Radish

HEALTHY LIVING FROM THE GROUND UP

Hollow Maple Farm
Through the Generations

SEPTEMBER 2012

Pawpaw trees

Knox Prairie Community Kitchen

Chiropractic care for pets

radishmagazine.com

from the editor

Photo by Paul Colletti / Radish

So far, it's been a funny year in my garden. The tomatoes I planted burst into a profusion of blooms in June, but then didn't set fruit until mid-August. My carefully laid rows of beans were going strong, only to turn brown and shriveled just as the first pods were coming on. Meanwhile, other plants flourished unexpectedly, like the potatoes that sprouted where I (apparently) failed to dig up all of last year's crop. They produced a wealth of spuds big and small that we boiled and ate gleefully with butter and rosemary — which also grew well this year, a feat I haven't managed since leaving the hot, dry climate of Texas. And then there was the plant I convinced myself was a weed, only to pull it up and discover it was, in fact, a giant turnip.

Gardening for me is always a mix of wonder and humility — wonder at this variable landscape, where plants grow and change shape daily, and humility as the garden reminds me again and again there are larger forces at work. For all my careful planning, prepping, weeding and watering, sooner or later the garden is going to do what the garden is going to do. It's a tangible reminder to me that no matter the strides we have made in our knowledge and technology, at the end of the day we are still subject to the forces of nature. Too much heat, not enough rain — the things that affect the littlest seedlings in my garden ultimately affect us, too. Our fates are tied.

In many ways, putting together a magazine is a lot like tending a garden. We start out with ideas for stories, carefully plot out where we think they will go and how much space we think they'll need, and then we wait for the ideas to grow while our writers tend to them. Every so often a story does not pan out as we hoped. But many, many others flourish in ways that surprise and delight us. Take the story of Hollow Maple Farms on page 24, for example (it's their tomato pictured above; mine, as you know, are only recently ripening). We knew of the growers as a friendly presence at the farmers' market, but as the article took shape, we were wowed to learn all about the rich farming legacy of their family.

Behind every story is a story. And the more stories we know, the more thoughtful and enriched our lives become — just as tending my little garden plot and knowing its stories inspires me to be a better steward of the planet.

— Sarah J. Gardner
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the grapevine

From our readers

More than organic (July 2012): "I just finished reading the August edition of the Radish and wanted to write to tell you that I LOVED the article about Cordelia Kaylegian and her sustainable farm! If more Americans took this same attitude about growing, selling, and using foods, I do believe as she stated, 'We could have a new revolution.' How wonderful it would be to use non-GMOs, no pesticide, fungicide, herbicides. I can dream of this day! Thank you so much for sharing her with the rest of the Radish readers!"

— Roberta Kelinson

"I LOVE this magazine. I start asking for it at the Tipton Library at the beginning of the month, and sometimes they just call me when it comes in! I pass it on to my mother and she likes it as well. Keep up the good work!"

— Twyla Hein, Tipton, IA

On the Road with Radish

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

• **Seminary Street First Friday Festival,** 5 to 8 p.m. Friday, Sept. 7, on Seminary Street in Galesburg, Ill. For more information, visit seminarystreet.com.

• **The 34th Annual Conference on Aging,** 8 a.m. to 3:45 p.m. Thursday, Sept. 13, at the i wireless Center, 1201 River Drive, Moline, Ill. For more information, visit wiaaa.org.

• **The Fifth Annual Quad-Cities Earth Charter Summit,** 9 a.m. to 3:30 p.m. Saturday, Sept. 15, at the Western Illinois University-Quad Cities Riverfront Campus, 3300 River Drive, Moline, Ill. For more information, visit qcprogressiveaction.org.

• **The Second Annual Culinary Ride,** a bicycle tour of the farms and food of Johnson and Iowa counties, Iowa, beginning at 8 a.m. Sunday, Sept. 16, at 519 8th Ave., Coralville, Iowa. For more information, visit culinaryride.org.

To discover more upcoming events of interest, see the events calendar at radishmagazine.com.

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Farmers' markets

It's peak season at the farmers' markets! Be sure to check out the complete list of markets — including locations, hours of operation, and an interactive map — available at radishmagazine.com.



OCT
2012




knox county
Scenic Drive

West Central Illinois • 9am to 5pm

October 6th & 7th and 13th & 14th

During the Knox County Scenic Drive, folks gather to celebrate their rural heritage. For thousands, the drive is an autumn tradition, a trip through a countryside ablaze with a riot of fall colors. There are tons of crafts and antiques, homemade food and homegrown delights that celebrate the harvest in Western Illinois. Make a stop at one, or all of these beautiful locations:

• Knox County Fairgrounds • Downtown Knoxville • Orange Chapel
• Woodland View Farm • Walnut Grove Farm • Maquon
• Galesburg: Hawthorne Centre &
Scarecrow Festival in Standish Park (held first weekend only)

For more information:
e-mail Jeralyn Wood at jwood@visitgalesburg.com
or call 309.343.2485 ext 73


KNOX
COUNTY
ILLINOIS

healthy living from the ground up

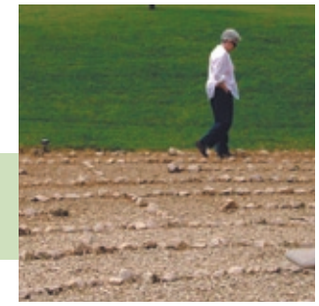
features

in every issue

on the cover

Sean Wright and daughter Nataleigh of Hollow Maple Farms. (Photo by Paul Colletti / Radish)

departments



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Pie plays a huge role in Beth Howard's life, and not just because she has a weekend pie stand at the American Gothic House in Eldon, Iowa. After her husband's death, pie helped her pick up the pieces while she grieved. Howard travelled the country to film a docu-reality series, "This American Pie," and went on to write a book, "Making Piece: A Memoir of Love, Loss and Pie."

Read more about Howard's journey and the two presentations on pie baking she will be giving Sept. 10 in the Quad-Cities at radishmagazine.com.

Two hands, four feet

Many animals also can benefit from chiropractic care

By Ann Ring

Rock Island, Ill., chiropractor Stacey Willey makes an adjustment on Joker. (Photo by John Greenwood / Radish)

Like their human companions, pets need help from time to time for their pain and well-being. Whether you have a dog, cat, horse or other creature, animal chiropractic care is growing as an option to enhance your pet's health and maintain their quality of life.

In general terms, chiropractic care focuses on the body's nervous system, its relationship with the spine and vertebrae, and how this relationship affects the overall health of the body. Doctors of chiropractic believe that a healthy spinal alignment is key: If there is a "subluxation," or misalignment of the spine, this causes pressure on the nerves, which in turn causes those nerves to function abnormally, leading to pain, muscle spasm or disease.

Doctors adjust the spine with their hands to allow the body's nervous system to properly communicate back and forth among all the tissues and organs. Considered a complementary alternative medicine and covered at least in part by most insurance companies, chiropractor care can relieve pain, help the immune system and maintain good health in people of all ages.

Animal chiropractors believe that the same fundamental principles apply in animals, that an animal's daily quality of life can be directly affected by the spine's alignment.

Animal chiropractic care isn't new. Its practice dates back to the early 1900s when Bartlett Joshua ("B.J.") Palmer and his father, Daniel David Palmer, who became known as the father of chiropractic and founded Palmer College of Chiropractic in Davenport, practiced spinal adjustments on animals to prove that the application of chiropractic care's principles worked. Back then, Palmer College even offered a course on adjusting animals and a Doctor of Chiropractic Veterinarian diploma.

But animals were not the Palmers' primary focus, and only a few other pioneers in animal chiropractic made any inroads — until the 1980s. That's when Dr. Sharon Willoughby-Blake, a professor at Palmer, pursued animal chiropractic care full time and founded the American Veterinary Chiropractic Association and Options for Animals College of Animal Chiropractic in 1988, the first animal chiropractic school in the world.

In the United States, to become an animal chiropractor you must first be a doctor of veterinary medicine or a doctor of chiropractic (or both) in good standing before enrolling in one of three schools that offer certification for animal chiropractic care: Options for Animals College of Animal Chiropractic in Kansas, Parker College of Chiropractic in Texas, and the Healing Oasis Wellness Center LLC in Wisconsin. Each school requires 220 to 226 hours of lecture and hands-on training of five to six modules for the specialized certificate.

To finish, a certification exam is taken, either through the International Veterinary Chiropractic Association, or the American Veterinary Chiropractic Association, founded by Willoughby-Blake.

Dr. Stacey Willey, owner of Complete Balance Chiropractic in Rock Island, is a chiropractor and received her schooling in chiropractic animal care

from Options for Animals in 2008. She is a certified animal chiropractor through the International Veterinary Chiropractic Association, one of two animal chiropractic certification organizations.

Willey returned to the Quad-Cities last year to open her own practice for humans and animals alike. Having grown up with horses, her passion for animals came from going on house calls with her uncle, a veterinarian, and learning solutions for many different injuries on animals of all sizes. "I originally went to chiropractic school to just do animal chiropractic," Willey says.

To adjust an animal, Willey says, "You simply start at the head and work your way down the spine toward the tail, but at a higher speed than humans because of the animal's instinct. They want to brace themselves." Chiropractors must also move their hands with the animal as they move. Part of Willey's treatment includes adjusting the animal's hips and legs, and during her appointments Willey also teaches her pet owners how to provide a light massage on the animal. The number of visits will vary depending on the scope of a pet's situation.

There are a number of signs that your pet may need a chiropractic visit. For dogs, there may be a general and unexplained stiffness in movement, difficulty in climbing stairs or lying down, a loss in appetite or sudden change in weight, or a general uneasiness. Horses may show sensitivity to being saddled, changes in gait, a slowdown in performance, or misalignment in the hip bones. Symptoms for cats include excessive stretching, a change in how they walk, a sudden dislike of being brushed, or an inability or change in climbing stairs.

Dr. Lissa Kucher, owner of River Bottom Chiropractic at River Bottom Stables, Princeton, Iowa, who's been professionally training horses since the age of 11, graduated from Palmer College, but completed her post-graduate work at Parker College of Chiropractic in Texas. She is certified through the American Veterinary Chiropractic Association. Kucher uses her chiropractic skills primarily on horses. Since her specialties are riding lessons and training horses to win competitions, chiropractic care is especially essential to equine sports enhancement. "I polish the strength of the horse," says Kucher. "I train horses in all different sports to become even better."

People who are interested in chiropractic care for their pets should make sure to check credentials when looking for an animal chiropractor. There are some veterinarians and chiropractors who practice on animals without completing post-graduate work in animal chiropractic care or going through the certification exam process. Simply ask where he or she attended school (for post-graduate work), and if they are certified through either the ACVA or IVCA.

An animal's daily quality of life can be directly affected by the spine's alignment.

Chiropractic care is not meant to replace traditional veterinary medicine. Instead, it is a non-drug, non-surgical medical option for animals to live their happiest and healthiest throughout their entire lives.

Ann Ring is a regular Radish contributor. For more information, Willey's website is myanimalchiro.com and Kucher's website is riverbottomhorses.com. Other doctors can be found at ahvma.org and avcadoctors.com.

Raise the bar

Cookies are easy when you pull out a pan

By Sarah J. Gardner

There are some things that can take me instantly back to the best days of grade school. The warm, waxy smell of crayons in the box. The satisfying *thwack* of a kickball just before it sails into the outfield. The taste of milk and fresh-baked cookies.

Of course, as I've gotten older, coloring activities have given way to office hours spent in front of a computer, and jaunts to the gym have taken the place of those kickball games. As for cookies, though I still prefer a homemade morsel warm from the oven, the effort required to make that happen — specifically, the time spent hovering over an oven, shuffling cookies from baking sheets to cooling racks so as to reload again, doling out dough one teaspoon at a time — puts this activity firmly in the "major undertaking" category in my day-to-day life.

And yet, I confess, whenever my nephew has turned up at my house after school, there's nothing more I want to contribute to his childhood memories than a fond recollection of homemade cookies waiting on the table. I had almost resigned myself to laying store-bought cookies on a plate and hoping for

PB&J Bars

These are fun cookies to make with young bakers (and the young at heart). Not only are the flavors familiar, kids love to choose the jam that goes in the middle and delight in pinching off globs of dough for the topping.

1 cup unsalted butter at room temperature
1½ cups sugar
1½ teaspoons pure vanilla extract
2 large eggs
3 cups all-purpose flour
2 cups peanut butter, smooth or crunchy
1 teaspoon baking powder
1½ teaspoons kosher salt
10 ounces (1 small jar) of your favorite jam

Preheat oven to 350 degrees. Grease and flour a 9x13-inch pan. Cream together the butter and sugar until fluffily and pale in color. Add the vanilla, eggs and peanut butter and mix well until combined. In a separate bowl, sift together the flour, baking powder and salt. Add to the peanut butter mixture a half cup at a time and mix just until combined. Place two-thirds of the dough in the prepared pan. Use the paper wrapping from one of the sticks of butter to press the dough to an even thickness. Spread the jam evenly over the dough in the pan. Take the remaining third of the dough and, pinching off small pieces, roughly cover the jam with globs of the peanut butter dough (which will spread as it bakes). Bake for 45 minutes until golden brown. Cool and cut into squares to serve.

— Recipe adapted from Ina Garten's "Barefoot Contessa at Home"

Coffee Cashew Blondies

Who says kids are the only ones who can enjoy cookies? These easy-to-bake bars combine some adult flavors like coffee and white chocolate into a gooey concoction that works equally well as a midday indulgence or a dessert at the end of a special meal.

1 tablespoon water
4 teaspoons instant coffee
1 teaspoon vanilla extract
½ cup (1 stick) unsalted butter, room temperature
1½ cups packed light brown sugar
1 teaspoon salt
2 eggs
1¾ cups all-purpose flour
1 cup white chocolate bits
1 cup unsalted roasted cashews

Heat the oven to 350 F. Coat a 9x9-inch baking pan with cooking spray. In a medium bowl, combine the water, instant coffee and vanilla. Stir until the coffee granules dissolve. Add the butter, brown sugar and salt. Use an electric mixer or whisk to beat until light and fluffy. Add the eggs, one at a time, beating between additions and scraping down the sides of the bowl. Stir in the flour, then the white chocolate bits and cashews. Spread the mixture evenly into the prepared pan. Bake for 35 to 40 minutes, or until the center looks set. Then turn the oven off leaving the cookies inside and allow both to cool to room temperature. When the pan is cool to the touch, the blondies can be cut into squares and served.

— Recipe adapted from Alison Ladman, Associated Press

the best when I remembered that not all cookies begin as a dollop of dough on a cookie sheet: bar cookies are pressed into a pan, baked in a single batch, and then cut into squares.

If the convenience of that is almost too much to register in the course of a busy day, let me put it this way — rather than dedicate an hour or more to transferring sheets of cookies in and out of the oven, bar cookies allow you to plunk everything in the oven once and be done. Instead of hustling to get the next round going, all you have to do is pour yourself a glass of milk and wait.

And don't even get me started on the variety! Although the bar cookies most people are familiar with are blondies, their bar-cookie kin run the gamut from gooey decadence to whole-grain, healthful treats. The more I've baked these easy snack staples, the more I've become convinced there's a bar cookie to satisfy every taste and time crunch. So, fear not the school bake sale. The office potluck. The neighborhood cookie exchange. Even in the midst of a hectic day, with bar cookies you've got an ace in the pan.

Sarah J. Gardner is the editor of Radish.

4-Ingredient Banana Oat Bars

The first time I came across this recipe, it sounded too good to be true. Four ingredients, all of them healthy, in a cookie? Now these bars are a favorite staple of my kitchen. As an added bonus, they are a great use for overripe bananas — rather than throw them away, I toss browning bananas unpeeled into the freezer. Then I thaw two out whenever I start craving cookies. As a bonus, the freezing process makes the bananas extra easy to mash.

2 large, very ripe bananas
2 cups rolled oats
¼ cup pitted, chopped dried dates
¼ cup chopped nuts — such as walnuts, hazelnuts or pecans.

Heat the oven to 350 F and lightly grease a 9x9-inch baking dish with olive oil or butter. Peel the bananas and mash their flesh in a medium mixing bowl until the bananas liquefy. (You will have between 1 cup and 1¼ cup.) Add the oats and stir them in. Stir in the dates and nuts. Pat the mixture evenly into the baking pan. If desired, sprinkle the top lightly with nutmeg or cinnamon. Bake for 30 minutes or until the edges just begin to crisp up. Place the baking pan on a rack to cool.

— Recipe source: Friesen Cold

Photos by Todd Welvaert / Radish

Artisan soaps 101

How different ingredients and methods add up

By Lindsay Hocker

Sooner or later it happens: A sweet scent at the farmers' market or craft booth beckons you to a box of handmade soaps. The ingredients on the label read like a grocery list. Olive oil. Honey. Goat milk. You know the difference between the scents, but what do these other ingredients do? Clearly, there's more to artisan soap than what meets the nose.

"There are as many ways to make soap as there are soapmakers," says Amanda Wilson, a soapmaker in Geneseo, Ill., who sells her Bees Knees bars as part of her business, My Mommy's Creations. How the soap is made — and what it is made with — can add up to different kinds of bars.

Begin with the basics

The term "cold process" refers to a method of making soap that combines water, sodium hydroxide (lye), and almost any oil together to create bars of soap known for their hard, long-lasting quality. The process takes patience, as the soap can take several weeks to be ready. It's the method used by Iowa Naturals owner Jill Sidney who produces 20-pound batches of soap in her Davenport home.

Sidney's oils of choice are olive, palm kernel and palm oil, although she also uses a variety of additional oils when creating some of her bars. Olive oil is used "mostly for its wonderful moisturizing properties," palm kernel oil is used for its sudsing capabilities to create a nice lather, and palm oil adds hardness to a bar, Sidney says.

Some of her soaps, about three or four, include goat milk as well. "Goat milk has a higher fat content, therefore it adds to the moisture in the bar," she says.

Tianna Herrick, of Midnight Perfumery in Moline, also creates her soap using the cold process and a combination of oils, including coconut, olive, soybean, palm and castor oils. In addition, Herrick has a "few other specialty blends" with added ingredients like shea butter, mango butter, hemp

Jill Sidney of Iowa Naturals at work making soap. (Photos by Todd Welvaert / Radish)

Get the scoop on these suds

For more information on these soap makers, check out the following sites.

- **Iowa Naturals:** iowanaturals.com
- **Midnight Perfumery:** midnightperfumery.com
- **J&J Honey:** facebook.com/jandjhoney
- **My Mommy's Creations:** mymommyscreations.com. Bee's Knees soap is sold exclusively at Miss Effie's Country Flowers and Garden Stuff, misseffiesflowers.com.

oil or almond oil. She says soaps in her butters line are "more moisturizing," and those bars of soap are harder.

Herrick was inspired to launch Midnight Perfumery after visiting a soap shop recommended to her to help with skin irritation suffered by her son. Herrick created soaps that work better for him than commercial options. She says she strives for moisturizing, bubbling bars that are "harder" so they won't easily melt down a drain.

Some like it hot

The "hot process" method doesn't require the same waiting period, but it does require frequent stirring as a batch is made. The soap ingredients are combined and then heated and stirred as the excess water evaporates off. Jay Belha, of J&J Honey in Milan, Ill., started with the cold process when he added soap to the product line for his small company this year, but then he switched to the hot method.

The main ingredient in Belha's soaps is olive oil, which is moisturizing. He also uses a coconut oil for a nonfoaming lather, and palm oil, which helps with hardness — just like in cold process soaps. The main difference is time. Once the bar cools, it's usable. "Within 24 hours, you have a bar you can use," Belha says.

He also uses honey from his own hives in one of his soaps, the honey-oatmeal bar. Honey is naturally anti-bacterial and has great moisturizing properties. The oatmeal serves as a gentle exfoliant, lightly buffing worn-out cells from the surface of the skin.

A little ooh la la

The third method for making soaps — French milled — is a bit of a hybrid process. It begins with cold process soap, which is grated into small pieces, mixed with a small amount of liquid, and then heated up. Once it reaches the appropriate thickness, fragile ingredients are added in.

It's the method preferred by Amanda Wilson when making Bees Knees soaps. She says the French milled process allows additives, such as fresh herbs, to be preserved. During the cold process, which actually generates heat, fragile ingredients can be damaged.

With some of her soaps, she pours them into a mold with a loofah sponge for exfoliating. These soaps are great to use on tougher skin like feet, but shouldn't be used on faces. She grows the loofahs, a vine plant, herself.

In all her soaps, Wilson uses olive and canola oils for moisture, and sunflower seed oil for moisture and lather. Her number two ingredient in every bar of soap is goat milk from her own goats. Wilson says goat milk is very moisturizing, and includes nutrients that are good for the skin.

Wilson offers Jumpin' Java soap, which has coffee grounds, that she recommends as a kitchen soap, because it gets rid of onion and garlic smells.

What works the best is a matter of perspective, says Wilson. That means making a multitude of choices to find the perfect bar for each individual.

Lindsay Hocker is a reporter for The Dispatch and The Rock Island Argus. When not writing for Radish, she likes to help animal shelters, read good fiction, and explore small towns and natural sites.

Pawpaw power

A taste of the tropics that can be grown at home

By Janet Clark

It looks like a green potato. It tastes like a cross between bananas, mangoes and fresh pineapples. And it's packed with nutrients, including vitamin C, magnesium, iron, copper and manganese. Although it may sound like a fruit found in the jungles of a tropical island, pawpaws grow along riverbanks and in woodsy areas throughout the Midwest — and, increasingly, in backyard gardens. Long cultivated by Native Americans and early settlers (including George Washington), pawpaws, or Asimina triloba, have recently been making a comeback.

According to Tom Wahl of Red Fern Farm, a Wapello, Iowa, nursery with an emphasis on sustainable growing, pawpaws like slightly acidic soil and can tolerate wet, dry or poorly drained soil. They grow in either sun or shade; although they produce more fruit when planted in full sun, they still produce 75 percent in the shade, allowing for efficient use of the land. If you want to grow pawpaws, Wahl recommends planting potted stock in the fall.

Pawpaw trees reach a height of 15 to 20 feet upon maturity and begin producing fruit at about five years; possibly sooner for grafted trees and a little later for seedlings. The trees have large, oblong leaves, about 6 to 12 inches in length, which turn bright yellow in the fall. The trees produce purple flowers that bloom in the spring. Pawpaws are not self-pollinating, and two different cultivars are needed in order to grow fruit.

While they're not an especially high-maintenance plant, pawpaw trees do need deep watering once a week for the first two years until their roots are well-established. Weed control is also important. "Grass is a tree's mortal enemy," he says. That can be controlled with a combination of landscape fabric and wood-chip mulch, he says. Pawpaw trees also need protection from direct sun if they're planted in the open; Wahl recommends using 2-foot-tall tree shelters to blunt the effect of sun and wind.

Pawpaw fruits ripen in the fall. Some varieties are ready for harvest in early to mid-September, but most cultivars aren't ripe until early to mid-October. After the harvest, pawpaws need to be eaten or processed quickly. "They have a short shelf life after they ripen," Wahl says. They only last a couple of days at room temperature and a week or two when refrigerated.

Currently Iowa State University is researching pawpaw processing techniques. Patrick O'Malley, an ISU Extension commercial horticulture field specialist, has led several Leopold Center Ecology Initiative projects about pawpaw growth and development. In 1999 Wahl helped O'Malley plant 300 trees for a regional variety trial to learn which pawpaws grow best in this region.

While researchers work to learn the best ways to utilize pawpaws commercially, many individuals already enjoy them at home in pies, bread, custard and wine. Wahl recommends pawpaw ice cream as an easy treat: half gallon of softened vanilla ice cream is mixed with one cup of pawpaw pulp, then put it in the freezer and allowed to harden again before consuming.

The edible fruit of a pawpaw tree. (Photo by Scott Bauer / USDA)

Within the pawpaws' impressive nutritional profile is one very notable group of compounds: acetogenins, which are harmless to healthy cells but uniquely toxic to cancer cells. Their cancer-fighting properties were studied by Dr. Jerry McLaughlin, a professor of pharmacognosy at Purdue University (now retired) who researched pawpaws for more than 20 years. He discovered the acetogenins also inhibit the growth of MDRs, or multiple drug resistant cells, cancer cells that don't respond to conventional treatments.

Because of their own work with pawpaws, Wahl and his wife, Kathy Dice, knew of McLaughlin's research when Dice was diagnosed with ovarian cancer in 2011. She underwent chemotherapy and also took pawpaw extract. It's a decision that may have proven to be lifesaving. "My wife might be alive today because of the pawpaw," Wahl says. "Right now, she's cancer-free."

As with any complimentary care, it is best to consult with a physician if you are interested in incorporating pawpaws into a cancer treatment plan.

Writer Janet Clark makes her Radish debut this month. To learn more about Red Fern Farm or growing pawpaw trees, visit redfernfarm.com.

Snip, sew, snack!

A Q-C mom beats the plastic habit with cloth creations

By Sarah Ford

It's a common practice for on-the-go parents: plastic baggies, filled with Cheerios or fruits, make for convenient snacking and get discarded once used—convenient, that is, for people, not the planet. One Quad-Cities mother was inspired to find a better way. After all, if her family was going through a box of plastic baggies in a matter of weeks, how many others were doing the same? And what could be done about it?

So Heather Muir, of Rock Island, took some cues from her former kindergarten students, who came to school with reusable lunch packs, and designed a handmade solution to counter her conundrum. "I figured there had to be a better option than plastic baggies," she says.

The result: a line of reusable snack sacks that are handy, durable, bursting with a variety of colors and patterns, and ready to stuff with fruit, finger foods, and other munchies. Muir, the owner and creative force behind Bent River Bobbins, is steadily increasing production of her food-grade, machine-washable, BPA-free products, helping others save money and reduce their dependency on plastic.

A business sewing snack sacks wasn't exactly Muir's goal in life, though she now considers it the perfect gig for a stay-at-home mom. The Detroit native settled in the Quad-Cities three years ago with her husband Tim, a biology professor at Augustana College. She was given a sewing machine for Christmas one year, and found a way to put it to good use, since she wasn't making clothes for her kids, as she originally planned.

After experimenting with various designs and dimensions, Muir found the perfect pattern for her craft. She gifted her hand-sewn creations to friends with children, to friends who traveled, and to friends who packed lunches. It wasn't long before her snack sacks caught the eye of Cathy Lafrenz of Miss Effie's Country Flowers and Garden Stuff in Donahue, Iowa. Lafrenz's "Summer Kitchen" features the handiwork of local women. In May of 2011, Muir dropped off her first batch of sacks to sell.

Heather Muir with son Jude at their Rock Island home. (Photo by John Greenwood / Radish)

The response was better than expected, and supportive friends soon encouraged Muir to expand to other markets, such as craft shows and fundraisers. On Sept. 1, 2011, Muir officially launched Bent River Bobbins on Facebook, and became a mother in business.

Muir admits finding time to sew is a challenge as she raises her boys, 3-year-old Liam and 7-month-old Jude. Late nights or early mornings are her most productive hours, and custom orders keep her on her toes. Her biggest helper is Liam, who not only inspires his mom with product ideas, but also likes to help pick out fabrics (look for a monster-truck line soon). He's also more than happy to inherit the imperfect products.

The fabric is half the fun of Bent River Bobbins — some of the cloth is vintage, coming from old bedding or curtains, but most is purchased from the local fabric stores. Floral, polka dots, dinosaurs, sports teams, and animals of all sorts make charming snack sacks. Muir even developed a pink-ribbon line with 100 percent of the proceeds going to the American Cancer Society.

The snack sacks come in two sizes, each consisting of a cotton or flannel exterior, ripstop nylon lining and a Velcro closure. The small size holds one cup of food, while the large size holds more than double the amount. Muir also makes a lunch wrap, which can wrap a sandwich or double as a travel place mat. All are available individually ($5, $7 and $6, respectively) or as a matching mealtime set — $10 for the lunch wrap and snack sack, or $16 for all three.

Besides the snack sacks, Muir also crafts baby- and kid-friendly products, including personalized burp cloths and Amish puzzle balls for babies, nursing covers for moms, diaper and diaper wipes holders, and Sandy Sacks for the kids. She plans to develop more reusable items, and is always open to custom orders and new ideas.

Muir is motivated by making eco-friendly and reusable items, especially something that can be used daily and minimizes one's ecological footprint. "It felt wasteful to use all that plastic — both financially and environmentally," she says. "It's wonderfully exciting and such a blessing for a stay-at-home mom."

Bent River Bobbins can be found on Facebook, and products can be ordered through email at BentRiverBobbins@gmail.com. When not writing for Radish, Sarah Ford keeps busy with her business, QC Collective, in Port Byron, Ill.

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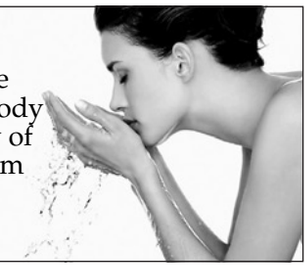

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OUT OF FASHION

Weighing the hidden costs of bargain bin apparel

By Leslie Klipsch

For a decade, author Elizabeth L. Cline says she only bought cheap fashion. She rarely spent more than $30 on an article of clothing and found herself with a messy closet full of low-quality fads she barely wore. She reached a turning point while lugging home two bags filled with her latest purchase: seven pairs of Kmart slip-on sandals, for which she paid $7 each.

To better understand her own shopping patterns, Leslie Klipsch gave up buying new clothes for a year. (Photo by Paul Colletti / Radish)

Cline's buyer's remorse, paired with a startling visualization of the mounds of unwanted clothing housed in a backroom of her local Salvation Army, prompted a journey into the underbelly of the world of fashion chronicled in her fascinating book "Overdressed: The Shockingly High Cost of Cheap Fashion."

I imagine many of us can relate. As a consumer, I try (with varying degrees of success) to make decisions that weigh the impact of my purchases. But until now, I didn't pay much attention to where my clothes were made or what they were made of. Rather, when I saw I could purchase the season's must-have for less than it would cost me to go out for dinner, I scooped it up and took it home.

Like many, Cline says that she also has considered herself a conscientious consumer. She recycles, she carefully selects the food she purchases, she rides her bike and walks around her Brooklyn, N.Y., neighborhood. However, she eventually realized that there was "a gap" in other parts of her life. "I was buying clothes," she told me in an interview, "with no knowledge of where they came from."

So she set out to discover the truth behind why clothing has gotten so cheap and what the repercussions of our obsessions with deals and steals are. Over the course of her three-year quest, Cline discovered a litany of unattractive truths stemming from the siren call of the mall, including wages that don't cover basic cost-of-living expenses like food and housing for overseas workers, and cropland and water resources exhausted by our demand for cloth fibers — up from 10 million tons to 82 million tons annually in the last 60 years. Much like fast food, "fast fashion," she learned, is cheap, addictive and ultimately unsustainable.

> **Much like fast food, 'fast fashion,' she learned, is cheap, addictive and ultimately unsustainable.**

Cline writes that Americans buy an average of 64 items of clothing yearly. As a nation, she reports, we are buying and hoarding roughly 20 billion garments per year. To grapple with this idea myself, I embarked in January on a year-long clothing fast. Because I knew at a gut level that I was consuming more than my share of resources, I committed to buying no new clothes for 12 months to see what I could learn from the experience.

As with any period of deprivation, my clothing fast has prompted moments both difficult and illuminating. I have had the unpleasant realization that for me a trendy new outfit brings a false sense of confidence. To be honest, with prices so low at places like Target, H&M and Forever 21, this search for fulfillment hardly seemed like an indulgence before I understood the bigger picture.

Despite my momentary lapses (I confess I buckled and bought seven clothing items along the way), I did discover alternatives for the style-seeker trying to avoid the buy-and-toss cycle of poorly made seasonal fashions. For example, I have learned to shop my closet. I've come up with new combinations of old clothing and I have become better able to identify styles that compliment my shape. Halfway through the year I realized that I actually only wear a small portion of the clothes I'd accumulated and was happy to part with the least-worn items — which led to the discovery that a limited wardrobe is much more pleasant to sift through each morning.

Continued on page 28

Flat-out fun

Looking for some outdoor exercise? Try disc golf!

By Chris Greene

Chances are if the weather is nice, you'll find folks out in the park relaxing with friends, taking a stroll and maybe even tossing something like a Frisbee around — or, if they are disc golfers, doing all three. The pastime is virtually as old as the Frisbee itself and continues to gain popularity, thanks in part to the affordability and accessibility of the sport and the friendliness of the disc-golf community.

"Disc golfers are like-minded people in that they enjoy fresh air and nature, no matter what the demographic. They usually end up being a close group," says Quad-Cities disc golfer Paul Rosener. He runs the Tuesday night leagues at Camden Park in Milan, Ill., as well as the annual Disc'n for Dogs event. Rosener has been a disc golfer since about 2005.

"After playing hockey, I'd had some concussion problems, and I had injuries racing dirt bikes. Disc golf was a good way for me to still get out and exercise, and it's low impact. It gets you outside and off the couch," Rosener says. "I'm not great at it, but that competitive drive keeps me coming back."

Rosener has some encouraging words for those new to disc golf: "The sport is what you make of it. My 65-year-old mother with two artificial knees plays it, and so does my 8-year-old daughter. But at the same time, so do guys with national championships under their belts. You will need athletic ability to play competitively, but anyone can go out there and enjoy it."

According to Chase Roberts, co-owner of Iron Lion Disc Golf Supply in Moline, people all over the world have been playing golf-like games with Frisbees since the '50s. "It started getting organized in the '70s and has been booming since," he says.

The game is actually quite similar to standard golf. "We have tees, greens and a hole to finish out on. Ours is just made of metal and has chains and a basket to slow and catch the disc. The goal is to finish the round in the fewest amount of throws. As opposed to using clubs and golf balls, we use a disc, which is basically a beveled-edge Frisbee," he says.

Roberts says that although only one disc is actually necessary to play, three or more are suggested. "The discs are designed differently. Some are made for distance, others for putting and approach shots. Getting the right discs to start playing is a huge help. There are several types out there and different types of plastic. The price range is reflected in durability," he says, noting that a typical three-disc set sells for less than $25 at his shop.

Paul Rosener at the Camden Park disc golf course in Milan, Ill. (Photo by Paul Colletti / Radish)

To get started in disc golf, you simply need to get the equipment and head to a course. Roberts suggests looking for course maps and websites online to pick a destination. "We have disc golf courses in each of the major cities and several in between. There are so many good courses here, and most will have activity at any given time. Some of the most popular courses (in the Quad-Cities) are Camden Park in Milan and Eastern Avenue Park in Davenport. We offer a lot of challenges in elevation and landscape at all the courses, but Camden and Eastern are both easier playing, with Eastern being long and open," he says.

Roberts agrees with Rosener's suggestion that disc golfers are a welcoming bunch. "All ages play and are welcomed. Over the last few years, the trickle-down effect has started taking hold, and there are lots of new faces around," he says. "One of the great things about disc golf is that it is an individual sport. You can go alone or with a group, and even play doubles, which is a great icebreaker to the game for new players."

Once you're hooked, there are tournaments available to show off your newfound skills. "There are various minis — one round, tournament-style events — run throughout town, the most attended being Tuesday Night Doubles at Camden Park. It's a great way to meet new players and to learn. Iron Lion runs the King of the Courses every other Wednesday night from March to September. We also host a Women's Night on Thursdays. It's free and a great way for ladies to be introduced to the sport," says Rosener.

Chris Greene is a frequent Radish contributor. For more information about disc golf and to learn about area courses, visit ironliondgs.com and quadcitydiscgolf.com.

eating well

Smart cents

Tips to eat organic without breaking the bank

By Rachel Morey Flynn

Eating organic, local food that's in season is easy right now. Farmers' markets are at their peak, seeming to have popped up in every town and, in some cases, nearly every neighborhood. Even grocery stores are answering our call for local food by alerting us when something in their produce section is "Iowa Grown" or "Illinois Raised."

Convenience is one thing. Cost is another. The price of locally-grown organic food can reach far above produce that's conventionally grown and shipped in from afar. I know this because I'm on a strict, self-imposed food budget. Some women love to buy shoes, I love to buy food. Without a budget, I'd have a refrigerator full of heirloom bacon and locally-grown mushrooms, and a big problem when it's time to balance the checkbook. So, over the years I've learned to preserve my peace of mind by doing three simple things about 80 percent of the time.

First, I write what's for supper on a calendar. I know that sounds very organized and boring. I'm certainly not going to claim that I stick to that calendar every day. But it's there, and I look at it in the morning. If I'm planning to cook a chicken, I know that I need to spread that bird's goodness out over the course of the week. Yes, part of planning supper is planning for leftovers. For my family, a chicken is three meals. The first is the chicken itself. The second is the leftover shredded meat, and the third is the stock made from its bones and vegetable scraps. So if we are eating a chicken on Monday, we'll have tacos with the leftover meat on Wednesday and I'll make soup on Saturday.

Second, when something is in season, plentiful equals inexpensive — sometimes even free. For example, in the fall I have to chuckle a little when I see someone loading up on apples in the grocery store. Midwestern neighborhoods are full of organic, local apples in late September and October. Remember that tree down the street that was so pretty in the spring? Now that the blossoms have made way for an abundance of apples, the owner may be all too happy to have someone help scoop up the fruit up before it becomes a sticky mess. Just ask. The same goes for peaches, cherries and berries. Fruit freezes well, and if you are inclined to can peaches, you'll be glad you did in February.

Third, I grow the really expensive stuff that my family loves. Organic strawberries, asparagus, purple potatoes and heirloom tomatoes are treasured at my house. Over the years, we've established a 4x8-foot raised bed of each. Each of those little gardens saves me hundreds of dollars every year. The things that we eat less often, or carry a smaller price tag, we buy from local farmers. Cabbage, zucchini, eggplant, beans and peppers are easy to find at the farmers' market, and they barely make a dent in the budget. If I have too much of something that we grow at home, I trade another gardener for something I don't grow, or I give it away. Even if you can't grow a garden, you probably know someone who does, and gardeners are notoriously generous souls.

Truthfully, the bulk of our food budget is spent very carefully on local, organic, humanely-raised meat. We are unashamed meat eaters at my house, and I've gone to great lengths to source chicken, lamb, beef, goat and pork from farmers that I trust and respect. If we run out of something, we are happily vegetarian until the supply returns. In some cases, we have even been happily vegan when the hens aren't laying eggs in the deepest part of winter. Even when the meat is plentiful, we eat it sparingly and waste nothing. Bits of leftovers are always worth turning into something. If you just collect chicken bones until you have enough to make stock, you have saved yourself from buying the canned variety, and added a medicinal dose of iron, calcium and comfort to your diet.

Rachel Morey Flynn is a regular Radish contributor.

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Pitch-in kitchen

KPCK volunteers build community, one meal at a time

By Jane Carlson

It's almost 5:30 on a Thursday evening in late summer, and the line snaking out of Central Congregational Church reaches the brick sidewalk on Broad Street of the downtown square in Galesburg, Ill.

The temperature is pushing 95 degrees but Galesburg residents are following each other down to the church's un-airconditioned basement, where the din of clanking silverware and conversation and the smells of tomato sauce and garlic bread fill the warm and sticky air.

This is the Knox Prairie Community Kitchen, where anyone is welcome to be served a balanced and appetizing meal with neighbors and strangers twice a month. Since the fall of 2011, a group of dedicated volunteers have been planning and carrying out these meals, serving up to 220 people a shot.

The meals are offered to community members regardless of their situation or ability to pay for food, no questions asked. The goal is a good meal served with dignity and a chance for members of the community to break bread together.

"It has become kind of a night out for people," says Joel Ward, volunteer coordinator for KPCK and one of the core group of individuals who identified a need for this kind of offering in Galesburg.

KPCK is an independent, non-denominational organization that depends on the generosity of Central Congregational Church for its facilities and equipment, and on benefactors and volunteers to buy, prepare and serve the food. It's also an outgrowth of The Lunch Spot, a program that provided lunches to students and others during an extended winter break that put a strain on many families that depend on school lunches.

What Ward and others in Galesburg noticed was a food insecurity problem, in that a significant number of people in the city do not always know where their next meal is going to come from. The idea of a free community meal was born, first as a potluck dinner but soon morphing into the large-scale, full-service dinners that are provided now.

"It's been successful beyond what we could have imagined," says Ward. Between 180 and 220 attendees are now expected at each meal. With a budgeted cost of $2 per meal — paid for entirely by monetary contributions or wholesale contributions of food — the menus depend on the resourcefulness and talents of volunteer chefs Steve Henderson and Laura Lytle.

The two professional chefs have culinary pedigrees that rival those of any in the Galesburg area, and they spend up to 30 hours of their own, unpaid time per KPCK dinner turning inexpensive food into wholesome and flavorful meals supplemented by locally grown, fresh ingredients whenever possible. Every meal begins with a salad, ends with dessert, and features a protein, starch and a vegetable in between. Lytle also makes vegetarian and vegan options of every meal.

"Every time we do this, we seem to learn a little more," Henderson says.

Chefs Steve Henderson and Laura Lytle at Knox Prairie Community Kitchen. (Photo by Kent Kriegshauser)

Keeping to a budget is key. KPCK prefers monetary donations over small donations of food because it is more economical to buy the food in bulk. They welcome partnerships with other organizations or individuals to provide some or all of the food for a meal. The Knox County Pork Producers have contributed meat for meals, and Knox College also sponsored a meal.

In addition to donations, KPCK conducts a number of fundraisers throughout the year in order to be able to buy food. It costs close to $500 per meal to serve the community, and while sometimes money gets tight, the volunteers still dream big. "We would love to be able to do this every day," Henderson says.

Surveys of KPCK attendees reveal community members are hungry not only for the tasty dinners, but also for the knowledge it takes to turn inexpensive ingredients into nutritious, flavorful meals. Lytle says KPCK hopes to address that with cooking classes for the community in the future.

For Gene and Charlotte Pearson of Galesburg, both 89, the KPCK dinners have become part of their regular rotation of senior center potlucks and other gatherings that provide opportunities for socialization as well as well-rounded meals.

"It just widens our view on what is going on," Charlotte says. "It gets us out."

Jane Carlson lives in Monmouth, Ill., and works in public radio. For more information on KPCK dinners and upcoming fundraisers, as well as opportunities to volunteer, donate, or sponsor meals, visit knoxprairiekitchen.org.

grower of the month

Hollow Maple Farms

240 acres, four generations and one great farm legacy

By Jane VanVooren Rogers and Sarah J. Gardner

"Ever since I was a little kid, I knew I wanted to carry on the farming tradition," says Sean Wright of Hollow Maple Farms, located outside Bennett, Iowa. "As a freshman in high school, I knew I wanted to go to school for agriculture."

It's a tradition that runs deep. Wright is the fourth generation to tend the family land, carrying on the work done by previous generations. "It was definitely what you'd call an 'all-inclusive' farm," says Wright, describing the corn, beans, hay, cattle, chickens, dairy cows and produce his family raised and traded with local groceries and seed stores.

When Wright's father left the farm to join the military in the 1960s, "you could kind of tell what chores had been his," says Wright, because his grandparents stopped raising dairy cows and chickens. "He never wanted the chickens back, but I brought them back," laughs Wright.

He also added bedding plants to the row crops, alfalfa and vegetables grown on the 240-acre farm. The flowers allow them to bring something to the farmers' market at the beginning of the season when much of the farm's produce isn't yet ready.

While Wright was still in school, his grandfather died and his father inherited the land, creating a bittersweet opening for Wright's presence on the farm. He studied farm management at Muscatine Community College before returning to work at his father's side. Wright says much of the farm and its operations would still be recognizable to his grandfather today. "The barns are still standing, the corn cribs, the hog houses," he says.

That continuity with the past is important to Wright, who knows how hard his family worked to tend this land. His great-grandparents held onto their family farm during the Great Depression and survived the winter of 1935, one of the worst in history. "They'd tie a hay rope between my house, the barn and the corn crib to be able to reach each one in the deep snow," Wright explains. "They had to dig down to the doors to get inside."

Sean and Tracy Wright with their children Nataleigh, Evan and Sawyer. (Photo by Paul Colletti / Radish)

The economic and agricultural downturn of the 1980s is also something Wright remembers. "I remember farms being up for sale, but my parents sheltered us from it," he says. "Grandpa and Dad were very conservative about spending money. They never bought lavish things or new equipment. Grandpa owned the farm; he wasn't paying 21 or 22 percent interest on it.

"Grandpa's philosophy was, 'If you can't pay cash, you don't need it,'" Wright says.

Today, the Wrights sell their farm produce May through October at the Freight House Farmers' Market in Davenport from 3 to 6 p.m. on Tuesdays and 8 a.m. to 1 p.m. Saturdays. Hollow Maple Farms can also be found year round at the Tipton Farmers' Market from 4 to 6 p.m. on Thursdays.

In addition, Hollow Maple Farms offers a CSA program. In return for a $100 payment at the beginning of the season, CSA customers receive $110 worth of produce, meat and eggs throughout the following months. Wright emails a list to CSA customers at the beginning of each week letting them know what's available, and they email back what they want. Wright then bundles it up and brings it to the farmers' market for them to pick up.

"I've always believed it's their money, so it's their choice," says Wright, explaining this system allows customers to vary the amount they receive throughout the season. They don't get stuck with large amounts of things they don't want to eat, and they can get more of the produce they really like. It's also great for canners, he says, who can wait to request a lot of something they want to preserve.

There is at least one person new to farming at Hollow Maple Farms: Sean's wife, Tracy. "She's a city girl," says Wright, who says even though you won't find her in the fields, she's "an important part of the well-oiled machine of the farm. She keeps the meals coming!"

As for the next generation, early signs are promising that a fifth generation may one day follow in their family's footsteps. Wright's 21-month-old daughter Nataleigh's first words were "John Deere." Both of his sons, Evan, 8, and Sawyer, 3, are great helpers on the farm. And as young as he is, Sawyer shows a keen interest in the family profession. "He's all about tractors and farming," Wright says.

A freelance writer/editor and nature enthusiast, Jane VanVooren Rogers loves writing for Radish magazine. So does editor Sarah J. Gardner! To find the Wrights online, visit facebook.com/HollowMapleFarms.

Will another world record be broken at the 2012 Q-C Celtic Festival and Highland Games?

By Sharon Wren

If the end of the Olympics left you going through athletic withdrawal, head over to Centennial Park in Davenport this month for the 2012 Celtic Festival and Highland Games. Athletes from across the country will gather to participate in their own high-stakes competition, according to Darren Low, co-chair for the event, and Mark McVey, athletic director for the games.

"The athletes train in the off-season lifting weights, usually Olympic style lifts. … They may also do some foot drills to work on coordination and grip strength work, as that is also valuable in these events," says McVey.

All of the hard work pays off in a big way, according to McVey, who notes that five world records have been broken in Davenport at previous Highland Games. This is part of what attracts peak performers from the national circuit to the Quad-Cities event. "We in the Quad-Cities are blessed to have had world class competition at this event over the years and to continue to draw that caliber of athletes," he says.

Some local athletes even use the games to improve their performances in other events. "Some of the St. Ambrose throwers have found that the Highland Games is a great and fun off-season cross training for their track throws," says McVey.

The public also can participate in the fun and get a taste of what the athletes do. "Kilkenny's (Pub) in Davenport sponsors the stone throw as a public event," says Low. "People can throw the rocks as far as they can and the winner gets a keg of beer. We started it last year. The rocks are half the weight of the ones competitors throw." The public event is a fundraiser for the games.

In addition to the tossing games, the event also features a rugby game with the QC Irish, a sheep herding demonstration, piping by Blackhawk Pipes and Drums, and music by both Wylde Nept and The Beggermen. Several categories of dancers will compete in lilt, Highland fling, sword dance and other styles of traditional dance. "The event is growing every year and relies on sponsorship and donations," says Low. "It's the only free Celtic Games event in the country."

The 2012 Celtic Festival and Highland Games take place from 9 a.m. to 6 p.m. on Sept. 15 at Centennial Park in Davenport. For more information, visit celtichighlandgames.org.

Sharon Wren is a frequent Radish contributor.

Gary Krambeck / Radish

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¼ teaspoon black pepper
1 lb flat iron or sirloin steak, cut into thin strips
1 red and 1 yellow bell pepper, cut into 1-inch pieces (or use different color vegetables with your favorite team colors)

All you do:

1. Combine onions, soy sauce, brown sugar, water, sesame oil, garlic, ginger and pepper in small bowl. Stir until sugar is dissolved. Add marinade and steak to resealable plastic bag and marinate steak for 15 minutes to 2 hours in fridge.

2. Remove steak from marinade; discard remaining marinade. Thread strips of steak, accordion-style, onto skewers, alternating with bell pepper pieces. Transport assembled kabobs in clean resealable plastic bag in cooler to game.

3. Grill for 4 to 5 minutes, turning once. Serves 6.

Source: Adapted from Beef. It's What's For Dinner.

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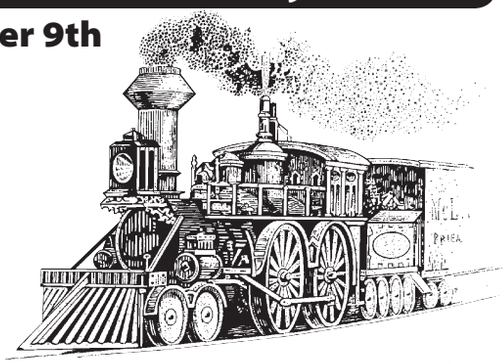

All aboard! Kids of all ages are invited to roll on down to the Botanical Center for an afternoon dedicated to riding the rails! Little conductors will be able to participate in train games and activities, meet interesting railroad characters, hear locomotive stories, view the Botanical Center's garden sized railroad run by the Heartland Central Model Railroad Club and enjoy dining car snacks. Each child 2-12years will receive a train whistle and bandanna to remember the day.

For more information call Beth at 309-794-0991 x 30 or email vs@qcgardens.com.

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Adults: general admission – Children under 2 years FREE!

2012 October Pumpkin Extravaganza!

Pumpkins will be for sale and displayed in the outside gardens and Sun Garden. Scarecrows on exhibit starting October 8th along with a hay bale maze. Special family events on Sunday afternoons 12-4pm in the west gardens and event canopy!

Sunday events are free with paid admission to the Gardens. All Sunday events are included with general admission. All Sunday events 12-4pm or while supplies for the activities last.

October 7th: Scarecrow Making!

October 14th: Ice Scream Social!

October 21st: Pumpkin Carving!

October 28th: Monster Mash!

All Sunday events are included with paid admission.

General Admission:

Adults $6.00 – Seniors $5.00 – Youth (6-15 yrs) $4.00 – Children (2-5yrs) $2.00
Children under 2 and Members of the Quad City Botanical Center FREE

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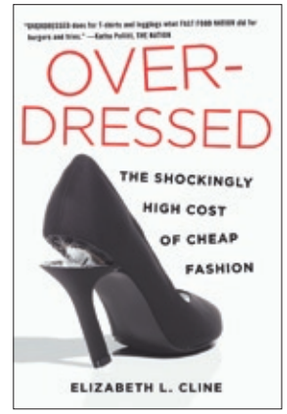
Continued from page 17

The clothing fast has also inspired a sense of community. My sister Emily has offered me a number of hand-me-downs. I gave one moment-of-weakness purchase to my friend Jen because I realized that I didn't really need it after all. She reciprocated with one of her castoffs — an impromptu clothing swap. I've scheduled sewing lessons with my mother-in-law so that I can take the things already in my closet and tailor them for a better fit or update them to the latest trends. After reading about the impact of fast fashion, I like to think this sort of joyful sharing of clothes and skills matters in the grand scheme of things.



Cline describes a "good" closet as a diverse corner of our home. It houses clothes that you love — clothing that ideally supports local and independent fashion designers, clothing made of sustainable fabrics and clothing that is ethically made, either in America or in fair-trade conditions in other parts of the world. A good closet holds garments that are well maintained and cared for. She advises readers to spend a little more for good quality and then get to know your local tailor and cobbler.

"I budget and am much more intentional about bringing clothes into my house. I spend a lot of time considering what I need. I do price comparisons and I shop at a higher price point," says Cline, who has discovered she doesn't spend more per year now than in her earlier, trend-chasing days. "The payoff is that I like more of my clothes. Before, the decision to buy clothing was a five-minute affair. What happens when you shop mindlessly is that you have trouble when you get home and are trying to get dressed. You haven't put a lot into what you own and it can be frustrating."

As consumers, we have the opportunity to impact the lives of other human beings as well as the amount of resources consumed with every dollar we spend. This is a first-world privilege that directly affects our neighbors across the planet. After nine months of living without hip, new purchases and reading Cline's revealing book, I can't imagine continuing to chase fast fashion as I once did. Rather, I've discovered a new style — one that I find both mindful and fabulous, which to me screams good taste.

Leslie Klipsch is a frequent Radish contributor. For a list of additional "slow fashion" resources, visit radishmagazine.com.

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Visit our new Web site:
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"Reducing Holiday Stress" Caregiver Fair

When: Saturday, October 20 from 9:00 to 2:00

Where: Intouch Adult Day Services of LSSI

4011 Avenue of the Cities, Suite 102
Moline, IL 61265

9:30 – 10:15 a.m.: Dawn Blocklinger, RD, LDN, a registered and licensed dietician will offer a variety of tips on healthy eating and preparing meals for those with special needs.

10:30 a.m. – Noon: Dr. Phillip Kent, neuropsychologist, and Jerry Schroeder, Alzheimer's Association Program Specialist, will give an overview of dementia, the diagnosis process, its affect on behavior and coping skills followed by a question and answer period.

12:30 – 1:45 p.m.: David and Claudia Magill, Certified Instructors of the TM® technique, will present Transcendental Meditation®: A Non-Pharmaceutical Approach to Treating Stress and Anxiety

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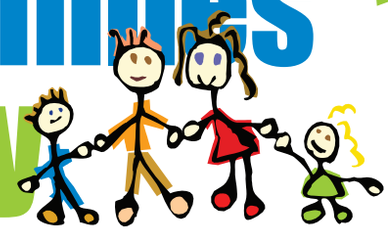

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food for thought

The winding path

Sometimes quieting the mind takes moving our feet

By Annie L. Scholl

I walk along the path that leads from the street to the labyrinth, taking in the beiges and pinks of the Indian Sunset gravel under my feet. It is not my first trip to a labyrinth, though this one, near the home where I have been living since February, is still new to me. On a bench next to the path, I pause to collect my thoughts. The night before, I woke up several times, my mind buzzing with worry. Now I arrive at the labyrinth hoping to unburden myself of these persistent thoughts.

At its entrance is a plastic box where I find a paper copy that has been beaten up by the weather. I read the history of the labyrinth design, patterned after the one laid into the floor of Chartres Cathedral in France and walked by medieval pilgrims. The flyer suggests quieting the mind and walking in silence or with quiet music. It also offers various approaches to the experience, such as walking with a question, asking for discernment, invoking intercessory prayer, paying gracious attention or quietly meditating.

My approach has always been to walk with a question and ask for discernment. I've done this time and time again as an adult. After my first husband was nearly killed in a car crash in 1998, I discovered the labyrinth at Prairiewoods Franciscan Spirituality Center in Hiawatha, just north of Cedar Rapids. It was the place I went for solace, the place I went to cry, protected as I was by the woods that surround it.

The labyrinth is a spiritual experience for me. On it, I offer up my troubles. For me, the answers come. Sometimes they are answers I don't want to hear, like when I arrived at the center knowing my second marriage was over. Sometimes they're surprising, like when I clearly knew I was to move from Cedar Rapids, my home for many years.

As I begin to walk, a breeze blows across the field of grass. A butterfly flits across my path, a reminder of my mother who died in 2004. Immediately, I feel the tug to hand it all over. I want to, I really do, but I feel the need to keep moving before I'll be convinced I can really give it up. I move my feet and begin to sing softly. The labyrinth forces me to pull my attention inward rather than on the swirl of stressors that I can allow to surround me.

A visitor walks a labyrinth at Our Lady of the Prairie Retreat. (Submitted)

In the past, I have wanted to hurry up and get to the center — a metaphor for how I can sometimes handle life. I want to get from point A to point Z. I want to skip the parts in-between, especially when they are uncomfortable, painful or sad. This time, I don't want to rush. I want to take it slowly and enjoy the moment. I chuckle when I find myself pulling weeds along the way. It's interesting that I notice the weeds versus the beauty that is all around me.

Just when it seems I'm nearing the center of the labyrinth, another turn appears. I bend again to pull another weed, this time realizing this, too, is how I approach life. I'm the helper, the one who wants to clear the path for those who come behind me.

I continue to sing, my voice growing louder and more confident as I approach the center. I'm not worrying that anyone might hear. It doesn't matter. How often am I focused on what others think of me? How often am I silencing my voice so that I don't offend another?

Once I reach the bench at the center, I close my eyes, feeling the gentle breeze and the warmth of the sun. My mind is still. I'm fully present with myself. I realize that my troubles need not be troubles at all. Doubt, worry and fear drain out. "Peace, be still," is the message I leave with. I trust this will translate into a much-needed, good night's sleep.

Annie L. Scholl is a frequent Radish contributor. Explore connections between walking, meditation and labyrinth experiences at "Walking for Spirit," a workshop hosted by Our Lady of the Prairie Retreat in Wheatland, Iowa, from 9:30 a.m. to 3:30 p.m. on Sept. 11. Cost to participate is $20 and includes lunch. To register, call (563) 336-8414 or email olpretreat@gmail.com. For more information on this and other labyrinths in the area, visit radishmagazine.com.

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