

# What Radish readers are saying

"WOW! That is the word that comes to mind about your magazine. I picked up my copy from Hy-Vee after looking at the cover and wanting to read every article listed on front, especially the 33 ways to eat healthier. That article was fantastic. Carried over from childhood I have a great dislike for 'green vegetables' and have been looking for ideas on how to add small amounts to food in order to acquire a taste for them. Then I read the article on peas and never knew how easy and fast they were to grow along with lettuce, mixed greens, and spinach. I am sure the taste would be much better than out of a can. I enjoyed every article this month and can't wait to see April." -- **Amy Miller, Silvis, IL**

"I think Radish magazine is a marvelous, informative, quick read. I pick it up at our local library in Atkinson and enjoy all of the articles, but I especially enjoyed the March 'Give Peas a Chance' informative planting guide. I did not know that I could plant so many vegetables as early as March! I am looking forward to getting my hands dirty!" -- **Lorraine Jurgensen, Atkinson, IL**

"I rarely read any publication from cover to cover but yours was definitely worth the read. I like the local approach to health and food, which happen to be a couple of my favorite topics.

I would like to suggest a missing topic: wine. When properly done, wine is an essential ingredient of health and happiness. Iowa and Western Illinois have a growing number of start-up wineries who are generating organically produced wine." -- **Frank E. Hurtte, Davenport, IA**

"The article 'Doing My Part Daily' sure told my life story. So many things were just what I have done, and still do. We farmed -- had a wood stove, wringer washer, cloth diapers on the line. I pumped water from a well and heated it on the stove, used an outside toilet. Had a garden and canned a lot. Never tried vermiculture!" -- **Betty Urmie, Walcott, IA**

"The article about the way that cities have been developed to promote cars certainly rang true with me. When I moved to the Cedar Rapids area from San Francisco five years ago, I was carless -- for 10 years I had managed to move around the Bay Area very well using only public transportation and my feet. In Cedar Rapids, however, I was dismayed to find in major shopping areas that sidewalks, a rare and exotic breed, were in short supply. Sharing the streets, literally, with traffic made for a dangerous situation, and crossing where no crosswalks existed was frightening. The situation when I moved to Iowa City, although not nearly as bad, still leaves a lot to be desired for a pedestrian. For a time, I belonged to a car share, which has since been disbanded for lack of interest. Without the infrastructure in place to get around town and between towns, I had no choice but to buy a car, thus contributing to the national obsession. I hope to see more articles about transportation issues in your magazine." -- **Joy Bayshore, Iowa City, IA**

"I believe I have read every issue of Radish which you have published and enjoy it very much. Normally we recycle everything, including magazines once we have read them, but Radish gets recycled by being mailed to our oldest daughter, who lives in Colorado Springs. Larisa loves (her word choice) it." -- **John E. Kuhar, Moline, IL**

"My family has just moved from Chicago and we are thrilled to see your magazine! I found it in the Family Museum (Bettendorf). Forgive me if these topics have already been covered:

- \* A listing and price comparisons of hormone-free/organic meats. Where can you buy them?
- \* Teaching our children to enjoy and help take care of the earth.
- \* An article on how our spiritual life moves us to eat organically, live simply, and connect with the outdoors. (Hey, my husband is a pastor so I had to mention this one!)
- \* Why buying and eating organic is so important.
- \* The soy controversy (see soyonline.com) on whether it is harmful for kids and adults.
- \* Simple nutritious recipes!" -- **Marla Mothershed, Davenport, IA**

"Congratulations on publishing Radish, an excellent monthly guide to improving health in the QCA ... Good articles about how we can be better stewards of our lives, minds, bodies, souls and spirits ... Thank you for publishing a progressive magazine ... especially the timely focus on health and fitness articles." -- **Jack N. Wismer, The Education Network, Davenport, Iowa**

"As a farm woman, age 89, I still enjoy my own cooking, and thanks to my tomato plants and gifts from the gardens of generous neighbors I have a shelf of jars of home-canned tomato soup.

In the evening, a bowl of rich, red soup full of antioxidants and the robust flavor of onion, celery, bay leaf and parsley make good sipping as I leaf through Radish and plan trips to farmers' markets." --

**Clarissa M. Jahn, Taylor Ridge, IL**

"... Finally, a magazine that is local, a magazine that is for everyone and every body type. Something to inspire you to do well for yourself. I do look at all the advertisements; I didn't realize that there were such stores in our area. I will make it a point to check these out. ... I read this magazine from cover to cover ... I think I will take this to work and leave it in the cafeteria." -- **Sheryll Kisling, Aledo, IL**

"I'm particularly impressed by the emphasis that you place on the local food movement. I feel that food (and health) issues are taking the country by storm right now. The time is ripe for developing and promoting some alternatives to the industrial food system. I think your magazine can and will be a catalyst for such changes in our area. It is important work." -- **John Curtis, Barefoot Gardens CSA, Macomb, IL**

"I just got a copy of Radish magazine from my local library ... I was excited to see a fantastic-looking magazine about natural products.

The best part was when I saw that it was from the Quad-Cities area. That is where my husband grew up, and my in-laws live. They are working at making healthier choices, but have had a harder time finding products and services than I do. (I live just south of Iowa City in Amish and organic paradise.) I am so excited to tell them about this magazine so it can hook them up with all the good stuff they've been looking for. I loved the layout of the magazine, which appeals to the "earthy" crowd (like myself) as well as the casual reader. The articles were varied in topic, but insightful. The advertisements were great, and especially appreciated the article on healthy snacks for kids. One thing you might want to think about is looking in Iowa City and Kalona for companies you can spread the word about. I know it's a bit of a jaunt for Q-C folks, but there are some great resources. I especially recommend Marilyn Farms Company in Kalona, Iowa." -- **Andrea K. Farrier, Wellman, IA**

"I thoroughly enjoy Radish magazine. I especially like the articles about the YMCA and fitness tips for the average person. It would be nice to have a event calender of all the local races in the Quad-Cities. Keep up the good work." -- **Cory Lenger, Moline, IL**

“Just read my first issue of Radish and loved it. I had briefly perused a copy at NewPi (New Pioneer Co-op in Iowa City), then my husband's boss, who knows we're into organics and backyard prairies and the like, gave us one too. So much practical stuff inside: reverse crunches, bike trails, asparagus pizza, a shop of recycled household goods. And a smiling photo of a neighbor we'd seen driving around Kalona and elsewhere with his 'Organic Greens' van and wondered what he was up to. (That's the main sport here in Kalona: sitting around and wondering what the neighbors are up to.) Thanks for a great local mag. May it succeed!” -- **Amy Spencer, Kalona, IA**

“Congratulations on an impressive premiere issue of Radish magazine. The Buy Fresh Buy Local campaign of the Quad Cities looks forward to working with your publication in the years to come. We hope you explore some of our fine restaurants in the area who serve fresh, local produce such as Faithful Pilot, Restaurant 225, Red Crow Grille, Rexie's Gourmet House, Blue Cat Brew Pub, and Antonella's. The Buy Fresh Buy Local campaign is focused on building meaningful, long-term connections among people and their sources of food in the Quad Cities. Consumers, chefs, and other food buyers are continuing to respond to the wonderful quality, variety and value of locally raised food. Slowly, food buyers are starting to take notice that the freshest and highest quality foods are available right here in our own backyard. Looking forward to your next issue.” -- **A.J. Wacaser, chair, Buy Fresh Buy Local -- Quad Cities**

“When the first issue of Radish hit the stand at the West Locust Street (Davenport) Hy-Vee, the attractive cover caught my attention. As I leafed through the magazine, trying to decide if I wanted to buy it, I put it in the cart. Imagine my surprise at the checkout. Radish was free. Each subsequent magazine has impressed me with its quality, refreshing mix of articles, and its progressive focus. I find all the articles, related websites and ads informative. I especially value the features on farmers' markets and Community Supported Agriculture. As the rising cost of gas rolls through the economy and drives up prices, consumers will pay more for everything, including food. Buying fresh food locally is healthy for consumers' budgets, supports local farms and businesses and keeps the money turning over in the local economy. Radish really does promote healthy living from the ground up.” -- **Mary Orr, Davenport, IA**

“You have a great magazine, and one whose time has certainly come. Even though I don't live in the Quad-Cities I look to them for many of the goods and services I need and want. I enjoyed the articles, but for me the most valuable resource is the compilation of holistic/natural resources. Since I don't live in the Quad-Cities and would love to get Radish on a regular basis, would there be any way to become a subscriber?” -- **Donna Duvall, Spragueville, IA**

“OK, you have done the impossible. I picked up this month's Radish and planned to read and then remove the articles I wanted to save and peruse again later, just like I do to all the other magazines I receive. Imagine my surprise -- I am keeping the WHOLE magazine for further reference! I want to make sure my next pair of walking shoes fit, I am intrigued with Reiki and the detox methods, my garden is in dire need of a wake-up call and I want to take a road trip to eat well and eat right. So thank you, thank you for such an interesting and valuable issue, and best of all, it encompasses all things local! I am anxiously awaiting the May issue to learn where to purchase my fresh plants and vegetables -- I hope you will include those markets that cater to the organic crowd; I may just attempt to ride my bike there!” -- **Julie Shallberg, Moline, IL**

“Just wanted to let you know how impressed I was with your publication. I was able to pick up several different issues as I passed through the Primary Iowa Welcome Center (LeClaire, Iowa) and thoroughly enjoyed reading them as I traveled home to California. I wish we had a similar publication here. Thanks for making my trip just that much more enjoyable.” -- **Amy Siegfried, Riverside, CA**

“I was just reading the June edition of Radish and was really impressed with the publication. What a great educational tool for our community -- and much needed.” -- **Dr. Jennifer L. Levan, Davenport, IA**

“Thank you for producing such a high quality, informative, and health-conscious local magazine! I look forward to each new issue and have passed on all my old issues to others to enjoy! For all who contribute and are involved in Radish, you are much appreciated!!!” -- **Stephanie Allers, Moline, IL**

“I just wanted to drop a quick line and let you know how much I enjoyed reading Radish. I live in Morrison, Ill., and just picked up a copy at Odell library ... what a pleasure! The articles are interesting and informative and have direct, local appeal. In fact, thanks to the article on indoor farmers' markets, I may have stumbled onto the niche I need to see me through this winter. You see, I own(ed) a small cake shop in Morrison for the past year. Unfortunately, the city recently purchased the property, leaving me without a storefront or kitchen to operate out of. I do have access to a health department-certified kitchen, thankfully, but, like I said, as of now I have no storefront to sell my goods out of. HOWEVER, I intend to visit the West Kimberly Market ... With luck, I will be able to rent a space at the farmers' market until I am able to find and refurbish another retail space in Morrison. In short, thanks to your magazine I may have stumbled onto a way to continue to support myself and my children with our fresh, homemade baked goods! Wish me luck, and thank you very much for your timely article! Good luck with Radish, it truly is a wonderful magazine!” -- **Nancy Colistro, Morrison, IL**

“I was recently in Moline over Christmas and picked up a copy of your magazine at Fireworks in Moline. I enjoyed the article about cross country skiing and I am looking into getting into a new winter sport.” -- **Laura Walsh, North Hampton, N.H.**

“I discovered your magazine in the lobby of the Iowa City Public Library. Finally, a local publication that features all the aspects of a healthy lifestyle! Being a breast cancer survivor, after my treatment was over I took it upon myself to learn more about nutrition and subsequently I have changed my eating habits -- more fruits and veggies, less meat and refined products. I welcome your publication that from the first issue has opened my eyes to the many possibilities for healthy living here in eastern Iowa and western Illinois. To find out that there are indoor farmers' markets in Davenport, Iowa, and Sterling, Illinois, has piqued my curiosity. Road trip!” -- **Judith Richardson, Iowa City, IA**

“I am an RN at the Behavioral Health Unit at Genesis West Medical Center and have found Radish magazine very informative. ... I would appreciate further articles on nutrition and fitness.” -- **Kassandra Pobanz, Davenport, IA**

“Radish is a breath of fresh air! It's enlightening, educational, and fun. ... Being in the fitness field, I appreciate the holistic approach. It's not always about losing pounds and inches, but enjoying overall good health. Although I picked up a copy at the Trinity Enrichment Center while I was there for my Pilates class, I like the regional reach, i.e., Iowa City, Fairfield, Dubuque, Galena, etc.” -- **Angela Dearing, owner, Liberty Fitness, Bettendorf, IA**

“I consider myself very well-versed in wellness and fairly educated about the wellness-related opportunities in the region. I'm an avid organic shopper and wellness-seeker. However, I was so impressed to learn about so many new and interesting people and activities in the February issue in the area. All the features were so informative, concise, and not the everyday watered-down stories of the usual venues. ... Thank you for putting out such a positive publication amidst all the negative news that bombards us. My only regret was not running across the edition sooner as to be able to take advantage of some of the events on the calendar! I may be motivated to subscribe for that reason alone. Your magazine is a great resource.” -- **Erin C. Hawley, Davenport, IA**

“... I thoroughly enjoyed the January 2006 issue as it contained several articles that are of great interest to me, e.g., 'Slow Food in Fast Times,' 'The Toughest Workout,' '15 Tips for Staying Fit and Motivated.' There were other articles of interest to me as well, because I am into gardening, fitness, and nutrition. Radish magazine has a 'homey' feel to it and is an easy, informational quick read. I look forward to the next issue." -- **Donna Gulley, Milan, IL**

“Your magazine is GREAT -- I just picked up a copy at HyVee in Clinton last night! I have brought it to school today to share with several teachers -- they want me to pick up copies for them. It has so many good articles and is very informative. Keep up the good work!" -- **Judy Jansen, Clinton, IA**