



Radish

HEALTHY LIVING FROM GROUND UP

Mad about farming

Young growers and
the lure of the land

Recipes for the harvest

The flexitarian diet

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electric lane

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**QUAD CITIES
NEWS
8
WQAD**

from the editor



Photo by Joe Payne / Radish



For the third year in a row I had the honor to be part of the Xstream Cleanup, an annual de-littering held along the waterways of the Illinois and Iowa Quad-Cities. I've gotten to know several of the people who coordinate the event and the volunteers who get down and dirty for one morning each August. Just being around these people is a faith-in-humanity affirming experience. There are so many who care so deeply about our Earth, and this event reminds me of that truth and rekindles my hope for the future.

For the second year in a row I led a group in a cleanup of a ravine in the middle of Rock Island. We'd been there last year and spent four hard hours cleaning up all sorts of trash, discarded metal, heaps of shingles and other debris that had been dumped or dropped there over the years.

Returning to the ravine this year, we found that not nearly as much litter had found its way into the ravine (though there was still enough to fill 50 bags — yes, that's an improvement). In the end, we had found two piles of shingles, a huge broken mirror, a safe, a vacuum sweeper, a child's bike, a marine battery, various tires and several large pieces of scrap metal — some too large and lodged into the soil for us to remove. The list goes on and on.

Discouraging as these discoveries are, some areas in the Quad-Cities no longer need the Xstream Cleanup, so successful it has been. And by coming back to the event year after year, I have established friendships — even if we only see each other once a year — among those with whom I've worked before. (That's my group in the photo above.) There also is a sort of trashy humor — the cleanest type of trashy humor — that makes the difficult work we do almost, well, fun.

Giving away a perfect summer Saturday morning to pick up other people's trash is not something I cherish. When the alarm went off at 6 a.m. that day, I did not jump out of bed all excited about what was to come.

But once those familiar faces arrived on the scene — in addition to new faces, some of whom I knew from other associations — my enthusiasm was rekindled, and I knew why I was there.

Like the thousands of Xstream volunteers throughout the Quad-Cities that day, I was there to make a difference with my friends — and leave the world a little cleaner.

— Joe Payne
editor@radishmagazine.com

Radish

HEALTHY LIVING FROM THE GROUND UP

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

contributors



Lori Hein is a Boston-based author and freelance writer whose work has appeared in publications worldwide. Her favorite topics — and pursuits — are parenting, running and travel, and her stories often mix the three. Lori's book, "Ribbons of Highway: A Mother-Child Journey Across America," is the story of a 12,000-mile road trip she took with her two kids the summer after 9/11. She publishes a world travel blog at RibbonsOfHighway.blogspot.com.

A marathoner, Lori does some of her best writing while running. Read her essay on discovering the power of exercise and healthy eating on page 40.



Part geek, part stuntman, Quad-Cities native Ryan Orr also is a mountain biker, rock climber, artist and Twinkie connoisseur. As senior editor at dphlms (pronounced d-films) in Rock Island, he creates immersive video, film and DVD content for a wide range of clientele regionally and nationally. He also is a member of Friends of Off-Road Cycling (F.O.R.C.), a Quad-Cities-based mountain biking club and the topic of his first story for Radish. Find it on page 16.



Regular Radish contributor Sarah J. Gardner of Davenport became a vegetarian in 1997 for two simple reasons: it seemed cool and all her friends were doing it. Back then she thought being a vegetarian meant eating a lot of pasta. Now, for more thought-out reasons, she is a flexitarian and has a much healthier diet that happily includes many more vegetables. Read her story on the flexitarian lifestyle on page 12.



Part-time stay-at-home mom, part-time freelance writer Leslie Klipsch of Davenport — a frequent Radish contributor — took on the assignment of trying to find what lured the new generation of small farmers back to the land. Read her story, "Mad about farming," on page 8

Also appearing in Radish this month are regular contributors Jen Knights ("Kinderfarm," page 28), Jonathan Turner ("Sava Center," page 6), Darcy Maulsby ("Herbal antioxidants," page 20) and Lindsay Hocker ("Down to business," page 24).

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the grapevine

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- It is locally made, produced or grown in eastern Iowa or western Illinois.
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For each gift suggestion, we want to know the name of the product and the phone number, Web site or e-mail address of the person or company that makes it. E-mail this information along with your name, hometown and daytime phone number to editor@radishmagazine.com.

Deadline for submissions is Monday, Sept. 22. Winners will be notified in October, and the gift guide will be published in December.

'Living Here on Earth' goes to NEV-er land

Find out what it's like to drive around the Quad-Cities in a neighborhood electric vehicle (NEV) on the Sept. 23 episode of "Living Here on Earth," airing during the 10 p.m. newscast of WQAD NewsChannel 8.

Host Matt Hammill will visit with Dennis Osborne of Rock Island (featured on page 22), who is the first Quad-Citizen to use a NEV — purchased from ePower Synergies, Inc., of Port Byron — for his daily errands.

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



Matt Hammill

Radish online: Taking organic food to task

When you buy food with a "USDA organic" label, do you know what you're getting? The Organic Consumers Association (OCA) poses this question in a story appearing on the Radish Web site this month.

Writer Jill Richardson, founder of the blog La Vida Locavore and a member of the OCA policy advisory board, explains the significance to consumers of last month's action by the USDA to put on probation 15 out of 30 federally accredited organic certifiers. To read this story, visit radishmagazine.com.

Looking for a back issue? Check online or call us

Wherever Radish goes, we're often asked by readers for copies of our back issues. While we can't always provide them right then and there, we do have copies of previous issues at our offices — and can often make these available in person or via mail for the price of postage.

In addition, our most recent issues now are available in PDF format on radishmagazine.com.

If you missed an issue or story and would like to find out if it is still available, call us at (309) 757-5041 or send an e-mail to editor@radishmagazine.com. We can't guarantee we will have every issue you missed (they go quickly!), but we will do our best.

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

Visit the Radish booth at the following events and enter a drawing to win a commemorative Radish 2008 Healthy Living Fair T-shirt! Sign up for a Radish subscription and receive a free Radish canvas bag!

- Davenport Freight House Farmers' Market, 8 a.m.-1 p.m. Sept. 6, 421 W. River Drive, Davenport. Join us as we visit with the Mad Farmers gardeners, pictured on the cover of this month's issue.
- Trinity 7th Street Market, 8 a.m.-noon Sept. 13, 500 John Deere Road, Moline.
- "Conquering Obesity," Sept. 19, Palmer College of Chiropractic, Lyceum Hall, 115 W. 7th St., Davenport. Doors open at 3:45 p.m.
- I-Renew Energy & Sustainability Expo, Sept. 13-14, Center for Energy and Environmental Education, University of Northern Iowa, Cedar Falls.
- "Gourd'geous Day in the County: A Fall Gourd Festival, 9 a.m.-3 p.m. Sept. 27, 3316 N. 1600th Ave., Orion, Ill. (For more information e-mail wrr@frontiernet.net.)



Coming in October... Quad City Earth Charter Summit

Also:

- The 21-day cleanse
- Organic beer taste test
- In search of the great pumpkin

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Andrew Knock (left) and Ian Forslund at the Mad Farmer's Garden outside Coal Valley, Ill. (Photo by Paul Colletti)

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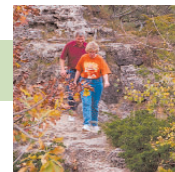
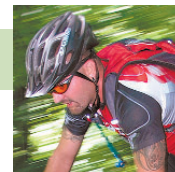
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body, mind & soul

Satva Center

Bringing holistic healing to Rock Island

By Jonathan Turner

Before Rita Melissano and her husband, John Hawry, bought the historic Potter House in 2003 in Rock Island, Melissano meditated on the choice.

"I had a clear vision this house was to be a portal of the spirit — a place where a lot of spiritual work was going to happen, and knowledge shared from different traditions," she says.

While the vacant 1907 landmark at 1906 7th Ave., a former bed-and-breakfast, became their private home, Melissano and Hawry transformed the surrounding property into a healing and meditation center that opened in July. Satva Center, Inc.,

includes a renovated cottage at 1918 7th Ave., a house at 709 19th St. (both of which date from 1890), and restored grounds with a pond, fountain, flowering plants and a labyrinth.

"We both worked to make it a beautiful space," says Melissano, former director of the Trinity Enrichment Center, which is affiliated with Trinity Regional Health System. The Enrichment Center is still open, though some of its programming is changing.

"We raised the energy and consciousness in this place, so its sacredness and beauty came to the level it should be," she says. "Here, the place is ready to welcome people that are like-minded, who want to nourish their soul, to relax and rest, and be rejuvenated."

The new center is the only one in the Quad-Cities to offer a variety of complementary and alternative methodologies, art classes, workshops and other events that heal and balance the body, mind and spirit all in one location, says Melissano, a marriage and family therapist.

It will offer acupuncture, reflexology, meditation, reiki, yoga, T'ai Chi, massage, Buddhist worship and spiritual retreats. People will not stay overnight at the center for retreats.

"I felt the commitment to continue this conversation with the community, to have in one (place) all the available healing methodologies and programs for balancing of the body, the mind, the heart and the spirit."

It's not only the programs, but also the physical space that will welcome students and others. "When people come here, it's almost like they enter a sacred space. They almost feel the difference in the energy — the fact that there are so many trees, plants, flowers, the water, the pond," she says.

"It's really a peaceful place. It's very comfortable," agrees Somening Hocurn, a Buddhist monk from Cambodia who studies at St. Ambrose University in Davenport. Hocurn teaches meditation and provides Buddhist services at the center.

According to the National Institutes of Health (NIH), the use of complementary and alternative medicine (CAM) is growing in the U.S., with people spending more than \$45 billion each year. In fact, about 36 percent of adults use some form of CAM, according to an NIH survey, with that number rising to 62 percent when vitamin therapy and prayer for health purposes are included. However, there are "key questions that are yet to be answered through well-designed scientific studies — questions such as whether these therapies are safe and whether they work for the diseases or medical conditions for which they are used," according to NIH.

"I know how powerful spiritual belief is. Belief can heal or harm people," says Hawry, a registered nurse who teaches at Black Hawk College in Moline.



"There have been clinical studies where certain treatments work better on certain things, like pain management. ... When you look at something like cancer, hospice — at that moment, somebody's mind-set is really different, much more open and accepting to treatments like Reiki or meditation," he says.

They want the center's programs to prevent health problems and address current ones. "There is an interest that health care should not ignore," Melissano says. "The future of health care is complementary, alternative and holistic medicine. That's what we're doing here."

The center is for people of all ages and backgrounds, she says. "People (who) long for spiritual development and to deepen their sacred journeys in life will be drawn to a place like this. We are as inclusive as possible. We are honoring all traditions here."

Melissano has no doubt the center will flourish. "I know that it will because of the purity of heart of the people that will be involved with it," she says.

Upcoming events at Satva Center

Satva Center, Inc., will celebrate its grand opening Oct. 8-10 with events that honor the body, mind and spirit. The guest speaker will be Giovanni M. Pala, an international author and musician who discovered hidden music and ancient symbols in Leonardo DaVinci's painting, "The Last Supper."

Satva Center classes and gatherings include the following: Tai Chi, Anusara yoga (Mondays); advanced and beginner meditation, Ashtanga yoga (Tuesdays); Hatha yoga (Thursdays); and meditation, chanting (Sundays).

Upcoming learning series include Feng Shui (beginning Sept. 24) and Reiki training (beginning Sept. 17). Spiritual retreats are held Saturdays and Sundays, and labyrinth walks are available by appointment. Services by appointment are reiki, reflexology, sound healing, massage, acupuncture, homeopathy and Ayurveda.

For more information, call (309) 793-7881, visit satvacenter.com or e-mail info@satvacenter.com.



Rita Melissano at Satva Center. (Photos by Gary Krambeck / Radish)

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healthy living

Mad about farming

A new generation settles into hard work, good eating

By Leslie Klipsch

Perhaps you've noticed a certain celebrity aura at the farmers' markets this year — locavores rubbing elbows with growers; women in straw hats sampling local wines and artisanal cheeses; and farmers debating the merits of kohlrabi and cabbage with hungry, canvas-bag carrying foodies. Though the allure of the American farm has been heightened through reality television — The CW Television Network recently aired a show about a young, handsome Missouri farmer searching for a wife — and the glamor surrounding the local food movement has piqued consumer interest, there is one group that is too busy to notice: the farmers.

That's the case for Andrew Knock, 22, and Ian Forslund, 30 (left to right, below), of the Mad Farmer's Garden outside Coal Valley, Ill. Not raised in the agrarian lifestyle, both have settled into a rhythm of hard work and good eating.

Though there is no such thing as a typical day, their work always begins early

and ends late. They stop for coffee and meals that consist primarily of the fruits of their labors (zucchini, chicken and pickled broccoli, to name a few), but taking care of goats, chickens and 50 varieties of vegetables — using primarily hand tools — leaves little time for leisure.

"I don't get off the farm much. I went to my sister's wedding last month, and that was the first time I'd been off the farm overnight for over a year," says Forslund. "It's hard," he continues, "but I'm the guy. Somebody has to do it."

Luckily, Forslund and Knock find the work to be engaging. "You directly see your results on a daily basis," says Forslund, who has farmed his great-uncle's land for the last four years. "You take so much more into your own hands. Anything that happens, we have to take care of. If something breaks, we fix it. We make due with what we have."

"I'm in love with it," adds Knock, who has been working with Forslund for more than a year. "It's good work. I'm tired at the end of the day."



Radish 8

The Mad Farmers, who appear weekly at the Davenport Freight House Farmers' Market, aren't typical. However, they might represent what is a growing phenomenon: young, earnest farmers making a life of farming and slowly bringing back the Midwest farm that nurtures dozens of plant and animal species.

"We try to go by as much historical common sense as we can, though we definitely feel like what we're doing is against the grain. It's ironic," Forslund says.

In years past, a young farmer could get started with a rented lot and a couple of pigs. However, since the 1980s and the advent of confinement, as well as monoculture farming, young farmers have had little way to break into the business without taking on a lot of capital or inheriting a farm. But the tide is turning as young farmers produce value-laden products that people with an interest in food and the environment will pay for.

"There are pockets of individuals who want to farm and want to start small. And there is a wide-range of products from meat and dairy to herbs and produce to shiitake mushrooms, maple syrup and free-range eggs that they can sell. ... These are unconventional young farmers who are able to sell specialty products," says Karen Mauldin-Curtis, 38, of Macomb, Ill. She and her husband run Barefoot Gardens and happily introduce such farmers to their dozens of CSA members.

Her husband, John Curtis, 40, a market gardener and board member of the Illinois Stewardship Alliance, adds, "Young people are going into farming, but they're not going into what conventional farmers call farming — they're not going into the huge, cruel, corporate-sponsored systems (animal and large-scale corn and soybean production). I think the revolution is all these young people are interested in growing real food."

Seth Huizenga, 26, is a vegetable farmer who has worked with his father full-time since graduating from Iowa Wesleyan College. He and his wife, Tara, 26, are major players in the family's Huizenga Farms, which Seth's father established 35 years ago near Macomb, Ill. Huizenga says he sensed something happening in the world of farming when he started seeing John Deere clothing being sold at the mall. "I knew that farming was going to get big when I started to see all these 16-year-old kids covered in John Deere," he says with a laugh. By now, some of those duds may have seen a little dirt as younger people are finding their way back to the farm and redefining the way we look at our landscape.

"Any time you can create a value-added crop, you can bring kids back onto the farm more easily," says Rhonda Clough, instructor in the agricultural science department at Kirkwood Community College, Cedar Rapids. It helps, too, that baby boomers are willing to hand over control of farms to the next generation.

Though the hours are long and the work is physically demanding, many young farmers feel the sense of honor and accomplishment is well worth the labor. As Karen Mauldin-Curtis says, "We appreciate that the kind of gardening we do matters ... the scale ... the environmental practices ... all of that matters. I always go back to Ghandi's quote, 'Be the change you want to see in the world.' If you feel passionately about something and it doesn't already exist or it exists in small numbers and you want to see more of it, who better to create it than you? Yes, it takes time and energy, but what fuels us is knowing that it's part of the change we want to see. That's what fills the well at the end of the day, when we're exhausted."

And for those of us following the local food movement, there is admiration and goodwill for the new generation. As Jared Moore, 23, of Rock Island, Ill., says of his friends, the Mad Farmers, "They're doing it right. Waking up and working for yourself like they do. ... There's an independence from society, but at the same time, a dependence on the land and other area farmers. I wish I could live that life and be out on the farm more often."

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"HITTING THE TARGET"

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9 Radish

healthy living

Taste of the harvest

Celebrate changing seasons with good food

By Brandy Welvaert

On the cusp of fall, September gives cooks an excuse to celebrate both the warm and cool seasons. While farmers' markets still are brimming with a wide variety of favorites, a cool evening may come when you realize that you're happy to let go the fruits of July and August as you dig a spoon into a squash or slice through an apple.

If cooks get lucky, they'll have plenty of perfect days that beg for open windows and something delectable from the oven. When one of them arrives, gather goods at your favorite farmers' market — squash, herbs, green tomatoes, garlic, apples and others — and give one of these easy, yummy recipes a whirl.

Here's to the harvest!



Simple Stuffed Zucchini (Photo by Brandy Welvaert / Radish)

Radish 10

Green Tomato Bread

2 eggs
2 cups sugar
2 cups green tomatoes, pureed
1 teaspoon salt
1 cup oil
1 tablespoon vanilla

3 cups flour
1 teaspoon baking soda
1 tablespoon cinnamon
½ teaspoon baking powder
1½ cups chopped nuts

If your tomatoes still are bearing when forecasters predict a freeze, then harvest your remaining green fruits for this bread. Beat together the eggs, sugar, tomatoes, salt, oil and vanilla. In a separate bowl, sift together the flour, baking soda, cinnamon and baking powder. Add the dry mixture to the wet, stirring until incorporated. Stir in the nuts. Pour into loaf pans and bake at 350 degrees 1 hour.

Source: Favorites from the Pond: A Collection of Recipes from the East Moline Family Volunteer Corps (2007)

Simple Stuffed Zucchini

2 or 3 large zucchini
½ pound Italian-seasoned pork sausage
½ cup chopped onion
¼ cup fine dry bread crumbs
1 egg
2 tablespoons Parmesan cheese

Halve the zucchini and scrape out the pulp, leaving a ¼-inch shell. In a pan, cook sausage and chopped onion. Remove from heat and drain, then stir in bread crumbs, egg and cheese. Use this mixture to fill the halved zucchini, then bake in an ungreased dish at 350 degrees for about 30 minutes, or until tops are browned.

Note: If you like, you can drain the pulp and add it back into the stuffing mixture. It's up to you.

Spaghetti Squash Casserole

In cool weather, nothing satisfies quite like a 'hot dish,' and this one is much more healthy than the canned-soup variety.

1 spaghetti squash	1 tablespoon fresh basil, chopped
1 tablespoon olive oil	2 medium tomatoes, chopped
1 cup onion, chopped	½ pound fresh mushrooms, sliced
2 cloves garlic, pressed	1 cup ricotta or cottage cheese
1½ teaspoons salt	1 cup mozzarella cheese (divided)
1 teaspoon pepper	1 cup fine bread crumbs
1 tablespoon dried oregano	1 tablespoon dried parsley

Preheat oven to 375 degrees F. Slice squash in half lengthwise, scoop out the seeds and bake the halves face-down on a buttered pan for 30 minutes. (Or microwave halves on a plate for 10-15 minutes.)

While squash bakes, heat oil in a large pot and saute the onions and garlic with salt, pepper and herbs. When onions are soft, add the tomatoes and mushrooms. Cook off most of the liquid. Cool the squash, then scoop out the insides. Add the squash to the onion mixture in the pot, then add ricotta (or cottage cheese), ½ cup of the mozzarella and bread crumbs. Mix well to combine, then turn into a buttered 2- or 3-quart casserole dish. Sprinkle with remaining ½ cup mozzarella, then bake about 40 minutes, or until bubbly and cheese is melted. Sprinkle with parsley before serving.



Spaghetti Squash Casserole (Photo by Brandy Welvaert / Radish)


Source: Adapted from a recipe in "GardenTown USA's Greatest Recipes," Vol. 1 (no date)

Rosemary Zucchini Sticks


2 medium zucchini, peeled	1 egg
1 cup seasoned bread crumbs	1 tablespoon water
1 tablespoon chopped rosemary	

Preheat oven to 375 degrees. Cut each zucchini in half width-wise, then cut halves in half lengthwise into quarters. (For faster baking, cut them into smaller pieces.) In a shallow bowl, combine bread crumbs and rosemary. In another bowl, beat egg and water. Dip zucchini sticks in egg mixture, then coat with crumbs. Coat a second time in egg and crumbs. Arrange on a baking sheet coated with nonstick cooking spray. Bake for 20-25 minutes or until tender and golden, turning once. Serve immediately.

Source: Adapted from a recipe in "GardenTown USA's Greatest Recipes," Vol. 1



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11 Radish

healthy living

The flexitarian diet

Mostly veggies, please, but a bratwurst now and then

By Sarah Gardner

Are you a vegetarian? Over the years I have come up with several handy responses to this question. "Depends on the day," I'll say, or, "I'm what you'd call an on-again, off-again vegetarian."

"So no, you're not," my vegetarian friends reply. "So yes, you are," my meat-eating friends say. Then I, caught somewhere in between, smile politely and shift the conversation toward something less contentious. Like, say, any upcoming election.

What I am has a name — flexitarian — and what that means is that most of the time I eat vegetarian meals. But every so often, when I'm visiting someone for dinner, for example, I am just as happy to eat whatever they are eating. And then, of course, there are the days — there is no other way to say this — that a bratwurst at the farmers' market calls to me. It sings my name.

Just as it sounds, being flexitarian means being flexible. It is a term that applies equally well to my husband, who likes meat at most meals but is as comfortable bellying up to a plate of tofu and veggies. Even though you may have never heard the word before, chances are good you too know a person who fits this description. Maybe it's even you.

Though fewer than 10 percent of Americans describe themselves as vegetarian, more than 50 percent occasionally eat meatless meals. That adds up to a lot of flexitarians. The reasons for going without meat from time to time turn out to be as diverse as flexitarians themselves. Some people are looking to cut down their intake of saturated fats and to eat more vegetables, but they don't want to give up meat entirely. Some just want a greater variety in their meals. And for some, skipping the steak for a bean stew every so often just makes good economic sense.

For Kathleen Conway of Davenport, it was another story entirely. One day her teenage daughter Claire came home and said that she had decided to be a vegetarian. Kathleen, whose favorite foods are beef, pork, catfish and salmon, had exactly one



Claire Conway and her mother, Kathleen, are flexitarians. They usually eat like vegetarians, but they sometimes eat meat. Kathleen prepared two versions of Savory Cinnamon Stew. (Photo by John Greenwood / Radish)

thought: "What am I going to cook?"

At first she tried pasta dishes like veggie lasagna. Then she began preparing meals that still had meat but with extra side dishes for Claire to eat. Finally they found a compromise. It turned out Claire didn't want to eat meat because she was uncomfortable with the way many livestock animals are raised. Fish, however, she could live with. So alongside the pasta and veggie dishes, fish started appearing on the dinner table.

"So you became pescatarians," I said when I heard this.

"Yeah," replied Claire, "but when you say that, people don't know what it is. They think it is a religion."

This, of course, is another difficulty: There are

so many different kinds of vegetarian to be. Lacto, lacto-ovo, vegan, fruitarian, raw foodie — and if keeping them all straight isn't hard enough, the assumption is often that once you pick a title, you are being "bad" if you decide to eat anything else — again, almost as if vegetarian were a religion.

"But it's nice to think I'm not only a meat eater. She's not only a vegetarian," said Kathleen. "Being flexitarian to me sounds like we are actually making good, informed choices about what we eat. We're deciding what's healthy, and we're giving ourselves more things to choose from for all the right reasons."

Maybe the most unexpected reason to try a flexitarian lifestyle is the potential benefits for the environment. According to a University of Chicago study, for every meal in which you forgo meat, you reduce

your carbon footprint (the amount of carbon dioxide emissions you create) by 2.5 to 3.5 pounds. Go meatless two meals a day and the impact actually can exceed the difference made by driving a hybrid car. Not everybody can afford a Prius, of course, just like not everyone can go without meat, well, cold-turkey. But just imagine: Cereal for breakfast, a peanut butter sandwich for lunch and then the meat dish of your choice for dinner. In short, a flexitarian diet — and your environmental impact is greatly reduced.

That's exactly the thinking behind movements like the PB&J Campaign (pbj-campaign.org) that argues that even if you don't want to be a vegetarian, simply going meatless once in a while can make a difference. If, for example, just three times a month you ate a veggie meal instead of a hamburger, it would conserve more water than if you switched to a low-flow shower head. (That's good news to people like me, who not only have an occasional craving for bratwurst, but who also need 10 minutes of high-pressure water in the morning just to wake up.)

If this way of eating sounds like a new idea, it really is not. For my farm-raised grandparents, meat was a special treat served as part of Sunday dinner and then eaten sparingly throughout the rest of the week. As adults they went meatless every Friday. The word flexitarian didn't exist when they were alive, but that's exactly what they were.

So, what did I end up telling my brother? I said it's true I prefer not to eat a lot of meat, but if he had a steak he really wanted me to try, I wasn't going to say no. Then he replied that maybe instead we could visit his favorite taco stand, and I could tell him if their bean burritos were any good. It was an offer I couldn't refuse.

If you are considering a flexitarian diet, or if you are a flexitarian already, I'd like to share one of my favorite versatile dishes. When meat-eating friends come over, I make the version calling for chicken. When I'm on my own or entertaining vegetarians, I use the equally delicious almond version.

Savory Cinnamon Stew, Two Ways

2 chicken breasts, cut into chunks

OR ½ cup slivered almonds

2 cups chicken broth

OR 2 cups vegetable broth

1 large onion, diced

4 carrots, cut into 1 inch sticks

2 medium zucchini, cut into 1 inch sticks

sticks

12 dried apricots, roughly chopped into quarters

1 15-ounce can garbanzo beans

4 cinnamon sticks

2 tablespoons fresh ginger, minced

2 tablespoons turmeric

Pinch red pepper flakes

Salt and pepper to taste

In a large Dutch oven or a heavy pot with a tight-fitting lid, or in a slow cooker, combine all ingredients except zucchini. If cooking the stew in a Dutch oven or other heavy pot, set it over medium-high heat and bring to a boil, then lower temperature to medium-low, add the zucchini, cover, and let simmer for 40 minutes or so. If cooking the stew in a slow cooker, set on low heat and let cook for 6 hours, adding the zucchini for the final hour.

When ready to serve, remove the cinnamon sticks (which will unravel during the cooking process) before ladling into bowls. The stew can be served on its own or spooned over couscous or rice.

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growers

Noble Bee Honey

The work of pollinators is sweet in so many ways

By Brandy Welvaert

When Matthew Stewart began tending his first hive 18 years ago, he wasn't in it for the honey. He was in it for the pollination: the amazingly complex and under-estimated business that bees and other bugs accomplish by buzzing flower to flower, spreading genes, helping plants replicate and thereby make food that feeds just about everyone (and everything) in the food chain.

"The beekeeping started by accident," Stewart says by phone from his South Amana, Iowa, homestead, home of Noble Bee Honey. "We were doing gardening, and we noticed that we weren't getting the pollination. Especially the cucumbers weren't getting as many per blossom."

Stung by the love of bees, he didn't turn back. His hives once numbered 80, but he lost some of the

insects naturally over many winters. Others were killed by the Varroa destructor (its real name), a parasitic mite that wipes out entire hives via disabling genetic mutations. In fact, scientists have linked Varroa to the yet mysterious Colony Collapse Disorder.

Today Stewart and his wife, Patty, gather micro-seasonal honey varieties from early spring through fall and sell them on the homestead, in farmers' markets and in regional grocery stores. With the first flush of dandelions, the bees fill their combs with a honey whose characteristics are borne of the plant. No other honey tastes like it or looks like it, and every subsequent batch has its own color, consistency and flavor profile that reflects the flowers in bloom at the time.

"One that I really specialize in is ... buckwheat. It makes a really dark honey that has the tendency to be a citrus-type flavor at first, and then it gets really strong, with a bitter aftertaste," he says.

Apiculture, or bee husbandry, requires a mind that tunes into every breath and sigh of the seasons. When does wild-fruit-bloom honey season end and black-locust-tree honey season begin? You'll have to ask the beekeeper.

"In late May or early June, it's about a five-day period. That makes a very, very light-flavored honey. People try a sample, and they go crazy for it," he says. It's his personal favorite and goes into his morning coffee.

"It will not promote tooth decay. I take it after I clean my teeth every night," he says, explaining that honey kills bacteria and staves off bad breath. Many sources indicate that Native Americans used honey to treat cuts to the skin.

As for the wounds of beekeeping, Stewart says that stings take some getting used to. He wears a protective suit and traditional veil and helmet, but he goes bare-handed.

"The first hives we had ... I thought I got hit by a Mack truck. Now it's just like a mosquito bite," he says.

Each of his 16 hives yields about 15-20 pounds of honey each season, though the honey embodies just one of the bees' sweet favors.

"There's a two-and-a-half mile radius that they fly. I have neighbors with apple trees, and the poor things are just overloaded," he says.

All thanks, no doubt, to the industrious, noble bees.

Find Noble Bee Honey in Fareway and Hy-Vee stores in Coralville, Cedar Rapids and Iowa City, and at the Iowa City Farmers' Market at the Chauncey Swan parking ramp between Washington and College streets from 5:30 to 7:30 p.m. Wednesdays and 7:30 to 11:30 a.m. Saturdays.

Schedule an educational outing to Noble Bee Honey in South Amana, Iowa, by calling Matthew Stewart at (319) 662-4145.



Matthew Stewart and his honey bees at Noble Bee Honey in South Amana, Iowa. (Ann Rinehart / Radish)



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outdoors

Hungry for trails?

Start biking with F.O.R.C. and dig in

By Ryan Orr

Running, boating and swimming are fine for some, but the more adventure-some breed — the mountain biker — wants more.

"If it's an off-road trail, I want to ride it," says John Blair, a member of Friends of Off-Road Cycling (F.O.R.C.). "Mountain biking gives me a much different challenge than just riding the bike path."

While F.O.R.C. (pronounced "fork") may have a funny name, its members are serious about riding, having fun and maintaining the places they ride. The nonprofit, Quad-Cities-based club strives to provide mountain biking outlets and events for mountain bikers, as well as maintaining and fostering responsible usage for trails throughout the area.

"We have some very simple rules," says Rick Wren, F.O.R.C. founder. "Ride on open trails only, leave no trace, control your bicycle, be courteous on the trails, never spook animals, plan ahead, wear your helmet and, of course, have fun."



Andy Peterson rides during a F.O.R.C. event. (Submitted)

It's this responsibility that has fueled F.O.R.C.'s growth and ambitious trail building projects over the last few years. Through its efforts, F.O.R.C. has proven that mountain bikers can be responsible stewards of the land they use. Current projects include construction of multi-use natural trails at Scott County Park (Parkview) and Sunderbruch Park (Davenport) in Iowa and maintenance at Sylvan Island (Moline) and Loud Thunder (Andalusia) in Illinois.

Mountain biking long has been perceived as a men's sport, but times are changing. Women now comprise the largest percentage of buyers in the growing mountain-bike market, an increase that's reflected in women's club membership.

F.O.R.C. began 10 years ago with a small group of guys, and now it's exploded to more than 70 members. Today membership is a great combination of men, women, young and old.

"The best thing about mountain biking and F.O.R.C. is that your skill level doesn't matter — the goal is to get out on the trails and have a good time," says Becky Bernard, F.O.R.C. member. "We love the fact that we constantly take new members out for rides. They quickly realize there are plenty of people to ride with at their skill level."

In addition to maintaining several trail systems, F.O.R.C. also hosts three major events each year: two races and one instructional clinic.

F.O.R.C. events

Sylvan Island Stampede, April 2009: The Sylvan Island Stampede is a grueling, 3-mile mountain-biking course with divisions for kids and novices as well as sport and expert racers. This quickly growing event attracted 150 entrants in 2008 and expects even more next year. The Stampede challenges mountain bikers from around the Quad-Cities and beyond.

F.O.R.C.-Side Thrill Ride, Summer 2009: This event was first held July 13, 2008, at Davenport's Sunderbruch Park. The Thrill Ride is a new, exhausting mountain-biking course with divisions for novices and sport and expert racers. The inaugural event attracted more than 100 racers from around the region.

"This race challenges mountain bikers in different ways than The Stampede," says John Blair, F.O.R.C. race director. "Sunderbruch has more hills and longer trails, which means endurance is key to competing."

Education

Mountain Biking 101 is a free, off-road mountain bike clinic, geared toward the beginner. It offers hands-on riding instruction, tips and techniques to improve off-road riding skills. The event is open to adults and children over 10. All participants must have a mountain bike and helmet. It will be offered in spring 2009.

Turn to Resources, page 38, for a list of trails. For more information about F.O.R.C. and its events, visit qcor.org.

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homes

Homemade scrubs

Putting green cleaners to the test

By Radish staff

So you've heard that you can make your own green cleaning supplies on the cheap — but you wonder if they work. We wondered, too. That's why three Radish gals decided to put a few homespun, eco-friendly cleaners to the test. We surfed the Net and found some recipes using household ingredients to scrub our kitchens, bathrooms and windows. Here's what we learned.

Tub ringer?

I was excited to discover an eco-friendly alternative to Soft Scrub With Lemon — one of the best tub-ring eliminators out there, if you ask me, but one that isn't so planet-kind. You know pretty much instinctively that a chemical isn't doing wonders for the Earth when it hurts your throat to breathe while you're using it!

The recipe: ¼ cup borax, ½ teaspoon lemon oil, and vegetable-based liquid soap (I used Murphy's Oil Soap). In a bowl, mix the borax with enough soap to form a creamy paste. Add the lemon oil and blend. Scoop a small amount onto a sponge, wash the surface, then rinse well.

The test: I didn't have lemon oil, so I substituted lemon juice — perhaps not the most effective substitution — in the recipe. I glopped the scrubber into my bathtub, adding extra in spots where the ring was most apparent. It clung to the sides for a moment. I used a scouring pad and scrubbed.

While the concoction removed some of the grime, it didn't totally erase the ring. My bathtub is old and porcelain, so the heavy-duty cleaner probably is better able to penetrate its porous surface. If my tub were newer, I bet the homemade cleaner would have performed perfectly.

— By Brandy Welvaert

Brightening baking soda

With no children, pets or males around, my apartment really doesn't get that grimy. So it's probably OK that I got the proportions wrong on the baking-soda scrub.

The recipe: Mix 4 tablespoons baking soda with 4 cups warm water. Use for general surface cleaning in bathrooms and kitchens. Instead of tablespoons I used teaspoons, and instead of a quart of warm water, I used 2 cups. But the goal was cleaning, not math, and the mix actually turned out quite nicely as a gentle surface cleaner, assuming your surface isn't monstrously mucky.

The test: I generally wipe down my bathroom counter with water when it's looking a little less shiny than I'd prefer. The baking-soda cleaner, or my diluted rendition of it, was a step up, and just as easy to rinse off.

It was mild and odorless, but applied with a light scrubbing pad, it took the occasional spot of toothpaste right off. It left no residue after rinsing, and the counter and sink were left looking cleaner and brighter.

— By Elizabeth Janicke

Vinegar victory

A vinegar soak did wonders for a clogged faucet in my bathroom. Vinegar is recommended for removing lime deposits on plumbing fixtures. The flow in my bathroom faucet had been slowing to a trickle, so I unscrewed the head of the faucet and plunked it into a bowl of vinegar. I let it soak for an hour.

When I removed the head from the vinegar, I could see that much of the buildup had been removed. I replaced it on the faucet and rejoiced when I saw the improvement in the water flow.

Sure, the bathroom briefly smelled like a pickle factory, but it worked!

— By Laura Fraembs

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



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food

Herbal antioxidants

Spice up your health with nature's flavor enhancers

By Darcy Maulsby

While no kitchen garden or pantry is complete without herbs, you might not have known that some of those robust flavor-enhancers pack more antioxidant power, ounce for ounce, than some berries, fruits and vegetables.

"Herbs give such a wonderful flavor to food, and they are a great option when you want to eat healthy," says Connie Tjarks of Maquoketa, Iowa, who has grown herbs since 1970.

When it comes to overall health, antioxidants matter. Studies of animals and humans have shown that foods scoring high in antioxidants may protect cells from oxidation — essentially, a weakening on the chemical level.

While herbs are known to be good sources of antioxidants, their potency varies depending on species and growing conditions. For instance, three different types of oregano — Mexican, Italian and Greek mountain — scored highest in antioxidant activity, according to a recent study by the Agricultural Research Service. These herbs' activity was stronger than that of vitamin E and comparable to the food preservative BHA against fat oxidation. Several other culinary herbs — including rose geranium, sweet bay, dill, purple amaranth and winter savory — also showed strong antioxidant activity.

The benefits don't stop there. Researchers at Germany's Bonn University have discovered that oregano also contains a substance that appears to help ease inflammation. The ingredient, found in plants such as basil, rosemary, cinnamon and black pepper, also might be of use against disorders such as osteoporosis and arteriosclerosis. In addition, it might help control such chronic disorders as Chron's disease.

Why wait to reap the health benefits of herbs?

They are easy to grow, whether you have a large garden or a small pot in your window. While it's often easier to purchase herbs from a nursery, some plants, such as basil, are easy to start from seed and grow quickly. Remember that some varieties of the same herb pack more of a punch than others. Tjarks prefers Italian parsley to curly parsley, for example, since the former provides much more flavor.



Rosemary can help ease inflammation. (Photo by Robert Leistra / Radish)

Not sure how to cook with herbs? Herbs fall into two broad groups: The mint category (heavier, richer flavors) and the carrot category (lighter, more delicate flavors), Tjarks says. As members of the mint category, basil, sage and oregano start strong and remain potent, making it possible to add them at the beginning of the cooking process. Tarragon, dill and fennel, which fall into the carrot category, should be added towards the end of the cooking process to preserve their unique flavors.

When you cook with herbs, you don't want them to mask the flavor of the food you're trying to enhance, adds Tjarks, who advises starting light. "Add half a teaspoon of herbs, and if you can't taste the flavor, add more. Taste as you go to find the right amount."

To enhance meat with herbs, rub them on its surface to activate the oils and release flavor from the leaves. Even if you're pressed for time, you still can include herbs. Before Tjarks leaves for work in the morning, she takes a beef or pork roast from the freezer and places it in a slow cooker with ¼ cup red or white wine. After sprinkling herbs on the meat, she turns the slow cooker on low and lets the roast cook all day. "It's just fabulous," says Tjarks, who runs Knot Enough Thyme (knotenoughthyme.com), a company that supplies organic herbal blends and dips across the Midwest. "When you come home, add a salad and some vegetables for side dishes, and you've got a great meal."

If you like to grill, place sprigs of fresh sage on grill grates and arrange meat on top, Tjarks says. While the herbs won't be usable by the end of cooking, their flavor will permeate the meat. Grilled fish and herbs also can pair well, adds Tjarks, who puts dill and salmon in a covered container the night before to start the flavor infusion process.

As the weather turns colder, you don't have to sacrifice fresh flavors if you've planted herbs in containers. Bring the pots inside and place in a sunny area for the winter. If you prefer to grow herbs in your garden, many will overwinter in the Midwest, including tarragon, thyme, sage and oregano.

See Resources, page 38, for more ideas for cooking with herbs.

eating well

'Super Size Me' director Morgan Spurlock to speak at Palmer College of Chiropractic

By Laura Anderson

Need a big inspiration to make healthy changes? Keynote speaker Morgan Spurlock of "Super Size Me" fame will help you drop unhealthy habits at the "Conquering Obesity!" event Sept. 19 at Palmer College of Chiropractic, Davenport, where the filmmaker will present "The Effect of the Fast Food and Entertainment Industries on Health." Spurlock's presentation at the end of the event will cap the evening that begins at 4 p.m.

Morgan Spurlock, in case you haven't heard, is a pretty big deal. For "Super Size Me," his first feature documentary released in 2004, Spurlock ate fast food — and only fast food — for a month. The film earned an Oscar nomination and won the Writers Guild of America Best Documentary Screenplay Award and Best Director prizes at the Sundance and Edinburgh Film Festivals. The film gave viewers a front-row seat to the results of eating poorly and opened the topic for discussion.

Spurlock also created and produced FX's critically acclaimed series "30 Days." His latest film, "Where in the World is Osama bin Laden?," opened in a limited number of U.S. theaters in April.

Spurlock also wrote "Don't Eat This Book: Fast Food and the Supersizing of America," a book that goes hand-in-hand with "Super Size Me." In it, Spurlock further analyzes the tastiness of cheap, abundant fast food.

Since 2004, he has visited more than 100 universities and secondary schools talking about obesity and the effects of fast food and the entertainment industry on society while inspiring people to take responsibility for their health and lives.

"Conquering Obesity!" will begin at 4 p.m. with a community viewing of "Super Size Me." From 4:30 to 6:15 p.m., attendees can peruse booths offering health and nutrition information, samples, body fat analysis and health screenings.

The main program begins at 6:30 p.m. with Gregg Simmons, executive chef at Aramark, who will demonstrate fast and healthy meals that you can make at home. Lia Nightingale, Ph.D., then will give a presentation titled "Whole Vs. Processed Food Choices." Spurlock will speak last.

Doors will open at 3:45 p.m. for "Conquering Obesity!," which will be held at Lyceum Hall (the old Masonic Temple Building) at Palmer College of Chiropractic, 115 W. 7th St., Davenport. The event is free, but tickets are required. They are available at Quad-Cities area YMCA locations or the Welcome Center in the Palmer Academic Health Center at 1000 Brady St., Davenport.

For more information about the event, visit palmer.edu.



Morgan Spurlock

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transportation

Driving ZENN

Electric car gives its owner peace of mind

By Radish staff

When the price for a gallon of gasoline topped \$4 this summer, Dennis Osborne didn't sweat it. That's because his grocery-getter runs on electricity.

Earlier this year, Osborne bought a ZENN — a Zero Emissions No Noise vehicle — from ePower Synergies in Port Byron, Ill. He uses the small, hip car to zip around Rock Island, Ill., a city that has legalized the use of neighborhood electric vehicles (NEVs), such as the ZENN, on its roads. Osborne can cross Rock Island's Centennial Bridge and drive just about anywhere in Iowa, where NEVs are legal unless a city government passes a law against them. He's still waiting to drive the vehicle to neighboring Illinois cities, though, because they must OK the use of NEVs by ordinance.

Osborne can drive the car 30 to 50 miles per charge, depending on terrain, temperature, vehicle load and starts and stops. He didn't want air conditioning in the vehicle because it would further limit his driving range.

Instead of a fuel tank, at its rear the car has a plug that works with any standard outlet. A complete recharge requires eight hours and partial charge takes about four hours. A full charge takes about 50 cents' worth of electricity.

Radish recently caught up with Osborne for a question-and-answer session about the new car.

Radish: What drew you to your ZENN?

Dennis Osborne: I was attracted to the electric car because I feel that all of us have a responsibility to be concerned about the imprint on the planet that each of us makes. I am trying to use energy only when necessary.

R: How often can you use the car?

DO: I drive the ZENN every day that I am at home. (Osborne often travels for work.) I use the vehicle to have coffee in the morning each day. Also, I drive it for errands like picking up groceries, prescriptions or dry cleaning; paying taxes, getting a haircut, or visiting city hall, doctors or dentists. Also, I use vehicle to dine out since we have many nice restaurants in my city. In fact, I try to get all my errands done in Rock Island so that I can drive the ZENN.

R: Does the ZENN feel like a "regular" car?

DO: The ride is similar to any small car ride, and it can be a little bumpy on some of our older streets that need repair after our winters. In most cases I will be driving alone, however, so this is a minor point.

R: How do other drivers react to the car?

DO: The other drivers seem to stay back for a short while, as if they are looking the vehicle over before passing me. I travel on both 17th Street and 18th Avenue (two busy streets) in Rock Island and have not received a bad reaction from anyone yet.



Dennis Osborne of Rock Island, Ill., with his ZENN. (Photo by Patrick Traylor / Radish)

R: Do you find that parking spaces are oversized?

DO: When I use a parking place, there is more than enough room. Sometimes we could fit two ZENN's into one parking place. At least I don't have to worry about other people hitting my car with their doors and scratching my paint!

R: Aside from gas savings, what are the hidden advantages of your car?

DO: There is a quick reaction on the steering as you expect from any small vehicle. And I do enjoy the CD player on the radio and the easy access to the plug-in for recharging. The charger is inside the vehicle, and we can just plug it in overnight to have a full charge for the next day.

R: Ever have a stranger ask for a ride?

DO: I still am giving rides to my friends, relatives and neighbors. I have given as many as six rides on one day, and there have only been two days that I have not given rides.

R: Does driving your ZENN make you feel ... zen?

DO: I have peace of mind that I am doing the right thing. I will make my imprint on the planet as small as I can.

Learn more about ZENN vehicles at zenncars.com or epowersynergies.com.

environment

Electric car pioneer Wally Rippel to speak at I-Renew Expo

By Laura Anderson

There's plenty in store this year for the 17th annual Iowa Renewable Energy Association's Energy and Sustainability Expo.

The Expo will be held from 9 a.m. to 5 p.m. Saturday, Sept. 13, and from 10:30 a.m. to 4:30 p.m. Sunday, Sept. 14, in and around the University of Northern Iowa's Center for Energy and Environmental Education (CEE) in Cedar Falls. Admission is \$10 per day, and I-Renew members are admitted free. Memberships will be available at the door.

Keynote speaker Wally Rippel, an engineer and electric car pioneer who was featured in the 2006 film, "Who Killed the Electric Car?", will discuss his passion. Another keynote, professor Jane Davidson, director of the University of the Minnesota's Solar Energy Laboratory, will speak about solar energy.

Expo-goers will have the chance to check out demonstrations of wind power, electric and alternative-fuel cars, solar power and solar hot water heaters. They also can take part in more than 60 workshops on a number of environmental topics. Small business owners will be especially interested in hearing John Ivanko and Lisa Kivistik, co-authors of "ECOpreneur: Putting Purpose and the Planet Before Profits," which was featured in the June 2008 issue of Radish. The pair owns Inn Serendipity, a sustainable bed and breakfast in Brownstown, Wis., and will hold workshops discussing how small business owners can help create a better world by being a part of the new green economy.

Other workshops will cover energy education (for the public at large and for teachers), building an energy efficient home, renewable energy production and use, alternative fuels and transportation, renewable energy policy and advocacy, and sustainable living.

Children's programs will be available each day, with a solar cooking contest and tours of the University of Northern Iowa's prairie near the Expo site on Saturday.

Attendees will also be free to roam the Expo and take a look at booths from more than 80 green exhibitors. Vendors will show off solar hot-water systems, solar radiant-floor heating, solar photovoltaic (electric) systems, small wind turbines, geothermal installations, energy efficient home products, and earth-friendly and socially responsible organic foods.

If you get hungry, you can indulge in some tasty foods. Vegetarian and non-vegetarian sandwiches, smoothies, coffee and pastries will be offered, as well as Mexican food featuring fresh, local produce.

For more information about the 17th annual I-Renew Expo, visit irenew.org.



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pets

Down to business

Cleaning up after your pet the responsible way

By Lindsay Hocker

Placing your dog's waste into a plastic bag and sending it off to the landfill almost guarantees that the stuff will last a century or more, but leaving waste where it falls can be hazardous for the environment, too. Parasites and bacteria thrive in pet waste, which poses a danger to both humans and animals if they come into contact with it.

What should a good environmentalist do with the doo? Instead of allowing it to take up precious landfill space — or possibly pollute groundwater — dog owners can take advantage of several products and ideas to dispose of waste responsibly.

Biodegradable bags

Many companies boast biodegradable products to assist in dog waste removal, and BioBag is one of them. For under \$15 (including shipping), you can get 50 of the company's dog-waste bags.

With doggy goods in the bag, what's next? BioBag's Web site (biobagusa.com) says that people can throw filled bags into a compost pile or bury the bag so micro-organisms will devour both the bag and waste. (Of course, doggy compost can't be used on plants you plan to eat.)

PoopBags.com — yep, that's the real name of the Web site — sells similar bags, priced at \$18.98 for 100 (600 for \$59.99), which includes shipping. These bags are about the same size as BioBags and are made with wheat, potatoes, corn and tapioca. Black bags offered by the site are made with corn and are manufactured by BioBag.

Some dog parks already have switched to biodegradable bags to lessen the environmental impact of puppy play dates.

Flushing it

If you're willing to tote your dog's waste through your home to your toilet, flushing it is another way to get rid of it. That way, your pooch's poop will be treated and disposed of just like your own.

One product to assist in this endeavor is Flushies (flushiespoopbags.com). Flushies are made of water soluble polyvinyl alcohol, and according to the Web site, they start to break down as soon as they're pitched into the toilet.

Without a flushable bag, pet owners can place waste in a reusable container and carry the waste from the yard to the bathroom — if they're not squeamish.

Composting

After a compost area is set up, it might be the simplest solution to dispose of your dog's doo. Composting keeps the stuff in the yard, and the pet owner simply moves it from the grass to a hole in the ground.

Cityfarmer.org recommends sliding an altered garbage can into the ground

for this purpose. To do this, drill holes into the sides of a garbage can and remove its bottom with a keyhole saw, then dig a hole. Make the hole wide and deep enough so that the garbage can comes up to ground level. Once it fits, toss some rocks in the bottom for drainage purposes. Add a small amount of septic starter and water to speed up the decomposition process and cover the hole with a lid. All you have to do is add waste to the pit, along with septic starter and water, as needed.

The resulting compost can be used to fertilize ornamental plants, but not for food crops.



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great places

Have some Backbone

Iowa's oldest state park offers spine-tingling fun

By Joe Payne

For one of those "this is Iowa?" experiences, you can't beat a trip to Backbone State Park — particularly in the fall.

Last October my sons and I camped at the park one weekend — not nearly long enough, but long enough to give us a preview of all Backbone has to offer.

Located in northeastern Iowa, three miles south of Strawberry Point, Backbone is Iowa's oldest state park, dedicated in 1920. It gets its name from an ancient ridge of dolomite — called the "Devil's Backbone" — that was spared during the last Ice Age and sticks out like a spine through the park's midsection high above Backbone Lake.

Hiking this undulating ridge — with its dramatic views, cool crevasses and irresistible passageways — is the ultimate experience here, especially in the fall, when the park's wide variety of tree species is at peak color. But there is so much more to do. At Backbone you can:

- Camp at one of 125 sites in two campgrounds — the Six Pine Campground, which offers 27 non-electric sites and a pit latrine, or in the South Lake Campground, with 49 non-electric sites, 49 electric sites, two shower buildings and a playground. For a "luxury" experience, rent a one- or two-bedroom cabin, complete with heating and air conditioning.

- Go swimming or boating in Backbone Lake, an impoundment of the Maquoketa River created by the Civilian Conservation Corps back in the 1930s. You can rent a boat if you don't have your own, and the beach is gorgeous. (Again — this is Iowa!)



Iowa Department of Natural Resources

- Go trout fishing. According to the Iowa DNR, Richmond Springs, the source that feeds the stream, pumps out over 2,000 gallons per minute near the north end of the park. Anglers can explore the stream through a variety of shady and easy accessible trails, portions of which are paved.

- Bike through the park on the Barred Owl, Bluebird, East Lake and West Lake trails. Or hop on the Northeast State Park Bike Route, a 130-mile route which connects Backbone State Park, Wapsipinicon State Park and Pike's Peak State Park via county highways.

- Climb. My sons and I saw several groups rappelling the cliffs throughout the park. (All climbers and rappellers must register at the park office.)

- Go geocaching. My sons and I hiked through a good portion of the dense woods in search of a cache and found it — one of several hidden amid the 2,001-acre park.

- Hit the trails. The looping Backbone Trail is just part of the park's 21 hiking and multi-use trails, along which you'll see deer, fox, turkeys, ruffed grouse and many species of songbirds.

My family and I plan to return to Backbone again this fall — and stay longer this time. Something tells me no matter how long we stay, however, it won't be long enough.

For more information, call Backbone State Park, (563) 924-2527 or visit iowadnr.com/parks/stateparklist/backbone.html. For more information on geocaching, visit geocaching.com.

Hiking this undulating ridge ... is the ultimate experience here, especially in the fall, when the park's wide variety of tree species is at peak color.

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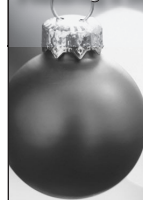
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education

Kinderfarm

Simple pleasures for preschoolers

By Jen Knights

Ask Heather Shoemaker what's special about Kinderfarm Preschool, located on 20 acres of farmland just east of Iowa City, and she can gush for an hour.

Shoemaker, the owner and director of Kinderfarm (not to mention occasional cook, driver and all-around go-to gal), says that the school "gives kids more for their imagination." It gets children outside and gives them opportunities to experience the natural world in a time when video games, DVDs and computers make it easy for kids to be sedentary.

"In this modern life," she explains, "lots of kids miss the simple pleasures. Whether it's a tadpole swimming in the pond or a beautiful sunset, Kinderfarm kids understand the beauty of a simpler time — and they understand the importance of caring for the natural world."

Kinderfarm, founded in 1973 by Jim and Phyllis Tucker of Iowa City, was created during a time when more Iowa families lived on farms and when children had easier access to a farm experience. Even then, the exodus of families from the country to the city had begun, and large-scale farming had just started to take hold of the agricultural economy.

Today, Shoemaker and her husband, Drew, who purchased the business from the Tuckers in 1993, attempt to recapture the magic of the farm and to use its everyday events as teaching opportunities for budding young minds. Children help tend the animals on the farm, including rabbits, goats, chickens, llamas, a pot-bellied pig, a horse and a pony, as well as the Kinderfarm garden, which provides veggies for

some of the center's meals during the growing season.

"It's such a treat to watch a child taste a raw green bean for the first time," Shoemaker says. "You'd be surprised how many kids ask for another one!"

Kinderfarm isn't just a day at the farm, though.

The center strives to balance unstructured play-time and free-form learning opportunities on the farm with structured classroom time spent learning school-readiness skills like socializing, decision-making, language proficiency, beginning math and early reading and writing. Classes occupy rooms of a turn-of-the-century farmhouse, retrofitted to provide a homey learning environment where rooms are color-coded to help kids find their way. Lunches (usually prepared by Drew) are served at a round table in the kitchen, just like in the good old days.

It's easy to see why Kinderfarm is known for longevity — not just of the center itself, which is certainly one of the longest-running in the area, but also of its staff. Among its small staff are employees with tenures of 10, 12 and 14 years. "Our newbie has been here for four years," Shoemaker says with a laugh.

And because the preschool has been in operation for 35 years, some Kinderfarm parents today also are Kinderfarm alumni. They fondly remember their childhood years spent at the farm and want to give the same great experience to their children.

"We never run out of new things to explore because we incorporate all of the outdoors into our curriculum, all year round," Shoemaker says. "The kids have a blast, and we do, too!"

Learn more about Kinderfarm Preschool at kinderfarmpreschool.com.



Children ride a pony at Kinderfarm near Iowa City. (Photo courtesy of Kinderfarm)

'Whether it's a tadpole swimming in the pond or a beautiful sunset, Kinderfarm kids understand the beauty of a simpler time.'

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community

Exiting the oil age

James Kunstler to speak at Augustana College

By Brandy Welvaert

Author and blogger James Howard Kunstler will present "The Long Emergency" at 10:30 a.m. Sept. 25 as part of the Community Convocation series at Augustana College in Rock Island.

Kunstler, author of such books as "The Geography of Nowhere," "Home from Nowhere" and most recently, "The Long Emergency" (Atlantic Monthly Press, 2005), will speak in Centennial Hall, 3703 7th Ave. It's free and open to the public.

The author says he wrote "The Geography of Nowhere" because "I believe a lot of people share my feelings about the tragic landscape of highway strips, parking lots, housing tracts, mega-malls, junked cities and ravaged countryside that make up the everyday environment where most Americans live and work."

His convocation presentation is co-sponsored by the college's Institute for Leadership and Service, which is funded by an Augustana alum "who wants to provide students with the opportunity to interact with individuals from many different fields," says Ellen Hay, director of the institute.

Upcoming convocation speakers include Keith Hampton ("The Healing Power of Music") on Sept. 11, Doug Glanville ("Culture of Sports: Steroid Use in Professional Baseball") on Oct. 9 and Robert Levey ("Campaign Coverage 2008: Not the Media's Finest Hour") on Oct. 23.

In his presentation, Kunstler is sure to explore the themes of his books, in which he covers the converging catastrophes of the 21st century, all of them connected to

the global oil crisis. While he predicts that life will get a whole lot worse here in America before it gets better, Kunstler sees a silver lining in the inevitable collapse of an automobile- and oil-centered society: the rise of real communities, spaces that he defines as the dwelling places for integral socioeconomic networks. In other words, a community is a place that can provide for itself and do a good job of it.

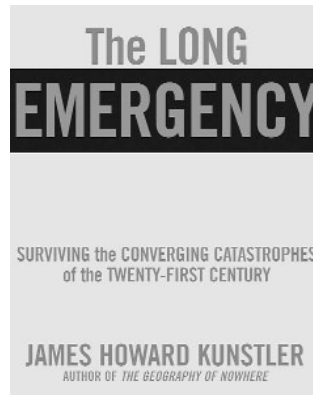
Kunstler says the town where he's lived since 1976 has deepened his understanding of community. Saratoga Springs, N.Y., population 29,000, is located halfway between New York City and Montreal and hosts a vibrant economy, a business district without empty slots, well-maintained structures and plenty of art and culture.

In his vision, communities across America will respond to an inevitably sharply reduced energy diet "more or less automatically as the fiasco of suburbia unwinds and people are compelled to live more locally as we exit the oil age. I believe our many derelict small towns and small cities will be reactivated. ... Societies are self-organizing, 'emergent' systems," he says.

Having built everything in America for the sake of cars — think homes, restaurants, cities, even the interstate highway system — is what's keeping us from building those kinds of communities right now, he argues.

"Building everything for the convenience of cars ... is an experiment that failed. Now we have to return to traditional modes of transportation — towns, villages and cities composed of walkable neighborhoods and districts."

While the author is hopeful that people will make the changes necessary to build real communities now rather than later, he sees one final obstacle along the path.



Submitted

"We will foolishly mount a campaign to sustain the unsustainable — that is, to keep suburbia running at all costs. Any way you cut it, it will be an exercise in futility and a tragic waste of our dwindling resources. But we may be crazy enough to do that, bearing in mind that the more distress a society is subjected to, the more delusional politics and thinking you get."

Find James Howard Kunstler's blog online at kunstler.com.

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Radish 30

'We have to return to traditional modes of transportation — towns, villages and cities composed of walkable neighborhoods and districts.'

31 Radish

body, mind & soul

Listen to Earth Mama

Eco-therapy musician to headline ecology conference

By Laura Anderson

She's traveled around the U.S., spreading her passion for the planet through song, and now you can catch Earth Mama in concert in the Radish region.

Earth Mama — aka Joyce Rouse — will perform at 6:30 p.m. Sept. 25 at the 2008 Prairiewoods' Ecology Conference. The weeklong event, titled "Promoting Local Food and the Environment," will be held Sept. 23-27 in Hiawatha, Iowa. Participants can join the conference for a few hours, a day or for the whole week.

"Our generation suffers from information overload. Because our brains are so full of technical knowledge and trivia, we have lost a great deal of practical Earth-basic knowledge, or Earth literacy," says Earth Mama at her Web site, earth-mama.org, which explains her eco-music therapy.

"Songs are melodies with a message attached, and they have a way of getting inside of you and sticking. Only by relearning and respecting the critical basics of living in harmony with nature can we hope to continue the human race and live sustainably on the planet," Earth Mama says.

Earth Mama is "an environmental entertainer and motivational speaker who uses song and humor to teach concepts, such as ecospirituality, sustainable living and biodiversity," according to Prairiewoods. Tickets to see Earth Mama are \$12 in advance or \$15 at the door. The performance, as well as all other entertainment, is free for those who pay the full conference fee.

Her concert will fit right in with the rest of the conference, which aims to promote ecospirituality through presentations, workshops, activities and time to simply reflect. Throughout the conference, participants will have the chance to learn about the theme of food and its sacredness.

Participants can pay to attend the whole conference or pay only for those workshops and events they wish to attend.

Nightly entertainment also is part of the conference. On Sept. 25, actress Kaiulani Lee will present the one-woman play, "A Sense of Wonder," which is based on the life and works of Rachel Carson, patron saint of the environmental movement and author of "Silent Spring." The play will be held at the Cedar Rapids Museum of Art, 410 3rd Ave. SE. Tickets for the show are \$15 in advance or \$18 at the door.

Conference participants can lodge at Prairiewoods or commute to the individual activities. The conference is \$300, including the retreat, all conference activities, entertainment, lodging and meals, which are provided from Tuesday evening through Saturday lunch. The commuter fee is \$175 and includes the retreat, conference activities and lunch and dinner on Tuesday evening through lunch Saturday.

Prairiewoods is located at 120 E. Boyson Road, Hiawatha, Iowa. To register, call (319) 395-6700. For more information about the conference, visit prairiewoods.org.



Earth Mama — aka Joyce Rouse — provides music therapy. (Submitted)

2008 Prairiewoods Ecological Conference highlights

Tuesday, Sept. 23

- Linn County food policy forum
- Social, silent auction, music
- Iowa Valley Resource Conservation Development dinner
- "King Corn" (film)

Daily fee: \$25 per person, \$45 for two

Wednesday, Sept. 24

- Ecospirituality experience
- Guided prairie tour
- Prairiewoods' history
- Social, native food demonstration
- Food and the universe

Daily fee: \$10 for day program with lunch or evening program with dinner

Thursday, Sept. 25

- Ecospirituality experience
- Stormwater management

Health and the landscape

- Sacredness of food
- Waterways and the water cycle
- Growing your own food
- "A Sense of Wonder," one-woman play about Rachel Carson (\$15 in advance, \$18 at the door)

Daily fees: \$10 for day program with lunch or \$8 with dinner

Friday, Sept. 26

- Ecospirituality experience
- Local farmers' market festival
- Earth Mama concert (\$12 in advance, \$15 at the door)

Daily fee: Market is free

Saturday, Sept. 27

- "Earth spirit rising" (\$35, includes lunch)



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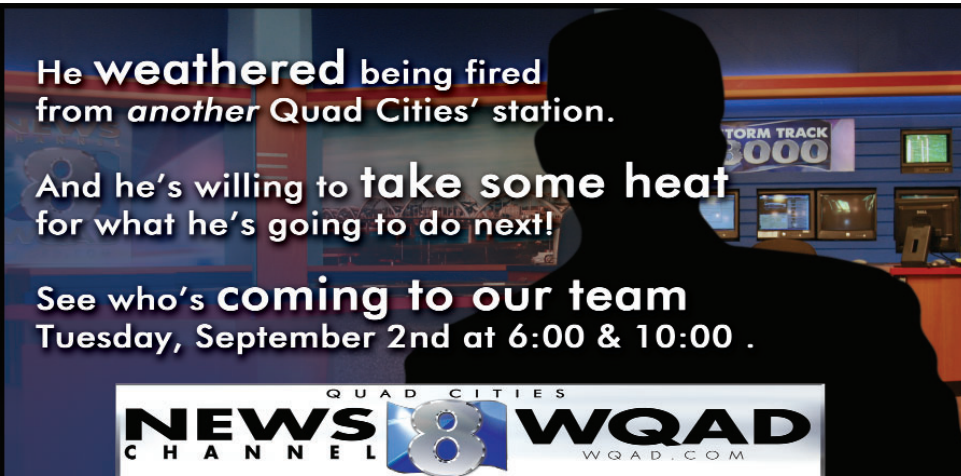
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Prairie Heritage Day will be held Sept. 1 at the Herbert Hoover National Historic Site and Hoover Presidential Library and Museum in West Branch, Iowa. Living history interpreters will demonstrate crafts, games, school teaching and other activities from life in 19th century West Branch. Guided walks of the 81-acre tallgrass prairie start at 10 a.m. and 1:30 and 3 p.m. A special presentation on Laura Ingalls Wilder begins at 1:30 and 3 p.m., as well. Call (319) 643-2541 or (319) 643-5301 for more information.

Celebrate gorgeous gourds in the country with Quad City Area Gourd Patch

The newly formed Quad City Area Gourd Patch group will host its first Gourd Festival from 9 a.m. to 3 p.m. Sept. 27 on the property of Roxie and Dallas DeShane, at 3316 N. 1600th Ave., Orion, Ill. Organizers promise that the day will provide fun for the family, along with information and a chance to buy gourds for decorating. Also for sale will be handcrafted gourds and the supplies you need to become a "gourd artist." There also will be face painting, demonstrations on all things gourd-related, tours through gourd arbors, gourd finishing classes and hourly drawings for door prizes. The Orion Lions Club will serve lunch, and Barb's Garden & Poultry of Long Grove, Iowa, will sell pumpkin cookies, pumpkin bars, pumpkin butter and other goodies from the farm kitchen. For more information, e-mail Roxie and Dallas DeShane at www.frontiernet.net. Roxie suggests using MapQuest or Google Maps for directions as country roads can be tricky.



Roxie and Dallas DeShane (Photo by Paul Colletti / Radish)

National Public Lands Day grant helps plant trees at flooded Coralville Lake, Iowa

The Mayor's Youth Empowerment Program and the U.S. Army Corps of Engineers at Coralville Lake, Iowa, recently received a national award for their upcoming efforts to restore trees that were damaged by floods. The groups were chosen as one of seven sites in the Midwest/Upper Mountain region to receive a "National Public Lands Day Toyota Hybrid Tour" grant for a series of tree plantings they have arranged around Coralville Lake on September 27, which is National Public Lands Day. These \$1,000 grant awards went out to site coordinators heading up community service projects and give extra financial support to assist with planning of National Public Lands Day events.

To find more about these sites and other service projects around the nation to locate and sign up for a local activity, plan a National Public Lands Day event site, or register trees planted to be included in the organization's effort to plant 1 million trees by Sept. 27, visit publiclandsday.org.

Wendell Berry to read Oct. 6 at Augustana College

The internationally known farmer, writer, conservationist and philosopher Wendell Berry will give a reading of his own work at 7 p.m. Oct. 6 in Centennial Hall, 3703 7th Ave., Rock Island, Ill. The public is invited to attend.

Berry farms in Harris County, Ky., where his forebears farmed for five generations. He is a prolific poet, essayist and novelist and has taught English at New York University and the University of Kentucky. Central themes for his work include responsiveness to one's place, sustainable agriculture, appropriate technologies, healthy rural communities, reverence and the interconnectedness of life.



Wendell Berry

Leopold teaches food geography

A new online resource tracks the origins of 95 different fresh fruits and vegetables typically sold in U.S. supermarkets. Besides showing product origins, the tool allows the user to see which state is the leading domestic producer of these crops. "Where do your fresh fruits and vegetables come from?" was developed by the Leopold Center with assistance from Iowa State University's Center for Transportation Research and Education. Check it out at leopold.iastate.edu/resources/fruitveg/fruitveg.php.

Pregracke honored by Field & Stream

Field & Stream Magazine magazine has named Chad Pregracke of East Moline, Ill., a 2008 Hero of Conservation, an award recognizing sportsmen dedicated to the grassroots protection of fish, wildlife and habitat. Pregracke, who formed Living Lands & Waters in 1998, will be featured in the October issue of the magazine as well as in an episode of Field & Stream's HOC TV airing on FieldandStream.com/heroes. Pregracke will receive a \$5,000 grant from Toyota Motor Sales, U.S.A., to support his conservation projects and will be honored along with six other heroes at a gala Sept. 25 in New York, where he could be named Hero of the Year and be awarded a new Toyota Tundra.



Chad Pregracke

Miscanthus could meet U.S. biofuels goal

In the largest field trial of its kind in the United States, researchers have determined that the giant perennial grass *Miscanthus x giganteus* outperforms current biofuels sources — by a lot. Using *Miscanthus* as a feedstock for ethanol production in the U.S. could significantly reduce the acreage dedicated to biofuels while meeting government biofuels production goals, the researchers report. For more information, visit news.uiuc.edu/news/08/0730miscanthus.html.

calendar

BODY, MIND & SOUL

Adult Improv Wisdom for Actors and Non-Actors over 40, 6-7 p.m. Wednesdays, Sept. 3-Oct. 29, Center for Living, 2008 4th Ave., Rock Island, IL; (309) 788-LIFE, (563) 340-7816. \$75. Learn improvisation.

Day of Self Renewal, 8:30 a.m.-4 p.m. Sept. 15, Prairiewoods, 120 E. Boyson Road, Hiawatha, IA; (319) 395-6700. \$85 includes room, lunch and services.

Women's Retreat: Praying with Mind, Body, Spirit, 7 p.m. Sept. 19-7 p.m. Sept. 20, St. Mary Monastery, 2200 88th Ave. W., Rock Island, IL; (309) 283-2108. \$70.

FOOD

Come Cook with Me: Easy Entertaining, 6:30 p.m. Sept. 4 or 5, The Great Galena Cookery, 412 Spring St., Suite B, Galena, IL; (815) 777-1556. \$60; reservations required.

Kids Club Breakfast, 10 a.m. Sept. 6, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA; (563) 332-8496. Kids ages 4-12 and parents make breakfast with the dietician. \$5; registration required.

Intro to Cultured Food and Drink, 6-8 p.m. Sept. 16, New Pioneer Co-Op and Bakehouse, 1101 2nd St., Coralville, IA; (319) 338-9441, ext. 36. Learn to cultivate friendly microorganisms in your food.

Cooking of Southern India, 6-8 p.m. Sept. 18, New Pioneer Co-Op and Bakehouse, 1101 2nd St., Coralville, IA; (319) 338-9441, ext. 36. \$15.

Come Cook with Me: Autumn Fare, 6:30 p.m. Sept. 25 or 26, The Great Galena Cookery, 412 Spring St., Suite B, Galena, IL; (815) 777-1556. \$60; reservations required.

HOME & GARDEN

Candle workshop, 11 a.m. Sept. 6, Galena Candle & Bath Company, 114 N. Main St., Galena, IL; (815) 777-3060.

Glimmering Garlands, 7 p.m. Sept. 10 (ages 5-8) and 17 (ages 9-12), Moline Public Library, 3210 41st St., Moline, IL; (309) 736-5739. Create tree garlands to take home and to decorate the library's Festival of Trees entry. Registration requested.

Candle crafting, 10 a.m.-noon Sept. 20, Wapsi River Environmental Center, 3155 52nd Ave., Dixon, IA; (563) 328-3286. Learn to make beeswax candles.

HEALTH & FITNESS

Workout with Deena, noon-1 p.m. Tuesdays or 5:30-6:30 p.m. Thursdays, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA; (563) 332-8496. Kickboxing, Zumba and core classes. \$10; registration required.

New Hope for Parkinson's and Essential Tremor, 6-8 p.m. Sept. 9, Trinity West Campus, 2701 17th St., Rock Island, IL; (309) 779-2000, (877) 242-8899. Treatment options for Parkinson's disease and essential tremor; light meal will be provided.

Trinity Home Care Mobility Fair, 10 a.m.-4 p.m. Sept. 17, Trinity Home Care Products, 106 19th Ave., Suite 102, Moline, IL; (309) 779-4663. Lunch, bingo, discounts and drawing for a chair lift.

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calendar

Don't Giggle, Don't Cough, Don't Lift, 6-7 p.m. Sept. 17, Trinity at Terrace Park, 4500 Urica Ridge Road, Bettendorf, IA; (309) 779-2000, (877) 242-8899. Learn about minimally invasive solutions for female stress urinary incontinence.

Cholesterol removing foods workshop, 9 a.m. Sept. 20, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA; (563) 332-8496. Learn about flax, soy and cholesterol-lowering plant sterols. Registration required.

RIDES, RUNS & WALKS

Run With Carl, 7:30 a.m. Sept. 1, Life Fitness Center, 2222 Middle Road, Bettendorf, IA; (563) 332-2200. 5K, 1-mile, ½-mile.

Dubuque Benefit Classic, 7:30 a.m. Sept. 1, Hawthorne Street, Dubuque, IA; (563) 582-1877. Half Marathon, 5K.

Country Bicycle Ride, 9-11:30 a.m. Mondays and Fridays in September, Spikes Bar & Grill, 109 Eagle Ridge Drive, Galena, IL; (815) 492-0235. Bring supplies; weather permitting. Call ahead to verify location.

UMC 5K/Fun Run, 8 a.m. Sept. 1, McCausland, IA; (563) 225-6161. 5K, 1-mile, ¼-mile.

Fifth Season Race, 8 a.m. Sept. 1, Cedar Rapids, IA; (319) 530-2873. 8K, 5K, kids' run.

Lily Lake Bike Tour, 2 p.m. Fridays in September, Amana Colonies Visitors Center, 622 46th Ave., Amana, IA; (800) 579-2294, (319) 622-7622. Free with site admission (\$3 without); bike rentals \$5.

Iowaman Sprint Triathlon, 8 a.m. Sept. 6, Scott County Park, nine miles north of Davenport off U.S. Highway 61, IA; (563) 343-7132. 400 yd, 20K, 5K.

Wild Cat Den Trail Run, 8 a.m. Sept. 6, Muscatine, IA; (563) 262-9040. 5K Trail Run/Walk.

Genesis Niabi Zoo Run, 8:30 a.m. Sept. 13, Coal Valley, IL; (309) 799-3482. 5K, 75-yard, ¼-mile, 1-mile.

Fever River Adventure Triathlon, noon Sept. 13, Fever River Outfitters, 525 S. Main St., Galena, IL; (815) 776-9425. Six-mile paddle, 17-mile bike ride and 3.1-mile run. Individual (\$45) or three-person (\$90) teams.

Walk for Hope, 10 a.m. Sept. 13, DeWitt, IA; (563) 843-3655. 5K.

Atkinson Heritage Days, 8 a.m. Sept. 14, Veterans Memorial Park, Atkinson, IL; (309) 936-1211. 5K, 1-mile run/walk.

Fall Forest Walk, 1:20-3 p.m. Sept. 14, Schurmeier Forest, 147 E. Reusch Road, Elizabeth, IL; (815) 858-9100. Learn about nature on a 1.5-mile hike.

4th Annual Fun Walk/Run, 9 a.m. Sept. 20, Old Train Depot, 101 Bouthillier St., Galena, IL; (815) 776-7297. \$12 and two food items for Galena Food Pantry.

Canine Capers, 9 a.m. Sept. 27, Eagle Point Park, Clinton, IA; (563) 242-2457. 2-mile run/walk. Dog not required.

JDRF (Juvenile Diabetes Research Foundation) 5K, 8 a.m. Sept. 27, North Hill Center, Burlington, IA; (319) 753-0112.

QC Marathon, 7:30 a.m. Sept. 28, Moline, IL; (309) 751-9800. Marathon and a half, 5 person relays, 5K.

OUTDOORS

Nature Mapping, 8 a.m.-4 p.m. Sept. 2, Hurstville Interpretive Center, 18670 63rd St., Maquoketa, IA; (563) 652-3783.

Birds of Prey, 7 p.m. Sept. 5, Buffalo Shores Recreation Area, off State Highway 22 near Buffalo, IA; (563) 333-6141.

Star Party and Open House, sunset Sept. 6, Monsignor Sebastian G. Menke Observatory at the Wapsi River Environmental Education Center, 31555 52nd Ave., Dixon, IA; (563) 333-6141. Call ahead if weather is questionable. Free.

Butterfly Fest, 11 a.m.-3 p.m. Sept. 9, Bickelhaupt Arboretum, 340 S. 14th St., Clinton, IA; (563) 242-4771.

Canoe and Kayak Float, 9 a.m. Sept. 13, West West Lake Park, Lake of the Hills, 14910 110th Ave., Davenport, IA; (563) 328-3286. Naturalists provide an introduction to canoeing or kayaking. Free.

Magnificent Monarchs, 6 p.m. Sept. 13, Wapsi River Environmental Center, 31555 52nd Ave., Dixon, IA; (563) 328-3286. Learn to catch and tag monarchs.

Overnight on the Wapsi, 3 p.m. Sept. 20-3 p.m. Sept. 21, Walnut Grove Park, 1847 118th Ave., Wheatland, IA; (563) 847-7202. Fish, swim, write and more.

Fall Equinox Celebration, 6:30-9 p.m. Sept. 22, Prairiewoods, 120 E. Boyson Road, Hiawatha, IA; (319) 395-6700. Free-will offering.

Hawk Watch, Sept. 27 and 28, Effigy Mounds National Monument, 151 Highway 76, Harpers Ferry, IA; (563) 873-3491.

National Public Lands Day, 9 a.m.-noon Sept. 27, Wapsi River Environmental Center, 31555 52nd Ave., Dixon, IA; (563) 328-3286. Brush removal, trail maintenance, landscaping and other projects. Lunch provided; call to register.

Escape from Mars, Return to Venus, 10 a.m. Sept. 27-noon Sept. 28, Rock Creek Marina and Campground, 3942 291st St., Camanche, IA; (563) 847-7202. \$15 includes meals; women only.

EVENTS

Prairie Heritage Day, Sept. 1, Herbert Hoover National Historic Site, 110 Parkside Drive, West Branch, IA; (319) 643-2541. Guided walks and presentation on Laura Ingalls Wilder.

Multiple Species Grazing Conference, 9 a.m.-3 p.m. Sept. 13, Logan County Extension Unit Office, 980 N. Postville Drive, Lincoln, IL; (217) 732-8289. \$30; \$20 (second person from the same farm); lunch included.

Going Green on the Narrows, 10 a.m.-4 p.m. Sept. 13, former fire station, 10th Avenue and 4th Street, Fulton, IL; (815) 589-4545. Green ideas for home, business and community.

Eagle View Group-Quad Cities Chapter of the Sierra Club presentation, 6:45 p.m. Sept. 15, 2950 Learning Campus Drive, Bettendorf, IA; (563) 332-5373. Julie Palmer of Scott Community College will present its plan to reduce global warming emissions and increase energy efficiency.

10th annual Honey Fest, 1-4 p.m. Sept. 21, Indian Creek Nature Center, 6665 Otis Road SE, Cedar Rapids, IA; (319) 362-0664. \$2; children 3 and under free. Discover bees and honey through crafts, games, music, food and more.

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Dr. Theresa Illingsworth
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resources

HUNGRY FOR TRAILS?

(Story on page 16)

Looking for a trail? Here's where to ride:

- **Loud Thunder, Andalusia, Ill.:** Loud Thunder Forest Preserve features 8 miles of bi-directional trail. Based on your riding ability, make sure you allow yourself plenty of time to complete the trails; it can easily take one hour for the six-mile loop alone.
- **Scott County Park, Parkview, Iowa:** In a partnership with the Scott County Park Conservation Board, this "work in progress" soon will reshape a section of Scott County Park into a mountain biking destination. Already in the first phase of the building process, E.O.R.C. is planning to complete approximately 15 miles of trail.
- **Sunderbruch Park, Davenport, Iowa:** E.O.R.C. and the city of Davenport's newest endeavor currently boasts 6 miles of hiking and mountain biking trails with more on the way. There is a large parking lot on the north side of the park accessed by Telegraph Road.
- **Sylvan Island, Moline, Ill.:** A hidden gem located in the middle of the metro area, the island was once a major manufacturing facility, hence it has several hard-to-see obstacles (rebar, cables, etc., protruding from the ground), so be careful at all times. Fishermen, hikers and runners also use the trails.

Check the E.O.R.C. Web site, qcforc.org, before heading out to make sure that the trail you want to use is open. For more trails in Iowa, visit bikeiowa.com. For Illinois trails, visit bikelib.org.

HERBAL ANTIOXIDANTS

(Story on page 20)

If you'd like to add more flavor and boost the antioxidant power of your meals, try these tips from Janette Ryan-Busch of Iowa City, who has grown herbs for more than 25 years, and Connie Tjarks of Maquoketa, Iowa, who has grown herbs since 1970:

- Chop up chives and add to your favorite potato dishes, or sprinkle your favorite chopped herbs on top of roasted vegetables or scrambled eggs.
- Stuff sage leaves and garlic under the skin of a chicken before roasting the bird.
- Bake fish or chicken with sprigs of tarragon laid on top for extra flavor.
- Add thyme, oregano and/or basil to tomato-based sauces.
- Mix it up with mint. This herb is so versatile that it can enhance lamb dishes or add a fresh flavor to tea. You also can chop up the leaves and sprinkle them on ice cream. If you have chocolate mint, the chopped leaves can lend hint of chocolate to a cake.
- Fill cheesecloth bags with herbs if you want to infuse a clear soup with flavor but don't want bits of leaves in the liquid. After the herbs simmer in the soup the desired amount of time, simply remove the cheesecloth bag and discard the herbs.
- Experiment with pesto beyond basil. Tarragon, mint and other herbs can make a unique pesto, which isn't just for pasta anymore. "Tarragon pesto is fabulous on fish and chicken salad," said Ryan-Busch, who also likes to dip raw cauliflower and other vegetables into pesto.

For more recipe ideas, see knotenoughthyme.com.

farmers' markets

ILLINOIS

BUREAU COUNTY

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

CARROLL COUNTY

Mt. Carroll Farmers' Market, west side of courthouse on Main Street; 7 a.m.-noon Saturdays, through October. (815) 244-2171

HENRY COUNTY

Geneseo Farmers' Market, east side of Extra Mile convenience store, Chicago Street; 8 a.m.-noon Saturdays, through October. (309) 269-7409

Kewanee Farmers' Market, 200 W. 3rd St.; 8 a.m.-noon Wednesdays, through October. (309) 852-2175

JO DAVIESS COUNTY

Elizabeth Farmers' Market, St. Paul's Lutheran Church parking lot, 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, next to Casey's on South Main Street (Tuesdays) or Stockton High School, 500 N. Rush St. (Saturdays); 3-6 p.m. Tuesdays, 8 a.m.-1 p.m. Saturdays, through October. (815) 598-3220

KNOX COUNTY

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, through Sept. 22. (309) 368-9844

Junction Farmers' Market, Junction Gas Station, U.S. 150 and County Highway 10; 3-6 p.m. Tuesdays. (309) 289-4317

Local Growers Network Farmstand, Wooden Eagle Barn, 1291 E. U.S. Highway 150, Knoxville; Saturday mornings, through Sept. 27. (309) 371-4129 or (309) 335-2744

Oneida Farmers' Market, DT Sales parking lot, U.S. 34, Oneida; 4-8 p.m. Thursdays. (309) 483-6467

LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd streets; 7 a.m.-noon Wednesdays and Saturdays, through October. (815) 288-5043

MCDONOUGH COUNTY

Macomb Farmers' Market, courthouse square; 4 a.m.-noon Thursdays, 7 a.m.-1 p.m. Saturdays, through Oct. 18. (309) 837-4855

OGLE COUNTY

Polo Farmers' Market and community dinner, Senior Center on Mason Street; 3-6 p.m. Thursdays, through October.

PEORIA COUNTY

Shoppes at Grand Prairie Farmers' Market, 5201 W. Way Memorial Drive, Peoria; 4-8 p.m. Wednesdays, through early October. (309) 692-3672 ext. 19

ROCK ISLAND COUNTY

East Moline Farmers' Market (Quad Cities Fruit and Vegetable Growers Association), 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, through October. (309) 787-4286

Milan Farmers' Market, 900 W. 4th St.; 2:30-5:30 p.m. Wednesdays, through October. (309) 787-4286

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

Trinity 7th Street Market (Quad Cities Fruit and Vegetable Growers Association), 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, through October. (309) 936-7792

WARREN COUNTY

Monmouth Farmers' Market, corner parking lot at N. Main and W. Boston streets; 7 a.m.-noon Fridays, through October. (309) 734-3181

WHITESIDE COUNTY

Twin City Market, 106 Ave. A, Sterling; 8 a.m.-noon Saturdays, year-round (indoors). (815) 535-0509; www.rcmarket.org

IOWA

CEDAR COUNTY

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

Tipton Farmers' Market Association, north side of courthouse, Tipton; 4-6 p.m. Thursdays, through September. (563) 886-6255

CLINTON COUNTY

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-7 p.m. Wednesdays, 8-11 a.m. Saturdays, through October. (563) 777-2216

DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-8 p.m. Thursdays, through Sept. 11. (319) 752-6388

DUBUQUE COUNTY

Dubuque's Farmers' Market, near City Hall on Iowa and 13th streets, down Iowa Street to 11th Street; 7 a.m.-noon Saturdays, through October. (563) 588-4400

HENRY COUNTY

Mount Pleasant Farmers' Market, Old Thresher's Food Court, 405 E. Threshers Road (use Walnut Street entrance); 4:30-6:30 p.m. Wednesdays, 8:30-11:30 a.m. Saturdays, through Oct. 11. (319) 931-1458

JACKSON COUNTY

Bellevue Farmers' Market, gazebo on Riverview Street; 7-11 a.m. Saturdays, through mid-September. (563) 872-4173

Preston Farmers' Market, Iowa 64 at Twogood Park; 4-6 p.m. Thursdays, through September. (563) 777-2216

JEFFERSON COUNTY

Fairfield Farmers' Market, Howard Park (at Main & Grimes streets); 3:30-7 p.m. Wednesdays, 8 a.m.-1 p.m. Saturdays, through October. (641) 472-2449

JOHNSON COUNTY

Coralville Farmers' Market, Coralville Community Aquatic Center, 1513 7th St.; 5-8 p.m. Mondays and Thursdays, through Oct. 2. (319) 248-1750

Iowa City Farmers' Market, lower level of Chauncey Swan parking ramp between Washington and College streets; 5:30-7:30 p.m. Wednesdays, 7:30-11:30 a.m. Saturdays, through Oct. 29. (319) 356-5110

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. 28. (319) 338-6111

LEE COUNTY

Fort Madison Farmers' Market, Central Park, 9th Street and Avenue E.; 3:30-5:30 p.m. Thursdays, through Sept. 25. (319) 372-7700 ext. 202

Keokuk Farmers' Market, River City Mall parking lot (2nd and Main streets); 7 a.m.-11 a.m. Saturdays, through September. (319) 524-5055

LINN COUNTY

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

Downtown Market, Downtown Cedar Rapids (2nd Street SE); 7:30 a.m.-noon, first Saturday of the month, through October, with extra markets through Aug. 16. (319) 398-0449

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, Wilson's True Value Hardware store, 1420 Park Ave. on Tuesdays, Mississippi Drive and Sycamore Street on Saturdays; 3-6 p.m. Tuesdays, 7:30-11:30 a.m. Saturdays, through Oct. 28. (563) 299-2709 or (563) 506-3459

SCOTT COUNTY

Trinity Farmers' Market (Mississippi Valley Growers' Association), Trinity at Terrace Park, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, through October. (563) 332-5529

Bettendorf Farmers' Market (Mississippi Valley Growers' Association), corner of 21st and State streets; 2-6 p.m. Thursdays, through October. (563) 332-5529

Davenport Farmers' Market (Mississippi Valley Growers' Association), North Park Mall, 320 W. Kimberly Road; 8 a.m.-noon Wednesdays and Saturdays, through October. (563) 332-5529

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

Davenport RiverCity Farmers' Market (RiverCity Market Association), North Park Mall, 320 W. Kimberly Road; 8 a.m.-noon Wednesdays and Saturdays, through October. (563) 299-3333

West Kimberly Market, 4004 W. Kimberly Road, Davenport; 9 a.m.-5 p.m. Wednesday-Saturday and 11 a.m.-4 p.m. Sundays, year-round (indoors). (563) 391-1616; westkimberlymarket@aol.com

Blue Grass Farmers' Market, Paul Barnes farm, 430 Wayne St.; 4:30-7 p.m. Thursdays, through October. (563) 381-3761

food for thought

A can of peas

How one woman changed her life for good

By Lori Hein

One summer day a dozen years ago, I stood at my living room window and watched two women walk by on the sidewalk. They were young mothers, and each pushed a stroller holding a toddler about the same size as Dana, my then 2-year-old daughter. It struck me how alike the women looked — heavy and slow, with untucked, oversized T-shirts covering ample butts and bellies. Then my window became a mirror, and I saw myself. I looked just like them.

In that instant, as I stood there in my untucked, oversized T-shirt and elastic-waist shorts, I knew I had to make some changes. God was hitting me over the head with a giant foam hammer: "This is an epiphany, Lori. Run with it." And that, more or less, is what I did.

I'd always been a tiny person, able to exercise never, eat whatever whenever, and remain trim and petite. I'd even come out of my first pregnancy smaller than when I went into it. I'd had a hard time just holding onto my first child, a boy. After seven months of nausea, projectile rejection of almost all food save Cheerios and Dannon yogurt, and a stint in the hospital hooked to a nasogastric tube that delivered protein drink through my nostrils to my stomach, my Adam greeted the world two months early — four pounds and able to fit in the palm of my husband's hand. When we took our tiny fighter home, I weighed five pounds less than I had in high school.

Dana stayed in the womb a week beyond the due date. While I carried Dana, we ate. About every 20 minutes. With Adam, I felt sick if I ate. With Dana, I felt sick if I didn't. I embarked on a nine-month, nonstop eating orgy. Steak, peanut butter, baked potatoes with sour cream, hot fudge sundaes. Deli meat, frozen pizza, Cheez-Its by the boxful. Oreos, burritos, chocolate and butterscotch pudding. I slept with a loaf of bread next to the bed.

When Dana was born, healthy and beautiful, I was big. And stayed big. And pretended I wasn't. Had God sent the two strolling mothers any earlier, I

wouldn't have been ready to receive the message. Being in denial awhile had allowed me to keep eating donuts, corned beef hash and bacon while rationalizing the weight gain as a normal, perfectly acceptable stage of motherhood.

Upon my epiphany, I resolved to effect a wholesale, cold turkey conversion. I knew exactly what I had to do: eat less, eat well, move more. Forever. And it's the forever part that made the whole thing easier.

Were I to put myself "on a diet," I knew I would fail, ultimately if not right away. I needed to replace "diet," a short term, emergency-infused concept, with

I banished 'diet' from my mind-set and lexicon and focused on life.



istockphoto

"life," hopefully long and good. I would never be on a diet. I'd be on life.

A diet would address only what I took in. But life offered the chance to play with energy, experiment with taking it in and burning it off. A diet held no challenge: Here, eat this measured thing. Life said, "Have some fun. See what happens when you eat a little and burn a little. Or eat a lot and burn a little. Or eat a little and burn a lot. Or eat a lot and burn a lot." What fun! Like being a scientist.

So I banished "diet" from my mind-set and lexicon and focused on life. I resolved to do three things: center my meals around plants; choose healthy calories over bad or empty ones; and move for at least 20 minutes a day.

When time came for my first post-conversion meal, I opened the fridge. I wanted to plant-center my plate, but there wasn't a fresh fruit or vegetable in that whole Kenmore. I opened the cupboard and took down a can of peas. I found an onion, sautéed it in olive oil, threw in some chopped garlic and lemon juice, and folded the mix into the peas. I poured a glass of OJ, sat on my deck, and tucked into this humble, healthy lunch that would change my life.

The next morning, I dug out an old pair of sneakers, pulled on my elastic waist shorts and oversized T-shirt, and went outside to move. I started out walking, but soon found myself lifting my feet high enough off the ground to approximate a rude form of entry level shuffle-jogging. That first day, I made it once around the block. I felt like I was going to die, but I knew I'd run the race of my life.

Now, after years of salads, fruit, fish, chicken, whole grains and the occasional Oreo or Dairy Queen cone, I wear high school-size jeans and have long since given away my elastic waist shorts.

And that energy experiment? My favorite take-in-burn-off combination is "eat a lot and burn a lot." That's what I do when I train for a marathon. I'm preparing for my ninth.

Find Lori Hein's blog at ribbonssofhighway.blogspot.com.

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