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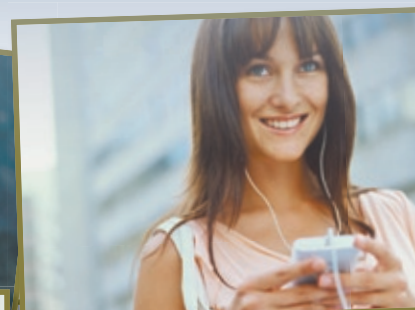
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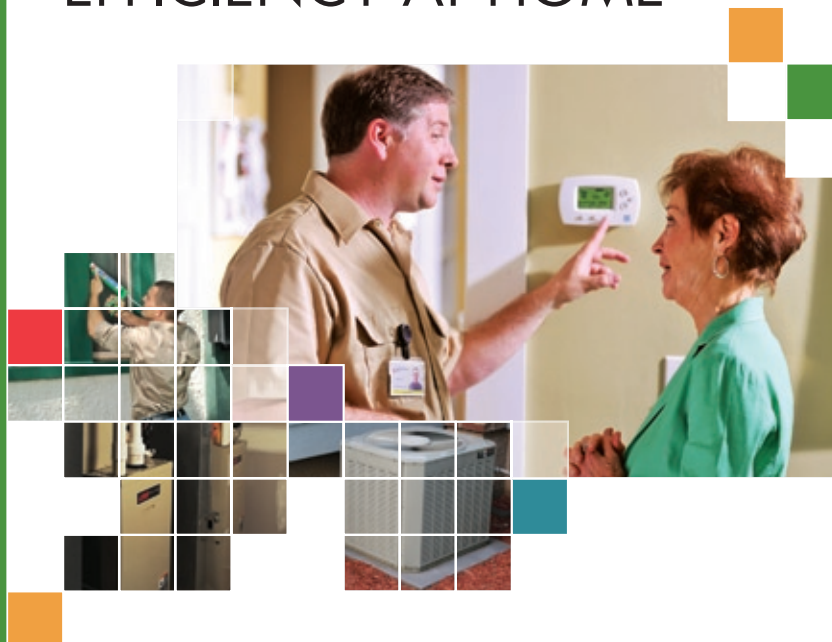


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from the editor



Matt Case and editor Sarah J. Gardner at Case's farm, QC Organics. (Photo by Chet Strange / Radish)

From the minute we stepped onto the acres tended by Matt Case, September's grower of the month, to take pictures for the article that appears on page 8, I couldn't help but admire his tomatoes — rows and rows of them, all carefully trained on an impressive trellis system. Even unripe, their variety was apparent. Some were deeply pleated and reminded me of decorative lanterns. Others hung on their vines placid in their mouthwatering plumpness.

While our photographer set up his equipment, Matt and I fell to comparing notes on gardening successes and challenges. We discussed irrigation methods, weeding, trellis design, and the effect of the unseasonably cool summer on the ripening time of the tomatoes. One thing in particular Case said really stuck with me. Every fruit or vegetable carried off the farm takes with it nutrients it has drawn from the soil. It's the same for every weed. Pulling out crabgrass from a field solves one problem but creates another: how to replace the nutrients it takes with it. "Everything you take from the ground, you have to give back," he explained.

It seems obvious enough — this is why farmers fertilize their fields, after all — and yet I'm willing to wager that when we stand across from a vendor at the farmers' market to purchase produce, we don't imagine we're participating in a very tiny real estate transaction. It's not just a grower's time and labor that goes into producing that food. In a very literal sense, there's a bit of the farm itself in those tomatoes and melons and corn.

It's easy to imagine that a grower's work is done once his or her product comes to market, but in fact it's just one part of the cycle. In talking about his efforts to replace the nutrients lost in harvesting and weeding, Case spoke of the fish-based fertilizer he uses, and when and how it needs to be applied. He gently twined a tomato plant around a trellis line as he said all this, giving it support to grow upward, and in that moment the last words of theologian Friedrich von Hügel came to me: "Caring is the greatest thing, caring matters most." It is a truth so evident, I thought, you can taste it when something is grown well.

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

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

the grapevine

From our readers

Worth its salt (July 2013): "Read this article while visiting family in Iowa. I made the basil salt when I got back home and it is wonderful! Now I can fully utilize my basil which is growing prolifically this summer! Thanks!"

— Mary, Dallas, Texas

Beg your pardon

In the September issue of Radish, a photo taken by Andi Lewis and submitted by Prairiewoods Spirituality Center for the article "Chill out" was incorrectly attributed to Radish photographer Todd Welvaert. We regret the error.

We need your nominations!

Know a person or an organization that is making a positive impact in terms of local foods, the environment or the health of your community? Tell us all about them! We are on the lookout for the next recipients of the annual Radish awards and you can help. Send an email to editor@radishmagazine.com with the words "Radish award nomination" in the subject line. Let us know what your nominee is doing to promote healthy living from the ground up. It only takes a few minutes to nominate a person or an organization, and they could be featured in an upcoming issue of 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:

- **Local Food Festival**, 2-7 p.m.

Thursday, Sept. 26, at the Crist Student Center at Carl Sandburg College, 2400 Tom L. Wilson Boulevard, Galesburg, Ill.

For more information about this event, turn to page 28.

• **Passion for Prevention**, 6-9 p.m. Friday, Sept. 27, and 8 a.m.-5 p.m. Saturday, Sept. 28, at the Quad Cities Prayer Center, NorthPark Mall, 320 W. Kimberly Road, Davenport. For more information about this event, which features a health fair and educational seminars led by nationally-prominent speakers, visit passionforprevention.org.

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



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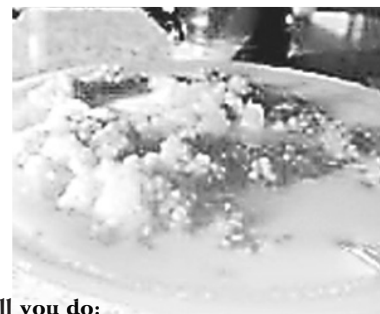
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SERVES: 5

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1. For topping, combine ½ cup oats, almonds, cinnamon and brown sugar in a medium bowl. Mix well.
2. For oatmeal, bring water to a boil in a medium saucepan. Stir in 3 cups oats. Return to a boil. Reduce heat to medium. Cook for 5 minutes, stirring occasionally.
3. Spoon oatmeal into 5 cereal bowls.
4. Stir 1 applesauce cup into each bowl of oatmeal.
5. Sprinkle topping over oatmeal.

Services include:

- Individual nutrition counseling
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- Group nutrition classes and workshops
- Supermarket tours
- Monthly nutrition newsletter



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11am - noon

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"This is a rare opportunity in our history to create the ripples of love that the relics represent and to share that love and compassion."

- Rochel Rittgers

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-  To develop love, kindness, and compassion
-  To understand spiritual teachings

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healthy living from the ground up

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Jenna Wilburn, Colleen Annerino and Erin Bockelman participating in the 2012 Culinary Ride. (Photo by Sarah Neighbors Photography)

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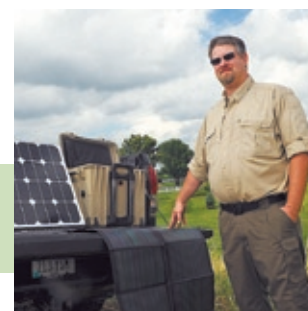
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radishmagazine.com

On a recent Wednesday morning, biologists and volunteers spread out over a two-mile stretch of the Mississippi River near Cordova, Ill. The goal was to record information on native freshwater mussels and clear them of an invasive species known for killing them.

"They attach to the native mussels and then crowd them out, reducing their ability to feed, to spawn, just to carry out a normal life," explained Joe Jordan, a biologist with the U.S. Army Corps of Engineers.

The biologists helped volunteers identify threatened or endangered species such as the Higgins eye, yellow sand shell, black sand shell and butterfly mussels. Learn more about their efforts on radishmagazine.com.



healthy living

Vineyards to visit

Great grounds make for a fun outdoor excursion

By Chris Greene

Known for its family farms and fertile land, the Midwest has long been associated with rolling fields of corn and beans — but that's not all that grows here. Among the ranks of niche farms producing everything from heirloom tomatoes to goat cheese are a growing number of craft wineries, many of which welcome guests to stroll through their vineyards. Looking for a weekend outing to make the most of the seasonable weather? Here are just a few area vineyards to explore.

Massbach Ridge Winery
Eighteen acres in Elizabeth, Ill.
massbachridge.com

Massbach Winery is located in the countryside of beautiful Jo Daviess County, Ill. Visitors are encouraged to enjoy a glass of wine on the patio when weather permits or by the fireplace indoors during cooler months.

Guests can check out the vineyard at their leisure or choose a guided tour. With 18 acres of vineyard, visitors have plenty of space to enjoy the great outdoors and view the many different kinds of grapes grown on site. Massbach features

varieties such as Vignoles, Marechal Foch, St. Pepin, La Crosse, Frontenac and Concord. If you prefer to ride instead of walk, wagon rides are available on special occasions, such as the Massbach Stomp on Sept. 28. The event also offers music, wine tasting and grape stomping.

Indian Creek

Five-and-a-half acres in Toulon, Ill.
indiancreekvineyard.com

Located just one-and-a-half miles north of Toulon, Ill., is a little jewel called Indian Creek Vineyard, named for the creek that borders the property on land once inhabited by Potawatomi Indians. Today, the vineyard graces the land of the Sams family, who have farmed the land since 1841. The vineyard boasts a variety of grapes, including Foch and Frontenac.

Guests can wander the vineyard as well as the trails on the property and the area surrounding the pond. You may notice slight indentations in the pasture area — remnants of the day when the stagecoach traveled the land en route to Galena.

Wine tasting is offered every Saturday and Sunday, and guests also can enjoy an offering of goat cheese and crackers during the last weekend of the month.



Fireside Winery

Fifteen acres in Marengo, Iowa
firesidewinery.com

If you're looking for that cozy, intimate experience one gets from sitting around a fire, a visit to Fireside Winery should be in order. Owned by the Wyants, this vineyard sits on fertile farmland that has been passed down through five generations. The vineyard features a variety of grapes, including Marquette, Frontenac, Brianna, La Crosse and La Crescent.

Guests are able to tour the main vineyard (it's actually about five miles from the winery), and can also enjoy a guided tour of the winery's back operations, following the winemaking process from harvest to bottle.

Fireside also offers added fun with iPick, iStomp, iDrink and harvest parties. Volunteers are asked to help pick their grapes and are given lunch, a T-shirt, a bottle of wine and a grape stomp in exchange for their efforts.

In keeping with the Wyants' "life is too short" motto, guests are encouraged to grab a glass of wine and enjoy relaxing by one of their three fire pits or near the fireplace on the patio. Live music plays on select dates.

Wide River Winery

Seven acres in Clinton, Iowa
wideriverwinery.com

Wide River Winery in Clinton, Iowa, tucked in among the bluffs, offers a serene getaway from the hustle and bustle of everyday life. Once you've experienced the gravel drive on the way to the winery, you'll know you're off the beaten path and about to enter a world where nature meshes with modern day conveniences in the most gracious of manners.

If you would like to check out the grounds, the vineyard is open to guests. For those who feel a bit more adventurous, there is the Bluff Trail, which winds through the same land once occupied by the woodland Indians who inhabited the bluffs between 1000 B.C. and A.D. 1000.

Guests can partake in a wine tasting at the winery while seated at the handcrafted bar. From there they can meander with a glass of wine to the wooden deck, wrapped in the arms of live walnut trees.

For those who prefer to nibble while they sip, guests can bring a picnic lunch. Check the vineyard's schedule for dates offering live entertainment.



Photos submitted

Tabor Home Winery

Six acres in Baldwin, Iowa
taborhomewinery.com

Spending time at the Tabor Home Winery is a bit like stepping into a Grant Wood painting. Rolling green hills and a weathered red barn provide the perfect backdrop for the winery housed at this picturesque location.

Guests can explore the vineyard at their leisure or enjoy a guided tour. If you opt for a guided tour, you'll be treated to information on grape production and the Civil War era barn. You'll also learn about the research vineyard that is a part of an Iowa State University cold climate grape research grant program. Winery tours of the modern winemaking facilities are available as well.

Grape varieties produced in the vineyard include (in order of amount) Marechal Foch, La Crosse, St. Croix, Catawba, Frontenac and La Crescent. Owner Paul Tabor says he is very concerned about sustainable quality grape production, and has learned that it is possible to be successful with very low chemical input.

For those who enjoy sipping wine while listening to live music, Tabor Home offers a Music in the Vineyards singer/songwriter series. The series culminates with their 17th anniversary festival on Sept. 21.

Chris Greene is a writer on staff with Radish.



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healthy living

QC Organics

Coast Guard vet finds passion growing vegetables

By Becky Langdon

Three years ago, the closest thing to owning a farm Matt Case had done was buying a few houseplants. Today he's a full-time grower and owner of QC Organics in Cordova, Ill. He provides organic, fresh produce to chefs, CSA members and customers at the Freight House Farmers' Market in Davenport, and he couldn't picture doing anything else.

"I don't know what happened," he says. "I started a backyard garden in 2010 and just knew this is what I had to do."

After graduating from high school, Case had joined the U.S. Coast Guard where he served for six and a half years. Once he got out, he had planned on using the GI Bill to go to school for engineering or some related field, but plans changed when he discovered his passion for growing. He studied agriculture at Black Hawk

College for two years and worked as a bartender to support himself before making the move to full-time farming last year.

Case owns or leases 12 acres of land in Cordova and Colona, Ill., where he grows dozens of types of vegetables including greens, onions, potatoes, cucumbers, squashes, peppers, cauliflower and more. His CSA has about 20 members right now, and he's hoping to grow that number to 30 or 40 by the end of the year. He also owns and cares for alpacas and sells their spun wool.

One of his best markets for his vegetables, he says, is the restaurant market. "Chefs know what good, quality produce is," he says. Currently he sells to Davenport Country Club and Crow Valley Country Club in Davenport, Red Crow Grille in Bettendorf, and the Faithful Pilot in LeClaire. He hopes to expand his chef customer base as his business grows.

Going organic was a no-brainer for him when he started his garden. He says,

"If you're going to grow local vegetables, you might as well not hose them down with chemicals. You shouldn't have to if you're growing on a smaller scale." He adds that he thinks in today's food industry there are too few people growing too much food. With more people growing smaller amounts of food, there wouldn't be as much of a need for chemicals.

Of course, the word "chemicals" itself is one that is often misunderstood by the average person. Case points out that he does use chemicals from time to time, but they are organic approved chemicals derived from natural sources. "If you have a whole field of pepper plants that's sick, you can't not treat it," he says. "But what you can do is treat it with something natural. The difference is big growers count on chemicals to give them a crop. I use them in times of necessity."

While he's not certified yet, he hopes to "get his ducks in a row" and get certified by the end of the year. Even without certification, he sees numerous benefits and assurances that a small, organic grower can offer customers — benefits that set him apart from big growers and grocery stores. For one thing, he grows more kinds of vegetables than what you'll find in the stores, like his 48 varieties of tomatoes.



Matt Case, left, and some of the tomatoes and alpacas he tends on his farm. (Photos by Chet Strange / Radish)

Fresh onions are a popular item at the Freight House Farmers' Market. Case says you can't buy fresh sweet onions with the green on top at the store. All of the onions you see at the store have been dried. The advantage of drying is that they have a shelf life of 12 to 13 months, but the price you pay is intensity and sweetness of the flavor. Local produce often tastes better in general, Case says, because you can allow the fruit or vegetable to mature on the plant since it doesn't have to be shipped.

Buying locally also allows customers to work directly with the farmer and develop a sense of trust in the farmer's growing practices. "When you go to the store, you have to trust the labeling," he says. "This way you can trust the person."

Case says that right now is the perfect time for him to be getting into the business of organic, local produce. "Twenty years ago, I would be considered a crazy hippie," he says. "Now everyone tells me what a good thing I'm doing. It should have never gotten to the point where people think growing organic vegetables is new and amazing."

Ultimately it's Case's passion for growing healthy food that drives his vision for the future and brings him fulfillment in his work. "Of course, I like that I'm my own boss," he says. "But I really like that I sleep well every night because I work hard all day, and it's rewarding work knowing that you're feeding the American public healthy food."

While new market gardens are popping up all the time these days, he doesn't feel threatened by the competition. The more people growing healthy food, the merrier. He adds that he could stay on the same plot of land and support himself forever, "but the sky's the limit" as far as where he wants to take this business. "I want to pump as much good food into the system as I can," he says.

Becky Langdon is a frequent Radish contributor.

LOCAL FOODS

CARL SANDBURG COLLEGE
SEPTEMBER 26, 2013



FALL FESTIVAL

Family friendly festival 2:00-7:00 p.m.
Crist Student Center



Visit the "Local Foods Fall Festival" and learn how... to integrate locally grown foods into your diet, grow your own foods, find local producers, learn new growing technologies, and discover the secrets of food preparation and storage.



Our Local Foods Fall Festival promotes living green, sustainability, and caring for the environment.

The Local Foods Fall Festival is a partnership between Carl Sandburg College, Sustainable Business Center, Knox College, University of Illinois Extension, Galesburg Regional Economic Development Association and local growers - Eloise Spurgeon/Spurgeon Veggies CSA and Jim Stanley/Blue Ribbon Farms.



What's Planned

Four Areas of Focus

Gardening/Growing

Garden preparation, planting harvesting, composting, cover crops, urban gardening, container gardening, straw bale gardening, etc.

Nutrition

Health and nutritional value of locally grown foods, crop quality food safety, preparation of foods, food storage, etc.

On the Plate

Local restaurateurs showcasing recipes and food samples, En Season Cafe, etc.

Local Food Economics

Local Growers, CSAs, Food Hubs, Markets, etc.

Community Farmers Market

Buy Local

Local farmers will sell their produce.

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At Scattergood, school farm yields a variety of harvests



Mark Quee checks Scattergood's tomatoes. (Photo by Mary Blackwood / Radish)

By Mary Blackwood

Eight acres of organically cultivated fields lie just outside West Branch, Iowa. The parcel is part of the adjacent Scattergood Friends School, which first opened in 1890. The farm has been part of the school from the beginning — and the lessons learned extend beyond the dinner plate and into the classroom.

Six acres form the garden and the remaining two acres serve as pasture for the livestock, which include cattle, turkeys, sheep and pigs. At the school, organic farming has become *de rigueur* over the past decade. Chickens provide eggs, while an astounding variety of crops grows in the fields. All meat eaten at the school comes from the livestock, while most vegetables and fruits come from the farm year-round.

"In the beginning of the school year, we eat a ton of sweet potatoes. In the spring we eat lots of asparagus," says Grace Friedman, a junior at Scattergood. That's the burden of eating directly from the land: You eat what is in season. There is joy, too. The school's cooks once had a competition to determine how many inventive ways they could devise to include the humble rutabaga in meals.

Real-world science experiences

On a breezy summer day, as emerald-green crops flourish beneath a cloud-dotted sky, farm manager Mark Quee walks the land to check on his experiments. Quee, who spent years learning about organic farming, also is on the faculty, teaching language arts and film studies. "I like to think we have three kinds of harvests here on the Scattergood farm," he says. "A harvest of food, a harvest of experimental data, and a harvest of experiences for the students."

Indeed, the school and farm are woven together in the fabric of daily school life. "(The class) 'agriculture and the environment' was formerly known as 'environmental science,' but we changed it with the idea of integrating each unit more fully with the farm," explains teacher Michael Severino Patterson.

This first-year science class introduces students to the scientific method but also to all experiments currently underway on the farm. During the spring semester, Patterson leads the students in performing an energy audit of Scattergood, along with a comparison of energy inputs and outputs for sustainable organic farms versus conventional agriculture.

This focus on the science of farming meshes with Quee's active membership in the Practical Farmers of Iowa, an alliance dedicated to advancing sustainable and ecologically rigorous farming through the sharing of information. Quee's experiments provide data to help other organic farmers decide how best to manage their land.

"Controlling weeds without the use of synthetic chemicals is a priority of Practical Farmers of Iowa's fruit and vegetable members," reads one of Quee's research reports for PFI. For that report, Quee ran experiments on ground cover,

planting tillage radishes in autumn in a field. In spring, the fields were tilled and planted in peas and spinach. Weeks later, weeds and seed germination were counted and recorded by Quee and the students, and the data was analyzed. He observed that there was no statistical difference in weed control between the tillage radish and the control area. Although the result was negative, the information remains invaluable to organic farmers.

Sharing the work and the rewards

Students are closely involved in the experiments and other work on the farm, and the fruits of their creativity are apparent. Three students decided to create a tool space in the barn in order to help Quee get organized. Other students helped to build a root cellar. While the school has the capacity to freeze meat, sometimes the freezers are full and that doesn't leave enough room for vegetables. Hence Quee and the students came up with the root cellar project.

An important tradition at Scattergood is that all members of the school, students and staff alike, share in the work. Nearly all students are boarders who live at the school during the academic year. Daily, students participate in 55-minute work crews, with crew members rotating from one task to the next. Some crews clean up after lunch, some clean the bathrooms, some assist with food preparation, and some work on the farm, helping Quee with planting and harvesting or helping livestock manager Dana Foster to feed and care for the animals.

“Many people think it’s hard to get healthy food ... I’m learning here that it’s easier than we think.”

Friedman reports that most of the kids enjoy the farm work. It's a chance to be outdoors. She believes that she will take away from Scattergood the importance of knowing where one's food is coming from and how easy it is to compost and tend a small garden. “Many people think it's hard to get healthy food, and lots of people want to go green but don't know how. I'm learning here that it's easier than we think.”

At the beginning of the school year, Scattergood hosts Farm Work Day. Says Quee, “Everyone at the school comes out to the farm and gets sweaty and gets their hands in the dirt.”

Quee is very proud of what he calls the newest livestock on the farm — earthworms. Two bins of compost sit side-by-side, one filled with compost, corrugated cardboard and office paper. Months ago about 20 worms were put into one bin and allowed to go to work. Now the second bin, which once looked identical to the first, is filled with nothing but rich, dark soil and thousands of worms. “Isn't this beautiful?” Quee says, reaching into the loam to drag out handfuls, then letting it spill through his fingers back into the bin.

Indeed it is. One might say that the crops and the students both grow up together at Scattergood, making a harvest of healthy food and young adults who will spread the word about how we can eat nourishing food while simultaneously nourishing the land.

Mary Blackwood is a regular contributor to Radish.

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handmade

Storage savvy

A sustainable kitchen substitute for plastic wrap

By Leslie Klipsch

Let's say you're interested in making your kitchen a more eco-friendly place. Perhaps you have eliminated the use of disposable items like paper plates and towels. Maybe you use things like vinegar to clean the counters and the sink. But, with all of your effort, what if you still find yourself tangled up in the use-and-toss cycle of too much plastic wrap? Read on. Fabric beeswax wraps just might be right for you.

Though convenient, plastic wrap (or "cling wrap") is meant for single use and may actually contain BPA, an unsavory chemical believed to infiltrate foods that come into contact with it. Beeswax wraps offer an inexpensive, toxin-free, reusable food-storage alternative and are relatively simple to make. Wrap

up a sandwich today, a half-cut lemon tomorrow, and a block of cheese the next. All you need are a few tools and basic supplies: fabric scraps, a baking sheet, a paintbrush, and a small amount of beeswax.

Begin by prewashing your fabric. This step ensures that excess dye and any preservatives the manufacturer might have used to lengthen its life are removed. The fabric should be made of a natural fiber so that it is able to absorb the beeswax. One hundred percent cotton or unbleached organic muslin both work well.

After washing and drying your fabric, cut the fabric into squares. (An eight-inch square will cover aluminum cans and mason jars; a 12-inch square works well for wrapping things like a sandwich or covering a bowl.) Preheat your oven to 185 degrees,

spread your prepared fabric flat on a baking sheet, and sprinkle beeswax evenly over the fabric with a light hand.

A word on beeswax: Beeswax is an all-natural, nonallergenic product. It can be purchased at health-food stores, farmers' markets, and online in the form of beads or bars. In a pinch, a few pure beeswax votive candles (grated) will do the trick. Because of the nature of beeswax, choose your tools carefully. Though beeswax is nontoxic, it is taxing to remove from a baking sheet, so you might be wise to designate a baking sheet solely for this endeavor (or line the baking sheet with aluminum foil or parchment paper). Likewise, avoid using a paintbrush that you hope to paint with again.

Once you've sprinkled your fabric with a light layer of beeswax, put the baking sheet in the oven. The beeswax will melt within five minutes so you'll need to watch the process closely. When the beeswax has melted, remove the sheet from the oven and use a paintbrush to spread the wax evenly over the fabric. You'll want to move quickly and remove the fabric from the baking sheet as soon as you can, but if the wax hardens before it's evenly spread, simply pop it back in the oven for a minute or two.

After hanging to dry, your DIY reusable wraps will be ready to use. The waxed fabric is malleable and will stick to most containers. It will also stick to itself when wrapping things like veggies, cheese or baked goods, and it will soften with the warmth of your hands. Atop cans or jars, you may wish to reinforce the seal with a rubber band or string.

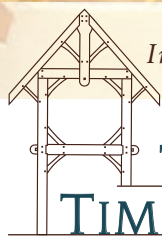
Beeswax wraps should be hand washed in cold, soapy water (keep in mind that the wax will melt if the water is too hot) for repeated use. After a few months, you will need to re-apply beeswax to the fabric and repeat the process, or compost the used wrap and start fresh with new fabric. Either way, the fabric beeswax wraps will add a creative and cost-effective element of sustainability to your kitchen.



Fabric beeswax wraps can be used to cover a jar or wrap a sandwich. (Photo by Gary Krambeck / Radish)

Leslie Klipsch is a frequent Radish contributor.

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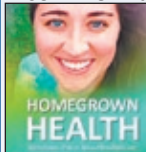


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environment

Powered up

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By Laura Anderson Shaw

Ryan Light wants to keep jobs and power local. The Davenport native who now lives in Princeton, Iowa, owns and operates International Robotic Inspection Service LLC, or IRIS, with his wife, Melissa. Their business specializes in renewable energy design and installation.

Light says his wife, whose parents are missionaries, grew up in Papua New Guinea and lived on renewable energy for about a decade in a tribe of 200 people in the rain forest.

His own background is in industrial technology. He graduated from Iowa State University with a bachelor's degree in the field, and had studied in a John Deere program when he was in high school.

Because his father worked on motorcycles when he was growing up, he got an early glimpse of working with machinery and welding. After college, he joined the Peace Corps. He was doing agroforestry work in Senegal and had to take on a secondary project, so he started working on a Detroit Diesel Engine that powered the village's well. After some research, he realized the engine could be powered using Senegal's primary crop — peanuts — as diesel engine inventor Rudolph Diesel did more than 100 years ago, Light says.

"It was a beautiful thing," he says. When it comes to renewable energy, "You don't have to come up with new technology" for the most part, he says. He enjoys "applying what (people) did back then to modern problems."

Other renewable energy efforts in Senegal included outfitting a local's cart with solar power so he could run a business traveling from market to market, charging other locals' cell phones.

Since the Peace Corps, Light has earned a master's degree in recreation, parks and tourism from Western Illinois University in Macomb. He has worked as an energy efficiency specialist for MidAmerican Energy to "get people to use less electricity," and as the director of renewable energy at Eastern Iowa Community Colleges.

Through his work, he has learned a lot about buildings, windows, insulation and "how the utility system works." All of this aids him in helping others to get more energy efficient before undertaking renewable energy.

Light says he and his company specialize in custom renewable energy systems, whether solar- or wind-powered, for those in rural areas. Some systems generate energy that is stored onto a battery backup system while others funnel the power right back into the electrical grid.

Light says many people don't understand how they could incorporate renewable energy into their homes and businesses, and "people think it's too expensive." But that doesn't have to be so, he says.

"We can start small. ... It doesn't have to (be) all or nothing." Light says if someone was looking to add solar panels to cut back on the percentage of



Ryan Light, co-owner of International Robotic Inspection Service, with some of the solar panels and power packs used by IRIS. (Photo by John Greenwood / Radish)

electricity that they use, they can do it one or two panels at a time, and "add to it every year."

When IRIS starts working with a person or a company, the first step is to get an electrical energy audit. Light says his company offers these, as does MidAmerican Energy. "I can't do renewable energy without energy efficiency," he says. Then, Light says, his company can develop a plan from there.

In the future, Light predicts solar energy systems will be more integrated into the buildings they benefit, such as shingles made of solar panels, windows that double as solar panels, and more.

Spreading the usage of renewable energy around the Quad-Cities area is about "ownership," Light says. Like the man in Senegal who was able to start his own business supplying power to recharge cell phones, "we can own it."

While he has lived all over the world, Light says he and his family wanted to return to the Quad-Cities area to start up their small business. "I want to see the Quad-Cities grow and prosper," he says. It's about "keeping the jobs here, keeping the power here."

Laura Anderson Shaw is a writer on staff with Radish. For more information about IRIS, or to get in touch with Ryan Light, call 563-340-2501, visit iris-shots.com, or email r-light@hotmail.com.

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healthy living

Culinary Ride

Grab a fork and hop on your bike for this fun tour of farms

By Sarah J. Gardner

“O.K. Now this is just torture.” So read the text from our friend who had been receiving a steady stream of photos as we peddled our way through the rural Iowa countryside last September. Along with 280 others, my husband and I were participating in the second annual Culinary Ride.

In our defense, we had been sending the photos in hopes of convincing our friend to join us on the ride next time around, but, yes, if I had been getting photos of so many delectable dishes I could only see but not eat — scrambled eggs with sunburst tomatoes and just-picked pea shoots, plates full of field greens and baba ghanoush, pints of beer — I would feel a little tortured, too.

Now in its third year, the Culinary Ride is a cycling event that takes participants from farm to farm in the area outside Iowa City. Other stops along the route include breweries and restaurants. At each stop, chefs offer participants a taste of farm-fresh cuisine, showcasing one or more ingredients grown on the participating farms. For us, traveling by bike proved to be the perfect way to see the beauty of the Iowa countryside and work up an appetite.

We weren't alone. Like us, Emily Qual hopped on her bike and joined in the fun on the Culinary Ride last year. She says she was “thrilled by the camaraderie, delicious local fare and lovely sites” she experienced — so much so, she was inspired to volunteer as an event organizer this year.

“The businesses and farms we visit are advocates for maintaining close ties with the land and the members of the local agrarian economy,” says Qual. “We



Colleen Annerino, Matthew Harris, Jenna Wilburn, Erin Bockelman (above) and Andrea Cohen (right), participants in the 2012 Culinary Ride. (Photos by Sarah Neighbors, bicycle art by Greta Songe)

hope that through visiting these locations, riders will gain a greater appreciation for Iowa's abundance and thus (take) greater responsibility for its care.”

Pick your route

Because “there are many different breweries,

dairies, farms, orchards, restaurants, scenic rides and more in Eastern Iowa,” the route changes every year, explains Qual. Organizers “intend to introduce riders to new faces every year, continually educating and expanding the network,” she says. This year the event will take place in an area southwest of Iowa City.

Cyclists can choose between two routes, the

Culinary Ride 2013

The ride begins at 8 a.m. Sunday, Sept. 22, in Napoleon Park and will take cyclists through rural Johnson, Iowa and Washington counties. Choose between the **21-mile Cherry Tomato** and the **60-mile Beet It Up** routes. The cost is \$55. Visit culinaryride.com for a complete map.



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21-mile “Cherry Tomato” route that will include four to six stops along the way, and the 60-mile “Beet It Up” route that will have about 10 stops. Complete route maps for this year’s event are available on the event website, culinaryride.com. The Beet It Up route includes 15 miles of gravel roads while the Cherry Tomato route is entirely paved. Both routes start at the same point.

Last year, my husband and I opted for the longer route. Although cyclists on mountain bikes were at a clear advantage over those of us daring enough to tackle the stretch of unpaved roads on road bikes, we found the entire route more than manageable. With so many opportunities to sightsee and eat along the route, we rarely felt fatigued — but were quite pleasantly full, frequently!

Fill your plate

Iowa City chefs and restaurants participating in the 2013 Culinary Ride include Kurt Michael Friese, owner of Devotay restaurant; Matt Georges of the Griddle Me This! food stand; Chef Caby Weir, the Clinton Street Social Club; the Kalona Brewing Company; and Katy Meyer of the Trumpet Blossom Cafe.

Meyer has been involved with the Culinary Ride right from the beginning. She was approached about participating in the first event by her Red Avocado business partner, Derek Roller, who had helped conceive of the Culinary Ride. By the time the second year rolled around, Meyer had opened the Trumpet Blossom Cafe and welcomed the opportunity to participate again.

Creating food for the event, she says, is a fun challenge: “You get a goodie box of things to use from local farms, and you don’t know exactly what’s going to be in it — just things in season, things the farms want to show off. Then it’s kind of like a puzzle to figure out how you are going to use each thing.”

“The food has to be very user-friendly,” Meyer explains. It can’t need a lot of cutlery, and it helps if the cyclists are able to eat the food standing up.

Of course, standing up to eat the Trumpet Blossom fare will be less of an issue for the cyclists this year: The restaurant is the final stop for those riding the entire Beet It Up route.

“Through the Culinary Ride, we are able to bring riders of diverse backgrounds together in celebration of Iowa’s culinary arts, natural beauty and the pure joy of riding,” says Qual. But that’s not all the ride does. Proceeds from the event go to two organizations, the Iowa City Community School District Farm to School chapter and the Youth Off-Road Riders Cycling Club, a program with the Neighborhood Centers of Johnson County. All good reasons to grab a bike and head out on the open road.

Sarah J. Gardner is the editor of Radish magazine.



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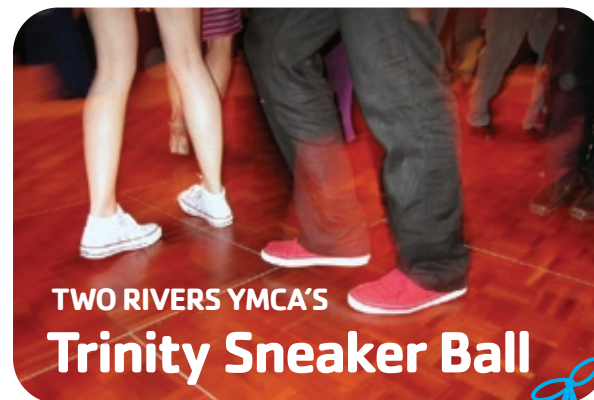
A farm stop with gardens and a band.

Trumpet Blossom

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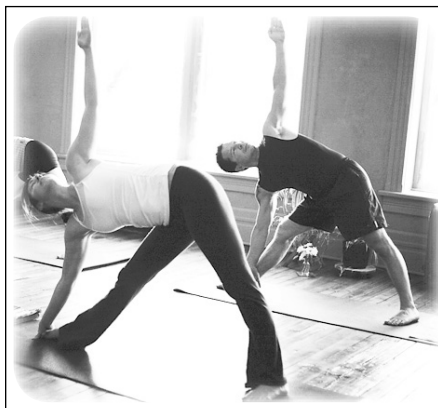
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health & medicine

Head in a vise? Natural remedies for migraine relief

By Drs. Kay Judge and
Maxine Barish-Wreden,
from The Sacramento Bee



iStockphoto

Suffering from migraine headaches and can't find a cure? There may be natural remedies that may help. Here are some holistic interventions that have been shown to reduce migraines.

Feverfew: In supplement form — as long as it contains at least 0.2 percent parthenolides — 100 to 150 milligrams a day may work in reducing migraines. Feverfew has been shown to be effective in numerous studies for migraine prevention.

Butterbur: A small 2004 study found that patients who took 75 milligrams of butterbur twice daily had around 50 percent fewer migraines, compared with a 25 percent decrease experienced by people given only a placebo. The chemicals in butterbur are thought to decrease muscle spasms and inflammation in the blood vessels of the brain, which can cause headaches.

Ginger: Ginger can help in two ways — as an anti-inflammatory and as an anti-nausea medication. Fresh ginger appears to work the best; you can try to smell freshly crushed ginger for nausea, or steep some in hot water for a tea.

Caffeine: Caffeine can both worsen and improve a headache, so use this remedy wisely. Caffeine-rebound headaches are common sources of migraines, but a cup of tea or coffee may help relieve a migraine.

Magnesium: According to a study by the University of Maryland, people with migraines often have lower levels of magnesium than those who don't have migraines. Studies suggest that magnesium may reduce frequency by more than 40 percent, compared with 15 percent in those who took a placebo. Other studies suggest magnesium may be particularly helpful for women with menstrual migraines. Starting doses can be 200 to 600 milligrams per day.

Riboflavin (vitamin B2): Some studies show that this vitamin may also be helpful in reducing the frequency of migraines at a dose of 400 milligrams a day. Note that riboflavin can interfere with some medications such as antidepressants, anti-seizure drugs and medications for gout.

Exercise: In a 2011 randomized, controlled study from the University of Gothenburg in Sweden, some patients in the three-month study exercised on a stationary bike three times per week for 40 minutes, while others took topiramate. The exercisers and drug group were equally effective in reducing migraines, but 33 percent of topiramate users also experienced adverse side effects of the medication.

If you have new-onset headaches, a change in frequency or intensity, or any neurological symptoms, you should speak with your doctor before trying any remedies. A new or increasing headache may be a sign of an underlying medical problem, and needs to be evaluated prior to chronic treatment for presumed migraines.

Drs. Kay Judge and Maxine Barish-Wreden are medical directors of Sutter Downtown Integrative Medicine program in Sacramento, Calif.



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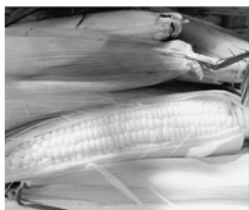
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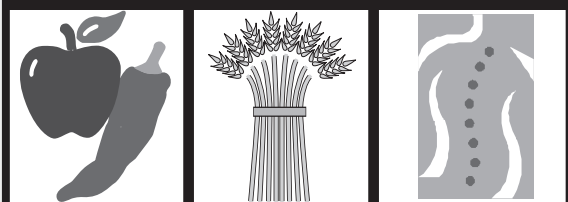
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Savor the sumac

Tart jelly captures the color of the season ahead

By Sarah J. Gardner

There is a stretch along the Mississippi River fringed in sumac that I often pass on my bike ride to and from work. I love it. In spring it is sweet with the smell of vetch coming into bloom. In summer it signals the start of a cool and leafy corridor ahead. And as fall approaches, the banks of sumac turn a magnificent red, offering one of the first sure signs of the turning of the season.

Of course, you hardly need to be on this particular bike path to come across sumac. The widespread shrub is a common sight throughout the Midwest, particularly along roadsides and railroad tracks, where its crimson autumn leaves and distinctive “bobs” of berries often stand out vividly, even to the casual observer. The sight of them never fails to take me back to my days riding the bus down the highway as another school year got underway.

As common as the plant is, it is somewhat surprising that more people don’t know the clusters

of ruddy berries can be used to make a tart, lemonade-like drink that is high in vitamin C. Perhaps people shy away because of the association with poison sumac, an entirely different plant. It’s easy to tell the two apart. The edible sumac has red berries that grow in conical clusters which seem to point upward toward the sky. Poison sumac, in contrast, has whitish berries that grow downward in loose groups. A reliable field guide will make it even easier to distinguish between the two.

Last year I decided to take my taste for sumac one step further, forgoing the lemonade to try a recipe for sumac jelly — and so I stopped one day in early September on my bike ride from work, snapped a few bobs from their stems, packed them in my commuter bag and carried them home. After a quick rinse in the sink to remove any dust or insects, I set the bobs to boiling on my stove. Even now I cannot do justice to how wonderful the resulting aroma was — like having all the richness of autumn concentrated in my kitchen. I joked then and there

that I didn’t care if the jelly turned out, the scent that afternoon alone was worth it.

That was before I saw the resulting liquid. I was elated as I ladled the gorgeous maroon jelly into jars to can and cool. There was no question that the jelly came out tart — capital-T Tart, in fact — so I experimented with a second method in which the bobs were soaked in water overnight but not boiled. The results were pale in color and less distinctive in taste, and the jelly really never jelled, though it did make a serviceable syrup. I was happier with the first batch and used it all through the winter the same way I’d use a tart marmalade: slathered on toast, baked in thumbprint cookies, and glazed on cakes.

Suffice to say, every time I bit into something sporting a richly-hued, maroon dollop of sumac jelly, I thought back to the joys of the bike ride that had resulted in this treat: a nice thought to carry me through the winter.

Sarah J. Gardner is the editor of Radish.



Gary Krambeck / Radish

Sumac Jelly

8 whole sumac bobs
5 cups water
½ cup lemon juice

3 ounces liquid pectin (Certo)
6 cups sugar

Rinse sumac bobs in cold water gently. In a wide, deep nonreactive pot, combine sumac and water. Bring to a boil for 5 minutes, breaking up the sumac as it boils. Turn heat to low, cover and simmer for 30 minutes. Strain out the liquid and discard solids. Measure 3 cups liquid and return to the pot, adding lemon juice, pectin and sugar, stirring well until sugar dissolves. Turn up heat and bring to a boil, stirring frequently and skimming off as much foam as you can. Ladle into sterilized half-pint jars, leaving ¼-inch headspace. Seal with lids and process in a hot water bath for 10 minutes. Remove and allow to cool. Store any jars that do not seal properly in the fridge and use first; remainder can be stored on a shelf for up to one year.

— Recipe adapted from “We Sure Can,” by Sarah B. Hood

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body, mind & soul

Quiet minds

Learning to meditate together as a family

By Leslie Klipsch

This morning, as I sat in my bedroom, I heard quick footsteps, the creak of the door, and a little boy whisper to his brother, “Be quiet ... she’s meditating,” before he scampered off down the hallway. The voice belonged to Eli, my 6-year-old son, caught in a sweet moment of courtesy.

Meditation is a new phenomenon in our home, and it’s one our family has embraced together, thanks to Angela Sands, the founder of Cloud Nine Meditation and a certified meditation instructor based in the Quad-Cities. Sands began meditating at a crucial moment in her life and has since endeavored to share her profound discovery with others. The Cloud Nine website highlights the many benefits of meditation, as well as the spiritual value of the age-old practice, including self-awareness, heightened compassion, and greater kindness to self and others.

“Families today are busier and more stressed than ever, which makes them vulnerable,” she tells me. “When families meditate, it gives each member a tool for rediscovering the peace that’s already there, and accumulated stress is dissolved.”

Let’s be honest: Our family meditation practice is not always as serene as this morning’s. Some days, meditating with three children underfoot is downright comical. The two boys might sit with me for their meditation (which is significantly shorter than mine), but soon I hear them slamming doors downstairs or suddenly feel the weight of my 3-year-old climbing on my back. In these moments, I channel the ever-patient Sands and repeat an affirmation, “It is well,” before taking a final deep breath and re-emerging into my lively household. Still, I find the effort worth it. I feel more relaxed, focused and kind because of the mantra meditation practice.

“It’s like a reverse sugar-rush,” explains Oliver, 9, during our hour-long follow-up session with Sands three weeks after our initial class. “When you meditate,

you feel really relaxed and tired, but then you get tons of energy,” he declares, juxtaposing meditation with the frenetic energy of eating a candy bar and the long crash that follows.

During our family follow-up session with Sands, she listens to the experience of both boys and offers detailed suggestions for additional meditation and mindfulness practices. She also suggests mindfulness exercises that we could do together as a family — something even our 3-year-old can participate in at a basic level — once again embracing togetherness and intention.

Sands’ guidance gives our family a new vocabulary with which to understand values that we hold true.

Throughout her instruction, she praises the “peace and calm that we all hold within us” and emphasizes the importance of compassion toward others — vital ideas we were thrilled to have another respected adult emphasize to our children.

Sands also speaks of the presence of kindness as an essential principle of meditation. For instance, as the mind begins to wander away from the mantra (and it will) she tells us to be patient with ourselves. “Notice when thoughts arrive,” she says, “and gently bring your attention back to your mantra.”

The way you treat yourself in meditation, she explains, is the way in which you will treat yourself all day long. “When your family meditates, you create a new paradigm of valuing time out for time within,” she tells us. And as

we discovered this summer after studying with Sands, it’s instruction you can use for a lifetime.

Leslie Klipsch is a frequent Radish contributor. Cloud Nine Meditation will host an introductory talk about the practice of meditation and its benefits at 7 p.m. Sept. 12 at Integrative Health Group, 2884 AAA Court, Bettendorf. The event is free and open to the public. To learn more, visit cloudninemeditation.com.



Oliver, left, and Eli Klipsch, right, practice with meditation instructor Angela Sands. (Photo by Todd Welvaert / Radish)

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A healthy harvest

Local foods star in upcoming Galesburg event



By Jane Carlson

From CSAs and community gardens to food-based economic development initiatives, interest in growing and eating local foods is blossoming in our region and beyond — so much so that a group of Galesburg, Ill., educators, growers, economic development professionals and local agencies are collaborating on an event to build on that interest and spread information throughout the community.

“People are becoming more health conscious and seeing the value of locally grown foods,” says Kevin Sager, director of business and community education at Carl Sandburg College in Galesburg. “We wanted to do something to promote the harvest.”

The educational event, free and open to the public, will be from 2 to 7 p.m. on Thursday, Sept. 26, in the Crist Student Center at Carl Sandburg College. The goal is to educate students and the greater community on the value and benefit of locally grown foods.

The event’s roots can be traced to this past winter, when Sager, who is involved with the community garden at Carl Sandburg College, was working with the Galesburg Regional Economic Development Association on an Illinois Specialty Crop Grant from the Illinois Department of Agriculture. Through that work, Sager began to take notice of all the other organizations, businesses and

individuals who shared an interest.

“We just kept finding that we had a common interest in gardening and local foods,” Sager says.

Carl Sandburg College’s community garden was launched in 2011 as one of the college’s sustainability initiatives. Knox College in Galesburg has had a community garden since 2007, and this past summer for the first time offered a Farm to Fork youth camp that focused on growing food in the local environment and learning how to prepare it.

Other local food-based progress in the Galesburg area include a budding number of local growers, a flourishing farmers’ market, more local restaurants using and seeing a demand from consumers for local foods on the menu, and initiatives such as the En Season Café in the Sustainable Business Center, where local, pesticide-free food is served and a commercial kitchen is available to anyone wishing to produce and market locally grown food products. The SBC also has collected and makes available a number of resources to support sustainable farming operations in the Galesburg area.

Attendees of the event at CSC can expect to find information kiosks staffed by local experts in four major areas. These include “Gardening and Growing,” which covers garden preparation, planting, harvesting, composting, cover crops, urban gardening, container gardening and straw bale gardening. There also will be kiosks under “Nutrition,” covering health and the nutritional value of locally

grown foods, crop quality, safety, preparation of foods and storage. Other kiosks are classified as “On the Plate,” featuring local restaurateurs showcasing recipes and food samples that incorporate locally-grown foods. And finally, there will be “Local Food Economics” kiosks, featuring the wisdom and experiences of local growers, food hubs and markets.

All kiosks will be open for the duration of the event and hand-outs will be available. In addition, a handful of local growers will sell fresh produce. Organizers are planning a series of contests at different times during the event to entice children to attend and participate as well. Those contests include gourd painting for kindergarten through fourth-grade students, a scavenger hunt for fifth- through eighth-grade students, and a pumpkin carving contest for high school students. Prizes will be awarded.

Those involved in planning or sponsoring the event include Carl Sandburg College; Knox College; The Sustainable Business Center; local growers including Blue Ribbon Farms of Knoxville and Spurgeon Veggies CSA of East Galesburg; the University of Illinois Extension; and the Galesburg Regional Economic Development Association.

Jane Carlson is a frequent Radish contributor. For more information on the event and the contests for youth, contact the office of business and community education at Carl Sandburg College, 309-341-5469.

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Little Conductors Day!

Sunday, September 15, 2013
1-4pm

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 and enjoy dining car snacks. Each
child 2-12 years 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.

\$10.00 for all children (2-12)
Adults: regular admission
Children under 2 years free!



**Also check out our website for stunning
FALL FOLIAGE Bus Trips October 17 & 19**

2013 October Pumpkin Extravaganza!



Sunday, Oct 6, 2013

**Scarecrow
Making!**

1pm Pumpkin Extravaganza Opening!

The Quad City Botanical Center will supply everything for
your family to make a scarecrow. Scarecrows made that day
will remain at the Botanical Center the month of October
and be part of the QCBC fall display. Families who create
scarecrows are able to pick them up at the Monster Mash
on October 27. Scarecrows will be voted on by visitors
during the month of October.

Sunday, Oct 13, 2013
Ice Scream Social!
1pm-4pm

Ice cream, kid activities
and more.

Sunday, Oct 20, 2013
Pumpkin Carving!
1pm-4pm

Each family will receive
one free pumpkin to
carve and take home!
Additional pumpkins will
be available for purchase.

Sunday, Oct 27, 2013
Monster Mash
1pm-4pm

**(the not so scary
Halloween Party!)**

Costume contest, candy
hunt, and awards for the
best scarecrows.

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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food for thought

Eat and be merry

Finding balance when it comes to ‘healthy’ foods

By Annie L. Scholl

I just discovered a particular brand of dark chocolate chip oat cookies during a trip to Woodstock, N.Y. The box tells me they’re wheat-free, suitable for vegans, have no trans fats, and no artificial colors, flavors or preservatives. I can eat two of them and only consume 90 calories. But that’s the problem: I will never eat just two of them.

Instead, I will eat all five cookies inside one of the four cellophane-wrapped pouches, and then open another pack and eat those, too. I’ll eat them with my second cup of coffee. I’ll eat them after I’ve eaten two-and-a-half bowls of my favorite dark chocolate and cranberry cluster cereal, which is supposed to be good for you, except that it’s not.

My personal trainer/nutritionist pal tells me the cereal’s seven grams of sugar in a one-third cup serving is the equivalent of putting nearly two teaspoons of sugar on my cereal. But, of course, I never only eat a one-third cup serving. I’m too depressed thinking about it to do the math, but it appears I’d be better off spooning four teaspoons of sugar into my mouth than munching away on this cereal.

I want to treat my body like a temple. But I also want more coffee and another row of those little oat cookies.

I turned 50 in May. I want to be done with this craziness. I want to treat my body like a temple. But I also want more coffee and another row of those little oat cookies.

Obviously, I need to get myself on track. And I had a plan: When I got back home from my trip to Woodstock, I’d do the master cleanse. Again. Yes, the “lemonade” diet — the one where all you do for 10 days is drink juice from organic lemons mixed with organic cayenne pepper, filtered water and organic, grade-B dark maple syrup.

Except ... while I was in Woodstock, I spent \$22.99 on a jar of pure New York maple syrup. I bought it because it had a green-

and-white “USDA Organic” sticker on the jug. What I forgot to confirm, though, is that this was grade-B dark maple syrup, which the Master Cleanse recipe insists I use. Instead, I bought the grade-A light amber syrup.

My “must-follow-the-rules-when-it-comes-to-recipes” personality tells me I absolutely cannot use this ridiculously expensive grade-A syrup in place of the even more ridiculously expensive grade-B syrup. An Internet search confirms this. So does a friend who has also completed the master cleanse several times. When I text her to ask, “Is this OK?” she calls me immediately and says, no, it’s not. She suggests I give the \$22.99 grade-A organic syrup to some organic-eating friend, though I don’t know one who would actually eat a pancake, because they’re all eating gluten-free, too.

I miss the days when I ate the pancakes I made for my children “from scratch” with the help of Aunt Jemima. And Hamburger Helper. Yes, we ate that, too. I really do miss those days, the days when I didn’t pay any attention to what was on a food label. It was easier then, I like to tell myself.

Right now all I know is I must get “clean.” I must rid my body of all this crap. But my friend, the one who staged the intervention to keep me from consuming the grade-A maple syrup, proposes another way. She suggests I do what she’s doing: Eat healthy foods that are satisfying so I don’t crave the unhealthy kind. Her refrigerator is stocked with fresh produce she got from the local farmers’ market. She’s developed good habits. She’s lost five pounds. My body is pleading, “Listen to her, Annie. Please listen to her. Have what she’s having.”

I’m New Age-y enough to believe I bought the wrong ridiculously-expensive syrup because my body doesn’t want another master cleanse. My body wants more nutrition, not less. My body wants me to eat the good stuff, day in and day out, not just when I’m trying to lose weight. It wants to be recognized and respected as the beautiful temple it is.

And so tomorrow — or maybe Sunday — no TOMORROW, I’ll go to the farmers’ market and I’ll buy a bag of produce that will likely cost far less than my \$22.99 syrup and vow to eat all of it before it rots in the refrigerator. Because I want to — I really, really want to — feed my body vegetables and fruits more than I want to eat another row of those oat cookies.



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Annie L. Scholl is a frequent Radish contributor.

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- 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

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Left to right:

Howard Fellows, M.D., Mustafa Khalife, M.D., and William McGinnis, M.D.

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