

# Radish

HEA

FROM THE GROUND UP

Reclaiming  
Sylvan  
Island

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SEPTEMBER 2009

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# from the editor



Instructor Michelle Gugelmeyer helps Radish contributor Laura Anderson with a Triangle pose. In back is Radish editor Brandy Welvaert. (Photo by Paul Colletti / Radish)

If you were to visit our office any Thursday around 11:45 a.m., you'd see pretty much the same thing. My boss, Laura Fraembs, my co-worker, Laura Anderson, and I, make our way to the women's restroom with bags stuffed with clothes. We emerge minutes later in our yoga-wear (read "pajamas"): loosely fitting knit pants, ratty band T-shirts, deflated flip-flops. Clothes like these don't exactly fall into the "approved" category in the employee handbook, so we cross our fingers that none of the higher-ups stops in for a visit before we can make our weekly escape to Indigo, a wellness studio that's about a five-minute walk away.

For a year now we've been doing lunch-hour yoga together. We adore our class and our instructor, who not only helps us with our poses but also gives mini back-massages during class! This isn't a push-it-to-the-limits kind of class, which is great because we don't want to return to the office all sweaty and in our pajamas.

Recently, however, we decided to find out what push-it-to-the-limits yoga is all about. After work, the three of us piled into my car and headed to Hot Yoga Quad Cities in Davenport, a new studio on the Mississippi River. Hot yoga is what it sounds like — yoga in a room heated to about 100 degrees — but we felt that we were ready. Now that the lactic acid buildup in our muscles has dissipated, we are able to laugh about this.

The truth is, we had tons of fun. We also realized that as far as we have come on our mats, we've got much, much further to go. That's the humbling thing about yoga — or any honest kind of mental or physical practice, really. There's always another door.

So here's to yoga practice, both hot and not. And whatever it is you're practicing this month — be it yoga or otherwise — here's to your journey, too.

— *Brandy Welvaert*  
*editor@radishmagazine.com*

**Radish**  
HEALTHY LIVING FROM THE GROUND UP

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# contributors



**Stephanie Benhart** was a summer intern at The Dispatch and The Rock Island Argus newspapers in the Quad-Cities and now is a senior at the University of Illinois Urbana-Champaign. She is majoring in news-editorial journalism with a minor in Spanish. Originally from Geneseo, Ill., Stephanie enjoys relaxing outside and staying active. She writes about the environmental rebirth of Sylvan Island in Moline, Ill., on page 6.



**Paul Harrington** lives outside of Port Byron, Ill., on a small acreage with his wife, Heidi, and son, Brennan. When he's not at work as plant manager at Kings Building Materials, Inc., in Eldridge, Iowa, he enjoys spending time with his family, hunting, fishing, restoring old cars, kayaking, running and, of course, rowing, which he writes about on page 16. This is Paul's first appearance in Radish.



**Sue Davis Smith** is a former journalist and the marketing director for Prairiewoods Franciscan Spirituality Center, an ecospirituality and conference center in Hiawatha, Iowa. She is an avid cyclist and reader and aspires to be a better gardener. Read her story about landscape restoration in Iowa on page 10.



**Bob Groene**, a lifelong hunter and angler, has been writing about the outdoors for many years as the outdoors columnist for The Dispatch and The Rock Island Argus newspapers in the Quad-Cities. He lives with his wife, Cindy, near Port Byron, Ill. Read his story about Ikes Fen — a rare type of wetland — on page 28.



**Denise O'Brien** has been farming with her husband, Larry Harris, on the Harris family farm for 33 years. They have raised three children (Briana, Trevor and Caia), and now are teaching their three-year-old granddaughter, Molly, about farming. Denise has a 39-member CSA and does consulting work in the area of women and agriculture. On page 40, she writes about the practical side of the local foods movement.

Also writing this month are contributors **Laura Anderson** ("Hot, hot, hot yoga," page 14, and "Black Hawk Organics," page 30); **Chef Donna Duvall** ("Peach perfection," page 20); **Sarah Gardner** ("Climate change now," page 8); **Elizabeth Janicek** ("Simply Local Food," page 22); **Leslie Klipsch** ("How sweet it is," page 18); **Rich and Marion Patterson** ("Act like a squirrel," page 26); and **Sharon Wren** ("Chiropractics for kids," page 32).

## "A Doctor's Confession"

*(And Why I Still Do What I Do)*

Dear Friend:

Perhaps a confession can help clear the air so there's no misunderstanding. But let me say a few other things first.

**Ten years ago something happened that changed my life forever.**

At the time I was a financial analyst for Florsheim in Chicago. I was a former college volleyball player who still loved to play, but I had developed a very painful shoulder problem from all my volleyball playing. I couldn't raise my arm above my shoulder and what was even worse for me at the time; I could no longer play my favorite sport. It eventually spread to my neck and caused headaches that stopped me from sleeping at night. For more than 2 years I had painkillers, muscle relaxers, and physical therapy that only made me feel better until the next day. I considered surgery, (my doctor in Chicago said that was my only option), but I decided against it. A friend of mine convinced me to give a chiropractor a try. The chiropractor did an exam, took some films, and then "adjusted" my spine. The adjustment didn't hurt; it actually felt good. I got relief, and I could use my shoulder again. In fact, within only one month I was back playing volleyball again, at full speed, like I never had a problem. It worked so well that I went to chiropractic school myself.

Now people come to see me with their "rotator cuff" problems. Also, they come to me with their *headaches, migraines, chronic pain, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, ear infections, asthma, allergies, numbness in limbs, athletic injuries*, just to name a few.

Several times a day, patients thank me for helping them with their health problems. But I can't really take the credit. **My confession is that I've never healed anyone of anything.** What I do is perform a specific spinal adjustment to remove nerve pressure, and the body responds by **healing itself.** We get tremendous results. It's as simple as that! I have a significantly lower fee plan so that more people are able to afford the care they need. A whole week of care in my office may cost what you could pay for **one visit** elsewhere.

**Amazing Offer** – When you bring in this article, you'll receive our entire new patient exam, with x-rays for just **\$27**. That's it, no kidding.

**Great care at a great fee** – Please, I hope that there's no misunderstanding about quality of care just because I have that lower fee. **I just have that low fee to help more people who need care.**

My assistants are Tacia and Amy, and they're both really great people. Our office is both friendly and warm, and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office is called **SCRANTON CLINIC** and it is at 2512 18th Avenue, Rock Island, IL (We are "next to, but not in Whitey's"). Our phone number is 309-786-3012. Call Tacia, Amy or myself today for an appointment. We can help you. Thank you.

***– Dr. Rob Scranton, D.C.***

**P.S.** When accompanied by the first, I am also offering the second family member this same exam for only \$10.

**P.S.S.** Please hurry, we only have 7 slots available this month for this offer.

# the grapevine



essay by keynote speaker Denise O'Brien on page 40.

• The I-Renew Energy & Sustainability Expo will be held Saturday and Sunday, Sept. 12-13, in Norway, Iowa. Radish will be there on Saturday. For details about the fair, turn to page 24.

• "Fresh," a film about the food industry, will be shown at 7 p.m. Sept. 18 at the Unitarian Church, 3707 Eastern Ave., Davenport. The event is free and open to everyone. Fresh, local popcorn will be served. For details, turn to page 35.

• QC Earth Charter – Progressive Action for the Common Good Local Foods Summit will be held from 9 a.m. to 3 p.m. Sept. 26 at Wallenberg Hall on the campus of Augustana College, Rock Island. For details, read the story on page 19.

• A "Gourd-geous" Day in the Country will be held from 9 a.m. to 4 p.m. Sept. 26 at the home of Dallas and Roxie DeShane, 3316 N. 1600th Ave., Orion, Ill. The event is free, and Radish will be there from 9 a.m. to noon. For details, turn to page 35.

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

## Chef Eran Salzmann wins Homegrown Iron Chef context, donates prize

Chef Eran Salzmann, owner of Z-Best Cafe in Sheffield, Ill., was named the winner of the Homegrown Iron Chef competition Aug. 1 in Bettendorf. Salzmann and three other chefs went head-to-head in the showdown event that followed weekly grill-master competitions held Mondays in July at the farmers' market at Trinity at Terrace Park, Bettendorf.

Salzmann says that he didn't do anything out of the ordinary to prepare for the competition. Instead, he likened the event to everyday cooking in his restaurant, where he always aims to do his "best work."

Salzmann won bragging rights and \$300. He donated the winnings back to the Scott Community College culinary arts program, which hosted the event with the Scott Community College Foundation.



Chef Eran Salzmann

## Coming next month

- 10 ways to pump up health before winter
- Fall festivals for your family
- Pine Creek Grist Mill
- An end to plastic bags



Looking for fun, educational things to do this month? Join Radish at the following events around the region:

- Tri-State Local Food Conference, 10 a.m.-4 p.m. Sept. 4 at the Fairfield (Iowa) Arts and Convention Center, 200 N. Main St. For more information, visit travelfairfieldiowa.com. Find an

## From our readers

Not your average Bear (Aug.

2009): "He's adorable!"

— Kyle, online commenter

Blueberry summer (July 2009):

These (recipes) were all so delicious.

— Richard, Mammoth Spring, AR

Of spirit and soil: "I tried to access

BlairsMusings.com without success.

Is there another way to reach Rev. Frank?"

— Deanna, Mount Vernon, IA



Blair Frank, author of "Waking Up and Getting Ready: About Gardens, Spirituality and Wellness," has a new Web site. Visit filedby.com and search for "Blair Frank" as an author. Or, to contact Rev. Frank directly, e-mail him at sbfrank@mchsi.com. — Editor

Running with Pam (Radish online special): "... Thanks for sharing your knowledge and experience. You are working hard and will meet your goals. You go girl!"

— Christa, Davenport

Climate change conference (Aug. 2009 event): Thank you, Rachel Griffiths (Radish advertising executive), for your inspirational message at the climate change conference Aug. 1 at Our Lady of the Prairie Retreat (in Wheatland, Iowa). I gained so much practical information for applying some environmental friendly changes to my life and food habits. Sister (Cathleen) Real and her associate were also most helpful in delivering the message of why climate change issues are so important to us individually and globally. I am much better informed about the ethical reasons behind this issue as well.

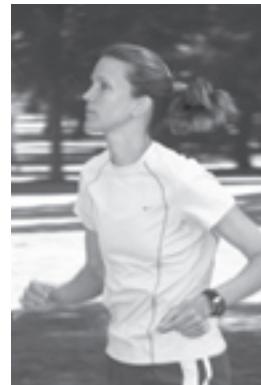
— Jean Hogan, Iowa City

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

## Follow Pam's progress online at radishmagazine.com

"With the increase in exercise, I can feel my body getting stronger and my mind clearer. I have more energy during the day. I'm sure this increase in energy is contributed to improved sleeping and nutrition." So writes Pam Goldensoph, who's been blogging for a couple of months at radishmagazine.com about her experience training for two marathons.

Pam will run her very first marathon — the Quad Cities Marathon — on Sept. 27. You can follow Pam's progress — and leave her a comment — at radishmagazine.com. Go Pam!



Pam Goldensoph

# healthy living from the ground up

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Warmer, wetter weather already has changed farming.

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It's not too late to make this easy, delicious jam.

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Adam Vander Linden flies off a jump on a Gary Fisher 'King Fisher' at Sylvan Island, Moline. (Photo by Paul Colletti / Radish)

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healthy living

# Discover Sylvan Island

## Volunteers cleared the trash to reveal a natural treasure

By Stephanie Benhart

**O**n Sylvan Island, two worlds intertwine as the past meets the present in this natural area on the Mississippi River.

"We're in the middle of a city, but it's quiet and peaceful," said Norm Moline of Rock Island, a geology professor at Augustana College there. "It's a gem that's kind of unknown."

The island wasn't always a park, and it wasn't always an island. In 1871, the U.S. government and the Moline Water Power Company cut the channel to transform the oak-hickory savanna, a peninsula, into an island.

This was only the first of many transformations. Today, the city of Moline considers the island a "passive recreation" park, its primary uses being hiking, biking and fishing. It is open 6 a.m. to dusk.

Jesse Perez of Moline remembers fishing, hunting and swimming on the island in his youth with his friends, the Stone Quarry Gang.

"We had everything, and it was right in our backyard," Perez said. "It was like home over there."

Today, critters and bugs scurry across pathways made of old factory bricks and hauled-in gravel. Surrounded by trees, the path becomes a factory floor. Dirt paths lead to old factory walls, now only three feet high.

"You know you're in an industrial site," Moline said, admiring the contrast of brick and brush.

It was always part of the plan to leave factory remains. Without it, "it wouldn't look any different



Paul Harrington and Melissa Buran kayak near Sylvan Island, Moline. (Photo by Stephanie Makosky / Radish)

than any woods. ... It reminds people there used to be something going on here," he said.

The man-made island was home to Moline Water Power in 1871 and a limestone quarry near the turn of the century. Sylvan Steel Co., later Republic Iron and Steel Company, purchased the land in 1894. Steel production ended in 1956, and

some, incomplete demolition was done then.

Today the federal government owns three-fifths of an acre for the Rock Island Arsenal power plant and MidAmerican Energy owns two acres.

For years, the land sat in limbo, becoming a dumping grounds. The city of Moline purchased the remaining 34.8 acres in 1966, with plans for a park. However, Norm Moline said the plans laid dormant.

He remembers that many plans for the land floated around, including some for a nine hole golf course. But no action was ever taken.

In 1971, Moline led a group of students on an "industrial archeology" project to learn about the island and its resources.

"Out of that, we had the idea of a nature park, historical park and fishing park," he said.

Although no plans were pushed, groups visited

### Taming of the Slough

**What:** The Quad Cities' very own Adventure Race that will include:

- Canoe or kayak Sylvan Slough (2 miles)
- Mountain bike on Sylvan Island (8 miles)
- Run through downtown Moline and off-road hill climb (2 miles)

**When:** 8 a.m. Sept. 19

**Where:** The Quad City Rowing Association boathouse 17th Street at the Mississippi River, Moline.

**Register:** Go online at [riveraction.org](http://riveraction.org) or call (563) 322-2969 and ask for Jeff. Early registration prices last through Sept. 12.

the island and cleaned up the accumulated garbage.

"We carted the junk out of here," Moline said. One weekend, seven large dump truck loads were hauled off the island, with everything from stoves, grocery carts, sofas and rusty beer cans. "It was as dense as looking at grass."

Today, garbage bins line seven designated trails. "Now you really have to look for trash," he said.

In the 1970s and '80s, people inclined to keep the island a natural park welcomed the lack of action. "No news was good news," he said. "The vegetation kept growing."

The island has now undergone a "secondary succession" with 40 years of growth.

About 1992, Lissa Madsen and the Black Hawk chapter of the Izaak Walton League of America invited the public to help clean up.

The Izaak Walton League met Perez and his Stone Quarry Gang. Together, they formed the Sylvan Island Dreamers, a nonprofit organization, with Gary Madsen as president. Many members like Perez lived in the nearby Florencia neighborhood and had parents who worked at the steel mill.

"Basically we wanted a nature park how it is now," Madsen said.

The Dreamers raised money for projects and continued to clean. Projects included the trails, many of which are handicap accessible. Additional, undesignated walking and biking trails have been created by exploring visitors and groups.

A visitor's center was constructed with the help of Thomas Rogers' family containing information about the island's history and wildlife.

"Right now, we come out and fine-tune it," Madsen said.

Both Madsen and Perez said the majority of the work on the island has been financed through fundraising, costing the city little money.

Two overlooks were completed, and benches, a water fountain and signs were installed. Future developments include a trailhead on the mainland entrance, which has been in the works for years. River Action, the nonprofit environmental group based in Davenport, also involved with the island, hopes to bring water trails to the area as well.

Today the city concentrates on maintaining open areas and trails and clearing brush that gets out of hand.

"It's really being maintained as is," said Rodd Schick, Moline Park operations manager. "We want to keep what's there as far as passive recreation, expand on it and clean it up more."

He said volunteer groups, especially the Dreamers, with whom the city closely works, help the city immensely with ongoing cleanup. "Slowly but surely we're cleaning some of the stuff that's out there," Schick said.

Other groups, like Friends of Off-Road Cycling (FORC), have brought mountain-bike races to the island and conduct cleanups in the wooded areas. River Action hosts events like Ride the River and Taming of the Slough, which is happening this month. Through the years, the efforts of individuals and groups have made the park what it is today. As Moline puts it, "It's been a lesson in perseverance."

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healthy living

# Climate change now

## Warmer, wetter weather already has altered farming

By Sarah Gardner

Mention global climate change, and certain images leap to mind: the polar ice caps melting, the snowpack receding on Mount Kilimanjaro, Category 5 hurricanes forming over the Atlantic. The one thing all these images have in common is that they happen far away. But could there also be signs that the climate is changing right here in Illinois and Iowa? How about in a corn field?

In a 2007 study conducted by Lawrence Berkeley National Laboratory and the Carnegie Institution, researchers found that corn producers were getting lower yields. The same study found that production of wheat, rice, barley and sorghum were also in long-term decline. Researchers determined that changes in climate were costing farmers at harvest time. They estimated the loss from 1981 onward to be \$1.2 billion a year worldwide.

How could this be? As it turns out, many of the challenges farmers face when raising corn are made worse by changes in climate. Higher temperatures, particularly during pollination, decrease crop yields. Those same higher temperatures spur the growth of weeds, while increased carbon dioxide makes those weeds harder to kill. Meanwhile, crop diseases flourish in the rising humidity. All of this adds up to a less plentiful harvest that costs more to produce.

"There is a misconception that global warming will be good for agriculture," says Timothy Telleen-Lawton, research analyst for Environment Iowa, a statewide, citizen-based environmental advocacy organization. "It's not as simple as longer summers and shorter winters, though," Telleen-Lawton says.

Advances in agricultural technology can make it hard for individual farmers to recognize the effects of climate change in their own fields. More sophisticated tractors and improved strains of corn can make fields seem more, not less, productive. Some even argue that continued agricultural advances can be the answer to climate change.

Telleen-Lawton, however, points out that technological advances are costly to develop and take time to bring to market. If climate change accelerates as projected, it will become increasingly difficult for technology to keep up. Meanwhile, the Midwest, which historically has had an ideal climate for growing corn, may lose its agricultural advantage to places farther north. A warmer Canada, for example, could grow corn without investing in heat-resistant strains.

This understanding has led analysts at Environment Iowa to characterize corn as the "canary in the coal mine" when it comes to the effects of climate change on agriculture in the Midwest. Using scientific findings reported by the U.S. Global



iStockphoto

Change Research Program, the analysts were able to project future losses in corn production state by state. Iowa and Illinois led the nation, estimated to lose \$259 million and \$243 million respectively due to global warming each year.

"There is a consensus among climate scientists in the community that do this kind of research that our climate is warming, and that (it) is due in large part to human activity," says Ray Wolf, science and operations officer for the National Weather Service in Davenport.

Wolf says he tries to steer clear of political discussions and focus on current scientific understanding. "What we've seen here (in Iowa and Illinois) and what we can document are two things: The growing season is getting longer, and the climate is getting wetter," he says, adding that while there is agreement among climatologists that global warming is occurring, what we choose to do about it remains a matter of choice. "How we each respond to that is a decision based on what you personally value and what is important to you and your family."

Yet farmers may be in a position to help slow climate change. Analysts at Environment Iowa point out that soil has one of the largest capacities to store carbon on the planet. By modifying their techniques, farmers can use corn fields to keep more carbon in the ground and out of the air, thus slowing the progress of global warming.

*Ray Wolf will speak at 2 p.m. Sept. 20 at the Quad City Botanical Center, 2525 4th Ave., Rock Island. Cost is \$5 for non-members. Call (309)-794-0991 to sign up.*

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



## Expand your mind & Release your Potential



### Rock Island County Extension Programs & Events

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Super Saturday family classes will cover Disaster Preparedness, Fabulous Fleece Creations, Pumpkin Bling Fall Decor & Ghoulish Goodies Baking.

#### Extension YOU Adult Classes - Do Something Just For YOU!

Home Food Preservation Class, Wednesday, September 2, 5:30-8:30 pm Learn how to do pressure canning, hot water bath canning, freezing, how to make salsa, jams and jellies and more!

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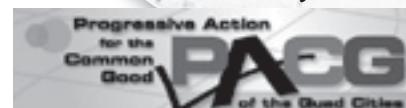
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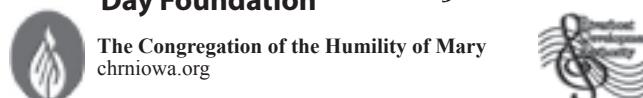


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# healthy living

# The emerald horizon

## Author speaks out about restoring Iowa's landscapes

By Sue Davis Smith

**I**magine a drive from Davenport westward on Interstate 80. Instead of miles of corn and beans is a landscape of prairie grasses. On this imaginary trip, the air buzzes with life. Flocks of birds are so thick, they cast shadows over the land for hours. Huge herds of bison and elk snort and stomp across the landscape. This is Iowa 200 years ago and the Iowa that Connie Mutel writes about in her book, "The Emerald Horizon: The History of Nature in Iowa" (University of Iowa Press, 2008).

In the book, Mutel combines her passion for nature with scientific research to portray the environmental past, present and future of Iowa. She says it's vital to understand Iowa's past to understand its future.

"Iowa is the most altered state in the union. Also, its current agricultural setting is the most highly manipulated on earth," says Mutel, an ecologist who works as historian and archivist for IIHR-Hydroscience and Engineering at the University of Iowa College of Engineering in Iowa City.

Mutel sees irony in that Iowa went from the prairie — the most complex and diverse ecosystem in North America — to one of the simplest and most managed landscapes.

"We've gone from tallgrass prairie, where 80 percent of the land had a thousand species of plants, to two-thirds of the state today being covered by row crops. It's been a huge change," she says.

The prairie's rich soil attracted early Iowans, who plowed it and turned it into agricultural land. Mutel says the prairie transformation occurred in just a few years, and the results of plowing the

prairie were dramatic. Native plants disappeared immediately. The impact below ground was greater. Destruction of the ancient, complex living system began with the plow's slice through the framework of roots. Today's cornfields contain roughly half the below-ground biomass that once was there.

"The earliest settlers believed that prairie soils required little care, and for the first decades that was true. But the loss of biological activity led to declining fertility," Mutel says.

We now know that as humans changed Iowa's native ecosystem, we had to replace natural processes with technologies. Today's farmers must fertilize more often. Where nature once purified the air we breathe and cleansed our water, we rely on chemical additives.

"The replacements are less satisfactory than nature's originals, and they are costly," Mutel explains. "In the long run, it is easier to care for the natural world so it can nurture life."

"Now we have problems with flooding because we've altered the landscape. How do we get back to a landscape with better water quality and less erosion? Look at what nature did and reconstruct it."

Mutel's dedication to restoring the landscape is embraced by restoration ecologists, who practice the art and science of healing nature by reintroducing native plants and processes that once defined a given region.

Restoration usually is attempted where some natural elements remain, but it can be done even on bare ground. For landowners planning a restoration, it's wise to come up with a plan before attempting such a project.

Mutel encourages landowners to learn about their land's history and develop restoration techniques and species suited for the site. Early land surveys, photographs, maps and other historic records are clues to what environmental features were once present. She also suggests observing land for at least one growing season before changing anything.

Several organizations can help, including The Iowa Natural Heritage Foundation, the Nature Conservancy's Iowa chapter, county conservation boards, nature centers and local land trusts, The Iowa Native Plant Society and the Iowa Prairie Network.

Mutel is hopeful that more people are recognizing the importance of restoring Iowa's landscape.

"I think it's not unlike global warming, where we realize we can't keep going this way. We cannot keep having intense row crop agriculture, and I see some positive changes in agriculture," she says.

*Connie Mutel will speak Sept. 11 at Prairiewoods Franciscan Spirituality Center, 120 E. Boyson Road, Hiawatha, Iowa. The program is from 6:30 to 8:30 p.m., and admission is \$15. Register by Sept. 9 by calling (319) 395-6700.*

*Read a longer version of this story online at [radishmagazine.com](http://radishmagazine.com).*

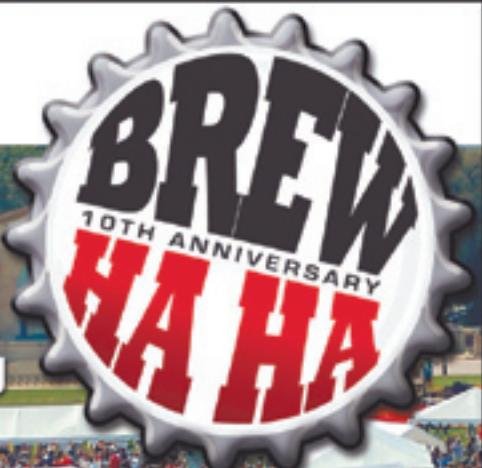


Jennifer Filipak / TNC

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# green transportation

# The Hybrid Guru

## Chris Schneider will talk cars at the Green Fair this month

By Brandy Welvaert

**H**old on to your steering wheel. The Hybrid Guru is coming in for a landing. Chris Schneider, aka the Hybrid Guru, will speak at the Green Fair, being held from 9 a.m. to 4 p.m. Sept. 26 at Highland Community College West in Elizabeth, Ill.

For Schneider, the term "guru" is relative.

"As a regular guest on Wisconsin Public Radio, I have been talking about alternative-fuel vehicles ... and the moniker 'Hybrid Guru' just stuck," says the Wisconsinite who travels the region preaching on the trinity of alternative fuels: electricity, compressed natural gas and hydrogen.

Rather than tout just one fuel, Schneider argues for a more inclusive — and probably more practical — approach to changing the way we get around and the kind of energy we use to do it. In his vision, compressed natural gas (CNG) vehicles, which are being produced today by automakers such as Honda, bridge the gap between the "regular" hybrid vehicles everyone's heard about and the hydrogen fuel-cell vehicles of the future.

Why don't we see CNG vehicles more often — if at all — in the Midwest? "We're being discriminated against because ... we have clean air," Schneider says. "Areas like Southern California and Phoenix and the state of New York ... are all

benefiting from compressed natural gas vehicles because their air is so bad. The refueling and the vehicles have gone there because there has been government support for these technologies. Frankly, I think that where we have clean air, we should be able to keep it."

In Southern California, smog already is driving not only CNG technology, but also hydrogen-friendly infrastructure changes. (Think fuel stations.) There, you can lease a Honda FCX Clarity for \$600 per month, never spend a penny on gasoline and feel good that the only thing coming out of your tailpipe is water vapor. Yep, just water.

To bring ultra-clean hydrogen technology to the heartland, Schneider argues that first we must embrace compressed natural gas (CNG). Because natural gas already is piped throughout the US, tapping into that supply would be easier than creating hydrogen fuel stations right away.

Furthermore, for Schneider, rethinking the way we fuel our vehicles fits into a grander energy scheme: the one purported by T. Boone Pickens, the American financier. In simple terms, the Pickens Plan argues that Americans should use solar and wind energy to reduce the amount of natural gas used in homes, then use natural gas to fuel cars. After CNG becomes the norm, Schneider says, CNG stations could be converted into hydrogen stations.

These are the kinds of ideas that come to light during the Hybrid Guru's presentations, which he shares around the region at energy fairs, Earth Day events and schools, through his organization, Hope3, which stands for Hybrid Owners Preserving an Energy Efficient Economy. He started Hope3 as a way to bring together owners of hybrid cars who, he says, "share a bond. Most early adopters were similar in age and attitude." Today its mission is to promote not only hybrid vehicles, but also energy independence and the environment.

As he travels, Schneider makes sure to practice what he preaches. On a recent trip, he drove a CNG vehicle and paid about \$7 for enough fuel to go 325 miles. (In a regular hybrid, \$7 would take you roughly 125 miles.)

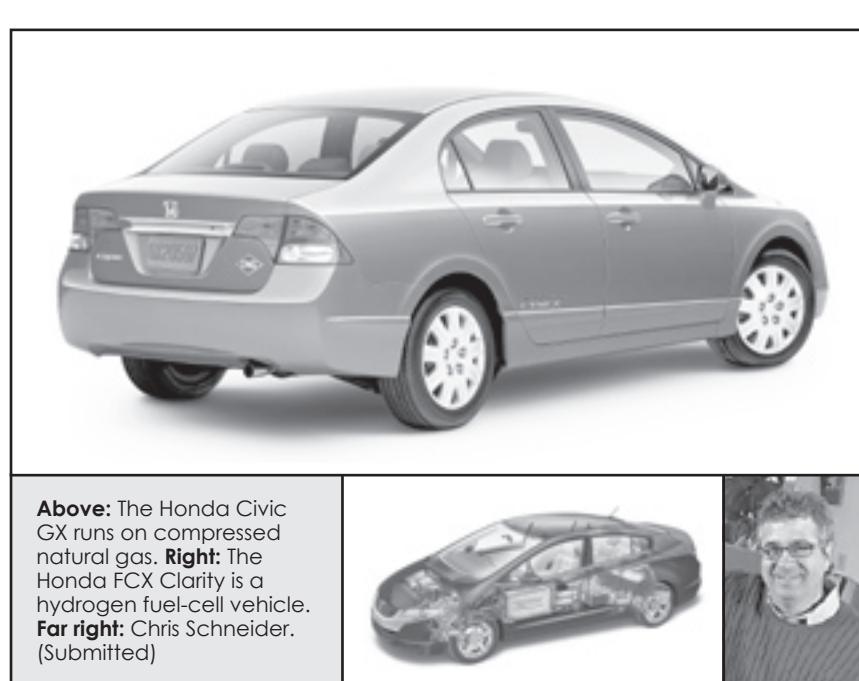
"On top of that economic benefit," he says, "I could drive 50 cars just like (it) and produce the same number of hydrocarbon tailpipe emissions."

For all of 2008, Schneider drove only a CNG vehicle. The year before that, he exclusively drove electric.

"I felt very patriotic using the 110 outlet in my garage as my refueling station," he says. "As I drove around LaCrosse, I would have people who would honk, and they would give me the (thumbs up)."

*For details about the Green Fair, visit nwil-greenfair.com.*

*For more information about the Hybrid Guru or alternative-fuel vehicles, visit hope3.org and check out the Alternative Fuels Webinar. To see "Thinking Green with Chris Schneider" TV segments, visit hybridcarstore.com.*



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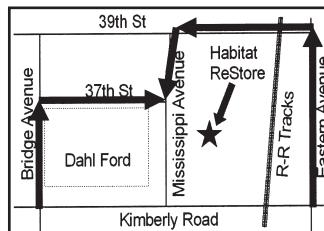
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## health & fitness

# Hot, hot, hot yoga

### Bring your water bottle — it's 105 degrees in here!

By Laura Anderson

I'm not really a fan of heat. In fact, I complain when it's more than 80 degrees outside. (OK, I complain when it's over 75 with even the slightest hint of humidity.) Regardless of my dislike for heat, even I can say that "hot yoga" is pretty cool.

Accurately named Hot Yoga Quad Cities, the Davenport studio that opened earlier this summer is kept at a smoldering 100 to 105 degrees during hot yoga classes, and between 90 and 100 for other yoga classes, said owner Kelli Knoblau.

You can feel every degree of it with nearly a dozen space heaters placed along the walls of the studio, working hard to keep it nice and hot.

Hot yoga isn't much different than "regular" or hatha yoga; it's just hotter. The heat helps your body to sweat out toxins while keeping your muscles warm. Knoblau said the "heat helps to safely open your muscles, allowing them to be used and stretched to their fullest potential. The heat also helps to provide rapid improvements in body shape, fitness, ... mental focus and well-being."

Studies have shown that hot yoga burns about 630 calories an hour, "which is not only double regular hatha yoga, but ... also more than running," she said.

Classes at Hot Yoga Quad Cities are offered throughout the week. If you drop in for a class, like I did, the cost is \$15. (Class passes make it cost less.) If you give it a try, bring a water bottle, a large towel (I used a beach towel) and a towel to wipe yourself. There are towels, water and mats provided for those who don't bring their own, but considering that I was by far the sweatiest student in class, I figured it would be better for everyone if I sweat on my own items.

In front of a room-length span of mirrors, class kicked off right on time for an hour of stretching and sweating. The class ran through common poses including Tree, a balancing pose, and Downward-Facing Dog, where you have both hands and both feet on the floor, stretching and pushing your hips to the sky.

We also ran through a number of other poses, including some I had never tried before. In Crow, you stand on one foot and wrap your other leg around your standing leg. Then you wrap your arms around each other in front of your face, pretzel-style. In Warrior 3, you stand on one leg and symmetrically align your outstretched arms with your leg while trying to bend forward.

For me, Warrior 3 was more complicated to do than it is to explain.

Like many yoga classes, hot yoga classes are for beginner and advanced yogis

**I was pushing my body to its limits, sweating out the bad and breathing in the good.**



Kelli Knoblau teaches hot yoga in Davenport. (Photo by Gary Krambeck / Radish)

alike. Knoblau asks each group if they've ever practiced yoga or hot yoga before, and she keeps an eye on how the class is doing.

"I would say maybe a handful have done hot yoga each time I ask; not very many," she said. "Occasionally, people will ask questions as we go, but I make sure to closely watch everyone in class so I know how and what to cue in order for the poses to go smoothly for everyone."

"I also tend to walk around class a lot and lightly give physical cues, for example, pulling your hips back in the Downward Dog pose," she said. Poses always can be modified, and Knoblau welcomes questions.

I've regularly practiced yoga for about a year now, and I still get frustrated with how my body moves or doesn't move. Turning up the thermostat about 20 degrees made it harder for me. I was hot, frustrated, tired and judgmental of my body — until I realized what a great workout I was getting.

Hot yoga wasn't the yoga I was used to practicing, not only because of the heat, but because it seems to focus more on the workout rather than calming and centering aspect of yoga. As we moved through the poses, however, I realized that it didn't matter how goofy I looked, all sweaty, red-faced and irritated. What mattered was that I was pushing my body to its limits, sweating out the bad and breathing in the good.

*For more information, visit [hotyogaquadcities.com](http://hotyogaquadcities.com) or call (563) 508-4410. Or, for a list of yoga studios offering hot classes in the region, turn to Resources page 38.*



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# Rowing his boat

## Q-C rower sings praises of his favorite sport

By Paul Harrington

If you were to look at the Mississippi River from Ben Butterworth Parkway in Moline at 5:45 a.m. almost any day of the week, you would see Terry Cahill, Rick Shaffer and I training in our racing shells.

This all started five years ago, when I was fat and 40 and looking for a new way to exercise. I read an article in a local newspaper about the Quad City Rowing Association (QCRA), and it mentioned "Learn to Row" classes. Being an outdoorsman who enjoys the river, I naturally was drawn to the challenge.

Rowing is a sport you always can improve upon and participate in well into your 60s, 70s and 80s. Many former runners turn to rowing because of the low-impact nature of the sport. The QCRA has produced many national champions and even has a former Olympian as a member.

The first "Learn to Row" class I took included a safety video and explanation of rowing terminology. We practiced strokes on a rowing machine called a ergometer and tried to understand the two types of boats and rowing disciplines. In sculling, each rower has two oars, and the rowing shell has one, two or four seats. In sweep rowing, each rower has one oar, and the rowing shell has two, four or eight seats.

I soon discovered that the first rite of passage for rowers is to show that you can flip over a rowing shell and climb back inside unassisted. At the time, I thought that this practice was closer to hazing — but it's a skill I needed. Shortly after, I accidentally flipped twice in one day.

**I get to  
watch the  
sun rise  
over the  
river and  
get an  
aerobic  
workout.**

After gaining confidence in the club's training boats, I purchased a rowing shell and began early morning workouts. My goal was to be able to row the five-mile round trip to Marquis Harbor and back like some of the other hotshots in the club. Needless to say, my first trip seemed like a lengthy voyage, and my legs were sore for three days afterward.

In a short time, however, I was making the trip every morning and began to realize the true benefits of rowing. I get to watch the sun rise over the Mississippi River, complete an aerobic workout, exercise all the muscle groups, burn off some adrenaline and socialize all before work. I can't think of a better way to start the day!

On the weekends, we make a point to row around Campbell's Island in East Moline, Ill., and

back. It is a 12½-mile trek and takes about an hour and 40 minutes to complete. The last few miles, you really can feel the anaerobic effects and notice the calorie burn. The excursion doubles as a mini eco-tour, with wildlife sightings including pelicans, herons, egrets, ducks and geese.

So here I am today, 30 pounds lighter and offering you the challenge to do the same. Even if you already are in great shape, you truly will benefit from this unique sport.

*The nonprofit Quad City Rowing Association, located where 17th Street meets the Mississippi River in Moline, will hold its annual Quad City Classic Regatta on Oct. 10. For more information, visit quadcityrow.org.*



Paul Harrington, of Port Byron, Ill., sits in his scull on the Mississippi River. Harrington is a member of the Quad City Rowing Association. (Photo by Stephanie Makosky / Radish)

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# Thoughtful Radio

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# How sweet it is!

## Swoop up some local corn before it's too late

By Leslie Klipsch

To my mind, there are a few events that a thoughtful eater and aspiring gourmand can look forward to with pleasant certainty: Wednesday's food section of the newspaper, Saturday mornings at the farmers' market and late-summer sweet corn.

The very idea of sweet corn inspires thoughts of classic summertime feasting: First, sweet corn is enthusiastically husked, boiled and bathed in a slab of butter, and then later in the season (in search of a bit of variety) it is grilled with robust marinades like chipotle mayonnaise or garlic and olive oil. Or it is made into zesty corn salsa, or sweet and spicy corn chowder. No matter how the corn is prepared, with such agreeable names given to the sugary and supersweet varieties like Cotton Candy, Double Delight, Radiance and Dazzle, the native vegetable offers both unfailing flavor and charm.

Corn, of course, is a part of our heritage. It is a unique treasure of the New World, and many of us have memories of community corn boils and of thick platters passed around dining room tables, bearing a bright vegetable rich in fiber and folate, yet tasty enough that even the pickiest kid was anxious to partake.

I am fortunate to have been born into a big-eating, food-loving family for whom the sweet corn season extends well past the time that the final cobs have been picked and husked in September. Thanks to my grandmother, who spends at least one long, hot, sticky, late-summer day in her kitchen slicing kernels from

ears of Peaches and Cream in order to be frozen, my clan passes bowls of sweet corn at the Thanksgiving Day table, just as the memory of summer days and long lines at farm stands have begun to fade. Bowls of sweet corn are also likely to appear during the holidays or at an aunt's or uncle's, niece's or nephew's birthday celebration. In winter, one cannot help but hold onto hope that there will be a parting gift at the door. As a child, the token was a quarter or a piece of candy for the road. Throughout college, my grandmother or grandfather often would cheerfully slip me a twenty before I headed back to school. Now grown and exceedingly hungry for the farm-raised, I hope for a thrifitly saved and reused Cool Whip container or plastic freezer bag full of rock-solid, frozen sweet corn.

Though there is nothing like sweet corn in the summer — shucked and blanched as soon after harvest as possible, bright gold and passed around the table alongside garden-fresh tomato slices and something from the grill — there also is something painfully delicious about pulling preserved sweet corn from the freezer and cooking it on the stove with a generous chunk of butter while deep in a Midwest winter. Whether prepared as a side dish, added to a hearty soup, or eaten from a bowl while standing at the counter, the flavor is still sweet and the food memory delightful. This is another culinary certainty to which I have come to anticipate. Soon after the New Year, when champagne memories lose their color and the chocolates of February still seem far away, I take from my freezer a bit of frozen sweet corn and find myself blissfully corn-fed and content.



### How to freeze sweet corn

1. Gather fresh sweet corn and husk the ears, remove the silks and wash in cold water.
2. Cut corn off of the cob by placing the large end of an ear on a plate or in the center of a bowl. Start at the tip of the ear and run a sharp paring knife straight down to the cob, leaving less than  $\frac{1}{4}$ -inch of the kernel. Rotate the ear to slice off all of the kernels.
3. For every gallon (16 cups) of kernels, add approximately 1 cup sugar, 2 cups water and 3 teaspoons salt. Stir.
4. Transfer to freezer containers, adding approximately one tablespoon of butter before sealing. (Alternately, the butter can be omitted from the freezing process and added when cooking the corn.)

*Notes: One large ear of sweet corn equals approximately one cup of corn kernels. Instructions courtesy of Marge Wethington, the author's grandmother.*

# food

## Local Foods Summit is a call to action — not just for foodies, but for ‘anybody who eats’

By Brandy Welvaert

If you eat, then this event is for you. Yes, you. “Anybody who eats is encouraged to attend,” says Caroline Vernon, who is working with other members of Progressive Action for the Common Good (PACG) in the Quad-Cities on the Earth Charter Local Foods Summit. The event will be held from 9 a.m. to 3 p.m. Sept. 26 at Wallenberg Hall on the campus of Augustana College, Rock Island. Cost to attend is \$10 or \$5 for students. Scholarships are available.

The event is a kickoff for PACG’s new forum, the Local Foods Initiative, and continues in the tradition of past Earth Charter Summits hosted by the Sisters of the Humility of Mary of Davenport. This time, however, the focus narrows from the planet to the plate.

Food, says Vernon, “affects everything.” She argues that a “paradigm shift” toward healthy foods could fix much more than just our collective bulging waistline. Food, she says, has reach. It’s wrapped up with agriculture and pollution; personal health and health care at large; and energy use and transportation — just to name a few of the big issues.

Yet food also remains an intensely personal, practical thing. Mealtimes give us three chances every day to make a healthy choice. And educating people about healthy choices — in terms of self, community and environment — is the first step, says Vernon. That’s what the summit is all about.

“Knowledge is empowering, and when they’re faced with that choice, I think most people will decide to do the right thing once they know,” Vernon says.

The Local Foods Summit will include a morning conference overview and speaker, a local lunch, morning and afternoon breakout sessions, and a keynote speaker. Morning breakout sessions will cover community gardening, local foods co-ops, and “farm to cafeteria” initiatives. Afternoon sessions will cover the economics of local food, reducing the carbon footprint with food, and information for food services and municipalities.

Kamyar Enshayan, director of the University of Northern Iowa Center for Energy & Environmental Education, will be the keynote speaker. Enshayan launched Buy Fresh, Buy Local in Iowa and worked with Iowa communities to start chapters. He also received the 2008 Sustainable Agriculture Achievement Award from Practical Farmers of Iowa.

Vernon is hopeful that attendees, armed with information, will take a look at what they’re eating at home — and what they’re being fed by institutions. Ultimately, she says, the summit is a call to action “to literally transform the system.”

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



Kamyar Enshayan (Submitted)

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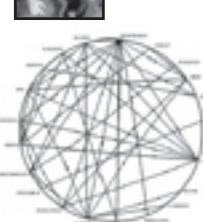


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# Peach perfection

Now's the time to make this easy, delicious jam

By Chef Donna Duvall

The season for golden-ripe, juicy peaches is fleeting, but with some simple ingredients and basic equipment, you can savor the summer-ripe flavor of peaches throughout the year.



iStockphoto

## 1. Getting started

To get started, pick up a sack or two of peaches at your farmers' market or local orchard. The best jam is made from peaches that are firm to the touch and free of bruises. The beautiful rosy blush on peaches varies from one variety to another and is not a good indicator of ripeness. Instead, look for a creamy or golden undertone. Fresh peach fragrance also indicates ripeness. Peaches with a green undertone are underripe and lack flavor, but a little underripe fruit adds pectin and acidity to jams.

## 3. The sealing question

How do you know your jars really are sealed? You may hear a "ping" as the jars cool. When the jar seals the center of the lid is pulled down creating a slightly concave surface. This indicates a vacuum has formed sealing the jar. If you are not sure, push down on the center of the lid. If it does not push down, the jar is sealed. A lid that springs back is not sealed.

## 5. Prepare the jars

1. Examine the jars for nicks and cracks, recycling those with any.
2. Wash and rinse jars and lids.
3. Place jars in the water-bath canner, cover with water and boil for 10 minutes to sterilize. Jars should remain in the hot water until ready to use.
4. Place lids in a small saucepan, cover with water and bring water to a simmer (180 degrees F). Remove the pan from the heat and allow lids to remain in the hot water until ready to use.

## 2. The pectin question

Pectin is a complex carbohydrate that occurs naturally in peaches and other fruits. It forms a solution in water, and when mixed with the correct amount of sugar and acid, gels upon cooling. When adding fruit to the mixture, this creates jam. Both liquid and dry forms of pectin are available for jelly and jam making. When using a mix of ripe and slightly underripe peaches, there is enough naturally occurring pectin for the cooked fruit to jell. However, when using peaches in combination with other fruits — or if you just want extra "insurance" that your jam will jell — try a recipe that uses added pectin. Two commonly found prepared pectin products are Certo (a liquid) and Sure-Jell (a dry powder). Both products include recipes for jam making.

## 4. Before you begin canning

Gather the equipment. You will need a kettle to blanch the fruit before peeling, colander, paring knife, a heavy 8-10 quart saucepan for cooking the jam, metal spoon, measuring cups, jar funnel, jar lifter, tongs, canning jars, standard two-piece lids, and a water-bath canner. Optional equipment includes a scale to accurately weigh the fruit, and a candy thermometer to gauge the temperature of the jam while cooking. Remember that canning jars and rings can be reused, but the lids cannot. Usually lids and rings are sold together, however.

*Get a recipe for Perfect Peach Jam on Resources page 38, or go to radishmagazine.com for more.*



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food

# Simply Local Food

## Healthy, homegrown eats reach the blogosphere

By Elizabeth Janicek

For champions of rural community and local food, it can be easy to see modern technology as damaging to both land and relationships. But one northwestern Illinois group is working with the wires to get back to the basics.

Simply Local Food is a local food advocate organization and Web site. It was sprouted last year by several members of the Conservation Guardians of Northwest Illinois, and like any good Midwestern organization, it began with a potluck.

Members gathered to share dishes made with local ingredients, to exchange recipes and to talk of their mutual commitment to local and seasonal eating. The more food and conversation the group shared, the more they saw a need to keep up the conversation between meetings and bring others into that dialogue.

Their Web site, [SimplyLocalFood.com](http://SimplyLocalFood.com), does both. It's one part resource — a guide to growers, restaurants and groceries that offer local products — and one part social hub. The resource area raises visibility for local growers "who provide excellent products, but don't necessarily have the means to get the word out," says Cory Ritterbusch, the group's Webmaster. By listing local growers and promoting the Web site, he says, "we do the marketing for them."

And then the site's more communal element: the blog, which Ritterbusch likens to the Saturday morning hardware store chatter of years past. Members might post thoughts on the Farm Bill, share information on a local event, offer up extra tomatoes, seek spare mason jars, or ask, "Does anybody else notice that the radishes aren't coming up yet?"

"We're using technology to do a very old thing," says Ritterbusch, who emphasizes the usefulness of



Susie Wolf and Karin Strenski (above) and Lowell Albrecht (left) sell local foods at the Galena Territory Association Farmers' Market in Galena, Ill. (Submitted)

the blog format for small-group communication. "It's free, and it's fast. It's a really efficient way for groups to share information."

The Web site's biggest challenge so far has not been reconciling traditional agriculture with modern technology; it's been helping the group's more mature members get comfortable with the blogosphere.

But Chuck Engstrom — who gives up his age with the comment that "I still get up in the morning and wait for the guy to bring the paper paper" — has overcome the learning curve and is now one of the site's most active bloggers. He's quick to admit that his eco-savvy outweighs his Web-savvy, and he's excited about the blog's potential to help build local community: both by drawing new consumers into

the movement and bringing existing local-foodies even closer together.

Engstrom recalls a friend who playfully criticized him for eating strawberries out of season. He says that friend is a peanut gallery he's glad to have. A social environment that supports his priorities makes sticking to them that much easier.

"And the more ways it hits you, the better." Friends, magazines, books, farmers' markets, blogs — they all reinforce one another, says Engstrom. For bloggers and buyers in Northwest Illinois, Simply Local Food ensures that plugging into local is that much easier.

*For more information and events, watch the blog at [SimplyLocalFood.com](http://SimplyLocalFood.com).*



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environment

# Energy is the key

## I-Renew Expo to focus on the budding green workforce

By Radish magazine

With a focus on green jobs, the 18th annual I-Renew Energy and Sustainability Expo will be held 9 a.m. to 5 p.m. Sept. 12 and 10:30 a.m. to 4 p.m. Sept. 13. This year's event will take place at Frontier Natural Products Co-op, 3021 78th St., Norway, Iowa, and will feature 80 presentations and workshops, more than 50 exhibitors, and speakers on topics related to renewable energy. The fair also will include a demonstration area with different types of renewable and alternative energy on display.

Admission to the event is free for I-Renew members or \$10 at the door for non-members. Camping is available on-site for \$15 per night. From 5 to 7 p.m. Friday night there will be a campfire with food and a band.

Speakers at this year's event will include Roya Stanley, director of the Iowa Office of Energy Independence, at noon Saturday, and Kevin Nordmeyer, director of the Iowa Energy Center, at 1 p.m. Sunday. Also speaking is Kate Gordon, vice president of energy policy for the Center for American Progress, at 1 p.m. Saturday. Radish recently caught up with Gordon to talk about energy policy and green jobs.

**Radish:** How does the way we use energy matter?

**Kate Gordon:** The way we generate, move, use and save our power is critical to our nation's environment and economy. We cannot solve global warming without moving toward a cleaner and more efficient energy economy.

**R:** Will changing the way we use energy transform America?

**KG:** Absolutely. Energy is at the core of many of this country's largest problems. For example, energy is one of the biggest costs for most



Kate Gordon

American households, so investing in energy efficiency — especially for low-income consumers — has an immediate impact on people's ability to spend money on other things, such as food and health care.

**R:** As we make these changes, how does the job landscape look?

**KG:** At the Center for American Progress, we recently commissioned a study that shows that investing in clean energy creates three times the number of jobs as investing in fossil fuel energy. That's because when we invest in new technologies, we're investing in their invention, commercialization, manufacture, installation, maintenance and repair.

**R:** What will it take to bring green jobs to the Midwest?

**KG:** Bringing more green jobs to the region will require specific policies and investments. The most important of these are policies to create demand for clean and efficient energy, such as renewable energy standards, procurement policies, and building codes; and policies and investments that will help the region scale up to meet those demands.

**R:** Which part of the puzzle are you most passionate about right now?

**KG:** What really gets me to work in the morning is the potential for the marriage of climate stability, energy security and economic prosperity. ... These are challenging times, but they are also incredibly hopeful times.

**R:** What practical steps can we take?

**KG:** Support the climate bill! Putting a price on carbon emissions is a critical and necessary piece of the puzzle. I don't see how we're going to spark a clean energy revolution without changing the rules of the energy game, and one of those rules needs to be that if you put a ton of carbon into the atmosphere, (then) you

need to pay something to offset the damage it causes.

**R:** How do you stay energized to work on big issues?

**KG:** I am energized by the fact that we've made great strides on these issues even in the past five years. The federal government has also taken amazing steps by passing the (American Recovery and Reinvestment Act), the largest single investment in clean energy in the country's history. I am also energized by the potential (American Clean Energy and Security Act of 2009) going through congress right now, which will be incredible and historic when it passes.

*For the complete interview, read this story online at [radishmagazine.com](http://radishmagazine.com).*



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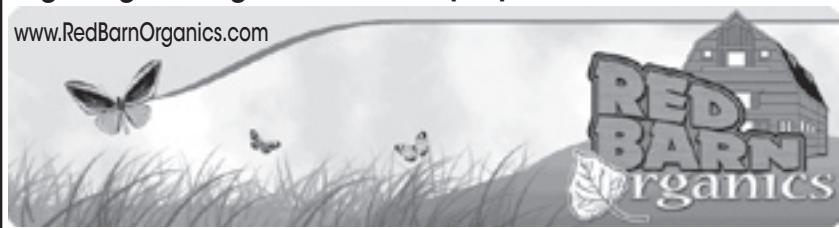
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# Act like a squirrel

## Now's the time to gather acorns for winter feasting

By Rich and Marion Patterson

The clatter on the roof in the wee hours startled us from a deep sleep. A September wind was shaking zillions of acorns loose from the towering white oak over our house and bouncing them down to the lawn.

By morning our yard was a veneer of acorns. Most homeowners would consider them a nuisance, but our reaction was different. We didn't see acorns. We imagined delicious muffins slathered with maple syrup and enjoyed during winter's cold.

For much of human existence, acorns were the staff of life. Eagerly gathered by ancient Europeans, Middle Easterners and American Indians, acorns provided people with nutritious food during times when other foods were scarce. Somehow, in relatively recent times, Americans stopped eating acorns. Ironically, many people think they are toxic, but nothing could be further from the truth.

Like wheat, oats, corn and other grains, acorns can be dried, stored and eaten months later. When properly cured, their shelf life is indefinite. As a food, acorns are

versatile and nutritious. It's no wonder the ancients coveted them and chose to live near oak groves.

Eastern Iowa and Western Illinois are blessed with an abundance of many oak species. They fall into the white oak or red oak group. Gathering and eating acorns requires some identification ability.

Biting into a fresh, raw acorn yields a bitter surprise. They're laced with tannin! This tannin has to go to reveal the acorn's delicious flavor. Processing isn't difficult, but it is easiest to start with acorns that contain the lowest concentration of tannin.

The white oak group that includes white, bur and swamp white oaks usually produces the largest and sweetest acorns. All of these species have leaves with rounded lobes.

Red, pin and black oaks belong to the red oak group. Their leaves are pointed at the tips. Although these generally produce reliable crops, the acorns tend to be small and packed with tannins. Squirrels seek white oak acorns first, and so should human gatherers.

A huge white oak spreads over our house and has yielded dozens of batches of acorn muffins over

the years. Typical of its species, it only produces a heavy crop every second or third year. Some years it's loaded. Other years, hardly an acorn falls. When a good crop bounces off our roof, we quickly gather several gallons as soon as they hit the ground. Otherwise, they sprout or spoil quickly. We seal fresh nuts in plastic bags and store them in the freezer for processing by the wood stove on winter nights.

Acorns can be used in a diversity of foods. Native Americans often included whole dried acorn kernels in meat stew. We use them as a partial replacement for cornmeal in various recipes. Many Web sites detail acorn processing and eating tips, but we use a simple and easy way to convert raw, frozen acorns into flour. (See below.)

This fall, millions of acorns will rain down on Midwest roofs. It's a great time to process and enjoy a delicious food.



### Squirreling away acorns for winter

**1** Put a gallon of acorns in a large pot of water and bring it to a boil. As tannin (the bitter stuff) leaches out, the water becomes tea-colored.

**2** Drain the nuts and let them cool. Boiling softens the husks, allowing you to cut each nut in half with a paring knife. A nut pick helps separate the kernel from the husk.

**3** Husks go to the compost bin. Meats go back into boiling water. Usually, white or bur oak acorn meats need a few boilings to remove all the tannin. Pour off the tea-colored water and reboil in fresh water until boiling water stays clear.

**4** With the tannin gone, the acorns are soggy but tasty. Boiling also removes tannin from red oaks but usually takes many more water changes.

**5** After boiling, place the wet acorn kernels on cookie sheets and bake at low heat until they are thoroughly dry and nearly as hard as gravel. An occasional stirring helps ensure uniform drying.

**6** After cooling, grind the hard kernels or put them in airtight containers for long-term storage. Dried kernels can be stewed with meat and vegetables like Native Americans did. They add nutrition, acorn flavor and an interesting texture to stew.

**7** In a musclem-powered meat grinder, you can grind dry kernels into meal that stores for years in airtight jars. A kitchen blender also will do a good job converting hard kernels into coarse flour.



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outdoors

# Fall is for fens

## Visit rare wetlands to see unique autumn colors

By Bob Groene

A wetland is a wetland, right? Nope, not even close. While swamps and bogs get their water from above, in the form of rain, a much more rare type of wetland — a fen — gets its water from underneath. A nearly undisturbed fen was discovered near the Quad-Cities a few years ago. And as it turns out, fall is the perfect time to visit it.

"One of the fen's plants, Jewel Weed, which is also called Orange Touch Me Not, blooms in September, attracting hundreds of hummingbirds — quite a sight to see and hear," said Terry Brock, a retired soil scientist now living on a small farm in Henry County, Ill. Brock was giving me a short course on fens — which are inland marshy areas now often drained and cultivated because of their nutrient rich soil, according to Encarta.

The fen that Brock and I visited in Ikes Park, just outside of Geneseo, Ill., is a calcareous fen. Calcareous fens, according to one source, are rare peat wetlands characterized by cold, inflowing groundwater containing dissolved calcium and magnesium. This creates ecological conditions favorable to supporting certain rare plants. Calcareous fens are found on slopes, such as at the base of river bluffs.

Brock discovered the fen by mistake.

"The Geneseo Ikes (Izaak Walton League of America) Club, which I had joined after moving here, was talking about setting up an outdoor archery range," Brock said. "I'm a not-too-avid bow hunter, so I decided to look at the area and take my dog for a walk. The dog was having fun chasing squirrels while I was walking along looking at plants. Then I saw something familiar: a skunk cabbage plant!"

It came as a major surprise to Brock.

"I hadn't seen skunk cabbage since Alaska and immediately realized I was in a special wetland — a fen — because that's the only place it grows."

Brock is no stranger to fens. He and two other scientists authored a USDA research paper, "Calcareous Fens in Southeast Alaska," published a few years ago. From prior research, the expert knew that Illinois has only 354 acres of identified fens and none known in this part of the state — until this one.



Kneeling in Ikes Fen, Terry Brock holds up the leaves of a skunk cabbage plant. (Photo by Bob Groene / Radish)

Standing amazed, Brock gazed around at the discovery of extreme rarity. He saw all of the ingredients of a fen — and a darned good one to boot.

"Long ago, maybe 12,000 to 15,000 years ago, the Green River and wind formed a sand dune now covered by mostly oak and basswood trees," he

explained. "Water, with lots of calcium from underground limestone, seeps or drains almost constantly from the dune, creating the fen. The plants in the fen live, die and decompose creating a mucky peat soil.

"Very often fens have been drained, farmed, grazed or had roads or rail lines constructed, which destroys them — that's why only 354 acres of fens are known to exist in all of Illinois. When the Hennepin Canal was constructed, it filled in much of the lower wetland and forest, creating a boundary for this fen."

Brock estimates the fen now to be about five acres. It probably was 35 acres originally. From current soil maps, he calculates that the county may have had as many as 3,500 acres of fens at one time and may have up to a dozen acres today — mostly undiscovered and on private land.

"What was left after canal construction (were) a fen and native forest that are remnants of a much larger area that once existed along the Green River floodplain. We now call those remnants Ikes Forest and Ikes Fen. The delicate linkage between them remains intact and undisturbed by man, which is very unusual."

Since that discovery in 2004, Brock has identified some 43 plant species in the fen, one of which is found nowhere else in Illinois: the Giant Polyganum. Geneseo Ikes Club has "adopted" the five-acre fen from the City of Geneseo's Prairie Park, and Brock has worked with both the Illinois DNR and the Corps of Engineers to protect the rare area's delicate status. The area is open to visitors.

Ikes Fen and Forest Natural Area is at the southeast corner of Ikes Park, which is located just east of Illinois Route 82 along the south side of the Hennepin Canal, about a mile north of Geneseo, Ill. Informational brochures with a map are available at the fen entrance sign.

*For a list of more fens within driving distance, turn to Resources page 38.*

# Moline Parks & Recreation introduces 'PARXERCISE'

The Moline Parks Department would like to introduce our new program – "PARXERCISE"! A lot of us think of going to a gym for our fitness, but what about our parks? Thanks to Genesis Medical Center we now have 'HealthBeat' outdoor exercise equipment at Ben Butterworth Memorial Parkway. We will be offering a 6 week "PARXERCISE" program on Saturday mornings beginning September 19th.

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**Choices Connection** assists people age 18 & over in determining their wishes for medical care if they are unable to speak for themselves.

The day and a half training, conducted by hospital staff, is free, including materials, and will be held on Sept. 29 & 30.



Contact Jan Harper at Generations  
**563-324-9085, ext. 209**  
[jharper@genage.org](mailto:jharper@genage.org)  
[www.genage.org](http://www.genage.org)

education

# Black Hawk Organics

## Hands-on program trains future farmers in sustainability

By Laura Anderson

**T**omatoes, bell peppers and onions, oh my! These locally grown treats and plenty more can be found in the organic garden at Black Hawk College in Galva, Ill. This year is the first that the garden is producing, and it's yielding tons of tasty veggies, awareness of locally grown foods and hands-on horticultural and agricultural education that students otherwise wouldn't have experienced.

Several horticultural, agronomic and agricultural classes work with the garden, teaching students concepts centered around organic production, says program coordinator Carla Jaquet. "Students enrolled in (the classes with) an interest in olericulture (the science of vegetable growing) and pursuing careers in business and production (are) directly involved in maintaining the fields," Jaquet says.

"Student feedback has been positive," she says. Students from local high schools' Future Farmers of America (FFA) chapters, as well as one student from Western Illinois University, have visited the garden to learn more. "We're excited to see how the program will expand and diversify as it develops," Jaquet says.

The plot of land selected for the garden had lain fallow for over 15 years, Jaquet says, which provided the perfect setting for organic production. The land also has been USDA-certified organic through the Midwest Organic Services Association (MOSA).

For the first production season, Jaquet says that faculty and students chose veggies to plant based on personal experience, research, availability and flavor. This year's plants includes three types of tomatoes: Celebrity, Brandywine and Cherokee Purple; three types of bell peppers: Ace, Yankee Bell and Sunray; Blue Lake green beans; red onions; and sweet corn.

"The project accentuates Black Hawk College's commitment to promoting horticulture and agriculture as career choices," Jaquet says.

When the program began, it was operating on a limited budget. Recently, however, the Illinois Community College Board granted the college \$50,000 to support the program.

"The market for locally grown, healthy foods is fast becoming more than just a fad," Jaquet says.

On May 19, the Illinois State Senate passed the Local Food Farms and Jobs Act, stating that by 2020, 20 percent of all food and food products purchased by state agencies and state-owned facilities must be local farm or food products.

According to Jaquet, more than \$48 billion is spent on food in Illinois each year, with only a portion of that money being generated by food and food



Carla Jaquet of Erie, Ill., rides a tractor as students Chelsea Jaquet of Erie, left, and Lisa Bates of Kewanee, Ill., plant tomatoes at Black Hawk College in Galva, Ill. (Submitted)

products within the state. Jaquet says America as a whole demonstrates a huge need for future farmers, especially farmers who practice sustainable methods. Programs like Black Hawk Organics allow for traditional and non-traditional students to get their hands dirty and try out farming firsthand.

Harvest in the organic garden began in late July, and produce is being sold at farmers' markets. Black Hawk Organics sells at the Davenport Farmers' Market from 8 a.m. to noon Saturdays at the NorthPark Mall east entrance, 320 W. Kimberly Road. In addition, visitors are welcomed to the farm to pick their own fruits and veggies from 9 a.m. to 1 p.m. each Tuesday. The farm is located near the entrance of Black Hawk College East Campus, 26230 Black Hawk Road, Galva, Ill. On "CSA days," guests also will be able to buy already picked produce, Jaquet says.

*For more information about Black Hawk Organics, visit [blackhawkorganics.blogspot.com](http://blackhawkorganics.blogspot.com).*

**America as a whole demonstrates a huge need for future farmers, especially farmers who practice sustainable methods.**



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# Chiropractics for kids

## The benefits of spinal care for expecting moms and tots

By Sharon Wren

**C**an you visit a chiropractor when you're pregnant? Is it still safe? And how old should a child be at his first adjustment? Do you need to find a chiropractor who specializes in children or pregnancy?

Jessica Castaneda, DC, owner of Inner Health Chiropractic in Davenport, says that pregnant women can be adjusted. "Potential benefits of chiropractic care during pregnancy include maintaining a healthier pregnancy; controlling symptoms of nausea; reducing the time of labor and delivery; relieving back, neck or joint pain; preventing a potential Caesarean section; and creating a healthier environment for the baby to grow and develop." Don't worry about trying to fit a baby bump onto the adjustment table; Castaneda says that's not necessary. "Chiropractors who have been trained to work with pregnant women use tables that adjust for a pregnant woman's body and will use techniques that avoid unneeded pressure on the abdomen."

Being adjusted actually can make labor easier, she says. "Establishing pelvic balance and alignment is another reason to obtain chiropractic care during pregnancy. When the pelvis is misaligned, it may reduce the amount of room available for the developing baby. The restriction also may make it difficult for the baby to get into the

best possible position for delivery. If the baby is not in the best position for delivery, this will mean longer, more painful labor for mom and more stress on the baby."

You may have worried about finding a pediatrician, but your child doesn't need a pediatric chiropractor, according to Cherie L. Marriott, DC, DICCP, a faculty clinician at Palmer College of Chiropractic, with a specialty in pediatrics. "Most chiropractors have training in adjusting children. It is not necessary to have a pediatric chiropractor for a baby and a 'regular' chiropractor for an older child." But doctors who do specialize in pediatric chiropractic spend more time in the classroom. "Chiropractors who have chosen to specialize in pediatrics usually have spent considerable time involved in advanced study regarding pediatric conditions and how to best manage them. For example, a chiropractor who has a Diplomate status in pediatrics — DICCP, which stands for Diplomate of the International Council on Chiropractic Pediatrics — has spent an additional three years of study and examination in the field of pediatrics. This curriculum also includes the study and care of pregnant women as well. After all, pediatrics starts in the womb."

Marriott notes that you don't need to wait until a child has reached a certain age before getting an adjustment; infants have been adjusted immediately after birth.

Castaneda agrees. "Chiropractic is vital for children. Even naturally being born can cause stress on an infant's spine. This stress then can affect the nervous system, resulting in many problems for the baby. Just to name a few areas of infant's health issues are colic, chronic infections (including respiratory and ear infections), breathing difficulties, digestive problems, nursing difficulties, sleeping issues, allergic reactions and developmental delays."

Chiropractic adjustments can do a lot more than just relieve back pain, according to Marriott. "Some of the common childhood ailments that can be helped by getting adjusted include ear infections, colic, constipation, bed-wetting and respiratory conditions, just to name a few." Parents and chiropractors need to work together to monitor the child in case additional medical treatment is necessary. "Any pediatric health condition needs to be closely monitored. A referral for medical care and co-management should be made if the child is not responding favorably in a reasonable amount of time or if the child initially presents with an overwhelming infection."

If you think your child needs to be adjusted, ask your chiropractor if he takes children as patients. Marriott says that most chiropractors will adjust children. Once you make an appointment, talk to your child before that first adjustment to dispel any fears. "A good way to introduce a child to being adjusted is to see Mom or Dad get adjusted first," says Marriott. "For the younger child, bringing in their favorite stuffed animal for the animal to get adjusted first can also be helpful!"

If you didn't get adjusted while you were pregnant or take baby for an adjustment on the way home from the hospital, Castaneda says not to worry. "It is never too late to start chiropractic care for children."

*Read a longer version of this story online at [radishmagazine.com](http://radishmagazine.com).*



Chiropractor Jessica Castaneda, owner of Inner Health Chiropractic, Davenport, examines 7-week-old Spencer Powell, who is being held by his mother, Jolene Upchurch. (Photo by John Greenwood / Radish)

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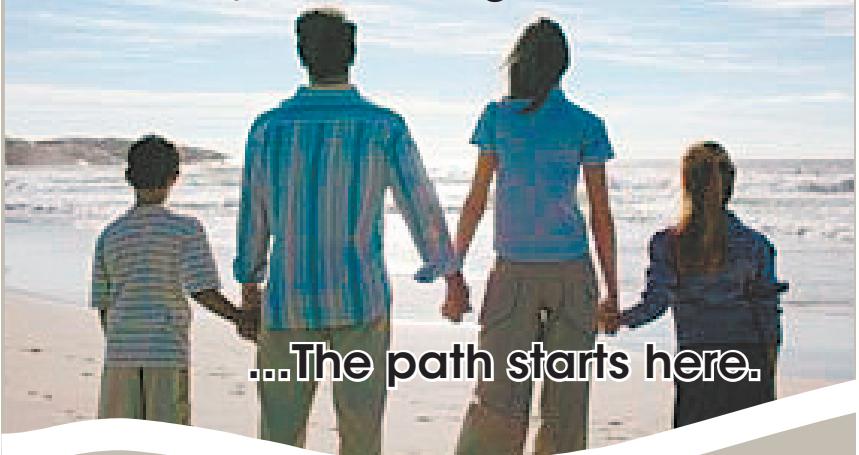
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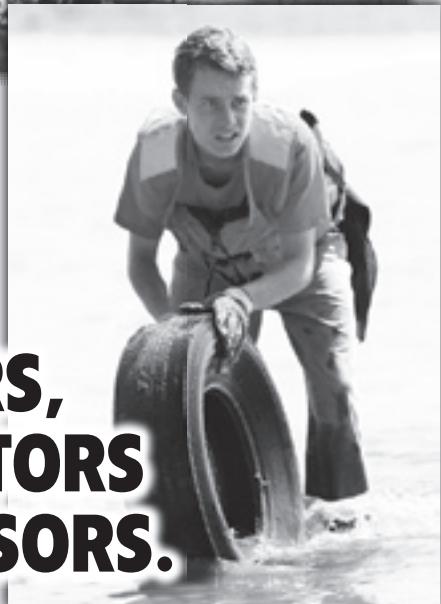
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## rooting around

### Brew Ha Ha: 10th annual WQPT fundraiser features local brews

WQPT Quad-Cities public television will hold its 10th annual beer-centered fundraiser from 1 to 5 p.m. Sept. 19 in LeClaire Park, Davenport. The event will feature more than 20 beers, many of them local, as well as cheeses, live music and a "Sports Corner," where the games of the day will be shown on big-screen TVs. Tickets are \$20 in advance or \$25 at the door (cash only). Designated drivers can sign up in the Designated Driver Tent for a wristband and a gift bag, and to sign up for special drawings. Designated drivers will receive free bottled water throughout the event. Tickets may be purchased online at [wqpt.org](http://wqpt.org).

### Celebrate pioneer spirit at Pine Creek Grist Mill Heritage Day

On Sept. 19, families can celebrate the dedication and spirit of America's pioneers at Pine Creek Grist Mill and Melpine School at Wildcat Den State Park, Muscatine, Iowa. From 10 a.m. to 5 p.m. the event will feature tours of the school and mill, which will be operating. There will be broom- and button-making demonstrations, hands-on activities featuring tools that the pioneers used, storytelling and buckskinner shows. The event is free. Food will be available for purchase. Wildcat Den is located on Highway 22 between Muscatine and Davenport, Iowa. For more information, visit [pinecreekgristmill.com](http://pinecreekgristmill.com) or [iowadnr.gov](http://iowadnr.gov) and search for "Wildcat Den."



Submitted

### VenHorsts inducted into 4-H Hall of Fame

John and Claudia VenHorst of Scott County, Iowa, were inducted into the 2009 Iowa 4-H Hall of Fame during a ceremony at the Iowa State Fair Aug. 23. The VenHorsts were honored for the time, effort and finances they have contributed over the last 30 years to help young people learn about farming, according to a press release. Their commitment to the Bucket Calf Project has enabled young 4-H members to learn about their animals — not just the care and showing, but the feeding and finances involved, according to the release. The Iowa 4-H Hall of Fame was initiated in 2002 to help commemorate the 100th anniversary of 4-H.

### Bee there: Learn about bees at Vander Veer

Vander Veer Botanical Park, Davenport, has a new honeybee observation hive: a four-frame, ventilated, double-enclosed case humming with the activity of 10,000 Italian honeybees. You can get a look when the Friends of Vander Veer host the annual Fall Festival from 10 a.m. to 7 p.m. Sept. 12 at the park and conservatory, 215 E. Central Park Ave., Davenport. Regular conservatory hours are 10 a.m. to 4 p.m. Tuesdays through Sundays. Admission is \$1 for ages 16 and over. For more information, call (563) 326-7818.

## 'Fresh' uncovers a better way to eat

Progressive Action for the Common Good and Quad-Cities Buy Fresh Buy Local will host a showing of the documentary film, "Fresh," by ana Sofia joanes, at 7 p.m. Sept. 18 at the Unitarian Church, 3707 Eastern Ave., Davenport. The event is free and open to everyone. Fresh, local popcorn will be served. "Fresh" features urban farmer and activist Will Allen, a 2008 MacArthur Genius Award fellow; sustainable farmer and entrepreneur Joel Salatin, who was made famous by Michael Pollan's book, "The Omnivore's Dilemma;" and supermarket owner David Ball, who is creating a new market model. For more information about the film, visit [freshthemovie.com](http://freshthemovie.com). For more information about the event, visit [bfblqc.org](http://bfblqc.org) or [qcprogressiveaction.org](http://qcprogressiveaction.org).

## How colorful is your plate? The more hues, the better for your health

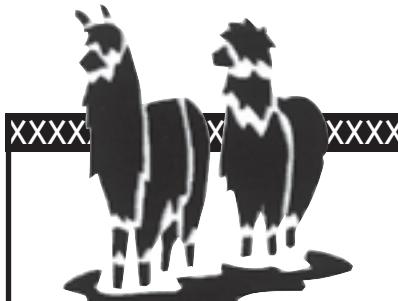
When you sit down to eat a meal, is it colorful? If it is not, you may be lacking some important nutrients. It turns out that eating a variety of naturally colorful foods is ideal. The American Dietetic Association (ADA) reports that foods rich in color and flavor have more phytochemicals, or plant compounds, which are believed to aid in disease prevention and maintenance of a healthy body. The ADA recommends eating an array of foods of many different colors. Red foods are high in the antioxidant lycopene, which helps protect from some cancers and helps prevent sun damage. Orange foods are high in vitamin C, provide anti-inflammatory properties and help prevent cancer. Yellow foods are high in carotenoids, which help to decrease inflammation in the joints, as well as prevent cancer and aid vision. Green foods offer an abundance of vitamins and antioxidants. Blue and purple foods are high in antioxidants and are good for memory and cardiovascular health. White foods can help prevent cancer and heart disease.

## Going crazy for gourds in the country

Once again, the Quad City Area Gourd Patch will present a "Gourd-geous" Day in the Country from 9 a.m. to 4 p.m. Saturday, Sept. 26, at the home of Dallas and Roxie DeShane, 3316 N. 1600th Ave., Orion, Ill. The free, family-focused event will include make-and-take crafts, goody bags and face-painting for kids; 500 reusable bags to be given away; gourd games like gourd disc golf and gourd toss; door prizes; and gourd crafts for sale. Several fall farm vignettes will be set up for photo opportunities. There also will be grilled foods, baked goods and drinks for sale. Free classes will be ongoing all day and will include growing gourds; safely working with gourds; cleaning gourds; designing gourds; cutting gourds; and staining and finishing gourds. Parking is free at the event.



John Greenwood / Radish



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# rooting around

## Get lost in world's largest corn maze

You literally can get lost in the world's largest corn maze at Richardson Farm, located between Spring Grove and Richmond, Ill. Richardson's is a family farm that plants a huge themed maze each year. This year's maze celebrates the 200th anniversary of Abraham Lincoln's birth. The 28-acre labyrinth has 11 miles of trails, and it's one of the few mazes in the nation open late at night. The farm also has a wooded picnic area, a food tent, a giant slide, free pedal cars, a shelled corn "sandbox" and an observation tower. New this year is a zip-line ride that soars over the pumpkin patch. Visit [richardsonfarm.com](http://richardsonfarm.com) for hours of operation.

## The Giving Tree Band releases eco-friendly album

The Giving Tree Band, a group of Illinois musicians playing what's been described as progressive old time, eco-billy and indie folk rock, has released a new album, "Great Possessions." The album was recorded at a temporary studio set up inside the carbon-neutral Aldo Leopold Legacy Center in rural Wisconsin. Band members lived at a campsite 10 miles away from the studio, where they ate donated, local, organic food and pedaled over 500 miles by bicycle to the studio and back to finish recording the record. The CD packaging is all recycled and recyclable, and the disc comes with recycling directions "for when (listeners) get sick of us," says the band's Web site, [thegivingtreeband.com](http://thegivingtreeband.com).



Submitted

## Q-C Buy Fresh, Buy Local has a new Web site

The Quad-Cities chapter of Buy Fresh, Buy Local has a brand new Web site, [bfbqlqc.org](http://bfbqlqc.org). The site features news articles about local foods as well as a member directory. It also features current and past issues of the group's newsletter, "What's Fresh." The group plans to add links to member Web pages so eaters can find out where their favorite growers are selling. Links to farmers' markets and local-foods resources also will be included.

## Talking about local foods in Fairfield

Like local food? You can learn more about it at the Tri-State Local Food Conference, Producing Sustainability: Growing Food, Growing Lives, Growing Economies, from 10 a.m. to 4 p.m. Sept. 4, at the Fairfield (Iowa) Arts and Convention Center, 200 N. Main St. The conference has three tracks: farm to institution, producer innovation, and food system advocates. A local lunch will be provided. Keynote speakers will be Dave Swensen, who works in the Iowa State University department of economics, and Denise O'Brien, an organic farmer and founder of Women, Food and Agriculture Network. (Find an essay by O'Brien on page 40.) For more information or to register, call (641) 472-6177 or send an e-mail to [detra.dettmann@ia.usda.gov](mailto:detra.dettmann@ia.usda.gov).

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# resources

## HOT, HOT, HOT YOGA

(Story on page 14)

Looking for hot yoga? Here are three more studios offering classes:

- **Downward Dog Yoga & Fitness**, 120 2nd St., Coralville. (319) 621-7163 or [downwarddog-yoga.com](http://downwarddog-yoga.com).
- **Hot House Yoga**, 250 12th Ave. S., Suite 280, Coralville, Iowa. (319) 338-9642 or [hothouseyoga.com](http://hothouseyoga.com).
- **Martha's Hot Yoga Studio**, 1041 Woodlawn Ave., Iowa City. (319) 358-5515.

## PERFECT PEACH JAM

(Story on page 20)

4 pounds peaches (about 8 large)

5 cups sugar

½ teaspoon nutmeg (optional)

2 tablespoons fresh lemon juice (1 lemon  
yields 2 tablespoons juice)

1. Prepare the peaches. Carefully place washed peaches into boiling water for 1-2 minutes to loosen the skin (underripe fruit will take longer), then plunge them into a bowl of ice water to quickly stop the cooking process. Peel and chop the fruit.
2. Make the jam. Put the peaches, sugar, nutmeg (if using) and lemon juice in a saucepan over medium heat, stirring to dissolve all the sugar.
3. Boil rapidly and stir constantly until the jam is thick, about 15 minutes, or until it has reached the jell point, 220 degrees, on a candy thermometer. This will produce a firm jam. For a softer jam, shorten the cooking time. For a firmer jam, lengthen it.
4. Remove jam from the heat and let stand 5 minutes; skim off any foam.
5. Ladle the jam into hot jars leaving ¼-inch headspace, wipe the jar top and threads with a clean cloth. Put on a hot lid with sealing compound next to the jar. Screw on the band.
6. Place each filled jar in the elevated rack over the canner containing simmering water. Lower the rack into the canner. If necessary, add water to cover jars by 1 to 2 inches. Cover the canner, and bring the water to a boil. Start the processing time when the water reaches a rolling boil.
7. At the end of the processing time, remove the jars from the canner and place on a towel, out of drafts, to cool.
8. Let the jars sit undisturbed for 12 to 24 hours. Do not tighten bands on the lids or push down on the center of the flat metal lids until the jars are completely cooled.
9. Remove bands from sealed jars. Put any unsealed jars in the refrigerator and use first.
10. Wipe off jars and lids, label and store in a cool, dry place out of direct light.  
(Yield: 5½ pint jars)

## FALL IS FOR FENS

(Story on page 28)

- **Bluff Spring Fen**. This 100-acre nature preserve is accessed through Bluff City Cemetery, 945 Bluff City Boulevard, Elgin, Ill. Hours are 7:30 a.m.-7:30 p.m. through October and 7:30 a.m.-4 p.m. November through March. [bluffspringfen.org](http://bluffspringfen.org) or (847) 464-4426.
- A fen walk will be held at **Kauten Fen**, 9573 110th St., Fayette, Iowa, at 10 a.m. Sept. 12. [inhf.org/iowafens.htm](http://inhf.org/iowafens.htm).
- **Lake in the Hills Fen Nature Preserve** is located in McHenry County, Ill., northwest of Algonquin. It is open from dawn to dusk daily. A "botany for beginners" class will teach participants how to identify fen plants at 2 p.m. Sept. 6. To register, call (847) 658-0024 or e-mail [lithfen@aol.com](mailto:lithfen@aol.com).
- **Sterne's Woods Fen**, a 185-acre park with trails for walking and biking, is located just north of Crystal Lake, Ill. For directions, visit [crystallakeparks.org](http://crystallakeparks.org) and view the interactive map or call (815) 459-0680.

# farmers' markets

## ILLINOIS

### BUREAU COUNTY

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

### CARROLL COUNTY

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

### HENRY COUNTY

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

Kewanee Farmers' Market, 200 W. 3rd St.; 7:30-11 a.m. Wednesdays and Saturdays, through September. (309) 852-2175

Oneida Farmers' Market, DT Sales parking lot, 221 W. U.S. 34; 3:30-6:30 p.m. Thursdays, through Oct. 1. (309) 483-6467

### JO DAVIESS COUNTY

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

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

Galena Territory Association Farmers' Market, Territory Association Owner's Club parking lot (north end), 2000 Territory Drive; 7:30 a.m.-12:30 p.m. Sept. 6, 13 and 27. (815) 777-2000

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

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

### KNOX COUNTY

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

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

### LEE COUNTY

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

## MERCER COUNTY

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

## MCDONOUGH COUNTY

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

## OGLE COUNTY

Polo Farmers' Market and community dinner, Senior Center on Mason Street; 3-6 p.m. Thursdays, through Sept. 24. (815) 946-3818

## PEORIA COUNTY

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

## ROCK ISLAND COUNTY

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

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

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

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

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

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

## WARREN COUNTY

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

## WHITESIDE COUNTY

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

## IOWA

### CEDAR COUNTY

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

### CLINTON COUNTY

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

Preston Farmers' Market, Iowa 64 at Twogood Park; 4-6 p.m. Thursdays, through September. (563) 577-2216

### DES MOINES COUNTY

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

### DUBUQUE COUNTY

Dubuque Farmers' Market, near City Hall on Iowa and 13th streets, down Iowa Street to 11th Street; 7 a.m.-noon Saturdays, through Oct. 1. (563) 588-4400

Midtown Farmers' Market, Fountain Park Plaza, 2728 Asbury Road; 3-6 p.m. Thursdays, through Sept. 24. (563) 584-9300

### HENRY COUNTY

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

### JACKSON COUNTY

Bellevue Farmers' Market, gazebo on Riverview Drive; 7-11 a.m. Saturdays, through September. (563) 872-5812

### JEFFERSON COUNTY

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

### JOHNSON COUNTY

Coralville Farmers' Market, Coralville Community Aquatic Center, 1513 7th St.; 5-8 p.m. Mondays and Thursdays, through Oct. 1. (319) 248-1750

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

Iowa City Downtown Market, Iowa Avenue between Clinton and Linn streets and along Dubuque Street between Jefferson and Washington streets; 7:30 a.m.-noon Sept. 12 and Oct. 17. (319) 356-5110

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

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

### LEE COUNTY

Fort Madison Farmers' Market, Central Park, 9th Street and Avenue E; 3:30-5:30 p.m. Thursdays, through Sept. 24. (319) 372-7700 ext. 202

Keokuk Farmers' Market, River City Mall parking lot, 2nd and Main streets; 6:30-11 a.m. Saturdays, through September. (319) 524-3985

### LINN COUNTY

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

Downtown Market, 2nd Street SE, downtown Cedar Rapids; 7:30 a.m.-noon, Sept. 5. (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, 3-5:30 p.m. Tuesdays, Wilson's True Value Hardware Store 1420 Park Ave., and 7:30-11:30 a.m. Saturdays at Mississippi Drive and Sycamore Street, through October. (563) 299-2709

### SCOTT COUNTY

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

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

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

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

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

food for thought

# Practical and political

## Big changes in agriculture happen one farm at a time

*Editor's note: Denise O'Brien is a farmer and founder of Women, Food and Agriculture Network, and she ran for Iowa Secretary of Agriculture in 2005. O'Brien will speak on Sept. 4 in Fairfield, Iowa.*

By Denise O'Brien

**D**uring the year of the Bicentennial celebration of the founding of our country, my husband Larry Harris and I married and started farming. Larry is a fourth-generation farmer who had returned to Iowa and his family's farm after several years of traveling and experiencing the world. I was raised in Atlantic, Iowa, never spent much time on farms and had returned to the state to care for my mother, who was ill. As fate would have it, we met, fell in love and started our farming career together.

When I met Larry, he said he was going to farm organically. Of course, having lived in Vermont and California where everything is political, I thought, "Wow, that's political!" I must say that the past 33 years have been a lesson in being "political and practical." At first, I didn't know a whole lot about farming. In fact, I didn't know a thing. Larry has been a great teacher, and I think I have been a good learner.

Over the years, our dreams of being self-reliant have been modified somewhat, but we have come to know the community we have lived in nearly all our lives and understand how long it takes to make change. We have learned that generally, people are uncomfortable with change. So many times, our community would give us encouragement but would not join us in our endeavor to change agriculture. Change was too scary!

You might say we were daring — becoming organic farmers in the middle of conventional agriculture — but we knew in our hearts that the earth needed care and that we needed to be good stewards of the land. Being from the community made us a little less threatening. Our families were respected, so we weren't all that crazy — eccentric maybe, but not crazy.

Larry and I always have been quite public about our farming practices, our politics and our worldview. There was no guessing about what we were up to: We were an open book. Basically, one might say we have lived our lives doing education and outreach about how one can care for the environment yet continue to live a middle-class lifestyle.

Over the years, we have modified our farming operation — going from full-time farmers with a dairy herd — to both of us having off-farm jobs while farming. We have gone from commodity crops, corn, soybeans and milk to specialty farming. Our specialty is our CSA (community-supported agriculture) farm.

Members of our CSA pay a membership fee to our farm, and we grow their vegetables from June to October. Every week, the members pick up their boxes of the latest bounty from the garden.

There have been weeks when there has been no bounty, or very little. This is where shared risk comes into play.

Members pay up front so that we can buy seed, fertilizer and equipment, and then they share in the risk of adverse weather and other issues that may come into play. This is our fourth year in the operation. It is hard but rewarding work.

This approach to farming is one that builds community and economy. Growing food that is eaten locally leads people to healthier eating and keeps dollars in our communities. It is a chance for young people to get into farming on a smaller and more affordable scale than the large conventional approach, and it keeps more families in our rural communities.

We have learned many lessons over the years and continue to learn. The practical side of growing food, growing lives and growing the economy is rooted in the precious resource that we live on — the soil.

*Denise O'Brien will speak at the Tri-State Local Food Conference, being held from 10 a.m. to 4 p.m. Sept. 4 at the Fairfield (Iowa) Arts and Convention Center, 200 N. Main St. ([travelfairfieldiowa.com](http://travelfairfieldiowa.com)).*



Denise O'Brien is a farmer and advocate for sustainable agriculture. (Submitted)

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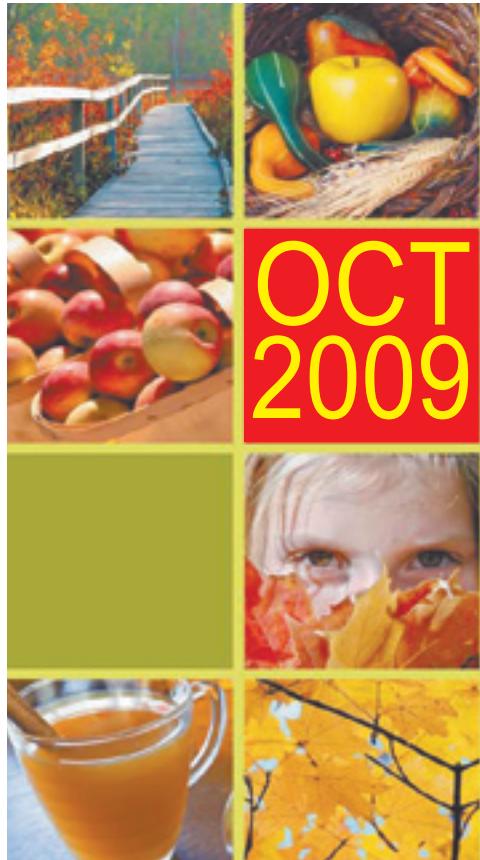
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### September 2009 Calendar of Events

Wed, 2nd	Meditation, 7pm-8pm
Sat, 5th	Yoga, 9:30am-10:30am
	Sound Healing Workshop
	No. 5, 3pm-7pm
Sun, 6th	Belly Dancing Classes with Jenny Stumph, 1pm-2pm
Wed, 9th	Destiny and Momentum 6pm-8:30pm
Thu, 10th	Yoga, 5:30pm-6:30pm
Sat, 12th	Yoga, 9:30am-10:30am
Sun, 13th	Chakra System Class, 5am-8am
	Belly Dancing Classes with Jenny Stumph, 1pm-2pm
	Destiny and Momentum 1:30-4:00pm
Wed, 16th	Meditation, 7pm-8pm
Thu, 17th	Yoga, 5:30pm-6:30pm
Sat, 19th	Yoga, 9:30am-10:30am
Sun, 20th	Belly Dancing Classes with Jenny Stumph, 1pm-2pm
Thu, 24th	Yoga, 5:30pm-6:30pm
Sat, 26th	Yoga, 9:30am-10:30am
Sun, 27th	Belly Dancing Classes with Jenny Stumph, 1pm-2pm



**OCT  
2009**

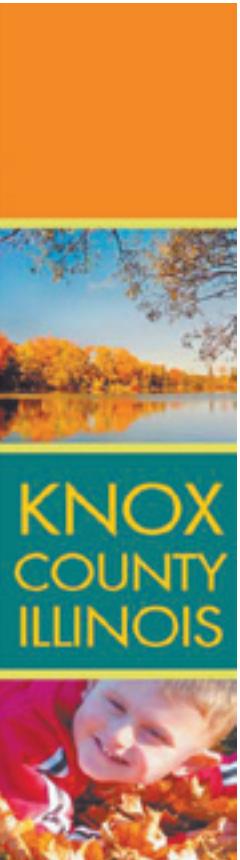
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