



Dec. 20, 2007

rooting around

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Midwest Organic Conference to be held Jan. 17-18 in Urbana, Ill.

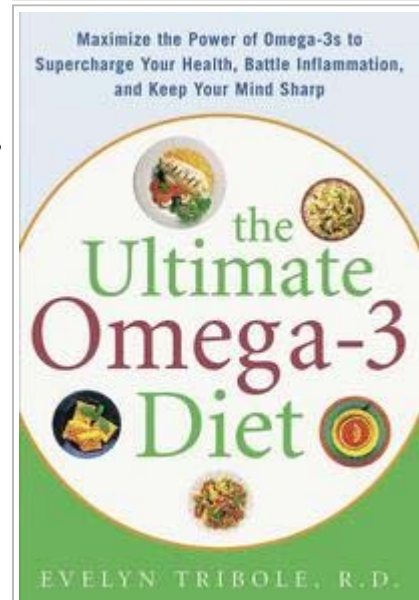
Organic farmers, take note. The Midwest Organic Production and Marketing Conference and Trade show will be held all day Jan. 17-18 at the University of Illinois, Urbana, Ill. Early registration deadline is Jan. 7. The conference offers sessions in economics, livestock, agronomic and horticulture crops and organic management. The keynote speaker Jan. 17 will be Tim LaSalle, CEO of Rodale Institute. Mark Kastel of the Cornucopia Institute will speak Jan. 18. Early registration fees are \$95 (\$25 for students) and \$85 for additional immediate family members. Cost to register after Jan. 7 is \$145 (\$35 for students) and \$135 for additional immediate family members. Fee includes the trade show, program materials, reception on Thursday night and refreshment breaks. The event will be held in the Illini Union on the university campus, 1401 W. Green St., Urbana, Ill. Nearby hotels will provide shuttle service to and from the conference. For more information and registration, visit <http://orgconf.sustainability.uiuc.edu/index.htm>.

Whitman, Thoreau and Pregracke: Study great environmental writers at Black Hawk College

Part of living green is reading green, and Black Hawk College, Moline, Ill., has created a new course that allows students to discover and discuss environmental themes and issues in literature. ENG 205 Literature and the Environment, a transferable elective course, will meet this spring from 12:30 to 1:44 p.m. Tuesdays and Thursdays. Writers such as Charles Darwin, Mark Twain, Henry David Thoreau, Walt Whitman, Rachel Carson and Stephen Jay Gould will be read and discussed. The class will include a field trip to the National Mississippi River Museum and Aquarium, Dubuque, Iowa, as well as a campus nature walk. Students will read BHC alum Chad Pregracke's book, "From the Bottom Up," as well as Willa Cather's "O Pioneers!" and poetry by Gary Snyder and Mary Oliver. Pregracke also will visit the class sometime in February. The course is part of a larger plan by the college to offer more environmentally-focused courses. For more information



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about the class, contact English instructor Karen Hindhede at (309) 796-5638 or hindhedek@bhc.edu. You also may contact the advising center at (309) 796-5100 or (800) 334-1311, ext. 5100. To register, visit www.bhc.edu.

Iowa City's Café del Sol Roasting adds compostable packaging

Café del Sol Roasting, Iowa City, has roasted both organic and non-organic coffee for years. Now it's using eco-friendly products for samples and single cup purchases — and customers are loving it. Soon the company will use compostable bags for its retail packaging and bulk coffee shipments and deliveries, too. Coffee lovers from the Quad-Cities area will have the opportunity to give Café del Sol a try on Jan. 12 at Heritage Natural Foods, at 1317 6th Ave., Moline, Ill., when the shop hosts a free tasting. For more information, contact Heritage at (309) 764-1912.

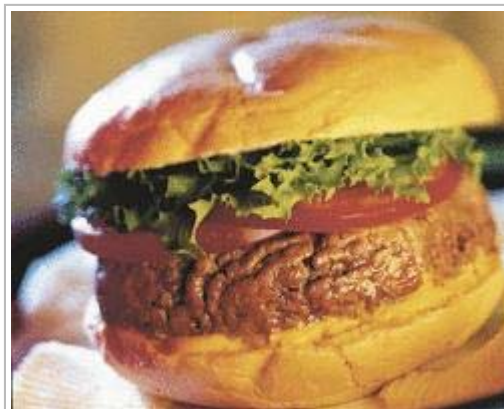


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Author: Balance between Omega-3s and Omega-6s is the key to a healthy diet

Mini-review: "The Ultimate Omega-3 Diet," by Evelyn Tribole, MS, RD
[four out of five radishes]

Want to supercharge your health, prevent heart disease and stroke, and keep your mind sharp? Then you'll want to read "The Ultimate Omega-3 Diet." Author Evelyn Tribole believes that while the typical American is trying to make healthy choices, he is unaware that the choices he's making actually do harm.



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Most of us have heard of Omega-3s, which help the brain work and are critical for vision and bones. H the author worries about Omega-6s, which promote disease. The book promotes Omega-3s and encour readers to include them in their diets by switching to canola oil and olive oil, adding flaxseed and fish capsules, and eating more fish to balance the Omega-6s they eat. (Omega-3 and Omega-6 balance is ke

While Tribole's book is easy to read, it's not as easy to implement her ideas. I checked my cupboard fo ingredient lists and found that almost all did not list Omega-3 or Omega-6 as a component. I think I co on the lookout for certain fats, eat more fish, and give up those potato chips, crisp packaged cookies an granola bars, but I still wouldn't know if I was being as healthy as I could be.

— Pat Stoltz, Andal

Raw foodists unite in Davenport

Foodies who have gone raw — and those who are thinking about it — are invited to join Raw Food, a Davenport, Iowa-based group that has organized to discuss the latest in raw food and nutrition. The organization functions like a support group for people who want to learn about the raw concept and ho different from the vegan lifestyle. People interested in yoga, meditation or alternative communal lifesty encouraged to attend as well. All are welcome. Meetings are held at Atlantispa, on the second floor of Tarpein Martial Arts, 235 W. 35th St., Davenport. To sign up, visit rawfood.meetup.com/370 or call Atlantispa at (563) 445-7331.

Being green: It's in the bag!

Attendants at grocery stores throughout Iowa will have something to add to the age-old question, "Paper or plastic?" Joan Burns, owner of Cart by Cart, has created canvas tote bags to be used as shopping bags, eliminating the need for plastic and paper bags. Burns says that shoppers tend to think that choosing paper bags over plastic bags is the more eco-friendly way to go; however, what they don't know is that paper bags are equally, if not more, harmful to the environment. Burns explains that "the EPA estimates that paper bags generate 70 percent more air (pollution) and 50 times more water pollution in their production than plastic bags." Cart by Cart's canvas tote bags come in different styles. Hy-Vee, Fareway, Dulcinea and John's grocery stores throughout Iowa already carry the bags, which cost \$6 each and are washable and reusable. Bags also may be ordered online at www.cartbycart.com.

How unCOOL: Wal-Mart lobbies against country-of-origin labels

In fall 2007, Senate Republicans filibustered the 2007 Farm Bill, which would have required country of origin labeling (COOL) on all meat products sold in the U.S. According to the Sierra Club, companies like Wal-Mart have spent millions of dollars pressuring the Senate to block stricter COOL standards. Wal-Mart Watch, a watchdog group, has now challenged the corporation to become "a better employer, neighbor and corporate citizen." The group has posted a COOL petition online. To sign it, visit action.walmartwatch.com/farm

Nursing a green thumb? Head to school

Nursery School: Lessons in Gardening, the annual day-long seminar hosted by the University of Illinois Extension, Rock Island County, will be held from 9 a.m. to 3 p.m. Feb. 23 at the i wireless Center, Moline. Cost to attend is \$45 for adults and \$25 for youth, and the deadline to register is Feb. 15. Special guest Denny Schrok, horticulture editor for Meredith Corporation (the folks who publish "Better Homes and Gardens"), will present "Creating Personalized Container Gardens in Style." Other sessions will focus on plants for 2008, evergreens, vegetable gardening, curb appeal, beekeeping, invasive species, stone in the landscape, herbs, orchids and making facial masks with plant ingredients. Sign up online at www.extension.uiuc.edu/rockisland or call (309) 796-0512.

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