here, but they are admittedly difficult for a beginner to put into practice without specific recipes. The best place to go for

education and recipes is the book, "Nourishing Traditions," by Sally Fallon and Mary Enig, Ph.D.

Soaking

A long period of soaking whole grains, nuts or seeds will neutralize or greatly reduce anti-nutrients. One has to plan ahead, as soaking times should be between 7 and 24 hours.

Soaking should be done with warm, filtered water — ideally free from chlorine and fluoride. Recipes written to incorporate soaking should specify how much water to use, but generally it is just enough to cover whatever is soaking.

When soaking nuts, a little Celtic sea salt is added to the water. Grains or seeds first should be ground into flour or meal (or one may begin with it), then covered with warm filtered water to which is added a small amount of an acidic medium such as whey, soured milk, yogurt, lemon juice or vinegar.

(Corn is unique. Foods made from cornmeal should always be soaked in filtered water mixed with dolomite powder, a mineral supplement available in health food stores.) Whatever is being soaked is then covered with a cloth and left in a warm place.

After soaking, nuts should be rinsed and then slowly dried in a dehydrator or warm oven (no hotter than 150 degrees) until crispy. This careful drying will preserve the natural enzymes in the nuts. The grains need not be rinsed; they are ready to be incorporated in recipes.

Sprouting

People have sprouted for nutritional and culinary purposes since long before science could explain its benefits. It is a truly miraculous process that neutralizes anti-nutrients, increases vitamin content, and produces numerous helpful digestive enzymes. Almost any grain or seed may be sprouted, as can many nuts.

All sprouting may be done in essentially the same way, but the germination time will vary. First fill a glass canning jar one-third full with nuts, grains or seeds, then fill the jar with filtered water and tightly screw on a wire mesh filter over the top. Allow it to soak overnight, then pour off the water and rinse through the mesh. The jar then should be kept in a warm, well-lit area, tilted on its side so that excess water may drain. Additional rinsing and shaking the jar should be done at least twice a day until the sprouts are ready — usually in two to four days.

Fresh sprouts may be eaten right away or refrigerated (free of excess moisture) in a tightly sealed container. Eating too many raw sprouts may still be irritating to the digestive system, so it is best to lightly steam them or incorporate them in other recipes.

Read about sour leavening in a longer version of this story at radishmagazine.com.



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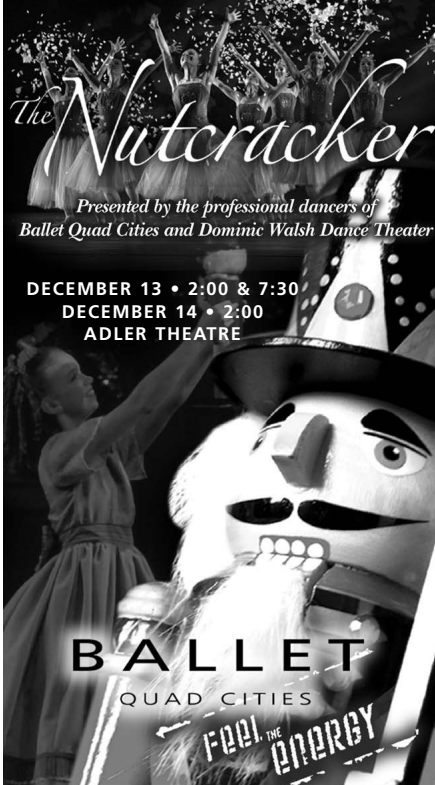


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outdoors

Hiking Effigy Mounds

Trails offer physical challenge, scenery and history

By Rich and Marion Patterson

Early last spring we faced a dilemma. We'd spent the winter exercising and buying gear for a planned summer backpacking adventure in Wyoming. Our week-long route would take us up and down steep mountain trails.

Although our physical preparation had included plenty of walking, Iowa's terrain is a far cry from Wyoming's rugged peaks. Most Hawkeye trails are short and nearly level and hardly duplicate mountain conditions. Before heading West, we wanted to test both legs and gear on a steep and long hike somewhere close to home. We found it at Effigy Mounds National Monument, which hugs the Mississippi River near Marquette, Iowa.

While Iowa may lack mountains, it has slopes as steep as any in Wyoming. The Fire Point Trail at Effigy Mounds is a genuine huffer and puffer. Although the Monument allows only day use, a backpacker in training is welcome to don a heavy pack and try it out on the varied terrain. That's exactly what we did.

The desire for a physical challenge drew us to the Monument, but we soon learned that magnificent views, diverse wildflowers and fascinating history made our experience more than a hike. During our weekend, we trekked on three of the Monument's trails. Bluff trails, in the North and South Units, start from the highway just above the river and rise rapidly through cool sugar maple and basswood forests before topping out on the high but relatively level bluff. On our May hike, we spotted several species of migrating warblers and passed large patches of mayapples, Dutchman's breeches and maidenhair ferns. Twin Leaf was sprinkled among other spring ephemerals. Fall hikers enjoy crisp air, a palette of colorful leaves that rival New England's for beauty, and late season blooms of goldenrods and asters.

We were far from the first humans to seek the high bluffs overlooking the Mississippi River. More than 700 years ago, Native Americans of the Woodland Culture also trekked up there to complete massive tasks. For reasons still not clearly understood, they moved tons of dirt to create mounds shaped like bears and birds. The fascinating mounds are the reason the National Park Service acquired and protected the land, clearing away trees and brush from many mounds to make them more visible.

We recommend that hikers start their day at the Visitor Center Museum. Pick up a trail map and view the displays and narratives to learn the story of the ancient mound builders. It increased our appreciation for the task these Native Americans undertook long before Columbus made his famous voyage. Interpretive naturalists staff the building to answer questions and often lead short informative walks.

Trails ascend the bluffs, taking hikers by whole series of animal-shaped mounds. Between clusters of mounds, side trails offer outstanding overlooks of the Mississippi River far below. Fortunate hikers sometimes look downward to view



A path winds through Effigy Mounds. (Photo by Kenneth Block / National Park Service)

bald eagles and turkey vultures soaring over the Mississippi.

On our first day, we chose to hike out to Hanging Rock Overlook, a seven mile round trip from the Visitor Center. The second day, we ventured into the wilder South Unit, a four and a half mile round trip hike. Shorter loops offer less strenuous walks for people with time or ability considerations.

The Monument has a bluff trail starting on each side of the Yellow River, near where it enters the Mississippi. Another hiking option is the Bridge Trail, a mostly level walk on wooden boardwalks that crosses the wide, marshy Yellow River just above the confluence. Wetland wildlife and plants abound, creating exciting nature viewing.

Hiking, trout fishing, and tent or RV camping can be found in Yellow River State Forest, a few miles north of the Monument. Pike's Peak State Park, south of McGregor, features a campground and short trails overlooking the river. McGregor, Marquette and Prairie du Chien, Wis., just across the river, have many restaurants and motels for anyone not interested in camping.

For more information check out Effigy Mounds' Web site at nps.gov/archive/efma/home.htm.



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good business EcoBrokers

Find a green home with help from the pros

By Steve Trainor

Looking to buy a green home, but not sure exactly where to look or what it should include? You might consider hiring an EcoBroker to help.

EcoBrokers are licensed real estate agents who have been certified by EcoBroker International of Evergreen, Colo. The program teaches agents how to best help buyers and sellers of houses with green features and provides extra instruction in various environmental areas relating to green home features and construction. Topics covered include radon, asbestos, lead, water, mold, indoor air quality, energy efficiency technologies, sustainable energy options and mortgage options that award up to \$15,000 worth of energy efficiency improvements for a home.

"Green living is becoming more and more popular," says EcoBroker Chris Kaufmann of Mel Foster Co. in Davenport, Iowa. "Combined with the high cost of everything, it helps people get the extra edge and more value for their money."

Three other EcoBrokers are currently in the Iowa Radish region, according to EcoBroker.com: Linda Thrasher, Remax Real Estate Centre (Iowa City, Coralville, North Liberty and Cedar Rapids); Chris Mottinger, Solon; and Verne Folkmann, Lepic-Kroeger Realtors, Coralville. All took online or classroom courses, did research and took tests, which included essays.

In the current tight economy, Thrasher says that more buyers are demanding energy efficiency in their homes. "That's a big selling point. People want value and are willing to pay for it," she says.

But buyers who want the greenest home they can afford often don't know where to go or whom to ask. "That's where we come in," says Kaufmann.

If you don't have an EcoBroker, there still are questions you can ask while you're shopping for an environmentally-friendly home. Here are several that Kaufmann and Thrasher suggest:

- Does the home have Energy Star appliances?
- How new and efficient are the air conditioner, furnace and water heater?
- Are the faucets and toilets "low-flow" (do they conserve water)?
- Is the flooring made from salvaged and/or recycled materials?
- Does the energy provider offer rebates to offset the cost of a new water heater or furnace?
- Does the carpet contain the preservative formaldehyde?

To determine how eco-friendly a home is, EcoBrokers use a checklist of 19 categories that cover everything from the roof to the landscape. The list contains almost 150 specific items.

Thrasher insists that there are enough green homes out there because many are equipped with Energy Star appliances — and appliances consume about 45 percent of the energy used in a home.



(iStockphoto)

She says that being an EcoBroker excites her. "I get calls on what to do or use. I'm an eco-resource!" she says.

If a new home is what you want, most builders are happy to work with their clients to incorporate green design and amenities in a building plan. Thrasher and Kaufmann say that Dan Dolan Homes is one such builder, who has done eco-friendly homes in Davenport, Muscatine and Iowa City.

It's also possible to get a green loan for the eco-friendly home you choose. Green lenders are mortgage experts who can provide reduced interest rates, lower closing costs or energy analyses that allow buyers to set aside funds to make energy improvements later. Countrywide and Wells Fargo are two such lenders, the EcoBrokers say.

Want to green up the home you're in? They say that you can retrofit your home, making it a bit more eco-friendly as opportunities present themselves. You can replace old appliances with Energy Star appliances. You also can test for radon, the second-leading cause of lung cancer. They highly recommend a licensed radon test, saying that do-it-yourself kits aren't nearly as good.

With healthy, low-impact, efficient homes, Thrasher and Kaufmann are trying to ensure a better future for everyone.

"I'm kind of surprised I'm the only EcoBroker in the Quad-Cities metro area," muses Kaufmann. Maybe not for long.

Find out where to learn more about green homes in *Resources*, page 38.

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No time for downtime

Outpatient surgery kept this farmer in the field

By Ann Ring

In August of 2007, the X-rays and MRI finally told the whole story: Lynn Van Damme, of Atkinson, Ill., who for years suffered from neck pain, would have to have surgery. With Van Damme working two jobs — as a part-time farmer on the 80 acres where he grew up and as a full-time employee at Bos Machine Tool Services, Hillsdale, Ill. — he asked the same question any devoted ag producer would ask: "Can it wait until I get the crops out?"

Due to an increasing number of doctors with specialized training and the growth of ambulatory surgery centers (ASCs), it turns out Van Damme needn't have worried too much about downtime. Although his procedure may sound complicated — he had an anterior cervical discectomy and fusion (ACDF) — his physician, Dr. Michael Dolphin, DO, handled the case with ease, and Van Damme left the Mississippi Valley Surgery Center in Davenport, Iowa, by mid-afternoon one day after surgery. Van Damme hasn't had any trouble since. "The pain's gone," he says.

With a lot of us multitasking through life at breakneck speeds — farmers included — downtime for anything, even our health, isn't an option. Doctors who have direct control over their surgical practices and ambulatory care centers may be two antidotes for those needing specialized health care and those who are concerned about how to offset the rise in health-care costs.

What if we combined both solutions? What if doctors could focus on what they do best in an outpatient setting? Van Damme, and many others like him, are benefiting from what some

health-care workers say is a new, cost-effective and convenient alternative to hospitals. Rather than having to wade through what can be a lengthy administrative process and days spent in bed recuperating, Van Damme's abbreviated visit and recovery may have been due to his doctor's capabilities — and an ambulatory surgery center (ASC).

ASCs are health-care facilities designed to specialize in selected same-day or outpatient surgical procedures. With approximately 4,000 ASCs in the U.S. and growing, they seem to be changing the face of health care.

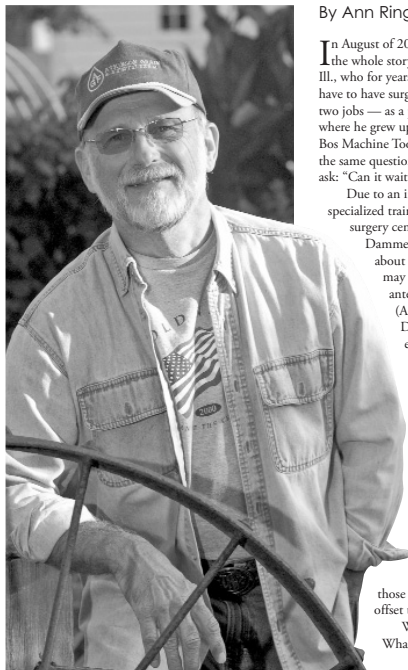
Davenport's Mississippi Valley Surgery Center looks like most medical center lobby areas. But once inside, Dr. John B. Dooley, MD (anesthesiology, critical care medicine, pain medicine), MVSC's administrator who spearheaded the center in 1996 and oversees its operations, and MVSC's manager, Alison Beardsley, proudly walked me through what might be described as a mini hospital. Seven operating rooms, separate rooms for pre-op and post-op, a pain clinic, a conference room and a full-service lab are neatly compacted into one building, one floor. "As you can see," says Dooley, "we're very efficient here. There's not much downtime."

ASCs are either single specialty, like the Regional Surgicenter Ltd., in Moline, Ill., or multi-specialty, like MVSC, the Surgery Center Cedar Rapids, Cedar Rapids, Iowa, and the Ambulatory Surgery Center at University of Iowa Hospitals and Clinics in Iowa City.

Capable of handling at least 12,000 cases a year, the "facility has become very skilled at taking care of patients and getting them back home. With us, even though we're physician-owned, doctors can choose to have procedures done here or elsewhere," says Beardsley.

Van Damme would agree. He was pleased with Dr. Dolphin's expertise and the care he received at the Mississippi Valley Surgery Center. "It's very good service," he says. "Very comfortable."

For more information, visit mvbnetwork.com.



Lynn Van Damme of Atkinson, Ill., was a patient at the Mississippi Valley Surgery Center, Davenport. (Photo by Gary Krambeck / Radish)

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Library group promotes healing through writing

A handful of people meet twice a month in Bettendorf, Iowa, to write their own prescriptions for better health. Writing as Healing, sponsored by the Midwest Writing Center, meets at 7 p.m. the second and fourth Wednesdays of the month at the Bettendorf Public Library, 2950 Learning Campus Drive, usually attracting eight to 10 people to a session, and more always are welcome. Led by Dr. Jenna Hobbins, the group works on the belief that "writing is healing, and everything we experience in our life is sensory," according to Hobbins, who founded the group. The group is open to men and women, and the book "Writing as a Way of Healing" by Louise DeSalvo is used in class. For more information, call (563) 324-1410.



Dr. Jenna Hobbins
(Photo by John Greenwood / Radish)

Soy milk for your kids in public school

Did you know? The United States Department of Agriculture (USDA) announced parents or legal guardians may request, in writing, soy milk as an alternative to cow's milk for children receiving National School Lunch and Breakfast Program meals. This change caters to the growing diversity of participants in the School Nutrition Programs and allows children with lactose intolerance, dairy allergies or cultural diet restrictions to have an alternative source of calcium at school mealtime. Like cow's milk, fortified soy milk helps build strong bones with calcium and vitamin D and contains vitamin A, iron and soy protein. Fortified soy milk also is cholesterol-free and contains lower amounts of saturated fat and fewer calories than milk — making it a very healthy option for children. Parents wishing to substitute soy milk for dairy milk should contact their child's school food service program.

Source: The Soyfoods Council

'Uniquely Blended' cookbook packs home-tested recipes

The Illini Campus of Genesis Medical Center Auxiliary has published its third cookbook, "Uniquely Blended," which is on sale now for \$12.95 at the hospital gift shop, 801 Illini Drive, Silvis, Ill.; Quad City Convention and Visitor's Bureau, 1601 River Drive, Moline; and the Mississippi Valley Welcome Center in LeClaire, Iowa. The 262-page cookbook includes recipes for appetizers, breads, salads, entrees, grains, vegetables and sweets. The auxiliary printed its first cookbook in October 1990. Most recipes come from volunteers and auxiliary members, and others come from Quad-Cities area chefs and celebrities. To order the book by mail, send a check for \$18.82 payable to Illini Campus Auxiliary, 801 Illini Drive, Silvis, IL 61282. Include your name, address and phone number. For more information, call (309) 792-4309.



Submitted

Get creative, green ideas for winter celebrations at Wapsi River Center

Feel like saving a little green this holiday season? It's easy if you think green — and the Wapsi River Environmental Education Center near Dixon, Iowa, has several classes to put you in touch with nature. First, at 1 p.m. Nov. 1, naturalist Lisa Gerwulf will teach you how to make unique gifts from some unlikely sources: the trash and recycle bins among them. Participants will have the opportunity to view several different ideas, as well as to create some make-and-take projects of their own. Preregistration is required by Oct. 30. Next, at 10 a.m. Nov. 15, you can learn to make a bird feeder from milk jugs, cartons and soda bottles. The class also will cover types of seeds, common winter birds and how to making homemade bird treats (registration due Nov. 14). Then, at 10 a.m. Dec. 13, you can learn to make holiday ornaments using items from nature (register by Dec. 12). To make reservations or for more information about any of these classes, call (563) 328-3286. Read more about green celebrations on page 15.

Fruit and veggie symposium slated for Nov. 21

The University of Illinois Extension and Iowa State University Extension will present an afternoon symposium for commercial fruit and vegetable growers at noon Nov. 21 at the Iowa State University Scott County Extension Office, Cyclone Room, 875 Tanglefoot Lane, Bettendorf, Iowa. Specialists will present the latest research from Iowa State University and University of Illinois at Urbana-Champaign. General session topics will be "Climate Change and Weather Effects on Plant Growth and Disease" and "Organic Pesticide Products: What Really Works." Breakout sessions will cover sweet corn disease, pumpkin varieties and weed control, colored mulches for tomatoes, apple disease, strawberry weed control and apple thinning. Cost for the symposium is \$25 for the first person from a farm or business, with discounts for additional people. Registration is due by Nov. 14 by calling (319) 337-2145. For a brochure or more information, call extension.iastate.edu/johnson.



McClatchy Newspapers

Iowa City Salvage Barn open first and third Saturdays

The Salvage Barn, located at the Iowa City Landfill, will be open from 9 a.m. to 1 p.m. every first and third Saturday through March. The barn offers an ever-changing cache of vintage and retro house parts, including bathtubs, siding, flooring, light fixtures and more. It is operated by the Friends of Historic Preservation. To get there, take Melrose Avenue west of Iowa City and turn left at the landfill sign. For more information, visit ic-fhp.org and click the link or call (319) 351-1875 and leave a message.

Considering going organic? Check out this conference

Small farm owners, producers, educators, entrepreneurs and the general public interested in organic farming and local food production are invited to attend and participate in the third annual "Consider Organic Farming" workshop in Macomb, Ill. This year's theme is "management and marketing." The University of Illinois Extension will host the program from 12:30 to 5 p.m. Nov. 13 at the McDonough County 4-H Auditorium at the University of Illinois McDonough County Extension, 3022 W. Jackson St., Macomb. Cost for the afternoon is \$10 and includes resources and refreshments.

Participants will learn about organic information resources, cover crops, weed identification, small farm marketing and more. Immediately following this workshop, participants are invited to attend the Tri-State Organic Video Conference being televised live from Purdue University from 6 to 8:30 p.m. This interactive video conference will discuss hoop house and high tunnel production. Cost is \$15, which includes a light meal. Cost to attend the afternoon and evening events combined is \$20. Register by Nov. 10 by calling (309) 837-3939.

Holiday events coming up in Amana Colonies

The Amana Colonies is readying for the holidays with two annual events. The Fall Fibre and Clay Show & Sale will be held 10 a.m.-5 p.m. Nov. 1 and 10 a.m.-4 p.m. Nov. 2 at the Amana Arts Guild Center in High Amana, Iowa. The indoor, autumn-themed show and sale will feature unique weaving, textile arts, baskets, pottery and crafts by area artists. You can shop for holiday gifts, boutique wear and original fine art at this juried event. Admission is free. For more information, call (319) 622-3678 or visit amanaaartsguild.com. Later in the month, the Tannebaum Forest — a forest of live decorated Christmas trees — will open at the Festhalle Barn in Amana. The forest is open from 10 a.m. to 5 p.m. Nov. 28 and 29, with extended hours in December. Admission to the forest is a suggested \$2 donation per person, and all proceeds will go to the Make-A-Wish Foundation. For more information about the Tannenbaum Forest, call (800) 579-2294 or visit festivalsinamana.com.

'Road Trip Guide to the Soul' author comes to Waterloo

The Waterloo Center for the Arts, 225 Commercial St., Waterloo, will host a book signing for "Sadie" Jennifer Nardini's new book, "Road Trip Guide to the Soul" (John Wiley & Sons, 2008). The event will feature a performance by Bigfish Jazz. Nardini is a former reporter for The Courier (Waterloo-Cedar Falls) and previous owner of Vibe coffeehouse in Cedar Falls. Her book is a personal guide to transformation. The author invites attendees to "take a trip to find your inner strength and learn to rock your world from the inside out. You'll shift every decision and relationship, including the one with yourself, your money and your health, in your own unique way!" The evening event is free and open to the public, and will also feature complimentary hors d'oeuvres and a cash bar. For more information, call (319) 291-4490 or visit waterloocenterforthearts.org.



'Sadie' Jennifer Nardini
(Submitted)

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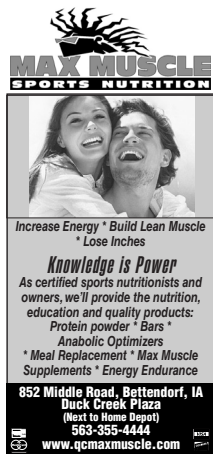
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Can you say 'Julmarknad'? Visit Bishop Hill to learn how

You can get in the holiday spirit the Swedish way Nov. 28-29 and December 6-7 in Bishop Hill, Ill., the historic village located off Illinois Highway 17 between Woodhull and Kewanee. During the annual market, visitors can enjoy the sights, sounds and aromas of Christmas past. Swedish folk characters will roam the village, and there will be special music, Swedish food specialties, an abundance of handmade folk art and antiques. Make-and-take holiday workshops will be held at 1 and 3 p.m. at the Steeple Building. At the Christmas cookie walk, visitors can order from a large array of holiday cookies homemade by the community's bakers. Hours are 9 a.m.-4 p.m. Nov. 28 and 10 a.m.-5 p.m. Nov. 29 and Dec. 6 and 7. For more information, visit bishophill.com.



File

Dietitians: Learn more about obesity and weight management

Black Hawk College will offer a series of continuing education workshops for dietitians and nutritionists. The next workshop is a two-day class on "Topics in Obesity and Weight Management." The class will meet from 1 to 5 p.m. Nov. 15 and 29, at the college's Quad-Cities Campus, 6600 34th Ave., Moline, Ill. The course will educate registered dietitians, dietetic technicians and other health professionals on current overweight and obesity statistics, assessment, and prevention and treatment recommendations for adults and children. The format will include lecture, discussion and food demonstration. The course is worth eight continuing education credits for RDs, DTRs and CDEs. Cost is \$110. To register, call (309) 796-4823.

Become a Sustainable Building Professional at workshop

The 4th annual Building a Sustainable Iowa Residential Professional Training Workshop will be held across Iowa this month. Classes will be held Nov. 10-11 in Cedar Falls; Nov. 12-13 in Ankeny; and Nov. 14-15 in Fairfield. The workshops are being offered by the Center on Sustainable Communities. Participants will engage in sessions covering various aspects of residential sustainable building. Those who take the class and pass the final exam at the end of the second day receive COSC recognition as a Sustainable Building Professional. Speaker Marc Richmond, president of Practica Consulting, Austin, Texas, will teach a series of workshops for residential building professionals and homeowners. To sign up, contact Emily at emily@cosc.com or call (515) 277-6222.

Iowa recycling award winners announced

The Iowa Recycling Association has announced the winners of its 2008 Iowa Recycling Awards. Recipients represent excellence in recycling and reuse and are a vital part of Iowa's recycling community. They are:

- Best School Recycling Program: University of Iowa (Iowa City)
- Best Public Education Program: Susan G. Komen Race for the Cure (Des Moines, Quad-Cities)
- Best Business Recycling Program: Vermeer Corporation (Pella)
- Recycling Project of the Year: Rockwell Collins, Inc. (Cedar Rapids)
- Murray J. Fox Recycling Innovation Award: ChemStation (Des Moines)
- Best Local Government Recycling Program: Cedar Rapids/Linn County Solid Waste Agency (Marion)
- Recycler of the Year: Kristin Simon, East Central Iowa Council of Governments (Cedar Rapids)

For more information, visit iowarecycling.org.

Garden centers in Iowa recycling greenhouse plastics

If your garage is clogged with pots and flats left over from spring planting? You can clean up before winter and drop off all those greenhouse plastics at Wallace's Garden Centers, located at 2900 Devils Glen Road, Bettendorf, and 6227 Northwest Boulevard, Davenport. All donated flower pots, flower packs, trays and other greenhouse plastics will be recycled into pallets and other products at Greystone Manufacturing in Bettendorf. For more information, call (563) 332-4711 or visit wallacesgardencenter.com.



Todd Mizerner / Radish

Leopold study reveals CSA drop-off is more efficient than pick-up

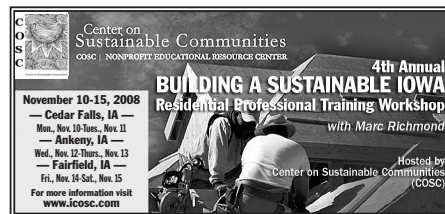
A new study from the Leopold Center for Sustainable Agriculture looked at which transportation option consumed less fuel and emitted less carbon dioxide: farmer delivery or customer pick-up of foods. For a fee, most CSAs provide members with produce every week, either at a central pickup location or delivered to their homes. For the study, a central Iowa CSA farmer provided the exact routes of delivery in Ames and Nevada, Iowa, what type of vehicle was used and what location and time of day would be used if delivering to a central pick-up point. "Even if all customers drove very fuel-efficient vehicles, we found that it is more efficient for a farmer or delivery person to distribute products to individual homes rather than for customers to pick up products at centralized locations," said Leopold Center associate director Rich Pirog, who directed the study. "With rising fuel prices, it's important that farmers and consumers look at a number of options, such as increased efficiency of delivery routes, combining car trips and use of more fuel efficient vehicles — even locating farmers markets in parking lots of food retail stores to decrease consumer fuel use." To see the study, visit www.leopold.iastate.edu/pubs/staff/files/fuel0608.pdf.



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resources

SHALA-LA-LA

(Story on page 10)

Ashtanga yoga is the original "power" and "vinyasa" (flow) yoga system. The system is comprised of six choreographed sequences of postures, each about 90 minutes long. The toughest sequences contain truly breathtaking postures. Ashtanga increases flexibility, strength, balance and concentration at a record pace in a full body-mind workout.

Classes: Evan and Kelly Harris will teach Ashtanga at their new yoga studio, **Tapas Yoga Shala**, which opens Nov. 6 at 421 Brady St., Davenport, Iowa. Ashtanga and vinyasa classes will be held every day but Mondays and Fridays. For details, visit tapasyogashala.com or call Kelly at (309) 236-6084. **Indigo Wellness**, 1620 5th Ave., Moline, offers a modified Ashtanga class on Wednesday nights, as well as several "power" yoga classes that draw their inspiration from Ashtanga's strong, flowing style. For home practice, look for instructional DVDs and books by David Swenson, Nicki Doane and John Scott.

For more information about Ashtanga, check out subtlebliss.blogspot.com (Evan Harris' yoga blog), ayri.org and absolutelyashtanga.com.

SLOW FOOD QUEEN

(Story on page 24)

Here's a recipe from Simone Delaty of Wellman, Iowa:
Soupe au Potiron (Pumpkin Soup)

2 medium onions	3 cups heavy cream
2 garlic cloves	3 cups water
3 pound dice of pumpkin	Salt and white pepper to taste
4 tablespoons olive oil	A pinch or two of quatre épices (See note)
2 slices crusty bread, toasted	1½ cups butter
3 cups milk	Chervil or chives for decoration

Peel and finely chop onions and garlic. Peel the pumpkin, remove all the "threads" inside and rinse under cold water, then dice. In a large heavy pot, heat the olive oil and sauté onions, garlic and pumpkin for five minutes on a low flame. Remove crust from the toasted bread and set aside for other uses. Shred the bread directly in the pot on top of pumpkin and onions. Then add milk, cream and water. Add salt, pepper and quatre épices to taste. Cover the pot and let the soup simmer for 20 minutes. On a low flame, add the butter cut up in small pieces. Test seasoning again and adjust if needed. If you want texture, do not mix soup further. For a rustic appearance, leave the crusty bread at bottom of pan and transfer to tureen when serving. For a smooth texture, use a blender or food processor. Decorate with sprigs of chervil or a few chives. Serves 8-12.

Note: Quatre épices is a French mix of spices: Allspice, ground pepper, grated nutmeg, ground cloves and ground cinnamon.

ECOBROKERS

(Story on page 30)

Here's where to learn more about Ecobrokers where you live:

- To search for an Ecobroker online, visit ecobroker.com.
- Contact **Chris Kaufmann** at (563) 391-3031 or visit his blog at getsmarbeforeyoubuy.com.
- Contact **Linda Thrasher** at (319) 321-7135 or lindat@remax.net.
- Contact **Chris Mottinger** at (319) 624-6027 or chris@mottingergroup.com.
- Contact **Verne Folkmann** at (319) 331-0974 or verne@vernefolkmann.com.

Learn more about energy-efficient appliances at energystar.gov.

for your family

Dancing grasshopper teaches kids about solar energy

Behold the frightened grasshopper — a toy that's much more fun than its name implies. Set this green dude in direct sunlight, and the solar panel on his back makes him shimmy and shake!

How it works: A small panel on the back of the grasshopper translates sunlight into kinetic (moving) energy.

Why it's eco-friendly: Because it shakes by the power of the sun, this toy doesn't eat batteries or need to be plugged-in to play. The best part is, it shows kids that alternative energy really works. (The solar panel should last about 2 years.)

Who can play with it: This toy is suitable for older kids, but small children can play with it if parents closely watch. Fully assembled, the bug's body is only about the size of an adult thumb. Speaking of assembly, it's a snap. Because of tiny pieces, however, moms and dads should be ready to help out when this toy arrives in the mail.

Where you can get it: The frightened grasshopper is \$11.25 plus shipping from Fat Brain Toys (fat-braintoys.com).

Accolades: This toy won Creative Child Magazine's 2007 Seal of Excellence.



Submitted



Submitted

Get out! Visit the National Mississippi River Museum

Pack some adventure into a long holiday weekend with the family at the National Mississippi River Museum & Aquarium, located at 350 E. 3rd St. at the Port of Dubuque in Dubuque, Iowa.

Fun stuff: The William Woodward Discovery Center has six aquariums with catfish, sturgeon, ducks, frogs, turtles, and the Carver Wet Lab features freshwater mussels, snails, and crawfish.

The National Rivers Hall of fame walks you through history, introducing you to people who lived along the River and cared for it. You also can visit the Riverboat Museum, wander a boardwalk trail through the Woodward Wetlands and see the W.M. Black, an

1835 steamboat.

The Depot Cafe, housed inside the 1891 Burlington & Quincy Train Depot, offers food and beverages.

Kid attractor factor: River creatures like otters, ducks, bald eagles, great blue herons and turtles. Kids and adults will like the interactive exhibits, including one that lets you experience firsthand what it's like to pilot a barge down the river (see photo).

Hours and admission: 10 a.m. to 5 p.m. daily (Closed Thanksgiving and Christmas; closes at 2 p.m. Christmas eve). Admission is \$10.50 for adults, \$9.50 for ages 65 and older; \$8 for ages 7-17 and \$4.50 for ages 3-6.

Learn more: Call (563) 557-9545 or visit mississippirivermuseum.com.

Have an idea — an eco-friendly toy or an great place — to share with "for your fam"? E-mail it to editor@radishmagazine.com.

food for thought

Signature blend

Coffeehouses mix java, music for good

By Chris Dunn

I believe in coffeehouses. The notion that life is about so much more than the daily grind and paying bills is the beginning of coffeehouse consciousness. I love bringing people together and nurturing the community that develops. Soon after I moved to Rock Island seven years ago, I started hosting coffeehouses.

Coffeehouses are a D-I-Y (do-it-yourself) kind of thing. Plug in the coffee pot, invite some musicians and other friends, and pass the hat to raise funds for instructional materials for that hard working teacher working at the no-frills public school.

My first dabbling in coffeehouse production was with Desolate Angel, or DA, a gathering inspired and emceed by "Lee Kidd" Riethmiller of Cambridge, Mass., a poet, singer/guitarist and foreign language teacher extraordinaire. The DA's short glorious life in Harvard Square got me hooked. Performers included the best local street singers and improvised poets.

Later, I co-founded the Naked City Coffeehouse in Boston with my friend, Egg Al. Every Wednesday night for five years, I hosted the Naked City, which was an underground success. Admission was two bucks if you had it. We didn't charge for the strong, freshly-ground, donated coffee or the day-old bagels.

The format followed this basic formula: 10 open mic slots followed by a one-set featured performance, a small break and then 10 more open mic slots. Each slot was two songs or the equivalent in poetry. The night started with a lottery. All performers wrote their names on a slip of paper, and the first 20 picked from the hat got a slot. Folks were so eager that slots were commonly "split" to give a chance to those who didn't get picked in the lottery.

Coffeehouse culture has a longer history in Europe, but it blossomed in the U.S. during the 1960s with the civil rights movement and draft resistance. Coffeehouses happened in churches and community centers, where rent was cheap and the free exchange of ideas was tolerated.

"Why Not?" in Rock Island, "Take 5" in Davenport, "Insecure" in the Village of East Davenport and "The Zodiac" in Moline were part of a wave of 60s coffeehouses. The Naked City, started in the late 80s, and the St. Joe's Coffeehouse, now at First Lutheran in Rock Island, revived that vitality and spirit.

Picture yourself sitting with a cozy cup of coffee and a small plate of homemade cookies. You are delighted as a proud dad plays guitar while his six-year-old daughter sings "Dark as a Dungeon." You bite into your chocolate chip cookie as a young woman does a terrific Joni Mitchell, singing the glories and woes of life and love. This kind of scene plays out almost monthly at First Lutheran.

Even if you don't make it to one of our coffeehouses, I encourage you to start one of your own. Here are the simple things you need to start a coffeehouse:

- First, develop a group of musician friends. Seek out earnest and friendly musicians. Emphasize good feeling over talent, and talent will develop later. Do the

same with poets. They add something special to the mix.

- Find a venue. Partner with a church or rent a cheap place. Perhaps you or a good friend have a big enough living room or basement. Be creative! Some of my favorite coffeehouse memories are from the Coffee Clump, a Sunday afternoon gig in the modest Boston apartment of three art students.

- Have a cause for which to raise funds. This sets the tone that we are not just in this for ourselves. The coffeehouse at First Lutheran accepts donations for the St. Joe's evening meal, which is served five times a week at Rock Island Township.

- Activate your network of friends. Your friends are your audience, and an appreciative audience is what all performers want. E-mail notices and free calendar listings are good tools, but I spend at least an hour making phone calls for each coffeehouse that I host.

- A goodie committee is invaluable. (Hats off to Sara and Libby at First Lutheran!)

All that's left is to plan a night and have a ball. Or just come see us Nov. 14 at First Lutheran, 1600 20th St., Rock Island. Coffeehouses are in the Parish House from 7 to 10 p.m. For more information, call (309) 788-9661.

Outside the Quad Cities, check out Wild Bill's Coffeshop in Iowa City and Mississippi Mug in Dubuque.

For more information about coffeehouse consciousness, see angelfire.com/music/squawk.



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*Tracey Schoff – mother, wife, neighbor
and Trinity Cancer Survivor*



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