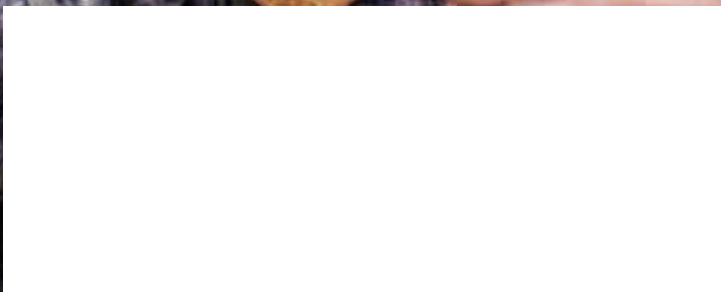


**Your  
Electric  
Cooperative's**

# Illinois Country Living

March 2013 • [icl.coop](http://icl.coop)

*The Bounty  
of the  
Prairie*



weight loss success  
Guaranteed

"I wanted to get healthier so  
I could enjoy family time more...

now i  
**can**" *Marie Osmond*

NEW & IMPROVED

Nutrisystem® **SUCCESS**®  
OUR BEST PROGRAM EVER!

Nutrisystem Success is **guaranteed to work when other diets have failed you!** We're so sure you'll love it, you get a 14-day risk-free guarantee—so you've got nothing to lose but the weight!††

- ✔ **IT WORKS**—4 out of 5 Nutrisystem customers surveyed say that Nutrisystem Success is the best program they've ever tried!\*\*\*
- ✔ **IT'S EASY**—90% of customers surveyed say it's easier to follow than dieting on your own or other weight loss programs!\*\*\*
- ✔ **IT'S A GREAT VALUE**—For less than \$10 a day†, you get a whole day's worth of food for about the cost of going out to lunch!

Over 150 food choices—including over 30 new & improved!



breakfast



lunch



dinner



dessert

Marie  
Osmond lost  
**50 POUNDS\***  
on Nutrisystem



before



LOCK IN LAST YEAR'S PRICES TODAY!

**Save 40%!†**

(on our most popular 28-Day Auto-Delivery plans only)

TAKE THE NUTRISYSTEM 14-DAY CHALLENGE—  
You'll LOVE it or it's FREE!††

Call 877-720-THIN (8446)  
Click [nutrisystem.com/icl113](http://nutrisystem.com/icl113)

\*Results not typical. On Nutrisystem, you can expect to lose at least 1-2 lbs. per week. Weight lost on a prior Nutrisystem® program. Continuing with Success.

†Offer good on new 28-Day Core and Select Auto-Delivery plans only. Not valid on Basic plan. Pricing varies with plan selected. Free shipping Continental US only. With this offer you receive an additional discount off the Full Retail Value with each consecutive 28-Day Auto-Delivery order as long as you are on program. With Auto-Delivery, you are automatically charged and shipped your 28-Day program once every 4 weeks unless you cancel. You can cancel Auto-Delivery at any time by calling 1-800-727-8046. Other restrictions apply. Call or see website for details. The Nutrisystem Select program is available to Continental U.S. residents only and cannot be shipped to PO Boxes, APO Boxes or military addresses. Cannot be combined with any prior or current discount or offer. Limit one offer per customer. ©2013 Nutrisystem, Inc. All rights reserved. Nutrisystem is allowing customers to lock in 2012 prices on every consecutive 28-Day order delivered while on program. That's a 40% savings on each consecutive 28-Day order while you remain on program.

\*\*Based on a Nutrisystem survey of customers who have been on program two or more months, October 2012.

††If you're not 100% satisfied, call within 14 days of receiving your first 28-Day order and return the remaining non-frozen food to us for a full refund. We'll even cover return shipping. Limit one guarantee per customer.

On Nutrisystem you add in fresh grocery items.

# Illinois Country Living

## Published by

Association of Illinois Electric Cooperatives  
6460 South Sixth Frontage Road East,  
Springfield, IL 62712

www.icl.coop

800-593-2432 • aieinfo@aiec.coop

**For address changes contact your  
local electric co-op.**

## President/CEO

Duane Noland

## Chairman of the Board

Larry Kraft

## Editor

John Lowrey

## Assistant Editor

Valerie Cheatham

## Contributing Editors

Catrina McCulley Wagner, Ed VanHoose

## Public Relations/ Business Development Manager

Lisa Rigoni

## Advertising Coordinator/ Graphic Designer

Sandy Wolske

## Graphic Designers

Jennifer Danzinger, Kathy Feraris,  
Chris Reynolds

## Circulation Coordinator

Connie Newenham

Illinois Country Living is a monthly publication serving the communications needs of the locally owned, not-for-profit electric cooperatives of Illinois. With a circulation of more than 181,000, the magazine informs cooperative members about issues affecting their electric cooperative and the quality of life in rural Illinois.

Illinois Country Living (ISSN number 1086-8062) is published monthly and is the official publication of the Association of Illinois Electric Cooperatives, 6460 South Sixth Frontage Road East, Springfield, IL 62712. The cost is \$2.50 plus postage per year for members of subscribing cooperatives and \$10 per year for all others. Periodical postage paid at Springfield, Illinois, and additional mailing offices.

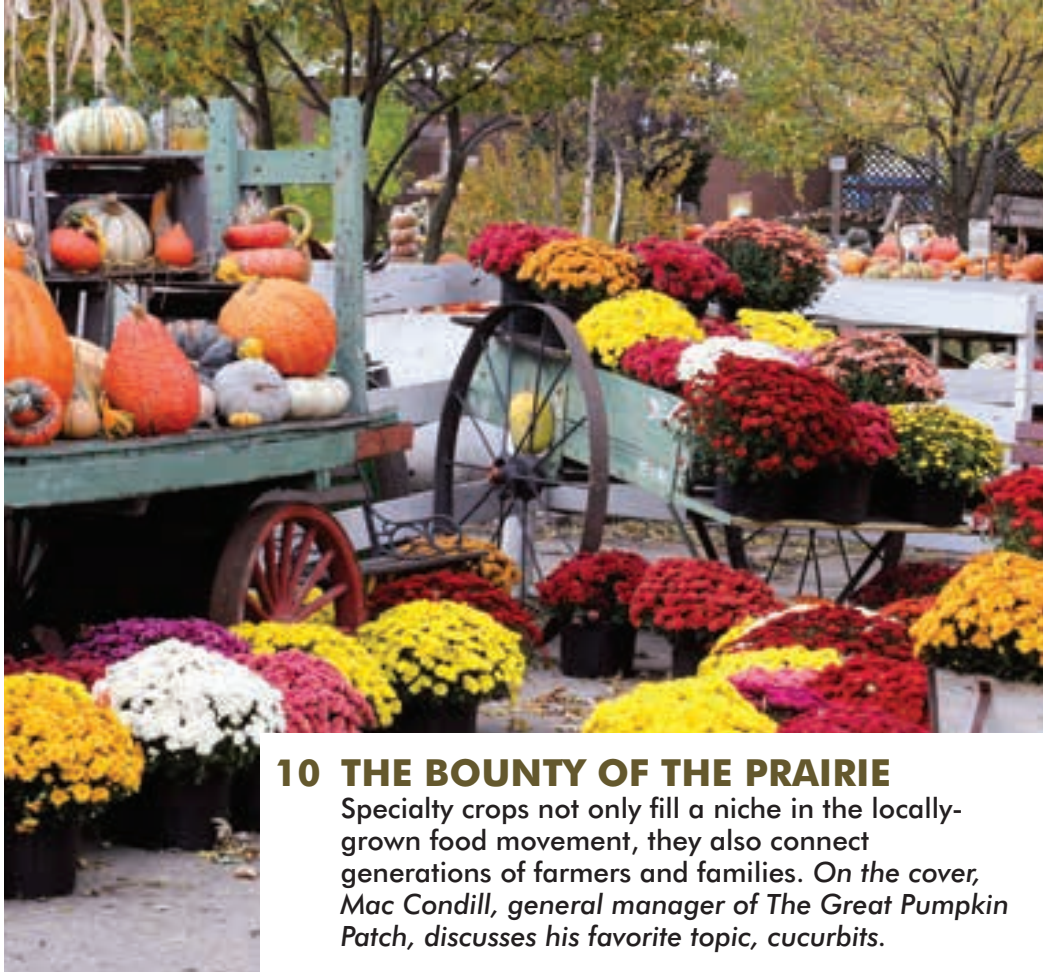
POSTMASTER: Send address changes to: Illinois Country Living, P.O. Box 3787, Springfield, IL 62708.

ADVERTISING: Contact Lisa Rigoni, Advertising Manager – 1-800-593-2432 or lrignon@aiec.coop. Acceptance of advertising by the magazine does not imply endorsement by the publisher or the electric cooperatives of Illinois of the product or service advertised. Illinois Country Living is not responsible for the performance of the product or service advertised.

 **Touchstone Energy**<sup>®</sup>  
www.touchstoneenergy.com

The Association of Illinois Electric Cooperatives and 25 Illinois electric cooperatives are members of Touchstone Energy, a national alliance of 660 electric cooperatives. Touchstone Energy cooperative employees adhere to four core values — integrity, accountability, innovation and commitment to community.

 Printed with  
inks containing  
soy and/or  
vegetable oils



## 10 THE BOUNTY OF THE PRAIRIE

Specialty crops not only fill a niche in the locally-grown food movement, they also connect generations of farmers and families. *On the cover, Mac Condill, general manager of The Great Pumpkin Patch, discusses his favorite topic, cucurbits.*

## Volume 70, No. 11, March 2013

### 4 COMMENTARY

While consumers have lost confidence in large institutions, satisfaction with cooperatives has remained at high levels according to Sheldon Peterson, CEO of Cooperative Finance Corporation.

### 6 CURRENTS

After suffering a debilitating stroke, U.S. Sen. Mark Kirk says the key to recovery is never giving up.

### 14 SAFETY & HEALTH

Never underestimate the power and danger of floodwaters.

### 16 YARD & GARDEN

The real goal is getting your yard to look better than your neighbor's.

### 18 ENERGY SOLUTIONS

Doug Rye reminds us that the ultimate source of all our energy is the sun.

### 22 FINEST COOKING

Recipes using specialty crops.

### 24 POWERED UP

To Java or not to Java.

### 25 MARKETPLACE

### 28 PLANT A ROW

Fighting hunger and harvesting hope with local produce.

### 30 DATEBOOK

## Confidence in institutions at record lows

Co-op satisfaction higher than with government, banks, media, schools...

The last several years have seen erosion in the confidence Americans have in many of our institutions. According to Gallup's annual "Confidence in Institutions" survey released in June, Americans are giving increasingly low marks to institutions such as public schools, big business, the media, banks and government. Out of 16 institutions tested only the military, small business and the police registered higher than 50 percent confidence levels. This year's poll found record-low confidence in banks, television news and public schools, with scores ranging from 21 percent for banks to 29 percent for public schools. Congress ranked dead last, at a confidence level of just 13 percent.

Gallup has been polling Americans about their confidence in institutions since 1973, and over the past five years more than half of the institutions Gallup measures have registered record-low confidence ratings indicating that declining confidence seems to be part of a broad pattern, rather than a product of isolated issues facing individual institutions.

What's going on with the public psyche? Surely the banking crisis and weak economy have had a huge impact. But I think there's more to it. There's an increasing disconnect between the expectations of Americans and what they're getting from their institutions. That's because, in many cases, the interests of institutions and those they serve are no longer aligned. When that happens, satisfaction levels drop, and you get an erosion of trust.

Cooperatives on the other hand, including electric co-ops, according to Touchstone Energy surveys conducted in recent years, still enjoy high levels of satisfaction among members by embracing a business model that aligns corporate interests with those



of member-owners. Co-ops are not-for-profit businesses that focus on providing quality service at the lowest possible cost. Co-ops allocate margins to members when revenue exceeds costs. Co-ops embrace democratic governance. Co-ops focus on operating in the best interests of members.

In essence, the cooperative business model is designed to align co-op interests with those of our member-owners. That's something very rare in today's society, and I think it's a key reason why satisfaction with co-ops has stayed high, while satisfaction with other institutions has been declining.

I believe a key to sustaining member satisfaction is to encourage member engagement. And the key to member engagement is member identification as a co-op owner. Co-op owners appreciate the member/co-op relationship. They understand it's a two-way relationship, and they recognize that with ownership comes responsibility. Engaged co-op owners know that their actions impact the co-op and, by extension, the benefits they derive from the co-op. Owners have greater trust in the co-op, and

a stronger belief that the co-op is looking out for their interests.

Benjamin Graham, the father of value investing, was fond of saying: "Price is what you pay. Value is what you get." A co-op's relationship with its member-owners is based on a belief in the considerable value jointly created during the course of the long relationship — 75 or more years old in many cases — between a cooperative and its owners. The value a cooperative delivers is derived from a shared history, aligned interests and mutual trust. That's where confidence comes from.

I urge all co-op owners to attend their co-op's annual membership meeting this year. Stay informed. Stay engaged and as an owner expect the same from your cooperative. ■

**Sheldon C. Petersen is CEO of the National Rural Utilities Cooperative Finance Corporation (CFC), a nonprofit finance cooperative created and owned by America's electric cooperative network. [www.nrucf.coop](http://www.nrucf.coop).**



# Free Energy

## from your own backyard

GeoComfort geothermal systems use the free energy stored in the ground to heat and cool your home, making them among the most efficient and environmentally friendly systems on the market today. To learn more, contact the GeoComfort geothermal dealer in your area or visit [geocomfort.com](http://geocomfort.com).



### Act Now – Save Even More!



HomE Lite is a program available to Illinois rural electric cooperative customers. For a limited time, you may qualify for a **rebate of \$1500** by simply installing a geothermal heating and cooling system. But hurry - these funds won't last long. Visit your coop's website for complete information!

**R & H Plumbing & Heating Inc.**  
Altamont  
618-483-6159

**McCann & Sons A/C & Heating Inc.**  
Alto Pass  
618-893-4887

**Bratcher Heating & Air Conditioning**  
Bloomington/Normal  
309-454-1611  
[bratchercomfort.com](http://bratchercomfort.com)

**Climate Company**  
Breese  
618-526-2135

**Bratcher Heating & Air Conditioning**  
Champaign  
217-378-4328

**LD Mechanical Contractors**  
Charleston  
217-345-9633

**Bauer Comfort Center**  
Cissna Park  
800-457-2589

**Engel Heating & Cooling**  
Collinsville  
618-344-0359

**Weidner Refrigeration**  
Divernon  
217-628-3400

**KCH Mechanical Inc**  
Effingham  
217-347-5755

**South Side Hardware**  
Greenfield  
217-368-2705

**Mark's Heating & Cooling**  
Greenville  
618-664-2499  
[markshc.com](http://markshc.com)

**Ernst Heating & Cooling**  
Hamel  
618-633-2244

**William J. Kraus & Son**  
Keocuk, IA  
319-524-3714

**Johnson Heating & Air Conditioning**  
Kewanee  
309-852-2610

**Neuhaus Heating & Cooling**  
Litchfield  
217-324-2818

**Fowler Heating & Cooling**  
Marion  
618-997-5288

**Neal's Heating & Cooling**  
Marissa  
618-295-3402

**Pederson HVAC**  
New Baden  
618-588-2402

**Weeke Sales & Service**  
Okawville  
618-243-5333  
[weekecustomcomfort.com](http://weekecustomcomfort.com)

**Bratcher Heating & Air Conditioning**  
Paxton  
217-370-6305

**Davis Electric**  
Rushville  
217-322-6677

**Pioneer Homes Heating, Cooling & Insulation**  
Taylorville  
217-820-0481

**Philhower Electric, Plumbing & Heating**  
Tiskilwa  
815-646-4481

**Jaenke Heating & Air Conditioning**  
Waterloo  
618-939-8594



[www.geocomfort.com](http://www.geocomfort.com)



## Postal Service announces move to a five-day mail delivery

Today in a bold move that was surprising for many, the Postal Service announced its intent to shift to a five-day mail and six-day package delivery schedule starting the week of August 5, 2013.

The new schedule would consist of mail delivery Monday through Friday, and package delivery Monday through Saturday. Further, mail addressed to PO Boxes will continue to be delivered on Saturdays. Post offices currently open on Saturdays will remain open on Saturdays. The Postal Service expects to generate cost savings of approximately \$2 billion annually, once the plan is fully implemented.

In the past the Postal Service has been restricted by legislation from making these types of changes. In a private briefing today Deputy Postmaster General Ron Stroman explained that the Postal Service now believes it has the legal right to implement this change because the six-day language is contained in a continuing resolution that expires in March 2013. With the six-month advance notification, the Postal Service believes it can address any congressional disagreement on the legal justification. ■

## Ameren leaving the generation business

Ameren Corp. operates five coal-fired and three gas-fired generating plants in Illinois, but it recently announced its intentions to exit the merchant generation business because of weak power prices and the increasing cost of environmental compliance. The merchant generation business is operated by the Ameren Energy Resources subsidiary, which was formed in 2000 with Illinois' deregulation of the electricity market.

In its filing with the Securities and Exchange Commission, Ameren said it intends to focus on its regulated business. Earnings from the merchant generation business have fallen due to the decline in wholesale power prices. Ameren also cited the significant investment requirements needed to meet environmental regulations as another reason for the decision. ■

## Volunteers needed for Shawnee National Forest spring workdays

This spring volunteers will be joining Shawnee National Forest employees in stewardship efforts at several locations on the Hidden Springs and Mississippi Bluff Ranger Districts. Each workday will encompass fun, hands-on teamwork with a backdrop of budding trees, blooming wildflowers and much more. The workdays are scheduled in March, April and May. Call the Shawnee Volunteer Corps at 618-833-8576 (ext. 103) to pre-register for one of the workdays or for more information.

If you have questions regarding volunteering with the Shawnee Volunteer Corps, please contact Kelly Pearson, Volunteer Coordinator, at 618-833-8576 (ext. 103) or e-mail [kdpearson@fs.fed.us](mailto:kdpearson@fs.fed.us). ■



## Sen. Kirk says never ever give up

Almost exactly a year after visiting with Illinois electric cooperative leaders and then days later suffering a serious stroke, Illinois Republican Senator Mark Kirk returned to work. Kirk battled back through what he describes as “some of the darkest hours of my life.”

“In an instant my world changed and I faced the prospect of never walking again,” said Kirk. “I’m thrilled to be back representing the people of Illinois and joining with my senior colleague Dick Durbin so the people of Illinois have two hard-working senators constantly advancing the needs of

our state. I want to make sure that throughout the state, if some family is going through the sadness of surviving stroke, each patient knows to get up and off that bed. I did and within one year I was able to walk the 45 steps to the Senate. If you or a family member has survived stroke my advice to you is to never ever give up. You will recover.” ■



*Almost exactly a year ago Sen. Mark Kirk (left) spoke with Duane Noland, President/CEO of the Association of Illinois Electric Cooperatives and the entire board of directors of the association. Noland said, “Senator Kirk’s work ethic was evident that day a year ago when he came to visit with us and other downstate rural leaders. It proved how much he cares about his constituents across the state. He understands the value of hard work and through perseverance you can defy the odds. We are so fortunate to have him back in Washington serving the people of Illinois.”*

## Court won’t rehear EPA on air rule

A federal appeals court will not reopen a decision that struck down the Environmental Protection Agency’s sweeping Cross-State Air Pollution Rule. In a two-sentence order released Jan. 24, the U.S. Circuit Court of Appeals for the District of Columbia denied EPA’s request for reconsideration by the full court. A three-judge panel of the circuit court last August said the EPA overstepped its authority under the Clean Air Act.

The rule would have had a huge impact on power plants by setting new limits on sulfur dioxide and nitrogen oxides in 27 states, mostly east of the Mississippi River.

“We’re pleased that the court denied EPA’s request for reconsideration,” said Rae E. Cronmiller, National Rural Electric Cooperative Association Environmental Counsel. “The rule as written was fundamentally flawed and based on assumptions that simply did not correspond to real-world situations.”

In rejecting the rule, the court held 2-1 last August that EPA was forcing upwind states to make more than their required share of reductions in power plant emissions that contribute to ozone formation.

In a statement, the EPA said it was disappointed that the court did not grant a petition for rehearing, and is considering additional options. The agency can appeal to the U.S. Supreme Court. ■

Source: Electric Cooperative Today, 1-28-13, Steven Johnson



## Illinois camping and hunting website

You can now make reservations for campsites and shelters for many Illinois Department of Natural Resources sites for 2013. Reservations can be made online through the ReserveAmerica website at [www.reserveamerica.com](http://www.reserveamerica.com) using a Visa or MasterCard. For more information, check the IDNR website at <http://dnr.state.il.us/lands/Landmgmt/Programs/Camping/>

Illinois fishing and hunting licenses for 2013 are also available online. Illinois fishing, hunting and sportsman's combination licenses for 2013 are available from DNR Direct license and permit vendors, online through the IDNR website [www.dnr.illinois.gov/online/Pages/default.aspx](http://www.dnr.illinois.gov/online/Pages/default.aspx) or by calling 1-888-6PERMIT (1-888-673-7648). The system is available 24 hours a day. The 2013 licenses purchased beginning Jan. 21 will be valid through Mar. 31, 2014. ■



## Biodiesel production tops 1 billion gallons

The U.S. biodiesel industry broke the billion-gallon mark in 2012 for the second consecutive year, according to year-end production figures from the U.S. Environmental Protection Agency (EPA). The National Biodiesel Board (NBB) noted that the total volume of nearly 1.1 billion gallons exceeded the 2011

production by 6 million gallons.

December production totaled just 59 million gallons, the lowest monthly volume of the year. The National Biodiesel Board attributed the production drop to uncertainty over the biodiesel tax incentive. Congress renewed the \$1-per-gallon incentive on New Year's Day as part of the

so-called "fiscal cliff" legislation.

Biodiesel production is reported under the EPA's Biomass-based Diesel category in the Renewable Fuel Standard (RFS). The fuel is made from a mix of resources, such as recycled cooking oil, soybean oil and animal fats. ■



## Wind energy top source for new generation in 2012

The U.S. wind energy industry had its strongest year ever in 2012, the American Wind Energy Association announced today, installing a record 13,124 megawatts (MW) of electric generating capacity, leveraging \$25 billion in private investment and achieving over 60,000 MW of cumulative wind capacity. That's enough wind power to power the equivalent of almost 15 million homes.

Wind energy for the first time became the number one source of new U.S. electric generating capacity, providing some 42 percent of all new generating capacity. The top five states for new capacity installations in 2012 include Texas, California, Kansas, Oklahoma and Illinois.

Illinois had its most successful year ever. Ranking number five in new capacity, Illinois saw the installation of over 800 MW, with half that output sold into the Tennessee Valley Authority market. As one of America's wind power hubs, Illinois is home to wind power innovation and this year, it installed the first concrete wind tower, which the manufacturer says can support taller turbines to access better winds.

The global wind energy industry will gather in Chicago, May 5-8, 2013, for the world's largest annual wind power event, WINDPOWER 2013. Thousands of workers and leaders from all sectors will attend to show their wares, attend conference sessions and seek further solutions for success. ■



# When was the last time

*money blew out the seams of your furnace  
and air conditioning ducts, filtered out of the cracks  
where your home isn't sealed properly and stuck to  
the dust and gunk that's on your refrigerator grill?*



If you're like many people, it was probably today.  
Start your spring cleaning today with a visit to [www.togetherwesave](http://www.togetherwesave)  
and find out how the little things you do  
can save a lot on your monthly electric bill.

*Brought to you by your local Touchstone Energy cooperative.*



Touchstone Energy®  
Cooperatives

**TOGETHER WE SAVE**



# The Bounty of the Prairie

*Specialty crops connect  
generations of farmers  
and consumers*

*By Valerie Cheatham*

Consumers are increasingly aware of the value of feeding their families fresh, locally-grown fruits and vegetables and are searching for farmers markets and produce stands.

Illinois has long been known for its corn and beans, but more than 40 different specialty crops are grown in the state, including everything from pumpkins and apples to horseradish, grapes and popcorn, on more than 100,000 acres of farmland each year. In 2010, specialty crops generated more than \$400 million in sales. According to the Illinois Department of Agriculture (IDO), “produce travels an average of 1,500 miles to the grocery store where it is sold. When spent locally, \$.32 more of every dollar stays in the community.”


Savvy consumers know that buying locally helps the economy and gives them access to fresher products. Many restaurants are looking for locally-grown produce and are designing menus that offer seasonal selections.

In order to increase consumer awareness the IDOA, in cooperation with the Illinois Specialty Growers Association, has launched the “Where

*Fresh Is*” marketing program “to help identify Illinois-grown produce at local grocery stores, farmers’ markets and roadside stands throughout Illinois.” The campaign logo can be used by Illinois producers, who have signed up to participate in the program, as a tool to promote Illinois-grown products.

As the demand for fresh produce increases, so does the need for “growing” more producers. The average age of vegetable growers is 55 and fruit growers average 58 years. Recognizing this need, the University of Illinois launched the Beginning Farmer and Rancher Program for aspiring farmers, new growers and commodity farmers interested in diversifying into fruit and vegetable production. The goal is to increase the number of farmers to help meet the increasing demand for produce and contribute to local economies.


The Saturday program is offered in three locations in Illinois: St. Charles, Urbana and Dixon Mounds. For more information go to [www.newillinois-farmers.org](http://www.newillinois-farmers.org).



**ILLINOIS**  
where fresh is

*Will you take the  
challenge?*

“Buy Illinois” challenges every household to dedicate \$10 of their weekly grocery budget to the purchase of Illinois Products. It estimates if every Illinois household were to take the challenge it would generate \$2.4 billion annually. Just look for the Illinois Products logo at your local grocery store, restaurant, winery, agribusiness or retailer.

**ILLINOIS  
PRODUCT**   
Illinois Department of Agriculture©

## *“From Dirt to Dessert”*

“From dirt to dessert” is a phrase coined by Mac Condill of The Great Pumpkin Patch in Arthur, when talking about his favorite topic – cucurbits, the plant family that includes pumpkins, squash, gourds, cucumbers, melons and more.

Little did Mary Beth Condill, Mac’s mother, know when she first planted a few pumpkin seeds in her children’s garden in 1977 that approximately 50,000 people would annually visit her farm.

It all started with a desire to grow pumpkins for jack-o-lanterns. The extras were sold out by the road with an envelope on the milk house so people could pay for them on the honor system. The operation rapidly expanded into something neither Mary Beth, nor her husband Bruce (pictured right), could have foreseen. The Great Pumpkin Patch opened to the public in 1989 and was overrun with people. “People were pulling in and parking everywhere,” Bruce explained. “Mary Beth said ‘we’ve created a monster.’ We still have that monster!”

Mary Beth’s great grandfather Frank McDonald and his family moved from Virginia to Illinois in 1859 and homesteaded the land the farm sits on today. In addition to the row crops and grains, the three acres of pumpkins 15 years ago has grown to 63 acres of pumpkins, squash and gourds, including more than 300 varieties from 30 countries around the world. No one else in the world is growing that many varieties in one place.

Illinois produces more pumpkins than any other state in the nation and 90 percent of canned pumpkin comes from Illinois. The Condill’s ship pumpkins to the Libby plant in Morton and buy back a small amount of it processed to use in the various goods available at its bakery.

The Great Pumpkin Patch is a family-run operation which has expanded to include The Homestead Bakery, open April to December,

and Homestead Seeds, the brain-child of Mac. Bruce and Mary Beth are still very involved, but son Mac has assumed the duties as general manager while his wife, his brothers and their spouses are all involved in the business from retail to signage to social media and the website. During the season, which runs from Sept. 15 thru Oct. 31, an additional 80-90 employees are required to keep things running smoothly.

Fall colors abound at the farm with its multi-colored towers of pumpkins and squash and pots of burgundy, orange and yellow mums everywhere. One deep breath as you step into the bakery takes you back to grandma’s kitchen with its sweet scents of

cinnamon and yeast breads. It’s obvious the farm is a work of love.

It doesn’t take much time listening to Mac to realize how passionate he is about cucurbits. Educationally-minded, he enjoys talking about heirlooms to groups including master gardeners, high school students, and university classes in biology/botany and communications.

According to Mac, cucurbits are an underappreciated, underutilized plant family that people don’t understand. “For human consumption over the span of time, there are only two plant families that are more important – grass, which includes corn, rice, barley and grain; and beans. And then cucurbits, and those three have made



up the three Sisters in Native American society for hundreds of years.”

“We aren’t looking to the future to create new things, we look backward. People have been raising and eating these things that are culturally, historically and nutritionally significant, and yet much focus now is on decorating,

and we have forgotten these things are edible! So that’s part of our mission. We donated four and a half tons of produce to the food banks in downstate Illinois last year but they weren’t quite sure what to do with it. This year we are showing them how to prepare it, so they in turn can show others.”

During the season, the farm is open seven days a week with weekend events such as Native American encampments, re-enactments of colonial living, squash tasting, rack wagon rides and gourd carving. Check out its website at [www.the200acres.com](http://www.the200acres.com) for more information.

## *Do it well, they will come*

Third generation apple growers, Jeff and Lisa Broom of Broom Orchard in Carlinville, Ill. live by the motto, “What we do, we need to do well,” and it shows in every aspect of their business.

The 128 acres hold approximately 70 acres of apples, 20-25 of peaches, five to seven of pumpkins and two acres of strawberries. They also raise small amounts of plums, pears, nectarines and blackberries.

Jeff and Lisa have geared the orchard toward a family atmosphere and agritourism. They found the wholesale market to be so competitive that it really requires a large operation to compete. Jeff explained, “You either need to be able to produce 100 thousand boxes to be able to make a little off of it, or go the other way and sell everything out the front door and create an atmosphere where people want to come spend a day.”

They are the only full-time employees but hire extra help during festival season or when making cider or picking and sorting apples.

The first apples are typically ready around July 4, and they try to keep a summer apple available while customers are there for peach season. The Brooms know there is nothing quite like a crisp, juicy apple and they make every effort to ensure that’s what their customers get.

According to Lisa, “There is a trend going in the direction of more specialty apples like the Ginger Golds and the Honey Crisp. But, our most popular are still the old stand-bys like the Jonathan - you can’t beat it for apple pie or apple sauce. I’ve tried them all but it is the best!”



The apple business wraps up in late October or early November when Jeff starts pruning the trees, which is the biggest job of all. “You have to go over each tree and prune and shape it. It takes a lot of time to prune 8,000 trees,” said Jeff. “It’s not a business you just decide to jump into. You plant trees, and it takes six to seven years down the road before you get any

return on your investment.”

Broom Orchard has a website, [www.broomorchard.com](http://www.broomorchard.com), and a Facebook page which Lisa tries to keep updated with what is happening at the orchard along with dates various crops are expected to be ready. So whether looking to “pick your own” or just take a day trip, keep them in mind.

## That special root

Collinsville and the surrounding area is known as the American Bottom Lands, an area rich in potash, a nutrient on which the horseradish root thrives. In fact, the area grows 50 percent of the world's horseradish and Collinsville is considered the horseradish capitol of the world. Each year on the first weekend in June, the city hosts the International Horseradish Festival.

If you're not familiar with it, one whiff of this pungent root is sure to clear up the sinuses!

German immigrants first brought horseradish to the Midwest in the mid-1850s and by the 1890s the business was thriving. Cold winters and warm summers make for excellent growing conditions. It is a labor-intensive crop which must be planted by hand, but today most horseradish is harvested with potato diggers which have been converted to undercut, lift and shake dirt from the roots.

Generations of farmers have passed on their methods for growing the root but the number of farms is dwindling. There are currently less than 12 farms and approximately 1,500 and 2,000 acres producing approximately 7,000 pounds to the acre. The farms also grow other crops, such as corn or beans, but the horseradish crop is a significant part of their operations.

J.R. Kelly Company, located in Collinsville, is the nation's top supplier of horseradish and brokers 10 to 12 million pounds annually, both domestically and internationally. This distinction has earned it the nickname "The Horseradish House." The company stores the roots in cooler warehouses and ships them to large processors as well as individuals.

Prepared horseradish is located in the refrigerated cases of grocery stores and can be found in a variety of products from mayonnaise to mustard to cocktail sauce.

For recipes using all of the specialty crops featured, check out pages 22-23.



## Family field trip ignites idea for specialty "crop"

The Houchin family lived in Bloomington with dreams of building a new home in the country. On a home schooling field trip, Karley took her four children to visit an alpaca farm and the kids thought having alpacas in the country would be a great idea.

Curious, their father Brian started researching the business side of raising alpacas to see if there was a way to earn an income from them rather than just having a hobby with a few as pets. He found that alpacas are relatively easy to raise; don't eat as much as other livestock, are a good fit for small acreage and very docile and friendly, which would make it safe for the kids to provide their care. But that still didn't solve the problem of living in the country.

As it turned out, the owner of the original farm Karley and the kids had visited, just outside Heyworth, was considering selling her farm and the family ended up buying it and the 12 alpacas too.

The farm is truly a family affair.



Their children handle the daily care of the animals along with giving them lots of love and attention. The family has immersed themselves in the industry and enjoys teaching others all about their furry residents.

Income is generated through the sale of fiber and the breeding stock. Their current herd numbers 18. In late spring the alpaca are sheared of their fleece, a majority of which is sold to a national fiber co-op. The Houchins have also sold fleece at a fiber auction and this fall they held back some to have carded and spun into yarn. Alpaca fiber is extremely soft and doesn't contain lanolin so it is hypo-allergenic. They plan to have the yarn made into products such as socks, scarves and stuffed animals for resale.

"We've seen an increase in people wanting to buy items from animals," said Brian. "Especially knowing it came from an animal on this particular farm." To learn more about the Houchin Alpaca Farm visit [www.houchinfamilyalpacas.com](http://www.houchinfamilyalpacas.com).



Photos by Valerie Cheatham

## The power of water

Never ever, ever underestimate the dangers of floodwaters

**W**ater is what makes our planet unique in the cosmos. Water is essential to life, and is used for everything from cooking to industry to recreation. Just like Goldie Locks we want our water to be just right. It's bad enough when we have too little like last summer, but too much causes flooding. And flooding is deceptively powerful and sometimes deadly.

Whether we encounter prolonged, gradual flooding from creeks and rivers, or flash flooding from intense rains on roads and waterways, floods are a danger that too many people ignore each year. Many flood-related rescues, injuries and fatalities are avoidable by knowing a few key things about floods and following flood safety guidelines.

### Knowing the terminology

The National Weather Service uses four different terms related to flooding events.

- A "Flood Watch" is issued when there is the potential for gradual flooding from rivers OR quick developing flash flooding.
- A "Flash Flood Warning" means that a flash flood is occurring or is imminent. Steep terrain is not necessary to produce a flash flood. Heavy rainfall in a short period of time can overwhelm sewer systems or drainage ditches causing deep water to quickly develop. The key word is "flash" because of how fast these types of floods can develop. A break in a dam or levee, as well as an ice jam on a river, can also produce a flash flood.
- A "Flood Warning" is posted when rivers are expected to reach a level known as the "flood stage." This is the level of a river that causes water to spread out of its banks and impact surrounding land and property. A Flood Warning can also be issued for



widespread flooding of roads, fields and communities caused by a long period, or periods, of heavy rain.

- A "Flood Advisory" is used for anticipated or imminent minor flooding of creeks, streams, low lying areas, streets and/or basements.

### Staying safe

No matter what type of flood we experience, the critical thing to remember is what to do to stay safe. Nearly every year in the United States, more than 60 percent of all flood fatalities occur when people try to navigate flood waters in their vehicle.

Consider this — it only takes 12 inches of water to lift 1,800 pounds! We call this buoyancy. It is the reason that heavy metal boats float on the water. Since many automobiles are in the range of 3,000 to 4,000 pounds, then buoyancy tells us that it only takes 18 to 24 inches of water to cause them to float. Add to that the forces due to flowing water and you have a recipe for disaster.

A number of years ago, the National Weather Service came up with a catchy phrase — "Turn Around, Don't Drown." If you are not certain about the depth of the water on a roadway, especially if the water is flowing, then do NOT attempt to cross the road. NEVER drive around a barricade. It is there for your protection. Turn around and take a different route.

Following flood safety advice is very critical at night when it can be very difficult to determine the depth of the water. In fact, the peak time for flash flooding in Illinois is between midnight and 2:00 a.m.

Another cause of numerous flood-related injuries and fatalities is when people attempt to walk or swim through flooded areas — particularly children. Never let children play in or near floodwaters!

Besides the tremendous danger of falling into the water or being swept off their feet, floodwaters often contain very harmful chemicals or bacteria.

While camping, fishing or taking part in other outdoor activities near rivers or creeks, keep an eye on the forecast and the water levels. Don't get surprised by rapidly rising floodwaters. Stay far enough away from the water's edge, particularly when thunderstorms are anticipated.

Never step into a flooded basement or other room if water may be in contact with electrical outlets, appliances or cords. Never attempt to turn off power at the breaker box if you must stand in water to do so.

Respect the forces of nature and the power of water. Someday your life, or the lives of your loved ones, may depend on it.

Flood Safety Awareness Week is March 18-22, 2013. To learn more about floods and flood safety, visit our web page at: [www.floodsafety.noaa.gov](http://www.floodsafety.noaa.gov) ■

Chris Miller is the  
Warning Coordination  
Meteorologist for the  
National Weather Service  
in Lincoln, Ill.



# Terry Redlin's Seasons of Splendor

Personalized Welcome Collection



\$40-value "Welcome" display is included FREE!\*



**PERSONALIZED WITH A FAMILY NAME!**



With each season, showcase different Terry Redlin artwork from your PERSONALIZED plaque!

FREE\*\* "Welcome" display measures appr. 8½" high x 12½" wide.

Each seasonal display measures appr. 4" high x 10" wide.

Intended for indoor use only.

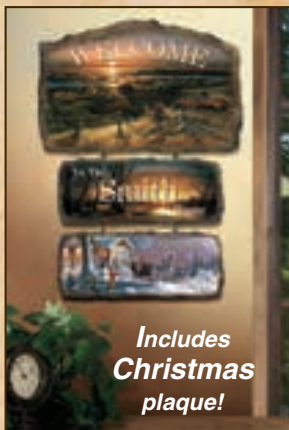
Shown much smaller than actual size



Let the distinctive artwork of American master Terry Redlin brighten your home throughout the year with this interchangeable wall plaque collection. With each passing season, showcase a different pastoral scene upon the "Welcome" display that is yours FREE\*\*—a \$40 value. But the best part of all this: your family name is custom printed on one of the plaques!

A great value—unconditionally guaranteed. Strong demand is expected, so act now to reserve each edition in the Terry Redlin's Seasons of Splendor Personalized Welcome Collection at its \$29.95 issue price, backed by our 365-day guarantee. You will be billed before shipment, and you may cancel any time. Send no money now; mail the Reservation Application today!

[www.bradfordexchange.com/redlinwelcome](http://www.bradfordexchange.com/redlinwelcome)



RESERVATION APPLICATION **SEND NO MONEY NOW**

THE BRADFORD EXCHANGE HOME DECOR

9345 Milwaukee Avenue · Niles, IL 60714-1393

**YES.** Please reserve the Terry Redlin's Seasons of Splendor Personalized Welcome Collection as described in this announcement. Limit: one per order. **Please Respond Promptly**

Please indicate below the family name that will appear on the plaque.

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Maximum 18 characters including spaces.

PLEASE PRINT CLEARLY

Mrs. Mr. Ms. \_\_\_\_\_ Name (Please Print Clearly)

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

903063-E38591

\*Plus \$6.99 shipping and service per piece. A limited-edition restricted to 295 casting days. Allow 4-8 weeks after initial payment for shipment. All sales are subject to product availability and order acceptance. \*\*Pay only a one-time shipping and service charge of \$7.99 for the custom "Welcome" display, which will be shipped after the first edition.

# Gardening perfection is too hard

The ultimate goal is for your yard to look better than the neighbor's

I'll be the first one to admit it—gardening isn't always fun.

That's probably shocking. You probably think that I live in a perfectly manicured yard, with leaves that magically disappear in the fall, flowers blooming from February through December, no ice storm damage and an invisible wall that runs a mile high and keeps all insects out.

Sorry. Not true. Hopefully, your bubble hasn't burst too much.

I have weeds in my grass. Gasp! There are ant hills and yellow jacket nests, and just about every other year it seems a mole likes to visit my yard, creating wonderful little runs everywhere.

Now, there are nice things, and my ultimate goal is to make sure my yard looks better than my neighbors.

Perfect? Hah! There are unique features that make it a little different, sort of like those funky pillows you throw on a couch that are different from everyone else's.

If you try for perfection, you'll find it hard to succeed. You may have some success but you probably won't have a life, spending hours weeding, watering, planting, mowing, mulching and composting instead of time with your friends and family.

The other extreme might not be practical either. It's hard to make a junkyard look attractive and people still avoid them for a reason. Out in the country it's easier than in the city, but you may find the postal carrier and UPS delivery person driving past. In the city, the health inspectors may come a-knockin'.

So you need an in-between, which is easier to achieve as you get older and realize that life holds more than perfection. It also could be the eyes failing and letting you believe things



are better than they are.

There are ways to get around perfection. Language is one way.

First, say you're doing "research." People are always impressed and you can state that you are comparing any two or three things that pop in your mind. Put a couple flags out there of various colors to further create the "research" illusion. Just remember in the future to give them your "research" results so you complete the illusion.

And you can always say you're repeating the same research because the results were "inconclusive."

My catch phrase is "environmentally diverse" landscape.

First, no one can argue against the environment, unless you totally, totally, totally hate Al Gore, which means you don't care really about anything and wouldn't even consider visiting someone's yard. Too green.

"Diversity?" It's another current buzzword. Again, who can disagree with diversity? We know it makes for a more chemical-free landscape with predators such as bats, birds and

good bugs keeping the bad critters in check. It's also means concentrating on lots of different plants so you're not looking at a solid green lawn with yellow dandelions.

If someone points out the dandelion, just say "It's environmentally diverse, what's wrong with that?"

I've felt lately if someone says I have a weed or two, they aren't looking at all the things they should be concentrating on. And as long as people don't point out the weeds, I've succeeded.

Then again, I do point out my neighbors' weeds. Just remember your ultimate goal. ■

David Robson is Extension Specialist, Pesticide Safety for the University of Illinois. [drobson@illinois.edu](mailto:drobson@illinois.edu)







# THERE'S A TREASURE IN YOUR BACKYARD

You may not realize it, but your home is sitting on a **free and renewable** supply of energy. A WaterFurnace geothermal comfort system taps into the stored solar energy in your own backyard to provide **savings of up to 70% on heating, cooling and hot water**. That's money in the bank and a smart investment in your family's comfort. Contact your local WaterFurnace dealer today to learn how to **tap into your buried treasure**.

## YOUR LOCAL WATERFURNACE DEALERS

**Albers**  
Toennies Service Co.  
(618) 248-5130

**Bloomington**  
Wm. Masters, Inc.  
(309) 662-8481

**Brighton**  
Den-Son Heating & Cooling  
(618) 372-8375

**Canton**  
Spoon River Mechanical Services  
(309) 647-5009

GM Mechanical  
(309) 647-5700

**Carbondale**  
GL Morris  
(618) 457-0190

**Cartersville**  
RSP Heating & Cooling  
(618) 942-2424

**Charleston**  
Jansen's Heating & Air  
(217) 235-5223

**Chester**  
Schumer Bros  
(573) 547-6517

**Cobden**  
Davis Heating & Cooling  
(618) 893-2821

**Decatur**  
Design-Air Heating & A/C  
(217) 429-1105

**Delevan**  
Jeckel Plumbing & Heating  
(309) 244-8265

**Edwardsville**  
Cummings Heating & Cooling  
(618) 656-8953

**Effingham**  
Jansen's Heating & Air  
(217) 347-5223

**Fairbury**  
Popejoy Plumbing, Htg & Electric  
(815) 692-4471

**Fairfield**  
Electro Electric  
(618) 847-8102

**Flora**  
Electro Electric, Inc.  
(618) 662-4520

**Gifford**  
Duden and Silver  
(217) 568-7954

**Goodfield**  
Hinrichsen Heating & Air  
(309) 965-2604

**Hamilton**  
Peters Heating & Air, Inc.  
(217) 847-2777

**Harrisburg**  
D&C Heating & Air  
(618) 997-6577

**Lawrenceville**  
Tracy Electric, Inc.  
(618) 943-2243

**Litchfield**  
Snell Enterprises, Inc.  
(217) 324-4560

**Macomb**  
Arnold Brothers Heating & Cooling  
(309) 833-2852

**Marion**  
D&C Heating & Air  
(618) 997-6577

**Mount Vernon**  
Holloway Heating & Air, Inc.  
(618) 242-5481

**Pana**  
Jansen's Heating & Air  
(217) 562-5201

**Paxton**  
Houston Plumbing & Heating  
(800) 379-2165

**Petersburg**  
Collins Plumbing & Heating  
(217) 632-3670

**Pittsfield**  
Peters Heating & Air, Inc.  
(217) 285-1600

**Quincy**  
Peters Heating & Air, Inc.  
(217) 222-1368

**Red Bud**  
DeRousse Heating & Air, Inc.  
(618) 282-2224

**Springfield**  
Collins Plumbing & Heating  
(217) 793-8031

**Taylorville**  
Jansen's Heating & Air  
(217) 824-4138

**Thomasboro**  
HovelN Heating & Cooling, Inc.  
(217) 643-2125

**Tilton**  
Blackie's Automatic Engineering  
(217) 442-1440

**Virden**  
Snell Enterprises, Inc.  
(217) 965-3911

**Waterloo**  
DeRousse Heating & Air, Inc.  
(618) 282-2224

**Winchester**  
Little Heating & A/C, Inc.  
(217) 742-3332



waterfurnace.com  
(800) GEO-SAVE



## It's all about the sun

The ultimate source of all our energy is the sun

As I mentioned last month, several things have happened to convince me that I should dedicate several articles to the very basics of energy efficiency. I have pondered this a lot and even wake up during the night thinking about it.

I have discussed some of these thoughts with young students, middle-aged adults and some senior adults. They all agree that we need to know more of the basics about energy efficiency. Just last week, while conducting a meeting at a high school auditorium, I asked the question, "As we know it, all energy comes from where?"

There were 75 people in attendance including students and adults. No one answered the question, so I asked it again. Finally an adult answered, "From the sun." That is the correct answer, and I, like many of you, had learned that in a science class many years ago. I'm sure that some others thought, after they heard the correct answer, "Oh yes, I knew that too." But I am convinced that many in the room did not know that all energy comes from the sun. Wow, that's a really big statement, so let's look at some of the ways that the sun relates to the energy usage of our home.

1. If there had been no sun a long time ago, there would be no coal for the generation of electricity today.
2. If there had been no sun in the past, there would be no natural gas for house heating or electricity generation today. This also applies to propane gas.
3. If there were no sun, there would be no wood to help heat a house.
4. If there were no sun, there would be no wind to turn a turbine to generate electricity.
5. If there were no sun, there would



6. If there were no sun, biomass would not even be considered as a possible future source for generating electricity.
7. And last, and most obvious, if there were no sun, you could not have any solar generation.

Isn't it interesting to note that just about all of this has to do with the generation of electricity? Why is this the case? It is because just about everything in the house, except the dog and the furniture, needs electricity. Even a gas furnace and a gas clothes dryer need electric fan motors to operate properly. And a gas cooktop in the kitchen probably uses electricity for the clock and timers. For the past several years, electronic items have been the number one choice for Christmas gifts, and, yes, all electronics use electricity.

Well, I think that we would all agree that the need for electricity is not going away and that the demand is most likely to increase. With that said, it is imperative that we use electricity wisely.

That is exactly why this column is placed in this publication. Your electric co-op's mission is to provide you with adequate and affordable electricity. Folks, I am not an employee of any electric co-op, but I know for a fact that they all work hard to fulfill their mission to you, the member, in spite of

difficult governmental regulations and rising costs.

Although you and I have no control over utility rates, we do have control over usage. Simply put, that is called conservation and energy efficiency.

Think with me for a minute and imagine a tube of caulk.

Energy was required to manufacture, package and ship the tube. Let's say that it took

50 cents to put the tube on the shelf. Now, let's suppose that 10 cents of the 50 cents was for electricity for the manufacturing. If you pay \$2 for the tube and caulk places in your house, you will then save 10 cents per month on your electric bill. The 10 cents of electricity that was used in producing the one tube of caulk would likely save hundreds of dollars of electricity over the life of the house.

What if each household in America would use one tube? Wow, that would be huge. What if each household used 10 tubes? That total savings in the generation of electricity would be unbelievable. It is not important that my dollar figures be exactly correct. But it is important that we use energy wisely today to help have adequate affordable energy in the future. We can all do our part, and we can make a difference. Of course, without the sun, it wouldn't even matter.

See you next month when the sun will make the dogwood trees really beautiful. ■

Doug Rye can be heard on several different Illinois radio stations. You can go to Doug Rye's Web site at [www.dougrye.com](http://www.dougrye.com), e-mail him at [info@philliprye.com](mailto:info@philliprye.com), or call 501-653-7931.



# Hydrogen Peroxide for Aches, Pains and Clogged Arteries?

(SPECIAL) - Hydrogen peroxide is trusted by every hospital and emergency room in the country for its remarkable ability to kill deadly germs like E. coli and the swine flu virus. In fact, it has attracted so much interest from doctors that over 6000 articles about it have appeared in scientific publications around the world.

Research has discovered that hydrogen peroxide enables your immune system to function properly and fight infection and disease. Doctors have found it can shrink tumors and treat **allergies, Alzheimer's, asthma, clogged arteries, diabetes, digestive problems, migraine headaches, and arthritis pain.**

Smart consumers nationwide are also discovering there are hundreds of health cures and home remedy uses for hydrogen peroxide. A new book called *The Magic of Hydrogen Peroxide* is now available that tells you exactly how to use hydrogen peroxide by itself... and mixed with simple everyday kitchen items... to make liniments, rubs, lotions, soaks and tonics that treat a wide variety of ailments.

It contains tested and proven health cures that do everything from relieving **chronic pain** to making **age spots** go away. You'll be amazed to see how a little hydrogen peroxide mixed with a pinch of this or that from your cupboard can:

- **Relieve the pain of arthritis, rheumatism and fibromyalgia**
- **Treat athlete's foot**
- **Clear up allergies and sinus problems**
- **Soothe sore throats**
- **Fight colds and flu**
- **Help heal boils and skin infections**
- **Whiten teeth without spending a fortune**
- **Destroy harmful dental bacteria and heal gingivitis**
- **Help heal cold sores and canker sores**
- **Clear up foot and nail fungus**
- **Relieve the sting and pain of insect bites**
- **Soothe sore feet**
- **Relieve ear aches**
- **Soothe muscle aches**
- **Enable minor wounds, cuts and scrapes to heal faster**
- **Refresh and tone your skin**

- **Clear up acne, rashes and age spots**
- **Help heal yeast infections**
- **And much more**

Besides killing E. coli and the swine flu virus, hydrogen peroxide also destroys botulism, salmonella and other harmful organisms. It works by making viruses and bacteria self-destruct on the cellular level. Amazingly, for something so powerful, hydrogen peroxide is safe. That's because after it makes germs self-destruct, hydrogen peroxide breaks down into harmless water.

*The Magic of Hydrogen Peroxide* book is a valuable health improvement treasure that also shows you how to make tons of household cleaners that work better and more economically than expensive store-bought products. It's a safe powerful alternative to harsh chemical cleaners. Discover easy-to-make formulas that:

- **Kill germs on kitchen counters and surfaces**
- **Sterilize dishes, cups and kitchen utensils**
- **Make a powerful scouring powder that works wonders on kitchen sinks, refrigerators and ovens**
- **Disinfect and deodorize coffee makers, tea pots, blenders and food processors**
- **Sanitize wood cutting boards and wooden spoons**
- **Clean out and disinfect clogged drains**
- **Make hardwood floors, tile floors, grout and linoleum gleam**
- **Get rid of harmful bacteria on fruits, vegetables and meats with this safe and effective food rinse**
- **Eliminate nastiness from toilet bowls, bath tubs, showers and shower curtains**
- **Sterilize and purify toothbrushes and dentures**
- **Clean and disinfect pet stains**
- **Remove mold and mildew from basement walls, roofs and other surfaces**
- **Disinfect diapers, pacifiers and baby toys**
- **Remove wine, ink and blood stains from clothing, carpets and furniture**
- **Boost laundry detergent power and restore brightness and color to fabrics**

- **Streak-free-clean your windows and mirrors**
- **Clean and deodorize your car**
- **Eliminate skunk stench on pets and foul odors from litter boxes, old tennis shoes, etc.**
- **Rid pets of parasites and bacteria**
- **Make indoor and outdoor plants flourish with a surefire fertilizer and insecticide all rolled-into-one**
- **Keep hands germ-free without expensive hand sanitizers**
- **And much more**

*The Magic of Hydrogen Peroxide* contains many more amazing health remedies, cleaning formulas and gardening mixtures. In addition, it also gives you a list of qualified physicians who use hydrogen peroxide in their practices to treat serious ailments. Also included FREE with each book are useful tips and home remedy formulas using vinegar, garlic baking soda and teas.

To get your copy of *The Magic of Hydrogen Peroxide* direct from the publisher at the special introductory price of \$19.95 plus \$3.98 shipping and handling (total of \$23.93, OH residents please add 6.25% sales tax) simply do this:

Write "Hydrogen Peroxide" on a piece of paper and mail it along with your check or money order payable to: James Direct, Inc., Dept HP346, 500 S. Prospect Ave., Box 980, Hartsville, Ohio 44632.

You can charge to your Visa, MasterCard, Discover or American Express by mail. Be sure to include your card number, expiration date and signature.

*Want to save even more?* Do a favor for a relative or friend and order two books for only \$30 postpaid.

Remember, you're protected by our 90-day money back guarantee. If you're not happy, for any reason, we'll refund your money. Simple as that.

**FREE GIFT!** You will also receive a copy of the handy booklet "*How To Grow, Dry, Use & Prepare Herbs*" as our gift to you. Even if you return the book, it is yours to keep with no obligation.

Hurry! Supplies are limited so you must act now.

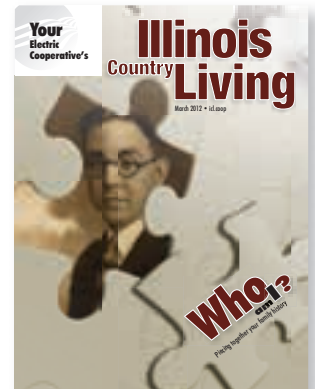
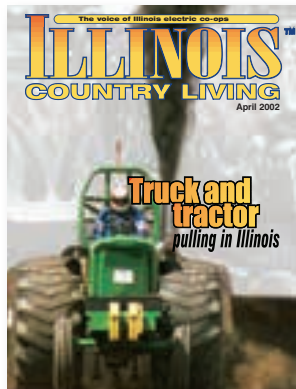
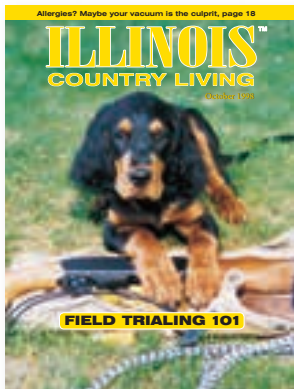
©2013 JDI HP119S03

<http://www.jamesdirect.com>



# Illinois Country Living

*is celebrating 70 years  
of publishing!*



**We want to know how Illinois Country Living has affected your life.**

What stories have taught you something? Touched your life? Or been particularly memorable?  
 What have been some of your favorite recipes? Have you used any for special occasions?  
 Found something you wanted or needed in Marketplace?  
 Bought something as a result of an ad?  
 What column(s) do you look forward to each month?

*Tell us your story.* Send it to: Illinois Country Living, Attn: Lisa Rigoni  
 P.O. Box 3787 Springfield, IL 62708  
 or LRigoni@aiec.coop



#3809#116-4251

## Quality for Generations

For 110 years, Morton Buildings has provided dependable products and exceptional service. At Morton, we oversee every aspect of your project to ensure it results in a quality building that you can be proud to own. From garages and horse barns to machine storage and farm shops, Morton Buildings takes your project from concept through completion and stands behind it with the strongest, non-prorated warranty in the industry.

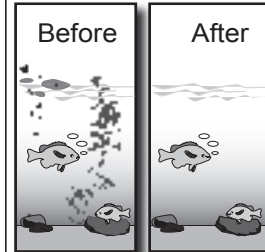


©2013 Morton Buildings, Inc. A listing of GC licenses available at [mortonbuildings.com/licenses.aspx](http://mortonbuildings.com/licenses.aspx). Reference Code 607



# KILL LAKE WEEDS

Proven **AQUACIDE PELLETS**  
Marble size pellets. Works at any depth.



**10 lb. bag**  
treats up to  
4,000 sq.ft.  
**\$84.00.**

**50 lb. bag**  
treats up to  
20,000 sq.ft.  
**\$331.00.**

**FREE SHIPPING!** Certified and approved for use by state agencies. State permit may be required. Registered with the Federal E. P. A.

**800-328-9350**

**KillLakeWeeds.com/337**

Order online today, or request free information.

Our 58th year

**AQUACIDE CO.**

PO Box 10748, DEPT 337  
White Bear Lake, MN 55110-0748



## STUMP REMOVAL FAST & EASY!

**ELIMINATE** Landscape Eyesores with a DR® STUMP GRINDER!

- **EXPAND** lawn areas.
- **OPEN UP** fields & meadows.
- **BLAZE** new trails.
- **REMOVE** mowing hazards.

The DR® STUMP GRINDER uses carbide-tipped cutting teeth that take over 360 "bites" per second, pulverizing stumps into a pile of wood-chips. Quickly and easily, you can grind any size tree stump below ground level. Gone forever!



**36 MONTH FINANCING AVAILABLE\***

77659X © 2013

Call for a **FREE DVD and Catalog!**  
TOLL FREE **877-201-5890**  
[DRstumpgrinder.com](http://DRstumpgrinder.com)



## The Fastest, Easiest Way EVER to HALT INVASIVE TREES!

The patented ATV-Mounted **DR® TREE-CHOPPER™**

is the only low-cost way to reclaim pastures, meadows, fence lines, trails fire-breaks from invasive trees!

- **CUT 300 TREES PER HOUR** while driving your ATV.
- **ELIMINATE RED CEDAR, MESQUITE, JUNIPER,** and other invasive trees that rob land of water and space, create allergens, and make fire hazards.
- **CUT TREES UP TO 4" IN DIAMETER** flush to the ground so there's nothing to trip over or regrow.



Used by ranchers, the U.S. Forest Service, the Bureau of Land Management, state and local agencies, conservation groups, hunting and snowmobile clubs throughout the country.

**Like a pipe cutter for trees!**

You simply drive the Tree-Chopper™ into trees up to 4" thick. Circular discs slice through the trunk, while a rear trailing blade shears the stump flush to the ground.

77659X © 2013

\* For details please call or visit online. Limited time offer.

Call for a **FREE DVD and Catalog!**  
TOLL FREE **877-201-5890**  
[DRTreeChopper.com](http://DRTreeChopper.com)





**Winter Squash Chowder**

## Pumpkin Chiffon Pie (below)

*Recipe courtesy of The Great Pumpkin Patch*

- |                          |                                    |
|--------------------------|------------------------------------|
| 1 envelope plain gelatin | 1/2 tsp. cinnamon                  |
| 2/3 c. light brown sugar | 1-1/4 c. cooked and mashed pumpkin |
| 1/2 tsp. salt            | 3 eggs, separated                  |
| 1/2 tsp. nutmeg          | 1/2 c. granulated sugar            |
| 1/2 c. milk              | 1 baked pie shell                  |
| 1/2 tsp. ground ginger   |                                    |

In a medium saucepan, mix together first 8 ingredients and the 3 egg yolks. Cook over medium heat, stirring constantly until it boils. Remove from heat and cool COMPLETELY. Make meringue of 3 egg yolks and 1/2 c. sugar and carefully fold into the cooled mixture. Pour into baked pie shell. Chill until set, approximately 2 hours. Garnish with whipped cream.

**Pumpkin Chiffon Pie**



## Winter Squash Chowder (left)

*Recipe courtesy of The Pumpkin Eater – 2nd Edition, The Great Pumpkin Patch, www.the200acres.com or 217-543-2394.*

- 2 slices bacon
- 1 c. leeks, sliced
- 1 c. red potatoes, peeled and cubed
- 1 c. acorn squash, cubed
- 1 c. butternut squash, cubed
- 1 c. pumpkin, cubed
- 2 – 14 oz. cans fat-free chicken broth
- 1 c. cream
- 1 Tbsp. fresh sage, chopped
- 1 Tbsp. fresh parsley, chopped
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 2 Tbsp. brown sugar, optional

In a stock pot; cook bacon until crisp then remove from pan. Add leeks to bacon drippings and cook until softened. Add potatoes, squash and pumpkin and cook 5 more minutes. Add chicken broth and bring to a boil. Reduce heat, simmer 30-40 minutes or until vegetables are tender. Add cream and seasonings. Add brown sugar, if desired. Garnish with crumbled bacon. Serves 6.

## Harvest Pancakes

*Recipe courtesy of The Great Pumpkin Patch*

- 1/2 c. ground walnuts or favorite nuts
- 1 c. flour
- 1/2 tsp. cinnamon
- 1 Tbsp. granulated sugar
- 2 tsp. baking powder
- 1/2 c. steamed and mashed winter squash (Sweet Dumpling squash recommended)
- 1 c. milk
- 1 Tbsp. cooking oil
- Pinch of salt
- 2 slightly beaten egg yolks
- 2 egg whites

Combine nuts, sugar, flour, baking powder, salt and cinnamon in a large bowl and set aside. In another bowl combine milk, squash, egg yolks and oil. With a large wooden spoon, stir the dry mixture into the squash mix and set aside. Beat the egg whites in a bowl until stiff peaks form. Gently fold the egg whites into the squash mixture. Heat up a skillet and pour about 1/4 c. of batter per pancake. Cook until surface is bubbly and edges are slightly dry, and flip. Cook until golden brown.

### Reply Online

*Tried a recipe?  
Tell us what you think at [icl.coop](http://icl.coop)  
Click on Finest Cooking*

*Photos by Valerie Cheatham*

## Apple Chutney (right)

5/8 c. red wine vinegar  
3/4 tsp. salt  
5/8 c. light brown sugar  
3/4 tsp. ground ginger  
3/4 tsp. mustard seed  
1-1/4 lb. apples; peeled, cored and diced  
1/3 c. onion, finely diced  
1-1/4 c. raisins  
1/4 of one lemon; juiced and grated rind

Bring the vinegar, salt, sugar and mustard seed to a boil in a medium saucepan. Add all remaining ingredients and simmer one hour, stirring occasionally. Serve warm with grilled pork or turkey tenderloin. Can be made ahead and reheated.

## Apple Baked French Toast

1 lg. loaf French or Italian bread  
8 lg. eggs  
3-1/2 c. milk  
1 c. sugar  
1 Tbsp. vanilla  
3 tsp. cinnamon  
1 tsp. nutmeg  
6 to 8 med. apples, peeled, cored and sliced  
2 Tbsp. butter

Slice bread into 1-1/2" slices. Spray a 9x13" glass pan with cooking spray. Place bread in pan with sides touching, will be a snug fit. Whisk together eggs, 1/2 c. sugar, milk and vanilla for about 30 seconds. Pour half of mixture over bread. Place apples on top of bread to cover. Pour rest of egg mixture evenly over bread. Mix 1/2 c. sugar with cinnamon and nutmeg and sprinkle evenly over apples. Dot with butter. Cover and refrigerate overnight. In morning, preheat oven to 350°. Uncover dish and bake for one hour. Remove from oven and allow to rest 5-10 minutes. Cut into squares and serve with warm syrup or powdered sugar.

## Fresh Apple Cake

2 c. granulated sugar  
1/2 c. margarine or butter, softened  
2 eggs  
3 c. raw apples, peeled and diced  
2 c. flour  
1 tsp. cinnamon  
1 tsp. baking soda  
1/2 tsp. salt  
3/4 c. chopped walnuts, optional  
1/4 c. light brown sugar  
1/4 c. granulated sugar  
1/2 c. chopped walnuts, optional  
Dash of cinnamon

Cream butter and 1 c. granulated sugar; add eggs and apples. Sift together flour, 1 tsp. cinnamon, soda and salt together and mix into wet ingredients. Add 3/4 c. walnuts if using. Pour into a greased 9x13" pan. Before baking, mix together brown sugar, 1/4 c. granulated sugar, dash of cinnamon and remaining walnuts, if using. Sprinkle over top of batter. Bake at 350° for 50 minutes. Top with whipped cream or ice cream.



Apple Chutney

## Horseradish Coleslaw (below)

5 c. shredded green cabbage  
5 c. shredded red cabbage  
2 c. shredded carrots  
1/4 c. finely sliced green onions  
2 tart apples; peeled, cored and diced into small cubes  
2 tsp. fresh lemon juice  
1/4 c. plus 1 Tbsp. sugar

1/2 c. cider vinegar  
1-1/2 tsp. salt  
1 tsp. ground black pepper  
1 c. mayonnaise  
1/4 c. sour cream  
3 Tbsp. prepared horseradish  
1 Tbsp. coarse-grain mustard

In a large mixing bowl, combine the green and red cabbage, carrots and green onions. In a small bowl, toss the diced apple with the lemon juice and add to the cabbage mixture. In a small bowl, combine the sugar, vinegar, salt and pepper and whisk til sugar is dissolved. Pour that mixture over cabbage mixture and toss to thoroughly combine. Cover and refrigerate for 20-30 minutes. In a small bowl, combine the mayonnaise, sour cream, horseradish and mustard. Add to the slaw mixture and mix to thoroughly combine. Cover and refrigerate for at least 1 hour or overnight before serving.

Horseradish Coleslaw



## To Java or not to Java

In the past few months, Oracle has garnered much attention because of a security flaw in its Java plug-in for web browsers. The situation got so bad the Department of Homeland Security (DHS) issued an alert advising you to actually disable Java on your computer.

You can read the alert at [www.us-cert.gov/cas/techalerts/TA13-010A.html](http://www.us-cert.gov/cas/techalerts/TA13-010A.html).

In it, DHS warns, “An attacker could use social engineering techniques to entice a user to visit a link to a website hosting a malicious Java applet. An attacker could also compromise a legitimate web site and upload a malicious Java applet (a “drive-by download” attack).”

That means if you have Java installed on your computer, and you visit a compromised site while leaving your security settings at default, then your computer can be infected without your having to click anything at all. Of course, Oracle quickly released an update that changed the default security setting of its Java software to “High.” But what does that really do?

Basically, it means that when you visit a website that has a Java applet running, you must now make a decision. Do you want to allow the website to run the applet, or do you not? You should be prompted. The bigger question is, how will you know whether or not that applet is something that should be running? I’m afraid the answer is, you just might not. And furthermore, what is this “Java” thing anyway? How do you know if you have it installed?

First, take a moment to see if you have Java installed. You can do this in Windows 7 by going into your Control Panel, clicking on Programs, and then clicking on Programs and Features. For other Windows-based operating systems, the path is similar albeit slightly different. When you get

*When installing or updating Java, look for added programs that Oracle includes as a “bonus” install. For instance, right now the Java install also includes by default, the Ask Toolbar. If you don’t want this toolbar, make sure you uncheck the box for it.*



to the list of programs, it may take a moment to fully populate the window. After it does, scroll down and look for a program that says “Java” at the beginning. If you find it, then you have Java installed. The rest of the name of the program should tell you what version you have. If it’s anything under “Java 7 Update 11” then your computer is probably vulnerable to the drive-by attack mentioned earlier.

You should update immediately! To run the update open your browser and go to [www.java.com](http://www.java.com), then follow the instructions on the site. Of course, another option is to simply uninstall the program. Be warned though, if you don’t have Java installed, some websites might not load appropriately. Of course, not showing certain content might very well be completely ok with you to ensure you aren’t getting infected. So, what kinds of things can you miss out on by not having Java?

Many websites use Java applets to enhance your experience. If you are a stock trader, you might find that you can’t place orders online. Have kids that like to play little browser-based games? Some of the ones they’re playing probably use Java. While it isn’t necessary to have Java installed for every website, when you uninstall it

you’ll probably notice some of the sites you’re used to visiting just don’t work the same anymore. They might even appear to be broken.

So, what should you do? Basically, it boils down to making a decision to either keep Java and setting the security settings to ask you every time something tries to run an applet, or to uninstall it and live without Java applets running on websites. If you decide to keep it, definitely run the update, and then continually check back for updates and run those as well.

Either way, you should always keep all the software on your computer up-to-date to avoid security problems.

### Reply Online

**Have a technology issue and want some advice? Visit [www.icl.coop](http://www.icl.coop) and click on Powered Up to respond. Your response might even be included in a future column.**

*Ed VanHoose is the Digital Communications Administrator/IT Manager for the Association of Illinois Electric Cooperatives in Springfield.*



[evanhose@aiec.coop](mailto:evanhose@aiec.coop)



## Central/ Southern Illinois

**Properties Wanted:** Hobby Horse or Mini Farms, Land, Trailer Parks, Victorian & Country Homes, Estates, Log or Lake Houses. We have the #1 Premier Marketing Program designed specifically for these properties! More buyers see our specialty ads! 600% more visit our listings! Buyers easily find and prefer to use our #1 dedicated country website [www.FarmAndLakeHouses.com](http://www.FarmAndLakeHouses.com). Our listings are direct marketed to over 45,000 people alone through our Real Estate Booths at Ag, Sport, Boat & Outdoor Shows in Chicagoland, Joliet, Tinley Park, Springfield, Bloomington, Gordyville, Peoria & Yorkville. 20 years of experience-selling full time, 364 days a year! Call Farm and Lake Houses Real Estate & Broker Jerry Grodesky (217) 386-4220.

**We raise buildings** - add clearance for combines or campers. Also grain bin and farm building moving. Buying used bins. 217-232-4207.

**CasCade 4000**  
Floating POND FOUNTAIN Aerator  
Pre-Assembled - Installs in Minutes!  
New Available Factory Direct MSRP (\$1100) You Pay \$699.95!  
Complete with light & timer!  
100% power cord. 1yr warranty!  
(Also available in 30hp & 1.2HP)  
Call 7days/week! FAST UPS shipping right to your door!  
1800-254-3735 [www.fishpondaerator.com](http://www.fishpondaerator.com)

**Earth**  
Outdoor Wood Furnaces  
Starting at \$3,295  
Savings  
Safety  
Strength  
Simplicity  
Service  
Satisfaction  
• 1/2" Thick Firebox\*  
• 8 Models to Choose From  
• Variety of Color Options  
• Install Material Available  
[EarthOutdoor.com](http://EarthOutdoor.com) - 417-746-0043

**Vacation cabins-Ohio River,** Shawnee National Forest, Elizabethtown, IL. Cedar Hill River Cabins, Ohio River Scenic Byway, [www.cedarhillriverresort.com](http://www.cedarhillriverresort.com). 217-652-4257, 618-287-6001.

**Rabbits! Rabbits! Rabbits!** For sale: pets, show, meat and fur. Call Kelly at 309-647-1780 or 507-993-1452.

**Midwest Bird and Animal Swap & Sale,** March 31 and April 28, at Monroe County Fairgrounds, Waterloo, IL from 5:30 to Noon. 618-939-6809.

**First Street Restaurant Equipment** used slicers, tenderizers, grinders, meatsaws, ss sinks, tables. New and used cooking equipment, pottery wheels and kilns. 2615 So. First, Springfield, 217-522-3934, 217-971-8592.

**Miniature Mediterranean donkeys.** Pet, show and breeding quality. Gray duns, chocolates, spotted and blacks. Visitors welcome. Canton, IL. 309-647-7162. [www.copperascreek.com](http://www.copperascreek.com).

**4' white pine trees, delivered, planted, mulched.** \$64.50 and 4' Norway Spruce \$79.50 per tree. Buy 10 get 1 free. Call for other sizes, varieties or shades. Price may vary depending on geographical location. [www.atwoodtrees.com](http://www.atwoodtrees.com). Call 217-886-2316

**Cabins in Shawnee Forest of Southern Illinois.** Five cabins of all sizes with all amenities. Near Garden of the Gods, Rim Rock Hiking area, Pounds Hollow Lake, Cave in Rock State Park and much more. Pet friendly. Excellent reviews. Check [www.rimrocksdogwoodcabins.com](http://www.rimrocksdogwoodcabins.com) for availability. 618-264-6036.

**Design Homes, Inc.**  
**We specialize in Custom Duplexes & Multi-family!**

- ✓ Great New Floorplans!
- ✓ Free Whirlpool Appliances!
- ✓ Expanded Delivery Area!
- ✓ Energy Efficiency Package
- ✓ Lennox Furnace Standard!

8" Sidewalls, R-50 Ceilings, 20-year Windows, Lennox Furnace, Kohler Plumbing, Tax, Delivery & Crane Work included

Visit our website at: [designhomes.com](http://designhomes.com)

Call For A Free Brochure  
**1-800-627-9443**

Corporate Office: (19 Models)  
Prairie du Chien, WI 53821 1-608-326-6041  
Burlington, IA 52601 319-754-6100 (8 Models)  
Edgerton, WI 608-884-6263 (5 Models)  
Eldridge, IA 52748 (8 Models)

**Over 80 Stock & Display Homes available immediately!**

**Stay and Play in Southern Illinois' Hardin County.** Shawnee Forest, Ohio River, Garden of the Gods, Cave-in-Rock. [www.hardincountyil.org](http://www.hardincountyil.org). Illinois Mile After Magnificent Mile. 618-287-4333.

**Wanted to buy:** Standing timber. All species. Pay top price. Clear or select cut. Call 815-434-4141.

**Authorized Rainbow distributor.** Repairs, supplies and service. Living air purifiers. L&L Distributing, 116 S. VanBuren St., Newton, IL 62448. 618-783-3755.

**Insulation. 4x8 sheets, foil-backed foam.** Also rolls of foil-bubble pak-insulation. All factory seconds. [www.nichols5.com](http://www.nichols5.com). Contact Ken Nichols, 800-424-1256.

**Fish, Camp, Relax.** 319 wooded acres w/80 acres of water. Permanent camp sites w/full hook-ups. sand beach, beach house, swimming, paddle boating, petting zoo, playground, much more. Private Club. Annual memberships. Gibson City Fishing Camping Club. 309-826-8444.

**It's planting time.** We have white pine and Norway Spruce to plant as wind break or privacy screen. Call John at TurfGreen Landscaping. 217-793-1114 or 217-306-0248.

**Wanted to buy:** Standing timber, most species. Pay top prices. Call 217-285-2760.

**Earn \$2,000 or more** a month working from home. Find out how you can change your life. Call Now! 866-274-0657.

**Wanted to buy:** Coins and coin collections. Call 309-376-7300.

**For Sale: 25 acres, 3 Bdrm home,** 2 bdrm caretaker house - 2 car garage, 5 acre lake, 2 docks. NW Shelby Cty. Golf, fishing and hunting. 217-971-1839.

**Fiberglass corrugated, 26-inch wide.** 8-12- foot long. 8 ft.-\$6.50 12 ft.-\$10. Large supply, all colors. Dongola, IL. 618-827-4737.

**Used rental work clothes** - pants \$4.99, shirts \$3.99, Jackets \$10.95. Call 1-800-233-1853 or order online [www.usedworkclothing.com](http://www.usedworkclothing.com).

## How to place an ad:

- 1) Type or print ad neatly.
- 2) Count words. Cost is \$30 for up to the first 20 words. \$1.50 each additional word. Ads with insufficient funds will not be printed.
- 3) Prepayment is required. Include check or money order with ad for amount due. Also include address label from Illinois Country Living or other proof of Illinois electric cooperative membership. Only members of Illinois electric cooperatives may place Marketplace ads.
- 4) Mail to: Illinois Marketplace, P.O. Box 3787, Springfield, IL 62708, by deadline.  
Deadlines: May issue - March 20;  
June issue - April 19.

We reserve the right to reject any advertisement. Ads postmarked after the deadline will be placed in the next available issue.



Call the **Roof King** for your  
Mobile Home Roofing Needs!

**1-800-748-0645**

Mobile Home Super Insulated  
Roof Over Systems  
**40 Year Warranty**  
Factory Direct from Roof King



[www.roofking.net](http://www.roofking.net)



**tell 416,300 people  
you're open for business.**

**Call 217-241-7953  
today to place  
your ad in Illinois  
Country Living!**

THE ONLY THING STRONGER THAN OUR STEEL BUILDINGS IS OUR CUSTOMER SUPPORT. OUR PEOPLE BRING OVER 200 YEARS OF EXPERIENCE TO EVERY PROJECT.

**HERITAGE BUILDING SYSTEMS.**  
Established 1879

1-800-643-5555 | HERITAGEBUILDINGS.COM

**DIMENSION BUILDINGS**  
Best Buildings at the Best Price  
For a Complete 30x50 Deluxe Pole Barn Package *only* **\$3,650**  
CALL (618) 997-9568  
[www.dimensionbldgs.com](http://www.dimensionbldgs.com)  
All Sizes Available Marion, IL

**WARM FRIENDLY FLOORS**  
uponor  
SANGAMON RADIANT  
uponor aqua pex tubing products for agricultural, commercial shop floors and homes  
(217)971-8592 • FAX (217)483-7973 • Evening (217)483-3223  
John D. McMillan - Owner

**Earn \$\$\$**  
Lease Your Hunting Rights  
**1-866-309-1507**  
Call for a free quote and info packet.  
Hunting Leases Done Right Since 1999  
[www.BaseCampLeasing.com](http://www.BaseCampLeasing.com)

**Geothermal Heating & Cooling**

30% US Tax Credit  
Standard Lifetime Warranty  
Hydron Module Geothermal System

**\$500 off**  
complete geothermal system installation with coupon code PAHM12

**PRO Air**  
HEATING • COOLING • ELECTRICAL  
GEO THERMAL

**309/452-3415**  
[www.proairhvac.com](http://www.proairhvac.com)

Call Toll Free **MAPBC** Other Sizes Available  
**MID-AMERICA Pole Barn Co.**  
30 x 50 x 10 Galvalume  
**\$8,400.00**  
Price includes material, delivery, construction, factory trusses, screws  
Open M - F 8 to 5  
1-866-456-0959  
Price is subject to change without notice

*Mr. In The Industry*  
www.hardyheater.com  
Bates@hardyheater.com

**"The Original"**  
OUTSIDE WOODBURNING FURNACE  
"Since 1976"

- All stainless steel construction
- Heats home and household hot water
- 10-year warranty
- Connects to your existing central duct or hydronic system
- Standard with bronze circulator pump and automatic draft combustion blower, and grates
- Units from 100,000 to 250,000 BTU's output
- Financing Available (new)
- Dealer Inquiries Welcome

**Hardy Manufacturing Company, Inc.**  
12345 Road 505  
PHILADELPHIA, MS 39350  
(1-800-542-7395)

# Fighting hunger and harvesting hope with local produce

By Kaleigh Friend

Walking into the refrigerator at Central Illinois Foodbank on a typical day, you're sure to find food items like onions, potatoes ... maybe even some apples. This is great news for the Foodbank's partner agencies. When asked what they like to see in stock at the Foodbank, fresh produce is high on the list.

At the Foodbank, a shift is happening. Over the past four years, the organization has worked to provide fresh produce to agencies throughout the year, not just during the summer growing season. Sometimes this means trucking in a load of potatoes from Texas, and sometimes it means working with local gardeners, farmers' market producers and different community garden projects to have these fresh items available.

Distribution increased from 95,000 pounds of produce in 2009 to a

remarkable 1.5 million pounds in 2012. "We want our partner agencies and those they serve to have access to these fresh, nutritious items twelve months a year," said Foodbank Executive Director Pam Molitoris. "We've made it a top priority."

Both national and local efforts have contributed to this increase, but a unique initiative that helps regionally is the Plant a Row for the Hungry program. Plant A Row was started in 1994 through the Garden Writers Association of America with the goal of having home gardeners intentionally plant extra food to send to the local food bank.

Plant a Row for the Hungry (PAR) works through the University of Illinois Extension in coordination with the Master Gardener program, although not all participants are required to be a certified Master Gardener. Participants of PAR volunteer to collect vendors' produce for the Foodbank at area farmers' markets.



*Families in need of food assistance receive fresh produce items.*

Some vendors grow excess specifically for donation, and some just pass along whatever items won't make it to the next market. Here in Illinois, PAR projects are under way in Kenilworth, Naperville, Peoria, Riverside, South Elgin, Springfield, Sycamore, Rockford and Urbana to name just a few.

Along with their commitment to



*Volunteers work in the Farm Service garden in Springfield.*

collecting donations at the farmers' markets, the Master Gardeners are also a resource to the community on gardening best practices. These individuals can educate and assist with garden projects, as they are skilled in everything from garden planning to soil testing to harvest times.

Judy Taylor is the Sangamon County Plant a Row program Chairperson, and has been for the past three years. A retired SIU Department of Neurology employee, she enjoys getting her hands dirty and helping give back to the community. When reflecting on the program, she said, "During these hard economic times, it's so wonderful to see all of the community garden projects that have started in the past few years."

One of these community gardens is located at the Farm Service Agency in Springfield. Each year this garden has produced thousands of pounds of produce, 100 percent of which is donated to the Foodbank. Each year the garden produces more thanks to the volunteer efforts of office members, Master Gardener volunteers like Taylor, and students from the FFA and 4H Clubs.

In 2012, the Farm Service garden produced more than 15,000 pounds of produce, ranging from tomatoes to turnips. A true community effort, the office's friendly neighbors helped water the plot during those hot summer months when there was no rain. Volunteers worked in temperatures hot and cold, knowing their efforts were truly making a difference for hungry families. The project won a Governor's Hometown Award in 2011.

When produce comes from gardens like the Farm Service project and makes its way to the Foodbank, it doesn't stop there. Agencies who receive fresh items at the Foodbank also get recipe ideas to accompany the produce. Anyone unfamiliar with how to prepare fresh items like squash, turnips or sweet potatoes can get ideas on how to use these nutritious fruits and vegetables at home.



*Volunteers help sort potatoes into smaller packaging.*

Sometimes, at mobile pantry food distributions, an employee from the Extension office with a food handler's license will even come and prepare samples with the food being distributed that day. If there are cabbage and carrots, maybe they'll make a soup or a coleslaw mix for individuals to try while waiting in line. This encourages the sharing of recipe ideas between volunteers and those receiving food, often times between people of different generations.

At the end of the day, the collective efforts throughout the Foodbank's network make a lasting, impactful change in the 21 counties it serves.

With the need increasing about 40 percent on average over the past three years, it's difficult to keep up with the ever-growing need. Efforts from gardens, large and small, and the volunteers who devote themselves to helping feed hungry families are making a big difference in their communities.

If you would like to get involved with Central Illinois Foodbank or the PAR program, please visit our website at [www.CentralILFoodbank.org](http://www.CentralILFoodbank.org) or call 217-522-4022. For more information about the PAR program go to [www.gardenwriters.org](http://www.gardenwriters.org).

### *Spicy Sweet Potatoes with Apples*

- 2 large sweet potatoes, peeled and sliced*
- 2 tart apples, peeled and sliced*
- 1 Tbsp. Mrs. Dash Extra Spicy seasoning blend*
- 1-4/-1/3 c. orange juice*
- 1 T. margarine*
- 1/4 c. brown sugar*



*Preheat oven to 400 degrees. Place apples and sweet potatoes in bowl. Lightly grease a 2 qt. casserole dish with cooking spray. Mix orange juice, melted margarine, brown sugar and Mrs. Dash in a small bowl. Pour mixture over apples and sweet potatoes. Place in prepared casserole dish and bake covered for 30 minutes. Remove cover and continue cooking for another 15-20 minutes until potatoes are tender and casserole is golden.*



- 6-7 Lincoln Land Depression Era Glass & Pottery Show/Sale**, Illinois State Fairgrounds, Illinois Building, Springfield. Twenty-six dealers from across the U.S. will bring their best American-made glass and pottery for the 38th annual show and sale. Some vintage items will be included. Early bird hours are from 9-10 a.m. on Sat. morning (\$5 fee) with a special door prize to be used anywhere in the show. Hours: Sat. 10 a.m. to 5 p.m., Sun. 10 a.m. to 4 p.m. Admission: \$3. (217) 546-4790 or [www.lincolnlandglassclub.com](http://www.lincolnlandglassclub.com).
- 6-7 Kane County Flea Market**, Main Street & Randall Road, St. Charles. Monthly Flea Market at the Kane County Fairgrounds. Up to 1,000 dealers display and sell antiques, collectibles, etc. Food served all day. (630) 377-2252.
- 6-7 Home & Garden Showcase**, 1601 West Lane Rd., Loves Park. Get ready for Spring with products and services for your lawn and garden. Professionals are on hand to answer all your questions. There are seminars throughout both days having to do with the home and garden. (815) 877-8043.
- 13-14 Country Treasures Craft Show**, Illinois State Fairgrounds, Illinois Building, Springfield. A large selection of craft items. Something for everyone. Admission: adults-\$2, children (12 & under)-Free. Hours: Sat. 10 a.m.-5 p.m., Sun. 10 a.m.-4 p.m. (618) 539-3395.
- 13 Illinois Sustainable Living and Wellness Expo**, Illinois Wesleyan University Shirk Center, Bloomington. Explore the many aspects of Living Well & Living Green at the expo housing up to 100 exhibitors and 12 presenters. (309) 556-3334 or [www.ecologyactioncenter.org/islwe/](http://www.ecologyactioncenter.org/islwe/)
- 14-28 Blossom Time Wildflower Hikes**, Lincoln Memorial Garden, 2301 East Lake Drive, Springfield. The forest floor is carpeted with wildflowers and the dogwoods, crabapple and redbud trees are at their peak color. To learn more about the Garden's wildflowers, join us for a guided hike on Sunday afternoons, April 14, 21 and 28 at 2 p.m. (217) 529-1111 or [www.lincolnmemorialgarden.org](http://www.lincolnmemorialgarden.org).
- 18-20 Southern Illinois Steel Guitar Show**, Holiday Inn, Mount Vernon. The show is an annual event put on by Southern Illinois Productions, a not-for-profit organization. It features some of the best steel guitar players in the world as well as amateurs. Come and mingle. (618) 218-2517 or [www.southernillinoisproductions.com](http://www.southernillinoisproductions.com).
- 19-20 Spores N More Mushroom Festival**, Lake Shelbyville Area, Shelbyville. Come and enjoy the thrill of the hunt for the elusive Morel mushroom or come and bid at the auction. Friday night kicks off with a welcome dinner, reception and speaker. Saturday morning come and join the hunt for a fee or come to the auction and bid on your winning batch. Saturday also includes many other activities. (217) 774-2244, [morel@lakeshelbyville.com](mailto:morel@lakeshelbyville.com) or [www.lakeshelbyville.com/events/sporesnmore.htm](http://www.lakeshelbyville.com/events/sporesnmore.htm).
- 20 Earth Day Celebration**, Forest Park Nature Center, 3826 N. Taylor Rd., Hanna City. Hosted by the Peoria Park District the 6th annual event will be held from 11 a.m. to 4 p.m. and offers hands-on activities for kids, great food, free native trees, live music and more. Open to all ages and is free but donations are requested. (309) 686-3360 or [www.wildlife-prairiestatepark.com](http://www.wildlife-prairiestatepark.com).
- 27-28 Paint the Town** at Anna Arts Center, 117 W. Davie St., Anna. This is a unique judged community art event which transforms the asphalt parking lot into an outdoor canvas for hundreds of amateur artists of all ages. The focus of the event is the painting of four-foot squares. The event will offer 100 squares, each ready to receive the original work of the artists. Each square is \$15 and is painted from 11 a.m.-3 p.m. on the 27th. An art reception and awards is the 28th from 2-4 p.m. Call (618) 833-6525 to reserve your square.
- 27-28 The 2013 Gathering at Macktown**, 2221 Freeport Rd., Rockton. This historical re-enactment brings to life the early Illinois frontier. Macktown is a National Historic Site and encompasses 10,000 years from early Native American occupations to now. Talk with voyagers, trappers, settlers and see demonstrations of blackpowder shooting, tomahawk throwing and more. Period foods and crafts available for purchase. (815) 624-4200 or [www.macktownlivinghistory.com](http://www.macktownlivinghistory.com).



Visit our website,  
[www.icl.coop](http://www.icl.coop)

To be considered for inclusion, please submit events in the format used above. Preference is given to events sponsored by non-profit entities. Submitting an event is not a guarantee of publication. Photos are welcome, but will not be returned unless a self-addressed and stamped envelope is provided. Events are subject to change, so please contact the event sponsor for confirmation.

**Deadline:** March 15 for June events. **Mail to:** Illinois Datebook, PO Box 3787, Springfield, IL 62708. E-mail to: [datebook@aiec.coop](mailto:datebook@aiec.coop).



# WITH US YOU HAVE A CHOICE

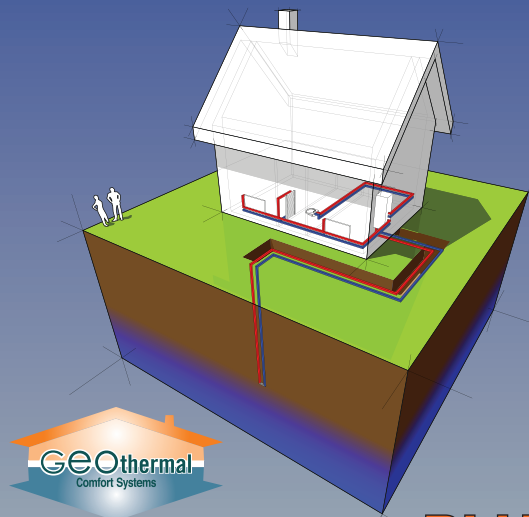
turn to the experts 



## GEO THERMAL

## OR

## INVERTER HEAT PUMP\*



# 30% U.S. Tax Credit



## PLUS Rebate up to \$1,200

10 years P&L warranty

Up to 70% utilities savings

Financing available

**AAA Northgate Htg & A/C**  
Peoria, IL  
309-686-1786

**A & R Mechanical**  
Urbana, IL  
217-367-4227

**All Hours Htg & Clg**  
Milan, IL  
309-787-6655

**Arnold Brothers Clg & Htg**  
Macomb, IL  
309-833-2852

**Astoria Plbg & Htg, Inc.**  
Astoria, IL  
309-329-2443

**Becker & Becker Plbg & Htg**  
Geneseo, IL  
309-944-3592

**Berry & Company**  
Bloomington, IL  
309-829-3468

**Blasey Electric**  
Clifton, IL  
815-694-2008

**Blackie's Automatic  
Engineering**  
Tilton, IL  
217-442-1440

**Bohm Plbg, Htg & Clg**  
Sheffield, IL  
815-454-2337

**Champaign Htg & A/C**  
Champaign, IL  
217-355-5022

**Chapman Htg**  
Clinton, IL  
217-871-3064

**Clawson's A/C & Furnace Co.**  
Danville, IL  
217-442-0488

**Clark Premier**  
Watseka, IL  
815-471-6209

**Collins Htg & Clg**  
Farmers City, IL  
309-531-8200

**Covenant Htg & A/C**  
Pekin, IL  
309-231-8903

**Duden & Silver, Inc**  
Gifford, IL  
217-568-7954

**Diversified Sheet Metal**  
Streator, IL  
815-672-2990

**Doug Wieblod Plbg & Htg**  
Williamsburg, IA  
319-668-1261

**Edelman Ventures DBA  
Kupferschmid**  
Pontiac, IL  
815-842-3812

**Ed's Htg & A/C**  
Kewanee, IL  
309-856-5126

**Enderle Htg & A/C**  
Keokuk, IA  
319-524-8672

**Fred's Plg, Htg, A/C & Elect**  
Champaign, IL  
217-621-3733

**Frank Millard**  
Burlington, IA  
319-752-4571

**Gabrilson Htg & A/C Co.**  
Davenport, IA  
563-386-9000

**Garber Htg & A/C**  
Morton, IL  
309-266-9372

**Gardner Htg & Air**  
Rushville, IL  
217-322-4404

**Garza Htg & Clg**  
Peoria, IL  
309-645-6294

**Gill's Refrigeration**  
Chillicothe, IL  
309-274-3236

**GP Systems, Inc**  
Mossville, IL  
309-579-3650

**Grassers Plbg & Htg**  
McNabb, IL  
815-882-2111

**H & J Htg & Clg**  
Hiawatha, IA  
319-389-8463

**Heinold Htg & A/C**  
Eureka, IL  
309-208-5416

**Hernan Plg & Htg**  
Mason City, IL  
217-482-5805

**HJ Limited Htg & A/C**  
Coraville, IA  
319-351-7214

**Houston Plg & Htg**  
Paxton, IL  
217-379-2329

**Ingle Electric Service**  
Williamfield, IL  
309-221-9004

**JKE HVAC**  
Wapella, IL  
217-935-6463

**Ladco, Inc.**  
Cedar Rapids, IA  
319-364-0231

**Lambie Htg & A/C, Inc.**  
Peoria, IL  
309-682-8005

**Lincoln Htg & Clg**  
Lincoln, IL  
217-735-5835

**Lynn Kauffman Plbg & Htg**  
Arcola, IL  
217-246-4313

**Neil Thomas Plbg**  
Galesburg, IL  
309-289-6577

**M & M Plbg & Htg, Inc.**  
Streator, IL  
815-672-7567

**Mechanical Service of  
Galesburg**  
Galesburg, IL  
309-342-8136

**Mayol Plbg & Htg**  
Bloomington, IL  
309-828-7906

**Modern Climate Systems**  
Kalona, IA  
319-330-9689

**Novak Htg & A/C**  
Cedar Rapids, IA  
815-692-2042

**Bob Nussbaum Plbg & Htg**  
Fairbury, IL  
815-692-2042

**Phelps Energy Service**  
Princeton, IL  
815-252-2401

**Pro Air Htg, Clg & Electrical**  
Bloomington, IL  
309-452-3415

**Reliable Plbg & Htg**  
Savoy, IA  
217-356-1841

**Schebler Htg & Air**  
Bettendorf, IA  
563-359-0110

**Solon Htg & A/C**  
Solon, IA  
319-430-8231

**Spoon River Htg & Clg**  
Canton, IL  
309-647-8109

**US Mechanical Services, Inc.**  
Bloomington, IL  
309-452-0092

**Walter Brothers Plg & Htg**  
Mendota, IL  
815-538-6516

**Watson Plbg & Mechanical**  
Port Byron, IL  
309-523-3414

**Welch Plbg & Htg**  
Aledo, IL  
309-582-7751

**Zellers Htg & Clg**  
Havana, IL  
309-543-6761

\*The Green Speed inverter driven, air source heat pump eliminates the expense of installing a loop field in your yard.

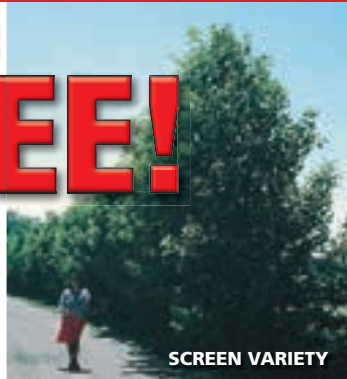
# WE'LL SEND YOU ONE FREE TREE!

**Introducing the Fastest Growing  
Quality Shade Tree to America!**

## HYBRID POPLARS

**Hardy, fast growing poplar!**

When you need shade in a hurry, we suggest the fast-growing Hybrid Poplar. It has a handsome shape and will actually shade a ranch-type home in just 3-5 years! We haven't found any tree that grows like it. It has a spread of 30-35' and in just a few years, at maturity, it reaches 50-60'. It normally lives 30-50 years. It is wind, disease and insect-resistant — it can take the cold as far north as Canada. This is not the short-lived Lombardy Poplar. Best use is to provide beauty and quick, cool shade for new homes. Plant Hybrid Poplars for screening! The screen variety makes an ideal privacy hedge. It has a width of about 10' and grows to a dense screen usually in 3 years. Plant for quick windbreaks on farms and for living snow fences. We ship strong, 2-4' trees.



SCREEN VARIETY



SHADE VARIETY

**SAVE UP TO 60%  
on Large Quantity Orders!**

**N5246 Shade Variety Tree  
N5247 Screen Variety Tree**

**2 for ~~\$6.95~~ NOW 2 for \$3.47**  
(minimum order)  
**5 for ~~\$15.95~~ NOW 5 for \$7.97**  
**10 for ~~\$29.95~~ NOW 10 for \$14.97**  
**20 for ~~\$57.95~~ NOW 20 for \$28.97**  
**40 for ~~\$109.75~~ NOW 40 for \$54.87**

### HOW TO GET YOUR FREE TREE

Simply send us an order (any size) for Hybrid Poplars and we will send you an additional fast growing Hybrid Poplar Tree free of charge. You must indicate your **FREE TREE** on the order form and also include variety — either shade or screen. No other nursery products included in this **FREE TREE** offer.



## CREEPING RED SEDUM

**Cover bare spots with color!**

(*Sedum spurium*) Hardy ground cover sometimes called Dragon's Blood. Fills those ugly trouble spots with attractive, thick evergreen foliage all year and amazes you with brilliant, starlike red flowers June through September. These are hardy, northern, nursery-grown plants.

**N7036 12 for \$3.89**  
**24 for \$7.69 48 for \$14.99**  
**96 for \$27.99**



## HARDY PECANS

**Big crops of delicious nuts!**

(*Carya illinoensis*) A beautiful 40-75' shade tree that bears an abundant crop of sweet, rich flavored hard shell nuts in fall. Practically immune to insects. Plant two trees for good pollination. Zones 5-9. We send 1-3' trees. *Sorry, cannot be shipped to Arizona, California or Washington.*

**N6214 2 for \$9.99**  
**4 for \$16.99 6 for \$23.00**



## QUINAULT EVERBEARING STRAWBERRY

**Extra Large!**

Delicious as they are big! A firm, deep red berry, they make fancy desserts. Excellent for preserves, freezing and eating fresh, too. When planted in April the Quinault produces July through September — right up until frost. Treat yourself to a long season of huge, luscious-tasting strawberries.

**N6607 25 for \$6.99**  
**50 for \$12.99 100 for \$24.99**



## WEEPING WILLOW

**Fastest growing shade tree!**

(*Salix babylonica*) Grows as much as 8-10' a year! Has graceful drooping branches and fine, narrow, blue-green leaves that change to a rich golden color in autumn. Thrives in moist as well as dry locations. Tolerant of smog and smoke. It's hardy and carefree. Nice 1 1/2-3' nursery-grown trees.

**\$1.99  
each**

**N6891 \$1.99 each**  
**2 for \$3.79 3 for \$4.99**

**ONE YEAR GUARANTEE**  
If any item you purchased from us does not live, for a free replacement just return the original shipping label along with your written request within 1 year of receipt. Replacement guarantee is void unless the original shipping label is returned. For a refund of the purchase price, return the item and the original shipping label with correct postage affixed within 14 days of receipt.

**FOUR SEASONS NURSERY**  
1706 Morrissey Drive DEPT. 986-9037  
Bloomington, Illinois 61704

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
Email \_\_\_\_\_

**PLEASE SEND ITEMS CHECKED BELOW:**  
**FREE TREE**  
 N5246 SHADE  N5247 SCREEN  
(Indicate variety)

(Plant Screen trees 9' apart.) One Hybrid Poplar Tree sent at no charge when you send us a paid order (any size) for Hybrid Poplars below. Only one FREE tree per customer.

HOW MANY	ITEM #	DESCRIPTION	COST
	N5246	SHADE HYBRID POPLAR	
	N5247	SCREEN HYBRID POPLAR	
	N6214	HARDY PECANS	
	N6607	QUINAULT STRAWBERRY	
	N6891	WEEPING WILLOW	
	N7036	CREEPING RED SEDUM	

Packing & Processing **\$3.95**  
SUBTOTAL \$ \_\_\_\_\_  
IL Residents add 6.25% Sales Tax \$ \_\_\_\_\_  
MN Residents add 6.875% Sales Tax \$ \_\_\_\_\_  
**TOTAL AMOUNT ENCLOSED  
OR CHARGED \$ \_\_\_\_\_**

Check or Money Order enclosed.  
 Mastercard  VISA  Discover

Credit Card #: \_\_\_\_\_  
Expiration Date: \_\_\_\_\_  
Signature: \_\_\_\_\_