

Radish

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MAY 2017

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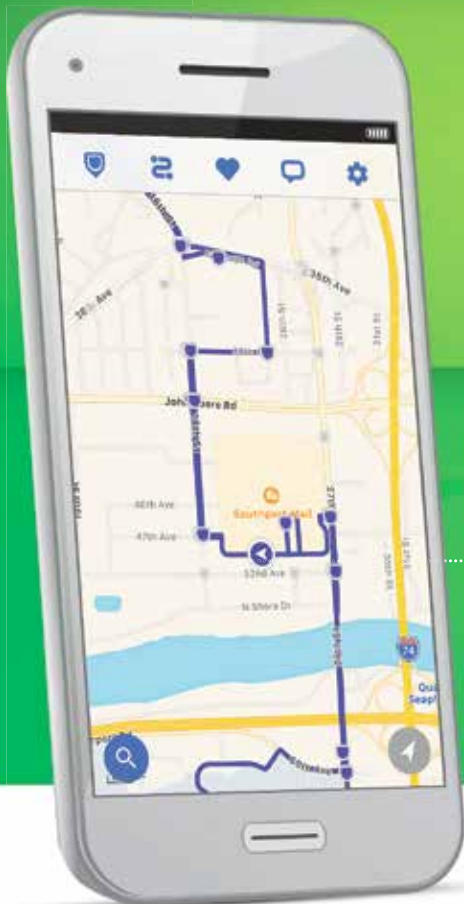
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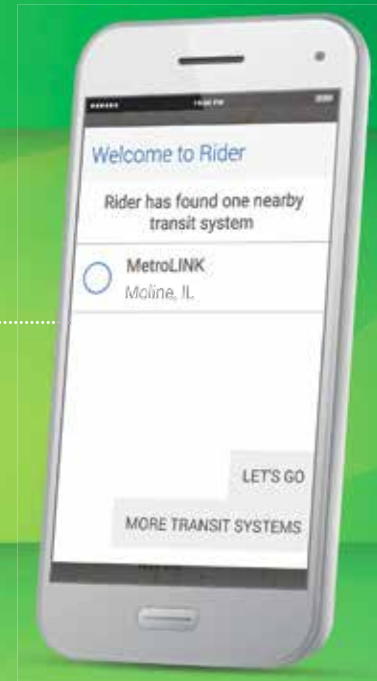
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Gary Krambeck / Radish

Well, folks, it's finally May — which means that it's high time I got started on my New Year's resolution: eat better and move more!

Better late than never, right?

I'm probably not alone, but it seems like typically, I only can do one of these things at once. I can be great about hitting the gym and making it to my Zumba classes after work, but my nutrition falls by the wayside. Or, I can meal prep like a boss, with lean proteins, fruits and veggies and the occasional indulgence, but I camp out on the couch after work.

As it turns out, ransacking every cupboard in your kitchen searching for lids to all of your reusable food containers doesn't exactly count as a workout. (Though, at least with the way I do it, at the very least it counts as a little bit of cardio... Hey, it all adds up!)

Thankfully, it's finally warm enough to get in some activity outside. I love my workouts at the gym, but sometimes they feel like exactly that — work. While walks and hikes outdoors certainly can be strenuous, they don't have to be, especially at first. If you're looking for a new place for adventure, check out our story on the Indian Creek Nature Center in southeast Cedar Rapids (page 14). It's an old place with a new facility, and it's chock full of wetlands, riparian forests, maple sugar bush, tall-grass prairies and oak savannas.

Don't forget to slather on the sunscreen before you step out! 'Tis the season to get sunburned, so check out our story on page 20 to learn more about protecting yourself from the sun's warm but harmful rays.

So this is it, you guys. This will be the month I start to pull off both. I'll get my nutrition together with nutritious, tasty and quick meals — perhaps with a little help from the many pasta-related recipes on page 26! — and I'll work on my fitness, too, while taking care to not overdo it and following the plethora of advice in the story we've got on page 28.

Many farmers markets throughout our region also will open this month and next, which will make it even easier for me (and you!) to stock up on fresh produce! (Check out our guide to area farmers markets on page 32.)

Healthy living sometimes can be overwhelming. How do you guys pull it off? If you, too, are struggling, how can we help? Shoot me an email and let me know! The age-old proverb "it takes a village" applies here, too, I believe. And luckily, we've got one!

— *Laura Anderson Shaw*
editor@radishmagazine.com

Radish
HEALTHY LIVING FROM THE GROUND UP

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the grapevine

From our readers

"Reading the Radish makes me want to live a healthier life. Makes it sound so easy!" — *Shannon Johnson, Milan*

"Great publication." — *Amanda Bland, Durant*

"I look forward to the Radish every month. There are so many interesting articles for me to read." — *Pat Held, East Moline*

"I read Radish religiously. Thank you!" — *Theresa Bries, Davenport*

"Great magazine." — *Bob Naugle, Davenport*

"Many interesting articles." — *Norma Manning, Rock Island*

"Always learn something new and valuable." — *Katherine Lewis*

"Radish magazine is a great informational mag. I love when I get (it) in the mail." — *Connie Teshak, Bettendorf*

"I love your magazine for the articles." — *Ursula Love, Port Byron*

On the Road
with
Radish

We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine this month at the **The Growers Market**, 8 a.m.-noon Saturday, May 6, UnityPoint Health — Trinity Moline, 500 John Deere Road, Moline. For more information, visit growersmarkets.com.

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

Mark your calendars!

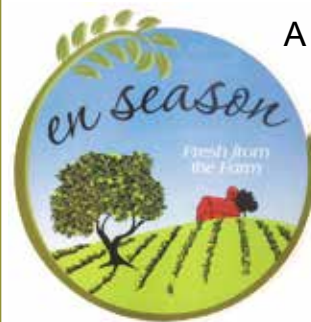


This year's Healthy Living Fair is just around the corner! Come and see us June 17 next to the Freight House — 421 W. River Drive, Davenport — again this year. Check out next month's issue and radishmagazine.com for a complete guide to everything and everyone you'll find at the fair!



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Peanut Butter Pretzel Energy Bites

All you need:

- 1 cup rolled oats
- 1 cup crushed Glutino pretzel twists
- 1/4 cup chia seed
- 1/4 cup shredded coconut
- 2 tbsp agave
- 2 tbsp coconut oil
- 1/4 cup peanut butter

All you do:

1. In a large mixing bowl, combine all ingredients and mix.
2. Roll the dough into small balls.
3. On a cookie sheet or plate lined with parchment paper, place balls 1-2 inches apart.

4. Freeze for 20 minutes.

Nutrition per serving: 170 calories, 11g fat, 4.5g saturated fat, 0g trans fat, 0mg cholesterol, 105mg sodium, 18g carbohydrate, 3g fiber, 5g sugars, 4g protein. Daily Values: 0% vitamin A, 2% vitamin C, 4% calcium, 6% iron.

Source: Adapted from glutino.com



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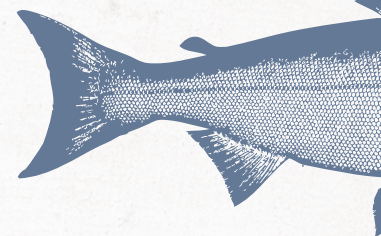
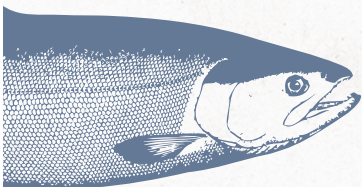
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healthy living from the ground up

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Stephanie Sellers displays a tray of goodies at her business, Baked Beer & Bread Co., in the Village of East Davenport. (Photo by Brian Achenbach / Radish)

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radishmagazine.com

Researchers have found something that we should all worry about, CTW Features reports.

In a recent study conducted by CaseWestern Reserve University School of Medicine, researchers found a troubling increase in infections in children caused by antibiotic-resistant bacteria, according to the CTW Features story. The infections increased by 700 percent, researchers found.

The study, published in the March issue of the Journal of the Pediatric Infectious Diseases Society, was the first to examine antibiotic-resistant bacteria in children on a comprehensive basis, CTW Features reports.

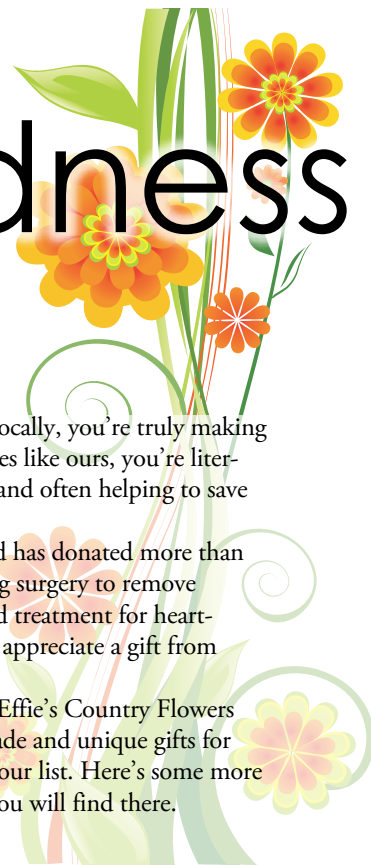
Read more of this story from CTW Features at radishmagazine.com.



healthy living

Mother's Day madness

Local gifts for every mom



By Natalie Dal Pra

It can be a challenge to find the perfect Mother's Day present. We have all made the mistake of purchasing a cleaning product or kitchen appliance for our mom and leaving her feeling underwhelmed and unappreciated. This Mother's Day, opt for something more personal, and shop local while you're at it.

Shopping local keeps your money in the Quad-Cities, supporting shop owners and makers, and in the case of a nonprofit such as Rescued Resale Shop in Moline, you're also contributing to a good cause. A portion of Rescued's proceeds go to help area animals in need.

"I personally feel it's important to shop locally because this helps the community to really thrive, and it also allows you to know exactly where your money goes," says Erin Granet, co-owner of Rescued. "It's very

empowering to know that by purchasing items locally, you're truly making an impact on the local economy. And in instances like ours, you're literally making a difference in a pet's quality of life and often helping to save a life."

Since opening in September 2015, Rescued has donated more than \$30,000 to help assist with procedures, including surgery to remove growths and tumors, life-saving amputations and treatment for heartworms. If your mom is an animal lover, she will appreciate a gift from Rescued.

Local shops such as Crafted QC and Miss Effie's Country Flowers and Garden Stuff also have plenty of custom-made and unique gifts for any mom, grandma, aunt or mother-figure on your list. Here's some more information about each of the shops and what you will find there.

Natalie Dal Pra is a regular Radish contributor.

Rescued

Address: 2105 16th St, Moline

Owners: Erin Granet and Kristine Westmoreland

About the shop: The consignment shop and boutique is nestled inside an old Moline home. There, you will find women's and children's clothing, home decor, books, kitchen items, vintage knickknacks and more at affordable prices. The shop donates a portion of its proceeds to area animals in need.

Gift Ideas: Inventory at Rescued rotates frequently as it is a consignment shop, but, it also sells new pieces by local artisans.

Granet and Westmoreland suggest handmade jewelry, such as paw print necklaces by Kimberly Pierce, which are \$38; customizable charm bracelets that have been donated to the shop (which cost \$3-\$10) and handmade birdhouses, which vary in price from \$10 to \$25 depending on their size.

Rescued also is hosting a plant sale on May 5 and 6 that will feature outdoor plants, succulents and outdoor decor.

For more information: [facebook.com/shoprescued](https://www.facebook.com/shoprescued)



Submitted
Handmade necklaces by Kimberly Pierce are available at Rescued, 2105 16th St., Moline.



Submitted
Handmade aprons are available at Miss Effie's 27387 130th Ave., Donahue, Iowa.

Miss Effie's

Address: 27387 130th Ave, Donahue, Iowa.

Owners: Cathy and Cliff Lafrenz

About the shop: Miss Effie's is a you-pick flower farm and shop. The "Summer Kitchen" houses handmade gifts including knitted items, baked goods, jellies and jams, and more.

Co-owner Cathy Lafrenz says it's the perfect place to visit when you want to relax and unwind.

"You should visit Miss Effie's to refresh and heal your soul. It is not fancy; it is not pretentious. It has a great view of the Iowa countryside and gives you the opportunity to sit and unwind."

Gift ideas: Lafrenz suggests bowl covers (for \$15) for those who like to be environmentally friendly. The fabric covers eliminate the need for foil or plastic wrap when storing food.

The shop offers handmade aprons with large pockets, which are ideal for cooking and gardening enthusiasts. Lafrenz says she uses hers to collect tomatoes from the garden. They range in price from \$40 to \$50.

You-pick flower season does not begin until mid-May at the earliest, Lafrenz says, but a trip to Miss Effie's for flower picking would make a lovely belated Mother's Day gift.

For more information: [misseffiesflowers.com](https://www.misseffiesflowers.com)

Crafted Quad Cities

Address: 217 E. 2nd St.,
Davenport

Owner: Mary Talbert

About the shop: Crafted QC is a shop and work space in downtown Davenport. The shop features work by more than 100 artists and makers, and includes one-of-a-kind art, jewelry and home decor, local bath and body products, candles and more. The shop also hosts classes where you can learn how to make your own unique pieces.

Gift Ideas: Crafted also sells Kimberly Pierce's jewelry, which ranges from \$40 to \$80, including a copper bear necklace that says Mama; sterling silver bird necklaces; and a sterling essential oil diffuser necklace, which Talbert says helps give mom "some zen time."

Talbert also recommends giving mom "a little relaxy" time with organic vegan bath bombs by I Don't Know Bath Co., based out of Moline. They are four for \$15 or six for \$20.

Moms who love reading will appreciate the book "Mama Bear's Manifesto: A Mom's Group Guide to Changing the World" by Davenport author Leslie Klipsch, for \$15; and the "Mama Bear" mug, which also is \$15.

Handmade bags and wallets from The Ruka Shop are both cute and functional for any mom on the go. Prices for these items vary from \$28 to \$60.

Hand-blended teas from Bettendorf tea maker Elizabeth Brinson pair perfectly with hand-painted mugs from Early Bird Designs. Tea and mug combos are \$42.

Unique fabric flowers are gorgeous and give mom a bouquet that lasts forever. They are \$6 per flower, or \$60 for a dozen.

For more information: facebook.com/craftedqc



Submitted
Hand blended teas pair perfectly with hand-painted mugs, available at Crafted Quad Cities, 217 E. 2nd St., Davenport.





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Quad Cities Earth Coalition

New focus, new name, same passion

By Lindsay Hocker

The Quad Cities Earth Coalition is on a mission to help the environment as the community's go-to resource for stewardship opportunities and information.

Formerly called the Quad Cities Earth Week Coalition, the group transitioned and re-branded for a year-round focus, which included re-launching the website, qcearth.org, on Valentine's Day.

"It seemed fitting with our newly redefined purpose and re-branding — demonstrating our love for the earth and our natural resources year-round, not just one week a year," says coalition chair Robbin Dunn, who also is with the City of Davenport Public Works.

Group officers also include representatives from the Bi-State Regional Commission and Rock Island County Waste Management Agency (vice chair Laura Berkley; Rock Island County Soil & Water Conservation District (secretary Sarah Fitzgerald); and City of Davenport Parks and Recreation (treasurer Ryan Merritt).

The Coalition's mission is to help citizens understand their responsibility in creating a sustainable environment through environmental education and activities.

Its website is packed with information, including resources on agriculture and food, water, and energy; contact information for organizations with volunteer opportunities; membership information and a calendar of activities going on throughout the area, from cleanups to educational events.

The group originally was developed in 2003 "to align and network environmental resources to educate the community about individual impact on the environment and sustainable choices," according to a news release.

The organization used to put together the Quad City Earth Week Fair. Dunn says at first, it was effective in raising awareness of environmental issues, but over the years, members found it less and

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Submitted

Attendees of the Quad Cities Earth Week Fair in 2012 sort litter from recycling at the Waste Commission of Scott County's booth. The former Quad Cities Earth Week Coalition that hosted the event has rebranded itself as the Quad Cities Earth Coalition, and has revamped its mission.

less effective in connecting the community to experiences that make a difference for the environment.

"With our new purpose and website, we don't have to be confined to sharing these resources on a few days a year, rather we can share them year round," Dunn says. People are busier now than ever before, she says, and some might have missed out on the opportunity to attend the fair because of their schedules.

The purpose of the coalition now is to actively pursue, promote and provide resources relating to environmental stewardship; awareness of environmental issues; best management practices; and

understanding of personal responsibility in creating a sustainable environment.

"Now, accessing information, resources and opportunities from multiple agencies is at the fingertips of those who are interested right from the comfort from home, school or work," Dunn says. "When individuals are ready to learn more or have a little extra time to take action on things they have been thinking about, it's all right there at our one-stop, regional environmental resource shop."

Dunn says that during the last decade, there has been an increasing number of resources with a growing focus on local resources and sustainability, versus previous concerns on the broader topic of caring about — and for — the Earth. These changes have helped people take action.

"With growth, we know more, too," including "how to be better stewards of our resources. Whether simple or complex, solutions are out there," she says. "It often all comes down to ensuring an informed citizenry who care enough to make a difference through the choices they make and the actions they take."

To become a member of the Quad Cities Earth Coalition, individuals and organizations must support the coalition's mission and complete a membership application.

Dunn says there are many local fun, enriching, hands-on learning experiences and opportunities that sustain our natural resources, and participating in them offers a great way to meet people while having fun.

While environmental problems can seem daunting, Dunn encourages people to jump in and get involved in whatever capacity they can, because even small actions make a positive difference for the environment.

"Don't be afraid to start small or simply, or if you only have time to make simple changes or take simple actions such as picking up a piece of litter," she says. "Feel pride no matter how big or small your contribution; collectively, all actions and environmentally positive choices do make a difference."

Lindsay Hocker is an occasional Radish contributor.

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Unsure about supplements?

Check in with an expert

By Ann Ring

Melatonin, flaxseed, fish oil, prebiotics, probiotics, black cohosh, calcium, omega-3 fatty acids, vitamin D, ginseng — the list of supplements goes on. But when it comes to our health, are dietary supplements necessary? Are they effective? Are they safe?

According to the Dietary Supplement Health and Education Act of 1994, a dietary supplement is a product intended to supplement or reinforce the diet, is taken by mouth, and contains a “dietary ingredient” such as minerals, vitamins, amino acids, enzymes and the like.

There are three types of supplements: natural supplements, which are extracted from plants, animal tissues or inorganic material; semi-synthetic supplements, extracted from natural sources and chemically changed; and synthetic supplements, which are artificially produced.

Market analytics say top-selling herbal supplements in 2014 were horehound, a key ingredient in throat lozenges; cranberry, which is popular for its claimed benefit of helping maintain urinary tract health; echinacea, used widespread during cold and flu season; black cohosh, a popular aid to manage menopausal symptoms; and flax or flaxseed oil, a source of plant-based omega-3 fatty acids that helps to manage high cholesterol and heart disease.

When it comes to whether we should take supplements, people’s opinions vary. Some believe in taking them religiously every morning; some shy away from taking them at all and some are in between — they agree there’s a place for them, but with qualifiers. There also are those who question the quality of supplements, the integrity of the industry, and the U.S. Food and Drug Administration’s ability to police the industry under DSHEA.

According to the National Institute of Health Office of Dietary Supplements, scientific evidence shows that some supplements are beneficial for overall health and for managing some health conditions, and there’s a link between certain nutrients or supplements and the prevention of chronic diseases such as cancer, heart disease and osteoporosis.

However, dietary supplements are not intended to treat, diagnose, mitigate, prevent or cure disease, and in some cases, supplements might present some unwanted effects or no affect at all.

Have you ever considered taking supplements, multivitamins included? Will your overall health be lacking if you don’t? The best person to ask is your health care provider, or a certified nutritionist like Tamara Bogosian White.

For 37 years, Bogosian White’s family has owned Better Life Nutrition Center in Moline. As a certified nutritionist, her job is to see that clients’ nutritional needs are met. While she personally believes that supplements are important because most people find it difficult to get all of their nutrients from food, “there’s no pat answer for anyone asking about supplements,” she says.

Through individual consultations that consider diet, exercise, medications, lifestyle, stress, health needs and more, Bogosian White can tailor an individualized nutrition program for anyone, including children.

“Especially for people taking medications, we want them to check with their



Tribune News Service

You don’t necessarily need to take multivitamins and supplements.

doctor to make sure those medications and supplements will work together properly,” she says.

Bogosian White says supplement brands vary and can make a difference. Taking supplements manufactured by trusted brands is important because the manufacturer is responsible for ensuring that a supplement is safe before it is marketed; the FDA is only responsible for taking action against any unsafe supplement after it reaches the market.

All of the brands Better Life offers “are GMP (Good Manufacturing Practice) certified,” Bogosian White says. The GMP system provides guidelines to ensure products are consistently produced and safe, according to the FDA’s website.

Other local health foods stores also offer an array of supplements.

UnityPoint Health — Trinity heart center clinical dietitian Jeni Tackett also is not an advocate of taking supplements without a consultation. “A lot of people aren’t getting what they need in their diets, such as vitamin D,” she says, so she looks at what foods a person is eating, and which foods can be added to meet their nutritional needs.

Tackett prefers proof of a person’s nutritional needs through hard data — say, a blood test. But even then, as the saying goes, it might not be an exact science. Each of us are metabolically unique; we absorb nutrients differently, we process certain vitamins at different rates and we all have individual nutritional needs.

“If someone has a deficiency, I think about what foods can you add to your diet, rather than what supplements should you take,” Tackett says. “Can the body absorb everything in a multivitamin, for instance? It’s questionable.”

Conventional wisdom: meet with a specialist before taking any supplements.

Ann Ring is a frequent Radish contributor.

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outdoors

Indian Creek Nature Center

New space, same mission

By Annie L. Scholl

Kelli Eggert is on a “mission” to hike with her 3-year-old son, Charlie.

When it comes time to head outdoors, one of their favorite places to go is the Indian Creek Nature Center, Iowa’s only private, nonprofit nature center. The southeast Cedar Rapids center features about four miles of trails that wind through 210 acres of wetlands, riparian forests, maple sugar bush, tall-grass prairies and oak savannas.



Submitted
Children enjoying an activity
at the Indian Creek Nature
Center in Cedar Rapids.

The mother-son duo especially enjoy spending time on the “Sense of Wonder Trail,” which is a trail and playscape created for children and adults to explore nature.

“I feel like he (Charlie) is at an age where free play outside is incredibly valuable,” says Eggert, 30, a single mother who lives in Cedar Rapids.

Last September, Eggert took her son to attend the opening of Amazing Space, the nature center’s new building and campus. A converted 1930s dairy barn had served as the center’s headquarters since the 1970s, but it proposed accessibility issues for people with disabilities, a lack of space for programming, and other challenges.

“Visitors love Amazing Space,” says Lindsey Flannery, the center’s business development coordinator.

She calls the new building a “gateway for all the exciting things that are

happening here.” In 2017 alone, the center added six new events, including farm-to-table dinners, a concert series and free weekly summer yoga classes. In January, the center’s Backcountry Film Festival sold out with 200 attendees, and in March, more than 3,000 people attended the center’s Maple Syrup Festival.

“I’m excited that we are offering more opportunities for recreation in nature so more people are connecting and recognizing the value of natural spaces to our community and to the world,” Flannery says.

Amazing Space was built on what was farmland until 1996. After the land was purchased, volunteers tore out miles of fence line, planted more than 3,000 trees, built trails and seeded 20 acres of prairie where crops once grew.



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From the start of the building project, the nature center was committed to minimizing its impact on the environment. That's why it's seeking to achieve the Living Building Challenge, which goes beyond Leadership in Energy and Environmental Design (LEED) certification to focus on true sustainability with no negative environmental impact during construction or operation.

The 12,000-square-foot facility is powered by hundreds of solar panels and a geothermal energy system. It also has other sustainable features, including:

- Gutters and downspouts that connect to a water collection basin
- Insulation made from sand and recycled glass
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- Windows that look like cobwebs from the outside to help prevent birds from hitting them
- Reclaimed wood from a Marion barn
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Eggert, for one, is pleased with the center's focus on sustainability. "I'm very conscious of our energy use and its impact on the environment," Eggert says. "It's great to see the nature center taking the steps to decrease their use."

Flannery says the center wants to attract new people to it — "even those who don't consider themselves 'outdoorsy,' to see what a gem we have here."

"We want to inspire people to get into nature themselves," she says.

Before she began working at the center in March 2014, Flannery frequented the nature center trails and explored the property with friends. "It was actually introducing myself to John Myers, the executive director, at a networking event to tell him how much I loved this place that led to my position here," she says.

"It's really important to me to devote my time and energy to a cause I genuinely care about," she says. "I am incredibly passionate about the importance of everyone spending time outdoors. Plus I love being surrounded by nature every day. The view out my window is phenomenal."

The center's vision, she says, "is to create champions of nature, meaning people who care deeply about nature because those are the people who work to protect it. This helps us achieve our mission to create a more sustainable future. This is exciting to me because this is what can affect real change in the future and ensure that future generations have places like the nature center to explore and enjoy."



The center's vision "is to create champions of nature."
— Lindsey Flannery, business development coordinator

Indian Creek Nature Center, in Cedar Rapids, is Iowa's only private, nonprofit nature center.

Submitted

For some children, a field trip to the nature center is their only real experience in nature, Flannery says. "These experiences help move people, especially kids, from misunderstanding or even fear of nature to interest, curiosity, excitement and passion for the outdoors. And people who are passionate about the outdoors will be our next generation of nature stewards."

In a day and age where many of us are more engaged with electronics than nature, Flannery says spending time outdoors is not only healthy, but also "necessary."

"More and more research demonstrates the link between time spent outdoors and general health," she says.

One study in the American Journal of Public Health, for example, showed that children who spent time in green outdoor settings reported fewer symptoms of attention deficit hyperactivity disorder, or ADHD.

Eggert sees the benefits of spending time outdoors

with Charlie, whom she calls an "independent soul" who likes to lead the way. While they hike, they talk about the sounds they hear and the animals they see. Charlie likes to name the trees they encounter, too.

They also collect sticks, rocks and acorns.

"Each time we go for a hike, he is learning about something different — from discovering his own limitations to discovering how a puddle moves when a rock is thrown into it," she says. "His ability to learn through play and self discovery will be beneficial when he is older."

While Eggert admits she misses the center's old barn building — "there was something homey about it," she says — she calls the new building beautiful, modern and inviting.

"I think my favorite part is how open it is," she says. "You can see outside from almost anywhere because of the open layout and many windows. They've even included a great patio that looks out over the pond to the children's learning trail."

The old building was small and needed to be upgraded, Eggert says. She sees the new facility as a great way to bring more people out to explore the center and the trails.

"Families should take advantage of the center because it's a great place to get you outside, exercising and exploring as a family," she says. "There is something for everyone and programs to help you get started and help you learn more about the world around you."

Annie L. Scholl is a frequent Radish contributor. For more information about the Indian Creek Nature Center, visit indiancreeknaturecenter.org.

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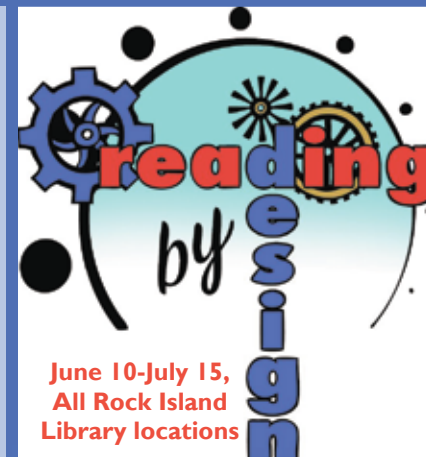
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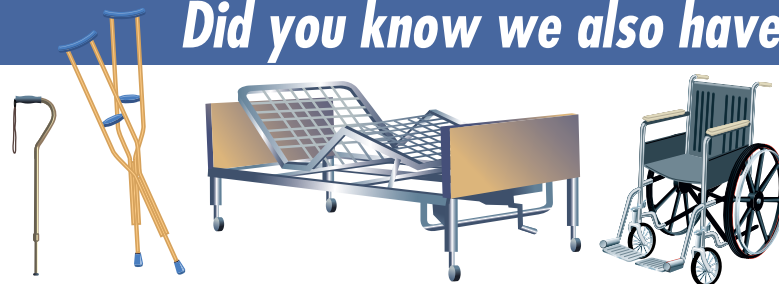


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Photos / Meg McLaughlin / Radish
Baked Beer & Bread Co. co-owners Bill Sheeder and Stephanie Sellers, both Q-C natives, pose for a photo outside of the bakery, brewery, restaurant and live music venue in the Village of East Davenport.

Get Baked

Many flavors cook up varied Village business

By Jonathan Turner

Bill Sheeder and his fiancée, Stephanie Sellers, must be great jugglers. They've got many balls in the air at their new, growing business, Baked Beer & Bread Co., at 1113 Mound St., Village of East Davenport.

Opening last November as a bakery, the spacious wood-planked building also is a bar, restaurant, brewery and live music venue. The 100-seat restaurant opened with a special "420" fest April 20-23.

"There are so many moving parts," says Sellers, 29. "We've had to open in steps."

Sellers owned The Sweet Life, a LeClaire bakery, from 2010 to 2014. The couple started BREW in Davenport in Sept. 2014, and recently sold it to focus on the rising Baked.

Sheeder, a 35-year-old Rock Island native, and Sellers wanted to expand BREW's offerings, but there was no kitchen. The limited menu has

used a TurboChef oven behind the bar.

The Baked building — the former Woodland Art Gallery — had been for sale in 2012. In 2015, Sheeder asked if it was still available.

"I brought her here, and she thought I was crazy," he says. "I looked through the window and thought, 'This would be an amazing restaurant. I really want to do this. It would be awesome.'"

Sheeder has owned Top Notch Cleaning offering commercial cleaning services since 2013; it's still his main business with 20 employees. BREW and Baked put his food-service background into practice, after several years — including management — for pizza places such as Harris, Little Caesars and Bad Boyz.

"There's more than a little personal fault of ambition," he says, of getting Baked.

"It grew into such an ambitious project," Sellers says, noting they wanted to make their own bread, desserts and beer to take BREW to the next level. "Then we started looking for a place and



Samples of fresh muffins at Baked Beer & Bread Co.

came across this place. It bloomed into this much bigger project.”

The rustic 6,000-square-foot Baked building is six times the size of BREW, and the partners have done extensive renovations totaling about \$1 million. Triumph Community Bank has helped finance the work.

They opened the bakery in November with a front retail counter. The goodies include sourdough, rye, baguette, challah, focaccia and brioche breads; croissants, danishes, scones, cinnamon rolls, pound cake, cookies, cupcakes, brownies and flourless cakes.

They gutted a loft area and added a 35-foot-long wood-paneled bar, kitchen, beer-making equipment, railings, stage, TV screens, indoor hanging lights and handicapped accessibility.

Sheeder's friend Michael Peters, who owns Milan-based Rusty Spur Designs, installed barn boards — some from barns more than 100 years old — including a huge American flag on a wall that's a popular photo op for customers.

The couple opened the bar — with, like BREW, a healthy selection of locally made craft brews — for the GAS Feed & Seed Fest in mid-February, which featured a catered dinner the first night with 100 people, including 30 artists. Baked hosted live music from 25 acts during the GAS Fest, and plans to have live music every weekend.

The two also launched the annual East Fest on Labor Day weekend 2015, along a blocked-off 11th Street. Sean Moeller is the booking manager for that, as well as GAS Fest and many of the regular Baked shows.

“The Village needs more festivals and stuff going on,” Sellers says. “We have such a unique music scene in the Quad-Cities; it'd be such a shame not to take advantage of that.”

The first band at Baked — Susto — played on Super Bowl Sunday, Feb. 5.

“It's been great working Baked into a recently very active Village of East Davenport scene,”



Baked Beer & Bread Co. is a bakery, brewery, restaurant and live music venue at 1113 Mound St., Village of East Davenport.



Moeller says. “Bill and Steph are great to work with and they want great things to happen in the Village, for the betterment of the entire neighborhood. That's my slice of town too, so building the Village into a more prominent hot spot is just as important to me as it is to them and they've really doubled-down on the area.”

The couple hired Brian Traughber, who owns U.Brew, a home-brewing supply and equipment store in Moline, to make their own beer — including a porter, Irish red, IPA and a light wheat beer — and Baked plans monthly tastings.

Since April, Baked has grown from 20-plus employees to about 50. The restaurant will open daily for lunch at 11 a.m., serving food continuously until 10 p.m. Bakery hours are 7 a.m. to 6 p.m. Tuesday-Friday, and 8 a.m. to 4 p.m. Saturday and Sunday.

“The food is gonna be phenomenal,” Sheeder says, calling

it “upscale comfort food; a lot of carbs.” They also have a light acoustic and jazz music Sunday brunch, which “will be unique and awesome,” he says.

Their chef, Phillip Winkler, who grew up in farm country in Anderson, Ind., has been an executive chef in Los Angeles, Nevada and Arizona. Most recently, he was top chef at the Prairie Links golf course in Waverly, Iowa.

“I'm a firm believer in farm to fork, and utilizing our local farmers,” Winkler says. “Obtaining the freshest ingredients as possible to provide you, our guests, an experience so that you will want to come back again and again.”

“Bill and Stephanie are amazing, and have a great vision for Baked, of which I am humbled and honored to be part of that team and vision,” he says.

Baked also sells breads and baked goods to local restaurants, including Central Standard, Bass Street Chop House, Front Street and the Figge Cafe. Sheeder says they eventually hope to distribute their beer to the area.

Contributor Jonathan Turner is a writer on staff with the Dispatch•Argus•QConline. For more information about Baked Beer & Bread Co., visit bakedbeerandbreadco.com.

Fun in the sun

Slather up with better-for-you sunscreens this summer

By Nicole Lauer

Summer is on the way and the living will be easy — that is, unless you are the one responsible for deciphering the back of sunscreen bottles to ensure your household is slathered in the right products. From creams to sprays and plenty of confusing ingredients, it could be tempting to pack up the beach chairs and stay home.

Assuming canceling summer is off the table, national chains and local stores alike offer plenty of sunscreen options. Here's a primer on some sun-safe lingo and some better-for-you options.

First, sun safety should, of course, be on the mind not just when the swimming pool is calling your name. The Centers for Disease Control and Prevention recommends applying broad-spectrum sunscreen with at least SPF 15 before heading outside, even when the skies are cloudy or the temps are mild. Broad-spectrum sunscreen protects against UVB and UVA rays.

Now that we've waded into some of the lingo that can cloud sunscreen-aisle decision making, here's a little more information on what all of it means. SPF is the assigned sun protection factor number that rates the product's effectiveness in blocking ultraviolet (UV) rays, which are harmful enough to damage skin in as little as 15 minutes, according to the CDC.

The American Cancer Society divides UV radiation into three wavelengths:

- UVA rays, which are the weakest, cause skin cells to age and cause some indirect damage to cells' DNA. These are linked mainly to long-term skin damage, such as wrinkles and possibly some skin cancers

- UVB rays have "slightly more energy" than UVA rays, with the ability to cause direct damage to the DNA in skin cells and are the main culprit for sunburns. As a double whammy, UVB also is thought to cause the most skin cancers.

- UVC rays have more energy than the other types of UV rays, but fortunately, are not ones to worry over in terms of sun exposure. ACS states these rays react with ozone high in the atmosphere and do not reach the ground. They are not normally a risk factor for skin cancer.

Consumer Reports describes SPF as a relative measure of how long sunscreen will protect you from UVB rays. If you'd burn after 20 minutes in the sun without protection, an SPF-30 sunscreen worn correctly could protect you for about 10 hours. But things get a bit murkier when you consider that calculation doesn't consider UVA rays, or the fact that ray intensity and wavelengths vary during the

20 **Radish** May 2017



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Most of us assume that all we need do to prevent sunburns and skin cancer from exposure to the sun is to slather on sunscreen. Options for better-for-you sunscreens abound at national and local retailers.

day, and real-life sun exposure generally involves some amount of water, sweat and other factors that can decrease effectiveness. Consumer Reports recommends staying out of the sun during the hours of 10 a.m. to 4 p.m.

The CDC states the best use of sunscreen is when combined with other options to prevent UV damage, including shade (from an umbrella or tree); long-sleeved shirts, long pants and other protective clothing; and wide-brim hats and sunglasses. Sunglasses that block UVA and UVB rays are given the highest marks for best protection. According to the CDC, whether you've sprung for pricey, high-fashion shades or gone the Dollar Store route, most sunglasses sold in the United States meet those standards.

In the Quad-Cities area, safer sunscreen options abound for those looking to slather up their loved ones for some fun

in the sun.

Hannah Clark, sales associate at Quad Cities Food Hub, 421 W. River Drive, Davenport, says sunscreen is not a product that graces the hub's shelves year round. Products started arriving in March, she says, including a waterproof sunblock from Mom's Products, a company ran by Bettendorf stay-at-home mom Amy Mack. She makes coconut oil body care products aimed at cutting chemicals for healthier living.

The Food Hub also carries Dr. Bronner's sun balm that tends to burns, rashes and tattoos.

Heritage Natural Foods manager Ellie DeMay says the stores in Moline and Davenport carry sun products year round. The stores carry almost the entire Badger line, a New Hampshire-based company that makes certified organic body care, lip balms, bug repellents and natural mineral sunscreens; and products from Alba Botanica, a company that says its "dedicated to making high quality, 100 percent vegetarian products that overflow with botanical ingredients."

Of Heritage's offerings, DeMay says her top pick is a Sun Shield Spray from MyChelle dermaticals. The product retails for about \$18, and DeMay says Heritage keeps it on sale at \$14.39.

"It goes on clear and is really easy to use," she says.

Whatever you decide is the best sun product for your crew, here's hoping there are many bright and shiny days ahead.

Nicole Lauer is an occasional Radish contributor

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It takes a community

Urban gardens flourish with help from local church, volunteers

By Cindy Hadish

A small church is providing sizable benefits through its urban gardens in Rock Island.

Spearheaded by one of its elders, Broadway Presbyterian Church, with about 100 members, has been addressing food insecurity, challenges faced by refugees and immigrants and more, by working the soil.

"I'm one piece of a big puzzle," says church elder Brian McMaster. "We're doing it with the help of our friends."

At age 70, McMaster, a retired Palmer College of Chiropractic anatomy teacher, says he is one of the younger members of Broadway Church, so much of the physical work is done by volunteers outside of the church.

McMaster devotes his volunteer time to the gardens, which have blossomed since they first were planted about seven years ago as a way to help refugees in the community. After realizing that some were unable to find work, the church linked senior refugees to a city program that offered land for urban gardens.

"It started out with helping them build their self-esteem," McMaster says of the refugees, who had experience as farmers and gardeners in their homelands or refugee camps and wanted to be productive when they came to the United States.

That first garden, rented from the city of Rock Island for \$1 per year, was on a vacant lot about five blocks from Broadway Church. Four Congolese and Nepalese refugee families worked the land, even as they continued to try to find work.

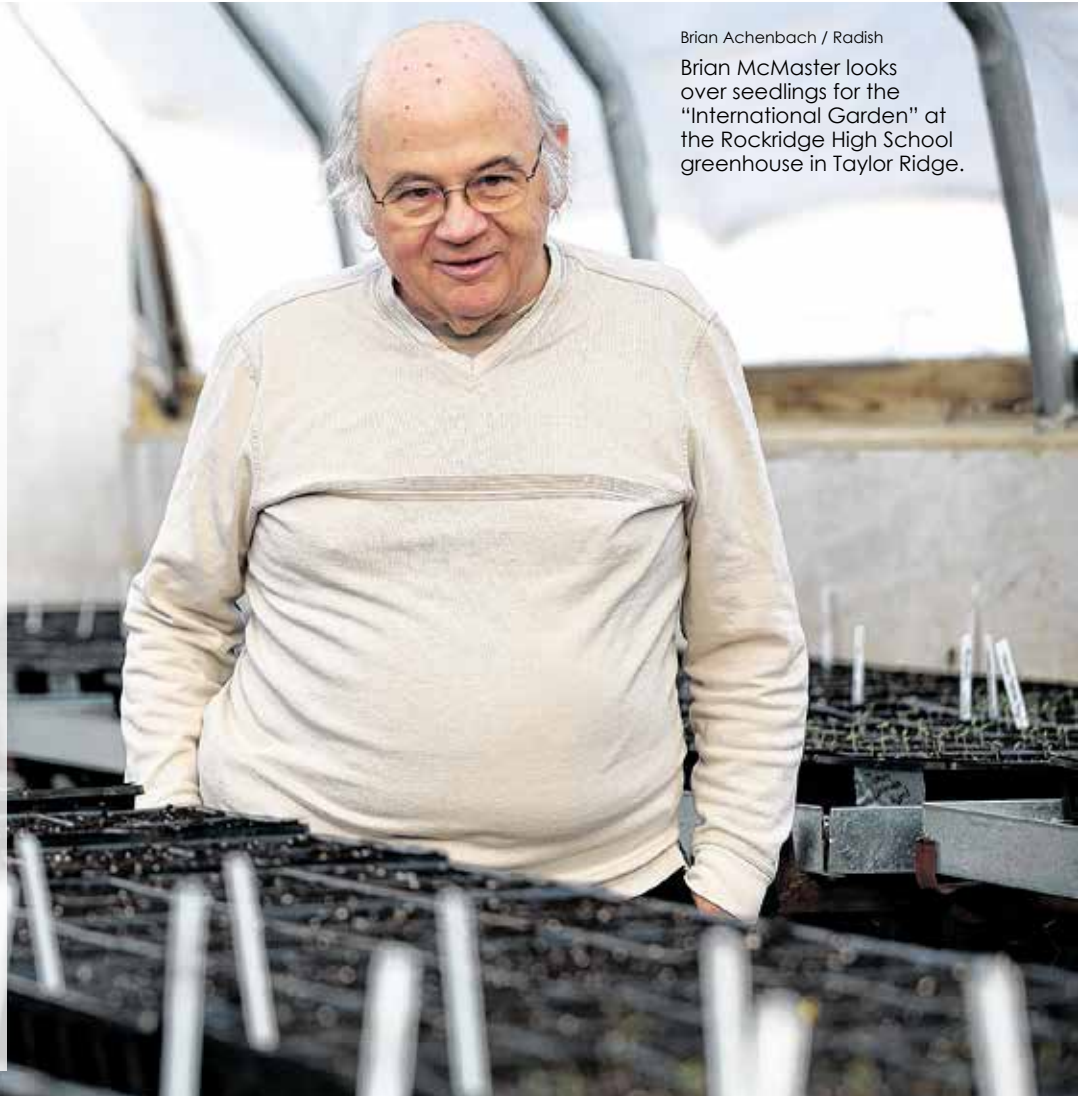
McMaster says some of the refugees speak several languages, but had difficulty with English, a notoriously difficult language to master.

"They couldn't get work because they couldn't speak English," he says.

Word spread about the small garden, which eventually led to a larger site on another plot of vacant urban land. This space now is what McMaster refers to as the "International Garden." About 100 African, Nepalese, Burmese and other refugee and immigrant families plant a variety of fruits and vegetables in their own plots in the garden, including some foods used in their native countries that were unavailable or unaffordable locally.

Brian Achenbach / Radish

Brian McMaster looks over seedlings for the "International Garden" at the Rockridge High School greenhouse in Taylor Ridge.



Such is the case with chin baung, translated from Burmese as "sour leaf," a type of hibiscus, or roselle. Just a handful of the leaves — used in stir fry and other dishes — sells for \$5-\$6 in stores, if it can be found at all, McMaster says.

The plant grows as a perennial in warmer climates, but the refugees were able to obtain seeds and grow the plant as an annual in their Rock Island gardens.

"It's wonderful," McMaster says of the taste of the leaves, which he described as a spicy, licorice-like flavor. Flowers from the plant are used in Mexico and elsewhere

Continued on page 24

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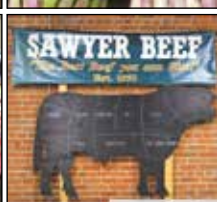


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gardens,
continued from page 22

to make drinks, he says.

“The plant is used everywhere, except in the United States. We learned about it from them.”

McMaster and other volunteers also learned about the hundreds of varieties of eggplant that go far beyond the basic purple variety grown in the Midwest, from tiny eggplants the size of a currant that are eaten raw, to unusual varieties that look like tomatoes with clefts on their sides.

Cabbage, okra, squash, gourds, beans, peas, kale, pak choi, cucumbers, radishes, onions, amaranth, Malabar spinach, tomatoes, peppers, lemongrass and exotic herbs are among the other plants grown in the gardens.

A grant from the U.S. Centers for Disease Control and Prevention to the church and Be Healthy QC helped support the gardens with the appointment of one person to coordinate the efforts. Be Healthy QC seeks to increase access to environments with healthy food options and to physical activity opportunities.

One retiree also has worked to maintain the gardening equipment through the Senior Community Service Employment Program, but otherwise, the gardens are maintained through the work of the gardener families and volunteers.

Activate Rock Island, mission groups and rotary clubs are among those volunteers, while a mysterious supply of plants a few years ago led to a school partnership.

McMaster says church members were finding flats of peppers, tomatoes and other seedlings at the doorstep, with no explanation. Eventually, they found that the plants were donated by the Rockridge High School FFA program, where students had heard about the refugee gardens and wanted to contribute.

The high school has a greenhouse, and McMaster says students from several classes at Rockridge — including introduction to agriculture; greenhouse crop, which is a dual-credit course with Black Hawk College, East Campus; and horticulture science — planted the plants, including those that later grow in the urban gardens, as well as plants that are sold at the Rockridge High School FFA plant sales.

This year, the school will host the plant sale on May 13, and another will be on May 20 at Broadway Presbyterian, 710 23rd Ave., Rock Island.

A school program in Galva, Ill., also donated a trailer full of plants.

“We could not operate without people doing things like that for us,” McMaster says.

The urban gardens have expanded to include a site at the Thurgood Marshall Learning Center, which became a community garden tended by volunteers and harvested by neighbors. The school also is becoming more involved.

Another site was added to serve as a test garden to experiment with soil



Brian Achenbach / Radish

Above: Freshmen Kylee Simons, Mia Freyermuth and Eliza Lilliman tend to the plants in the greenhouse at the Rockridge High School greenhouse in Taylor Ridge.

Below: A greenhouse sign sits propped up against a rack of potted seeds.

enrichment, techniques and other “best practices.”

Last year, the urban gardens produced at least 3½ tons of produce, which helped some 7,000 people “on both sides of the river,” McMaster says.

While most feedback about the work has been positive, he says that some people have objected to the appearance of some of the gardens. Many of the growers use practices other than straight rows, such as the Native American technique of “three sisters,” or plantings of beans that climb corn, surrounded by squash.

“It’s a great growing style that maximizes the land,” McMaster says, though one complaint was that those gardens “don’t look ‘neat.’”

He says that many of the practices use companion planting and other environmentally friendly methods that any gardener could benefit from knowing. The gardeners also are generous, giving their garden bounty away to neighbors and visitors, McMaster says.

“Spend five minutes in a garden with a refugee,” he says, “and you’ll learn a wealth of information.”

Cindy Hadish writes about local foods, farmers markets and the environment at homegrowniowan.com



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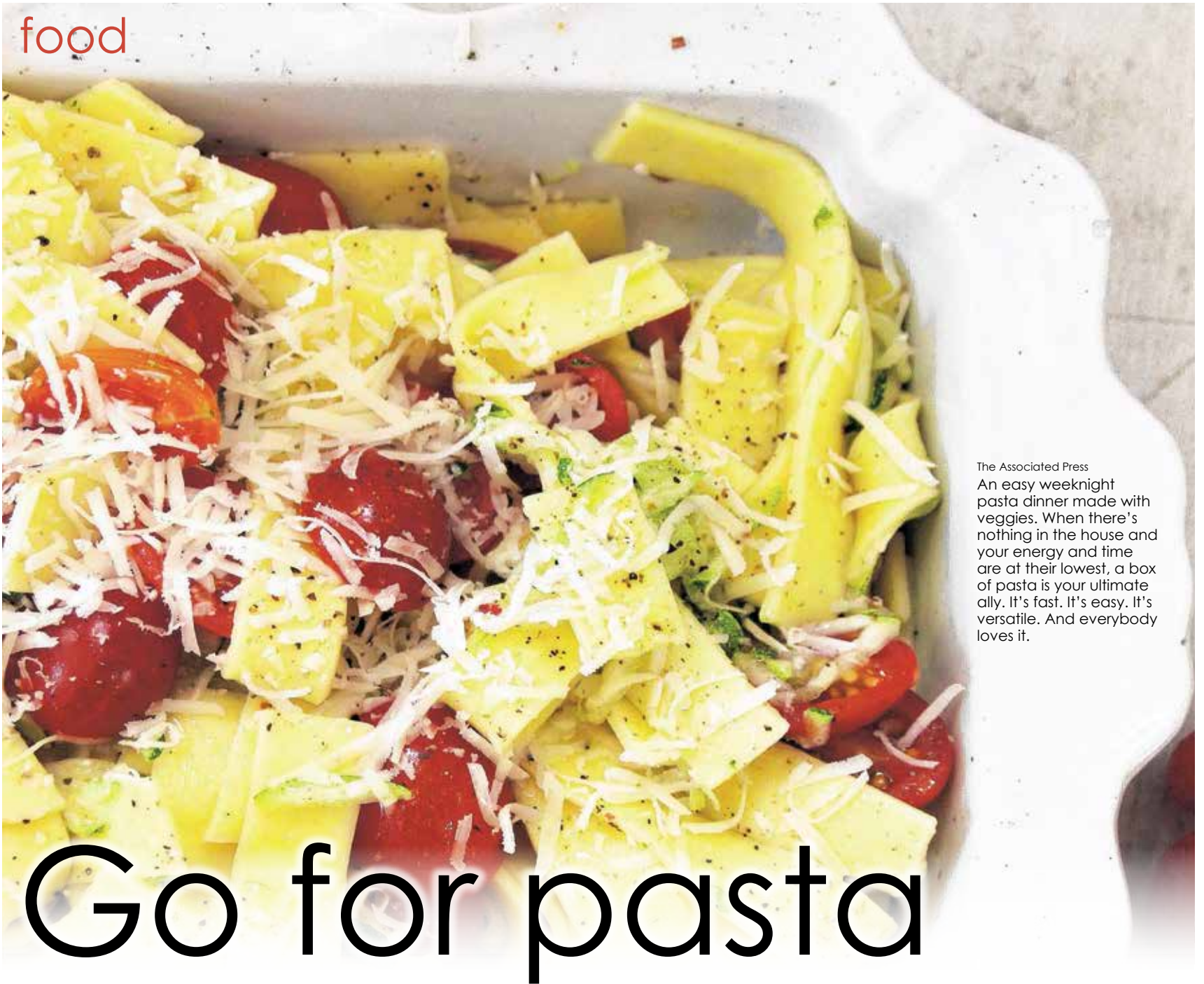
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food



The Associated Press
An easy weeknight pasta dinner made with veggies. When there's nothing in the house and your energy and time are at their lowest, a box of pasta is your ultimate ally. It's fast. It's easy. It's versatile. And everybody loves it.

Go for pasta

10 fresh easy dinners with a box of pasta

By Alison Ladman
The Associated Press

On crazy weeknights, sometimes the only thing standing between you and yet another order of takeout ... is a box of pasta.

Because a box of pasta is like that been-through-it-all-with-you friend, that dinnertime Swiss Army knife that can be counted

on in your time of need no matter what the day has tossed your way. When there's nothing in the house and your energy and time are at their lowest, a box of pasta is your ultimate ally. It's fast. It's easy. It's versatile. And everybody loves it.

All you need is a box of pasta and a little inspiration. You provide the pasta. We got you covered on the inspiration. Here are 10 easy pasta meals to solve your weeknight dinner woes.

10 ways to easy pasta dinners

Start with 12 ounces of any shape pasta, cooked and drained according to package instructions.

SHRIMP: In a large skillet, heat 3 tablespoons olive oil, then add 4 cloves thinly sliced garlic and cook until just starting to brown. Add 2 diced large tomatoes and 1 finely chopped small red onion. Cook for 2 minutes, then add 1 pound peeled and deveined cooked shrimp. Cook just until heated through. Stir in the pasta and add 1 cup torn fresh basil leaves. Serve topped with additional olive oil and shaved Parmesan cheese.

THAI CHICKEN: In a skillet, cook 1 chopped large yellow onion in 1 tablespoon vegetable oil. Add 1 cup grape tomatoes and 2½ cups shredded cooked chicken meat. Stir in a 14 1/2-ounce can light coconut milk and 1 to 2 tablespoons red curry paste. Bring to a simmer, then add the pasta. Stir in 1 tablespoon fish sauce, if desired. Serve with lime wedges and chopped fresh cilantro.

BROTHY BEEF AND MUSHROOM: Cook 8 ounces button mushrooms (whole or sliced) in a skillet with a little olive oil. Transfer to a plate, then cook 1 pound thinly sliced flank steak in a bit more oil. Season with salt and black pepper. Add 1 cup low-sodium beef broth and 1/2 cup low-sodium chicken broth. Stir in the pasta and mushrooms. Serve topped with chopped fresh chives or scallions.

PEANUT AND ROASTED RED PEPPER: In a blender, combine 1/2 cup peanut butter, 1/2 cup low-sodium chicken broth, 2 tablespoons rice vinegar, 2 tablespoons low-sodium soy sauce and a pinch of red pepper flakes. Adjust the consistency with water, if needed. In a large skillet, gently warm the pasta and a 12-ounce jar of drained, sliced roasted red peppers. Add the peanut sauce and heat until warm. Serve topped with sliced scallions and ground black pepper.

ROASTED BUTTERNUT SQUASH AND CHICKPEAS: On a foil-lined rimmed baking sheet, combine a 15-ounce can of chickpeas (drained, rinsed and patted dry) with 2 cups cubed butternut squash. Toss with olive oil, salt, black pepper and 1 tablespoon coriander seeds. Roast at 400 degrees until golden brown and tender. Toss with pasta, the zest and juice of 1 lemon, and additional olive oil.

QUICK VEGGIE: In a large bowl, toss together a grated medium zucchini, 1 pint halved grape tomatoes, 2 cloves minced garlic, the pasta and a healthy drizzle of olive oil. Season with salt and black pepper, then top with grated Romano cheese or crumbled feta.

KALE AND SAUSAGE: In a large skillet, brown 1 pound loose sausage meat or crumbled chorizo. Add 1 sliced large onion and a pinch of red pepper flakes. Cook until tender. Add 5 ounces baby kale and wilt. Stir in the pasta and serve.

CREAMY HAM AND PEA: Melt 2 tablespoons butter in a large skillet. Add 1 diced medium yellow onion and cook until tender. Stir in 1 tablespoon all-purpose flour and stir to coat. Add 1 cup low-sodium chicken broth and whisk together. Add 1/2 cup heavy cream and whisk again. Bring to a simmer, then add 2 cups diced ham and 2 cups frozen peas. Cook for 3 minutes, then stir in the pasta.

COTTAGE PIE: Boil 2 diced medium Yukon gold potatoes until tender. Meanwhile, in a large skillet with a splash of vegetable oil, brown 1 pound ground beef with 1 diced medium yellow onion. Stir in 4 ounces cream cheese until melted. Season with salt and black pepper. Stir in 1 cup frozen corn kernels and warm gently. Add the pasta and potatoes.

BACON, LEEK AND SWISS: In a large skillet, cook 2 large diced leeks in 4 tablespoons (1/2 stick) butter over medium heat until very tender. Stir in 1/2 cup low-sodium chicken broth and 2 tablespoons chopped fresh thyme. Add 1 cup crumbled cooked bacon and stir in the pasta. Stir in 1 cup shredded Swiss cheese.



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Radish
HEALTHY LIVING FROM THE GROUND UP



Get fit, be safe

Exercise caution at the gym, too

By Chris Cashion

We know the drill — Jan. 1 arrives, and we make our enthusiastic New Year's resolutions. We buy the gear, sign up for the gym and stock our refrigerators with healthy food.

But oftentimes, a few weeks in, the couch looks more inviting than the treadmill, and the sugary snacks start calling from the pantry. Before we know it, we're staring summer right in its hot, sticky face, and we've made little progress on our resolutions.

If you're reading this with hopes of finding an easy, quick fix to your fitness woes, you won't find them here. After talking to some area fitness experts, we have found the general consensus is this: some

things can accelerate your fitness results, but to reach your goals in a way that's safe and effective, you're going to have to dig up some good, old-fashioned determination and put in hard work.

There is no magic pill, and yes, it probably will be tough. But if you're still reading, that means you're up for the challenge — or at the very least, you're curious enough to want to learn more.

It may seem like common sense, but the first thing you need to do is determine what your goals are, and be sure they are reasonable.

"Maybe you want to be bigger and stronger; maybe you want to be smaller. Whatever your goals are, planning and consistency are important," says Josiah Lorentzen, owner of The Foundation, formerly Quad City CrossFit, in Davenport and Moline.

"And people don't always like to hear it, but losing anything more than one to two pounds a week is a lot, unless someone is really heavy."

Experts agree that safety must be one of your main concerns. If you injure



File / Brian Achenbach / Radish
Bethany Carbajal, of Moline, holds onto weights as she works out at a Les Mills Body Pump Express class at the YMCA in Moline.

yourself right out of the gate, your progress immediately will be slowed.

"It doesn't matter how much weight you can lift or how fast you can complete an exercise or series of exercises if they are done with poor form. Not only do you risk injury like this, but you don't get the full benefit of the exercise," says Jon Hunt, owner of 8 ONE 8 Fitness, Davenport.

"Also, an important side note, if you don't know how to do a particular exercise, don't just follow the first YouTube video that you come across, and don't just watch people at the gym. Oftentimes those people will not know any more than you and have just mimicked someone else. When in doubt, ask for help. Don't be too proud — there are plenty of people around willing to take the time to help. We are

all in this together."

Lorentzen agrees. "Make sure your movement quality is spot on, no matter what your activity. A lot of people who start CrossFit get competitive too quickly. Until our clients can move extremely well, we don't even load our bars with weight. We need to see safe movement first," he says.

Whether your workout of choice is lifting, running or yoga, you tend to get what you put in, according to Kela Ganzer, who owns Backwards Yoga in Eldridge.

"Even in a slower, gentle, candlelight yoga class, you could receive a great physical benefit from that versus a power yoga class if your mind is right," Ganzer says.

The most resounding piece of advice among our experts is to avoid the "get fit quick" mentality, but if you are trying to get results quickly, they want you to do it safely. Often, that means turning to professionals.

They suggest looking for certification from coaches, trainers and teachers,

checking to see how long they have been in business and finding someone who feels like a good fit for you — or, as Hunt says, “someone who is not just going to bark orders and count reps.”

He adds that your coach should be someone who pushes you, challenges you and can take you out of your usual comfort zone — but with the right amount of encouragement and inspiration.

“Your coach should be your biggest supporter and cheerleader throughout the process,” Hunt says.

Mixing up your workouts is another key. Lorentzen says that’s one of the things that made CrossFit-style workouts so successful. “They specialize in not specializing; it’s one of the greatest statements in CrossFit, but it’s true. It’s all about GPP, or general physical preparedness; it gets you in general good shape like nothing else,” Lorentzen says.

Ganzer says mixing things up applies to yoga as well.

“You want your body to receive the full benefits from yoga and working out in general. Each movement is using different muscles, and you want to maximize the energy in those muscles. I would recommend if you go to the gym or CrossFit or you run, you should offset your usual routine with yoga at least twice a week. If you regularly attend yoga classes, you should offset your usual routine with a cardio workout at least twice a week,” Ganzer says.

Rest also is key, but that doesn’t mean sitting on the couch — especially if your end goal is to see increased results. “Proactive rest, like walking, playing a sport or playing with your kids, is good for a rest

day,” Lorentzen says.

And your best results aren’t created just by moving your body — what you put into your body is just as important.

“Nutrition is probably the most important factor in achieving any real, lasting results,” Hunt says. “And simply cutting calories to some arbitrary number is never the best or safest way to achieve a desired result.”

Hunt’s team includes a nutrition specialist, as well as stand-alone

nutrition services because he feels a one-size-fits-all approach doesn’t work for everyone.

“No amount of training and no exercise/training program will negate the need for proper nutrition,” he says.

Lorentzen adds that it’s not always about cutting something out of the diet, but adding something in.

“We’re big on vegetables here,” Lorentzen says. “If we could change one thing, it would be to cut back the sugar intake — there’s way too much in the typical American diet — and (add) in more vegetables — two or three servings per meal.”

Ganzer adds one more word to that advice: “Hydrate.” It’s great advice for all workouts, but especially in a hot yoga studio such as Ganzer’s.

“Definitely hydrate before, during and after a hot class. Be prepared to sweat — it’s good for you.”

Above all, use common sense.

“Pick something that works and makes sense for you,” Hunt says. “Don’t follow trends or the latest fitness craze just because it may seem like the hot thing right now. Figure out what you really want to achieve, do a little research and find the best course of action for you.”

Chris Cashion is a writer on staff with Radish.

“Maybe you want to be bigger and stronger; maybe you want to be smaller. Whatever your goals are, planning and consistency are important,”

Josiah Lorentzen, owner of The Foundation in Davenport and Moline

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Growing change

Local ag conservationist talks up dead zone goal

By Lisa Hammer

Is the path to reducing the size of the dead zone in the Gulf of Mexico at a dead end? Henry County soil conservationist Nick Fritch says he doesn't think so.

"Time will tell," he says. "I do think it's do-able; it's just going to take a very strong effort, but you know, the potential is there."

According to the National Ocean Service's website, oceanservice.noaa.gov, dead zones — or hypoxic zones — are areas in the ocean where the oxygen concentration is so low that animal life dies. One of the largest dead zones forms every spring in the Gulf of Mexico after farmers fertilize their land and rain washes the fertilizer into streams and rivers, the website states.

Dead zones can occur naturally, according to the website, but nutrient pollution is the primary cause of the zones created by humans. While nutrient pollution comes from sewage and urban storm water, too, according to Illinois' policy working group, farming accounts for 80 percent of the excess nitrogen and 48 percent of the excess phosphorus in the water.

Fritch says farmers adopt conservation practices to help prevent this "not because of regulation or the government but because it makes sense."

In 2008, the states along the Mississippi River were tasked with reducing run-off phosphorus levels by 25 percent, and nitrogen levels by 15 percent by 2025, with an ultimate goal of a 45-percent reduction. The National Oceanic and Atmospheric Administration monitors the size of the dead zone in the Gulf, while the U.S. Geological Survey monitors run-off at 40 stations throughout the Mississippi/Atchafalaya river basin.

"Those are some pretty aggressive numbers. It's going to take concerted effort on everyone's part," Fritch says. "This isn't going away. If anything, it's going to get more serious."

Illinois' plan is called the Nutrient Loss Reduction Strategy (NLRs). The state estimated — knowing the dollar amount would be revised — that nutrient reduction efforts would cost \$858 million per year statewide. That cost was reduced to \$438 million per year because some of the practices save farmers money.

In Iowa last year, \$122.7 million of public funding was committed to the problem, not including farmers' contributions.



Submitted
Soil conservationist Nick Fritch, at left, talks with producer Jason Hessman at a cover crop grazing field day this winter at Dean Oswald's farm near Kewanee. The field had cover crops planted by air in standing corn last August. It now is being grazed.

It's hard to know the direction of federal efforts, but Iowa's governor and legislature provide strong support, according to Dustin Vande Hoef, communications director with the Iowa Department of Agriculture and Land Stewardship.

"We have a lot of work to do, but we're excited about where we are," he says.

He says the staff also has worked with the state's elected officials to reach out to farmers about the benefits of soil health, and to provide cost-share and other financial assistance for practices that don't directly benefit farmers.

In Illinois, Fritch says years ago when he mentioned the NLRs, farmers had questions about how they could be proactive. When he listed methods, they'd say "I've been doing that for 10 years," or "you couldn't pay me not to do that."

Methods of improving water quality overlap with conserving soil. Fritch is working with other agencies on a bioreactor that would filter water through a medium, such as wood chips at the edge of fields. In four to seven years, the chips would be saturated with nitrogen and could be spread on the land as fertilizer. "It's in the \$5,000

to \$10,000 range, depending on the project," he says. "It's a harder sell."

The bioreactor field site in Henry County would be designed by Fritch of the National Resource Conservation Service, and co-sponsored by the Farm Bureau and the Illinois Land Use Council.

The Henry County Soil and Water Conservation District has been slowed down by a lack of state funding but can bring in conservationists from adjoining counties to work on particular projects.

Iowa had 50 to 75 bioreactors as of 2016, according to the Nutrient Reduction Strategy year-end summary.

Other methods of reducing nitrogen and phosphorus run-off are well under way. Cover crops — such as grasses that reduce run-off — cost \$20 to \$50 per acre. They are applied by plane on standing crops, and can be tricky to manage.

But farmers have "responded with higher acreages or more elaborate mixes (of cover crops), so that's encouraging," he says.

According to the Illinois Farm Bureau, the state has 18 nutrient loss-focused projects, including one in Henry County to promote cover crops through an "adopt-an-acre" project with farmers.

Equipment to slow run-off may be added to fields to act "like a light switch to either limit or completely shut off its flow," Fritch says.

Run-off can happen the most in winter, so farmers might delay nitrogen application from the fall to the spring and use less. Fertilizer companies in Henry County now have equipment with higher clearance to widen the window of time in spring when it can be applied.

"I'm optimistic," he says.

In Iowa, the 2016 summary shows that 75 percent of farmers surveyed wanted to improve conservation practices on their farms to help meet the Nutrient Reduction Strategy goals, and 56 percent said their practices were sufficiently preventing nutrient loss.

The NLRs goals, Fritch says, are not impossible.

"For the most part, the majority of our producers are making some effort at conservation. Granted, we can always climb the ladder."

Lisa Hammer is a correspondent for the Dispatch•Argus•QConline, and an occasional contributor to Radish.

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farmers markets

ILLINOIS

BUREAU COUNTY

Princeton Farmer's Market, 439 S. Main St.; 8:30 a.m.-1 p.m. Saturdays, May 27-September. 815-875-2616 or facebook.com/PrincetonFarmersMarket

CARROLL COUNTY

Lanark Farmers Market, City Park Pavilion, 200 block of W. Claremont Streets; 3-6 p.m. Tuesdays, May-October. facebook.com/lanarkfarmersmarket

HENRY COUNTY

Geneseo Farmers' Market, City Park on Pearl Street; 8 a.m.-noon Saturdays, June 3-October. 309-507-0002, geneseofm@gmail.com or facebook.com/GeneseoFarmerMarket

Kewanee Farmers' Market, Kewanee Amtrak Station, 200 W. 3rd St.; 7:30-11 a.m. Wednesdays and Saturdays, May 20-Oct. 28. 309-852-2175

JO DAVIESS COUNTY

Elizabeth Farmer's Market, Terrapin Park, Highway 20 West; 3-6 p.m. Fridays, May 5-Oct. 27. 815-218-6942, elizabethfarmersmarket.weebly.com or facebook.com/elizabethfarmersmarket

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, May 17-Oct. 28. 815-777-1838

Galena Territory Association Farmers' Market, 2000 Territory Drive; 8 a.m.-noon May 14, 28; June 4, 18; and Sundays July 2-Oct. 8. 815-777-2000

KNOX COUNTY

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, May 6-Oct. 21. 309-368-1750

Oneida Farmers' Market, across from DT Sales and Service parking lot, 221 W. U.S. 34; 3-6 p.m. Thursdays, July 6-Sept. 28. 309-483-8412 or facebook.com/oneidafarmersmarket

LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, 223 Highland Ave.; 7 a.m.-noon Wednesdays and Saturdays, June 3-Oct. 14. 815-284-3306

MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 7 a.m.-1 p.m. Thursdays and Saturdays, May 18-Oct. 14. 309-575-3015 or facebook.com/macombfarmersmarket

MERCER COUNTY

Aledo Main Street Farmers' Market and Bake Sale, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, June 8-Oct. 12. 309-582-2751 or aledomainstreet.com

OGLE COUNTY

Polo Farmers' Market, 200 block of S. Division Avenue; 3-6 p.m. Thursdays, July 6-Oct. 12. 815-946-3131

PEORIA COUNTY

RiverFront Market, 212 S.W. Water St. (parking lot between Liberty and Main Streets), Peoria; 8

a.m.-noon Saturdays, May 20-Sept. 30. 309-671-5555 or visitdowntownpeoria.com

ROCK ISLAND COUNTY

East Moline Farmers' Market, Skate City parking lot, 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, May 3-Oct. 28. 309-235-6425 or growersmarkets.com

Trinity Moline Market, UnityPoint Health-Trinity Moline, 500 John Deere Road; 8 a.m.-noon Saturdays, May 6-Oct. 28. 309-235-6425 or growersmarkets.com

WARREN COUNTY

Monmouth Farmers' Market, First State Bank of Western Illinois parking lot, North Main and West Boston streets; 7 a.m.-noon Fridays, June 2-October. 309-734-3181

WHITESIDE COUNTY

Twin City Market, 106 Ave. A, Sterling; 8 a.m.-noon Saturdays, year-round. 815-626-8610, twincityfarmersmarket.com or facebook.com/twincityfarmersmarket

Twin City Farmers' and Artisans' Mid Week Market, Grandon Civic Center, Central Memorial Park, downtown Sterling; 4-7 p.m. Tuesdays, June 6-Aug. 15. 815-626-8610, twincityfarmersmarket.com or facebook.com/twincityfarmersmarket

Morrison Farmers' Market, behind Whiteside County Court Services, 200 E. Knox St., Morrison — watch for signs; 8-11 a.m. Saturdays, May 20-Oct. 21. morrisonfarmersmarket.com or facebook.com/morrisonfarmersmarket

Rock Falls Farmer's Market, 400 W. 2nd St.; 8-11 a.m. Wednesdays and Saturdays, June-October. 815-625-4500, rockfallschamber.com/farmers-market

IOWA

CEDAR COUNTY

Tipton Farmers' Market, next to gazebo on courthouse square; 4-6 p.m. Thursdays, May 4-Oct. 26; 3-5 p.m. Thursdays, Nov. 2-April 26. 563-940-7824

West Branch Farmers' Market, Gazebo at Main and Downey streets; 4-6 p.m. Tuesdays, May 16-Oct. 3; West Branch Town Hall, 9-11 a.m. the first Saturday of the month, Nov.-May 2018. 319-643-2044

CLINTON COUNTY

Comanche Farmers' Market, A&B Storage lot, the corner of Highway 67 and 21st Street; 4-6 p.m. Tuesdays, June 6-Sept. 26. 563-212-7492

DES MOINES COUNTY

Jefferson Street Farmers Market, 300-500th blocks of Jefferson Street, downtown Burlington; 4:30-7:30 p.m. Thursdays, May 4-Sept. 28; and 700-800th blocks of downtown Jefferson Street; 4:30-7:30 p.m. June 15. 319-752-6365

DUBUQUE COUNTY

Dubuque Farmers' Market, on Iowa Street between 10th Street and Loras Boulevard; 7 a.m.-noon Saturdays, May 6-Oct. 28. 563-588-4400 or facebook.com/dbqfarmersmarket

Dyersville Area Farmers' Market, Commercial Club Park, 225 11th St. SE; 2-5:30 p.m. Thursdays, May 25-Oct. 5. 563-875-2311

HENRY COUNTY

Mount Pleasant Farmers' Market, Wright Family Pavilion at McMillan Park, Walnut Street; 4-6 p.m. Wednesdays and 8:30-11 a.m. Saturdays, May 13-Oct. 7. 319-931-7842 or facebook.com/mtpfarmersmarket

IOWA COUNTY

Williamsburg Farmers' Market, Northeast corner of Williamsburg Square; 4-6 p.m. Fridays, May-October. 319-646-2075

JACKSON COUNTY

Maquoketa Farmers' Market, Ohnward Fine Arts Center, 1215 E. Platt St.; 4-6:30 p.m. Tuesdays, May 16-Oct. 17. 563-652-6978 or maquoketafarmersmarket@gmail.com

JEFFERSON COUNTY

Fairfield Farmers' Market, Howard Park at Main and Grimes streets; 3-6 p.m. Wednesdays and 8 a.m.-1 p.m. Saturdays, May 6-Oct. 28; and Fairfield Senior Center, 209 S. Court St.; 9 a.m.-2 p.m. Saturdays, November through April. 641-919-3212

JOHNSON COUNTY

Coralville Farmers' Market, parking lot of the Coralville Community Aquatic Center, 1513 7th St.; 5-7 p.m. Mondays, May 8-Oct. 2. 319-248-1750 or facebook.com/coralvillefarmersmarket

Iowa City Farmers' Market, lower level of Chauncey Swan parking ramp between Washington and College streets; 5-7 p.m. Wednesdays and 7:30 a.m.-noon Saturdays, May 3-Oct. 28. 319-356-5210 or facebook.com/ficfm

JONES COUNTY

Anamosa Farmers' Market, 600 East Main St.; 3-6 p.m. Wednesdays and 8 a.m.-noon Saturdays, June 7-mid-October. 319-462-2971

Monticello Farmers' Market, Willow Shelter, E. Oak Street, next to Pizza Ranch; 3-5:30 p.m. Wednesdays and 8-11 a.m. Saturdays, May 13-Oct. 25. 319-480-6739 or facebook.com/MontiFarmersMarket

LEE COUNTY

Fort Madison Depot Farmers Market, QB & C Depot, 814 10th St., 4-6 p.m. Mondays, May 1-Sept. 25. 319-372-5471 or facebook.com/groups/787204248077166

Keokuk Farmers' Market, River City Mall parking lot, 300 Main St.; 7-11 a.m. Saturdays, May 20-Oct. 14. 217-242-4061

LINN COUNTY

Center Point Farmers' Market, south of Center Point Mercy Care off Lewis Access Road; 4-6 p.m. Wednesdays, June-August. 319-849-1508

Central City Farmers' Market, Courtyard Park pavilion, S. 5th Street; 4:30-6:30 p.m. Thursdays, June 1-Oct. 5. 319-438-1761

Downtown Cedar Rapids Farmers' Market, at 3rd Avenue SE from 2nd Street to 5th Street SE; 7:30 a.m.-noon on first and third Saturdays from June-September, plus The Market After Dark, at 2nd and 3rd Avenue SE from 2nd to 5th Streets;

6:30-11 p.m. Aug. 26. 319-398-5317 or cedar-rapids.org/events/farmers-market

Ely Farmers' Market, Community Center, 1495 North Drive; 4-6:30 p.m. Tuesdays, and 9 a.m.-noon Saturdays, May 6-Oct. 14. 319-848-3074

Hiawatha Farmers Market, parking lot of Guthridge Park, 704 Emmons St.; 11 a.m.-2 p.m. Sundays, April 30-Oct. 29. 319-393-1515

Marion Farmers' Market, Taube Park, 2200 31st St.; 8-11:30 a.m. Saturdays, May 6-Sept. 30. 319-447-3590, or cityofmarion.org

Mount Vernon Farmers' Market, First Street Community Center lawn, 221 1st St. E.; 4-6 p.m. Thursdays, May 4-Sept. 28. 319-310-4145

NewBo Farmers' Market, 1100 3rd St. SE, Cedar Rapids; 8 a.m.-1 p.m. (outdoor) Saturdays, 10 a.m.-6 p.m. (indoor) Saturdays, May-September, and 4-8 p.m. (indoor and outdoor) Thursdays May-October. 319-200-4050, newbocitymarket.org or facebook.com/newbocitymarket

Noelridge Farmers Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, May 1-Oct. 13 (closed Memorial Day and Labor Day). 319-286-5763 or facebook.com/noelridgefarmersmarket

LOUISA COUNTY

Louisa County Farmers' Market, Community Bank & Trust parking lot, 241 Main St., Columbus Junction; 5-7 p.m. Mondays, May 8-Oct. 9. 319-728-7971, columbusjunctioniowa.org or facebook.com/columbusfarmers-market

MUSCATINE COUNTY

Muscatine Area Farmers Market, in the Muscatine Mall parking lot, 1903 Park Ave.; 2:30-5:30 p.m. Tuesdays; and in the city lot on the corner of 3rd and Cedar Street, 7:30-11:30 a.m. Saturdays, May through October. 563-571-4092 or facebook.com/MuscatineAreaFarmersMarket

West Liberty Downtown Farmers Market, 100 block of Spencer Street; 4-7 p.m. Wednesdays, May through October. 563-571-4092 or facebook.com/westlibertydowntownfm

SCOTT COUNTY

Bettendorf Farmers' Market, parking lot at 2117 State St.; 2:30-5:30 p.m. Mondays and Thursdays, May 1-Oct. 30. 563-332-5529

Davenport Farmers' Market, parking lot of NorthPark Mall, east-side, Davenport; 8 a.m.-noon Wednesdays and Saturdays, May 3-Oct. 28. 563-332-5529

Freight House Farmers' Market, 421 W. River Drive, Davenport; 8 a.m.-1 p.m. Wednesdays (outdoor only), 8 a.m.-1 p.m. Saturdays, 10 a.m.-2 p.m. Sundays (indoor and outdoor), May-October; 8 a.m.-1 p.m. Saturdays (indoor and outdoor), Nov.-April. 563-320-8220, freighthousefarmersmarket@gmail.com, or freighthousefarmersmarket.com

WASHINGTON COUNTY

Washington Farmers' Market, downtown Central Park, Washington Street and Iowa Avenue; 5-7:30 p.m. Thursdays, May 18-Oct. 26. 319-458-9396

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Paper or plastic?

No taxation without proper allocation

By Benjamin Payne

Chicago has a new tax on disposable paper and plastic bags. You might think that in a place as progressive as Chicago, it would be a popular policy. It certainly is among the 45 aldermen who voted to adopt it, but when you ask “real” Chicagoans, it’s a different story.

“They tax us for everything!”

“It’s terrible.”

“It should be canceled. Should. Be. Canceled!”

These are just some of the comments I’ve heard at the grocery store in my current city of Chicago.

Only one person told me they think it’s a good policy, likening it to Washington D.C.’s bag tax that has raised millions of dollars for environmental causes.

That’s what you call false equivalence.

Revenue from the district’s 5-cent bag tax goes toward the city’s environmental department — in particular, a special fund for restoring the Anacostia River. And all of those nickels really do add up: about \$10 million went to the fund in the first five years of its implementation, according to the *Washington Post*.

The city says it has used that money to help subsidize green roofs for residents, send public school students on environmental field trips to Chesapeake Bay and install trash traps throughout the watershed (where, ironically, the traps will collect the very plastic bags that paid for them).

The overall effectiveness of the district’s bag tax remains a topic of debate — an audit by the city found its environmental department lacking in compliance to the law that created the tax — but the fact of the matter is that the district’s bag tax revenue helps fund environmental stewardship.

Revenue from Chicago’s 7-cent surcharge, on the other hand, isn’t earmarked for any environmental cause, of which there are many in Chicago. Rather, the city’s general municipal fund receives 100 percent of the tax — just one of a litany of levies passed last year in an effort to balance the city’s budget.

So, is Chicago’s tax “among the strongest pollution reduction policies in the nation,” as the local

organization Bring Your Bag Chicago has called it? Absolutely not.

But by amending just one line of the ordinance, it could be.

Instead of directing the revenue to Chicago’s general fund — where it’s prone to go toward environmentally unfriendly policies such as greenfield development — aldermen should direct it to the Chicago River Corridor Development Plan.

There, it can help the city execute its “Great Rivers Chicago” initiative, an ambitious vision of making the Chicago, Calumet and Des Plaines rivers “inviting, productive and living places” by 2040. I say “ambitious” because pollution has always been a problem here: with more than 1,800 square miles of land draining into the city’s rivers, no wonder about two-thirds of Chicagoans interviewed by a city focus group reported litter or odor on their riverways.

Put another way, St. Patrick’s Day isn’t the only time the Chicago River turns green.

Needless to say, the city needs all the help it can get in bringing about more beautiful riverways.

But just how much help can a measly 7-cent bag tax bring? Quite a lot: \$13 million each year, according to city estimates. That’s the kind of money Chicago needs to hit some of its benchmark goals: a wetland park on Goose Island, a riverfront transit hub on Chicago’s southwest side and a continuous 30-mile trail on the Chicago River.

Getting rid of the tax altogether — as some of my current neighbors insist — won’t raise the kind of money needed to deliver on these kinds of public-works projects. To do right by the citizens and the environment of Chicago, all it takes is a line-item amendment to specify where the tax revenue goes so that it can do the best possible good.

It’s time for skeptics of city government like myself to quit wishing away every tax. It’s time for us to engage in dialogue with our lawmakers so they might enact environmentally just laws.

Rock Island native Benjamin Payne is an occasional Radish contributor.





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