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# from the editor



Photo by Christopher Shaw

It's hard to believe that November already is here. Especially because as I type this, it's a breezy, warm afternoon. It's sort of the calm before the storm, November — the pause before the mess of holiday stress, and, of course, the literal snow and ice storms winter will bring. This month gives us a chance to take a breath before the last of the year flies to a close; a moment to reflect, spend time with family and friends, and be thankful.

For me, when I need a break, I often find myself on my yoga mat. Maybe I'm in a class, maybe I'm in my living room or backyard, but either way, I'm working to concentrate on my breath and let go.

When I'm in the mood to sweat, I hit a studio that turns up the heat. In hot yoga classes, I find all of the benefits that yoga provides, plus a little extra. If you, too, are looking for a little time to yourself this month — and need to warm up — learn more about hot yoga and where you can find it in the Quad-Cities in this issue of Radish (page 8).

When the time comes to prepare for gatherings with friends and family and you're debating on what finger food to make, take a breath. Perhaps you could try assembling a grazing board like the one featured on this month's cover (and on page 16). It's a simple and delicious solution that won't keep you from your loved ones for long.

And as you're sitting around the table, you could play a game of truth or myth tied to the other treats you've just devoured. Does turkey really make you sleepy? Can carrots truly improve your vision? Find out on page 6. Perhaps you also could invite your group to reflect on the things they are grateful for, as Radish contributor Annie Scholl writes about in this month's food for thought (page 32).

One thing that I am grateful for is you, dear reader, especially now as we at Radish gear up for our second annual Winter Wellness Festival on Dec. 5, and our 10-year anniversary as a magazine. Much like the Healthy Living Fair we host each June, our Winter Wellness Festival brings together dozens of area resources for healthy living in one place for you to visit. We'll have more information in next month's issue, but for now, read about the basics on page 20 and save the date to spend a few hours with us. We'd be happy to meet you!

— Laura Anderson Shaw  
editor@radishmagazine.com

**Radish**  
HEALTHY LIVING FROM THE GROUND UP

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# the grapevine

## From our readers

"It was great to see Radish at the QC AIR diversity show (the Quad Cities Alliance for Immigrants & Refugees' third annual Celebration and Fundraiser) in Bettendorf. I love reading Radish magazine! So informative!"

— Tika Gomez, East Moline

## On the Road with Radish

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

• **The annual Women, Food & Agriculture Network Conference: Women Protecting Pollinators, Protecting Food, Nov. 6-7, Radisson**

Quad City Plaza, 111 E. 2nd St., Davenport. For more information, visit [wfan.org/conference](http://wfan.org/conference).

• **Iowa Organic Conference: Celebrating the Biodiversity of Organic Farming: People, Animals, Pollinators and Plants, Nov. 22-23, University of Iowa Memorial Union, 125 N. Madison St., Iowa City, Iowa. Radish will be there from 8 a.m. to 4 p.m. Nov. 23. For more information, visit [sustainability.uiowa.edu/2015-iowa-organic-conference](http://sustainability.uiowa.edu/2015-iowa-organic-conference).**

To discover more upcoming events, see the events calendar on the Radish website.

## Radish reads: Tasty recipes for the whole family

Mini review: "The Gluten-Free Vegetarian Family Cookbook: 150 Healthy Recipes for Meals, Snacks, Sides, Desserts, and More," by Susan O'Brien (De Capo Press, 2015)



Be prepared to be blown away by the recipes in this book. The dietary restrictions for vegetarians and those who are avoiding gluten are no longer an obstacle with these simplistic but tasty recipes.

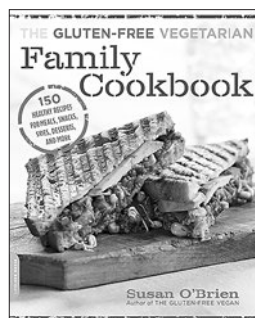
The recipes cover the gamut from breakfast to bedtime snacks. This recipe book is a useful guide for newbies and those just looking for new ideas, as the layout is easy to follow and understand.

I, however, would have appreciated having page numbers on the photos, which would make it easier to find their corresponding recipe.

The book suggests many inventive ways to use fresh produce and cook from scratch, which lends a quick lesson on how to rely on homemade staples instead of the not-so-healthy store-bought items.

The whole family will be able to enjoy the recipes — and the digestive wellness! — with the high-protein and complex-carb foods the recipes call for.

— Judy Thess, Orion



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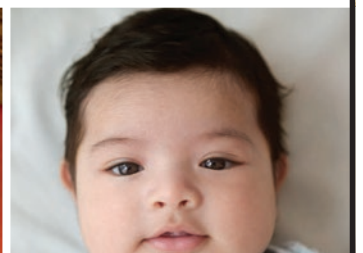
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# healthy living from the ground up

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## on the cover



A grazing board is a simple and elegant solution to keeping people fed during holiday gatherings. This spread features crackers, spiced nuts, herbed cheese, and dried and fresh fruits.  
(Photo by Paul Colletti / Radish)

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## radishmagazine.com

Several walls inside the UnityPoint Health — Trinity Cancer Center, at 7th Street and John Deere Road, Moline, are adorned with artwork created by local cancer survivors, including Linda Sykes. The Moline woman has been treated twice for cancer of the smooth muscle in her leg. Two years ago, she began taking art therapy class at Gilda's Club, and it's changed her life.

At Trinity, the pieces may be found in the main reception area, waiting rooms, three exam rooms, and dressing rooms. It's an initiative of Living Proof Exhibit, a local nonprofit that hosts an annual art exhibition by cancer survivors and patients and provides free art-therapy classes.

Learn more about Living Proof, the artwork and its purpose at [radishmagazine.com](http://radishmagazine.com).





healthy living

# Talking turkey

## Separating meat from fat in big-meal myths

By Ann Ring

**T**hanksgiving: a time when family, friends, and thankfulness traditionally come together for turkey and all the fixins. Afterwards, there's nothing like a good snooze. After all, turkey contains L-tryptophan, which is hard at work, right?

Well, not so fast. Here are some Thanksgiving meal-related myths Rock Island Hy-Vee registered dietitian Chrissy Watters confirms or debunks.

*Ann Ring is a frequent Radish contributor.*



### Carrots improve vision

#### FACT

Carrots are a great food choice for eye health. But don't count on throwing out your glasses any time soon. Carrots (and other orange veggies such as sweet potatoes and butternut squash, Watters says, and green ones including spinach and collard greens) contain beta carotene, which turns into vitamin A in your body.

Vitamin A can do great things for your eyes, she says, including reducing your risk of cataracts, dry eyes, night blindness, and more.



### Pumpkins keep the skin young

#### FACT

Pumpkins work double-time for your skin if you eat the orange flesh and the seeds, Watters says. Pumpkin flesh contains beta carotene, which works to protect and repair your skin, she says. Pumpkin seeds contain zinc, which is important for cell membranes and collagen that keep your skin looking firm and vibrant.

Don't limit your pumpkin consumption to pie — add pumpkin to oatmeal, cookies, muffins, smoothies and more.



### A multigrain roll is a healthy roll

#### MYTH

The world of grains is so confusing. We associate the word "multigrain" with healthy, but that's not always the case, Watters says. The term "multigrain" simply means there is more than one type of grain in the product; it doesn't mean that those grains are any better for us.

The trick is flipping the package over and looking at the list of ingredients, Watters says. If the first word says "whole," you're good to go.

### Turkey makes you sleepy

#### MYTH

Turkey earned this honor because it contains an amino acid called L-tryptophan, Watters says. It is needed for your body to make a brain chemical called serotonin, which can improve your mood and help you relax. If that's not enough of a link, serotonin is used to make melatonin, the sleep hormone, Watters says. Makes sense, right?

But turkey is not the only or the richest source of L-tryptophan. Meat, milk and cheese all contain the amino acid as well, and some in even higher amounts, Watters says.

The turkey itself doesn't make you sleepy, partly because L-tryptophan would have to be separated from the other amino acids in turkey, which provide the opposite effect.

Instead, the high-carbohydrate meal is probably the real culprit. Think of the other foods at your Thanksgiving dinner — stuffing, mashed potatoes, dinner rolls and pumpkin pie. These high-carbohydrate foods signal your body to use other amino acids and leave the tryptophan behind, Watters says. Now it's free to make you sleepy with the help of the carbs.

### Sage aids digestion

#### MYTH

Although sage is commonly recommended for indigestion, there is no scientific evidence to back up the claim, Watters says. Don't feel guilty enjoying this sodium- and calorie-free herb in your holiday cooking, though.





## Always choose sweet potatoes over white potatoes

### MYTH

Sweet potatoes have earned a gold star from dietitians because they're loaded with vitamin A, potassium and fiber, Watters says. Over white potatoes, they also have a lower glycemic index, which looks at the amount a food impacts your blood sugar.

That said, are you serving sweet potatoes covered in brown sugar or marshmallows? If so, they are no longer the best pick. But there are plenty of healthier ways to serve them. For instance, sweet potatoes taste great roasted or mashed with sage butter, or a small amount of maple syrup or honey, she says.

White potatoes also can be a good choice. They contain more vitamin C and potassium than sweet potatoes.

As long as you don't fry them, drown them in butter and sour cream, or remove their nutrient-rich skin, you can feel good about snagging a reasonably-sized serving.

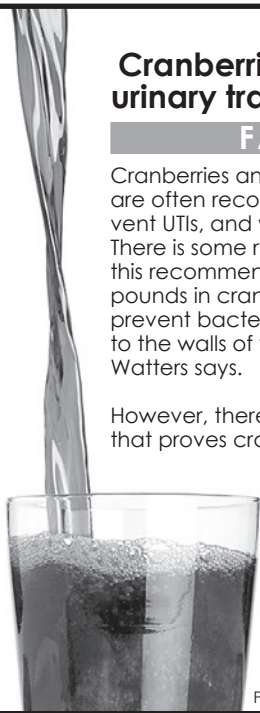


## Cranberries help with urinary tract infections

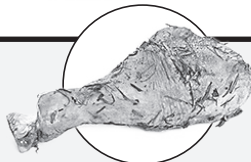
### FACT

Cranberries and cranberry juice are often recommended to prevent UTIs, and with good reason. There is some research to support this recommendation: compounds in cranberries may help prevent bacteria from sticking to the walls of your urinary tract, Watters says.

However, there is no research that proves cranberries can help treat or cure an existing UTI, so be sure to see your doctor if you think you may have one.



Photos courtesy of iStockphoto



## Dark meat is unhealthy

### MYTH

Though white meat is lower in calories and saturated fat than the dark variety, just a small amount of dark meat can really satisfy, Watters says.

And for a calorie and fat comparison, she says a 3-ounce serving of dark meat contains 92 calories and 2 grams of fat, while the white meat has 64 calories and 1 gram of fat. Both contain protein and an assortment of vitamins and minerals.



## Cooking stuffing in a turkey is perfectly safe

### MYTH

Cooking stuffing inside of a turkey increases your risk of foodborne illness. Even if the turkey roasts to at least 165 degrees Fahrenheit, the stuffing (that has touched the raw turkey and may contain other raw ingredients itself) has trouble getting to that temperature, leaving potentially dangerous bacteria lurking in your dinner, Watters says.

To avoid making the entire family sick, cook your stuffing separately. If you absolutely insist on cooking stuffing inside of your turkey, remember these tips from the USDA:

- The stuffing must reach an internal temperature of at least 165 degrees Fahrenheit.
- Cook raw stuffing ingredients first.
- Stuff the turkey loosely; about ¾ cup stuffing per pound of turkey.
- Cook the turkey immediately after stuffing.

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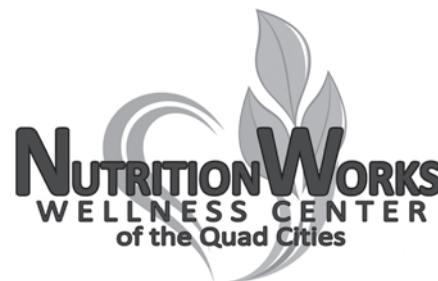
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health & fitness

# The heat is on

## Put some sizzle into your yoga practice

By Chris Cashion

If there is one universal truth about hot yoga, it would be that it's hot. The temperature in a hot-yoga studio typically hovers around 105 degrees, and that heat is said to offer a variety of benefits to those who practice in it.

A handful of studios in the Quad-Cities offer hot yoga, including Sol Yoga and One Tree Hot Yoga in Davenport, and Indigo Hot Yoga in Rock Island and Davenport. The studio owners agree that hot yoga — and all forms of yoga — has been gaining in popularity over the last decade or so.

"It's become a lot more mainstream, and it's become more approachable for all levels of people," says Shannon Wadkins, owner of One Tree Hot Yoga.

This is a far cry from the Bikram yoga many people think of when they imagine hot yoga. Bikram's rigid 90-minute, 26-pose hot classes don't offer the same variety and approachability that many of today's hot classes do.

"Bikram is not for the person popping into a class once a week," says Kathy David, owner of Sol Yoga. "Now, we see a lot of vinyasa flow classes, a lot of hatha classes, and restorative classes all using the heat. These are all accessible to those not practicing Bikram seven days a week."

David says vinyasa yoga is a style that features breath-synchronized movement where poses flow together. It has a fast pace, "but one that flows like water over rock," she says. Hatha, on the other hand, is a slower style of yoga that allows reflection, while restorative is a style that uses props such as bolsters and straps to help restore the mind and body. The restorative style aids in fighting fatigue and stress, too, she says.

In hot classes, there is some flexibility in the temperature of

the classrooms. Depending on the number of students in the room, their abilities and the poses practiced during class, "we adjust the temperature and the humidity," Wadkins says.

According to Shannon Moran, co-owner of Indigo Wellness Studios, practicing yoga in the heat can offer a number of benefits.

"The heat can help increase metabolism, improve lymphatic system function, release toxins, and boost endorphins. It can also help the muscles warm up faster and stretch easier," Moran says.

All of that increased flexibility may lead some to try poses they shouldn't, though, which may put them at risk for injury.

"There are always those who let their ego get the best of them," Moran says. "We have to be very careful with the ego and not let it push us to do things our bodies aren't ready for."

David says yoga teachers carefully watch students during class.

"Especially with hot yoga, we are constantly checking the alignment.

Because our bodies may bend more easily with the heat, we have to sure the alignment is right on track," David says.

There are a handful of things you can do to prepare yourself for hot yoga practice.

"Your belly needs not to be full of food because you'll be bending," says David.

But that doesn't mean you should go hungry before class. The studio owners agree that fueling the body is important — just make sure you choose that fuel carefully, and don't eat immediately before class.

Moran recommends fruits,



Shannon Moran of Indigo Hot Yoga in Rock Island demonstrates some yoga poses in the hot room. (Photo by Todd Welvaert / Radish)





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healthy living



Photo by Gary Krambeck / Radish

## Get cookin' Community kitchens house bakers for their biz

By Cindy Hadish

Everyone loves that pumpkin pie you serve with your Thanksgiving meal. What would you need to do to take your baking to the next level and put your goodies up for sale? There are several area initiatives that offer community kitchens and a host of resources to budding bakers and other entrepreneurs so they may test their wings.

"Part of our nonprofit mission is to make local food more sustainable," says Liz Hogan, coordinator for the shared-use community kitchen at the Quad Cities Food Hub, in Davenport. The kitchen is part of the Food Hub's small-business incubator concept, offering chefs like Chad Cushman (pictured above), known as "The Crepe Guy," a place to prepare their creations in a fully equipped, commercially licensed facility.

The kitchen is rented by the hour, which eliminates the daunting overhead costs of purchasing equipment or long-term leases.

Hogan says the Food Hub staff can help bakers, cooks and entrepreneurs navigate the rules regarding licensing if they wish to sell their baked goods to restaurants or retail stores, for example, which requires a processing license.

"We help them walk through that process," she says.

A similar effort has been underway over the past few years in Galesburg at the Sustainable Business Center. Along with conference rooms, office space, warehouse and manufacturing facility, and acreage for organic agricultural production, the business center features a 3,600-square-foot certified commercial kitchen.

Kori Thompson, the center's kitchen coordinator, says the kitchen is used by the center's En Season restaurant, and also is available for hourly rentals. The equipment there includes a 10-burner stove, large stainless steel work tables and commercial mixers, as well as storage space. Thompson says all ingredients used in the kitchen must adhere to environmentally conscious practices, including no genetically modified organisms, and more.

The work space is ideal for start-up catering businesses, cooking classes, or even a place for individuals to test their recipes, Thompson says.

That can-do creativity is among the reasons why IC Kitchen Connect was created, says co-founder Jason Grimm, who also works as a food system planner

Continued on page 32



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# Art with character

## Embracing the imperfect and impermanent

By Becky Langdon

One of the first things you notice as you step inside the two-story barn behind Karen Brinson's house is the smell of fresh lumber.

Finished in the fall of 2013, the addition to the Brinsons' Bettendorf home serves as an art studio for Karen and her husband, Kenn. But don't let the smell of newness mislead you. Karen's approach to art — and life — is all about embracing the old, the imperfect and the discarded.

In fact, all of the windows and doors in the barn itself were salvaged from Habitat ReStore.

"I was raised Mennonite," Karen says. "I grew up with the philosophy, 'Use it up, wear it out, make it do, or do without.' I've always felt like, in America, we throw a lot away and value newness over things with character."

Karen used to teach art in South Carolina before a career move brought the two to the Quad-Cities around 2011. They made the transition to full-time artists about a year ago.

Today, Karen concentrates on ceramics and fiber arts, while Kenn does bronze and slate sculpting. Ceramics is an area of art that has just the kind of "character" Karen admires. If you buy a mug at a big-name store, "they're all the same," she says, holding a ceramic mug she created and painted. "This is touched by human hand — it's homemade, not manufactured."

Karen's pottery is fired in a kiln that sits in the corner of the barn, and glazed with a homemade mix. Each piece has a story, whether it's the inspiration behind the shape, the image painted on the side, or something that didn't go as planned while she was creating it. The pieces also are microwave-, dishwasher-, and oven-safe. The very practical, tactile, and functional nature of ceramics adds to the appeal for Karen. "Being raised on a farm, I love dirt and mud and the seasons. Clay ties into all of that," she says.

"Pottery ... you touch it, you feel it, you drink out of it; hopefully it's an



Photo by Todd Welvaert / Radish

artistic experience — and I like that it's functional."

While ceramics offer an earthy experience, fiber art is a way to make something beautiful out of something that might have wound up in the trash. Karen uses everything from plant stems that washed up on a beach to fabric scraps, all stitched together in eye-catching ways.

"I like making art out of discarded things," she says. "I like taking something that might have gone in the trash and making people look at it."

Seeing the beauty in someone else's trash has helped affirm her value of not getting too attached to things. She's not afraid to cut something up if it isn't turning out right. Similarly, the fragile nature of ceramics requires the willingness to let go. "Inevitably, pots are going to break," she says.

"As a teacher, I never wanted to have a student in tears at the end of class because of a pot. I always said, 'Don't cry over pots breaking. Cry over people breaking.'"

The journey to full-time art has brought new challenges and uncertainties for Karen, such as finding places to display and sell her art. But it's a rewarding journey. Her fiber art will be featured in *Sew Somerset* magazine in December, and she also had a display at the Bettendorf Public Library. Her work is for sale online through her Etsy shop, and locally at Crafted QC in Davenport.

Karen also partnered this year with One Better Bite homemade granola and Black Radish herbal tea to open a stand called Wabi Sabi Market at the Freight House Farmers' Market in Davenport. Wabi Sabi is a deep Japanese worldview that centers around embracing the beauty of imperfection and transience. For Karen, it's a good value for art, and a good value for people.

"I figure as people, we're all a little chipped — or you haven't lived."

*Becky Langdon is a frequent Radish contributor. For more information on Karen Brinson and her art, visit [kkbrinson.com](http://kkbrinson.com).*



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health & fitness

# Is your Fitbit legit?

## Weighing the accuracy of fitness trackers

By Todd Welvaert

Activity and fitness trackers have exploded in popularity. Chances are, there's one on a wrist near you. There's one on mine, and devotees of the devices can be pretty serious about keeping track of their numbers.

So when a recent study found that some of the industry's bigger names weren't accurate, it caused quite a bit of consternation, even for me. I've worn a Fitbit Flex for the better part of a year, and I've been told I get a little nutty when I can't or I've forgotten to wear it.

Gregory Welk, a professor of kinesiology at Iowa State University, says a majority of the devices provided reasonably accurate estimates (within 10 to 15 percent) of calories burned. The BodyMedia FIT was the top performer with a 9.3 percent error rating, which is comparable to research models, Welk says. The Fitbit Zip and Fitbit One were next with a 10.1 and 10.4 percent error rating, respectively. Five other brands also were studied.

To test the devices, 30 men and 30 women tried all eight monitors during a 69-minute workout that included 13 activities, ranging from writing at a computer to running. Participants also wore a portable metabolic analyzer that researchers used for comparison.

I've known for a long time that there were certain aspects of the Fitbit that weren't accurate. The device isn't accurate step for step; you could never use one to pace off a room. Its sleep tracking assumes that when you set it to sleep mode and are not moving, you must be sleeping. Well, not so much.

Fitbit trackers feature an accelerometer, a device that turns movement or acceleration into data when attached to the body. The information feeds into an algorithm that determines step counting. This information about frequency, duration, intensity, and patterns of movement is then used to determine steps taken, distance traveled, and calories burned.

I noticed when I push grocery carts with wonky wheels, the Fitbit would sometimes turn itself off. Want to see an angry fat man? Tell him the last 3,000 steps didn't count because he picked a cart with wiggly wheels.

The research, published in the journal *Medicine & Science in Sports & Exercise*, assessed how the devices performed for a sustained period of monitoring, instead of evaluating individual activities, to better reflect how they would perform in real-world conditions. Welk also points out that the monitors, regardless of accuracy, cannot guarantee results in reaching fitness goals, and what works for one person may not work for another.

"The point that a lot of people miss is that they think these devices will solve their activity problems and make them active on their own," Welk says, in an Iowa State News Service story. "The device can be a nudge or a prompt, but it is not going to make them more active unless they change their behavior and learn from their experience. A \$25 pedometer is as good of a behavior change tool as a Fitbit."



Photo by Todd Welvaert / Radish

Which is where I disagree with the good doctor. My Fitbit connects to an app on my phone that tracks my weight, workouts, food and water intake, and provides challenges — all things a \$25 pedometer doesn't do.

I set my daily goal for 10,000 steps. If I walk the dog or go for a run, I usually hit it. When I do, my Fitbit vibrates in celebration. It sounds stupid, but I take great satisfaction in hitting that mark.

The Fitbit app also sends me emails about my weekly or monthly progress. All of this pushes me. When I hit my goal consistently, I see progress in my weight loss, and hitting my goal becomes a little easier.

I can accept that my Fitbit isn't completely accurate. I never really thought something as unobtrusive as a rubber bracelet could measure actual calorie burn, or that the total number of steps per day could be off by about 1,000.

For me, it's about the long haul — one step at a time. You know, give or take 10 to 12 percent.

*Contributor Todd Welvaert is a staff photographer for Radish, and The Dispatch/The Rock Island Argus newspapers. For more information on the study, visit [news.iastate.edu/news/2014/06/09/fitnessbands](http://news.iastate.edu/news/2014/06/09/fitnessbands).*





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food

# Easy abundance

## Elevate your finger-food offerings with some tasty tidbits

By Sarah J. Gardner

For many years I was lucky enough to live within easy driving distance of where I grew up, which made holidays simple. I just got in the car and, hey presto, I was at the family table mere hours later, happily being fed in the company of those I loved.

Several moves later, things were not so simple. I was too far away to make the drive easily, and limited time off from the places I worked made carving out time for an extended trip even more difficult. One of the consequences was that holidays become an ad hoc affair — gatherings of a smattering of others in similar situations trying to make the best of it.

Or, at least, that's how it started out. I'll admit the first holiday away from home felt paltry in comparison to the family gatherings I treasured from my youth. I soon discovered, though, I was hardly alone in this predicament, and as it turns out, when you mix together good food and good-hearted people at a table, good times naturally follow.

In fact, Thanksgiving in my house has since grown into a joyous gathering of friends and loved ones from near and far that now lasts for days. In addition to the feast itself, it has variously involved bonfires, late-season apple picking, card games, backyard bocci matches, group hikes, yoga excursions, and many, many shared meals.

Is it any wonder it's my favorite holiday?



Photos by Paul Colletti / Radish

### Simple Sage Crackers

**1½ cups unbleached all-purpose flour**  
**1 tablespoon chopped sage**

**1 teaspoon baking powder**  
**¾ teaspoon salt**  
**½ cup water**

**½ cup olive oil plus more for brushing**  
**Flaky sea salt for finishing**

Preheat oven to 450, ideally with a baking stone or heavy cookie sheet set on the middle rack. Meanwhile, in a medium bowl, stir together flour, sage, baking powder and salt. Gradually add the water and oil a little at a time, stirring with a wooden spoon until dough comes together in a rough ball. Knead the dough four or five times on a work surface, then divide into three equal pieces. Place two of the pieces back in the bowl and cover with a damp towel, then place the other ball on a sheet of parchment paper. Roll it as thinly as possible (roughly a circle 10 inches in diameter). Prick all over with a fork, then lightly brush with oil.

When the oven has reached temperature, sprinkle the finishing salt over thin circle of dough. Using a bread peel or second cookie sheet, slide the parchment paper with the dough onto the stone or sheet in the oven. Bake until lightly golden and browning at the edges, 8-10 minutes. Transfer the cracker to a rack to cool, discard the used parchment paper, and with a fresh sheet of parchment, repeat process with the remaining two portions of dough. When the sheets of crackers have cooled, break them apart into rustic shapes and serve, or store in a tin for up to a week.

### Herb Marinated Feta

**½ cup good-quality olive oil, plus more as needed**  
**1 large garlic clove, thinly sliced**  
**1 tablespoons fresh thyme and/or oregano**  
**½ teaspoon black or rainbow peppercorns**  
**¼ teaspoon dried lemon peel**  
**1 bay leaf**  
**Splash of balsamic vinegar**  
**Pinch of salt**  
**8 ounces feta, drained and cut into cubes**

In a 1-pint Mason jar, combine ½ cup olive oil and garlic clove. Place in microwave (uncovered) and heat for 30 seconds to warm the oil. Remove and allow to cool slightly. Add herbs, peppercorns, lemon peel and bay leaf. Stir to coat herbs with oil. Add vinegar and salt, then add cubes of feta. Add additional oil as needed to cover the cheese in the jar. Cap with a lid and refrigerate overnight to marinate. Cheese should be consumed within one week. Allow to warm to room temperature before removing cheese from the oil to serve. (The leftover herbed oil can be reserved to use as a base for a delicious salad dressing.)





Feeding guests for days comes with its own challenges, though ones we were happy to meet. One key thing we learned early on: If every meal is a big one, feast fatigue quickly sets in. The solution, we've found, is to not be shy about serving up leftovers — and to round them out with some seriously good snacking options.

That's where the grazing board comes in. It's a simple and elegant solution to keeping people fed during all those hours of laughing over coffee or grabbing a bite before heading to the next excursion. Because a grazing board primarily is filled with a combination of dried fruit, nuts and cheese, it's easy to keep replenished, and you're limited only by your own imagination and taste preferences. Best of all, it frees up plenty of time that might have otherwise been spent in the kitchen to linger instead among your guests.

Most of what goes on the board requires no advance preparation, though when I have the time, I like to mix in a handful of special things I've made ahead, like crackers, spiced nuts, and herbed cheese. Such tidbits require minimal effort and come with an added bonus — if one of your guests raves about the rosemary walnuts or sage crackers, for example, it's easy to make another batch in the weeks ahead and give them a tin as a Christmas gift.

Talk about a bit of abundance that just keeps giving!

*Contributor Sarah J. Gardner believes whole-heartedly in the aphorism "good cooks never lack friends."*



### Rosemary Roasted Walnuts

**2½ cups walnuts**  
**4 tablespoons olive oil**  
**4 tablespoons chopped fresh rosemary**  
**1 tablespoon brown sugar**  
**Salt and pepper to taste**

Preheat oven to 350 degrees. Line a baking sheet with parchment paper or a silicone liner. In a medium bowl, combine walnuts with olive oil, rosemary and brown sugar. Stir to coat. Add salt and pepper as desired. Spread walnuts in an even layer on the prepared baking sheet. Place in the oven and roast for 20 minutes, stirring every 7 minutes or so. Remove baking sheet from oven and let walnuts cool. Can be stored in a tin for up to one week.

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# Women, food & ag

## Connecting with land and each other

By Lillian Zier Martell

Several years ago, when her son was a toddler, Liz Blood moved back to her family's Century Farm near Alburnett, Iowa, so she could raise him in a family-friendly environment.

"I didn't have any interest in doing anything with it," she says of the farmstead's acreage. But then she started eating more natural foods, growing her own vegetables, and researching how to produce her own food.

Now she operates Otter Creek Organics, and is looking to build a business selling fresh foods to local markets.

She also joined the Women, Food and Agriculture Network, which she credits with helping her start her business and keep it going. Through WFAN, she was paired with a mentor who offered her information and support. The two travel to conferences and meet with other women who are active in the sustainable-agriculture movement. Blood plans to attend WFAN's annual conference Nov. 6 and 7 in Davenport.

Blood has had amazing experiences at previous conferences, where she has met "so many people on the same page, the same mission in life," she says.

"I feel like I'm hanging out with the elders and learning the great secrets of the tribes."

WFAN was founded in 1997 by Denise O'Brien and Kathy Lawrence as a way to give women more voice in agriculture. It has more than 5,000 members internationally, though many are in Iowa and other Midwestern states, says WFAN's executive director, Bridget Holcomb.

Women in agriculture are more likely to raise non-commodity crops, such as fruits and vegetables, and small livestock such as poultry, sheep and goats, she says. "They're much more about building communities and what their communities need, and from there, they figure out what to produce," Holcomb says.

One of WFAN's most important functions, she says, is simply answering the phone and connecting women with resources when they need help. WFAN also



iStockphoto

operates three main programs, including Harvesting Our Potential, a beginning farmer training program that places women in internships in farm production; The Women, Land and Legacy program, which provides small-group support for women landowners and more; and the Plate to Politics program, which helps women become advocates for sustainable agriculture in the political arena, and encourages them to run for office.

"Women often feel like the black sheep in their communities" when they speak up on agricultural issues, Holcomb says.

"We want to let these women know there is an entire network of black sheep that they can connect with."

*Lillian Zier Martell is a regular Radish contributor.*

### Conference 411



The Women, Food and Agriculture Network's annual conference runs Nov. 6 and 7 at the Radisson Quad City Plaza, 111 E. 2nd St., Davenport. This year's theme is Women Protecting Pollinators, Protecting Food.

Each year, the conference brings together about 200 women to discuss sustainable

agriculture and women's roles in agriculture.

This year's keynote speaker is Dr. Robin Kimmerer, an author, professor and founding director of the Center for Native Peoples and the Environment.

Her presentation will cover living in reciprocity with the land.

Along with pollinator-related discussions and workshops, sessions will cover such issues as building community food systems and supporting women farmers and landowners.

Tours will include the Quad Cities Food Hub, the Quad City Food Forest, and women-owned farms.

A farm-to-table tasting event is scheduled for Friday evening. A performance of "Map of My Kingdom," a play by Iowa poet laureate Mary Swander, will be presented.

For more information, call conference coordinator Leigh Adcock at 515-450-3591, or visit [wfan.org](http://wfan.org).



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healthy living

# Save the date

## Radish wellness event coming Dec. 5

By Radish staff

Temperatures are falling as holiday stress is rising, and cold and flu season is near. There's no question that winter brings its own health challenges. To help you find area resources to meet those challenges — and to celebrate Radish magazine's 10th anniversary! — save the date of Dec. 5 for the second annual Radish Winter Wellness Festival, presented by Genesis HealthPlex, Moline.

The free event will offer an afternoon of health, education, local food and fun, all geared toward helping you maintain and improve your health and well-being throughout the cold months ahead.

The Winter Wellness Festival will take place from 1 to 5 p.m. Saturday, Dec. 5, inside of a heated tent at Genesis HealthPlex, 3900 28th Ave. Drive, Moline.

More than 40 area businesses, organizations and health professionals will be on hand at the festival with information, demonstrations and products to share.

There will be information and exhibits about staying fit during the holidays and winter months; ways to enjoy and explore the outdoors this winter; keeping a positive, healthy state of mind; the benefits of massage, reflexology, reiki and myofascial release; herbal teas, essential oils and other helpful home remedies to keep winter bugs in check; and more. There will be something for folks of all ages, from babies to seniors.

The Winter Wellness Festival also will showcase healthy eating ideas for the winter months with all-day cooking demonstrations and food samples featuring local and seasonal ingredients.

The festival also will feature free workshops throughout the afternoon.

Visitors are invited to tour the HealthPlex, which offers a new age of health care that focuses on prevention and wellness, and responds to a nationwide trend of transitioning care from hospitals to outpatient settings. The HealthPlex features primary- and specialty-care providers; Genesis Convenient Care; Genesis Integrative Wellness; and lab and imaging services such as mammography, CT, MRI, ultrasound, general X-ray equipment, and more.

The Genesis HealthPlex grounds feature a park-like setting, with walking trails and outdoor exercise equipment for patients, staff and residents in the community.

At the festival, health providers will share tips on maintaining health and



iStockphoto

wellness throughout the winter months, and attendees will receive a free gift from Genesis Health System.

Don't forget to swing by the Radish booth while you're making your rounds! There will be a sweet treat for the first 100 attendees. You also will have the chance to vote for your favorite story and recipe featured in Radish, and the chance to tell us how Radish has made a difference in your health, life or community in a video clip or in writing. And the first 100 people to participate will receive a free winter wellness-related gift.

The results will be compiled and featured in the 10th anniversary edition of Radish in February.

*Check out the December issue of Radish and [radishmagazine.com](http://radishmagazine.com) for more information about the Winter Wellness Festival, including a complete lineup of businesses, organizations and health professionals who will attend. We hope to see you there!*




**What:** Radish Winter Wellness Festival, presented by Genesis HealthPlex, Moline

**When:** 1-5 p.m. Dec. 5

**Where:** Genesis HealthPlex, 3900 28th Ave. Drive, Moline






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\* All entries must be received in the offices of  
the Moline Dispatch Publishing Company by  
5:00 pm Monday, November 30, 2015. Must be  
18 or older to win.

health & fitness

# Training for adventure

## One woman's journey to 26.2 miles

By Martha Garcia

I only recently became a runner, but I surprised myself and finished the Quad Cities Marathon.

The journey to the finish line was not easy. In April, while I was participating in the LiveStrong program for cancer survivors that is offered at the Scott County YMCA and the Two Rivers YMCA in Moline, I decided to run the race. The date of the run, Sept. 27, marked the two-year anniversary of my surgery when a cancerous tumor was removed from my neck.

Before the LiveStrong program, my doctor had recommended using the swimming pool at the Y to help move my muscles and begin a weight-loss plan, so I started aquatic classes and small cardio workouts. My radiation treatments and numerous medications had added weight to my already heavy-set body. I was 5-foot-2, and weighed 238 pounds.

In January, I began the 12-week LiveStrong program, designed to strengthen cancer patients. My LiveStrong trainer, Marli Apt, had so much faith in me as I gradually began to exercise.

As I increased my treadmill mileage to 5, I decided I could train for a marathon. After I finished the LiveStrong program in April, I started other classes such as Bodypump to build my endurance and strength. Quad Cities Marathon race director Joe Moreno suggested I join an official training group, so I embarked on the Cornbelt Running Club's marathon training plan.

For 21 weeks, I ran with the elite runners of the Q-C, and the rookies who planned to attempt either a half-marathon or the full. I walked alongside some of the greatest marathon walkers.

The intense program gradually built my mileage and pace over the course of the summer. I would run for several miles until I could run a complete 5K, then walk for 10 minutes and so forth. To work on my pace, I ran numerous races this summer, including the Komen Quad Cities Race for the Cure and the Firecracker Run.

While learning this new sport, my legs began to take form. I became interested in AdvoCare — a nutrition company specializing in health and wellness, weight management, energy and sports performance, according to its website, [advocare.com](http://advocare.com) — which taught me about proper nutrition and the supplements I could take to complement my exercise regimen. I also tried juicing, acupuncture and more to help with my body transformation and detoxification.

But with the upsides of my training came the downsides. Blisters were suddenly part of my weekly frustration. I developed a bone spur on my left foot as well as muscle pain as my weekly workouts grew into six days at the gym and long runs on Sundays.

I found myself struggling two weeks before race day. My acupuncturist and doctor told me I was overdoing it. I was prescribed a muscle relaxer, and



Photo by Paul Colletti / Radish

went for deep-tissue massages to help me with inflamed glutes and the nearby piriformis muscle.

The day of the marathon, I felt strong. My friend and marathon runner Kelli Hoag was my coach for the day to get me through the 26.2 miles. I was able to run most of the course along the bike bath on the Iowa side, and she kept our pace no slower than 14-minute miles to keep us on track.

But, at mile 13, I began to struggle and doubt whether I'd finish. I was able to get off Arsenal island, but at the foot of the bridge, I was in a lot of pain. My friend Tina Anderson, the local LiveStrong leader, and my friend Heidi Witt joined us for the last 6 miles, followed by the LiveStrong RAGBRAI team and my LiveStrong trainers, Apt and Stacia Carroll.

They made sure I crossed that finish line.

As much as I had trained with the marathon group, my muscle pain added to my race time. But I am happy that my dream of completing the marathon became a reality with weight loss, the proper training, nutrition and support system.

*Martha Garcia makes her Radish debut this month.*



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# Fantastic Fall Events

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**1915:**

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**2 pm, Nov. 3:** Political Science professor **Dr. Christopher Whitt** speaks about the 1915 release of DW Griffith's controversial film, *Birth of a Nation*, and how racism in entertainment affects politics.

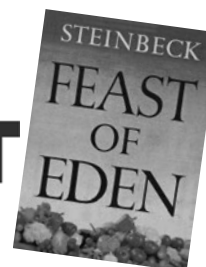
**2 pm, Nov. 10:** World languages instructor **Farah Marklevits** speaks on the legacy of two poems first published in 1915: Frost's *The Road Not Taken* and Eliot's *The Love Song of J. Alfred Prufrock*.

**Free. Rock Island Main Library, 401 19th Street**



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eating well

# Groceries gone green

A three-app cheat sheet for quick, thoughtful decisions

By Laura Anderson Shaw

More often than not, when I hit the grocery store, I'm scatterbrained, in a hurry, and there's an 80 percent chance I've left my list on my kitchen table or on my desk at work. My seemingly never-ending quest to eat better (for my health and for the environment) only makes the trip worse.

While I speed my shopping cart through the aisles, dozens of questions race through my brain: What's the more sustainable buy: cod or salmon? Wild-caught or farmed? Is organic spinach really worth the extra money? Wait, do we already have spinach at home?

But I — like many others in 2015 — carry a smartphone/tiny computer in my pocket or purse, rarely leaving it behind. I figured it could come in handy for my shopping trips. Rather than using it simply to keep my shopping list handy, I decided to also call on it to help “green” my shopping cart.

The advocacy group Food Tank made the job even easier with a list of apps to try. Below are three of them.

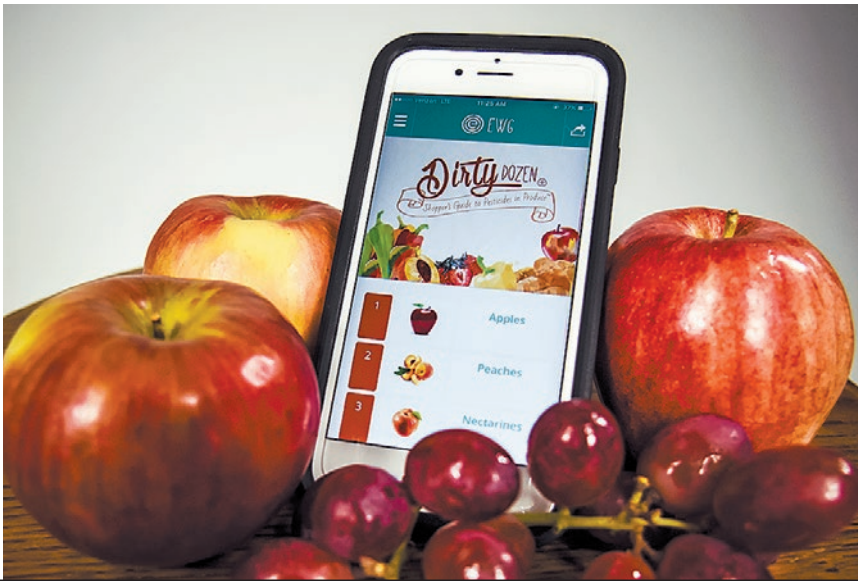


Photo by Todd Mizener / Radish

## Organic: to buy or not to buy

The app: Dirty Dozen, free  
Apple, Android and Windows

This app, managed by the Environmental Working Group, a non-profit that does environmental research, tells users which types of conventionally raised fruits and vegetables contain the least amount of pesticides, and which types contain the most, helping consumers determine whether it's worth it to buy organic.

With this app, gone are the days of standing in the produce section, staring at a heaping pile of fruit or vegetables and trying to decide whether it's truly important to buy the organic version.

The app breaks down produce into lists such as the “Dirty Dozen,” which includes apples, peaches, strawberries and spinach, and the “Clean 15,” which includes avocados, sweet corn, pineapples and cabbage.

The guide is based on data from the U.S. Department of Agriculture and the Food and Drug Administration, according to the app.

For more information, download the app or visit [ewg.org](http://ewg.org).

## A fish out of water

The app: Seafood Watch, free  
Apple and Android

Which fish is more sustainable? I think to myself, shivering, while staring at the shelves. Salmon? Cod? Tilapia? I give up — I'm going with grass-fed beef.

Enter the Monterey Bay Aquarium Seafood Watch app. With adorable color-coded fish, it helps consumers choose the most sustainable seafood options by labeling them “best choice,” “good alternative” or “avoid” in a “seafood A-Z” database.

The app says seafood is considered

sustainable “when it is fished or farmed in ways that have minimal impact on ocean health” and ensures “the availability of seafood for future generations.”

Depending on the fish, the app allows you to choose whether the fish in question is domestic or imported, and farmed or wild.

For more information, visit [seafoodwatch.org](http://seafoodwatch.org).

## Do I already have this at home?

The app: Love Food Hate Waste, free  
Apple and Android

Four. That's how many containers of cinnamon I have in my pantry. If only I had learned about the Love Food Hate Waste app sooner.

Created by WRAP, an organization based in the United Kingdom, Love Food Hate Waste helps its users to reduce their food waste with a collection of recipes for meals, snacks and desserts, including some to help use up what you already have on hand; a place to choose a meal's portion size to fit the number of people you're cooking for; a planner to keep track

of what meal you plan to cook when; a place to list the ingredients you already have in your cupboard, pantry, fridge or freezer; and shopping lists that correspond with the other sections.

For more information, visit [lovefoodhatewaste.com](http://lovefoodhatewaste.com).

*Laura Anderson Shaw is the editor of Radish magazine.*



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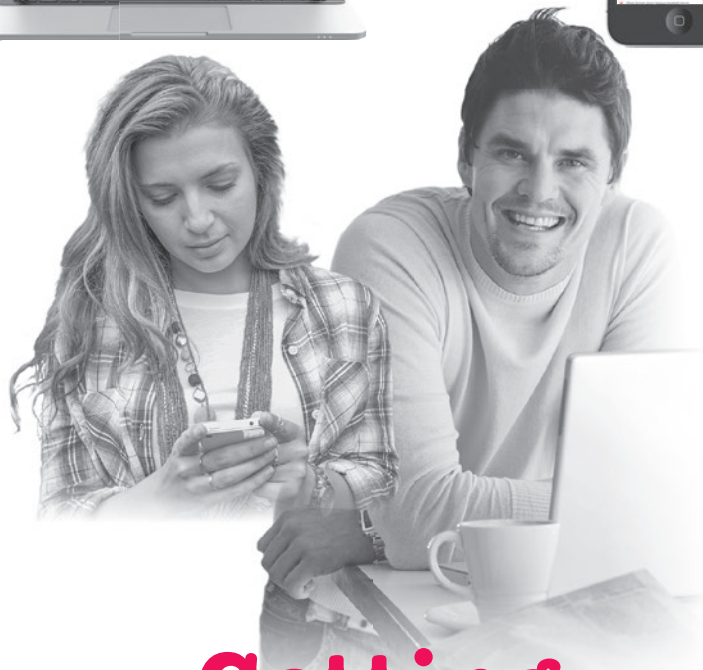
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the heat is on,  
 continued from page 10

vegetables, electrolyte drinks or granola to give you energy without overfilling you. In addition, hydration is key, before and during class. Moderation is important, too.

"If you guzzle water before or during class, you may feel nauseous," Wadkins says.

One Tree Hot Yoga instructor Elizabeth Breinich says your body will tell you what to do.

"Don't eat two hours before, or if you do, make it something small," she says. "Bring water with you and drink as needed. Your body will tell you what you need if you listen."

It's also important to dress comfortably.

"Dress like you're going for a bike ride on a hot day," Wadkins says. She suggests wearing moisture-wicking clothing, compression shorts or yoga pants. "Nothing too baggy," she says. "You're going to sweat, and you want to be comfortable."

There are some standard items you'll need for a class. Make sure you bring water, a yoga mat, a yoga towel that is the same size as the mat to keep you from slipping, and a towel for sweat.

Each studio rents these items for \$2 or \$3 each. Renting is a smart option if you're deciding whether hot yoga is for you, or if you'd like to try the items before you invest in them.

To get started, Wadkins suggests practicing hot yoga a couple days a week.

"As you continue to practice, you'll see what it does for you, and you may find you want more," Wadkins says.

"Hot yoga is not as scary as everyone makes it out to be," David adds. "It's just a sliver of time to break away from the world and focus on you."

*Chris Cashion is a writer on staff with Radish.*

## Too hot to handle?

It seems one of the biggest worries tied to hot yoga is becoming overwhelmed by the heat.

According to Q-C area studio owners, however, becoming overheated is the exception and not the rule. While students may not realize it, a good teacher constantly monitors students for any signs of overexertion, and will adjust their pose recommendations to reflect the needs they observe.

In other words, there is no coincidence when a teacher suggests that everyone grab a drink at just the moment you feel the heat get to you.

If you do become lightheaded or nauseous during a class, however, the studio owners agree on a few common methods to handle the issue. Do whatever feels right for your body.

- Take a quick break and sip your water if you need to. Sometimes a little hydration is all that's necessary.
- As with any yoga class, you can always come into child's pose and rest as long as you need to.

You may also find it helpful to simply sit or lie back on your mat until the feeling passes. An instructor can get a cool towel for you, too.

- If the feeling does not pass, you may find it necessary to quietly leave the class and head to the cooler air of the lobby.

If you need to leave, it's wise to speak with an instructor before leaving the studio so he or she may evaluate whether or not you are ready to do so.

- Before trying hot yoga, or any program involving physical activity, make sure you check with your doctor, especially if you have any medical conditions.



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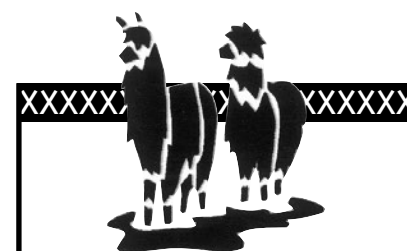
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## Brussels Sprouts with Chestnuts & Sage

All you need:

- |   |  |
|---|--|
| 2 pounds Brussels sprouts, trimmed and halved | ¾ cup coarsely chopped chestnuts (about 4 oz; see Tip) |
| 1 tbsp butter                                 |  |
| 1 tbsp extra-virgin olive oil                 | 2 tsp chopped fresh sage                               |
| 3 tbsp reduced-sodium chicken broth           | ½ tsp salt   |
|   | Freshly ground pepper, to taste                        |

All you do:

1. Bring a large saucepan of water to a boil. Add Brussels sprouts and cook until bright green and just tender, 6 to 8 minutes. Drain well.
2. Melt butter with oil and broth in a large skillet over medium heat. Add Brussels sprouts, chestnuts and sage and cook, stirring often, until heated through, 2 to 4 minutes. Season with salt and pepper. Serve warm or at room temperature.

**Tip:** You don't need to prepare your own chestnuts for this dish. Cooked and peeled chestnuts are available in jars at this time of year. Look for them in the baking aisle or near other seasonal food items.

Nutrition Facts per serving: 68 calories, 3g fat, 1g saturated fat, 3mg cholesterol, 117mg sodium, 10g carbohydrate, 3g fiber, 2g protein.

Source: Eating Well, Inc.



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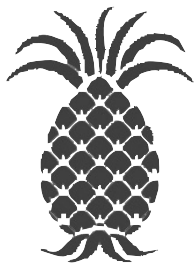
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for Iowa Valley Resource Conservation & Development. IC Kitchen Connect provides a website — [ickitchenconnect.com](http://ickitchenconnect.com) — that connects local food entrepreneurs with commercial kitchens for rent; information on licensing, food labeling, food safety and insurance; and how to price and market food products.

Grimm says the service fills a gap that was identified in surveys of local food entrepreneurs and retail outlets in the Iowa City area, and helps create opportunities for new and expanding local food businesses in Johnson County.

The first site to make use of IC Kitchen Connect got its start in September with the 1105 Project Kitchen in Iowa City. Becci Reedus, executive director of the Crisis Center of Johnson County, one of the nonprofits located at the 1105 Project, says the kitchen there had been used mainly for the Free Lunch Program, but is now open for rentals, too.

"This was something we had been wanting to do," she says.

According to its website — [bit.ly/1jfp7x8](http://bit.ly/1jfp7x8) — it may be rented by local bakers, chefs, and other aspiring home cooks, and offers dry, refrigerated and frozen storage space, as well as access to professional-grade kitchen equipment.

Grimm collaborated with Jesse Singerman, of Prairie Ventures; and Jessica Burtt-Fogerty to create the Connect service, with support from the city of Iowa City, the Johnson County Board of Supervisors and the University of Iowa Office of Outreach and Engagement.

The group hopes to help build a more integrated local food system.

"People started telling me their stories," Grimm says, of the gap that he hopes IC Kitchen Connect will fill. He named ideas for creating salsa, catering businesses, jams and jellies, dips, pies and more.

"It's kind of wide open."

Chef Chad Cushman — whose pop-up crepe business became so popular that he turned it into his full-time job — previously worked at the Davenport County Club's kitchen, which he also used for his crepes. The Quad Cities Food Hub's kitchen, though, is convenient for him when he sells his sweet and savory crepes at the Freight House Farmers' Market, one of the Hub's neighbors.

Cushman is often asked when he will open his own cafe, but he says he is content with his current business model.

"As far as overhead, this works out well for me," he says.

"It's very affordable to pay by the hour, and it helps me to be more profitable, just renting the kitchen when I need it."

*Cindy Hadish writes about local foods, gardening and farmers markets at [homegrowniowan.com](http://homegrowniowan.com).*

### Hungry for more information?

When it comes to selling the fruits of your labor, not all foods are created equal. Some foods intended for sale are required to be prepared in commercial kitchens, while others are not.

For more information:

- [ilstewards.org/policy-work/illinois-cottage-food-law](http://ilstewards.org/policy-work/illinois-cottage-food-law)
- [iowafoodsafety.org](http://iowafoodsafety.org)
- [dia.iowa.gov](http://dia.iowa.gov)
- [ickitchenconnect.com](http://ickitchenconnect.com)
- [qcfoodhub.com/shared\\_use\\_community\\_kitchen](http://qcfoodhub.com/shared_use_community_kitchen)
- [sustainablebusinesscenter.com/facilities](http://sustainablebusinesscenter.com/facilities)
- [jccrisiscenter.org/pages/what-we-do/1105-project-kitchen-rental.php](http://jccrisiscenter.org/pages/what-we-do/1105-project-kitchen-rental.php)



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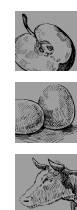
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food for thought

# The gift of gratitude

Get more of what's good by focusing on what's great

By Annie L. Scholl

I found them while cleaning a closet: printed emails from 2002, written from my late mother to my five siblings and me.

"I'm grateful," began each one.

Of course the tears came at the very sight of my mother's old email address, her "love you all, Mom" signature. They continued as I read each email.

"I'm game!" she writes on May 20, 2002, and then lists five things she is grateful for. It's then that I remember suggesting this idea of exchanging "gratitudes" each day via email.

Here's what my mother was grateful for on that day in May, 13 years ago:

- I'm grateful for my children.
- I'm grateful for my grandchildren.
- I'm grateful that I know how to sew and make pretty things.
- I'm grateful for the sun that is shining today.
- I'm grateful for all the love and hugs and kisses I get, in thought or in deed, from all that I know.

And then she added in a bonus: gratitude that I had taught her how to "reply to all" so she could email all six of us at once.

Each day, my mom sent her gratitudes, and apologized when she missed. Even though she was staring a breast-cancer diagnosis in the face, she was finding something to be grateful for every day: her grandchildren's elementary school concert, a call from a friend, an outing to Hobby Lobby, even the "pleasant surroundings" at the hospital on the day she had her biopsy.

After finding out that she does, indeed, have breast cancer, she writes how grateful she is for the peace and calm she feels, for the confidence she has in her doctor, for the phone calls and prayers from friends, for being inside on a rainy day.

Small things. Everyday, ordinary things. That was the stuff my mother expressed gratitude for, again and again. By keeping her focus on what she was grateful



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for, my mother moved through that cancer diagnosis (and another and another ...) with pure grace.

"Gratitudes" were new to me when I suggested that my mom and siblings exchange them. I had been to a workshop in California where the facilitator suggested we "check in" with someone each day. On that call, we were to state our intention for the day and express one thing we were grateful for.

Over the years, my check-in partner has been my friend, Nina. We go in spurts, from calling each other every weekday, to going week after week without connecting. But eventually, we get back on track.

Just yesterday, I was especially grumbly. I went for a drive with the windows down and sunroof open, usually a cure-all for my bad moods.

When that didn't help, I called Nina. We didn't focus a lot on the "why" behind my grumpiness. Instead, we went quickly to the check in. At the end, I expressed gratitude that she picked up the phone, and that she was there to be present with me when I was in a funk.

I felt better.

When I'm overwhelmed, anxious, sad, angry, or just plain not happy, finding something to be grateful for nearly always shifts me out of that space.

Gratitude time comes most mornings when I walk my dogs through a nearby country cemetery. A cemetery is a good place to get perspective. After all, I'm on this side of the grass, and I'm grateful for that.

Many a morning, I make a mental list of what I'm grateful for. It might be seeing a butterfly, a perfect spider web, or a horse running through the neighbor's field. It might be a video chat with my grandson, an essay that came easily for me to write, a conversation with a friend or an unexpected check in the mail.

Often I express gratitude for a body that works, that allows me to go on a walk, that is strong enough to handle two dogs on leashes.

Having a gratitude practice has made all the difference in my life. It has become such a part of me that I had forgotten, until I found my mother's emails, that it was something I didn't always do.

Of course there are days when I forget to be grateful — when I let myself focus on whatever's wrong and prefer to stay in a rotten mood. But even on my darkest day, when I remember to look, there's something to be grateful for.

And when I find it, it helps.

*Annie L. Scholl is a frequent Radish contributor.*





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