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from the editor



Sarah J. Gardner with Laura Anderson Shaw, the next editor of Radish. (Photo by Gary Krambeck / Radish)

A few years ago while riding my bike to work and thinking about the tasks ahead of me that day, it struck me that in one way or another every issue of Radish was a little like a love letter I was assembling for this place I had come to call home. That's why no matter how tough an issue was — even if I was sweating over upcoming deadlines, even if an article or a photo shoot fell through — there was always something joyful at the root of what I had to do.

In that moment I thought, well, when the day comes for me to leave Radish, that will be what I will write about in my final letter from the editor. And now, suddenly, I find it much more difficult to do than I ever imagined. Not because I no longer think that sentiment is true, but because like the best truths, it has deepened over time: I can see how my work at Radish has been as much a gift I have received as it is one I hoped to give.

By the time this issue goes to print, I will have begun work toward a master's degree in urban and regional planning at the University of Iowa. It's a perfect example of one of Radish's many gifts to me. Before I interviewed a city planner for an article, I was unaware of this field of study, and now I am excited to pursue a degree in it because it will give me a chance to build on many of the things I have thought about and written about during my tenure at Radish. One day I hope to be able to put that knowledge to use helping communities plan for a more sustainable future.

As bittersweet as it is for me to think about leaving, I am also excited to see the direction the new editor, Laura Anderson Shaw, takes the magazine. Laura began her work at Radish as an intern years ago and has been a dedicated writer on staff ever since. I have felt very lucky to be able to avail myself of her creative spirit, good humor and solid instincts as a journalist over the years. I know the magazine is in excellent hands.

Max Bugnard, the chef who mentored Julia Child, once famously told her, "You never forget a beautiful thing you have made." I know I certainly feel this way about Radish. And I hope that the people I've connected with through the magazine, including you, the readers, will feel that way about Radish's impact on me. My sincerest thanks for our time together.

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

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the grapevine

From our readers

"I liked your July 2015 magazine. There were four articles I particularly liked, and one that was Anne Ring's, who writes well. ...

You must read a lot because your magazine so often reflects new and beginning trends."

— Mike Hennenfent, Monmouth, Ill.

On the Road with Radish

Looking for more Radish? Thanks to Friends of Radish, you can find the magazine this month at the following events:

• Approaches to Mental Health Wellness: A Complementary & Alternative Medicine Conference, 7:30 a.m.-4 p.m. Friday, Sept. 11, at

Black Hawk College, 6600 34th Ave., Moline. For registration information call 309-796-8223 or go to bhc.edu/cam.

• Sitka Salmon Wild Alaskan Salmon Bake, 11 a.m.-2 p.m. Saturday, Sept. 19 at the Sustainable Business Center, 29000 W. Main St., Galesburg, Ill. For more information or to purchase tickets, visit sitkasalmonshares.com.

• Farm to Table Harvest Dinner, 6-8 p.m. Tuesday, Sept. 29 at the Freight House Marketplace, 421 W. River Drive, Davenport. For more information or to purchase tickets, go to qcfoodhub.com or call 563-265-2455.

To discover more upcoming events of interest, see the events calendar on the Radish website.

Radish reads: Check out these free titles!

With school back in session, are you looking for a fun little bit of homework of your own? Radish has a number of titles waiting to be reviewed, and the quick summary you write could be published right here in the pages of the magazine.

If one of the books below sparks your interest, you can request it by sending an email to editor@radishmagazine.com. Titles are available on a first-come, first-served basis and are limited to one per reader. All we ask is that you write a short 200- to 250-word review within six weeks of receiving the book. Then it's yours to keep!

- "The Gluten-Free Cheat Sheet: Go G-Free in 30 Days or Less" by April Peveteaux (Perigree, 2015)
- "The Bone Broth Miracle: How an Ancient Remedy Can Improve Health, Fight Aging, and Boost Beauty," by Ariane Resnick (Skyhorse, 2015)
- "Full Belly: Good Eats for a Healthy Pregnancy," by Tara Mataraza Desmond with Shirley Fan (Running Press, 2014)
- "The Gluten-Free Vegetarian Family Cookbook: 150 Recipes for Meals, Snacks, Sides, Desserts, and More," by Susan O'Brien (De Capo Press, 2015)
- "Vegan with a Vengeance 10th Anniversary Edition: Over 150 Delicious, Cheap, Animal-Free Recipes that Rock," by Isa Chandra Moskowitz (De Capo Press, 2015)
- "Back to the Wild: A Practical Manual for Uncivilized Times," by Alain Saury (Process Media, 2015)

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healthy living from the ground up

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Chris and Sara Gilbert at their urban farm in Bettendorf.
(Photo by Paul Colletti / Radish)

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radishmagazine.com

During her tenure as Radish editor, Sarah J. Gardner worked with writers, photographers and layout designers to take more than 60 issues of the magazine from concept to completion. She also contributed many articles herself — often two or three a month. That adds up to a big body of work!

In honor of her departure, we went back through the archives to pick out 10 favorites for a special web feature. You can take a look at radishmagazine.com.



healthy living

Slough 364

Three fun excursions along Taming of the Slough route

By Staff report

On Sept. 19, adventure enthusiasts will converge in East Moline at 8 a.m. to paddle, peddle and run their way to the finish line for Taming of the Slough, a unique annual triathlon hosted by River Action.

Participants can compete individually or in teams that divide each leg of the race — boating around Campbell's Island, mountain biking through Illiniwek Forest Preserve, and running through Empire Park and McNeal's Reserve — between them. No matter if they do it all on their own or as part of a team, everyone who participates gets to kick back at the end of the race and enjoy pizza and beer at the post-race party.

It's a great event that each year brings crowds of people to three outdoor destinations in the

Quad-Cities. But you don't have to wait for race day to enjoy these spots on your own. To find out the fun to be had the other 364 days a year at these locations, we sent three Radish writers to check them out.

Over the water

Kayaking and canoeing around Campbell's Island is the first leg of Taming of the Slough. It's about 2 miles around the island via the main street, Island Avenue, but it's just short of 4 miles around by water.

The Iowa-facing side of the island is on the main channel of the river and has a stronger current and higher waves than the Illinois-facing side. As you approach the island from Hampton, you might see hunting shacks on the tip of the island waiting for duck season. Just past that, on the right, is a large

sandbar and farther down, on the left, a stone obelisk that commemorates a battle in 1814 between Sauk warriors and troops under Lt. John Campbell.

The marina is on the other end of the island, as racers turn to the Illinois-facing side. This is the best side for bird watching, especially as you near the bridge. Don't be surprised by Canada geese wanting to fly alongside for a bit, or herons silently watching from the shore. Pelicans, river gulls and ducks are numerous. After passing under the bridge, it's shadier with trees on both sides of the water and absolutely beautiful when the leaves change colors in autumn.

Just remember: Except for the marina and Campbell's Island State Park, the rest of the island is private property, including homeowners' docks, so it's best to pull out of the water at the same place where you launch.

— Sharon Wren

Into the woods

The second leg of Taming the Slough takes cyclists into Illiniwek Forest Preserve where two trails loop through the forest. The north trail system covers just over 2 miles and the south trail system covers 2.5 miles.

Both trails begin with a series of switchbacks to make the steep climb to the top of the bluff, though the south trail is slightly easier to ascend. All that hard work pays off once you're at the top, though, as the trails gently dip and roll through the lush woodland of the forest preserve. It's a great route for beginning mountain bikers as there aren't a lot of technical elements to these trails — just a few log overs on the north trail, all of which have a bypass trail to the right.

Each trail also features a special treat midway along the course: The north trail opens onto a beautiful view of the Mississippi River from the top of the bluff, with several benches for anyone who wants to rest a minute and take it all in. Likewise, midway through the south trail, cyclists will find themselves passing through a grassy expanse where cooling breezes blow.

These gorgeous trails are also popular with hikers, so cyclists might want to invest in a simple bike bell to alert others when coming around a blind corner, and pedestrians likewise should be alert to others on the path. Both will find ample rewards for their time spent in the forest.

— Sarah J. Gardner

Onto the pavement

Empire Park and McNeal's Reserve in Hampton, Illinois, provide a scenic backdrop for the final 2-mile running portion of Taming of the Slough. If you're a nature buff, this area has plenty to offer. Set next to the Mississippi River and nestled into relatively heavy vegetation, the path offers a lot to gaze upon as you're trotting along the route, much of which is paved and flat.

While taking a run here, I tried to name as many different varieties of trees as I could. I ticked off sycamores, elms, oaks, maples and cottonwoods before I realized that I might need to repeat my college botany course before I could name them all. If you enjoy seeing wildlife, you don't have to look hard to see it here: I happened upon several varieties of woodpeckers, as well as cardinals, robins, catbirds and cowbirds. Rabbits and squirrels were abundant, too.

The added bonus is that Empire Park boasts a number of amenities that can be enjoyed by runners and non-runners alike. It's equipped with numerous picnic shelters, restroom facilities and enough playground equipment to wear out anyone whose age is still in the single digits (as well as anyone who still likes to play like they are).

There is also a beautiful overlook deck you can walk onto to check out the Mississippi. And if you happen to be one of those lucky folks who own a boat, there is a boat launch right at the edge of park. An afternoon on the river might be just the ticket after a run and a picnic.

With so much to do, you may find yourself spending some time here. I'd suggest bringing along a hat, some sunscreen and bug spray if you plan on enjoying the area.

— Chris Cashion

It's not too late to sign up for Taming of the Slough. Cost to participate varies depending on whether you are racing individually or as a team and ranges from \$35-\$75 before Sept. 6 and \$45-\$85 after that. For a course map, registration information and more, visit riveraction.org/taming.

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ELIXIRS

Harvest these
garden gifts
now to fight
colds later

Photo by Gary Krambeck / Radish

health & medicine

By Sarah J. Gardner

While the summer weather lasts, it's understandable if we aren't thinking much about the season of sniffles, congestion and coughs that waits for us in the drizzly, cold-weather months to come. But, like the fable of the ant and the grasshopper, if we do a little work now we'll be glad to reap the benefits come winter.

In particular, two of the gifts of the garden — garlic and elderberry — that are being harvested now and showing up in the farmers' market can be used to help fight illness long after the garden season ends. Here's how.

Garlic honey

The first time I made garlic honey, I had to take a deep breath before taking the plunge — and especially before taking a bite.

On the one hand, I could see how it could be a handy remedy for sore throats and coughs. Honey is both naturally soothing for irritated mucus membranes and also has antimicrobial properties. In fact, a study published in 2007 in the Archives of Pediatrics and Adolescent Medicine found that children given a spoonful of honey before bed slept better and coughed less than those given an over-the-counter cold remedy.

Likewise, garlic is a potent germ fighter thanks to allicin, a chemical compound naturally present in garlic cloves that can fight bacterial, fungal and even viral infections. Combined together, honey and garlic seem like natural allies in the battle against germs.

But on the other hand, in terms of taste, they also seem like flavors that might not mix — and the smell of the two combined together after a week of curing does nothing to alleviate that fear. I took one whiff of the first batch I ever tried making and

Continued on page 30



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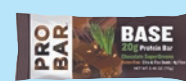
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healthy living

And on that farm...

Opportunities to pay a visit to local growers this month



Participants in the Culinary Ride make their way to one of the farms along a route outside Iowa City. (Photo by Chris Kirschbaum)

By Sarah J. Gardner

Scratch beneath the surface of September and it's not hard to find signs of one season changing to another. Summer's humidity gives way to more moderate weather. Families with kids in school start to settle into their new routines. And all around us, farmers begin sizing up their fields with an eye toward harvest.

For all those reasons, it's a great time to plan a visit to a farm — one of peek abundance and pleasant weather, full of opportunities for young and old to learn firsthand about the work that goes into growing all our food.

If you're looking for a chance to visit a farm this month, here are three fun ways to do exactly that.

Go with a group

This year, the University of Illinois Extension office serving Henry, Mercer, Rock Island and Stark counties launched a new monthly AgriTours

program. Through it, participants can sign up to meet at a local Illinois farm or growing operation and get an up-close look at the work being done there. The growers themselves conduct the tours, providing a very personal look at the challenges and rewards of their day-to-day operation.

Previous tours this summer have taken participants to visit The Mad Farmers in Coal Valley, PND Poultry in Ophiem, Toohey Acres in Viola, Healthy Harvest Urban Farms in East Moline, and Happy Hollow U-Pick Farm in East Moline.

Two remaining tours — a visit to Creekside Vineyards in Coal Valley from 5 to 7 p.m. on

Sept. 24 and to Wild Hare Farms in Erie from 4 to 6 p.m. on Oct. 6 — are open for registration and offer the opportunity for those who haven't had a chance to take a tour (and for those who have enjoyed previous AgriTours) to check out two nearby growing operations.

Martha Smith, a horticulture educator who helps coordinate the tours, says the Extension office wanted to connect people with what they can grow right in their own backyard and with what is being grown within 10 miles of them. She hopes to repeat the program next year.

There is no charge to participate in the tours, though the visit to Creekside Vineyards does involve an optional \$10 fee to participate in a wine tasting at the end of the tour. Those who opt to pay the fee also receive a souvenir wine glass.

Both of the remaining tours are limited to 40 participants and require advance registration, which can be made by calling the Extension office at 309-756-9978 or by going online and clicking on the AgriTours slide at web.extension.illinois.edu/hmrs.

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eating well

Moove over, milk

Dairy alternatives are super easy to make at home

By Hayleigh Covella

I don't like milk. I never have. Since childhood, the sole purpose of milk for me has been to enable my cereal addiction. When almond milk started gaining popularity a few years ago, I switched over without hesitation.

It didn't take long for me to become interested in making my own. From the start, I loved being able to control the ingredients. After doing some research, I learned that almond milk only needs two ingredients: almonds and water. Sweeteners and flavorings also can be added in to taste. The carrageenan, synthetic vitamins, and other additives found in most commercial almond milks, on the other hand, don't have to be there. So, I dispensed with them. Additionally, I loved that the resulting almond pulp would not be going to waste as I began incorporating it into smoothies and baked goods.

For me, almond milk was a gateway dairy alternative. I wanted to make milks out of all the nuts, seeds and grains I could get my hands on. The concept of chocolate hazelnut milk made me giddy. Then I experimented with oat milk. The first morning I tried it, my reaction was something along the lines of, "Oooohhh man. It's like I poured an oatmeal cookie on my cereal." As a notorious baked-goods addict, enough said. It's my new favorite.

My experiments with nondairy milks have taught me they are quick and easy to make and fun to play with. Better yet, the process for making practically any nondairy milk you can imagine is simple and can be done with a one-size-fits-all recipe with four easy steps: soak, blend, strain, flavor. With the basic master recipe below, you can customize the ingredients to make everything from simple almond milk to a hemp, oat, cashew concoction.

Hayleigh Covella makes her Radish debut this month.



Photo by Todd Welvaert / Radish

Easy Moo-Free Milk

- 1 cup of nuts, seeds or grains such as raw almonds, raw cashews, steel-cut oats, coconut or hemp seeds
- 3-4 cups water, plus more for soaking
- 1-2 tablespoons liquid sweetener

such as honey, maple syrup or agave (optional)

- ¼ teaspoon salt (optional)
- Optional mix-ins for flavoring: 1 teaspoon vanilla, ¼ teaspoon cinnamon, 3 tablespoons cocoa powder

Begin by soaking nuts/seeds/grains in enough water to cover them. Allow the mixture to sit for at least two hours, but up to overnight. When ready to proceed, strain the soaking water and rinse nuts/seeds/grains until the water runs clear. Put the nuts/seeds/grains in blender with 3 cups fresh water. Blend on high for 1 minute. Strain milk twice

with a mesh strainer, nut milk bag or cheesecloth, reserving the liquid. Set pulp aside. To the liquid, add sweeteners, salt, and optional flavoring to taste, and additional water as needed to achieve preferred consistency. The resulting milk will keep 5-7 days in the refrigerator. It will separate, so shake or stir before each use.

How to use your leftover pulp

- **Nuts/seeds:** Stir into smoothies, add directly to baked goods, or spread on a cookie sheet and bake at the lowest possible temperature for 5-8 hours, then use as a gluten-free flour.

- **Oats:** Stir into smoothies, use as a face mask, or mix in yogurt, applesauce, some of your oat milk, and your favorite oatmeal toppings, then refrigerate overnight to make breakfast for the next day.



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Michele Hartwig on the Hennepin Canal Trail.
(Submitted)

Going the distance

The runner behind the new Hennepin Hundred race

By Laura Anderson Shaw

Michele Hartwig loves creating and putting on races that she would like to run. The Crystal Lake, Illinois, woman started running when she was 40. Now 48, she's hooked on 100-mile races, or "ultra marathons," and is organizing northern Illinois' first in September. The Hennepin Hundred will follow the Hennepin Canal Trail from Sterling to Colona, Illinois.

Organized by MUDD Ultra-running Dudes & Dudettes and Trails for Illinois, the run will begin Sept. 12 at 7 a.m. in Sterling and follow the Hennepin Canal Trail, ending somewhere between 14 and 30 hours later at Timbrook field in Colona on Sept. 13. Runners also may tackle the 100 miles relay-style. A 50-mile race will finish between six and 15 hours later, Hartwig says, at Lock 17 near Wyanet, Illinois.

"I love running 100-mile races," Hartwig says as energetically and nonchalantly as saying she loves 5Ks. One hundred milers, though, "that's the distance that

I keep striving to be better at," she says.

Hartwig calls herself a "PR-chaser," always looking to set a better personal record.

"I haven't had a perfect race, but I've always wanted to have one," she says. "I like to find a race I can run the entire way and try to get my personal best time."

Hartwig says that since she was bitten by the running bug, she has always looked to put on a 100-mile race "that would be flat and fast" — she just needed a good spot.

Community service and stewardship also are very important to her, she says. "I love running all kinds of trails, so I like to choose projects that improve our local trail system. ... I wanted my race to be used to improve trails."

Hartwig, who also is a park district commissioner in Crystal Lake, met Trails for Illinois executive director Steve Buchtel at the Illinois Association of Park Districts Conference, who recommended hosting the race along the Hennepin Canal Trail.

And so, the Hennepin Hundred was born.

"It's a beautiful, historic trail," Hartwig says, adding that it "needs improvement. ... (The) communities alongside of it could benefit from the trail."

Proceeds from the race will go directly to improving the trail, Hartwig says.

Hartwig and other organizers and trail enthusiasts biked the trail recently to get a better idea of its features, locations to place aid stations, nearby convenience stores and restaurants, parking areas and more.

Though the race is set up to run without a crew, Hartwig says many runners have a group of between two and four supporters who cheer them on from aid stations, and knowing what's in the area can help them plan where to stop.

"We want to build a really quality race and be around forever," Hartwig says, "and make sure everybody has a good time."

The route is about 70 percent "really old pavement," and 30 percent dirt, Hartwig says, "but it's all very, very runnable."

Running such a distance is all about pacing yourself, Hartwig says. To train for her first 100-mile race, Hartwig says she completed a marathon training plan, and made her weekend runs "just a little longer."

"I believe every single person is capable of running 100 miles if they just decide that's what they want to do," she says.

Hartwig says she has always been athletic; "I just didn't think I could run." As her 40th birthday approached, though, she says she felt that she had to do "something big," so she signed herself up for the Chicago Marathon.

"It changed my life," she says.

Hartwig says the average cut-off time for 100-mile races is 30 hours, adding that the average finish time is about 28 hours. World records will be set around 14 hours, she says.

The course will feature aid stations every 4 to 8 miles or so, Hartwig says, offering runners water and sports drinks, as well as cookies, sandwiches, fruit, soup and the like. At night, the aid stations will be lit up.

"That might be one of my favorite parts," Hartwig says. Once you've ran all day, the stations seem like they're getting farther and farther apart, she says. Then, you see one. "You're so happy to see people, and they hand you a cup of soup," she says.

For more information about the race, visit mudrunner.com.

Laura Anderson Shaw is a writer on staff with Radish.

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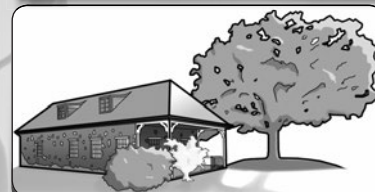
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healthy living

Gilbert's Grapes

A small urban farm with a big heart for organic foods

By Lillian Zier Martell

Chris and Sara Gilbert have turned their backyard in Bettendorf into a profitable mini-farm after just two years in business.

Though both are just 27 years old, they see the garden that covers about one-fifth of an acre as an integral part of their future. They can be found most weekends during the growing season selling their vast array of produce under the company name Gilbert's Grapes at the Freight House Farmers' Market in downtown Davenport.

"We want people to count on it being there," Chris says, adding that only

seven or eight growers in the area produce vegetables for local markets. "That's a lot of weight to carry for the whole entire Quad-Cities."

Tucked behind their bungalow on a quiet street just off Valley Drive in Bettendorf, the garden produced garlic, cilantro, shallots, broccoli, cauliflower, kale, collards, chard, snap peas, green beans, arugula, lettuce, tomatoes and more this summer.

A large section of the garden is devoted to more than 60 varieties of tomatoes, after starting with 25 varieties last year, Chris says.

"Our biggest goal is to produce fresh food but also high quality, high flavor," he says.



Chris Gilbert and radishes and tomatoes grown on the urban farm he tends with his wife, Sara. (Photos by Paul Colletti / Radish)

The lot has room to double the garden in size, and the couple may add a small section next summer. Although Sara mentioned that she wouldn't mind expanding to a large scale someday, Chris is primarily interested in using the land that they have in an intensive way. Large-scale farming would involve buying a tractor and other equipment, which doesn't interest him.

"It's plenty abundant," he says as he looks around the prolific garden space.

Finding the home with the large lot in Bettendorf happened almost by accident. While house-hunting, they saw a house for sale on Craigslist that looked interesting but didn't list the address. Meanwhile, they set up an appointment to view a different house. When they arrived for the appointment, no one was there. As they were leaving the neighborhood, they saw another house for sale — the one they'd seen pictured on Craigslist. It ended up being the one they bought.

The house sits on an acre of flat valley land — well-suited for vegetable gardening.

Making it work

The first summer with the garden was a learning experience and a great deal of work, Chris says. He consulted numerous books and YouTube videos to figure out what he was doing. Although they have not gone through the process of getting certified, the garden is organic, he says.

He learned techniques such as minimum tillage — turning over only the top 2 to 3 inches of top soil to plant — and using natural pest control methods such as planting borage and calendula flowers to attract wasps that will feed on damaging pests. He uses compost to maintain the soil and has used little water.

Chris spent much of his time in the winter planning the garden, drawing maps and studying the calendar for appropriate planting dates. He laid out 30-foot beds that can be rotated as needed, and he knows exactly how many of each type of vegetable is planted in each bed.

"It just makes it easier if it's completely planned," he says.

He also added a 12-by-40-foot tunnel greenhouse last fall so he could start the tomato plants early. He kept about 40 tomato plants in the greenhouse along with a few other vegetables that ripened earlier than the outdoor vegetables, giving them an early start to the harvest season.

The entire process — from farming to marketing — has been easier this year than their first time around. The couple sells only at the Freight House Farmers' Market, and this year, they're no longer the "new guys" at the market, Sara says. They've built relationships with other farmers at the market who've have been a great deal of help.

The Gilberts are interested in educating others about intensive gardening — using a small space efficiently — and growing organic foods. They want their customers to ask questions, and they sell some starter plants to encourage people to try something new.

"We're good examples of taking a little piece of land and growing a lot of stuff and supporting your family," Sara says. "You can do a lot with what you have. You don't have to have more."

And it doesn't take years of experience, she says.

"Everything's just working really well right now how it is," Sara says. "We're happy — we're satisfied with what we're doing now."

Contributor Lillian Zier Martell is a regular Radish contributor. For a longer version of this article, visit radishmagazine.com.



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environment

Songbird loss

A variety of factors have put local birds in decline

By Dennis Moran

For nature lovers, one of the pleasures of the early morning is listening to the serenades of songbirds. Many listeners take further pleasure in identifying the varied species by song: varieties of sparrows, robins, bluebirds, warblers and many more.

Seasoned listeners can tell you the song has not remained the same. Populations of many species are in decline, and some precipitously so.

“Overall, there is definitely less variety,” says Patrick Carlson, co-chair of the conservation committee of the Quad Cities Audubon Society.

The bobolink, the grasshopper sparrow, the wood thrush, the golden-winged and cerulean warblers — these are among species that have graced us much less with their presence and songs. Those and others are listed as particular concerns on the North American Breeding Bird Survey, the United States WatchList, the Audubon Society’s Priority Birds list and other sources. The grasshopper sparrow is among birds federally listed as endangered.

Yet there are a few new notes for the local discerning ears: The summer tanager and the mockingbird are among southern species that “we’ve started to see more frequently in the Quad-Cities area,” Carlson says. The expansion of their range northward is “consistent with climate change,” he added.

The summer tanager is “kind of an incessant singer, some would say similar to the robin, with a distinctive call note,” he says. “They’re not common yet, but sightings have been increasing.”

Another hopeful note is some recovery since the 1980s of eastern bluebirds, due, Carlson says, to rural homeowners putting out bluebird houses.

However, the general trend is downward, and the main culprit is habitat loss, say Carlson and Brian Blevins, owner of Pete Petersen’s Wild Bird Shop in the Village of East Davenport.

Carlson notes that some species are particularly susceptible to changes in habitat, such as grassland species like bobolinks and grasshopper sparrows,

that have suffered greatly with the disappearance of native grasslands.

Some species fare better than others at the changes human development has wrought. Robins do well in yards (though less so in those treated heavily with fertilizers and other chemicals that kill worms, Blevins has noted). Cedar waxwings like small, ornamental trees that are popular in landscaping, Blevins says.

Those two birds may be further grace notes amid the overall dirge of population loss. For a lifelong naturalist, educator, wildlife painter,

bug-collector and bird-watcher like Blevins, the difference over the years is dramatic.

“When I was a boy 45 years ago, warblers were everywhere,” he says. “You had the big warbler push through here from the first week of April through the first weeks of May. It was unbelievable. The trees, we used to say, dripped with warblers.”

It’s not like that anymore, he says. Many formerly well-shaded areas like that have lost much of their canopy — and with that the loss of caterpillars, a sustaining food for warblers and other species.

It is not only outward development of cities that encroaches on habitat, but the thinning of habitat within cities as well, he says. Many homeowners have cut down trees, he notes, to make yardwork easier, and as they have found that air conditioning has made shade less necessary, among other factors.

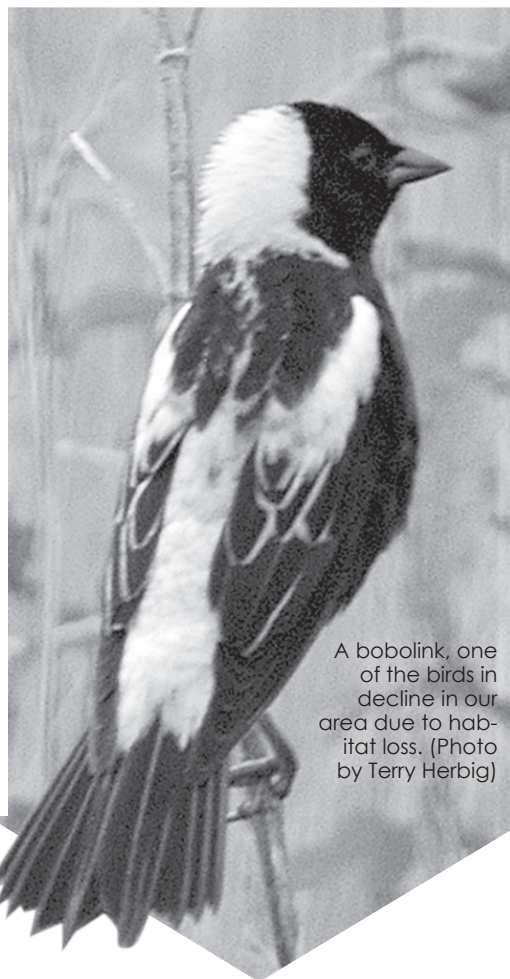
In wooded areas within cities, dead and fallen trees are increasingly cleared away — depriving the ecosystem of important resources like fungi and beetles, especially for cavity-nesting birds.

The monoculture of farm fields is expanding too, as conservation areas give way to more production, especially as corn prices rise. The chemicals used on farms take their toll too, especially as they leach into streams.

Taken together, these factors can lead to a spiral of other effects. “First you’ve got habitat degradation and fragmentation,” Blevins says. “Then, on top of that, you’ve got food sources disappearing. ... When you see a massive degradation of insects, that’s scary.”

Blevins contributes to bird survey work with the U.S. Army Corps of Engineers, with locations including Milan Bottoms Wildlife Refuge. He also leads bird-watching classes several times a year, and notes how much harder he’s had to work to find good locations to take the classes.

“We’re having to actually search for species today,” he says. “A big thing now is if there’s 30 birds in a tree — ‘wow, look at all of them.’ Well, it used to be hundreds in a tree.”



A bobolink, one of the birds in decline in our area due to habitat loss. (Photo by Terry Herbig)

Dennis Moran is a frequent Radish contributor.



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outdoors

Just for kicks

FootGolf brings the fun of soccer to golf courses

By Annie L. Scholl

It's a blast!" That's the way Mark Hamilton, former sports supervisor for Davenport Parks and Recreation Department, describes FootGolf.

But what is it exactly? "You play it exactly like golf, but instead of hitting a golf ball with a golf club, you hit a soccer ball with your foot," Hamilton explains.

In Davenport, participants play 18 holes of FootGolf on a 9-hole golf course at Red Hawk Golf & Learning Center. They use a regulation soccer ball and try to get it into 21-inch diameter cups marked with flags.

"You get the satisfaction of seeing the ball go into the cup," Hamilton says. "There's no real losing effort. You can kick it as many times as you need to get it into the hole. Eventually, you'll get it in and get that satisfaction of making the put. It truly is golf with a soccer ball."

The cups are located on the sides of the greens and fairway so as not to disrupt the flow of traditional golf games being played.

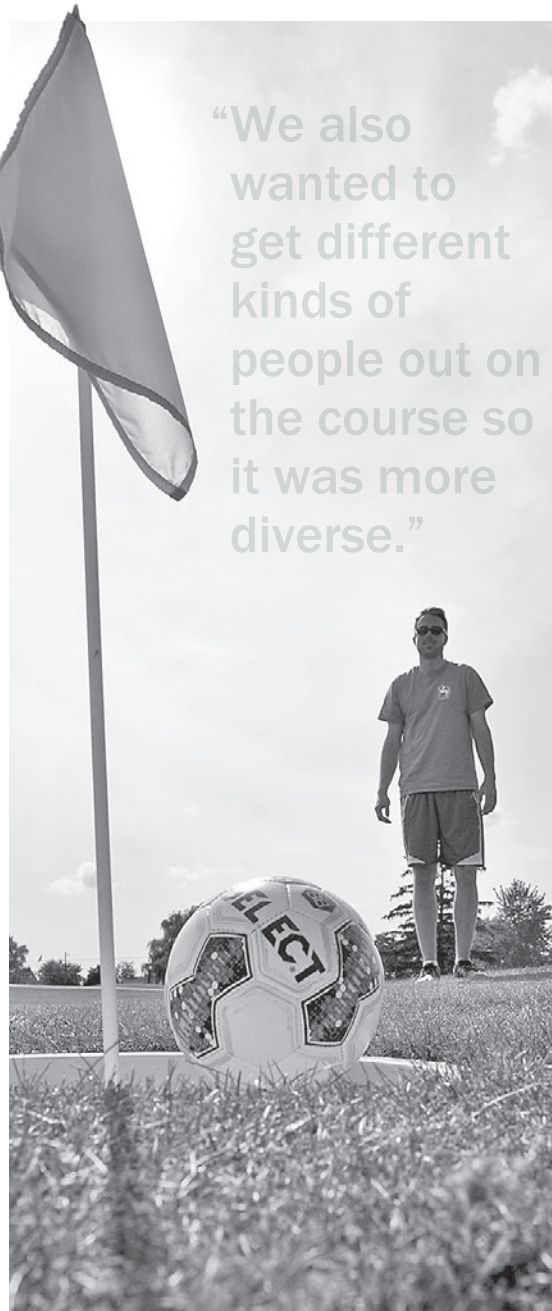
FootGolf became an official sport in the United States in 2011. It made its debut in Davenport with a June 2014 tournament at Red Hawk.

"We were looking for ideas to generate some growth at the golf course and to get more people out there," Hamilton says. "We also wanted to get different kinds of people out on the course so it was more diverse. We always look to grow and to do new things."

Tournaments are held at Red Hawk on the third Saturday of each month, but the game can be played whenever the course is open. The cost is \$10 per round. Soccer balls can be rented for \$2 each. Players must be 8 years of age or older to be on the golf course.

Hamilton, who grew up playing soccer, says he personally loves FootGolf. "I had more fun playing it than even I thought I would," he says. "It was more challenging than I thought at first. It takes a lot

"We also wanted to get different kinds of people out on the course so it was more diverse."



Ryan Merritt plays FootGolf at Red Hawk Golf Center. (Photo by Paul Colletti / Radish)

of power to get it off the range and it takes a lot of finesse to get it in the hole."

Still, the game doesn't require players to have a lot of soccer-specific skills, he adds.

"You don't have to be an outstanding soccer player to come out and play," Hamilton says. "We've had a lot of people go out there and try it who didn't know what it was and they had a blast. It's something you don't have to be super athletic to do, but it's good for people who are good soccer players as well."

FootGolf is also a good way for people to learn about the game of golf and about golf-course etiquette. He doesn't have any statistics, but knows that some who came to the course to play FootGolf gave traditional golf a try, too.

Hamilton wondered if golfers might dislike sharing the course with FootGolf players, but that hasn't been the case.

"Golfers have been super supportive," he says. "They're watching and trying to see what (players are) doing. It's been a great partnership with golf and FootGolf. That was good to see. The golfers think it's something really cool, too."

On average, about 10 rounds of FootGolf are played per day. "We're getting a pretty steady flow of people," Hamilton says.

Coaches often bring their youth and high school teams out to play, including for end-of-the-year soccer parties.

Hamilton calls FootGolf "one of the most unique athletic events you can be a part of."

"It's something just about anyone can do. It's a great time. It's a way to be outside staying active and getting your exercise in while having a blast. At the end of the day, it's a team-building event that everyone's going to leave smiling."

For golf-course hours and FootGolf regulations, call Red Hawk Golf and Learning Center at 563-386-0348.

Annie L. Scholl is a frequent Radish contributor.



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The right fit

Kids benefit from martial arts training in many ways

By Ann Ring

Just like Mr. Miyagi taught protégé Daniel in the 1984 film “Karate Kid,” John Morrow of Morrow’s Academy of Martial Arts in Moline taught Cameron Wilson of Davenport that there’s more to martial arts than fighting.

Cameron, who enrolled seven years ago and is now a 14-year-old high school student, has mastered and progressed to green belt status from one of the best martial arts’ masters near and wide. Morrow, a seventh degree black belt, recently earned International Chinese Martial Arts Master of the Year during a meeting of the USA Martial Arts Hall of Fame in Kansas City, Missouri. He founded Morrow’s Academy of Martial Arts and received this honor for nearly four decades as an instructor and tournament champion.

The benefits of what Cameron has gained from Morrow have been far-reaching, literally defying what doctors predicted he couldn’t do. At 6 years old, Cameron was diagnosed with Asperger’s, an autism spectrum disorder, and attention deficit hyperactivity disorder (ADHD).

“Cameron was sent to physical therapy and occupational therapy,” says his mother Lorna Wilson. Cameron’s muscles were underdeveloped. Lorna says, “He could sit up, but to sit in a chair for long periods of time would wear him out.” Plus his coordination needed help. “Both sides of his body needed to work together,” says Lorna.

After Cameron’s physical therapist suggested martial arts, Lorna’s search for just the right teacher was more difficult than she had imagined. Lorna visited several training facilities, finally coming across Morrow. What struck her was his focus on control, discipline and physical routine, versus what some

other academies stressed, which was competition, how quickly students advance, and defending oneself.

Like Morrow, Travis Tarpein of Tarpein’s Martial Arts Center in Moline and Bettendorf also started training at a young age. He is Iowa’s first Brazilian jiu-jitsu black belt with the Carlson Gracie team, whose lineage is credited with being the primary developer of modern jiu-jitsu in Brazil. Tarpein is also a sixth degree master black belt in Shōrei-ryū. The Tarpein family has been teaching martial arts in the Quad-Cities for nearly 40 years as well.

Both Morrow and Tarpein have great advice for parents or guardians seeking a martial arts program. “The questions you need to ask really depends on why you’re sending your child to martial arts,” says Tarpein. “The main reasons I’ve come across are normally to increase self-confidence or there’s a bullying issue.”

Tarpein notes that if a child has a disability or has special needs, that need should be communicated right away. “Ask the instructor if he or she has any experience in working with a child who has that particular issue,” he says. “Ask, ‘Is this something you’re familiar with?’ This really helps the instructor know he needs to change his teaching style once that child enrolls.”

Both Tarpein and Morrow suggest other basic questions about costs, how often classes meet, how many students are in a class, and if free lessons are available before enrolling. Tarpein also points out that a parent can get a good feel for the school from its general atmosphere. “You want to have a good vibe while you’re there,” he says.

He also stresses cleanliness. “We use mats,” Tarpein says, “and they’re professionally cleaned and disinfected on a regular basis.

In today’s outbreaks of infections, this is very important.”

Lorna is completely satisfied with her choice for Cameron and his younger brother Anthony. “Cameron’s doctors didn’t think he would be able to do anything sports related,” she says, “and now, he feels good about himself and knows he’s really accomplished something.”

For more information on the martial arts classes run by Morrow and Tarpein respectively, visit morrowacademy.com and tarpeinsdojo.com.

Ann Ring is a frequent Radish contributor.



Zade Allmon, 7, practices Kung Fu at the Morrow's Academy of Martial Arts, Moline. (Photo by Meg McLaughlin / Radish)

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environment

Environmentalists putting drones to use to help further their causes

By Doug Moss and Roddy Scheer,
E — The Environmental Magazine

Highly detailed aerial imagery is traditionally challenging to obtain, though it provides very valuable data for conservationists. That's why wildlife biologist John Takekawa and his team at the U.S. Geological Survey's Western Ecological Research Center (WERC) are using drones to obtain aerial images of San Francisco Bay marshlands.



Submitted

"It's very hard to get some of the data sets in some of these areas that are remote or hard to reach in the marshes," Takekawa explains. "If you have something that can fly over and get sensors that can report back to your computer, that's what we're looking for in exploring these types of technologies."

Drones are also helping preserve the Peruvian Amazon forest, where illegal gold mining and logging has cleared mahogany, Spanish cedar and other old-growth trees. The Amazon Basin Conservation Association's Los Amigos Conservation Concession monitors the 550-square-mile Los Amigos reserve in southeastern Peru using small drones that weigh less than 5 pounds and enable detection of any deforestation within the area.

Considering that more and more drones are being launched for conservation research, Linda Rothschild, an evolutionary biologist at NASA's Ames Research Center, was concerned when she found out that UAVs sometimes get lost in coral reefs or other sensitive habitats.

"As I started to hear about this, I thought, 'Well, wouldn't it be useful if the UAV was biodegradable, so if it crashed somewhere that was sensitive, it wouldn't matter if it dissolved,'" Rothschild says.

So Rothschild created a biodegradable drone with a team of students in the 2014 International Genetically Engineered Machine (iGEM) competition. The team's prototype took its first short flight in November 2014 at the iGEM competition in Boston. The drone, which resembles a cardboard cup holder, is made primarily of mycelium grown by New York-based Ecovative Design.

The team grew cellulose leather-like sheets to coat the mycelium body and then covered the sheets with proteins sourced from the saliva of paper wasps — a water resistant material that the insects use to cover their nests. The biodegradable drone body is certainly a step forward, though the drone still uses a standard battery, motor and propellers.

Rothschild's dream is to make a UAV where every part is made with something biodegradable, but for now, she says, "realistically, this is going to be much more of a hybrid vehicle."

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And on that farm, **continued from page 10**

Hop on a bike

It started in Iowa City and has grown from there: The annual Culinary Ride, now in its fifth year, lays out different bike routes that feature stops along the way at urban and rural farms, restaurants, breweries and local markets.

Routes generally range from 30 to 60 miles, and in addition to choosing which distance fits their interest level, participating cyclists also get to choose which community they'd like to ride around. Last year, the Culinary Ride added routes in the Quad-Cities and Cedar Rapids in addition to Iowa City.

The routes change from year to year, allowing each tour to showcase different combinations of folks involved in the local food scene. Rides in each city also take place on different weekends, which means if you really get the bug, you could participate in all three locations.

The "culinary" part of the ride comes in at each of the stops, where local chefs set up stations offering small plates of food they have prepared using ingredients contributed by participating growers. Thus, cyclists aren't just biking from place to place, they are also biking from one little meal to the next.

This year, the ride in Cedar Rapids will have taken place Aug. 30, followed by the Culinary Ride in the Quad-Cities on Sept. 13 and the ride in Iowa City on Sept. 20. Cost to participate is \$65 for any of the rides.

Stops on the Q-C route will include the Fresh Deli, Vander Veer Botanical Park and Healthy Harvest Urban Farms in East Moline. Stops along the Iowa City route will include Augusta Restaurant in Oxford, Iowa; Henry's Village Market in Homestead, Iowa; and the Trumpet Blossom Cafe in Iowa City.

New stops are added regularly, so it's worth checking out the website for up-to-date information on each route: culinaryride.com.

Take your time

This will be the fourth year for the North Scott County Farm Crawl, a self-paced tour of small to mid-size farms located just outside of the Quad-Cities. It will take place from 11 a.m. to 4 p.m. on Sept. 27 and will offer participants the chance to chat with growers, tour the farms, and learn more about how they serve the immediate area.

Organizer Brendia Kempf (who is also a participating farmer) says the goal behind the event is to offer a bit of family fun that is also an educational experience. Growers on each farm will offer mini-tours and talks throughout the day, allowing visitors to arrive when they like and move on to the next farm when they are ready. There is no set order in which to visit the farms and no set schedule, so visitors can truly go at a pace that works for them and their families.

There also are no fees to visit the farms, though each location will have guest vendors on site with a variety of food items and handmade products available for purchase. Visitors are welcome to pack a picnic to enjoy while relaxing at any of the locations as well. Participating farms include Triple Creek Dairy, Scherer Custom Meats and Lost Grove Stables.

To take part in the farm crawl, visitors do not need to register in advance. They simply need to be able to transport themselves to each location. A route map will be available on the event's Facebook page, facebook.com/NorthScottFarmCrawl. There, visitors also can find updated information on participating farms and vendors.

Sarah J. Gardner is the editor of Radish magazine.

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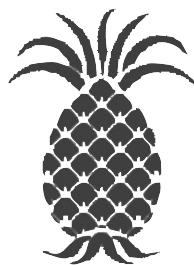
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quickly stashed it in the fridge, hoping the pungent aroma would mellow over time. It did not.

It came as a true shock, then, when the fateful cold arrived and I finally had to gulp down a spoonful of this concoction that I found the taste of garlic honey was — how else to say it? — downright delicious. It quickly became a favorite cold remedy in my house, with even my nephew eagerly asking for spoonfuls at the first sign of sniffles. The smell has never improved, but the coughs and colds have, and isn't that what you want in the end?

Garlic honey couldn't be simpler to make. To begin, pack a clean jar full of peeled cloves of garlic and then fill it with raw honey (this may have to be done in a few stages as the honey seeps down between the cloves. Just keep topping the jar off every hour until it stays full). Place it in a sunny windowsill for a week to cure, giving the jar a shake each day to make sure all the garlic stays coated with honey.

Once your garlic honey has cured, you can leave the garlic cloves in if you are going to use it right away, or for longer storage, discard the garlic cloves. Move the jar of honey to the fridge where it can be stored for up to a year. When you find yourself with a sore throat or cough, simply eat a spoonful of honey a few times a day for the duration of your illness.

Elderberry syrup

If the deliciousness of garlic honey was a surprise, this elderberry syrup wasn't at all. Boiling up a batch makes the kitchen smell scrumptious. By the time you are done, you'll likely wish you had a cold right then so as to have a reason to take it.

The good news is there's no need to wait. Elderberry is packed with antioxidants and has a high vitamin C content, both of which make it a nutritious addition to your regular diet.

Because of its long history as a folk cure, elderberry is among the most studied herbal remedies. Clinical trials have found elderberry to have antiviral, antibacterial and anti-inflammatory properties, and in one randomized, double-blind study conducted in Norway and reported in the Journal of International Medical Research, patients with the flu who took elderberry extract reported a reduction of symptoms four days earlier than those who received a placebo.

Recipes for homemade syrup abound, but the one I've become fond of combines ginger, cinnamon and cloves with the tart berries for a truly crowd-pleasing concoction. To make it, begin by discarding any stems or leaves that might still be attached to the berries — this step is very important, as only the berries are edible.

Next, combine $\frac{2}{3}$ cup elderberries, $3\frac{1}{2}$ cups water, a 2-inch piece of fresh ginger (peeled and sliced), 1 teaspoon cinnamon and $\frac{1}{2}$ teaspoon cloves in a medium saucepan. Bring to a boil, then reduce heat and allow it to simmer until the liquid is reduced by half. Remove it from the heat and strain out any solid pieces. Sweeten the remaining liquid with up to 1 cup of honey to taste.

When cooled, your elderberry syrup can be transferred to a clean glass jar, covered tightly, and stored in the fridge for up to six months. The syrup can be used to sweeten tea, poured over pancakes, or simply taken by the spoonful for a healthful boost. When you feel a cold or flu coming on, take two spoonfuls every few hours for immune support — and, of course, as with any herbal remedy, be sure to let your doctor know you are taking it before combining it with any prescription medication.

Sarah J. Gardner is the editor of Radish.

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Infrastructure is a green issue — just look at railway lines

Crews work at the scene of a Canadian Pacific freight train derailment north of Dubuque, Iowa, on Feb. 5, 2015. (Photo by Associated Press)

By Sarah J. Gardner

It feels like an unbelievable story: Last year on Halloween night, I was sound asleep on a train hurtling toward Denver, Colorado, on my way to visit friends. That came to an abrupt halt — both the train and my slumber — with the high-pitched screech of brakes grinding us to a standstill outside McCook, Nebraska.

If you have ever taken a passenger train, especially at night, you will know this is to be expected. Nearly all of the rail lines used by Amtrak are owned by the freight train companies, and as a result freight is given priority. That means whenever there is a train coming down the tracks full of grain, consumer goods, mining products or any of the many other things we transport by rail, the passenger train has to pull onto a sidetrack and let the freight train pass.

This time was different, though. Looking out my window, I could see that we weren't on a sidetrack. And inside the train, the lights had gone completely out. A sharp, acrid tinge of burnt rubber hung in the air. Eventually, a conductor came down the aisle to explain the situation: Nobody had been hurt, but the back of the train had derailed.

When I looked up our accident later that week to see what had been written about it in the news, I was shocked to learn this was not the first time a train had derailed along that section of track. Just over three years prior, an Amtrak train had toppled on the other side of McCook, injuring 21 people — and the rail line we all had been traveling on had a reputation of being “rough track” for years.

That fact came back to me a few months later, when first one and then another train traveling along the Mississippi River derailed. You may recall in early February cars on a Canadian Pacific freight train left the tracks north of Dubuque, Iowa, spilling ethanol into the river as they tumbled into the water. Then, worse still, a BNSF freight train carrying crude oil derailed 29 days later on the opposite bank near Galena, Illinois, and erupted into flames that could be seen for miles.

Just as when I had experienced a derailment, a disturbing revelation followed this news. According to reporting done by KWQC news and repeated in a media statement by the Jo Daviess Conservation Foundation, between 2008 and 2013 — just seven years! — the amount of crude oil transported by rail had grown from 9,500 carloads to 435,560.

Do the math and you'll find that's a nearly fifty-fold increase. Much of that oil is coming from the Bakkan Oil Fields in North Dakota, and it is shunted down rail lines along the Mississippi River every day. In effect, this converts an ecologically-rich area critical to wildlife — and likewise an important source of drinking water for many Midwesterners — into a virtual pipeline. Just count the oil tankers going by the next time you find yourself stopped by a passing train.

We don't often think of infrastructure as an environmental issue, but all of these train accidents illustrate to me just how directly connected they are. Passenger rail is the most eco-friendly form of long-distance travel. Compared with cars, which emit 1.08 pounds of carbon dioxide per passenger per mile, and planes, which can emit up to 1 pound of CO₂ per passenger per mile, a train produces a mere 0.43 pounds of CO₂ per passenger per mile, according to a report, “Getting There Greener,” by the Union of Concerned Scientists. But those numbers are meaningless if passengers don't feel a train can transport them safely to their destination.

Likewise, CSX maintains its trains can move a ton of freight more than 480 miles on a single gallon of diesel fuel. But who wants those trains hurtling through their communities if the rails they pass over are in poor condition and rail cars carrying volatile materials are only rated to withstand crashes at 20 mph or less?

Clearly, we need to take stock of how we use our rail lines. As with other transportation issues, our willingness to regulate and invest in this infrastructure has environmental ramifications — and not just for the future, but in the here and now.



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