

Radish

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OCTOBER 2009

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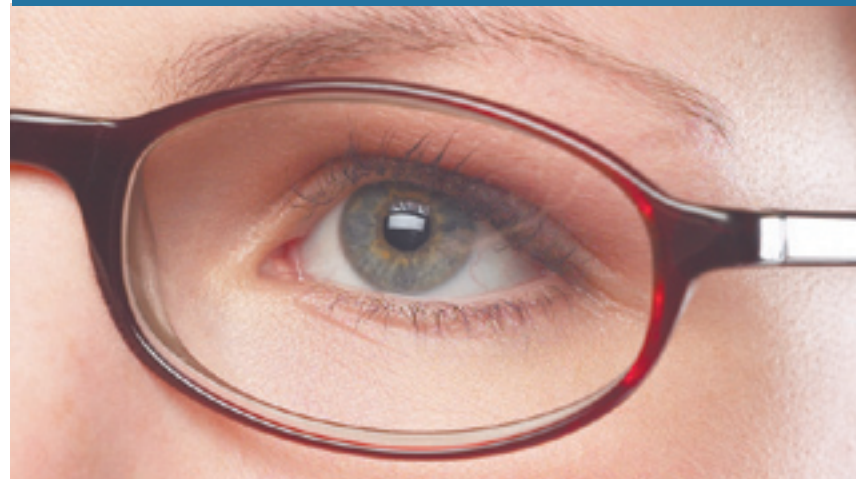
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from the editor



Radish editor Brandy Welvaert and photographer Paul Colletti. (Photo by Todd Mizener / Radish)

Fall officially is here, and something about this time of year always makes me reminisce. Lately I've found myself recalling one particular autumn about 15 years ago. I had my driver's permit and a set of wheels waiting for me: my mom's old Volkswagen Rabbit.

The first time Mom let me take a practice spin, the VW's tiny side window fell out when I hit a pothole. It was an omen. Before the driving course at school ended, the Rabbit had croaked in the driveway with Dad behind the wheel, its interior clouded with heavy black smoke that broke my heart.

The point of this story is that no one ever would have guessed that I'd end up a successful stunt driver. But that's what I do for Radish — kinda. And there's photo evidence in this month's issue — sort of.

Behold the photo of brother-sister duo Vik and Veena Patel pedaling their awesome bicycle taxis through Iowa City on page 8. The photo was taken by none other than Paul Colletti, Radish photographer extraordinaire. Never afraid to put his life on the line for his art, Paul opened the photo car's hatchback, rigged a bunch of lights to it, and then sat in the back, shooting as I drove around downtown Iowa City with Vik and Veena following us.

Even as I learned just how touchy the photo car's gas pedal actually is, Paul never tumbled out. Sure, he might argue that this has more to do with his reflexes than my driving skills, but that's beside the point.

The important thing is, the idea worked. The Patels kept up the pace and managed to smile the whole time, helping us score some super photos for Radish.

Their bicycle taxis, which are powered by 100-percent muscle and zero-percent fossil fuels, really are nifty. (Just read Stephanie Catlett's story about them on pages 8-9 for proof.) Next time I'm in Iowa City, I'll gladly relinquish my role as intrepid driver and let Vik and Veena take me for a relaxing, earth-friendly ride.

— Brandy Welvaert
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Radish
HEALTHY LIVING FROM THE GROUND UP

Number 10, Volume 5
October 2009

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Radish is a monthly guide to improving your health through the natural foods, products, resources and services of Western Illinois and Eastern Iowa. It is distributed by Moline Dispatch Publishing Co., L.L.C., 1720 5th Ave., Moline, IL, 61265; (309) 757-5041; Fax: (309) 797-0317. To subscribe, send a personal check or credit card information for \$19.95 for one year (\$29.95 for two years) to Radish, 1720 5th Ave., Moline, IL, 61265. No part of this publication may be reprinted or otherwise reproduced without written permission. Send editorial correspondence to Editor, Radish, 1720 5th Ave., Moline, IL, 61265, or e-mail editor@radishmagazine.com. For a list of editorial submission guidelines and distribution sites, visit www.radishmagazine.com.



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

contributors



Stephanie Catlett lives in Iowa City and works as the editor of Catalyst, a quarterly publication of New Pioneer Food Co-op, and the monthly online eCatalyst. She also teaches a course on food writing at the Iowa Young Writers' Studio through the University of Iowa. When not writing, she enjoys playing the guitar, biking, gardening, reading, cooking and eating. In her first appearance in Radish, Stephanie writes about her trip to Chiapas, Mexico, on page 22, and about IC Ecocabs on page 8.



Shane Brown's humor/lifestyle column runs every Sunday in The Dispatch and The Rock Island Argus newspapers in the Quad-Cities. Shane also works as a DJ on weekends at 2nd Ave. in The District of Rock Island. His blog, The Complacency Chronicles, is online at shanebrown.blogspot.com. Read his story on The Beach Boys' recent eco-friendly visit to Fairfield, Iowa, on page 28.



Ann Ring of Woodhull, Ill., works as a freelance writer and independent grant writer. Her interests include sleeping and studying Liechtenstein independent films. In this month's issue of Radish, Ann writes about the cost-saving advantages of wood stoves. Read the story on page 16.



Lindsay Hocker is a reporter for the The Dispatch and The Rock Island Argus newspapers in the Quad-Cities. She is a recent graduate of The University of Iowa, where she earned her B.A. in journalism and religious studies. Lindsay lives in Rock Island and enjoys spending her free time helping animal shelters, reading and exploring natural sites and quiet towns. This month, Lindsay writes about Pine Creek Grist Mill, on page 12, and Bread Garden Market on page 14.

Also appearing in this month's Radish are **Laura Anderson** ("Trying the Bodybugg," page 32); **Liz Bulasko**, **Linda Egenes**, **Sarah Gardner** and **Ann Scholl Rinehart** ("Say 'no' to sneezes," page 6); **Leslie Klipsch** ("Crêpes for a cause," page 26); and **Michelle Tibodeau Sillman** ("Don't toss that book," page 24).

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the grapevine

You can join Radish this month at the following events, where you'll have fun and learn something, too. Here's where to catch up with us:

- A soup cook-off will be held from 10 a.m. to 1 p.m. Oct. 10 at the Freight House Farmers' Market, 421 W. River Drive, Davenport. Participants will have the chance to taste soups made with locally-grown ingredients from the market and vote for a favorite. For details, turn to page 37.
- Visiting author Linda Egenes will present "What the Amish Can Teach us about Sustainability" at 7 p.m. Oct. 19 in the Bronze Room at the Moline Public Library, 3210 41st St. The event is sponsored by the Quad Cities Eagle View chapter of the Sierra Club.
- The Autumn-matic Wellness Fair will be held 10 a.m.-3 p.m. Oct. 27 in the north gym at the University of Northern Iowa in Cedar Falls. For more information about the event, visit www.uni.edu and type "Wellness Fair 2009" into the search box.

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



Curl up on a crisp evening with a good book from Radish

Looking for a good read? Each of the following books will be given to the first reader who requests it and in turn agrees to write a mini-review for Radish.

- "My First 100 Marathons: 2,620 Miles with an Obsessive Runner," by Jeff Horowitz (Skyhorse, 2008).
- "Dr. Gott's No Flour, No Sugar Cookbook," by Peter H. Gott, M.D. (Wellness Central, 2008).
- "50/50: Secrets I Learned Running 50 Marathons in 50 Days," by Dean Karnazes and Matthew Fitzgerald (Wellness Central, 2008).
- "Canine Sports Games," by Kristin Mehus-Roe (Storey, 2009).
- "Tallulah in the Kitchen," by Nancy Wolff (Holt, 2005).

To request a book, send an e-mail to editor@radishmagazine.com.



Todd Mizener / Radish

Using folkways to predict winter weather

What will winter's weather be like? If you use folkways to predict the weather, then Radish wants to hear from you. We're not talking about using science to piece together a forecast. We're talking about using old-fashioned methods — checking out the fuzz on a woolly bear caterpillar, for instance — to predict long-range weather patterns. If you have a tried-and-true, folksy method for predicting weather, tell us about it! Send an e-mail to editor@radishmagazine.com or write to us at Radish magazine, 1720 5th Ave., Moline, IL 61265, by Oct. 16.

From our readers

I-Renew Expo (Sept. 2009): "I am so glad that you brought Radish to the I-Renew Expo this past weekend in Norway, Iowa. I love Radish! I try to pick one up when I am in the Quad-Cities. Radish is the only publication that I know of in Eastern Iowa for folks like me who want to live a more sustainable lifestyle, and at the same time shines with positive articles and information that everyone can relate to. One of the other volunteers at the Expo saw Radish for the first time on Saturday and eagerly took two issues with him when I offered my copies to him. Good thing I am driving to Davenport this week so I can pick up another copy of the September issue! Thanks for being there!"

— *DyAnn Andybur, Cedar Rapids, IA*



Radish Dog of the Year (Aug. 2009): "I received a phone call from one of my extra-special dog adopters the other day, letting me know that he had sent me an envelope. ... Imagine my surprise when I opened (it), removed a copy of Radish, and saw Bear, one of my former foster dogs, on the cover!"

Craig Nemecek, Bear's 'dad,' has been great at keeping in touch with me over the years, a habit for which I have always been grateful. I tell all my adopters that I always enjoy hearing about 'my kids.' ... This is certainly the frosting on the cake! ...

Bear could not have found a better home — or better 'dad' — than Craig. He has enjoyed an exceptionally full dog's life with loads of attention, activities, affection and exceptional health care, including Craig's dedication to providing Bear with as natural and healthful a diet as possible, encouraged in no small part by the teachings imparted in your magazine.

I want to thank you so much for featuring Bear and Craig in your August issue. I hope that as a side-effect of your well-written and thoughtful feature, more rescued foster dogs (and cats) will find their own 'forever homes' of the quality that Bear has enjoyed. Anyone interested in viewing the foster pets still waiting for such homes at my rescue, Animal Service League, Inc., in Dowagiac, Mich., can see them at animalserviceleague.org. ...

With sincere appreciation for your selection of Bear as your Radish Dog of the Year, and for your focus on healthful eating and preservation of the Earth's resources, I remain.

— *Lois Karasek, Dowagiac, MI*



Find out how Pam performed

Pam Goldensof, who's been blogging about her marathon training this summer on the Radish Web site, is sharing the results of her first half-marathon. To find out how Pam performed on Sept. 27 at the Quad Cities Marathon, visit radishmagazine.com.

healthy living from the ground up

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Vikram and Veena Patel, owners of IC Ecocabs, take a break on the Ped Mall in downtown Iowa City. (Paul Colletti / Radish)

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healthy living

Say 'no' to sneezes

10 healthy ways to prevent colds and flu this season

By Radish staff

Fall and winter are lovely seasons, but along with the changing leaves and bright snow, they also usher in colds and flu. By now everyone knows that hand washing and covering sneezes are good ways to prevent illness, but there are other proactive ways to keep sickness away. Here are 10 healthy ways to beat colds and flu before they start.

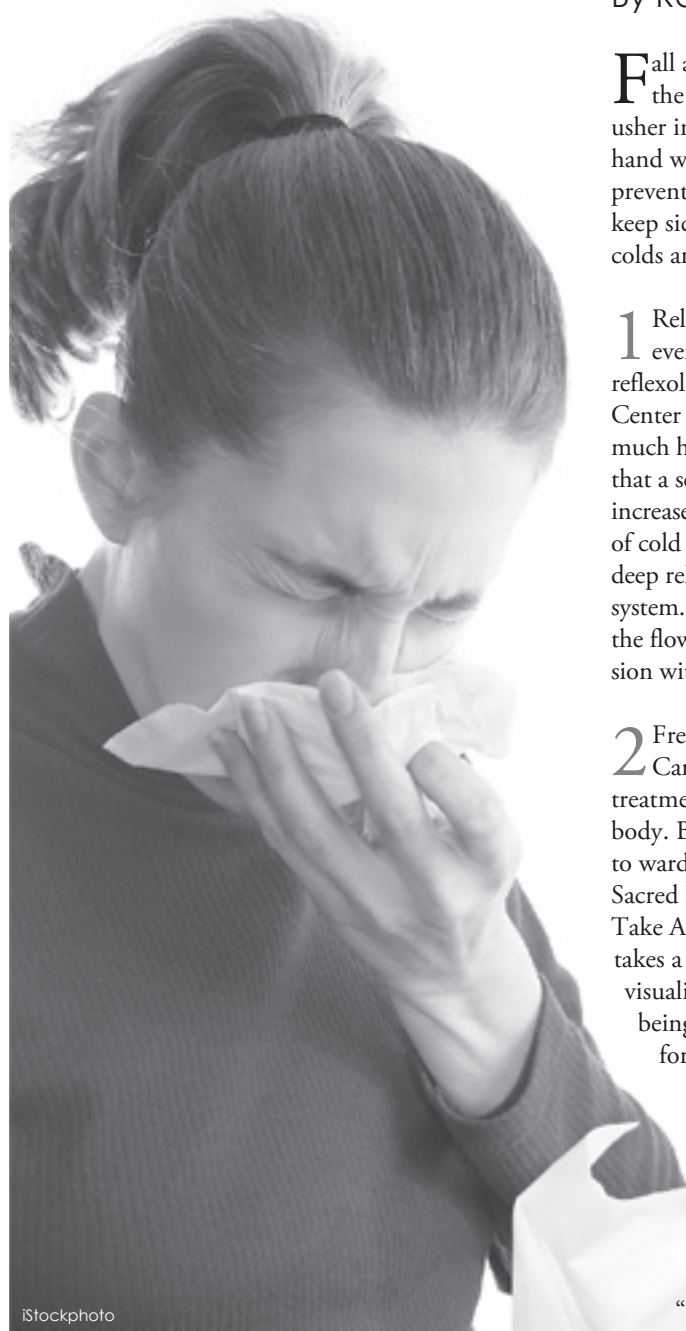
1 Relax, feet-first. “When a person is feeling relaxed, everything tends to balance in the body,” says reflexologist Helen Buckley of the Healing Heart Center in Bettendorf. But a body under stress has a much harder time healing itself. It is no coincidence that a season of greater stress may be a season of increased illness. A visit to a reflexologist at the start of cold and flu season can help you achieve a state of deep relaxation that may strengthen your immune system. It also may help fight off illness by increasing the flow of lymphatic fluid. Buckley says even one session with a reflexologist can make a difference.

2 Free your Qi. According to acupuncturist Lynne Carstens, the main purpose of an acupuncture treatment is to balance the flow of energy in the body. Balanced flow creates a state of optimal health to ward off illness. When clients visit her studio, Sacred Lotus Acupuncture in Davenport (located at Take Action, a wellness and fitness studio), Carstens takes a holistic approach, teaching breathing and visualization exercises to enhance the feeling of well being. Then she uses needles to free the Qi, or life force energy, of the body. Not only does this normalize bodily functions and build the immune system, but it also reduces inflammation to relieve sinus pain. To prepare for the change of seasons, Carstens recommends visiting an acupuncturist once a week for five sessions. “Acupuncture can reduce the duration of an illness,” she says, “but it’s better to prevent one.”

3 Open those chakras. Working to maintain a balanced and open chakra system is important any time of year but can be especially beneficial during the winter months when the holidays add to stress. Mary Thompson of North Liberty, Iowa, a member of the faculty advisory team at East-West School in North Liberty and a reiki practitioner and teacher, explains that the chakras are generally thought of as seven “wheels” of energy located along the spine. This is the energy of our emotions, thoughts and spiritual selves. By allowing the energy within to flow freely, wellness is maintained. Thompson suggests that, going into winter, we pay special attention to the heart chakra, which is the bridge between the physical and higher self. “An open heart chakra,” she says, “allows balance, maintaining a healthy equilibrium.”

4 Sip an elixir. Alice Spitzner Claussen, a licensed acupuncturist with a degree in oriental medicine, recommends a Cordyceps supplement as an autumnal elixir, especially for people who work with children or are prone to frequent colds. Cordyceps, a fungus that grows on caterpillars, helps to tonify kidney and lung Yang Qi and the Wei Qi, which is the energy that protects the surface of the body, explains Spitzner Claussen, owner of Twig & Needle Chinese Medicine in Iowa City. The supplement is used for prevention only, and not during an active cold. “I have patients start it in September and continue through March or April,” she says. Cordyceps is not suitable for children and Spitzner Claussen suggests checking with a licensed health practitioner before using Cordyceps or other herbs.

5 Demand respect. The holidays can be an especially stressful time. And when we’re stressed, everything seems more upsetting. Larry Barsh, a nationally certified clinical hypnotherapist, personal development counselor and Fellow of the American Institute of Stress, says that asking a simple question — “Does this respect me?” — creates the most effective ways to identify and eliminate or mediate



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stressors. Asking the question allows a person making a decision to create conflict and resistance — or balance and satisfaction. “If your decision does not indicate respect for your true desires, beliefs, commitments, ethics and morals, then the disrespect you show yourself will cause stress,” Barsh explains.

6 Move it! Regular, moderate exercise remains one proven way to bolster the immune system, says Chris Kitchen, owner of Take Action in Davenport: “Just the physiological changes as a response to exercise changes the immune system.” If you’re not exercising now, Kitchen says you can walk five days a week for 40 minutes per session as a start. Try to reach 70-75 percent of your maximum heart rate. (Calculate it online at mayoclinic.com.) Already getting regular exercise? Step it up! “I think the body is really smart, and it catches on to what you’re doing,” she says. Circuit training, which combines strength training with cardio, is a great way to change things up, she says.

7 Wrap up. Wild Clover Day Spa in Galena has a chamomile marine algae wrap designed to soothe and heal with fortifying antioxidant algae and lavender and chamomile essential oils. The spa’s Sedona French red clay wrap offers an effective antioxidant and anti-aging formula, leaving skin soft and re-mineralized, while the “vinotherapy” wine wrap imparts the powerful anti-oxidant and exfoliating properties of the grape — perfect for sun-damaged, dry and aging skin. Wraps are both detoxifying and nourishing, and the chamomile or wine wraps are the best bets for fall.

8 Eat more yogurt. Keep your tummy happy in flu season by eating yogurts with live and active cultures, suggests Hy-Vee dietitian Stacy Mitchell in Bettendorf. One good choice is Stoneyfield Farm organic yogurt, which contains six rather than just the usual two types of “good bugs.” Another nutrient that helps the body ward off illness is zinc, which is found in red meat such as lean pork, beef and lamb, Mitchell says. Peanut butter and legumes are good plant sources of zinc.

9 Smell the roses. “Almost all essential oils are immune-enhancing, which is what you want going into the fall-winter season,” says Pam Slowick, owner of Thymely Solutions (absolutelythepurest.com) in Fairfield, Iowa. For cold season, she recommends Invincible Immunity, an aroma oil blend of thyme thujanol, thyme borneol, red thyme, eucalyptus radiata, bay laurel, tea tree and oregano. And since stress weakens immunity, Pam also recommends a stress-busting aroma blend called Stress Free, which includes grapefruit pink, mandarin red, geranium rose, lavender extra, and ylang ylang. Thymely Solutions’ essential oils come from wild or organic plants.

10 Take your vitamins: If there’s a chance that your diet isn’t giving you all the vitamins and minerals you need, take a multivitamin to meet the minimum daily requirements, suggest Steven Silverman, D.C., and Lia Nightingale, biochemist, with Palmer College of Chiropractic in Davenport. And if you do get the flu, take elderberry syrup within the first 48 hours of symptoms to significantly decrease recovery time, say Silverman and Nightingale. Take about 1 tablespoon four times a day for five days.

Radish writers Liz Bulasko, Linda Egenes, Sarah Gardner, Ann Scholl Rinehart and Brandy Welvaert contributed to this report.

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healthy living

Pedal power

IC Ecocabs brings green
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Paul Colletti / Radish

By Stephanie Catlett

It's late. It's hot. It's Friday night. You've been out on the scene in downtown Iowa City, dining at the Red Avocado, sipping cocktails at the Motley Cow, then dancing your pants off to your favorite local band at the Mill. But as the evening winds down, that five-minute walk home becomes an impossible journey. Taking a taxi such a short distance seems an unjustifiable waste of resources, so what's an eco-savvy socialite to do?

Enter IC Ecocabs. Vikram Patel meets you at the corner of Dubuque and Washington streets, his smile welcoming, his bike-powered pedicab bright and cheerful and, luckily, empty. You hop in and ask, "How much?"

"Whatever you want to pay!" Vik says with a laugh, pushing off into the street. "Where to?" he asks.

Vik Patel and his sister Veena began their bicycle taxi adventure in the spring of this year. While studying at the University of Texas in Austin, Veena was inspired by the abundance of eco-friendly bicycle taxis she saw there. Upon her return to Iowa City, she pitched the idea of a pedicab business to her brother. Both agreed that it would be a great way to earn extra money and provide green transportation for Iowa City residents.

"This is the most fun job ever," Vik notes as we chat over coffee at the Java House in downtown Iowa City. I express my hesitance and the guilt I feel at the thought of riding comfortably at another's expense. While this is not an uncommon phobia for first-time riders, Vik explains, "Once people get in, they realize how much fun this is and how much fun we're having, too."

Running on Thursdays from 11 p.m. to 3 a.m. and on Fridays and Saturdays from 9 p.m. to 3 a.m., IC Ecocabs offers service to the densely populated downtown area, covering a two-mile radius from Church Street to Bowery Street, and from Governor Street to the Iowa River. The bike taxis are serviced by 30th Century Bicycle in Iowa City in exchange for advertising.

Vik and Veena believe that using alternative and sustainable forms of transportation instills a sense of connection to the community. "When you're walking or biking, you are interacting with your community. In a car or taxi, you are closed off from the rest of the world," Vik says.

IC Ecocabs has opened up a new world of transportation for area residents — one that is non-polluting, safe and economical. It also promotes the healthy lifestyle that Vik and Veena try to maintain. As Vik says, "I'm even saving money because I don't have to have a gym membership."

The cost of a ride is one reason IC Ecocabs is so popular with students, although its clientele is diverse. Customers can pay Vik, Veena, or their newest employee, Jacob Sawyer, whatever they feel their efforts are worth. While some riders opt to pay nothing, most pay for the service.

University of Iowa sophomore Julie Field paid \$7 for her cab ride. "I think they deserve it. Other cab drivers don't have to work so hard!" Field says. She chose to take a bicycle taxi rather than a regular cab "for one because it helps the environment, but also because it is relaxing and I get to enjoy the nice weather and the view." The novelty of the experience also persuaded her to get on board for her ride to Currier residence hall. "It's something new ... and I always love something new!"

I rode along on one recent Thursday night, taking in the evening as Vik picked up a variety of customers, most of whom were students. Two people hopped in, asking, "will you take us to Evans Street for \$5?" "Sure!" said Vik with a smile. So in they hopped, pizza slices in hand.

As Vik left me in the ped mall at the end of my night — and just the beginning of his — his phone was ringing and a swarm of potential customers lingered nearby.

Next time you're in Iowa City, you really should check out this new, eco-friendly bike service. You might have so much fun that you'll be inspired to use alternative transportation in the city where you live.

For more information about IC Ecocabs, visit icecocabs.com or search for "i.c.Ecocabs" on Facebook. To reach IC Ecocabs, call (319) 621-2877.

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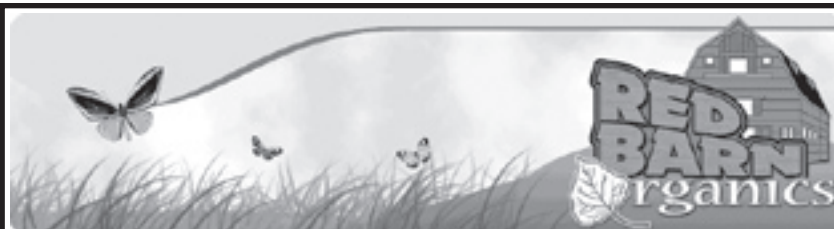
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healthy living

Happy fall, y'all!

Families can play at these great autumn festivals

By Radish staff

Fall is the time for festivals, for gathering in the great outdoors with the family for a glimpse of the fleeting colors of the season and a taste of the harvest. This autumn, you and yours can enjoy healthy, fun activities in picturesque settings at several events in the region. Whether you'd like to maximize your mind with Shakespeare performed in a barn or take your taste buds to the limit with local apples, cider and fritters, you'll find something to suit your fancy right here.

Barnacopia, Oct. 2-4, in Macomb, Ill. Special events in historic barns in rural Macomb over the weekend will include off-the-cuff Shakespeare performances of "All's Well That Ends Well" at 1 p.m. and "King Lear" at 7 p.m. Saturday, says Katherine Walker with the Macomb Convention and Visitors Bureau. Western Illinois University students will perform the plays unrehearsed, reading from scrolls, Walker says. Attendees should bring a lawn chair; cost is \$2 for students and \$5 for adults. The event showcases the historic architecture of several barns with special events there, she says. makeitmacomb.com or (309) 833-1315.

Oktoberfest, Oct. 2-4, in Amana, Iowa. Billed as "a little bit of Bavaria in Iowa," Oktoberfest in the heavily German-influenced Amana Colonies will include a parade at 10 a.m. Saturday, live music, food and demonstrations (weaving, basket and broom making, spinning and more) all weekend. festivalsinamana.com or (800) 579-2294.

Autumn on Parade, Oct. 3-4 in Oregon, Ill. The Harvest Time Parade at 1 p.m. Sunday is king at the annual fall festival in the tiny town of Oregon, Ill., and it's got more than fire engines and candy. Families will be entertained by "top notch entertainment coming in from the big cities," says Debbie Dickson, who has presided over the event



Festival-goers enjoy the Galena (Ill.) Country Fair in Grant Park. (Submitted)

for the last eight years. Dickson spends thousands of dollars bringing in a diverse array of acts, from ethnic folk guitar and jazz to the Jessie White Tumbling Team. Yet the heart of the event, now in its 39th year, remains "the crafters and farmers," Dickson says. From over 175 booths, local growers and food vendors share a taste of the harvest in the form of foods like apple-cider donuts and apple fritters. "There are people who come back for the apple fritters," she says. Free admission. autumnonparade.org or (815) 732-3465.

Fulton Fall Festival, Oct. 10-11. With activities in downtown Fulton on Saturday and early American crafters and events at Heritage Canyon all weekend, there's healthy fun for all ages, says Heather Bennett, tourism director for the city of Fulton. On Saturday

kids can paint pumpkins. Moms, dads and kids alike can test their smarts in the hay-bale maze that covers a city block. Free admission. At Heritage Canyon, a 12-acre nature walk dotted with buildings from the 19th century, visitors step back in time to see how early Americans lived. Admission is \$2 for adults and \$1 for children. fultoncountytourism.org.

Galena (Ill.) Country Fair, Oct. 10-11. Arts, crafts, entertainment and food have filled picturesque Grant Park every Columbus Day weekend for the past 30 years in Galena, Ill. Beneath a color-changing canopy of leaves, the Country Fair draws "12, maybe 15 thousand people," says Pat Smith, vendor chairperson. Every year organizers hand-pick more than 150 artisans to showcase crafts and fine arts, and not everyone makes the cut. A handful of local growers

sell seasonal produce, like apples, gourds, dried flowers, maple syrup and honey. And while vendors' jewelry, metalwork, paintings, photographs and pottery are the feature presentation, half the fun of the fair is the setting. Grant Park sits on 3.5 tree-studded acres along the Galena River, and a footbridge connects the park to the downtown shopping district. Free admission. galenacountryfair.org.

Leaves and Limestone Fall Driving Tour, Oct. 10-11, in Jackson County, Iowa. This self-led driving tour takes rural roads to historic and otherwise nifty "Gold Leaf Stops," such as the Clinton Engines Museum in Maquoketa and Gravert's Apple Orchard in Sabula, where you can wander among 20 kinds of apple trees and buy apples, jams, jellies and other goodies. You can get a map of all the stops on the tour online at mycountyparks.com/County/Jackson.aspx; click on "Leaves and Limestone Driving Tour."

LeClaire (Iowa) Apple Festival, Oct. 11. It's a one-day celebration of all things apple at the Mississippi Valley Welcome Center, 900 Eagle Ridge Road. "We always host local apple vendors," says Beth Payne, director of visitor services at the center. This year, Stone's Apple Barn in East Moline, Ill., will bring its regionally celebrated cider and several types of apples to the festival, and Chocolate Manor from Bettendorf, Iowa, will bring its beautifully decorated candy-coated apples. The event also celebrates local growers, who sell seasonal produce for eating and decorating. There's even face-painting for the kids. Free admission. iowawelcomecenter.com or (563) 322-3911, ext. 120.

Knox County (Ill.) Scenic Drive, Oct. 3-4 and 10-11. You and your family can meander through Western Illinois, stopping in tiny towns for a taste of history and the harvest during this annual celebration of the pioneer and Native American cultures that once thrived here. At one stop — Walnut Grove Farm, listed on the national register of historic places — you can enjoy country cooking, shop for harvest foods and learn how to preserve what you buy for the winter. There also will be old-time entertainment, arts and crafts, and horse-drawn wagon rides. Free admission. home.grics.net/scenicdrive.

Spoon River Valley Scenic Drive, Oct. 3-4 and 10-11. The rolling hills of Fulton County, Ill., are home to the Spoon River Valley Scenic Drive, a tradition now in its 42nd year. Small towns outlined by London Mills and Farmington in the north and Astoria and Waterford in the south come to life for the festival, flinging open their doors to showcase the history and creativity in the area. More than 25 historic sites are located along the drive, including a home on the Underground Railroad. Museums, including the Dickson Mounds State Museum in Lewistown, are in the vicinity, as well. The event includes music and entertainment, displays and demonstrations, and an array of vendors selling produce, arts and crafts, antiques and flea-market finds. As for food, home-baked goods and church-kitchen meals are par for the course. Free admission. spoonriverdrive.org or (309) 647-8980.



A metalsmith works in Bernadotte, Ill. (Submitted)

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great places

Pine Creek Grist Mill

Visitors take a step back into the past at restored mill

By Lindsay Hocker

In the mid- and late 1800s, the Pine Creek Grist Mill was a bustling business, where eight to 12 teams often could be found camped out front. The farmers played cards and drank whiskey as they waited for their wheat to be ground.

Now, the mill in Muscatine County, Iowa, is a much quieter place, except when it teems with school children anxious to learn about pioneer life. Luckily for them, the volunteers who laboriously keep the mill up and running are excited to share what they know.

“You were really close to your food,” David Metz says of pioneer times. Metz is co-vice president of Friends of Pine Creek Grist Mill and in charge of renovation.

That closeness was a necessity. Because traveling was time-consuming, farmers needed local mills to grind their crops into flour. Metz says that going to the mill could be a three-day endeavor, even for farmers who only lived a dozen miles away — two days of travel and one day of waiting your turn.

When kids come through, Metz tells them about a time when Pop-Tarts wasn’t a breakfast option — not because moms and dads were health conscious, but because such foods didn’t exist. Instead, kids ate things like buckwheat pancakes. Nutritious grains were grown on home farms, ground into flour at the mill, and then combined with other ingredients and cooked by someone’s mother.

In small quantities, buckwheat and other grains still are ground at the mill. Corn comes from local farmers, and the other grains are purchased from an organic food store. Demonstrators pass the grains around, allowing visitors to feel them in their hands.

Metz says it’s a way to restore the connection between the plant, grain and pancake — something that can be lost to a modern consumer dropping a slick, brightly-colored box of frozen pancakes into his or her shopping cart.

In May 2009 alone, about 1,000 kids explored the mill, learning about the historic building and pioneer life, as well as engaging in hands-on activities, like using the hand-grinding equipment. Metz says the mill is a place where visitors can touch. Not much is roped off.

The kids aren’t the only ones learning at the mill. Every week, a group of volunteers meets and works on restoring and improving the building, which was built in 1848. The century-and-a-half-old machinery often leaves them scratching their heads, but through trial and error, they have persevered.

The mill has come a long way, considering it hadn’t run since the 1920s when the Friends of Pine Creek Grist Mill was formed in 1996 and members began restoring it. In 1927, the state of Iowa bought the mill, and it became part of Wildcat Den State Park, which is maintained by the Iowa Department of Natural Resources. Volunteer Joe Clarke says a WPA project in the 1930s stabilized the mill’s floors and siding, and that it wouldn’t be standing without it.



Joe Clarke belongs to a group of volunteers that meets weekly at Pine Creek Grist Mill to work on restoration efforts. The mill is part of Wildcat Den State Park near Muscatine, Iowa. It’s open to the public. (Photo by Lindsay Hocker / Radish)

Clarke says volunteers had to figure out how the mill worked on their own because there wasn’t anyone alive or around who had seen it in action.

“We had to reverse engineer everything in here,” he says.

A 20-horsepower water turbine in the basement — not a water wheel — is used for water power. The mill also has a steam engine for power when there isn’t enough water in the creek for the turbine to work.

For workers, the mill was a hazardous place, especially during operation. The building originally had gaping holes in the basement, no railings, and leather belts on pulleys in fast motion. Since then, the mill has become an easier building to navigate, with railings, wall to wall flooring, and gates to close off the heart of the mill during operations, making it much safer for volunteers and visitors.

Volunteer Peter Allinger says keeping the mill up and running is worth the effort. “I think it should be known to the younger generation (that) it wasn’t all that simple,” Allinger says of the process of making things. He says people needed a lot of elbow grease and something in between their ears to keep the mill up and running. Both of those things are still put to good use at mill.

To learn more about the mill, visit pinecreekgristmill.com or call (563) 263-4818. Admission is free. Hours are 12:30-4:30 p.m. through Oct. 11.



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good business

Bread Garden Market

Hybrid grocer/eatery in Iowa City offers lots of choices

By Lindsay Hocker

The Bread Garden Market strives to offer good food that customers want. The commitment to that simple philosophy has paid off. Whenever I pop into the store, I'm never the only one grabbing lunch, dinner or a few grocery items.

The hybrid grocery store is a one-stop shopping destination for many Iowa City residents and college students. In addition to dry and frozen goods sections, the Bread Garden has a deli-restaurant, a bakery, a meat counter, wine and a coffee and juice bar. It also offers catering.

Peter Birk, grocery manager, said that as a hybrid, the Bread Garden has a variety of products available — from value-priced “regular” groceries, to organic ones, to health-specific ones, such as gluten-free items.

Instead of grouping organic and health-focused products together, all grocery items are arranged by product type. In other words, if you want laundry detergent, eco-friendly or otherwise, you'll find all the options on the same shelf. Tide and Cheer detergents are in between Ecover laundry powder and Seventh Generation laundry sheets.

Birk said he likes this approach because it means there's something for everyone at the Bread Garden. During his time at the Bread Garden, he said he's found that some people like to mix up organic and non-organic products — as he put it, some like to have organic peanut butter and Smucker's jelly on their PB&J sandwiches, while others prefer organic jelly with regular peanut butter.

Living up to the motto of “freshness ensured with every bite,” the Bread Garden offers customers made-from-scratch breads and pastas, created on-site. These products are used in the deli and for catering, and many Bread Garden breads and pastas are used by Iowa City restaurants.

The bread is kept next to the produce section, where there are shelves of brightly colored vegetables and baskets of fruit. The selection includes organic and local produce.

Fresh desserts greet customers at the door — individually packaged brownies and thick slices of banana bread, a variety of cakes, and chocolate chip oatmeal

cookie dough with baking instructions.

In addition to its own fresh cuisine, the store also carries food produced by other local companies. Noble Bee Honey is made in the Amana Colonies.

“We buy it directly from the beekeeper,” Birk said. Due to the short distance the product is transported, Birk said they are able to sell the local honey for a handful of coins less than the generic product.

Galen's Eggs, which are from Kalona, are another local product. Birk said some customers come in specifically to buy the free-range eggs, and notice when they need restocked.

For those looking for a locally-made tortilla chip dip packed full of veggies, the Bread Garden offers a few types of Cheryl's Fresh Salsa. The salsa, made by Ken and Cheryl's Fresh Foods, also is from Kalona.

Bochner Chocolates, made in North Liberty, are tucked into the bakery case. The individually crafted chocolates are eye-catching, come in many flavors and are an example of the Bread Garden's catering to customer demand. Shoppers who once purchased them at The Prairie Table, which is now closed, asked if the Bread Garden could supply them. They could — and do.

As an undergrad student, I relied on the Bread Garden for lunch on a regular basis. Some of my favorite treats are the chicken walnut salad, which I'd take home to make sandwiches, the already-prepared turkey

sandwiches, fresh lemonade, and, of course, the baked goods.

Whether you're looking for a healthy and quick meal, ingredients for a special dinner, or a bottle of wine for an evening of entertaining, the Bread Garden might be just the place for you.

In 1995, The Bread Garden Bakery & Café opened on Clinton and Burlington streets. In February 2009, the business moved to its current location, 225 South Linn St. The name change occurred when the move did.

Bread Garden Market & Bakery is located at 225 South Linn St., Iowa City. Hours are 6:30 a.m. to 10 p.m. For more information, visit breadgardenmarket.com.



Bread Garden Market employee Nathan Kruse bags a fresh loaf of bread. Several types of bread and pasta are made at the store. (Photo by Lindsay Hocker / Radish)

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homes

Burn your energy bills

After initial investment, wood stoves can save money

By Ann Ring

What if someone told you that there's a way to virtually eliminate your energy bills this winter? There is a way — but with a caveat.

Having a wood or corn furnace means reducing your energy bills. But just like other types of renewable energy, up-front costs and your rate of return should be considered. Outdoor wood furnaces can range from \$5,400 to \$12,000. Add-on furnaces, which are installed inside the home next to an existing furnace, can be purchased for as low as \$1,000 at building-supply stores like Menard's or online.

Drive by Alan Johnston's rural home in Galva, Ill., and you'll see about 25 small huts with chimneys in his yard. Johnston's been selling and installing Central Boiler brand outdoor wood furnaces as a side job for 18 years now, one year after he purchased his own in 1990. Today, Johnston sells approximately 40 to 70 outdoor furnaces a year.

As with most renewable energy systems, the concept is simple. The outdoor furnace sits approximately 30 to 300 or more feet from the home. Firewood or other fuel, such as corn, is burned in an interior firebox, and heated water is circulated into the home through insulated underground pipes. An outdoor furnace is designed to work with any existing heating system. Water-to-air or water-to-water heat exchangers or direct circulation conveys the heat into the structure's forced-air furnace, radiant baseboard or radiant flooring heating system. The pipes also may be plumbed to the hot water heater, and the home's temperature still can be adjusted with a thermostat.

Darin and Kim Voss, of Woodhull, Ill., have an indoor wood furnace that's attached underneath their conventional furnace. "Getting ours was sort of impromptu," says Kim Voss. "My dad passed away last year, and our heating bills were just getting too much for our five-bedroom home. We asked Mom if we could have theirs — the one Dad built years ago when he was in the sheet metal business — and we installed it last fall."

Kim notes that their forced-air system furnace still operates. "We ended up running our furnace in February and March because we ran out of dried wood," Voss says. "That won't ever happen again."

Like a prosperous fishing spot or morel mushroom location, most people remain mum when it comes to free firewood locations. In their case, Voss says a friend has land where they can haul dead wood. Others who aren't quite so fortunate can purchase wood from a wood supplier or logging company, which can run about \$2,000 per winter, depending on home size, furnace efficiency and the home's energy efficiency.

As Voss eyes her neighbor's outdoor wood furnace, she compares the two. An outdoor furnace usually accommodates larger pieces of firewood, which means less cutting and stacking, longer burning and less caretaking. Plus there's no fallout from wood tracked into the home. "Wood and ashes can be messy," says Voss, although they bring wood into the basement through the garage.

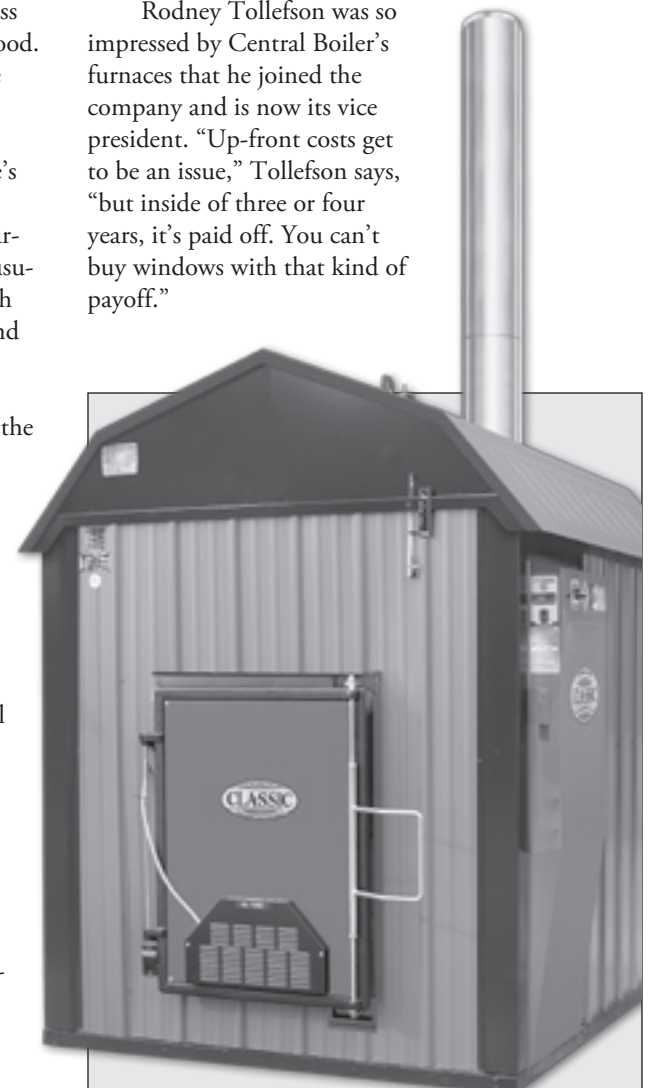
In earlier years, there was controversy about wood-smoke emissions and carbon dioxide output. At its Web site, outdoorfurnacefacts.com, Central Boiler claims that "biomass fuels, such as wood or corn, are 'carbon neutral,' which means they do not generate a net increase in greenhouse gas emissions, as do fossil-fuel generated electricity, natural gas, fuel oil, kerosene, liquefied petroleum gas and coal. ... Heating an average home with wood can save enough non-renewable fossil fuel to operate an automobile for a full year."

Manufacturers like Central Boiler of Greenbush, Minn., have worked closely with the Environmental Protection Agency (EPA) on new testing standards. In fact, Central Boiler has developed next-generation outdoor wood furnaces that are now EPA program qualified.

Not all wood furnaces are alike. Shoppers should compare features like size, emissions, efficiency, chimney length, door materials, ash removal, firebox

depth, warranty and brand. Although a great deal of money can be saved, individual savings will depend on the home. In addition, there is a federal tax credit for biomass stoves installed in 2009 and 2010. The credit is for 30 percent of the cost, up to \$1,500. For details, visit energystar.gov.

Rodney Tollefson was so impressed by Central Boiler's furnaces that he joined the company and is now its vice president. "Up-front costs get to be an issue," Tollefson says, "but inside of three or four years, it's paid off. You can't buy windows with that kind of payoff."



The CL7260, shown here, is part of Central Boiler's Classic Model line of wood stoves. (Central Boiler)

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environment

The Plastic Bag Project

Group aims to end plastic bag use in the Quad-Cities

By Brandy Welvaert

Sometimes an e-mail is all it takes. Just ask Sheryl VanHoutte, who earlier this year opened her inbox to find a note with an attached PowerPoint file about — of all things — plastic bags. She opened it.

“I’m sure this is something that had been floating around for a while,” she says of the e-mail, which explains the environmental dangers of the cheap, ubiquitous carryalls that can damage waterways and kill animals that accidentally eat them.

For VanHoutte, a business development specialist for IH Mississippi Valley Credit Union in the Quad-Cities, it was an eye-opener.

“I was into cloth bags and taking those to the grocery store,” she says, adding that she was running out of ways to use the plastic sacks that had accumulated in her house. But when she learned about the real harm that plastic bags can do, she says, “I’m like, ‘Holy cow!’”

She forwarded the e-mail to Ray Rogers at DHCU Community Credit Union. The two work together in the Illinois Quad Cities Chapter of Credit Unions.

Rogers did some research and learned that more than half of plastic bags end up in landfills, where they don’t biodegrade. Others end up in oceans, where plastic and other trash kills more than a million seabirds and 100,000 mammals and sea turtles every year, according to United Nations.

As luck would have it, the pair had found a mission just in time. Their chapter needed a community service project, and the Plastic Bag Project, as they’re calling it, filled the bill.

If it seems strange that a chapter of credit unions would get behind a push to end plastic bag use in the community, rest assured: It’s not strange at all, VanHoutte says. Credit unions, since their inception in 1934, have been community-minded. With environmental issues gaining more national attention in the last several years, the project makes sense, she says.

It also fit in perfectly with the conference the chapter hosted in August, “Credit Unions: Naturally Better,” which focused on environmental issues. A panel discussion included several members of the Quad-Cities environmental community, including Kiki Pregracke for Living Lands & Waters, and Joe Payne, managing editor of Radish.

The Plastic Bag Project aims to end the use of plastic bags in the Quad-Cities by several means, the first of which is education, both for the community and its leaders. For example, the chapter presented information to area leaders at a mayoral luncheon in the summer, and it gives away reusable bags to credit union members and others at events.

Ultimately the group wants legislation that outlaws the bags, similar to what has been done in San Francisco. For now, however, any such legislation is a long way off.


Rogers says he’s always disliked plastic bags and bottles.

“I always have objected to plastic. I always thought it was a waste — not convenient,” he says, recalling days when glass bottles for milk and soda were the norm. Before “recycling,” reusing things was just normal, he says.

Changing the way we think about what’s disposable and what’s not is key to making changes in the way we use resources, he says, and he’s hopeful that minds are changing.

“You reach that critical mass,” he says. “Pretty soon it happens. Change is a slow process.”

For more information about plastic bags, visit worldwatch.org.



More than half of plastic bags end up in landfills, where they don’t biodegrade.

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healthy living

Top pumpkin picks

Celebrate fall with these easy, warming recipes

By Brandy Welvaert

It's fall, and pumpkins are popping up everywhere — in decorative displays, as carved and smiling jack-o'-lanterns on the front step, and even on the menu.

Yes, it's time to get some pumpkin in your belly, and you can do just that with these easy, delicious recipes. You can process your own farmers' market pumpkins for these dishes or use Libby's brand canned pumpkin, which is made in Morton, Ill., mostly from pumpkins grown in Illinois. Other kinds of canned pumpkin are just as good for you, but they might not be local.

Pumpkin flesh packs plenty of potassium and beta-carotene, which the body converts into vitamin A. A diet rich in beta-carotene may reduce cancer risk and protect against heart disease. One cup of pumpkin contains just 49 calories, too, making it a low-calorie side dish.

Getting hungry? Here are 10 ways to soothe your craving.

Savory seeds: Worcestershire sauce adds a depth of flavor to roasted pumpkin seeds that you just don't get by roasting with oil and salt. Save the seeds from your or your kids' Halloween pumpkins and rinse them clean in a colander under running water. Pat them dry on a towel, then dump them into a bowl.

Add 1½ teaspoons Worcestershire sauce, 1½ tablespoons melted butter and 1¼ teaspoons seasoned salt, and stir to coat. Spread seeds in one layer on a baking sheet and bake at 250 degrees for 1 hour, or until seeds are crisp, dry and golden brown.

Mornin', pumpkin: Pump up regular pancakes with pumpkin. For kids, use cookie cutters to turn regular pancakes into fun-shaped Halloween pancakes, or use a sharp knife to "carve" eyes, nose and mouth into a jack-o'-lantern pancake. (Recipe is online at radishmagazine.com.)

Baked minis: Wow your guests by serving each one his or her own miniature pumpkin. To prepare these treats, preheat the oven to 350 degrees. Carve the tops of small sugar pumpkins as you would for jack-o'-lantern lids and remove the seeds. Place ½ teaspoon butter, 1 teaspoon brown sugar and 2 pinches ground cinnamon inside, then replace the lid. Place pumpkins in a baking pan with a little bit of water in the bottom, and bake for about 30 minutes or until tender. These also may be microwaved for 10-15 minutes on high. As an alternative, you can fill the pumpkins' cavities with applesauce and bake as directed.

Pumpkin spread: This spread is delicious on bread, with crackers, or with apple wedges or other fruits. In a bowl, mix 1 8-ounce package cream cheese, ½ cup pure pumpkin, 2 tablespoons honey, and a pinch of ground cinnamon.



Pumpkin Patch Party Cakes



Pumpkin soup

Pumpkin Ginger Cheesecake: Who doesn't like cheesecake? Give it a seasonal twist with a gingersnap crust and pumpkin filling. (Recipe is online at radishmagazine.com.)

Pick-Me-Up Pumpkin Lattes: Brew 1 cup of your favorite coffee, but make it double strength; pour into a small saucepan and keep warm over medium-low heat. Add 1 5-ounce can evaporated milk, ¼ cup canned pure pumpkin, 1 to 2 teaspoons sugar, and ⅛ teaspoon pumpkin-pie spice or ground cinnamon. Heat and stir, then pour into two mugs. Tip: For a foamy top, carefully transfer the heated beverages to a blender. Cover with lid, then hold lid with a towel or potholder. Blend for 1 minute.

Soup it up: Pumpkin soup is little more than a stir-together affair. It's hearty, healthy and can stand on its own as a simple meal with a loaf of whole-grain bread. (Recipe is online at radishmagazine.com.)

Pumpkin Pie 'Cocktail': In a blender, mix 2 scoops vanilla ice cream, ½ cup crushed ice, 1 tablespoon canned pure pumpkin, 1 fluid ounce half-and-half and ¼ teaspoon pumpkin-pie spice. Blend until smooth, then pour into a large serving glass. Top with whipped cream or non-dairy whipped topping and a pinch of pumpkin-pie spice.

Pumpkin Rice Pudding: In a large saucepan, combine 2 cups short-grain rice, 6 cups milk, 1 cup sugar, 1 teaspoon vanilla, ¼ cup orange juice and ¼ teaspoon kosher salt. Heat to boiling over medium-high heat, stirring, then reduce to medium-low and cook until rice is tender and most of the liquid (but not all) is absorbed, about 20 to 25 minutes. Remove from heat and stir in 1 cup canned pure pumpkin. Sprinkle with ¼ cup dark brown sugar. Serves eight. (Recipe from Real Simple magazine.)

Go all out and make Pumpkin Patch Party Cakes: These cool little cakes are shaped like pumpkins. To make them, you need two mini Bundt pans that hold six cakes each. (Recipe is online at radishmagazine.com.)

Mornin'
Pumpkin
Pancakes



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SPECIAL EVENTS at the Farmers Market

OCTOBER 10: SOUP COOK-OFF



Vendors and customers alike will be competing in a soup-cooking throw down with all ingredients being found at the Freight House Market. Samples will be served and recipes will be available. The public will be voting for their favorite creation to determine the winner. \$10 entrance fee and application will need to be completed by all of those wishing to participate. The entrance fees will then be awarded to the top three vote getters. All soups will need to be made with the majority of ingredients being found at market and brought to market in an electric crock pot for sampling. For more information contact Darcy at 309-764-0062

OCTOBER 3: SILENT AUCTION Maurice's NorthPark Store will be hosting a Silent Auction at market benefiting local animal shelters. Many of these shelters will be attending market with adoptable pets.



OCTOBER 17: LOCAL AUTHOR DAY AT MARKET

Gary Metivier and Jill Esbaum will be featured at market with their well-known children's works. Meet the authors and purchase a book to be signed while you wait. Gary's pot-belly pig will also make an appearance at market!

OCTOBER 24: FALL FESTIVAL AND HALLOWEEN PARADE

Market will be decked out in all the bounty of the harvest season and vendors will be dressed in costume. All children in attendance are encouraged to wear their Halloween costumes for our First Annual Halloween Parade through-out the market.

www.localharvest.org/farmers-markets/M22024

eating well

Fair trade firsthand

A bean-to-cup coffee adventure in the Sierra Madres

Editor's note: Stephanie Catlett is editor of "Catalyst," the newsletter of New Pioneer Food Co-op in Iowa City and Coralville. Catlett recently traveled to Mexico to experience the origins of coffee firsthand. Here, she reports about that visit.

By Stephanie Catlett

Mexico produces more than 60 percent of the world's coffee, with most being grown in Chiapas and Oaxaca. Yet despite this abundance, these states are two of the poorest in the country. Farmers have no access to subsidies or tax incentives to help them stay in business.

In March, I traveled to Chiapas with three representatives from Equal Exchange — a worker-owned, fair-trade cooperative business — and seven other food co-op employees from around the country. We set out on a bean-to-cup adventure to observe the growing, harvesting, milling and roasting of coffee in Chiapas — and to witness how fair trade practices and the cooperative business model have helped indigenous farming communities there.

Beyond learning about coffee production, I was educated on global trade policies, the plight of small farmers in Mexico, and the inadequacies of a food system

that serves to obtain the cheapest food at the cheapest prices, no matter what the human cost.

Without fair-trade organizations like Equal Exchange, I learned, even more small farmers would fall prey to mercenary corporations whose only care is the bottom line. Fair trade — in case you haven't heard — means paying farmers more accurately for the true cost of production.

But fair-trade, for cooperatives, isn't just about paying farmers a better wage. It's also about educating the people who buy fair-trade products. In this case, the people who buy coffee.

According to our Equal Exchange guide, Phyllis Robinson, "We want to deepen the message of fair trade in the consumer world by educating consumers about the realities facing small farmers, their hopes and aspirations, and the challenges they face."

After several educational meetings, our group traveled south to Jaltenango to the offices of CESMACH (Ecological Farmers of the Sierra Madres of Chiapas). CESMACH connects Equal Exchange with the farmer cooperatives they represent, guaranteeing pre-harvest financing to farmers who might otherwise look to coyotes — predatory coffee brokers who pay the lowest prices to growers — to attain immediate payment for their crop. CESMACH also creates projects focusing on food security, dietary diversification, and protection of endangered indigenous plants.

Our trip continued as we traveled deeper into the Sierra Madres, to the isolated village of Las Pilas. As we entered the village, I was struck with how alike farmers are even when separated by thousands of miles and borders. The men of Las Pilas wore reserved expressions on their weathered faces. Their passion for the land reminded me of so many of our own small farmers in Iowa, each earnestly caring for the soil that sustains their families and communities.

According to the Family Farm Alliance, Americans spend less than 10 percent of their annual income on food. (In 1933, the figure was more than 25 percent.) As we spend less on food, farmers are paid less for their labors. Rarely do consumers look beyond the price tag to the real cost of producing an item — especially in these time-strapped times.

I doubt I ever will be able to fully articulate the lush beauty of Las Pilas. How can I communicate the hope that is generated when a small group of farmers is paid fairly for its back-breaking labor and has access to funds for education and community projects?

Perhaps Eric Schlosser, author of the best-selling book "Fast Food Nation," puts it best. He writes, "Meaningful change ... isn't going to come from the top. It's going to come from people who realize that there's a direct link between the food they eat and the society they inhabit."

Read a longer version of this story online at radishmagazine.com.



Farmers in Las Pilas, Mexico, take a break from the harvest. (Photo by Don Pierce)



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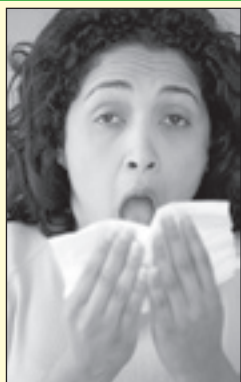
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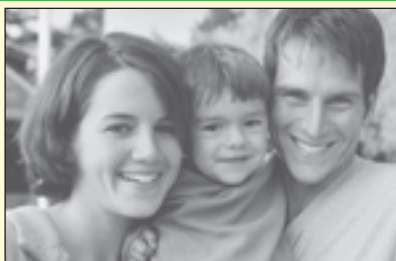
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environment

Don't toss that book!

Pay it forward online with books, CDs and DVDs

By Michelle Tibodeau Sillman

Pay it forward" is the idea behind PaperBack Swap, an online book club that allows users to unload unwanted, used books as barter.

The concept is simple. Members order used books for free, and postage is paid by the sender. Membership requires each new member to list 10 used books to the PaperBack Swap (PaperBackSwap.com) library. In exchange, the new member can order two free books. Then, for each book a member sends, he or she gets another book credit.

The PaperBack Swap library offers more than three million books, including paperbacks, hardcovers and audio books, which cost two credits. If a specific title isn't available, then members can add it to a "wish list." When the item is posted, the member receives notification that it's available to order.

Begun in 2004 by Richard Pickering, PaperBack Swap started with only a few hundred gently used books from Pickering's own library. As a frequent business traveler, he says, "I had accumulated a few hundred books from the airports I visited. I wanted to clear out my closet, so I carried boxes of gently (used) books to the used-book store. The woman came out and picked out four or five. She didn't want any others."

That experience inspired him to create PaperBack Swap. The site amassed thousands of members in less than 24 months. "It's a simple concept: mail one, get one," Pickering says.

Shortly after beginning the book site, he added a CD exchange site, SwapCD.com, and last year he added a DVD exchange site, SwapDVD.com. "You can get a DVD for less than two dollars," Pickering says. The CD and DVD clubs operate on the same principal as the book club: Each item is free to order, but members pay the postage to mail their items to

other members. Membership requires posting 10 items to the virtual library.

Anyone who's suffered the frustration of selling a used book in good condition for 10 or 20 cents can appreciate the book-for-a-book value assessed by the club. There are no handling fees beyond the media mail postage rate, which typically runs about \$2.23 per book. Average transit time is about a week.

Pickering claims that it's the largest library in the United States, though I've had a couple books on my "wish list" for a month. The choices, however, are vast. Members reside in all 50 states, and, according to the site, 61,000 books were mailed one recent week.

Internet access is a requirement for membership, as are valid e-mail and mailing addresses. To order a book, CD or DVD, members log onto the site and select the desired item. The system then notifies the owner of the item. Once he or she agrees to mail the item, an e-mail notification informs the requesting member that the item is on its way.

Sending books, CDs and DVDs is easy to do. A donor will receive an e-mail with an attachment that includes a mailing label that may be printed at home. Members also can purchase postage online and print postage-paid mailing labels at home. I've sent and received books and found it to be a surprisingly slick process.

With the downturn in the economy, the club has experienced significant member growth. "I had no idea it (was) going to get as big as it's become," Pickering says.

For more online trading sites, turn to Resources, page 38.



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food

Crêpes for a cause

Farmers' market treats raise money for Gilda's Club

By Leslie Klipsch

Since making his debut at the Freight House Farmers' Market the final weekend of July, Chef Chad Cushman turns out well over 100 crêpes to smitten customers on any given Saturday — each one made individually on a traditional, cast-iron French crêpe pan and topped with local fruit purchased that morning at the Davenport market.

Anyone who has stopped at Harvest Crêpes and tasted a fresh strawberry or blueberry crêpe will attest to its appeal. In fact, anyone who has carried a crêpe plate around the market will tell of adoring stares.

Served with a bright cloud of whipped ricotta and cream cheese, such velvety adornment enhances, but does not overshadow, the generous portion of lush, farm-fresh fruit piled atop the crêpe. Cushman does not add sugar to his crêpe batter because he wants to let his customers focus on the main event — the fruit.

A tall, down-to-earth 38-year-old, Cushman is the general manager of Farradays' in Bettendorf, Iowa, throughout the week. But, early each Saturday morning, he dons an apron and circles the open-air aisles of the Freight House Farmers' Market, checking out the week's harvest. "Why go to the grocery store and buy something that's been sprayed when I can buy something that's all-natural, like locally grown organic blueberries?" he says. "People appreciate that."

Chef Cushman is adamant that homegrown produce tastes better. "It takes people by surprise, which always baffles me, when I tell them that I'm using the produce that's sold right here at the market. I explain to them throughout the day that I'm using

local produce and supporting farmers," he says. "I hope that by sharing this information, it encourages them and helps them feel connected to the produce."

Rather than rolling the batter in a sauté pan as often is done, Cushman creates crêpes by pouring the batter onto the crêpe pan and spreading it to the edge with a wooden, T-shaped dowel specifically designed for the process. Under his Harvest Crêpes tent, sandwiched between a funnel cake vendor and a kettle corn stand in the southwest quadrant of the market, he's happy to share the process.

"Educating people is the best form of moving ahead, and the farmers' market is a great outlet

for that," he says. "It's encouraging to see that the (Freight House) market has grown to be as big as it has. With that in mind, I think more people are getting exposed to the benefits of local foods. Any way that we can educate people on local farming and what it does to sustain our everyday lives is great."

Just as Cushman is keen on supporting local farmers, he is equally passionate about Gilda's Club, a cancer-support community serving the Quad-Cities. Twenty-five percent of his weekly crêpe profits go to the organization. Inspired by his mother, a breast cancer survivor, Cushman became a Gilda's

Club volunteer two years ago. Since then, he has taught many cooking classes and prepared candlelight dinners for members. Recently though, he noticed that the club was cutting back on expenses because of the economy. "This really bummed me out," he says. "Not because I couldn't go there and cook as often, but because people were missing out on something special." Cushman began looking for ways to raise money for Gilda's Club, and as he was walking through the farmers' market, the Harvest Crêpes idea clicked.

"It all came together," he recalls. "Everything added up as a way to help Gilda's, do something culinary, meet people and be part of the market environment."

Cushman says he thrives on the spontaneity of what's available at the market. But regardless of what's fresh on Saturday, one can hope that Cushman will create a crêpe worthy of adoration — and setting the alarm.

Turn to Resources page 38 for Chef Cushman's recipe for Apple Crêpes.



Chef Chad Cushman makes apple crêpes at the Freight House Farmers' Market in downtown Davenport. (Photo by Stephanie Makosky / Radish)

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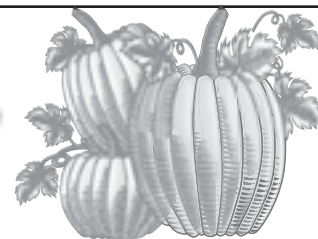
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environment

Beach Boys in Iowa

Mike Love speaks out about environmental issues

By Shane Brown

You can breathe a sigh of relief, Iowa. The “undesirable element” has come and gone. The year was 1983, and our nation’s land management and conservation was in the hands of a fellow named James Watt, Secretary of the Interior to the Reagan administration. Watt’s tenure was marked by controversial decreases in environmental funding and deregulation of oil and mining companies. But nothing was more controversial than Watt’s decision to ban a Fourth of July performance at the National Mall in Washington, D.C., from a group he said would draw “an undesirable element” — The Beach Boys.

It’s no coincidence that Watt handed in his resignation papers later that year. At the time, the band’s front man, a flabbergasted Mike Love, tried to defend his group. “We sing about patriotic themes — like Surfin’ U.S.A.!” Twenty-five years later, James Watt is a footnote in history, Mike Love still sings about surfing, and The Beach Boys remain the most outspoken celebrity advocates of global environmental reform.

On Labor Day, the group closed out its summer tour onstage in Fairfield, Iowa, in what’s being dubbed as one of the nation’s first “green” rock concerts.

“We need to move in the direction of energy independence,” explains Love, “and what better place to start than Fairfield — the heartland of America.”

What better place, indeed. Fairfield is making big headlines in its attempts to lead the nation in eco-friendliness. Fairfield mayor Ed Malloy is a national leader in the field, having been recently named one of the “15 Greenest Mayors in America” by MSN.com. The concert will serve as the kickoff to Fairfield’s 40-point initiative to become “America’s Model Sustainable City.”

“We want to create a model community,” says Malloy, “a virtual template that other small towns can adopt to create the same results.”

The show featured demonstrations of clean energy projects and sustainable practices, as well as educational booths to teach simple ways to become more energy independent. Biodiesel generators were provided by Rexroat Sound of the Quad-Cities, and Malloy worked with Alliant Energy to turn the entire event into a “green-powered concert.”

Why Fairfield? That’s an easy one. Love’s been coming to the small town for decades. At the center of Fairfield is the Maharishi University of Management, the U.S. home for studies of the ancient art of transcendental meditation (TM). Love’s been a follower of the TM movement since being introduced to the technique in 1967 by John Lennon and George Harrison.

At the concert, Love was bestowed with the honorary title of “Energy Czar of Fairfield” for the day, a prestige he takes somewhat begrudgingly.

“I tried to tell them that the Bolsheviks killed the Czar,” says Love with a grin. “I prefer ‘Energy Emperor.’”

But Love gets serious when the talk turns towards green technologies.



Last month The Beach Boys, including front man Mike Love, left, played a concert fueled by renewable energy in Fairfield, Iowa. (Photo by John Greenwood / Radish)

“Daddy needs to take your T-bird away and replace it with a Chevy Volt.”

“The Beach Boys are in favor of anything that leads to energy independence in the U.S. Fairfield can be a model and an inspiration, and we’re happy to lend a hand. We as a nation need to be fully energy independent within the next 20 years, if not sooner.”

Get Love talking about energy, and you’ll barely be able to get a word in edgewise. He speaks eagerly of the new Chevy Volt, the hybrid set to launch in 2010 with a 230 miles per gallon estimate.

“Daddy needs to take your T-bird away and replace it with a Chevy Volt,” he says with a smile.

Did it ever concern Love that The Beach Boys wrapped up their tour in a veritable beach-free state, where you probably could count the number of surfers on one hand?

“Hey, now,” he says, not missing a beat. “Wait a second. Do I need to remind you of the lyrics to the song? It’s ‘if everybody HAD an ocean across the USA,’ not ‘has.’”

“Besides,” he laughs, “we sing songs about cars, too. Just make sure they’re fuel efficient hybrids.”



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food

Farmstead fromage

Acoustic Farms crafts its cheeses from pasture to plate

By Brandy Welvaert

In a world of homogenized flavors, Mark Armstrong and Barbara Grant's farmstead cheeses strike a unique chord.

With the milk from just seven Jersey cows that live on lots of grass, a little grain and a whole lot of sunshine, the husband-wife team is making award-winning soft and hard cheeses on their 40-acre farmstead. Acoustic Farms is located in Springville, Iowa, northeast of Cedar Rapids.

It all started three years ago when Armstrong, now 50, sold his business to start caring for his mother, who has Alzheimer's disease. The couple wanted to start a local foods endeavor that would generate income and allow Armstrong to be with his mom, so they started a CSA.

"The first year was awesome. ... The second year, the rain hit," he says. "At the end of the year, we were not sure that the CSAs were the route we wanted to go — but we knew that we wanted to stay with local foods."

Then last October the couple traveled to Turino, Italy, for a Slow Food event, where they just happened to meet up with a couple cheese makers from the Midwest. Something clicked.

"We decided that we need to make cheese," he says.

Barely anyone these days makes farmstead cheese, a product that's created start to finish on one farm, says Armstrong. "We thought that would be our niche (to) stay in local foods and make things pay off."

They do everything from raising the cows' feed to milking, pasteurizing and aging. Every fromage blanc and Parmesan has roots in the farm's soil and the resulting milk from the Jerseys — animals prized for the fat content of their milk.

"Jerseys have a high butterfat content, and they are a smaller animal and a little less aggressive. They are just so gentle," says Armstrong. "All of our cows are spoiled. They come up and get their heads and chins scratched. They are in the pasture all day, and they come into the barn at night," he says. If he's petting one and another feels left out, "they'll butt you. They'll fight over which one gets their chin scratched next."

All that scratching seems to be paying off in the form of high-quality cheeses.

Earlier this year at the first annual North American Regional Jersey Cheese Awards in Syracuse, N.Y., the couple garnered medals for their Fromage Blanc Con Ali, Fromage Blanc Con Citrone, and Parma Canon in D.

Today they're making all of those cheeses in bulk and selling them in retail stores in the region.

"We built a whole new facility, and we remodeled part of our existing barn," he says. The facility has a two-room milking parlor, with one room for raw milk and one for a 100-gallon pasteurizer and walk-in cooler. Though Armstrong made his first big batch of cheese using the pasteurizer in late August, he's no newbie.

"I made cheese for years. We'd have goats off and on growing up. Mom made cheese, and I made cheese here and there," he says.

The cheeses for the competition were done in small batches of a few gallons at a time. He and Grant honed their recipes by sharing them with friends and family in exchange for critiques.

"Barbara would take it to work. They would critique it for us. I would take it into the local welding shop. A lot of people had fun with it," Armstrong says.

In search of more critical notes, they entered the national contest.

"We thought, 'We are going to be laughed out of the contest.' But we also thought we'd get some great feedback. We had friends try the cheese and critique it, but you know that sometimes they don't want to be too critical."

To their surprise, they won gold, silver and bronze medals.

For now, Armstrong and Grant are focusing on getting their cheeses to market. They're sold in Iowa at New Pioneer Food Co-op and Bakehouse in Coralville and Iowa City; Roots in Cedar Falls; Benz Beverage Depot in Cedar Rapids; and Allison's Meat Market in Springville.

What's next? "We are working on a beer-caraway cheese," says Arnold. "We got the recipe from a neighbor in her 90s, and she got the recipe from her mother. It's a very old recipe, and we need to figure out how we can make it in bulk."

For more information about Acoustic Farms' cheeses, call (319) 560-2565.



Fromage blanc cheese from Acoustic Farms in Springville, Iowa. (Submitted)

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health & fitness

Trying the Bodybugg

New techno-critter counts calories so you don't have to

By Laura Anderson

With a little armband device called the Bodybugg, you can monitor your metabolism with 90-percent accuracy.

A small, plastic, black square a little larger than the face of a man's watch monitors your skin temperature, water content of the skin, motion and the rate at which heat dissipates from the body. Worn with an elastic and Velcro strap on the backside of your bicep, the Bodybugg can track how many calories you burn while acting as a pedometer, too.

After seeing it on "The Biggest Loser" on TV and hearing about it through friends, Stacy Mitchell decided to give the Bugg a try. "I like how you can precisely track your expenditure ... and know you are under (your) calorie budget to fulfill your weight-loss goals," says the Hy-Vee registered dietitian in Bettendorf, Iowa.

Retailing for \$199 to \$249, the Bodybugg can be found at some Hy-Vee locations and at bodybugg.com.

Recently I got to spend four days with the little critter when Mitchell loaned me hers. Using Mitchell's computer, we visited the Bodybugg Web site, followed the instructions and set up the Bugg. I answered questions about my height and weight, how often I exercise, when I usually wake up and go to bed, and what my fitness goals are. In about 10 minutes, I was set.

The online program does the math for you and tells you how many calories

you need to burn to lose weight. While it monitors the calories you spend, you log the calories you eat with the online program. The program also has example menus and other information to help you eat well.

You can plug the device into your computer with a USB cable every few days to upload your data to the Bodybugg Web site.

I found the band to be a little uncomfortable and itchy at first, but I was excited that I soon would learn how many calories I was burning while at work and during my regular routine at the gym. By the end of the day, I forgot the band was there. It stayed hidden beneath my shirt, too.

The online program does the math, telling you how many calories you need to burn to lose weight.

After wearing it for only a couple of hours, I was anxious to see how I was doing. I tried uploading my data using computers at work, neither of which was compatible with the software for the Web site. The program wouldn't load on either of my two computers at home, either.

If the device were registered in my name, I would have been able to call or e-mail Bodybugg customer service. Since I was borrowing the device — and it was in Mitchell's name — I waited and uploaded the data later.

On day two it was harder to be excited about the Bugg because I couldn't see what I was burning and how the gadget was working. Dinner and a get-together with friends Saturday night kept me from wanting to show off the band, and by Sunday, I was too bugged with the Bugg. I think I would have felt differently if the Bodybugg were mine and I easily could access the Web site at any time.

"If you are determined to lose weight, I think this is a wonderful investment," Mitchell says. "It is fun. I get excited to put on my Bodybugg and track my expenditure," she says. "I think it really helps keep you focused as you track activity and food intake."

Once I got to see how the little thing worked, I'll admit I was impressed. A graph showed all of my activity throughout the day and broke down the information to show how many calories I had burned per minute. I saw spikes where I left the office for lunch, when I hit the mall and when I went to the gym.

It's "a great investment to achieve your weight-loss goals," Mitchell says. "Why not make weight loss fun?"

For more information, visit bodybugg.com.



Dietitian Stacy Mitchell wears a Bodybugg, a digital armband that keeps track of metabolism. It interfaces with a Web site that tracks calories burned throughout the day. (Photo by John Greenwood / Radish)

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Get a view of the world on new PBS channel

WQPT-Quad-Cities PBS has launched MHz Worldview as the 24th nationwide affiliate. MHz Worldview will be available initially to over-the-air viewers from 7 a.m. to 11 p.m. on channel 24.2. Cable systems will be adding the service. MHz is known for its “programming for globally-minded people” and features news programs like “Euro News,” “France 24 News,” “RT News” from Russia and “Al Jazeera English News.” The channel also airs sports and entertainment programs. For a complete schedule, visit wqpt.org.

GM: Electric Volt car will get 230 mpg

General Motors’ new Chevy Volt will get 230 miles per gallon in the city. Scheduled for release in late 2010, the Volt will be able to travel up to 40 miles on electricity from a single charge, based on testing of pre-production prototypes, and extend its overall range to 300 miles or more using a flex fuel-powered engine-generator. The small engine is only used to power the battery. Using methodology from the Environmental



GM's new Chevy Volt. (AP)

Protection Agency, GM said it expects the Volt to use as little as 25 kilowatt hours per 100 miles in city driving, which means that it will cost less than 3 cents per mile to operate. It is expected to retail for about \$40,000.

— *Marketwatch*

Foods that fight breast cancer

October is National Breast Cancer Awareness Month, and one of the best ways to prevent disease is to eat right. But which foods are best for keeping breast cancer at bay? According to the American Dietetic Association, a diet that helps prevent breast cancer may include the following foods:

- **Grape juice and grapes** contain resveratrol, which helps in the prevention of both breast cancer and leukemia.
- **Blueberries** are especially good at helping to prevent breast cancer because of the antioxidants they contain.
- **Veggies**, including dark, leafy-green vegetables, broccoli and cauliflower, are especially good.
- **Beans** contain phytochemical compounds and are high in fiber.
- **Green tea** contains catechins, which are believed to be helpful in cancer prevention.
- **Tomatoes** contain lycopene, an antioxidant that helps to prevent or slow the growth of cancer.
- **Orange foods** also contain antioxidants.
- **Whole grains** provide fiber and phytochemicals, making them a nutritional must-have.

Palmer to share ‘Keys to Healthy Living’

Experts from the Palmer Chiropractic Clinics will share information about dealing with such common health issues as back pain, headaches, neck pain, arthritis and preventing falls on Oct. 28. The free event, “Keys to Healthy Living,” will be held from 1 to 5 p.m. in the Davenport Clinic on the first floor of the Palmer Academic Health Center, 1000 Brady St., Davenport. Parking is available in the Davenport Clinic parking lot off Perry Street. There will be three workshops throughout the afternoon. The first, about putting back pain behind you through prevention and wellness, will be held from 1:30 to 2:15 p.m. The second, on headaches and neck pain, will be from 2:30 to 3:15 p.m. The third workshop, on healthy aging, preventing falls and managing arthritis, will be from 3:30 to 4:15 p.m. Tours will be held during the event, as well. Light refreshments will be served and all attendees will receive a free gift.

Consumer Reports rates 18 high-fiber cereals to reveal seven flavorful choices

Consumer Reports evaluated 18 high-fiber cereals and found seven especially flavorful choices. The report notes that most Americans can stand to double their intake of fiber, which can help control appetite and weight, and might help lower the risk of heart disease and type 2 diabetes. Per serving, the cereals that Consumer Reports tested have 25 to 50 percent of the dietary guideline for a 2,500-calorie diet, which is 28 grams. Here are the seven standouts from the tests: Kirkland Signature Spiced Pecan (Costco); Kashi GoLean Crunchy Fiber Twigs, Soy Protein Grahams and Honey Puffs; Archer Farms (Target) High Fiber; Kellogg’s Raisin Bran Extra!; Post Shredded Wheat Spoon Size Wheat ‘n Bran; Great Value Raisin Bran (Wal-Mart); and Barbara’s Bakery Ultimate Organic.

Better Life Nutrition celebrates 30 years

Better Life Nutrition, 1715 15th St. Place, Moline, will offer special in-store services and sales to celebrate its 30th anniversary the week of Oct. 12-17. All week, vitamins and herbal supplements will be from 20 to 30 percent off. Some products will be on super special for 50 to 70 percent off. Food and body care products also will be on sale. Better Life Nutrition also will give away gift certificates as door prizes. Free handwriting analysis will be provided on Saturday, Oct. 17. Better Life Nutrition is open from 9 a.m. to 6 p.m. Mondays; 9 a.m. to 5:30 p.m. Tuesdays through Fridays; and 9 a.m. to 5 p.m. Saturdays. The phone number is (309) 797-6274.



Tammy White at Better Life Nutrition, Moline, shows off some supplements. (File)

A Chickin' Choosin': Heritage breed chicken ties with industrial bird

Along with 60 guests, a formal panel of celebrity judges assembled in July at Ayrshire Farm, in Upperville, Va., to taste heritage-breed chickens — alongside one commercially raised bird — to determine which is best. The event fell on the heels of the American Livestock Breeds Conservancy's announcement of its definition for heritage chicken. The winner of the crowd vote was a Dorking bird, a heritage breed. Second place was a tie between a Rhode Island Red, another heritage bird, and an industrially bred Corn Rock cross. Third place was a tie between a Dominique and a Buckeye. The judges selected the Dorking and Corn Rock cross for first place. Second place was awarded to the Plymouth Rock and third to the Faverolle. For more information, visit heritagechicken.org.



A Dorking heritage-breed chicken.
(Submitted)

Sierra Club's Iowa chapter to host dinner

The Iowa Chapter Sierra Club's annual dinner and fundraiser will be held at 5:30 p.m. Oct. 31 at the Best Western Steeplegate Inn, at Interstate 80 and Brady Street, Davenport. Tickets are \$30 per person and include a two-entree dinner buffet and presentations by Davenport Mayor Bill Gluba, who will speak about the Cool Cities program. Reservations are due Oct. 15. Send a check written to Iowa Chapter Sierra Club Annual Dinner to Jerry Neff, 18144 242nd Ave., Box 239, Pleasant Valley, IA 52767-0239.

Number of Illinois farmers' markets on the rise

Federal data shows Illinois farmers sell only about \$114 million a year worth of fruits, vegetables, nuts and berries, compared to \$10.9 billion in grain crops, primarily corn and soybeans. But the number of farmers' markets in the state has nearly tripled in a decade, and both the state and federal government are kicking in promotional dollars — including up to \$435,000 in a grant announced recently — to keep the trend going.

Iowa farm families honored at State Fair

The Iowa State Fair has awarded five farming families with its new The Way We Live award for their dedication to animal agriculture and farm values. Entrants were asked to submit a short essay describing how living on a farm and choosing the occupation of farming has shaped their family's life. Five recipients were chosen from a pool of 32 entries representing a variety of commodities and locations throughout Iowa. The winners are the Hansen family of Hudson; the Godbersen family of Arthur; the Martz family of Blue Grass; the Petersen family of Knoxville; and the Van Manen Family of Kellogg. For more information, visit iowastatefair.org.



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Submitted

'Green' racing? It's underway

Think green racing is an oxymoron? A new project, WorldFirst F3 Racing, is working on building a race car with sustainable and renewable materials. The group at the Warwick Innovative Manufacturing Research Centre at the University of Warwick in Coventry got the money to create a "bigger and better race car" after the Econ One, another such vehicle, was created to show off the work with biomaterials being done at Warwick, according to James Meredith, project manager and an engineer with a passion for motorsports. What goes into a sustainable racing car? Various parts are made from recycled carbon fiber; flax fiber; recycled bottles; soybean oil foam; recycled polyester fabric and other recycled materials. Cashew nut brake shell pads are in development, and the steering wheel is made from a polymer derived from carrots and other root vegetables. For more information about the race car, visit worldfirsttracing.co.uk.

NAMI to host Halloween Costume Ball & Bash

The National Alliance on Mental Illness (NAMI) of Scott County will sponsor a Halloween Costume Ball & Bash from 7 to 10 p.m. Oct. 31 at Palmer College Student Union, 1000 Brady St., Davenport. Admission to the family-friendly event is \$5, and proceeds will benefit NAMI's work in the community to help people dealing with serious mental illness and their families. The event will include a costume contest and prizes. For details about the party, call (563) 322-8870.

Author Linda Egenes will speak about sustainability in Moline

Author and regular Radish contributor Linda Egenes, will present "What the Amish can Teach us about Sustainability" at 7 p.m. Oct. 19 in the Bronze Room at the Moline Public Library, 3210 41st St. The event is sponsored by the Quad Cities Eagle View chapter of the Sierra Club. Egenes' book, "Visits with the Amish: Impressions of the Plain Life" was reprinted earlier this year.

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Soup for you! Get a taste at the Freight House Farmers' Market

The Freight House Farmers' Market will host a soup cook-off from 10 a.m. to 1 p.m. Oct. 10 at the market, 421 W. River Drive, Davenport. Anyone can participate by bringing a slow-cooker filled with soup made with locally-grown ingredients purchased at the Freight House market. Participants also will have the chance to taste the soups and vote for their favorites. Also during the event, Buy Fresh, Buy Local coordinator Cathy Lafrenz will teach a class about winter soups.

Preventing the flu with clinics, education

Genesis Health System will hold more than 40 public flu clinics in the region beginning Oct. 2. Protection against the H1N1 strain will be available as shipments of the new vaccine arrive. Prevention and information will both be available throughout the season at genesishhealth.com/flu. The Web site has prevention tips, videos, seasonal flu information in Spanish, information about the Flu-Free Quad Cities initiative and links to governmental flu resources, including county health departments, Iowa and Illinois health departments and the Centers for Disease Control and Prevention. It also includes a list of locations for flu shots.

The Great River Road gets National Geographic accolades

If you like to celebrate fall by hitting the open road, you may want to check out the Great River Road that winds its way from Minneapolis, Minn., to Davenport, Iowa. That's at the suggestion of National Geographic Traveler, which recently named the stretch among its "Drives of a Lifetime." The magazine story by Frank Bures highlights art along the Great River Road, showcasing imposing museums such as Minneapolis' Weisman Art Museum and Davenport's Figge along with smaller venues and other noteworthy stops. For more information about the Great River Road and what to see while traveling it, visit experiencemississippiriver.com.

Find peace, save energy with BHC classes

Black Hawk College is offering several new classes in October. Managing Your Stress Physically, Mentally, and Emotionally will be held from 6 to 7:30 p.m. Wednesdays, Oct. 7-28. Resolving Conflicts in the Family will be held from 6 to 7:30 p.m. Tuesdays and Thursdays, Oct. 13-22. Bully Bully, a class for parents, will be held from 6 to 7:30 p.m. Tuesdays and Thursdays, Oct. 13-22. Cost to attend any of the courses is \$64. Black Hawk also will offer a hands-on class about solar energy, or photovoltaics, and how it works. Basic installation of solar systems also will be addressed. Tuition for the solar energy class is \$145, and it will meet from 8:30 a.m. to 12:30 p.m. Oct. 24 and 31. All classes will be held at the BHC Outreach Center, 301 Avenue of the Cities, East Moline, or the BHC Quad Cities Campus, 6600 34th Ave., Moline. For details visit bhc.edu/stressreduction. To register, call (309) 796-8223.

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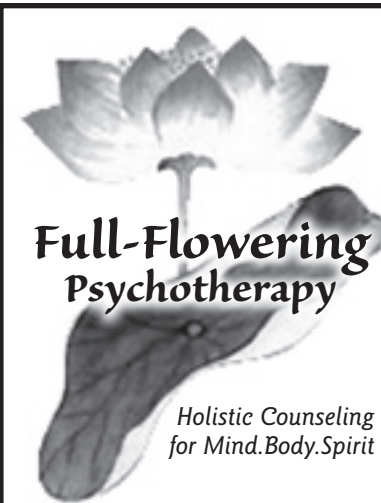


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(Story on page 24)

PaperBack Swap isn't the only place to trade paperbacks online. Here's a sampling of several places to share books and other media online:

- bookmooch.com
- titlitrader.com
- bookins.com
- swaptree.com

CRÊPES FOR A CAUSE

(Story on page 26)

Want to try your hand at making fresh crêpes at home with farmers' market-fresh ingredients? Here's a recipe from Chad Cushman, owner of Harvest Crêpes at the Freight House Farmers' Market, Davenport.

Apple Crêpes with Cinnamon Brown Sugar Ricotta

Crêpes

2 cups all-purpose flour	2 eggs
½ teaspoon salt	Oil
2 cups milk	

Cinnamon Ricotta

15 ounces ricotta cheese	¾ teaspoon vanilla extract
6 ounces cream cheese	¾ teaspoon cinnamon
¼ cup brown sugar	

Apples

6 Granny Smith or Golden Delicious cored, peeled and sliced	Granola and/or powdered sugar for topping
2 tablespoons of unsalted butter	

1. Combine flour and salt in a bowl. Make a well in the center of the flour and add the milk and egg. Beat well to combine.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour the batter onto the griddle, using approximately ¼ cup for each crêpe. Tilt the pan with a circular motion so that the batter coats the surface evenly.
3. Cook the crêpe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side.
4. In a bowl, mix together the ricotta cheese, cream cheese, brown sugar, vanilla extract and cinnamon. This can be done by hand or in a food processor or mixer. Cover the bowl with plastic. Wrap and refrigerate until ready to use.
5. Place butter in a hot skillet.
6. When butter is completely melted, add apples and cook until slightly tender. Note that no sugar is added to apples, as other components of this dish will add enough sugar to please.
7. Place one crêpe on each plate and distribute the apples evenly onto crêpes. Then top the apples with a spoonful of sweet ricotta, and then sprinkle some fresh granola over top. For an extra added touch, sprinkle with powdered sugar. Serves 6.

farmers' markets

ILLINOIS

BUREAU COUNTY

Bureau County Farmers' Market, Darius Miller Park at the train station, Princeton; 3:30-6:30 p.m. Tuesdays and 8:30 a.m.-2 p.m. Saturdays, through October. (815) 875-6468

CARROLL COUNTY

Mt. Carroll Farmers' Market, west side of courthouse on Main Street; 8 a.m.-noon Saturdays, through October. (815) 244-3027

HENRY COUNTY

Geneseo Farmers' Market, City Park and Pearl Street; 8 a.m.-noon Saturdays, through October. (309) 269-7409

JO DAVIESS COUNTY

Elizabeth Farmers' Market, 411 W. Catlin; 3-6 p.m. Fridays, through October. (815) 598-3138

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, through October. (815) 777-1838

Stockton Farmers' Market, 3-6 p.m. Tuesdays, next to Casey's on South Main St. and 8 a.m.-noon Saturdays, Stockton High School, 500 N. Rush St., through October. (815) 947-3197

Warren Farmers' Market, 110 W. Main St.; 9 a.m.-1 p.m. Saturdays and 4-7 p.m. Wednesdays, through October. (815) 745-2117

KNOX COUNTY

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, through October. (309) 368-9844

Local Growers' Network Farmstand, parking lot at Oak Run Food Mart, 1472 Knox Road 1725 N. #1, Dahllinda; 9 a.m.-2 p.m. Saturdays, through October. (309) 335-2744

LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd streets; 7 a.m.-6 p.m. Wednesdays and 7 a.m.-noon Saturdays, through Oct. 21. (815) 284-3306

MERCER COUNTY

Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-7 p.m. Thursdays, through Oct. 22. (309) 582-2751

MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 6 a.m.-noon Thursdays and 7 a.m.-1 p.m. Saturdays, through Oct. 29. (309) 837-4855

PEORIA COUNTY

Shoppes at College Hills Farmers' Market, Von Maur parking lot, 5201 W. War Memorial Drive, Peoria; 4-8 p.m. Wednesdays and 8 a.m.-11 a.m. Saturdays, through early October. (309) 692-3672 ext. 19

ROCK ISLAND COUNTY

East Moline Farmers' Market, Skate City parking lot, 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, through October. (815) 778-4984

Main Street Market, 700th block of 15th Avenue, East Moline; 2-6 p.m. Thursdays, through Oct. 29. (309) 755-7922

Milan Farmers' Market, 900 W. 4th St.; 2:30-5:30 p.m. Wednesdays, through Oct. 28. (309) 798-7480

Port Byron Farmers' Market, Main Street near the pavilion; 3-7 p.m. Wednesdays, through October. (309) 269-8705

Trinity 7th Street Market, 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, through Oct. 31. (309) 936-7792

Urban Market, Quad City Botanical Center, 2525 4th Ave., Rock Island; 4-8 p.m. Thursdays, through October. (309) 794-0991

WARREN COUNTY

Monmouth Farmers' Market, First State Bank of Western Illinois parking lot, N. Main and W. Boston streets; 7 a.m.-noon Fridays, through October. (309) 734-3181

WHITESIDE COUNTY

Twin City Market, 106 Avenue A., Sterling; 8 a.m.-noon Saturdays, through October. (815) 626-8610

IOWA

CEDAR COUNTY

Cedar County Farmers' Market, south of the courthouse, Tipton; 7:30-11 a.m. Saturdays, through Oct. 3. (563) 886-2076



CLINTON COUNTY

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-6 p.m. Wednesdays and 8-11 a.m. Saturdays, through October. (563) 577-2216

DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-8 p.m. Thursdays, through October. (319) 752-6365

HENRY COUNTY

Mount Pleasant Farmers' Market, Wright Family Pavilion at McMillan Park, Walnut Street; 4:30-6:30 p.m. Wednesdays and 8:30-11 a.m. Saturdays, through Oct. 17. (319) 931-1458

JEFFERSON COUNTY

Fairfield Farmers' Market, Howard Park at Main and Grimes streets; 3-6 p.m. Wednesdays and 8 a.m.-1 p.m. Saturdays, through October. (641) 472-6177

JOHNSON COUNTY

Iowa City Farmers' Market, Chauncey Swan parking ramp between Washington and College streets; 5:30-7:30 p.m. Wednesdays and 7:30-noon Saturdays, through Oct. 31, except the date following. (319) 356-5110

Iowa City Downtown Market, Iowa Avenue between Clinton and Linn streets and along Dubuque Street between Jefferson and Washington streets; 7:30 a.m.-noon Oct. 17. (319) 356-5110

Lone Tree Farmers' Market, North Park, 402 N. Devoe, Lone Tree, Iowa; 3-7 p.m. Tuesdays, through Oct. 27. (319) 629-4299

Sycamore Mall Farmers' Market, west end of Sycamore Mall parking lot, Iowa Highway 6 and Sycamore Street, Iowa City; 3-6:30 p.m. Tuesdays, through Oct. 27. (319) 338-6111

LINN COUNTY

8th Avenue Market, 8th Avenue and 2nd Street SE, Cedar Rapids; 4-6 p.m. Tuesdays and 7:30 a.m.-noon Saturdays, through Oct. 24. (319) 286-5699

Noelridge Farmers' Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, through October. (319) 286-5699

MUSCATINE COUNTY

Muscatine Farmers' Market, 3-5:30 p.m. Tuesdays, Wilson's True Value Hardware Store 1420 Park Ave., and 7:30-11:30 a.m. Saturdays at Mississippi Drive and Sycamore Street, through October. (563) 299-2709

SCOTT COUNTY

Bettendorf Farmers' Market, corner of 21st and State streets; 2-6 p.m. Thursdays, through Oct. 29. (563) 332-5529

Davenport Farmers' Market, NorthPark Mall east entrance, 320 W. Kimberly Road; 8 a.m.-noon Wednesdays and Saturdays, through Oct. 31. (563) 332-5529

Davenport Freight House Farmers' Market, 421 W. River Drive; 3-6 p.m. Tuesdays and 8 a.m.-1 p.m. Saturdays, through October. (563) 940-0634

Trinity Farmers' Market, Trinity at Terrace Park, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, through Oct. 26. (563) 332-5529

food for thought

Factory-farmed bugs

Zoonotic diseases thrive, grow among crowded animals

By Laura Sayre, from Mother Earth News

It's no secret that factory farms are breeding grounds for virulent disease. That includes not only influenza strains such as swine flu, but also antibiotic-resistant bacterial infections, such as methicillin-resistant *Staphylococcus aureus* (MRSA). Animals kept in crowded and unsanitary conditions create an ideal environment for breeding disease, which can spread in food, water, air, and the bodies of farmers, farm workers and their families.

A 2008 report from the Pew Commission on Industrial Farm Animal Production underscores those risks, concluding that factory farm production is growing worldwide, and new infectious diseases are popping up more often. Of particular concern is the rapid rise of antibiotic-resistant microbes, a consequence of the overuse of antibiotics as feed additives in factory farms.

Scientists and medical professionals have been sounding the alarm on these issues for some time. Although the concern of the moment is the specter of pandemic flu, antibiotic resistance already kills thousands of people in the United States each year. Already more than 350 professional organizations — including the American Public Health Association and the American Medical Association — have called for greater regulation of antibiotic use in livestock. The Infectious Diseases Society of America has declared antibiotic-resistant infections an epidemic in the United States. The Food and Agriculture Organization recently warned that global industrial meat production poses a serious threat to human health.

From one perspective, picking up bugs from domesticated animals is nothing new. Approximately two-thirds of the 1,400 known human pathogens are thought to have originated in animals, and most of these ailments probably appeared relatively early in the 10,000-year history of animal domestication. Over time, some human populations developed immunity to these diseases; others were eventually controlled with vaccines and antibiotics.

Beginning in the mid-1970s, however, the numbers of deaths from infectious diseases in the United States started to go back up. Some were from old nemeses, newly immune to treatment; others were just new.

"In recent decades," writes Dr. Michael Greger, director of public health and animal agriculture for the Humane Society of the United States, "previously unknown diseases have surfaced at a pace unheard of in the recorded annals of medicine: more than 30 newly identified human pathogens in 30 years, most of them newly discovered zoonotic viruses." (Zoonotic viruses can be passed from animals to humans.)

Why is this happening? One factor stands out: the rise of industrial farm animal production. "Factory farms represent the most significant change in the lives of animals in 10,000 years," Greger writes. "This is not how animals were supposed to live."

"Concentrated animal feeding operations are comparable to poorly run hospitals, where everyone is given antibiotics, patients lie in unchanged beds, hygiene is



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nonexistent, infections and re-infections are rife, waste is thrown out the window, and visitors enter and leave at will," write Johns Hopkins researchers Ellen Silbergeld, Jay Graham and Lance Price in the 2008 Annual Review of Public Health. By concentrating large numbers of animals together, factory farms are terrific incubators for disease. The stress of factory farm conditions weakens animals' immune systems; ammonia from accumulated waste burns lungs and makes them more susceptible to infection; and the lack of sunlight and fresh air — as well as the genetic uniformity of industrial farm animal populations — facilitates the spread of pathogens.

The medical community has been cautioning for years against irresponsible antibiotic use among people, but in terms of sheer numbers, livestock use is far more significant. It's a simple scientific fact that the more antibiotics are used — especially prolonged use at low doses as in factory farms — the more antibiotic-resistant microbes will become.

Increasingly it appears that as a human species we need to strike a better balance between cheap food and safe food. Industrial farm animal production is driven by rising global demand for meat, so one alternative is to reduce the amount of meat in our diets. Consumers also can seek out meat from local farmers practicing humane, sustainable methods, especially meat and dairy products labeled as "raised without antibiotics."

Excerpted from Mother Earth News, www.MotherEarthNews.com.

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Wednesday, Oct. 28, 1-5 p.m., Clinic Lobby
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- "Prevention and Hands-on Care for Headaches and Neck Pain," 2:30–3:15 p.m.
- "Healthy Aging: Preventing Falls and Managing Arthritis," 3:30–4:15 p.m.

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