

Radish

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SEPTEMBER 2010

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Q&A with
environmental writer
Elizabeth Royte

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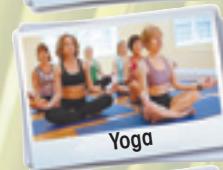
*Matt Hoover will be participating in the Southeast
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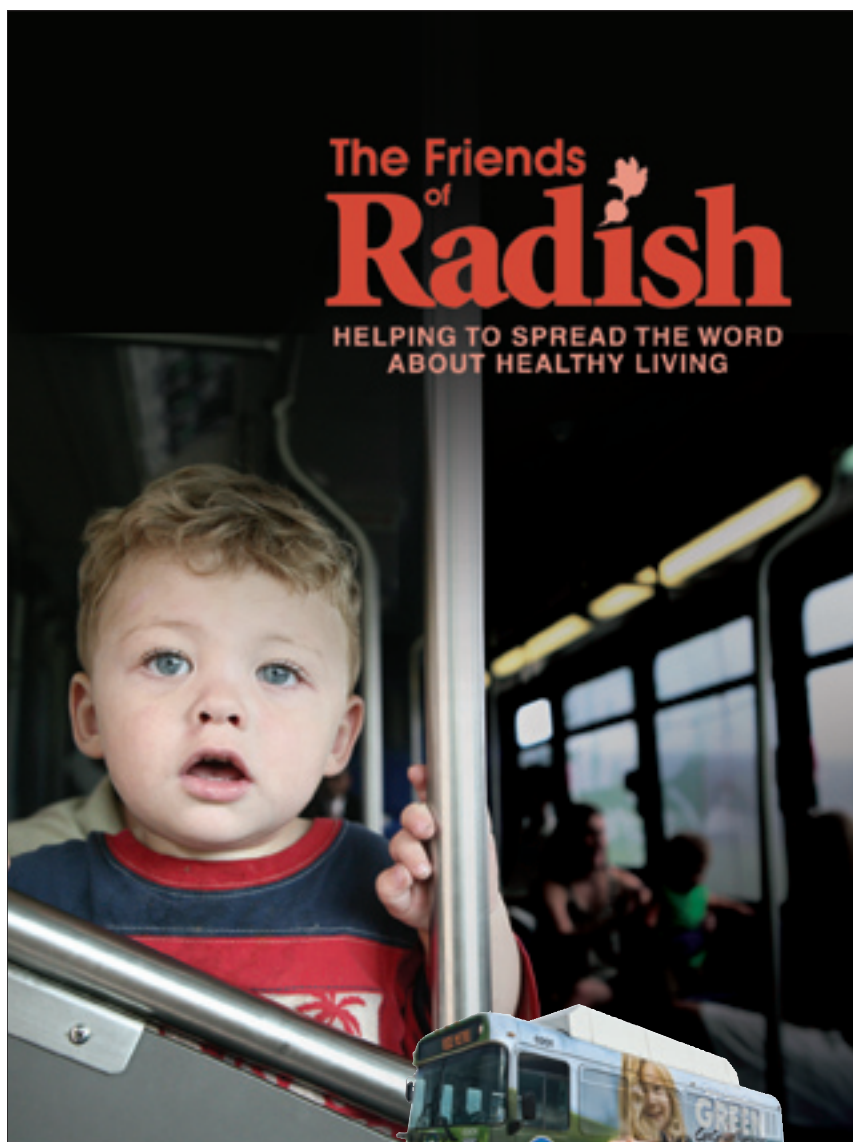


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ADVERTORIAL

“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.

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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.

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Photo by Paul Colletti / Radish

Many years ago on a trip home from college, an abrupt halt on an off-ramp sent my two goldfish, Truth and Beauty, tumbling from their bowl. I rushed into the nearest gas station and bought a bottle of water to save them.

"Those are some fancy fish, drinking bottled water," the clerk teased as I poured the life-saving liquid into their bowl. This, of course, was before water became a popular on-the-go purchase, when it occupied a few vessels in one or two dim slots of the cooler or perhaps a dusty green bottle of Pellegrino on a high shelf.

Now, of course, it is a different story. We hardly bat an eye to see someone leave a convenience store with a bottle of water in hand, and this despite the fact that it has the highest markup of any item there. A 16-ounce bottle usually starts at 99 cents. That works out to be \$8 a gallon — for water, not gas. In other words, \$8 for stuff you could be getting from a drinking fountain for free.

So why aren't we?

As with any consumer decision we make, the answer to that is likely complicated and involves a number of factors: health, convenience, habit. Nature writer Elizabeth Royte set out to untangle the decisions that go into buying a bottle of water and ended up with a book. My guess is you could write as much about any other purchase as well.

We may not always be aware of all the reasons we buy what we do, but one thing is clear — the kind of purchases we make (and what happens to those goods when we are finished with them) have ramifications for the health of ourselves, our families and our planet. It is worth it, then, to pause every so often and ask why we are buying something and whether we could make that decision differently. Sometimes the answer is no. But sometimes it is yes, and when it is, new possibilities open up for ourselves and our future.

This month in Radish we are proud to bring you a Q&A interview with Royte about her book, "Bottlemania," in anticipation of her upcoming visit to the Quad-Cities. You also will find articles about people who have chosen to examine other daily decisions, from how they manage their wardrobe to how their children get to and from school. To paraphrase the wisdom of one article, no one can change everything, but everyone can change something. I find that reassuring.

As for Truth and Beauty, in case you were wondering, they survived — and went happily back to living in tap water for many semesters more.

— Sarah J. Gardner
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Radish
HEALTHY LIVING FROM THE GROUND UP

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contributors



Bill Davies of Moline is an active member of the Eagle View group of the Sierra Club. He enjoys the outdoors, whether bicycling along one of our river trails or hiking in the mountains out West. He also likes to search for classic rock and folk LPs for his collection. This month Davies makes his Radish debut with an editorial about the Triumph hog processing plant on page 40.



Also making his Radish debut is **Brian J. McNeill**. McNeill recently relocated from the Pacific Northwest to the Quad-Cities area, where he has established Perk Creative, a communications agency specializing in sustainability and health care issues. McNeill can be reached at brianm@perkcreative.com. Read his article about the prairie restoration project undertaken at Muscatine's Bridgestone plant on page 28.



Barbra Annino is a freelance journalist and fiction author. Her work has appeared in Clean Eating, Herb Quarterly, Delicious Living and more. Visit her website at barbraannino.com. You can read about her finds at the Pork House and Black Angus Acres truck at the Dubuque Farmers' Market in our article on meats at the market on page 8.



Also contributing to our story on meats at the market (page 8) is **Jen Knights**. Knights is a freelance writer and a senior writer/editor at The University of Iowa Foundation, and she serves on the board of directors at New Pioneer Food Co-op of Iowa City and Coralville, Iowa. She lives in Iowa City with her husband, two children, and four agreeable cats.



Christy Filby is the Community Wellness Executive for the Quad Cities YMCA. She leads Activate Quad Cities, a community coalition of government, school, health-care, corporate, faith-based and not-for-profit organizations with a mission to create a social and physical environment that encourages healthy lifestyles. Read her story about the upcoming Healthy Families Day on page 32.

Also appearing in Radish this month are contributors **Sharon Wren** ("Working the wardrobe," page 20); **Ann Scholl Rinehart** ("Climbing the walls," page 10); **Todd Welvaert** ("Peak experience," page 24); **Lindsay Hocker** ("Crosswalk revival," page 14, and "Dig, grow, explore," page 26); **Rachel Morey Flynn** ("Pears aplenty," page 18); **Leslie Klipsch** ("Healthy home party," page 22); **Chris Greene** ("Back to basics," page 12); and **Joe Payne** ("Slough tamers unite!," page 16).

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the grapevine

From our readers

Straight from the cow (July 2010):

"What a joy to see an article encouraging raw milk consumption! While I understand that many people have been led to be scared of raw milk consumption, I would like to introduce your readers to a responsible raw milk farmer where I purchase milk. Located in Fulton, Ill., Marc and Catherine Gravert of Spring Valley Farm sell delicious, yellow and creamy raw milk for \$5 a gallon. A little more than a dozen Jersey cows are grass fed and cherished for their twice daily gift.

Although they are not certified organic, they operate according to its practices. They are open Monday-Saturday 8-11 a.m. and have many other items for sale including grass-fed beef, honey, eggs, soap, and alpaca yarn. Please visit their website at springvalleyfarm.4mg.com and remember to bring your own containers."

— Erin Franich, Bettendorf, IA



All that Jazz (August 2010): "I thoroughly enjoy your magazine every month and Jazzy's picture caught my eye. ... The reason I felt that I needed to write was Ms. Gardner's term 'hypoallergenic' when she described the breed. This sort of misinformation could lead people with allergies to buy so-called 'hypoallergenic dogs' and then take them to the pound when it doesn't work out. There are lower allergen breeds like poodles, yorkies, etc., but none of these dogs are truly hypoallergenic. ... Any person who has an allergy to dogs or is the caregiver to a person with such allergies should weigh the odds carefully. There are breeds that have less of an impact on an allergic individual but even then they are far from hypoallergenic."

— Rebecca Banerjee, Davenport, IA



Want to talk about an article you loved? Radish representatives will be at the following events this month. Stop by, say hello and enter to win a Radish shopping bag.

- Healthy Families Days, from 10 a.m. to 2 p.m. Saturday, Sept. 18, at Modern Woodmen Park, 209 S. Gaines

St., Davenport. Read more about this event on page 32.

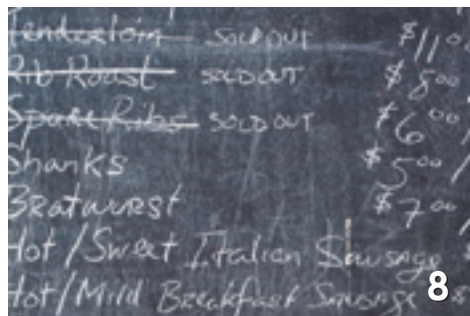
- The Mississippi Valley Growers' Farmers' Market, from 10 a.m. to 11 a.m. Wednesday, Sept. 8, at the east entrance of NorthPark Mall, 320 W. Kimberly Road, Davenport.

- Southeast Iowa Wellness Expo from 9 a.m. to 4 p.m. Saturday, Sept. 25, at the Fairfield Arts & Convention Center, 200 N. Main St., Fairfield, Iowa.

On the Road with Radish is made possible by The Friends of Radish: Metro, Trinity Regional Health System, WQAD News Channel 8 and WQPT.

healthy living from the ground up

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Dave Patton, assistant director of University of Iowa Recreational Services, prepares to scale one of the university's climbing walls. (Photo by Ann Scholl Rinehart)

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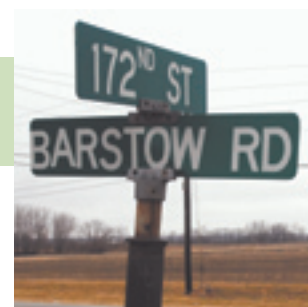
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healthy living

Bottlemania!

What one author learned about the water we drink

By Sarah J. Gardner

Two years ago, science and nature writer Elizabeth Royte of New York set out to explore the reliability of tap water and the burgeoning bottled water industry in her book, “Bottlemania.” On Sept. 9 at 10:30 a.m., Augustana College in Rock Island will host Royte on campus to read from her book and answer audience questions. The event, to be held in Centennial Hall, will be free and open to the public. In advance of her appearance, Radish asked Royte a few questions about what she learned while writing her book.

Radish: What got you interested in writing about bottled water?

Elizabeth Royte: I decided to write about bottled water because after finishing with my penultimate book, “Garbage Land: On the Secret Trail of Trash,” I was a bit obsessed with the concept of disposability and with single-use packaging. Bottled water, which was the fastest growing segment of the beverage industry when I started my research, is the ultimate example of manufactured demand and heedless consumption.

R: In “Bottlemania” you write 89 percent of tap water meets or exceeds federal regulations and costs 240 to 10,000 times less than bottled water. What are some of the reasons you believe bottled water is as popular as it is, despite this?

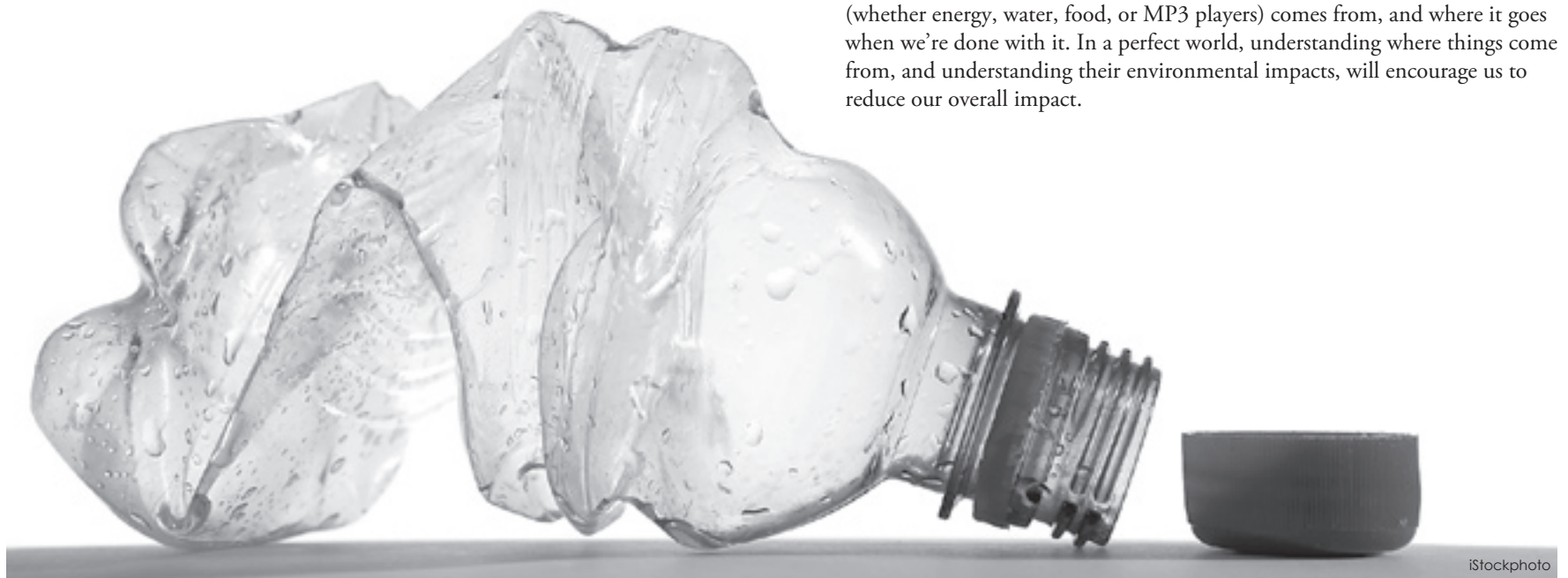
ER: I think bottled water is popular because it’s convenient (you can grab it almost any place that takes money for food), it’s healthful (compared to processed, sugary drinks), and because advertisers have convinced us to be suspicious of tap water’s quality.

R: On the opposite end of the spectrum from the belief that bottled water is far superior to tap water is the sense that it is not different at all. While researching your book you discovered this wasn’t exactly true — what makes something like Dasani different from tap water?

ER: Dasani doesn’t come to us through pipes that may be more than 50 years old. It’s filtered through reverse osmosis, which virtually no utilities use (because it’s energy intensive and expensive), and it’s exposed to odorless, tasteless ozone, instead of chlorine or chloramines, for disinfection. But it’s also not inspected, independently, as often as tap water is, and it can sit in plastic bottles for up to two years before consumers open and drink it.

R: Most people, you found, do not know whether their municipal water source is surface or groundwater. Why is this an important distinction?

ER: I think it’s less important whether it’s surface or ground water than the fact that people actually know the source of their water, whether it’s from the lake up the road or from wells along a river. Is it from their own watershed or is it piped from someone else’s? I was just trying to get at our general infrastructure disconnect, because I think it’s important to know where our stuff (whether energy, water, food, or MP3 players) comes from, and where it goes when we’re done with it. In a perfect world, understanding where things come from, and understanding their environmental impacts, will encourage us to reduce our overall impact.



R: You link bottled water to a trend environmental writer Bill McKibben identifies as being away from the common good and toward “hyperindividualism.” Can you describe what that is and how it relates to water issues?

ER: McKibben writes about people preferring to live in large, isolated houses rather than in villages; we like to ride in our own cars, not public transportation, and listen to our own music (on iPods), rather than share a sound system. I think bottled water is another example of how we opt out of community and isolate ourselves — in this case, from public water supplies. It’s individualistic thinking, and it keeps us from taking care of the things we hold in common.

R: Nationally, very few water bottles end up getting recycled. Why might that be?

ER: I think the rate of recycling is now up to 30.9 percent, but it’s still pitifully low — mostly because we lack recycling infrastructure (receptacles) in public places (and most bottled water is consumed away from the home) and we lack strong markets, or nearby markets, for the material.

R: Could you talk about the potential outcome of increased ethanol production on Midwestern water quality and availability?

ER: Ethanol, as currently produced, is made from corn, which requires irrigation. It also requires fertilizer and herbicides, which work their way into streams and aquifers — the sources of drinking water. Producing ethanol requires about four gallons of water for each gallon of fuel. Much of this can be recycled, but ethanol plants use reverse osmosis to purify their water, and their discharge water contains high concentrations of sulfides, chloride, and iron. Diluted in larger streams, that discharge water is harmless, but many plants discharge into tiny creeks.

R: Having completed this book, did it change the way you drank water at home?

ER: I always drank tap water; I used to filter through a Brita pitcher but I learned that all I was really doing (since I don’t have a lead or copper problem) was removing the chlorine. So now I just let my water sit in a pitcher until the chlorine off-gases. No more buying filters and maintaining them. (I learned also that you’ve got to keep the filter wet).

R: What has changed in the bottled water industry since “Bottlemania” came out?

ER: Sales of bottled water in the U.S. are down because of the poor economy and growing awareness of bottled water’s environmental impact. More mayors and states have quit spending taxpayer dollars on bottled water; campuses have removed bottled water from vending machines. We’ve also seen more efforts by the bottled water companies to “green” their product — they remind us to recycle, there are more plant-based bottles, more light-weighting of bottles, more purchasing of carbon offsets. But there are also more companies just getting into the business, worldwide. Sales in developing nations are up because of a growing middle class and increased industrial and agricultural pollution of local water supplies.



Elizabeth Royte is the author of “Bottlemania,” “Garbage Land,” and “The Tapir’s Morning Bath.” Her writing has appeared in Harper’s, National Geographic, Mother Jones, The New York Times Magazine, and other national publications. To read more of our interview with Royte, visit radishmagazine.com. For information on her upcoming visit to Augustana College, contact Connie Ghinazzi at (309) 794-7494.

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New Store Hours

healthy living

Market meats

Good eats at the market go beyond the veggie stand

By Radish staff

Regular visitors to the farmers' market know fruits and veggies aren't all that's on offer from the vendors. In fact, for consumers concerned with industrial farming practices, shopping at the farmers' market may be the easiest way to find meat that matches their personal ethics. Just as with produce, the market allows you a chance to speak with the farmers who have raised your food and ask questions about how they go about it. We recently asked three Radish writers to visit their local market and give us a glimpse of the meats available. When they finished licking their fingers, here is what they had to say.



Davenport Freight House Farmers' Market

Nostalgia Farms: One of the delights of the farmers' market is not just the opportunity to purchase meat from animals that have been humanely raised and harvested, but also the chance to try meats that are hard to find in grocery stores. A perfect example of this is the lamb, rabbit and duck regularly offered by Nostalgia Farms at its indoor stand at the market. They have also begun offering guinea fowl, which they began raising at the request of customers who emigrated from Africa.

"We've always catered to people who cook fresh every day," explains Ed Kraklio Jr. who, along with Joseph Dennis, runs Nostalgia Farms.

All the animals are bred on the farm — the birds, in fact, are incubated in the basement and turned by hand — and then raised without growth hormones or antibiotics. When it comes time to harvest the animals, the birds are processed by Martzahn's in Greene, Iowa; the lamb is processed by Durant Locker in Durant, Iowa; and the rabbits are harvested by Kraklio himself. For this reason the rabbit is available only by special request.

To sample from Nostalgia's offerings I selected a lamb roast and prepared it using a recipe for Libyan stew given to me by an Italian friend raised

in Australia. Those are three very different countries with three very different cuisines, so I imagined this stew would represent a fairly rigorous test for any cut of meat. The lamb passed with flying colors. It was tender and earthy, the perfect compliment to the carrots and lentils in the stew. My family ate it in dreamy silence. Then everyone went back for seconds. In fact, the only disappointment was with myself: Why, I kept wondering, hadn't I bought a bigger cut?

— Sarah J. Gardner

Iowa City Farmers' Market

Rehberg's Pork: Dennis and Lea Rehberg of Walker, Iowa, feel sorry for folks who've grown up in a generation of hog-confinement operations. "A lot of people today don't know what pork is supposed to taste like," Dennis says, describing the pale, whitish pork that most Americans have grown accustomed to in the modern age. "All the flavor has been bred out in favor of mass production," he explains.

Rehberg's product is deep in color, rich in flavor, and marbled with fat like pork was in the good old days. How do they do it? Well, Rehberg's Pork is from the good old days.

The Rehbergs raise Hampshire hogs — an heirloom breed that's been around since the 1960s. In fact, the Rehberg's herd is known to have the oldest bloodline of the breed in North America. Not only do Rehberg's hogs have an impressive pedigree, but they are also raised on natural food (without animal by-products, added hormones or antibiotics), and they have access to the outdoors at all times.

Rehberg's Pork — a wide range of items from pork chops and pork roasts to bacon, ham, sausage, ribs, and meat ready for your stir-fry wok — is processed and packaged by Marks Locker of Rowley, Iowa, which has been owned and operated by the Marks family for more than 50 years. Find the Rehbergs at the Iowa City Farmers' Market on Saturdays from 7:30 a.m. until noon.

— Jen Knights

Dubuque Farmers' Market

Pork House and Angus Acres: Pork House and Black Angus Acres have been raising cattle, chickens and hogs for 18 years. Committed to providing quality meats to the tristate area, the animals are free from stress, hormones, antibiotics, chemicals and toxins. "Because we live in Wisconsin, we do have to grain feed some, but we grow our own hay organically," says the owner, Ellen, who asked that her last name not be used. That dedication to raising calm, healthy animals transfers to the table where you can taste the difference.

We got a deal on ground beef at buy five pounds, get the sixth half-price. The burgers were by far the best I ever tasted. They also sell steaks, chops, roasts, chicken, ham, sausage, eggs, jerky, lard and organ meats. "We try to harvest as much of the animal as possible. People fight over the cow tongue," says Ellen. I picked up one myself for the dogs. All of the products are vacuum-sealed for the freshest flavor, which, to my delight, also allows for fast thawing.

The farm is sprawled across 212 acres in Bloomington, Wis., but every Saturday Ellen and her daughter sell their products from the back of a truck at the Dubuque Farmers' Market.

— Barbra Annino

For a copy of the Libyan stew recipe to try with a meat of your choice from the farmers' market, visit radishmagazine.com.

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David Kirby

Author of *Animal Factory*

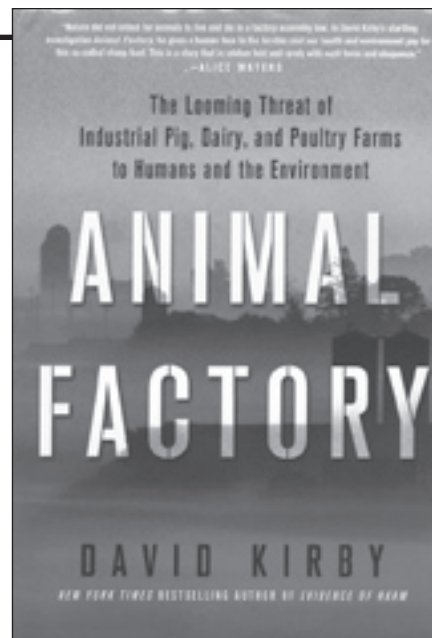
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As in his book, Mr. Kirby will discuss the dangers and issues surrounding large animal confinements which are being used more and more in today's agriculture. He will also consider options to this method of food production. For more information on Mr. Kirby or his book, see www.animalfactorybook.com

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healthy living

Climbing the walls

Enthusiasts find a foothold in Iowa and Illinois

By Ann Scholl Rinehart

When you think about rock climbing, your mind doesn't instantly think "Iowa" or "Illinois." But ask area climbing enthusiasts and they'll tell you the region offers plenty of climbing challenges.

"We might not have 600-foot, multi-pitch walls to climb, but the stuff we do have is difficult," says Daphne Patton, 34, a Realtor and mother of three who first learned to climb as a little girl living in Italy. "It requires a lot of endurance. If you can climb Iowa's slippery wet limestone in the summer when it's humid, you can climb anywhere."

For Patton, climbing is "quite literally in my blood." Her grandfather, Mario Giuriati, has climbing routes named after him around Cortina, Italy. It continues to be a family affair: She met her husband Dave Patton at the University of Iowa, where they were both teaching others how to climb. Before they married, the couple spent a year on the road, traveling to great rock climbing spots.

"For us, our whole relationship has been based on how we share this passion," she adds. They also are passing on their love of rock climbing to their daughter Karis, 6, and 2-year-old twin boys, Kellan and Kai.

One of Dave Patton's responsibilities as assistant director of University of Iowa Recreational Services is the 53-foot climbing wall at the U of I's new \$70 million Campus Recreation and Wellness Center. The center also has a bouldering wall, offering another popular style of climbing. Bouldering doesn't require ropes and is less technical, Patton explains.

As he talks, Patton watches Bruno Rwayitare, 25, of Iowa City, work the bouldering wall. Rwayitare, a web developer for U of I Recreational Services, is a newcomer to climbing.

"Everything (in the body) is working," Rwayitare says. "It's very challenging. What I'm also surprised about is if you do it every day, you progress fast. I'm able to do today what I wasn't able to do yesterday."

Patton says that's the great part about rock climbing, even for people like him who have been doing the sport for years. "No matter how good you get, there's always another level. You're pushing yourself. It's fun."

Patton, like his wife, is afraid of heights, so there are mental challenges as well as physical to overcome, he says. "Climbing is hard," he says. "It's awkward. It's very challenging. It's a lot of things wrapped into one."

He is thrilled about the new climbing wall at the U of I facility because he believes it will turn a lot of people on to the sport.

Joe Pyle, 37, a window washer from Solon, Iowa, got so into climbing that he built a 12-foot-by-16-foot rock-climbing wall in his garage. He was introduced to

Bruno Rwayitare, of Iowa City, climbs a wall. (Photo by Ann Scholl Rinehart)

the sport about a decade ago. He now trains about four hours a week at his home and averages about five to eight hours of climbing on the weekends.

His advice for climbing: Get strong and learn some techniques. "You can't just pull yourself up," he says. "You have to know what you're doing."

The two-state region offers its own challenges for climbers, he continues. "Most of the rock that is out there is overhung, meaning it's leaning out toward you rather than vertical or straight up and down," Pyle explains. "All of your weight is being pulled away from the wall, so you have to become stronger for holding on."

Pyle and the Pattons suggest new climbers first learn to climb indoors at places like the U of I Campus Recreation and Wellness Center, which is open to the public. They emphasize that learning safety and proper climbing techniques is critical before heading outdoors to climb.

If climbing becomes a passion, Daphne Pyle suggests investing in good equipment. The must-haves: climbing shoes; a harness; a helmet; and a chalk bag and chalk, like that used by gymnasts to keep hands dry. The investment: \$300 to \$500. Ropes also need to be purchased, but she advises novices to climb with experienced climbers and borrow their ropes if possible.

So where are the best spots for climbing? Pyle and the Pattons suggest Palisades-Kepler State Park on U.S. 30 East near Mount Vernon, Iowa. "It's got good bouldering," Pyle says. They also like Pictured Rocks County Park, dubbed "Wild Iowa," near Monticello in Jones County, which offers dozens of routes of varying difficulty. Crapo Park in Burlington is where Pyle learned to climb. The park offers good climbing, especially bouldering, he says. Popular climbing locales in Illinois include Mississippi Palisades State Park in Savanna and Starved Rock State Park in Utica, where ice climbers convene in the winter.

Climbing, Dave Patton, says, is 90 percent mental. "Half of the battle is just telling yourself you can," he says. "You have to take that optimistic, 'I-can-do-it' approach."

Beginner tips

Climber Dave Patton offers the following tips for novice climbers.

- 1: Think with your feet. "Step, step, reach," he says.
- 2: Don't overgrip. "A lot of times, people squeeze the rocks and it sucks your energy right out of you. You need to relax."
- 3: Have fun with it.
- 4: Be safe. "Have the right skills and experience for what you're doing."
- 5: Be prepared to fail. "I've seen very few people who are naturals," he says. "If you want to do it and do it well, you have to earn it."



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For Radishland locations open to the public for climbing, visit radishmagazine.com.

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grower of the month

Back to basics

Craver's Little Red Barn roots family in farm life

By Chris Greene

Growing up in Taylor Ridge, Ill., Jill Craver always felt she wanted to leave the small town and get away from the farm.

"At one point I lived in Chicago, and we (she, her husband and their oldest daughter) also used to live in Rock Island, but neither of those felt like home. Farming is born into you — it really is in your blood," Jill says. So she left corporate America to be a stay-at-home mom, and she and her husband, Jeff, returned to farm life by starting Craver's Little Red Barn.

They began with just one acre, growing crops in the most environmentally friendly way they could. Soon one acre became three. Later they expanded to seven.

"We started small," Jill says. "The plan was to grow what we could, do some canning and sell what was left at the farmers' market." Now, she says, they are growing everything from asparagus to zucchini, which they sell at the Freight House Farmers' Market in Davenport every Saturday. They also have added a community supported agriculture (CSA) program.

The Cravers' CSA offers a bit of a twist on the usual model. They grow 38 vegetables for the program. Every Thursday, Jill sends out a mass e-mail to the 25 participating families to let them know what is available. Members have freedom with their selections, though they still must spend a set amount each season.

Jill says she enjoys the feedback she gets from her customers. "I love to try new things, new seeds. Sometimes we fail, but we keep trying. And my customers give great feedback on the things they like."

The Cravers say their life is a constant rhythm of planting, cultivating, pulling weeds and washing vegetables. Their children — 11-year-old Chloe, 6-year-old

'Farming is born into you — it really is in your blood.'

Dylan, 4-year-old Grady and 3-year-old Ava — help in the way that children do: helping until it stops feeling like play and begins to feel like work.

"Then it's time to ride a bike, or play with one of the dogs, or with each other," says Jill.

Fruits and vegetables aren't the only things growing at the Cravers' farm. They also have steers, horses, sheep, chickens, dogs, cats and a llama. As if that doesn't keep everyone busy enough, Jill makes soy candles and goat milk soaps.

"People love to buy them at the market, often as gifts. I sometimes joke that my soaps have been sent farther than I have traveled," she says.

They also spend time cleaning out the old barns on the property, sometimes unearthing treasures from another era in the soil.



The Craver family at home on the farm. (Photo by Stephanie Makosky / Radish)

"There is always something going on," Jill says.

Both members of the husband-and-wife team say there are always frustrations and successes on the farm. Weather can be one of the toughest obstacles. "Sometimes the weather can be like a newborn baby — it has no schedule, you can't plan it," Jill says.

"You just have to be willing to learn. Sometimes you fail. Sometimes you succeed. I tell people who think about doing this to find three sources and then make your own decisions. When you are getting started, you are putting all your money back into it. It's hard to work for nothing for the first two to three years," Jill says.

"You sometimes wonder if it's all worth it. But at the end of the day, when you are eating the healthiest food you can grow, and you know you've done right by the environment and helped others eat good, healthy foods, you know that it definitely is," she adds.

Her husband puts it another way. "It's a gamble. You gotta be a little nuts to do this," Jeff says with a smile.

But then, maybe "nuts" is another relative term. In this case it means you must be willing to work really hard, learn from the earth, balance farm and family, and produce a healthy product for grateful consumers. If that's the case, then maybe being a little nuts is the secret to the Cravers' success.

For more information, e-mail the Cravers at craverslittleredbarn@winco.net or visit craverslittleredbarn.com.

Thru-October

Quad Cities Fruit & Vegetable Growers Association

Farmers Market

Moline, IL
Trinity Hospital
7th St. & John Deere Rd.
Sat. 8am-Noon

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Visit www.activatequadcities.org for more information

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- QCTAG • Davenport Parks & Recreation
- Genesis Power Sports Performance • QC Kite Club
- IA QC Transit Systems • Moline Parks & Recreation
- ORA Orthopedics • Quad City Health Initiative
- Rock Island Parks & Recreation • Scott County Family Y
- Two Rivers YMCA • Modern Woodmen Park/QC River Bandits



Crosswalk revival

Programs encourage cycling and walking to school

By Lindsay Hocker

As a child, Mark Wyatt remembers walking to elementary school. He says he and a group of friends walked together every day, and it was a social activity as well as a way to get exercise.

Now Wyatt is executive director of the Iowa Bicycle Coalition, which offers programs to encourage kids to take up bicycling or walking to school. “The value is for the kids,” Wyatt says, adding that the added physical activity can make a big difference in their health.

He isn’t the only one to see that connection. Megan Holt Swanson, Illinois Department of Transportation Safe Routes to School Coordinator, said that the statistics are clear that the obesity rate and the number of kids walking or bicycling to school are linked.

“One of them goes down while the other goes up,” Holt Swanson said.

In fact, one out of two kids rode their bikes to school in 1964, and the obesity rate was 12 percent; only 3 percent of kids rode to school in 2004, and the obesity rate was 45 percent, according to a One World, Two Wheels booklet. One World, Two Wheels is a Trek bicycle program dedicated to making the world more bike friendly.

“We need to convert these kids from being in the back of the car to bikers and walkers,” Wyatt says. To help accomplish this, the Iowa Bicycle Coalition uses Safe Routes to School funding to provide cross-guard-training workshops as well as provide workshops for those seeking funding. The coalition also distributes educational materials from the Department of Transportation.

Safe Routes to School programs are offered by the Iowa and Illinois DOTs to make the areas surrounding schools safer and more appealing for bicycle and foot traffic.

The Illinois Safe Routes to Schools program offers funding for five things: engineering (infrastructure improvements, such as sidewalk work, signage,

and crosswalks), evaluation of the impact of Safe Routes to Schools funding, enforcement equipment/programming, education and encouragement.

Holt Swanson said non-infrastructure funding is important, because even if someone builds a perfect



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patch of sidewalk, it will remain unused unless the culture of a community supports walking and biking to school.

Kathy Ridnour, Safe Routes to School program coordinator for the Iowa DOT, said the Iowa program also offers funding for both infrastructure and non-infrastructure improvements and programs. She agreed with Holt Swanson that supporting the non-infrastructure part of the program is important.

“A lot of young children need encouragement to make it fun, make them even realize it’s an option,” Ridnour said, adding that the education aspect helps them learn how to bicycle or walk to school safely.

Ridnour said kids bicycling and walking to school is also beneficial because it alleviates traffic congestion and reduces emissions around the school.

The Iowa program began in late 2005, and since then it has awarded 73 projects and over \$7 million in funding. In the last funding cycle, Ridnour said about \$1.5 million was awarded. The amount of funding for the current cycle has yet to be determined.

Since the Illinois program’s launch in 2006, it has distributed 284 awards. Some schools receive multiple awards, and one award can benefit multiple schools. Holt Swanson said just over \$12 million in funding has gone to schools throughout the state. In the next round of funding, she said the Illinois Safe Routes program will give out at least \$7 million.

The Rock Island-Milan School District hopes to secure some of that funding. Holly Sparkman, district spokesperson, said the district will submit two projects for funding this cycle. She’s particularly hopeful the school district will receive funding because she wants to make the busy intersection of 11th Street and 10th Avenue, Rock Island, safer for those traveling to school on foot or by bicycle.

Sparkman said the school district applied for funding for the first time in 2008. Even though the district wasn’t selected, she said the experience was beneficial because she and others were able to build relationships with people who live near the schools.

Wyatt also noted that one of the big benefits of the program is its ability to connect those who normally wouldn’t work together. He said it brings city and school government together.

“For the city, that’s a good thing to have a liveable community,” he said.

For more information, visit saferoutesinfo.org.

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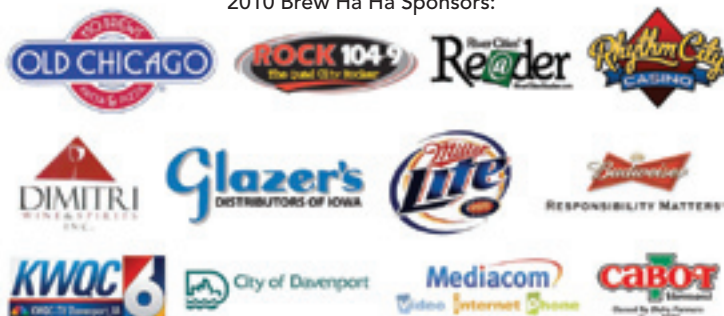
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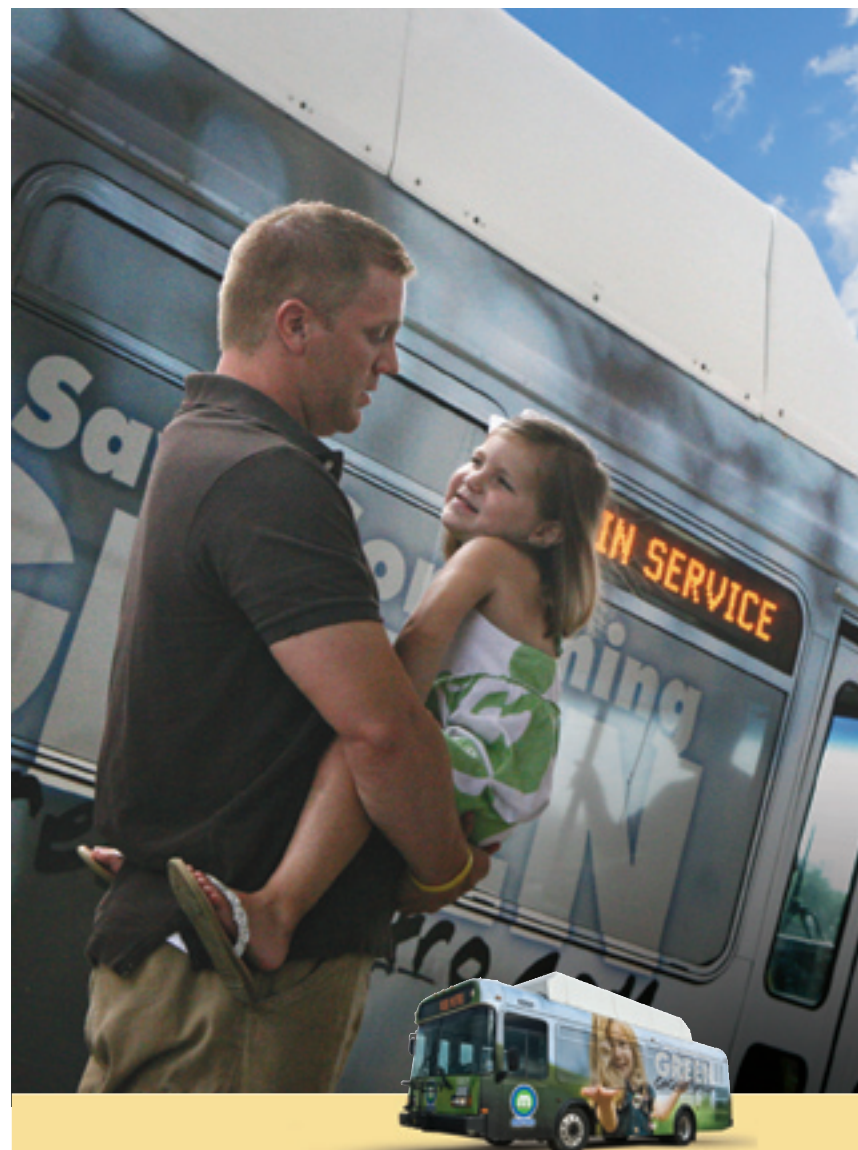
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outdoors

Slough tamers unite!

River Action's fifth adventure race Sept. 18

By Joe Payne

How does one tame a slough? With a kayak or canoe, a bike and pair of running shoes. And, if you want, a friend or two.

That's what I did last September for the Taming of the Slough, an annual adventure race held on Sylvan Slough and Sylvan Island and parts of Moline proper.

We slough tamers canoed or kayaked 2 miles on the slough (a scenic backwater of the Mississippi), mountain biked 8 miles on the wooded island and ran 2 miles through downtown Moline, up and down the bluff and then back to the starting line.

River Action puts on the annual event, and this year the fifth Taming of the Slough will begin at 8 a.m. Sept. 18. Special Tune Up For Taming sessions began in August, and there are two left this month — Sept. 2 and Sept. 9 from 5:30 to 7 p.m. at the boat house on 17th Street at the river in Moline.

At the Tune Ups, participants can use canoes and kayaks, run on the river-front trail and do the mountain bike portion of the race's course on Sylvan Island for free. Jeff Cornelius, River Action program manager and race director, said the sessions are also for those curious about the race.

"We wanted it to be effective and interesting for our racers and the general public," he said.

In its first year, 100 racers competed. Last year, 225 answered the call. "I'd like to see us get up to 300," Cornelius said, crediting the event's success to the growth in popularity of adventure sports, both nationally and locally.

Cornelius describes Taming of the Slough as an "adventure race triathlon."

"It's not your standard 5K run," he said, adding the event is "for people who don't mind getting out there and getting dirty." People of all levels of fitness and experience can participate, he said, as racers are grouped with others of similar skill.

You can do the entire race on your own, or as a two- or three-person team. There's also a corporate adventure challenge in which 3-person teams compete to be the best in the Quad-Cities.

For the two-person team, the pair starts in a canoe or kayak, then each bike and run. The finish time is the average of both members' times.

I competed last year as part of a three-person team, a relay-type event in which each person does one part of the race. Jamie was our kayaker. Matt was our mountain biker. I put on my running shoes and ran the 2 miles to finish the race.

If you're new to adventure racing, Taming of the Slough is an easy way to test the waters, so to speak. And if you feel you are lacking in any of the skills needed to do the whole thing, the three-person competition is a great way to participate.

Of course you're likely to get a bit wet, as Jamie did in the kayak, but the scenery made up for the inconvenience.

Sylvan Island is beautiful, too, so Matt had his payoff.

I have to say there was nothing really scenic about the run, except for the trek



Teammates Chris Kinner and Rob Halden exchange high-fives during the 2009 Taming of the Slough in Moline. (Photo by Stephanie Makosky / Radish)

up through Velie Park (a steep, killer of a climb) and the somewhat frightening streak back down. But I did have the glory of bringing it all home and crossing the finish line (and hoping that some people might have thought I had done the whole thing).

Afterward our team basked in the glow of adventurous accomplishment and chowed down on the copious amount of free food available for participants.

As always, the public is invited to watch the action this year, so come on down even if you aren't participating. All the bikes, canoes and kayaks make for a colorful and exciting spectacle. After the race, kayaks, canoes and lessons will be available for anyone to try for free.

Portions of this story were written by Lindsay Hocker.



Registration info

Registration through Sept. 10 is \$35 per individual; \$60 for two-person team, \$75 for three-person and corporate challenge teams. All fees go up \$10 after Sept. 10. Online registration ends Sept. 16. A limited number of canoes and kayaks are available for rent. For more information, visit riveraction.org or call (563) 322-2969.

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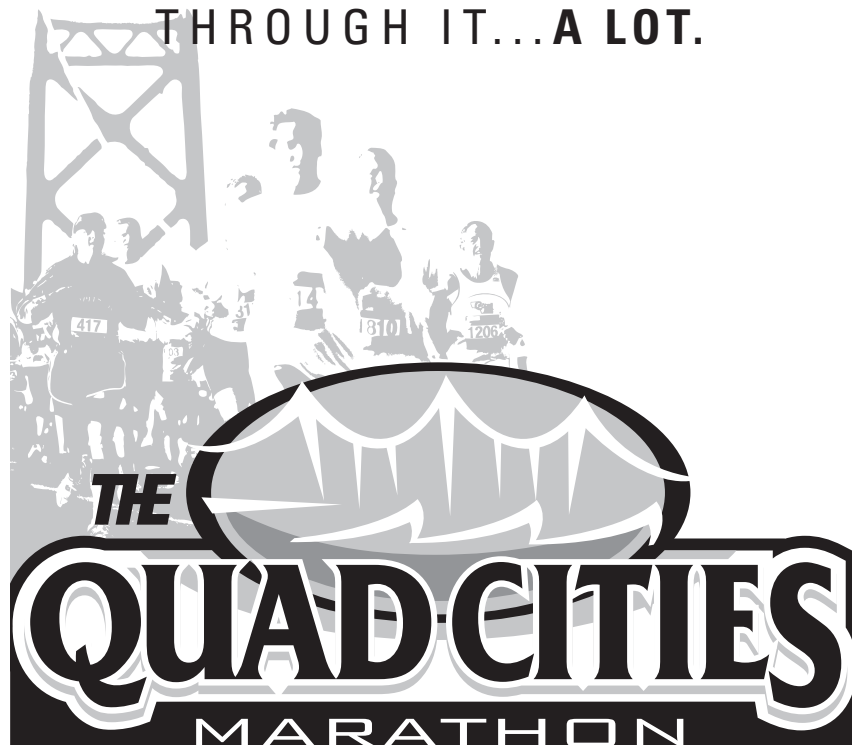
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food

Pears aplenty

Simple recipes show the versatility of this seasonal fruit

By Rachel Morey Flynn

Is it really pear season already? I always associate pears with falling leaves and the smell of backyard bonfires. Not that we're allowed to burn leaves anymore — I just identified myself as a child of the '80s, I think.

My sister is lucky enough to have moved into a home with a mature pear tree on the property. We are lucky enough to live four blocks away from her.

Last fall, she put out the call for someone to come and get "all these pears!" I had no idea what I was in for. Turns out when you have a pear tree that produces, you have thousands of pears.

An hour later, I was faced with the pears that I could carry home. There were about 60 of them and they were slightly larger than golf balls.

After a few minutes of staring at the pears, I had this culinary epiphany: Pear Butter! The peel on a pear is thin, anyway. I decided to be super lazy

and leave the peels on. In fact, I cut each pear in half and boiled them whole. I threw cardamom pods, whole cloves, and a vanilla bean in the water for the air freshening advantage. It seemed to make the pear butter extra yummy, too. You can get cardamom pods at any specialty grocery store. I froze the pear butter in small batches and we ate it all winter long. Even my smallest child (a bona fide pear-hater) ate it without complaint.

Since the Pear Heaven incident, I've snuck over-ripe pears in our morning fruit smoothies, dried them in the food dehydrator and added them to trail mix, and simmered them in red wine and honey. That last idea is for the mommy, not for the kids.

Pears are picked before they are completely ripe because they bruise so easily. You can tell when your pear is ripe by pressing down on the stem end. It should give a little. Until then, let them ripen on your countertop or in a paper bag. If you are blessed with a sunny kitchen and deep windowsills, they will develop beautifully out in the open.

When my teenaged son was a toddler, we made pears and sausage every morning for months. The house we lived in then had a pear tree in the neighbors' yard and they were happy to share. Remembering this, I recently offered to make the dish for him again. Silly Mommy. "I don't eat pears anymore, Mom. Gawd," he said, then took three steps across the kitchen and back out to the garage, all 6 feet 2 inches of him. My Grandmother used to say, "Enjoy them while they are little and easy to please." No kidding.

In honor of all women who are raising teenaged sons, I offer a recipe for a pear martini (at left). I'd like to note that you can have an icy, sugar-rimmed grown-up drink in a fancy glass without the vodka and that's OK, too. In fact, if you aren't having vodka, I recommend making yourself one for breakfast. There's something very decadent about drinking from a martini glass at 7 a.m. It's pure fun.

For additional pear recipes, visit radishmagazine.com.

Pear Martini

Chop up 6-7 large over-ripe pears and place in a medium-sized sauce pot. Cover with water and simmer until the pears are falling apart. Strain solids through a fine sieve. Chill overnight.

Make a simple syrup by heating 1 cup of white sugar and 1 cup of water until it comes to a boil. Stir gently until the sugar is dissolved. Chill overnight.

Combine 1 cup pear "juice" and simple syrup to taste. Add a squeeze of lime and the alcohol of your choice. Or not.

Garnish your glass with a sugar rim and a twist of lime.

Pears and Sausage

2 ripe pears, cored and sliced into 1-inch pieces
6-8 sausage links, cut into 1-inch pieces

Cook the sausage and pears together in a large nonslick skillet over medium-high heat until the sausage is browned and cooked through. Strain off fat and place meat and fruit in bowls. Drizzle with maple syrup.



Paul Colletti / Radish

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healthy living

Working the wardrobe

GAAD participants help the earth and their budgets

By Sharon Wren

Everyone is looking for quick ways to cut expenses these days, clipping coupons and comparison shopping for almost everything. A few enterprising consumers have found an easy way to save almost \$2,000 annually. You just have to stop buying clothing. For an entire year.

Dubbed “The Great American Apparel Diet” (GAAD), its participants range in age from late teens to 60. They are stay-at-home moms and corporate executives, self-proclaimed “schlubs” and Barneys addicts. Some want to lighten their carbon footprint, while others are trying to lighten their credit card debt, but they all have one thing in common: They want to see if they can go a whole year without buying any clothes.

For Dr. Holly Stovall, head of the Women’s Studies Department at Western Illinois University, it all started with an article. “I was reading a magazine, and they were mentioning GAAD as an antidote to all the spending that the lifestyle in ‘Eat Pray Love’, the Oprah show and magazine, and ‘Sex and the City’ advocate. Such books and media would have us believe that you need a lot of money to live an enlightened or fulfilled life.”

Stovall explains, “From a feminist point of view, it’s problematic to ‘unite’ women over books and media that advocate a lifestyle of spending, because most women can only afford necessities and many women worldwide can’t even afford that. The GAAD philosophy implies that just because you can afford something doesn’t mean you should buy it.”

GAAD was the brainchild of Sally Bjornsen, a Seattle-based writer. After working in fashion and advertising for 25 years, she embraced the “less is more” ideas of Ludwig Mies van der Rohe. In her profile on the GAAD website, she says, “I want to see what life is like when women just say no to the new apparel pick-me-up. A lot of women in the ‘program’ currently spend a fair amount of time planning, pondering and preparing their wardrobes, some more than others. This preoccupation is usually motivated by what they want at that moment rather than what they actually need. As a result, a lot of us end up with a bunch of weird things in our closets. All that time and energy could be refocused toward other creative endeavors. Who knows how much time, money and energy will be saved on the diet. I can’t wait to see.”

Taking the GAAD challenge does more than save money; believe it or not, shopping has an impact on the environment and it’s not good. Synthetic materials often use oil. Growing cotton involves using chemicals and pesticides.

“Fashion is bad for the environment because it encourages us to get new ‘in style’ clothes when our old ones are still in good shape,” explains Stovall. “So, in most cases, we’re buying new trendy things made in a sweatshop that uses unrenewable energy, pollutes the air and water with the waste from that energy, and then does more of the same in the shipping. All this in addition to exploiting the workers, usually women and children, making the clothes. As a feminist it’s problematic to voice equal rights for all women, but support apparel companies who exploit women. Buying clothes in thrift stores and consignment shops is a form of recycling, which is good for the environment.”

According to GAAD’s website, thegreatamericanappareldiet.com, while buying new clothes is a no-no, there are exceptions. It’s OK to wear new items if they were bought by someone else, but you can’t drop hints for a fabulous designer skirt around your birthday. Shoes, accessories and underwear are also excepted; as the website says, “every girl should have a great pair of clean underwear on at all times.”

Fortunately, the “rules” of GAAD aren’t set in stone. There’s no mention of borrowing or buying from a consignment store or Goodwill, so an unexpected event like a wedding or pregnancy won’t affect participation.

Stovall learned about the movement right after the clothes-buying equivalent of Thanksgiving. “When I found out about GAAD I had recently been doing too much shopping and didn’t need anything; in fact, I was feeling like I had just eaten three chocolate cakes and needed a detox.

“In the end, all the reasons for joining GAAD are interconnected,” Stovall adds. “What’s good for the environment is also usually good for women, one’s own sense of well-being, one’s relationships in general, and one’s budget.”



‘As a feminist it’s problematic to voice equal rights for all women, but support apparel companies who exploit women.’



iStockphoto

After your 'diet' is over, here's how to buy:

Once your year of not buying clothing is up, the GAAD website offers some guidelines for shopping:

1. Don't ever buy something because it's on sale. Don't buy it if you wouldn't pay full price for it.
2. Don't buy anything you don't try on first.
3. Don't buy anything that doesn't fit you at that moment.
4. Don't buy anything on impulse; it's usually all wrong.
5. Don't buy it unless you have two things in your closet that will pair nicely with it.
6. Don't buy it if you aren't comfortable with it right now.
7. Don't buy it because it's "in;" instead buy it because it's magical!
8. Buy local if you can.



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body, mind & soul

Healthy home party

Kits equip you to host an evening of eco-awareness

By Leslie Klipsch

Healthy Child Healthy World is an advocacy group working to inspire parents to protect young children from harmful chemicals by reducing exposure in homes. With a focus on healthful eating, cleaning and shopping, their aim, according to their literature, is to lead a movement “to create healthy environments where children and families can flourish.”

Inspired by an event model proposed by Healthy Child Healthy World, I hosted 10 guests in my home on a humid August evening to compare notes and share ideas about earth-friendly practices. I deemed the event “The Healthy Home Happy Hour” and lured friends with the promise of free samples, fresh food and drinks, and the assurance that I was not trying to sell anything.

For \$20 Healthy Child Healthy World will provide any interested individual a box of educational material, party supplies and product samples to use at such an event. The box can be ordered through the group’s website, healthychild.org. With samples from Yes to Carrots, Luna and Klean Kanteen, and coupons from Earthbound Farm, Organic Valley and Seventh Generation, the box proved a veritable jackpot for an earth-loving, all-natural crowd.

As the e-vite responses began filling my inbox (eco-friendly invitations were among the suggestions found in my Healthy Home Party Kit), I couldn’t help but consider how healthy my home actually was. Many of the suggestions found in the hostess literature made sense to me. I typically use glass cups and plates when I entertain in an effort to reduce waste. I frequent the area’s markets and happily purchased

watermelon and cucumbers (both in season) from local farmers for the watermelon-cucumber coolers.

Typically, though, I light scented candles before guests arrive. For this party, however, I was guided by the Healthy Child Healthy World literature to boil herbs for a natural air freshener. Indeed, a snippet of

warnings are sometimes a bit fear-mongering. One line at the beginning of the video, for example, claimed that “our world is a toxic soup.” But overall those gathered agreed that the information was helpful and well presented in a “five-steps-to-a-healthier-home” format.

Much of our conversation following the video presentation regarded green cleaning supplies. We exchanged ideas about homemade laundry detergent, discussed the merits of baking soda, and admitted a collective guilty pleasure of the innately satisfying smell of bleach. “Of course, the less I clean, the less chemical-laden product I’ll use,” quipped one guest. “Might cleaning less be the key to a healthier home?”

Another guest felt she could manage the suggestion to simply ventilate her home by frequently opening windows. Others spoke of making all-natural carpet deodorizer and switching personal hygiene products to those known to be free of parabens, synthetic fragrances and other risky chemicals. An oft-repeated line in the Healthy Child literature — “No one can do everything, but everyone can do something” — seemed an appropriate summation.

At the end of the evening, as my last guest opened the door to exit

into the hot summer night with a gift bag full of coupons and samples in hand, an enormous locust flew straight into the house, soaring recklessly as if it sensed the buzz of the party. Not wanting to swat it, I went after it with abandon, eventually capturing it and then setting it free. The improvised bug-catcher? A homemade cloth napkin, re-purposed from a gently used bed sheet purchased at Goodwill. It was, after all, the Healthy Home Happy Hour.



Leslie Klipsch

rosemary and sage did the trick. In preparing for the party, I realized that though my counter cleaner is a homemade concoction of vinegar, alcohol and water, my glass cleaner is far from natural and contains precisely the toxins warned against by the institute.

The box of party supplies includes a 20-minute informational video. During my Healthy Home Happy Hour, guests filled their plates with snacks, then gathered around my small television screen to watch and discuss what the video had to say. The

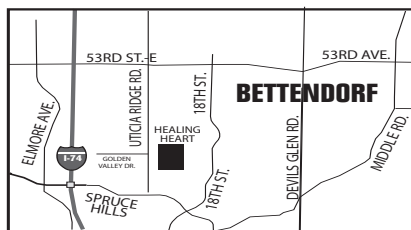


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By Todd Welvaert

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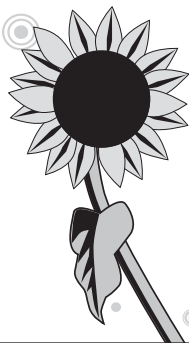
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education

Dig, grow, explore

Outdoor classroom uses nature as a learning experience

By Lindsay Hocker

The Nature Explore Classroom at St. Ambrose University's Children's Campus is a backyard paradise for kids.

Every part of the space is designed for play. There's a dirt barrel for kids to dig in; an easel for creating outdoor-inspired art; logs to climb; and their very own garden, where the kids are growing sweet corn, beans, cucumbers, and mini pumpkins.

The Children's Campus offers a comprehensive early childhood program for children ages 6 weeks to 6 years, and is St. Ambrose's lab site for students enrolled in the university's early childhood education and special education programs.

Director Deb Brownson says the Children's Campus gained its Nature Explore Classroom status in October 2009.

"We become very interested in the influence nature has on all of us, in particular young children, and as we began to study and do research, we began to feel extremely passionate about bringing nature to children as a learning experience," Brownson says.

Before the Nature Explore Classroom's construction, Brownson says the children's play area was a traditional "slide, swing, and sandbox" playground. The Nature Explore Classroom has a sandbox, but there are no slides or swings.

Brownson says the new area allows for "much more of a relationship with nature than they would have ever had at the other play space."

The accreditation is through the Nature Explore program of the Arbor Day Foundation and Dimensions Educational Research Foundation. The purpose of Nature Explore is to "help children and families develop a profound engagement with the

natural world, where nature is an integral, joyful part of children's daily learning," according to its website, arborday.org/explore.

The program allows the Children's Campus to bring its science program outdoors, and Brownson says it helps kids gain an appreciation for and understanding of nature.

A year ago, Brownson says a lot of the kids were scared of bumblebees. On a recent August morning, they didn't bat an eye when bumblebees landed on nearby herbs and flowers.

In addition to creating a bond between kids and nature, Brownson says it's a great way for kids to great fresh air and to make their days more enjoyable.

"Being in nature is soothing and restorative for children as well as adults," she says.

During winter, Brownson says the play space is still "a learning experience in nature, but you have to deal with the elements."

Brownson says the kids started seeds for the vegetable garden indoors in the spring. She says the staff wants the kids to understand the science of where food comes from, and to have the "from ground to table" experience.

Mahi Korovilas, a Children's Campus pre-school teacher, says the garden is her favorite part of the Nature Explore Classroom. She says she loves "watching the children's awe as they see something grow."

Korovilas says she thinks the Nature Explore Classroom has made a big difference for the kids. She says many make "outstanding observations" about nature now, and "instead of it being traditional recess, we have the opportunity to explore."

The St. Ambrose Nature Explore Classroom is one of four in Iowa. The others are at Indian Creek Nature Center in Cedar Rapids, Kids' Life Discovery Center in Chariton, and Maharishi School in Fairfield. The only Nature Explore Classroom in Illinois is at Northminster Learning Center in Peoria. For more information, visit arborday.org/explore.



John Greenwood / Radish

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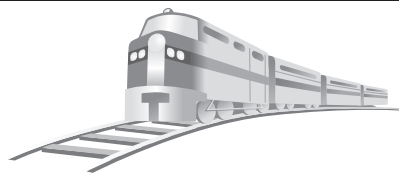
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environment

Urban planting

Restoration project brings the prairie back to Muscatine

By Brian J. McNeill

Early settlers in the upper Mississippi River valley had to make their way through thick, lush grasses that sometimes stood taller than a man on a horse. But over the past two centuries, farmland and turf have almost completely replaced the area's native prairie. Now with the help of such corporations as Bridgestone Bandag Tire Solutions in Muscatine, Iowa, native prairie grasses and plants are returning as small oases of natural beauty.

The project began in 1999, when Bridgestone Bandag Tire Solutions, a division of Bridgestone Americas Tire Operations, built a Learning Center on its Muscatine property and surrounded it with 10 acres of native plants instead of turf grass. Then, in May 2009, the company decided to convert an additional 15 acres of its property to native prairie. The resulting total 25 acres of restored prairie represent more than half of the acreage owned by the Bridgestone facility. And it is an urban undertaking — all of the restored prairie is within city limits.

Prepping for a prairie

How easy is it to convert turf to prairie? Bridgestone Bandag environmental services manager Paul Crosser says first it took a paradigm shift for employees to appreciate the textures and colors of native plants and grasses. "We had several people here express their concern over whether a prairie would be appropriate around our facilities," he says. "So we decided to put turf grass around each building to create a border."

Muscatine native Jim Patchett of Conservation Design Forum of Elmhurst, Ill., was hired to design and sow the prairie landscape, which includes about 50 types of flowers and grasses. As the prairie has taken root, bright gold fields of black-eyed Susans have impressed many passers-by, Crosser says. "The effort has been well-accepted in the community," he says. "We even had a professional photographer use the prairie for a couple's engagement pictures."

"And now there's a pair of binoculars in the break room for employees to watch wildlife that's returned to the area. Even in the heavily urbanized area around the headquarters, quail, tree swallows and finches are coming back. At the Learning Center, staff and visitors often comment about the abundance of song birds, wild turkeys and other animals."

Good for the bottom line

Crosser estimates that Bridgestone Bandag invested between \$1,500 and \$2,000 an acre to convert the turf to native prairie. But the expense will be recouped by saving more than \$100,000 a year in water, energy and labor costs.

"We no longer have the constant maintenance that we had with turf grass,



Prairie grass now surrounds Bridgestone Bandag Tire Solutions buildings. (Submitted)

such as mowing, watering, fertilizing and weeding," Crosser says. Each year it took nearly half a million gallons of water to keep the turf healthy and hundreds of gallons of gasoline to mow it to perfection.

"We are now committing ourselves wholly to this approach, which helps us further meet our corporate responsibilities as environmental stewards," Crosser says.

What comes next

One upcoming initiative is to further reduce the amount of runoff from parking areas through the use of rain gardens and bioswales. "With the right vegetation and techniques, we can further protect our rivers and streams from excessive water runoff water and from pollutants," Crosser says. "It's the next logical step once our prairie has taken hold. And it's important to note that these techniques are well within the reach of small businesses and homeowners as well."

"Back before this area was urbanized and also used for agriculture, rain would infiltrate into the prairie soils, which in turn absorbed the water and cleaned it and cooled it," says Wayne Petersen, urban conservation coordinator for the Iowa Department of Agriculture and Land Stewardship, who consulted with the Muscatine facility on its restoration project. "Replanting native prairie grasses and plants helps reduce the amount of runoff and helps clean up the rivers. I commend corporations like Bridgestone for understanding the importance of bringing back the prairie."

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Eating it all

How I came to love watermelon by pickling the rind

By Sarah J. Gardner

I am almost a little embarrassed to say this, but I have spent most of my life actively disliking watermelon. I knew it was a summer staple, greeted with oohs and aahs when it arrived at the table, but there was something about it that just turned me off.

OK, more than just something. My reasons were many: Watermelon can be sticky and sickly sweet, or worse, watery and tasteless. There never seems to be a tidy way to hold it. Plus, I don't know how else to say this: Hacking into a watermelon to reveal its pink insides just seems a little gory. With a slice in hand, eaten raw and straight from the melon, the juices running down my wrist, I always felt a little like I was eating the heart of a buffalo. A seedy, seedy buffalo.

To be fair, I don't know what a buffalo tastes like (and I'm willing to wager it's not watermelon),

but growing up the beast was a frequent topic of dinner conversation at my house. "The Native Americans who hunted buffalo ate all of it," my mother would intone, and then add again with a nod toward my uneaten peas or pork chop, "All of it."

I find it a little ironic, then, that what finally brought me into watermelon's camp was the discovery that I could pickle the rind. In other words, I could eat it all. True, you still have to peel and discard the outermost layer (I find a vegetable peeler does the trick nicely), but this may just be as close as I come to my own personal buffalo. What I don't eat, I put in my compost bin, and the cycle of life continues.

The pickling process turns watermelon rind a rich amber color and makes it a little translucent, not unlike gummy bears. Unlike gummy bears, though, watermelon rind contains actual vitamins and makes a fantastic, tangy addition to tuna or chicken salad.

As for the rest of the watermelon, I have discovered that tossed with feta cheese, diced onion and some balsamic vinegar, it makes a refreshing side dish for any late summer meal. Or, sent through the blender and then through a sieve, watermelon juice can be frozen into Popsicles or a granita. Of course, you can still eat it raw with a little salt. The ways to enjoy the heart of the watermelon are many.

But the pickled watermelon rind? That is a singular treat. The directions I use are for a "quick pickle" recipe, meaning no special equipment or know-how is required — and, unlike water bath or pressure canning, you spend very little time at the stove. All you need is a jar, a refrigerator and a week. That makes it an easy introduction to home preservation for kids as well.

Here is how to make this late summer snack yourself.

Clove-Scented Watermelon Rind Pickles

4 cups white part of watermelon rind (no green, no red), cut into ½ inch cubes	2 cups sugar
¼ cup kosher or other coarse salt	1 cup cider vinegar
	10 whole cloves

In a large bowl, combine the rind and the salt and toss to coat. Cover and refrigerate overnight.

Rinse the cubed rind well, drain and place in a medium saucepan with water to cover. Bring to a boil over high heat, then reduce the heat to low and simmer for 10 minutes. Remove from the heat, drain in a colander and set aside.

In the same saucepan, combine the sugar, vinegar and cloves and bring to a boil over high heat. Add the reserved rind, bring to a boil again, reduce the heat to low and simmer for another 10 minutes.

Remove the mixture from the heat and allow to cool to room temperature. Pour into jars, seal tightly and refrigerate.

Allow these pickles to stand in the refrigerator for one week before using. They will keep, covered and refrigerated, for up to six weeks.

Source: "Quick Pickles" by Chris Schlesinger, John Willoughby and Dan George



Paul Colletti / Radish



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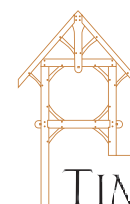
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Quad-Cities Healthy Families Day: Area organizations present simple steps to better health

By Christy Filby

Ask yourself what being healthy means to you. Now ask what it means to your family. Chances are the answer to the first question was somewhat simple to come up with, but the answer to the second was more complicated. From 10 a.m. to 2 p.m. on Saturday, Sept. 18, at Modern Woodmen Park, 209 S. Gaines St., Davenport, families seeking a healthy lifestyle will find resources and support at Healthy Families Day, a new event for the Quad-Cities.

Organizations that support your family in being well, eating better, welcoming a pet, utilizing transit, enjoying the outdoors and being active together will be featured at Healthy Families Day. Activities are planned that provide a number of opportunities for families to be active and have fun together. These include a family focused information fair that encourages families to play every day, eat healthy and make time for one another. Organizers also hope to increase awareness that a healthier environment leads to healthier families and a healthier community.

Activities on the field of Modern Woodmen Park will include obstacle courses, fun family games, bouncy houses, kite making, kids' bike safety checks, a 3-point contest, running the bases and much more. A punt, pass and kick competition will take place from noon to 2 p.m. Families also will have the opportunity to join in demonstrations of Zumba, tai chi and tae kwon do. Additionally, local transit organizations will have buses available for families to practice using the bike racks on the buses.

Due to the number of events happening in the area, a special free demonstration route of the Loop bus will run during the event from River Drive along Perry to 2nd Street to Marquette and back to River Drive.

Additionally, families can park in downtown Rock Island and use Citibus route 7 across the Centennial Bridge. Bike valet service also will be available for families who choose to bike to the event via the River Trail.

For more information, including a complete list of activities and those organizations participating in the information fair, visit activatequadcities.org.



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rooting around

Small but mighty Mt. Carroll Green Fair a short drive away

From 9 a.m. to 4 p.m. on Saturday, Sept. 25, the third annual Mt. Carroll Green Fair will be held at the Galena Convention Center. The theme for the event is "Small steps lead to big changes." In many ways the fair itself is a testament to how small things can have a big impact. In fact, the relatively smaller size of the fair allows organizers to be deliberate about who gets a booth at the event. Those who wish to exhibit at the Green Fair must submit an application that is carefully reviewed by the fair committee to determine its worthiness. The goal of the Green Fair Alliance, which puts the event together, is to be able to connect residents of northwest Illinois who are interested in a green lifestyle with resources to help them do so. Exhibitors at this year's fair run the gamut from conservation groups and energy advocates to architects specializing in eco-friendly design, geothermal experts and retailers of green goods and services. In addition to learning more about green resources in the area, fairgoers will be able to bring items to recycle — including electronics, latex paint and lead-acid batteries — that might otherwise be difficult to dispose of. Admission to the Green Fair is \$5. For more information, visit nwil-greenfair.com.

De-coding annual water quality reports? There's a guide for that

Many consumers puzzle over the scientific information used to communicate local water quality conditions in annual reports from their local water utilities. A new guide released by the national consumer advocacy group Food & Water Watch aims to change that. Entitled "What's the Quality of Your Tap Water?", the guide demystifies jargon, enabling consumers to understand where their drinking water comes from and whether it meets government standards for quality. "What's the Quality of Your Tap Water?" further helps consumers understand the many choices of water filtration systems available, and which ones are best for eliminating specific contaminants. The guide also features ratings of home filters provided by Consumer Reports. "Drinking water is a basic human right and every consumer should know what is in theirs," said Wenonah Hauter, executive director of Food & Water Watch. "What's the Quality of Your Tap Water?" is available online at foodandwaterwatch.org/water/report/take-back-the-tap-guide.

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Happy Joe's rolls out gluten-free dough

Pizza lovers with gluten sensitivities can now get their nosh on at Happy Joe's, thanks to the restaurant chain's decision to start offering a gluten-free crust. "This is very exciting. For years we've had guests that have brought in their own gluten-free dough and asked us to make it into their favorite Happy Joe's pizza. Now we can offer our own dough that we know holds up well in our ovens. So far the guests seem to love it and we're receiving rave reviews," states Kristel Ersan, co-owner and marketing director for Happy Joe's.

Happy Joe's states that guests should be aware they are not a gluten-free facility, as a variety of products prepared in their kitchens do contain gluten. Gluten-free dough comes in limited sizes. For more information, contact the nearest Happy Joe's restaurant or visit happyjoes.com.

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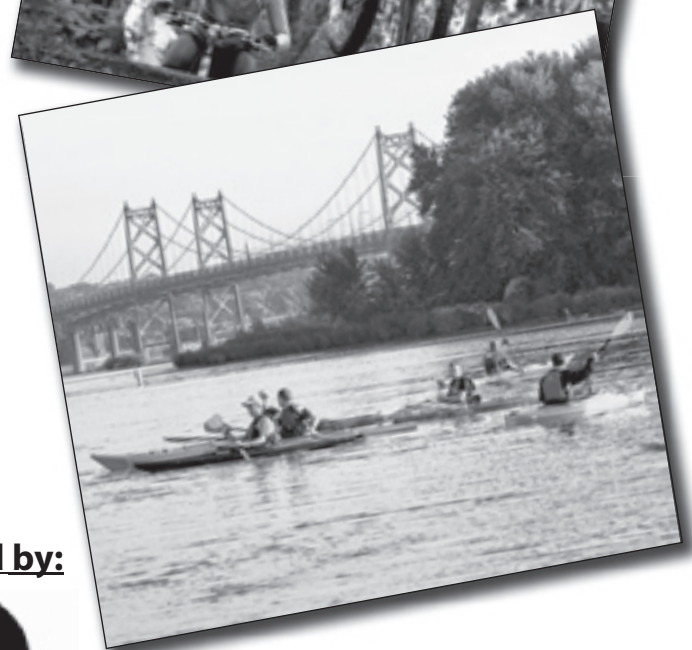
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A different kind of rainy day fund: Rain Gardens for Rock Island helps homeowners help the environment

The city of Rock Island is proud to announce that 200 rain gardens have been installed by individuals and businesses using the Rain Gardens for Rock Island Program. Rain gardens are becoming popular because of the many benefits they provide to the environment as compared to conventional lawns. They can reduce flooding, absorb pollutants, regenerate the water table, promote natural cleansing of storm water and sustain wildlife. They also beautify your yard. Any size rain garden, even a small one, makes a significant difference to your property's storm water issues. Under the Rain Gardens for Rock Island Program, the city reimburses citizens based on the total square footage of the rain gardens at the rate of \$4 per square foot. If you are able to incorporate the use of a rain barrel into your rain garden, the city will supply one free of charge. To participate in the program, residents of Rock Island can download an application at the city's website, rigov.org. Alternately, you may contact the Public Works Department at (309) 732-2200 and an application will be mailed to you.

City trees, country trees: Both take the spotlight at Trees & Water Quality Symposium

On Sept. 9 Trees Forever will host a symposium on trees and water quality from 8:30 a.m. to 3 p.m. at the Stony Creek Inn in Moline. The uniquely structured event will feature parallel workshops that will explore the issue from both a rural and urban perspective. Special keynote speakers include Randy Neprash of the Minnesota Cities Stormwater Coalition, who will share examples and ideas on trees as "green infrastructure" — how they can be integrated into community planning to improve water quality and manage stormwater. Dr. Tom Sauer, research soil scientist for the National Laboratory for Agriculture and the Environment, will also give a keynote address on getting trees back into American agriculture. Continuing education credits will be available; cost of attendance is \$15 for Trees Forever members, \$20 for nonmembers and includes lunch. For more information or to register for the symposium, visit treesforever.org or call (800) 369-1269, extension 16.

Alpacas: Useful, cute, cuddly — and now with their own holiday

On Sept. 25 and 26, alpaca breeders from across the United States and Canada will invite the public to come to their farm or ranch to meet their alpacas and learn more about these inquisitive, unique animals as part of National Alpaca Farm Days. Heartland "Criations" Alpacas will be one of the participating farms. Guests to the farm will be able to learn more about investing in alpacas and the alpaca lifestyle. They also will be able to visit the farm store which features products made from alpaca fiber as well as raw fiber, fiber arts kits and organic fertilizer. Heartland "Criations" Alpacas, located approximately 10 miles north of Galesburg, Ill., will be open both days from 10 a.m. to 4 p.m. For directions to the farm or more information, visit hcalpacas.com or call (309) 483-3534.

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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 late October or early November. (309) 269-7409

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

JO DAVIESS COUNTY

Elizabeth Farmers' Market, St. Paul's Lutheran Church parking lot, 411 W. Catlin; 3-6 p.m. Fridays, through Nov. 19. (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, 2000 Territory Drive, Galena; 7:30 a.m.-12:30 p.m. Sept. 5, 12, 26; Oct. 10. (815) 777-2000

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

Warren Farmers' Market, 110 W. Main St.; 8 a.m.-noon Saturdays, through October. (815) 745-3373

KNOX COUNTY

The Fairgrounds Farmers' Market, Knox County Fairgrounds, 1392 Knox Highway 9, Knoxville; 8:30 a.m.-12:30 p.m. Saturdays, through Sept. 25 and 3:30-7:30 p.m. Wednesdays, through Sept. 22. (309) 289-2714 or knoxfair.com

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, through Oct. 30. (309) 368-9844

Oneida Farmers' Market, across from the DT Sales and Service parking lot, 221 W. U.S. 34; 3-6 p.m. Thursdays, through Sept. 30. (309) 483-6467

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 October. (815) 284-3306

MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 7 a.m.-1 p.m. Thursdays and Saturdays, through Oct. 23. (309) 837-4855

MERCER COUNTY

Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, through Oct. 14. (309) 582-2751

OGLE COUNTY

Polo Farmers' Market and community dinner, Senior Center on Mason Street; 3-6 p.m. Thursdays, through Sept. 30. (815) 946-3131

PEORIA COUNTY

Shoppes at College Hills Farmers' Market, Von Maur parking lot, intersection of Towanda Avenue and Veterans' Parkway, Normal; 4-8 p.m. Wednesdays and 8 a.m.-11 a.m. Saturdays, through 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 Oct. 30. (815) 778-4483

Homegrown Farmers' Market on the Square, 321 W. 2nd Ave., Milan; 2:30-6:30 p.m. Wednesdays, through Oct. 27. (309) 756-9978 ext. 10

Main Street Market, 700 block of 15th Avenue, East Moline; 2-6 p.m. Thursdays, through Sept. 30. (563) 441-4070 or (563) 940-7029

Port Byron Farmers' Market, downtown Port Byron, 2-5 p.m. Wednesdays, through October. (309) 269-8705

Trinity Moline Market, 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, through Oct. 30. (309) 936-7792 or (309) 944-7980

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 Ave. A., Sterling; 8 a.m.-noon Saturdays, year-round. (815) 626-8610 or tcmarket.org

IOWA

CEDAR COUNTY

Cedar County Farmers' Market, south of the courthouse, Tipton; 7:30-11 a.m. Saturdays, through Oct. 2. (563) 886-2076

CLINTON COUNTY

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

DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-7:30 p.m. Thursdays, through October. (319) 752-6365

DUBUQUE COUNTY

Dubuque Farmers' Market, near City Hall on Iowa and 12th-13th streets; 7 a.m.-noon Saturdays, through Oct. 30. (563) 588-4400

Fountain Park Farmers' Market, Fountain Park Plaza, 2728 Asbury Road, Dubuque; 3-6 p.m. Thursdays, through Sept. 30. (563) 588-2700

HENRY COUNTY

Mount Pleasant Farmers' Market, McMillan Park, Walnut Street; 4:30-6:30 p.m. Wednesdays and 8:30-11 a.m. Saturdays, through Oct. 16. (319) 931-1458 or mpfarmmarket.org

JACKSON COUNTY

Bellevue Farmers' Market, gazebo on Riverview Drive; 7-11 a.m. Saturdays, through September. (563) 872-4170

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

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 Oct. 30. (641) 472-6177

JOHNSON COUNTY

Coralville Farmers' Market, parking lot of the Coralville Community Aquatic Center, 1513 7th St.; 5-8 p.m. Mondays and Thursdays, through Sept. 30. (319) 248-1750

Iowa City Farmers' Market, lower level of Chauncey Swan parking ramp between Washington and College streets; 5-7 p.m. Wednesdays and 7:30 a.m.-noon Saturdays, through Oct. 30. (319) 356-5210

Lone Tree Farmer's Market, North Park, 402 N. Devoe, Lone Tree, Iowa; 4-6:30 p.m. Tuesdays, through Oct. 26. (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. 26. (319) 338-6111

LEE COUNTY

Keokuk Farmers' Market, River City Mall parking lot, 2nd and Main streets; 6:30-11 a.m. Saturdays, through Sept. 25. (319) 524-3985

LOUISA COUNTY

Louisa County Farmers' Market, American Legion parking lot, 99 2nd St., Columbus Junction; 4:30-6:30 p.m. Fridays, through Oct. 8. (319) 728-7971 or cdc@columbusjunctioniowa.org.

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. 23, except for Sept. 4, 18. (319) 286-5699

Downtown Farmer's Market, 3rd and 4th avenues, downtown Cedar Rapids; 7:30 a.m.-noon, Sept. 4, 18. (319) 398-0449

Mount Vernon Farmers' Market, Memorial Park, 1st Street W., Mount Vernon; 4-6 p.m. Thursdays, through Oct. 14. (319) 310-6399 or mtvernonfm@yahoo.com

Noelridge Farmers' Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, through Oct. 22. (319) 286-5699

MUSCATINE COUNTY

Muscatine Farmers' Market, Wilson's True Value Hardware Store; 2:30-5:30 p.m. Tuesdays, 1420 Park Ave., and 7:30-11:30 a.m. Saturdays, Mississippi Drive and Cedar Street, through Oct. 30. (563) 299-2709 or (563) 506-3459

SCOTT COUNTY

Trinity Farmers' Market, Trinity Bettendorf, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, through Oct. 25. (563) 332-5529

Bettendorf Farmers' Market, parking lot at 2117 State St.; 2-6 p.m. Thursdays, through Oct. 28. (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, year-round. Outdoor market through October. (563) 940-0634

Davenport Farmers' Market, parking lot of NorthPark Mall, 8 a.m. to noon Wednesdays and Saturdays, through Oct. 30. (563) 332-5529

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



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food for thought

No to Triumph

Risks make hog plant a bad investment for taxpayers

By Bill Davies

Triumph Foods Inc. which proposes building a hog slaughtering and processing plant in East Moline, Ill., has recently asked for U.S. government loans as well as loan guarantees to finance its construction. The requests are reported to be in the range of \$25 million to \$40 million.

The loan guarantees could help Triumph secure loans from financial institutions and investors with the promise the U.S. government (taxpayers) will cover the loans if Triumph defaults on them. Should the U.S. government risk taxpayer dollars to help finance this hog plant? Consider the potential significant negative environmental impacts:

- The proposed site is in the Rock River floodplain and would be raised with fill dirt to avoid flooding. Filling and then paving the site that is now farmland and wetlands will remove floodwater storage capacity and contribute to polluted runoff with impacts on adjacent wetlands and downstream areas.
- The estimated 200 diesel trucks that will come and go from the plant every

day will add to the Quad-Cities area's fine particulate air pollution (soot) that already is often close to or exceeds the EPA health standard.

- Infrastructure such as the East Moline sewage treatment plant may be strained even after upgrades by the city to handle the hog plant waste and could result in discharge of pollution into the Mississippi River where the sewage plant empties. In addition to being asked to pay for loans and guarantees to build the plant, taxpayers may continue paying if additional sewage plant upgrades are required to treat the slaughterhouse waste.

Triumph plans to slaughter in the range of 19,500 hogs per day, which is 5.5 million hogs per year. Where will they come from? As many as 1,000 confined animal feeding operations (CAFOs) will be needed within 50 to 75 miles of the plant to raise the hogs.

A typical CAFO confines 2,400 hogs in several buildings, but they can be larger. The pits and lagoons are susceptible to leaking harmful chemicals and fecal bacteria into ground water and spilling into streams. Nearby residents of CAFOs have reported respiratory problems, headaches and other illnesses, and often simply can't open their windows because of the odor. Those are significant quality of life issues.

Plans for at least one CAFO expansion are already in place in anticipation of the East Moline plant. The owner of Grandview Farms, headquartered west of Eldridge, Iowa, plans to expand his factory farm operation from 80,000 to nearly 150,000 a year with construction to begin this fall if plans are approved. That would only be the beginning of new and expanded CAFOs in our area.

It is not too late to stop the Triumph plant. Since the plans for the Triumph plant were announced, our Eagle View Group of the Sierra Club in the Quad-Cities area has been working with concerned area residents to raise awareness of the impacts of the plant at city council meetings and other public events. After the news the federal government has been asked to provide funding and loan guarantees, we have written letters to our key legislators and government officials about the negative environmental impacts and asking that taxpayer money not be provided to help build the plant.

Bill Davies is a member of the Eagle View Group of the Sierra Club. To learn more about this issue, visit their website at illinois.sierraclub.org/eagleview.



Photo by Todd Mizener / Radish

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