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from the editor



Photo by Paul Colletti / Radish

One of my favorite folktales has long been “Stone Soup,” a story about a hungry traveler who comes to a village and is told there is no food to be spared. Instead of leaving discouraged, the traveler sets up an enormous cooking pot on the town square, telling the villagers he is going to make a delicious soup flavored with his magic stones. One by one, he convinces them to bring a few onions or carrots or potatoes to add to the pot with the stones, and by the end they have created a tasty soup that everyone feasts on together. The “magic” of the stones turns out to be the spirit of cooperation.

Years ago this story took on new meaning for me when a colleague suggested trying it ourselves, inviting everyone we worked with to bring one item to toss in a soup pot in the morning. Come lunch, we’d all partake of our shared creation. It worked beautifully. I’ve thought about that soup many times since, wondering what exactly made it so delicious. Was it the jar of salsa one of my co-workers poured into it? The whole head of garlic brought by another? Or was it simply the act of sharing itself? When we sat down to those bowls of soup, we knew we had in our hands a dish that had no recipe and could not be recreated. Did that make us savor it all the more? Particularly at this time of year, as plans for holiday meals start to take shape, these questions come back to me. Perhaps the real gift isn’t making a great feast for the people we love but making a great feast with them.

In many ways, every issue of Radish is a bit like a bowl of stone soup. Take the cover. To get that image, the photographer and I emptied our cabinets of every bowl each of us owned. Dozens of similar stories could be told for each issue, which come about as the result of many individual contributions. This month, however, I want to recognize one person in particular: Joe Payne, our managing editor. It was Joe who first came up with the idea for Radish back in 2005, and over the years he has worked diligently, first to bring the magazine into existence and then to help it flourish. Joe is leaving this month to share his talents with another organization, and we wish him the very best, but those of us who have had the privilege of working with Joe on a daily basis are going to miss his unfailing good humor, generosity and care for the community. We all bring something unique to the magazine, but Joe brought the stones. For that, we are deeply grateful.

— Sarah J. Gardner
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Radish

HEALTHY LIVING FROM THE GROUND UP

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the grapevine

From our readers

Honest food (Oct. 2012): "After eating in well-reputed restaurants all over the globe (Paris, Rome, London), I have to admit that I've been spoiled by this world-class treasure only a half hour away from our home. Menu items at the Lincoln Cafe are always surprising, innovative and seasonally gratifying; and almost always spot-on perfect. If I had to pick one chef and one restaurant to prepare the last, most perfect meal of my life, it would be Matt S. at the Lincoln Cafe."

— Robert M., Iowa City

Bosom Buddies (Oct. 2012): "Thanks for spreading the word about our project. We all provide the materials and our expertise and then give the prostheses away free. Our payment is the joy and happiness we see on the faces of the recipients when they realize how good our prostheses feel. Our group is open to new knitters and also those who want to knit on their own time. We share both knitting and crochet patterns on our website."

— Tove, Orion, Ill.

Amazing owls (Oct. 2012): "As a follow-up to Laura Anderson Shaw's article on owls, I know of two owl festivals which occur the first weekend of March 2013 — in Houston, Minn. and at Starved Rock Lodge (Utica, Ill.). Might be worth checking out. Plus, owls are usually part of the birds of prey shows at Quad Cities Bald Eagle Days and Clinton Bald Eagle Days held the first weekend in January 2013."

— Joe Taylor

On the Road with Radish

Want more Radish? Thanks to Friends of Radish, you can find representatives of the magazine this month at the following events:

- **Third Annual Farm to Fork Dinner**, 6-9 p.m. Monday, Nov. 5, Wilson Dining Room at Augustana College, 639 38th St., Rock Island, Ill.

For more information or reservations, call (309) 794-7250.

- **Iowa City Holiday Farmers' Market**, 8 a.m.-1 p.m. Saturday, Nov. 17, at the Robert A. Lee Community Recreation Center, 220 South Gilbert St., Iowa City.

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

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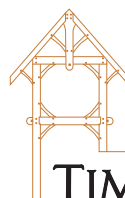
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METROLINK

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features



6 Feathered friends
The ups and downs of a family's first year raising chickens.

8 Boss squash
With so many varieties, no wonder it rules winter fare.

10 Yours and mine
The 'sharing economy' is transforming the way we travel.

20 Soup's on!
Could the recipe for better holidays begin with soup?

in every issue

2 from the editor

3 the grapevine

on the cover



Simple and satisfying, bowls of soup find a place on the holiday table.
(Photo by Paul Colletti / Radish)

departments

12 eating well
Our 'foodshed': Rethinking how far food travels from farm to table.

14 good business
Got seeds? New website makes it easier to find organic seed sources.

16 environment
Earthship abode: A family uses recycled materials to transform their home.

18 body, mind & soul
A healing art: Certified yoga therapist helps others heal from within.

22 outdoors
Yodeling optional: Trails at Swiss Valley bustle with cold weather activity.

26 environment
Reel discussions: Recent eco-documentaries raise probing questions.

28 food
Buttered up: Making your own butter has some sweet rewards.

32 food for thought
Slice of grace: A baking legacy takes the work of many hands.



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Each year thousands of men and women from across the U.S. take part in Tough Mudder competitions, intense obstacle courses designed to test the mettle of participants. The events raise money for the Wounded Warrior Project, a charity that assists injured servicemen and women. Visit radishmagazine.com to read about a team of eight Quad-Cities residents who took up the challenge in September and came home muddy and grinning.

healthy living

Feathered friends

The ups and downs of a family's first year raising fowl

By Sharon Wren

You could say my chickens were a long time coming: I had wanted them for years before my family finally took the plunge. Part of the attraction was that baby chicks are just so cute! Another part was a desire to take a step toward letting “go of the food pipeline,” as Barbara Kingsolver once said. The biggest motivator, though, was the growing list of news stories about tainted food products from industrial-scale operations in recent years. We were ready for some homegrown eggs.

I was thrilled when I finally placed my order for six Buff Orpington chicks in March. I wanted Silkies, too, but the feed store didn't carry them and the catalogs all asked for a minimum order of 25 chicks. I put out an SOS on Facebook, and a friend offered to let me buy three of her chicks. The “due date” was the end of April, so I spent the next few weeks reading and re-reading all my chicken books. I ended up buying more books about chickens than I did about babies both times I had been pregnant!

Welcome to the family

The day the chicks arrived, I took the morning off work, drove to the store, and picked them up. As soon as I got the box in the car, I did what any new parent does these days. I whipped out my phone, took pictures and posted them on Facebook. As I soon learned, chickens really are a lot like babies: You get up in the middle of the night to check on them, you feed them and worry about them, and they pay you back by pooping on you.

Even so, the kids thought they were adorable and even my husband, Bud, turned into a fan. My biggest worry, however, was introducing them to our pets. We have two cats and a dog. I was afraid they'd consider the chicks a new kind of toy or snack. Our cat Rusty was unimpressed, but I swear Fiona's eyes bugged when she caught sight of the chicks. Hershey loved watching them so much she jumped in the brooder one day. Fortunately, Hershey is a miniature dachshund.

Despite the fact that the chickens were MY idea, I didn't get to name all of them. One of the Orpies I ordered was more yellow than buff, and was larger than the others, so I named her Tweetie. The boys immediately named the Silkies Shake, Bake and Buttercup. One of the chickens sounded more like the Canada geese out back, so my son Logan named her Goosey. One was an expert at faking left and going right, so Logan named it Forte, after the Bears' running back.

I felt bad naming a pullet after a football player, but that went out the window when the chicks were about three months old and Forte began crowing. Well, sorting female from male chicks isn't an exact science, and I no longer had to feel bad about a girl having a boy name.



Settling in

The chickens have what I consider to be a pretty sweet setup. Their coop and run overlook the Mississippi River, so they got to spend the summer watching boats and birds go by. A windsock and solar-powered lantern keep nocturnal critters away, and the coop sports a sign that reads “My coop was clean last week, sorry you missed it,” courtesy of Grandma (my mother in law).

I soon learned chickens could be funny. Giving them a tomato is hysterical. I tear it into pieces and Shake always grabs the first piece and takes off running with the tomato streaming behind her. They’re almost as bad with watermelon. They’ll peck the rind until it’s paper thin.

It hasn’t all been fun and feathers, though. I came home from work one Friday in June and Tweetie was lying in the space under the coop, panting. This was before the massive heat wave last summer. She rarely let me touch her, but now she let me pet her. I moved the water over to her but she seemed too weak to drink, so I did what any 21st century urban farmer would do, I logged onto Google and searched for articles on sick chickens. Why can’t there be a poultry version of WebMD?

I posted my dilemma on Facebook, too, and got suggestions from several chicken-owning friends. I spent hours going back and forth between computer and coop. Tweetie still wouldn’t drink so I crawled under the coop with a water bottle, poured water in my hand and dribbled it down her beak. She seemed better after that, so I went to bed. Unfortunately, she had passed away by morning.



Sharon Wren (left) and some of her backyard Buff Orpington chickens. (Photos by Todd Welvaert / Radish)

Chicken happy hour

It took a few months, but we developed a routine: I give the chickens food and water in the morning, and while I’m crouched down, a couple of the Orpies will gently peck at my head. I call them my “chicken hair stylists.” After work they get to free range for a while. I’d love to let them run loose all day, but we have dogs, raccoons, hawks and eagles around my house. I bring out my knitting and my mother-in-law usually

comes over from next door with her dachshunds. It’s pretty cool to see how well they all play together.

Our first egg appeared in August, but like everything else around my house, there’s a story. Bud thought it would be funny to plant a store-bought egg in the nest box. Logan found it the next day. We were so excited that I forgot Orpies lay brown eggs! And then my mother-in-law ratted Bud out. Logan didn’t know I had gotten rid of the egg, so he went to get it, and surprise! There was a brown egg in its place! It was the real thing. Now we get an egg a day. Eventually, they should lay somewhere around 18 a week.

That’s not all we get from them, though. All told, our backyard chickens give us eggs, something to laugh about, and a time to spend together, which I call Chicken Happy Hour. Not bad at all.

Sharon Wren is a frequent Radish contributor.

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Boss squash

With so many varieties, no wonder it rules winter fare

By Jane VanVooren Rogers

Squash. Along with beans and corn, it's one of the famous "Three Sisters" that were a staple of Native American agriculture. It gets its name from "askutasquash," a Narragansett word meaning "a green thing eaten raw." Technically a fruit, as it holds the plant's seeds, squash comes in an abundance of shapes, sizes and varieties to satisfy your palate. And that's just the beginning.

"Squash is one of the easiest, most versatile plants to grow and store," says grower Jill Craver of Craver's Little Red Barn, Taylor Ridge, Ill., who had a crop of 2,000 squash this fall. "If you grow a tomato, you have to figure out what to do with it right away. Are you going to fix it or can it? With squash, you've got months to figure it out!"

If stored unwashed in a cool, dry location, squash can keep for up to eight months, making it ideal produce for winter.

It is also useful for table and home decorations. "Squash is really pretty to look at," Craver says. "You can make great arrangements and decor with it. And it's always easy to eat. You can throw it in and forget it."

Selecting and preparing squash

Of course, before it lands on your table — whether in a dish or as a centerpiece — it helps to know what to look for when selecting squash. Here are tips on picking and preparing your winter squash.

- **Stay heavy.** Choose a squash that feels heavy for its size and has a thick, hard rind free from blemishes. Avoid squash with sunken or moldy spots or ones with punctures in the skin.

- **Don't wash your squash.** Not until just before you're ready to use it, that is. Grower Jill Craver goes a step further. "Never wash them," she says. "Just brush the dirt off. There's something about water that naturally starts decaying the squash."

- **Keep them cool.** Store squash in a cool, dry place, preferably between 45 and 50 degrees.

- **Heat first, then slice.** The hard rinds of squash make them difficult to cut in half. An easy way to solve this is to poke a hole in the squash with a knife and place the whole squash in a microwave for three minutes. It won't cook the squash, but it will make it softer and easier to cut in half. Then, remove the seeds from the squash and continue cooking in a microwave or oven.

- **Freeze it.** After steaming or baking a squash, you can freeze chunks of its flesh until ready to use in a recipe.



Winter squash roll call

Not sure what the difference is between a delicata and an amercup squash? Trying to decide if that butternut would best be used in a soup or dessert? Read on to get the scoop on the different varieties.

Acorn: a small, acorn-shaped squash; skin tinged blackish-green with hints of orange.

- *Taste:* sweet, fleshy

- *Uses:* a yummy treat on its own — cut in half and fill with butter and brown sugar, then bake

the creases; also called a peanut or Bohemian squash.

- *Taste:* creamy

- *Uses:* easily cooked in a microwave for a side dish or even a breakfast treat; the skin is thin enough to be edible, too

Ambercup: a small, pumpkin-shaped squash that has a very long storage life; related to the buttercup squash.

- *Taste:* dry, sweet

- *Uses:* serve like sweet potatoes

Buttercup: a round squash with hard, dark-green skin.

- *Taste:* sweet, creamy

- *Uses:* substitute for sweet potatoes in baking recipes

Butternut: a beige, smooth-skinned, bell-shaped squash; the oranger the squash appears, the more ripe it is.

- *Taste:* sweet, nutty

- *Uses:* great in soups due to its fine, nonstringy texture

Hubbard: a very large, irregularly-shaped squash with blue or gray skin; sometimes called a “blue pumpkin.”

- *Taste:* somewhat less sweet than other varieties

- *Uses:* perfect for pies due to the beautiful, golden color of its flesh; also used decoratively

Spaghetti: a small, yellow and sometimes watermelon-shaped squash.

- *Taste:* mild, nutty

- *Uses:* a replacement for spaghetti noodles — scrape out cooked flesh, toss with butter or marinara sauce and enjoy

Sweet dumpling: a small squash with cream and green skin that is round and creased like a pumpkin.

- *Taste:* mildly sweet

- *Uses:* stuffed and served whole

Jane VanVooren Rogers is a regular Radish contributor. For a mac-and-cheese recipe that uses squash, visit radishmagazine.com.



Photos by Paul Colletti / Radish

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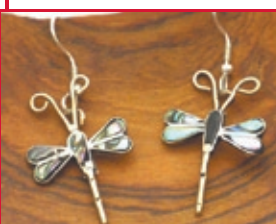
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healthy living

Yours and mine

The 'sharing economy' is changing how we travel

By Becky Langdon

If you've ever borrowed a neighbor's leaf blower, shared tomatoes from your garden or car-pooled to work, you've already participated in collaborative consumption. It's a practice where instead of buying something outright, many people share it among themselves instead. The concept may not sound new, but it's getting a new face and new life thanks to 21st-century technology.

Peer-to-peer online marketplaces that enable consumers to share virtually anything — from cars to clothing, bicycles to toys and movies — have been gaining in popularity the last several years. These services attract people who want to save money, want to connect with others who have similar interests, or simply want to reduce their environmental impact. Whatever the motivation, collaborative consumption, or the "sharing economy," is exploding. And two of the most interesting examples have reached this part of the country.

A borrowed home away from home

Founded in 2008, Airbnb.com is a website that allows people all over the world to list their homes, apartments, extra bedrooms, or other private property for rent to travelers. You can choose to rent your space out while you're at home and meet your guests, or you can rent your home only when you're out of town, monetizing your property while you're away.

Augustana College professor Laura Hartman has both hosted guests and rented property through Airbnb. She says, "What I like about Airbnb is that it's an alternative economy, that we don't have to be professionals to host each other."

For many members like Hartman, meeting new people and making personal connections are key parts of the experience. "Hospitality is a very important value in my family," she says. "We enjoy the opportunity to welcome a stranger into our home. Airbnb makes it less risky because they have several safeguards."

Airbnb members Mike and Dee Lazio of Davenport started using the site because they were tired of staying



Above: Zipcar representatives showcase one of their vehicles at the University of Iowa's Hubbard Park. (Photo by George McCrory / University of Iowa Office of Sustainability) **Right:** Dr. Laura Hartman and son, Theo, outside their home. (Photo by John Greenwood / Radish)



in hotels, wanting a more personal experience when they traveled. At Airbnb properties they have received astonishing hospitality, enjoying everything from elaborate home-cooked breakfasts to priceless advice on the best local destinations.

“We’re not in it to make money,” says Dee Lazio. “We’re in it for the fun of meeting people and travel.”

Mike Lazio adds, “It’s just incredible how much you have in common with people.”

While social networking websites have been criticized for contributing to a culture of isolation, the popularity of resources like Airbnb seems to be in part about building community. Hartman says, “I’m skeptical of technology. I think it becomes a too-easy substitute for genuine community. This is one of those times where technology helps us be a better community.”

Of course, community is only one side to the story. For many, it’s about value and economy. Airbnb properties often rent for less than a traditional hotel, and hosts can generate a side income. Listing a property is free, but Airbnb collects a small percentage of the booking fee.

Although properties in large markets get rented most frequently, even in the Quad-Cities the Lazios say they are surprised by the volume of inquiries they receive — at least two to three per month.

Share the road and the wheels

Another example of the sharing economy at work, Zipcar, just made its debut late summer in Iowa City and at the University of Iowa. It’s a new way to drive that reduces reliance on personal vehicles and promotes car-sharing instead.

Here’s how it works: Zipcars are parked in reserved spaces around the city. Zipcar members can reserve a car online, use a swipe key to unlock it, and drive for around \$7 an hour or \$66 per day. Gas, insurance, and up to 180 miles per day are included. According to Zipcar, each car shared takes at least 20 personal vehicles off the road, and members report a monthly savings of more than \$500 compared to car ownership.

Liz Christiansen, director of the Office of Sustainability at the school, says, “I think that having a car-sharing service allows people to make the decision to not bring a car to campus. You would have the ability in Iowa City to live car-free.”

Christiansen says there are three cars on campus and four right off campus, with a total of 10 cars throughout the city. Eager to see how the service worked firsthand, she recently signed up and picked up a car to go visit her mother over the lunch hour. “I picked up a Honda Civic in front of the public library. It was great, really easy to use,” she says. “Now I have the option of taking public transit to work and still being able to see my mother over the day.”

Students aren’t the only ones who may benefit from Zipcar. Christiansen points out that it’s a great option for a family who may only have one car, or for those who can rely on public transportation most of the time but still need a car every now and then. She says, “I would encourage people to be open to it. Take the opportunity to learn about it and see if it’s a viable option for you.”

As the phenomenon of collaborative consumption continues to grow, we will likely see more examples of businesses and services providing these kinds of opportunities. It may be too soon to say whether Airbnb and Zipcar will change the world, but it’s certainly safe to say they’re changing the world’s excursions.

Becky Langdon is a regular Radish contributor.



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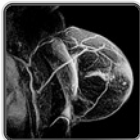
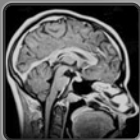
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eating well

Our 'foodshed'

Rethinking how far food travels from farm to table

By Annie L. Scholl

Thanksgiving dinner. That feast of my Iowa youth is cemented in my mind. Juicy turkey. Buttery mashed potatoes. Yummy green beans topped with those crunchy French-fried onions. To me, these foods came from my mom. I never thought about the person who raised the turkey or picked the beans.

But people like Guiping Hu and Frederick Kirschenmann would love it if we paused this Thanksgiving to think about where the food on our table actually came from. Both Hu and Kirschenmann work to educate people about the concept of a "foodshed," which is an area in which farmers and consumers work together to determine what kind of food system will best serve their community's needs.

A foodshed borrows its concept from a watershed, explains Kirschenmann, 77, a distinguished fellow at Iowa State University's Leopold Center in Ames, Iowa. "Like watersheds, foodsheds have their own uniqueness and vary in size, but they have a character that is determined by their location and the dynamic interactions that are part of any watershed," he says. "The goal of a foodshed is to produce as much of the food as possible for people in the shed by people in the shed, and imports and exports are a second priority.

"Prior to the evolution of the globalized food system, foodsheds were the norm, even though they were not called that," says Kirschenmann. "Food in most communities throughout the world was produced within 50 miles of the place where people lived."

Now we are coming full circle. Consumers, explains Kirschenmann, increasingly want to know where their food came from, who produced it, and how animals, farmworkers and the land were cared for. "They want a trusting relationship with all involved," he says.

Those desires, he asserts, cannot be fulfilled through the "impersonal" global food market, so more and more consumers are getting their foods from farmers markets or community-supported agriculture shares. Those local relationships transform people from being passive recipients of food to active "food citizens with a desire to transform the food system in their community," Kirschenmann says.

An assistant professor in Industrial and Manufacturing System Engineering at ISU, fellow researcher Hu, 30, is committed to demonstrating that it is feasible to grow local food and feed the surrounding population. To that end, she has published several journals and conference papers on foodshed mapping and optimization and has presented at research conferences.

One study she was involved in determined Midwestern metropolitan areas could become self-sustaining within relatively small travel distances — the average, in fact, was 13.6 miles. In the case of Des Moines, the distance was 10 miles.

Hu says the strengths of the Midwestern foodshed are that there is plenty of land available in the region. Regional co-op and local food production and distribution organizations already exist, she notes.



Kermit Stevenson / Radish

The downside, though, is that the current Midwestern agriculture system is mainly focused on corn and soybean production. "Diversification is a challenge," she says. Another stumbling block: harsh winter weather.

But as the mother of two young children, working through the challenges is important to Hu. "I am very interested in making sure they get nutritious food," she says. "We go to the farmers market every week."

As more and more people develop a similar desire to be "in charge" of their own food, building local confidence in their food system will intensify, Kirschenmann maintains.

"The globalized, industrial, disenfranchised food system will become increasingly dysfunctional as energy costs go up, and vital resources like adequate fresh water and external inputs become depleted," he says. Kirschenmann thinks it's important to plan for these inevitable changes so that we can create a system that not only maintains a healthy ecology but that produces an "adequate supply of delicious, healthy food, and resilient communities."

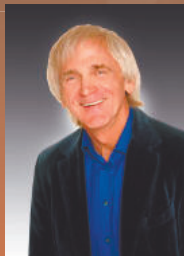
Says Kirschenmann, "I believe that, to the extent we can develop these food relationships, it will generate a culture of sharing and thanksgiving among citizens of the communities in which we live."

Annie L. Scholl is a frequent Radish contributor. For a longer version of this article, visit radishmagazine.com.

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Got seeds?

New website makes it easier to find organic sources

By Chris Greene

For farmers interested in organic practices, finding organic seeds to plant has been a persistent challenge. Thanks to a new website based in Moline, that hurdle may be much easier to overcome.

Launched at the beginning of October, the website organicseedfinder.com is the only one of its kind. It offers a database that allows vendors with organically certified seed to list their seeds online. Likewise, growers wishing to plant certified seed are able to search the database to find the seed they need.

Chet Boruff is the chief executive officer of the Moline-based Association of Official Seed Certifying Agencies (AOSCA), the driving forces behind the new site. “Our association’s mission is to promote high-quality seed in all sectors of the industry and ensure that growers have access to pure, high-quality varieties,” Boruff says.

The website will make that access easier. “In a simple three- or four-click search, you will be able to find crops and characteristics that you want, hit submit, and find those listed on our site who match what you are looking for,” Boruff says.

‘Our association’s mission is to promote high-quality seed in all sectors of the industry.’

The site features contact information for the various vendors, including web links where applicable. “We don’t actually sell anything. We aren’t eBay or Amazon — we are just a place for the buyer and seller to get together,” explains Boruff.

Free to use and accessible to the public, the online database is supported by sponsors and fees paid by the vendors to list their seed.

Boruff says the website was created because there previously had been no comprehensive listing for organic seed. Since it is maintained by the AOSCA, buyers can be assured that the vendors listed are held to true organic certification standards. “The AOSCA is sort of like the NCAA of the seed industry. NCAA sanctions rules of collegiate sports and provides refs to make competition fair. That’s how we work in the seed industry,” he explains.

The AOSCA polices the standards by which seeds are certified organic. Making where to find certified organic seed more easily accessible to the public was the next logical step. “Our organization sees the database as another way of serving the seed industry. The organic sector is a growing part of the food industry and helping organic growers find the varieties they need is consistent with our overall

mission of maintaining and promoting pure seed varieties,” Boruff says.

Previously, Boruff says, it was difficult to decipher which seeds were certified organic. “In the early days, several standards were close, but there wasn’t one standard, leaving consumers confused as to what organic really meant,” Boruff says.

To fill the need for a standardized national organic program, the National Organic Program (NOP) guidelines were created. These guidelines are used to determine which seeds are organically certified. “The NOP logo, a green and white circle, will be on items that meet the USDA standards,” says Boruff.

If you’re growing organic crops, you are required to plant organically certified seeds whenever possible. If you have made every attempt but still cannot find organically certified seeds, you can use conventional seed, but you must treat it organically. For those wishing to prove that they have made that attempt but were unable to find an organic seed source, the website will allow users to print documentation proving that such seed was not available.

Boruff is optimistic about the future of the new site and its benefits to the organic community. “To our knowledge, this is the only database of its kind and with endorsement of the USDA-NOP, the American Seed Trade Association and a wide spectrum of the organic industry, it is likely positioned to be the leading source for finding organic seed,” Boruff says.

Chris Greene is a regular Radish contributor.



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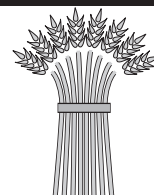
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environment

Earthship abode

Family uses recycled materials to transform their home

By Annie L. Scholl

Krystal Hamilton Case is on her way to creating a home that is good for the Earth — and good for her body.

Case and her husband, Jerome, are retrofitting an existing earth berm cinderblock house south of Fulton, Ill., into an Earthship, which is a self-sustainable home built with recycled materials. Earthships use thermal and solar heating and cooling, produce their own energy from the sun and wind, catch their own water from the rain, contain and treat their own sewage, and even produce their own food.

“The most challenging aspect so far has been the physical labor of pounding tires, but it makes me strong so that my yoga arm balances are easier to achieve,” says Krystal, 27, a licensed massage therapist and Touch for Health Kinesiology instructor, who has also taught yoga.

The tires — filled with dirt and packed tight using a sledgehammer — act like a temperature battery, keeping the house cooler in the warm months and warmer in the cool months, buffering temperature fluctuations. They are a significant part of the retrofitting process.

Even daughter Phoenix, 5, gets into the act of filling the tires, using her own small rubber mallet. She’s also on “worm patrol,” which means taking worms found in the tire dirt to the compost pile.

Krystal learned about Earthships online several years ago. She watched “Garbage Warrior,” a film by Oliver Hodge that tells the story about Michael Reynolds, the “father” of Earthships, and his efforts to build off-the-grid self-sufficient homes.

“I became obsessed,” she says, adding she has devoured Reynolds’ books and DVDs.

In March 2011, Krystal did a one-month internship at Earthship headquarters in Taos, N.M., where she helped build an Earthship. Last

November, she helped build an Earthship for a single mother in Guatemala when Earthships partnered with an organization called Long Way Home.

Now, she has taken all that she’s learned and applied it to her own retrofitting project. Because the house is earth berm, meaning it is buried in the earth,

the temperature of the home stays between 50 and 60 degrees. After excavating the berm, the Cases are adding a layer of earth-rammed tires around the cinderblock walls for thermal mass, which will minimize the temperature fluctuations. In the future, they plan to have power from solar panels and wind turbines.

Another recent project involved replacing a window using “bottle bricks.” The bricks are made out of used glass or plastic bottles, cut and duct-taped end to end, and then laid in cement. “They allow light through and create a stained-glass effect,” Krystal says. “They are beautiful.”

The Cases plan to catch rainwater from the roof to store in a cistern for use. Currently, they have been catching water from the house and an outbuilding and using it to water their garden. They also reuse dishwater, capturing it in 5-gallon buckets kept under the sink. They are putting in a tank that will catch used bathwater, which will be pumped into a planter in another room. Krystal is using cement and bottles to make the planter, which will be used to grow food inside the house. “It’s one of the most exciting things going on right now,” she says.

So far, the Cases have been doing all the work themselves with some help from others. They are considering having work “parties” for those interested in helping and learning more about building Earthships. They’ve even considered building a small community of Earthships on their 14-acre property.

For the moment, though, Krystal keeps focused on the projects at hand. “Every time I get one small project done it feels very good and I am encouraged to know I have gained experience and made a difference in my impact on the planet,” she says.

Annie L. Scholl is a frequent Radish contributor. For more information on the Cases’ Earthship retrofit, visit mooncatlife.com.



Phoenix Case, daughter of Krystal Case, in the kitchen of their Fulton, Ill., home. (Photo by John Greenwood / Radish)



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body, mind & soul

A healing art

Certified yoga therapist helps others heal from within

By Ann Ring

Although while growing up she hated gym and was “absolutely” not an athletic kid, registered yoga teacher and certified yoga therapist Rebecca Licandro says she took up yoga as an adult when a doctor told her she was likely to have hip replacement surgery by the time she was 40. One day while attending class, Licandro was asked to fill in for a teacher who canceled at the last minute. “When everyone wanted to continue (with the class), I realized I’d better get some formal training,” she says.

Licandro took yoga teaching classes at Jeani Mackenzie’s Davenport School of Yoga. After realizing her hip problem was no longer a daily struggle, she started reading up on yoga therapy, which is a very different type of yoga training. Licandro was especially struck by author and master yoga therapist Nischala Joy Devi, due to her yoga development with the Dean Ornish Program for Reversing Heart Disease. In 2011, Licandro jumped at the opportunity to study under her “dream teacher” Devi at Inner Peace Yoga Therapy school in Asheville, N.C., where she studied to become a certified yoga therapist.

Like myofascial release in massage therapy, or active release techniques in chiropractic care used to heal specific pain problems, yoga therapy is a treatment modality that can be applied to specific health problems such as pain in the back, neck, shoulders, feet, hips. It can also be used as complimentary care for conditions like heart disease, cancer, depression, anxiety and addictions. Depending on your ailment, a yoga therapist like Licandro can offer a specific treatment plan that will include breathing and relaxation exercises and yoga poses that will help resolve your pain. Some simply call it a “healing art.”

Licandro says that while the health benefits of a regular yoga classes can be a therapy of sorts, for people who need help for a specific injury, whether it



Rebecca Licandro assists Joli Madson of Milan, Ill., in a therapeutic pose. (Photo by Gary Krambeck / Radish)

is physical or emotional, seeing a yoga therapist like Licandro might offer additional benefits.

Depending on the pain, during an individual assessment she may ask unusual questions such as, “What are you reading? What are you watching on TV?” or “What do you do for relaxation?” Licandro says her questions, though strange at times, are important. “I take in a person’s lifestyle and a person’s nature. That’s pretty important because I have to adjust what I do to help each person.”

As a holistic therapist, Licandro says she connects the emotional with the physical. “We (yoga therapists) play with the idea that physical and emotional pain isn’t all that different,” says Licandro. “Pain is pain; we treat the whole person.” She says a person’s holistic health is important because the mind, body and spirit are all related somehow — even though we may not always realize this. “In the West, we treat things in a very specialized way. But sometimes pain is the result and not the problem, but we don’t think of things in that way.”

After a thorough assessment, Licandro will then help guide her clients through specific yoga poses that are suitable for them, followed by breathing exercises, and finally deep relaxation. In comparing yoga classes to yoga therapy, Licandro says that in yoga therapy, time is allowed for each of these to be experienced separately, so they may have their own “space” as part of the treatment plan.

Licandro then will assign “homework,” although she doesn’t like that word. She wants her clients to understand that assignments are not meant to be work, but rather tools you can use at home to work toward your own wellness.

“In my view, one of the most important things yoga therapy has to offer is self-empowerment,” she says. “No matter what techniques are employed — postures, breath work, self-inquiry, or meditation — they are all things a person can do for her or himself. Yoga therapy is not ‘done to’ a person, but instead offers you the tools to do for yourself.”

Licandro says that you don’t need to have taken any yoga to benefit from yoga therapy. “The benefits are so good for so many different types of issues that it can be for anyone who would like personal one-on-one assistance in dealing with a physical or emotional issue.”

Ann Ring is a regular Radish contributor.

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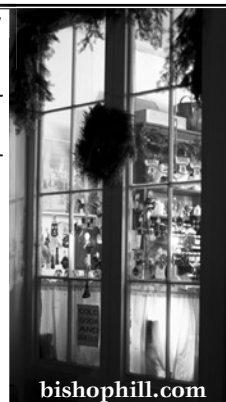
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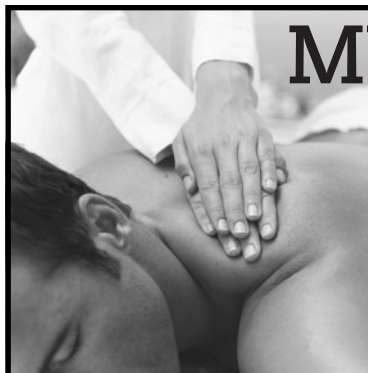
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healthy living

Soup's on!

Could the recipe for better holidays begin with soup?



Photo by Paul Colletti / Radish

By Sarah J. Gardner

Every time I see a gorgeous, old soup tureen at a second-hand shop, I get a little sad thinking about the soup someone isn't serving at their big holiday meals. Granted, the person who dispensed with the tureen may be choosing to ladle soup straight from the stovetop into bowls (and if so, hats off to him or her for eliminating one more dish to wash at the end of the meal), but it seems more likely the tureen isn't needed because soup isn't being served. More's the pity.

How is it that something which was once such a staple of big meals has fallen off holiday menus? Part of the issue, I think, is the tradition of serving soup as its own separate course. In big, boisterous families, particularly those in which many generations dine together, it often can feel like enough just to get everybody to the table. You might be pushing your luck to ask that they then — toddlers and grandparents and newlyweds with in-laws yet to visit, all — stay seated long enough to eat the meal in stages.

But the benefits of soup, to my mind, outweigh the challenges. After all, nothing is more homey or comforting than a bowl of homemade soup, and soup is healthful. Serving it before the main course gives everyone a chance to start the meal with a good serving of vegetables and perhaps even fill up a little before the temptation of marshmallow-topped yams appear. A soup course also can free up space on the table. Replace just one side dish with a corresponding soup — broccoli soup instead of broccoli casserole, for example — and you actually have one

There is nothing you can make in the kitchen that is more forgiving than a pot of soup.

less dish to manage when the main course comes. Perhaps best of all, soup can be made many days in advance of the main event and then simply reheated, allowing for a leisurely start to the entire meal. Is the turkey taking a little longer to roast than planned? Not to worry, there's soup you can serve in the meantime.

Soup can also serve as a solution to the problem of multiple meals. Believe me, as someone whose obligations to family and friends require me to speak of every holiday in terms of "dinners," not "dinner," I am grateful for the places where I can sit down to a warm bowl of something simple instead of another plate heaped with starchy sides. It allows me to enjoy a meal with people I love without stuffing myself silly.

But the biggest argument for making soup for a holiday meal is that there is nothing, and I do mean nothing, you can make in the kitchen that is more

forgiving than a pot of soup. Only have one onion when a recipe calls for two? No big deal, just use what you've got. Running short on stock? Make up the difference with water. Extra carrots? Throw them in. I rather think, if you start your holiday meal preparations by making soup, you're getting good practice in a relaxed mindset that can serve you well through all the other dishes you have to prepare. Food that makes me feel like I don't have to hustle through the holidays? I'll have a second helping of that, gladly.

Sarah J. Gardner is editor of Radish magazine. For an additional recipe for Smokey Corn Chowder (pictured, left), visit radishmagazine.com.

Silky Broccoli Soup

1 tablespoon unsalted butter	1½ pounds broccoli, crowns coarsely
1 tablespoon olive oil	chopped, stems trimmed, peeled
2 medium leeks, white and tender	and chopped
green parts only, sliced	½ teaspoon baking soda
1 small yellow onion, coarsely chopped	1 rind from a piece of Parmesan cheese
3 cloves garlic, coarsely chopped	(optional)
5 cups chicken or vegetable stock	Sour cream (optional)
¾ teaspoon kosher salt	

In a small stockpot, warm the butter and olive oil over medium heat. Add the leeks and onion, and cook, stirring occasionally, until they have softened and the onion is translucent (about 10 minutes). Add the garlic, and cook 1 minute more. Add the broccoli, stock, salt, baking soda and Parmesan cheese (if using), and stir to mix. Bring to a boil, reduce to a simmer, and cook, partially covered, until the broccoli is tender (about 20 minutes). Remove the Parmesan rind and discard. Puree the soup with an immersion blender or process it in a blender in batches. Taste for seasoning and adjust as necessary. Optionally, garnish with sour cream.

— *Recipe adapted from oranjette.blogspot.com*

Gingered Squash and Apple Soup

2 tablespoons unsalted butter	1 cup apple cider
2 large onions, finely chopped	1 roasted butternut squash
3 cloves garlic, chopped	Salt and pepper, to taste
2 tart apples, peeled, cored and	Pinch of cayenne pepper
chopped	Sour cream, yogurt or crème fraîche
2 tablespoons ginger, finely chopped	(optional)
2 cups vegetable stock	

Melt butter in a large, heavy soup pot set over medium-low heat; add the onions, garlic, apples and ginger and toss to coat. Cover the pan and cook, stirring occasionally, until the vegetables are soft (about 10 minutes). Add the stock and the cider; simmer until vegetables are very tender (10 minutes more). Add the roasted squash to the soup, discarding the rind, and warm through. Puree the mixture using an immersion blender or process it in a blender in batches. Season with salt, pepper and cayenne pepper to taste. Optionally, garnish with sour cream, yogurt, or crème fraîche.

— *Recipe adapted from "The Northern Heartland Kitchen"*



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Trails at Swiss Valley bustle with cold weather activity

By William Hoyer

By all accounts a recent trip I took to Swiss Valley Nature Center and Preserve was in the fall. The kids were in school. The days were noticeably shorter. The calendar had just a few pages left to turn. The temperature, though, stubbornly clung to the notion that it was still summer, making me sweat as I walked through the blissfully shady trails in the preserve. I couldn't help but look forward to the days when snow would cover the ground and I could break out the warm clothes, skis and snowshoes.

Swiss Valley, located just minutes southwest of Dubuque between U.S. Highways 20 and 151, is a beautiful place to spend a day any time of the year, offering hiking, picnicking, camping and trout fishing. It also has a nature center. The preserve is quieter in the winter, making the area a great place to enjoy some time in the peace and quiet of the outdoors. Ten miles of trails wind through forests and prairies, over bridges, along Catfish Creek, and up high on the bluffs.

One of the draws of Swiss Valley in the winter is the opportunity to try out snowshoes for free. Those interested in borrowing a pair can call ahead with a date and time, and the shoes will be ready and waiting when they arrive. Church groups and Boy Scout troops are among the groups that have taken advantage of the snowshoes. Swiss Valley naturalist Jenny Ammon notes that "snowshoeing isn't very complicated, but there is a bit of a learning curve, and beginners who take out a pair will get a brief lesson and some tips to help make the experience more enjoyable." Ammon says that they often see the same people coming back repeatedly to use the snowshoes, and that she "would love to see some new faces this winter."

According to Ammon, when there's at least three inches of snow on the ground, snowshoes "offer a great way to get out and see the preserve, and possibly catch a glimpse of mink, river otters and other animals that make the area home." Ammon is partial to the hilly Ridge Trail, a less-used trail where the likelihood of seeing pileated woodpeckers, barred owls and other animals is maximized.

Snowshoeing is not the only wintertime activity that takes place at Swiss Valley. Many trails are groomed for cross-country skiing, and the spring-fed Catfish Creek does not freeze, drawing a few hardy fly-fishing enthusiasts seeking the stream's trout in the winter months. Wintertime visitors can warm up afterward in the nature center, take in some of the displays and learn more about the plants, animals, geology and history of the area. Parents can also check out for periods of two weeks pre-packed backpacks with books, activity ideas and other materials to help teach kids about different topics in the natural world such as geology or animals at night.

The trails at Swiss Valley cross over Catfish Creek numerous times, and visitors will notice that all the bridges are new. They were replaced this year with help from the Urban Youth Corp, Boy Scouts and other volunteers. That is because over the course of a roughly 12-hour period in July 2011, the area received



Visitors wearing snowshoes travel a snowy trail at Swiss Valley Nature Center and Preserve. (Photo by Jenny Ammon)

14 inches of rain, turning the normally placid creek into a raging monster that ripped out bridges, gobbled up picnic tables and damaged stream banks. It also exposed new rocks and fossils and brought some of these from the bluffs above the creek down into the valley.

Inside the nature center are displays on practices that improve water quality and reduce flooding risk, like installing pervious asphalt, rain barrels and rain gardens. The nature center itself is trying to reduce rainfall that runs off the building and parking lot to zero, and monitoring efforts indicate it is working. "I have no doubt that if we hadn't done some of the things we did to reduce runoff, the damage from the storm would have been even worse," Ammon notes.

The park is open from sunrise to sunset year round. The nature center is open from 7 a.m. to 3:30 p.m. Monday through Friday and from 9 a.m. to 5 p.m. Saturday and Sunday. To reserve a pair of snowshoes, call (563) 556-6745.

William Hoyer makes his Radish debut this month. For more information on Swiss Valley Nature Center and Preserve, visit dubuquecounty.org, then click on "conservation."

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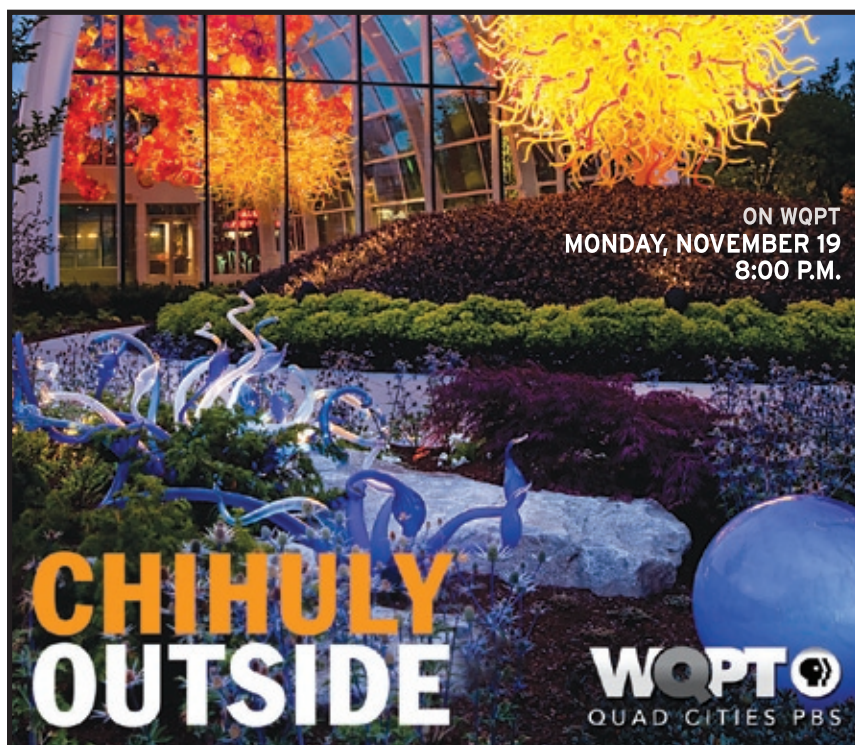
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Reel discussions

Recent eco-documentaries raise probing questions

By Jeff Dick

Documentary filmmakers have given green-minded movie audiences plenty of material to mull over lately. If you missed some of the most talked about films, not to worry. Three recent releases to DVD offer plenty of food for thought. Just grab a bowl of popcorn and pick your flick.

Blowin' in the 'Wind'

"Greed not green" is the way one rural New York state resident dismisses the driving force behind wind power in "Windfall," which takes a critical look at a rising source of alternative energy.

Focusing on the small community of Meredith, filmmaker Laura Israel gets opinions from both sides of a small farming town divided over whether to take wind development money or preserve their quiet, peaceful countryside.

The effectiveness of "Windfall" doesn't rely so much on hot-air arguments as it does on cinematography and sound design that gives the feeling of what it's like to live near a 400-foot high wind turbine with almost constantly turning blades. The boom-box-like rumbling vibration together with long, moving shadows create a droning, strobe-like effect that nearby residents claim causes distracting days and sleepless nights.

Promoted as nonpolluting and sustainable, wind power offers a viable renewable energy option. But "Windfall" effectively argues the concerns of community residents living close to gargantuan modern windmills — and not just those interested in leasing property rights — should be considered.

'Revenge' not so sweet

In his sequel to "Who Killed the Electric Car" (2006), which told the story of General Motors' battery-driven EV-1 prototype, Chris Paine shows off the latest generation of plug-ins, including the Tesla, Volt and Leaf in "Revenge of the Electric Car."

Interviews in the film with top executives at Tesla, GM and Nissan, as well as gas-to-electric-car conversion specialist Greg Abbott, track the strides and the missteps in the production of electric vehicles. Auto-industry analysts, environmentalists and journalists add fuel to the discussion.

This informative documentary is favorably disposed toward plug-ins, though accelerating changes in the automobile market threaten to outpace information offered in the movie. Both hybrid and conventional gas-powered vehicles are getting better fuel mileage thanks to engine and transmission efficiencies, thereby making "Revenge" look a little premature in its forecast for plug-ins. Stingy gas-engine vehicles are still giving them a run for their money.



Footage in 'Windfall' conveys the experience of being near windmills. (Submitted)

Raw conflict

"A cautionary tale for consumers" is how Kristin Canty describes her provocatively titled "Farmageddon: The Unseen War Against Family Farms," which champions raw milk while denouncing government efforts to limit its sale and distribution.

Despite a legal disclaimer after the end credits disavowing any health claims, Canty offers her own daughter as proof of raw milk's healing properties after the girl's allergies go away. Anecdotal evidence from several other believers claim the natural elixir can cure asthma, eczema and other maladies. Only token dissenting views are presented, and the anti-bacterial argument for pasteurization is acknowledged but downplayed in the film.

Meanwhile, the United States Department of Agriculture and state agencies are depicted as an intrusive government protecting big agri-business at the expense of small farmers. Footage of law enforcement agents raiding co-ops, confiscating raw milk products and destroying them play into the film's broader narrative sympathizing with small farmers who have to contend with undue regulations, including the "paperwork" necessary to be certified organic growers.

Regular contributor Jeff Dick has reviewed film and video for Library Journal since 1986.



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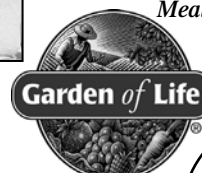
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Buttered up

Making your own butter has some sweet rewards

By Rachel Morey Flynn

For years, the task of making my own butter is one of those things that has sat comfortably on my list of things I'd like to do. Upon my youngest child's graduation from high school, for example, I plan to take an extended sabbatical in Africa in order to personally save the life of a baby elephant ... or at least take a long walk with one as the sun sets over Botswana. Likewise, I hope one day to drive a convertible down the Gold Coast. And someday, somehow, I'd like to spread butter made with my own two hands on stout-infused beer bread baked in my own oven while the autumn breeze blows through my open windows.

Far fetched? Maybe. But as I prepared to cross "make butter" off the list, I discovered that what I'd always assumed was a complicated process is, in fact, remarkably easy. You don't even need special equipment — just a jar, some cream and time to shake it. More importantly, aside from \$10-a-pound organic butter from grass-fed cows who peacefully graze in places so idyllic that you wish you lived there too, the butter you make yourself will be the best you have ever tasted.

I say this with confidence because I firmly believe that you cannot mess this process up: I recently ate a lot of wonderful butter that I made myself (with a gentle autumn breeze blowing through my home, no less).

However, I understand that even a dedicated foodie may have some reservations about making butter at home. If you have tasted organic bacon from humanely-raised heirloom pigs, you understand the dangers of visiting the "other side" of food; once you've had the good stuff, eating bacon every day seems like a fine idea. Also, after you've had the sourdough bread nurtured by a local baker and created from wild yeast in the air that you breathe, you'll never buy the super-white stuff in the plastic bag at the grocery store again.

Could making your own butter lead to a similar butter bender? Perhaps. But even at the risk that you'll be inspired to make butter three times a week just to feed your homemade habit, you should do it anyway. One of the magic things

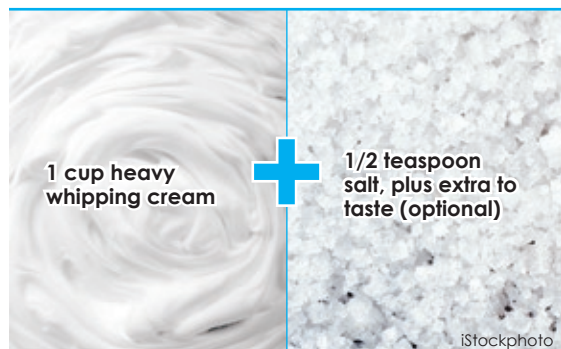


Creamy, handmade butter that's ready to spread. (Photo by Paul Colletti / Radish)

about making your own butter is the surprise bonus: Your arms will look better. You see, making your own butter is a journey of physical exertion. You are going to have to shake that jar. I mean, *shake it*. Cause the whipping cream to get a concussion. Slam the liquid from one end of the jar to the other violently. This motion guarantees butter-making victory.

Do this often enough, and someone is going to comment on the state of your ultra-fit arms. To which you can respond, "Oh, yeah. I guess my arms are shaping up. I've been making butter."

Rachel Morey Flynn is an adventurous foodie and frequent Radish contributor.



1 cup heavy
whipping cream

1/2 teaspoon
salt, plus extra to
taste (optional)

iStockphoto

Homemade butter

Pour the whipping cream into a clear Mason jar and add the salt, if using. Optionally, add a clean marble to the cream to speed up the process. Allow the cream to come nearly to room temperature before you begin shaking (the whipping cream needs to be between 50 and 60 degrees or the process will take considerably longer). Shake the jar vigorously.

After about 10 minutes, you will notice the cream has thickened quite a bit. Keep shaking. The butter will break apart from the cream inside that jar and form chunks of yellow material — the longer you shake

the jar past this point, the firmer the consistency of your butter.

Strain the butter out of the liquid through a fine mesh sieve, but don't discard the liquid. You've also just made buttermilk (the liquid that is leftover), which you can use in your baking to add lots of low-fat flavor. Fill a separate bowl with water and ice cubes. Pour this over your butter to draw out the last bits of liquid, a process which will guard against rancidity. Then, mash the butter in a bowl, adding salt and tasting until the butter suits your liking.

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food for thought

Slice of grace

A baking legacy takes the work of many hands

By Annie L. Scholl

Pumpkin pie. Pecan pie. Mincemeat pie. My mom made them all — and she made them well. Every Thanksgiving. Every Christmas. Every year that I can remember. I loved her turkey and her stuffing and all the other holiday fixings, but mostly I wanted to eat the “good” food just so I could get to the pie.

A friend of mine writes beautifully about watching her mother bake. She can remember the spot of flour on her forehead, the way her mother’s hands looked when she worked a rolling pin over a ball of pie dough. My memories of my mother baking aren’t as solid. They come in bits and pieces. Just today I remembered she used to give us little scraps of dough left over from her piecrusts. We would roll them out flat, sprinkle them with sugar and bake them alongside Mom’s pies.

I clearly remember eating her pies, though. It was impossible to choose just one. So I’d have a sliver of each with a dollop of whipped cream on the pumpkin. My favorite was her mincemeat pie. The crust on that one was always especially yummy. Many years she threatened to quit making it, due to the expense of the jarred pie filling and because, unlike the other pies, there was always leftover mincemeat pie. I was grateful she never made good on her threat.

As an adult, I tried to make pies. My kids will be the first to tell you I’m not known for my culinary skills. But I think they’d even agree I can make a mean pot of soup and scrumptious cookies. When they were younger (so young they probably don’t remember) I baked zucchini bread, banana bread, brownies (admittedly from a box) and the occasional birthday cake. That was in my “perfect” mother phase — a phase, fortunately, I gave up when they were in elementary school.

Despite the successes I have had in the kitchen, when it comes to pie baking, I have been a failure. I could never, ever get it right — and by “it” I mean the crust, specifically. Every time I attempted to make piecrust I ended up in tears. The dough would stick to the rolling pin. It wouldn’t reach the sides of the pie pan. I have no idea how it actually tasted because I don’t recall ever getting a pie into the oven.

Before my mom died in July 2004, after cancer took parts of her breast, lung and brain, I knew I wanted to stand beside her in my kitchen and have her teach me how to make a pie. I didn’t want her to say, “Just let me do it, Baby,” like she often did when it came to baking or sewing or knitting or any other skill I wanted her to teach me as a child. I told her straight up to just let me try, not to jump in to rescue me, but instead just to call out instructions.

My mother did her best to keep her hands to herself, standing at my side, moving her feet, her hands, like a boxing coach who can’t get into the ring. “Just ... just ...” she would start to say, stopping short of reaching for the rolling pin, the flour, the icy water.

I was close to tears when my youngest sister Sue stopped by my house and

asked what we were doing. Before long, Sue was working the rolling pin over the dough, which relaxed under her touch. She effortlessly moved the flattened disk to the pie pan and pressed it into the grooves around the edge as if she’d been doing it her whole life.

In that moment, I laid down the desire to make pies. The art wouldn’t die with my mother. My sister (make that “sisters,” since all four of them can make a darn good pie) could carry on that tradition.

Each Thanksgiving, each Christmas, my sister Sue bakes pies. She makes my mother’s pumpkin and pecan pies. She continues to make mincemeat, even though, despite my best efforts, there is often two-thirds of a pie left when the holiday is over. She expands my mother’s repertoire, adding in other pies she’s made from recipes she’s discovered on the Internet.

For my part, I do my best to eat them. I load an empty plate with slivers of each — grateful that a part of my mama lives on, even if it’s not through me.

Annie L. Scholl is a frequent Radish contributor.



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