

# spoonful

A TASTE OF YOUR FAVORITE LOCAL CO-OP



## GLOBAL HOLIDAY KITCHEN

Seasonal Food from Around the World

## SWEETEN THE SEASON

A few of the Common Market's favorite holiday treats

**KIDS' CRAFT:**  
Salt Dough Ornaments!

**COMFORT FOOD:**  
Brussels Sprouts with Balsamic & Cranberries

the **Common** MARKET  
eat • shop • learn

NOVEMBER | DECEMBER 2014 NEWSLETTER

## GENERAL MANAGER'S REPORT



**Sarah Lebherz**

Our Holiday issue of Spoonful includes great recipes, gift ideas, holiday cooking tips and information on our upcoming workshops and events such as our Thanksgiving Tastings being held on November 15th and 22nd. In addition, you will find our Fiscal Year 2014 (July 1, 2013 – June 30, 2014) Annual Report – People, Planet, Profit – highlighting the Co-op's achievements for the year. We are proud to report on the many successes our Co-op has achieved.

I would like to thank our Owners for participating in our recent Annual Meeting and Board Elections. Nearly 500 attendees celebrated our 40th Anniversary at OwnerFest in September and over 490 Owners exercised their right to vote and select the candidates to serve on our Board of Directors. David Cloutier, Annie Marshall and John Beutler were elected to serve 3-year terms and Lisa Williams and Kate Moss were elected to serve 2-year terms. My gratitude goes out to all the candidates for their willingness to step up and serve our Co-op!

Patronage Rebate Vouchers are coming! The Common Market completed Fiscal Year 2014 with a positive net income and the Board of Directors has voted to return a portion of the profits to eligible Owners. Owners who spent more than \$320 during the Fiscal Year will receive a voucher by mail mid-November. Per law, vouchers must be redeemed within 90 days of issue—by February 12th, 2015; otherwise the vouchers expire and the profit associated with the voucher becomes taxable income to the Co-op. For more information, Owners should please read the Treasurer's Report in the Annual Report.

If you are not an Owner and are excited about the work we are doing in the community, consider joining the 4,600 consumer Owners who have shown their support of the Common Market. *Information on how to join and the benefits of joining can be found by going to our website [www.commonmarket.coop](http://www.commonmarket.coop), or by visiting the Co-op Service Desk while you are in the store.*

Happy Holidays!

## YOUR BOARD OF DIRECTORS:

David Cloutier PRESIDENT • Annie Marshall VICE PRESIDENT • John Beutler SECRETARY • Maria Acker TREASURER  
Pat Allen • Jim Hanna • Kate Moss • Lisa Williams • Mike Sincevich - DIRECTORS

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**{ OPEN DAILY }**  
**8 AM - 9 PM**  
**301-663-3416**

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# spoonful

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## UPCOMING BOARD MEETINGS

The Common Market Board of Directors meet monthly in the Co-op Community Room at 6:00 pm. Owners are welcome to attend.



## What is Spoonful?

Spoonful is the bi-monthly publication of the Common Market. Spoonful celebrates modern and traditional ways of eating and living and embraces the paradox that culture looks both forward and backward in time, toward and away from our ancestors' methods by melding time-honored customs with fresh innovation.

Spoonful will give you a taste of what we are making.

We use spoons to taste the soup, the stew, the broth, and the sauce. Spoons are simple tools that do great things.

The opinions expressed herein are those of the authors and not necessarily those of the Board, Management, Staff or consumer-Owners of the Common Market Co-op. Nutrition and health information are given for informational purposes only and are not meant as a substitute for a consultation with a licensed health or dietary practitioner.

**PATRONAGE REBATES ARE COMING!**

# CONGRATULATIONS ON ANOTHER SUCCESSFUL YEAR @ THE CO+OP!

ATTENTION ALL OWNERS:

## KEEP AN EYE OUT FOR YOUR PATRONAGE REBATE VOUCHERS

redeem by

# FEBRUARY 12, 2015

Issued mid-November 2014.

*Redeeming  
is  
Critical!*

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# GLOBAL HOLIDAY KITCHEN

We can't all just pick up and fly around the world, but that doesn't mean that exotic food is beyond our reach! We've pulled together some traditional, seasonal foods from around the world to pique your interest and spice up your holiday table. You can find the full recipes on our website: [www.common-market.coop](http://www.common-market.coop)

## 1 Nyama choma – Kenya

In Kenya, any gathering is an excuse for eating nyama choma, Swahili for “roast meat.” Slow roasted or grilled meat (usually goat, but beef short ribs are also popular) is served up as a kind of social lubricant, often aided by copious amounts of the local beer. Nyama choma is always eaten with the hands, and common side dishes include kachumbari salad (a variation of pico de gallo, or salsa fresca) and ugali (cornmeal cooked with water to a porridge- or dough-like consistency). Seasonings can be as simple as salt and pepper, or you can marinate the meat before cooking in spices like curry (in Kenya, Simba Mbili is the most popular brand and differs from a typical Indian curry), coriander, turmeric, and lemon juice.



1



2

## 2 Chilean Butternut Squash Casserole – Chile

Winter squashes, though available nearly year round, are mainstays of many traditional holiday tables. Squashes can be prepared in an infinite variety of ways—sweet or savory, cubed, stuffed, or mashed—and it's a natural for a casserole. Butternut squash is one of the best known and well loved squash for its sweet, nutty flavor and smooth texture when cooked. One take on the squash casserole gained popularity through Mollie Katzen's famous 70s vegetarian classic *Moosewood Cookbook*. This recipe's inclusion of bell peppers of any color and corn kernels gives it crunch and visual appeal. Another variation, authentically called *Guiso de Zappallo*, is more of a creamy affair with fresh basil, white wine, and cream cheese. Look for both recipes on the Common Market's website.



5



3

## 3 Coquito – Puerto Rico

Coquito is an eggnog-like alcoholic beverage traditionally served in Puerto Rico. It is made with rum, egg yolk, coconut milk, sweet condensed milk, cinnamon, nutmeg, and cloves. The drink is commonly associated with the Christmas holidays. Variations of the drink include flavored rum or spiced rum, coconut cream, lemon zest, ice cream, ginger, ground nuts, vanilla, chocolate and evaporated milk. This festive island concoction can also be made without the raw eggs. According to Wikipedia, El Museo del Barrio in New York City hosts an annual Coquito Tasting Contest during the month of December. *Yum!*

## 4 Bánh chuối (Banana Cake) – Vietnam

The Lunar New Year (or Tet Ngyuen Dan) in Vietnam is by far the biggest celebration in the country. The festivities typically last a week and focus on honoring ancestors, parents, grandparents, teachers and others. The Vietnamese believe that the mood and actions of this period set the tone for the coming year, so arguments fade and harmony ensues.

Banana cake, which is really more like a bread pudding, is a popular dessert at this time of year. It is very simple to make, consisting mainly of bananas, stale sandwich bread, and coconut milk. Much creamier and richer than its American cousin, this little sweetie is worth giving a try.



4

## 5 Lenticchie Stufate di Capodanno (New Year's Lentils) – Italy

Everyone hopes that the New Year will bring prosperity, and in Italy, ringing in the New Year with lentils is one way to help that possibility along. Lentils are flat and round, looking much like small coins, thus the legume is considered by some to be prosperity-promoting. Whether or not you buy into the symbolism, lentils are a terrific source of fiber and a very affordable protein source. In that regard, lentils really could be the key to financial success. This traditional New Year's dish is flavored with fresh rosemary, garlic and rich tomato paste. The accompaniment of choice for lentils is *cotechino*, a mild-tasting, slow-cooked pork sausage.

## I'M JUST MAD ABOUT SAFFRON

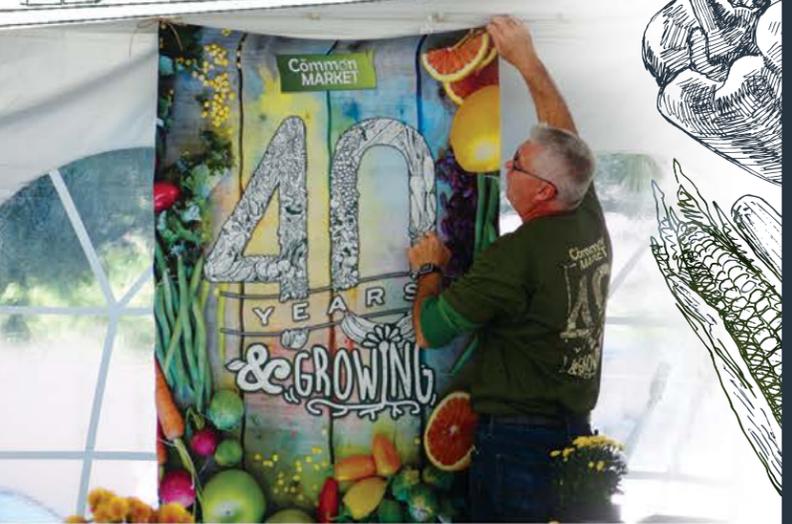
Hailing from Southwest Asia, saffron weighs in as the world's most expensive spice. The *Crocus Sativus* flower contains long red stigmas, which are dried to produce the spice. Approximately 14000 stigmas are required to produce just one ounce of saffron. (From [travel.nationalgeographic.com](http://travel.nationalgeographic.com))



Did we miss one of your favorites? We want to know about it. Post it on Facebook, Twitter, or Instagram with the hashtag #globalholidaycm

# OWNERFEST 2014

## 40 YEARS & GROWING!

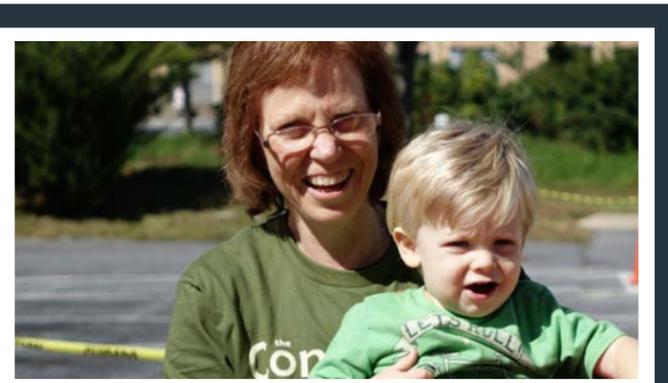


### Thank you for joining us!

We would like to thank our Owners, our dedicated staff, and the many guests that were in attendance at this year's **OwnerFest: Celebrating 40 Years & Growing**. It has been a monumental year for the Co-op with many milestones reached including growth in our community and some much needed improvements to our store. We reflect on 40 years of service to our community and set our eyes toward the future as we continue to make an impact on our local food system and remain our area's leader in natural and organic food.

**208 Owners**  
**275 Guests**  
**483 Attendees &**  
**1 Great Celebration!**

We hope to see you next year!



One thing that's so special about OwnerFest is that it provides an opportunity for our wonderful staff to invite friends and family to come out and enjoy a fun-filled event centered on food and community. Pictured above is one of our employees, Wanda Marvel, and her grandson Owen. Wanda has been working at the Common Market for over 19 years.



↑ We had local vendors sampling their wares!

↑ Happy kids with full bellies and painted race cars!

↑ This delicious apple spice cake was made by our Head Baker, Anthony Fink!

## KIDS' CRAFT: BEADED SALT DOUGH ORNAMENTS

*Elegant or kitschy, wacky or classic—you can make just about any ornament you can imagine with this simple recipe.*



*“Getting our hands dirty and making a huge mess is my favorite way for my 3 year old to learn about art and science, away from the ubiquitous screens in our lives.”  
-David Campbell*

### WHAT YOU'LL NEED

- 4 cups flour
- 1 cup salt
- 1 1/2 cups water
- Rolling pin
- Cookie sheet
- Drinking straw
- Cookie cutters
- Glass beads
- Optional
- Glitter glue or glitter paint
- Ribbon

### PREPARATION

1. Preheat the oven to 250° F.
2. Mix together salt, flour, and water until dough is formed.
3. Knead the dough on a floured surface until the mixture is elastic and smooth. If dough is too sticky, sprinkle with flour, continue to do so until stickiness is gone. Do not add too much flour, as this will dry out the dough and will cause it to crack before you get a chance to bake it.
4. Roll out the dough to about 1/4" thick with a rolling pin that has been dusted with flour.
5. Use cookie cutters to cut out as many ornaments as you want.
6. Use a straw to make a hole toward the top of the shape.
7. Press glass beads into the ornaments. Press the beads in pretty far or they will pop out.
8. Place all shapes onto an ungreased cookie sheet and place into the preheated oven.
9. Bake for 2 hours.
10. Remove from oven and allow to cool completely.
11. Paint the ornaments if desired.
12. When paint is dry, use glitter glue or glitter paint to put a sparkling cover coat on your ornaments.
13. When the glitter is dry, thread ribbon through hole and tie in a knot in the back.
14. Hang on your tree or tie onto a package.

### FROM MUMMY TO MOMMY

.....  
The art of salt dough making is an ancient one, dating as far back as Egyptian times. Salt and wheat (flour) were two of the most common foodstuffs available to the Egyptians. Bread was the staple diet of most Egyptians and natron, a natural salt found in Egypt, was commonly used as a food preservative. (It was even used in the mummification process!)



# SWEETEN the SEASON

It is the time of year for indulgence. Whether it's snacks or desserts, we've got you covered, drizzled, and sprinkled. Here are just a few of the delicious and festive treats you can find this holiday season at the Common Market.

## THEO ORGANIC HOLIDAY CHOCOLATE BARS

All USDA Certified Organic and Fair Trade, these chocolates are good for the planet, the farmers and workers who made them, and, of course, good for stockings too!



## TALENTI HOLIDAY GELATO

Scoop up the flavors of the holidays with these delicious seasonal gelatos. With about 30% less fat than regular ice cream, Talenti is one delicious treat that won't challenge your New Year's resolution. This season for a limited time only, the Common Market will carry Talenti's Peppermint Bark and Old World Egg Nog flavors.



## ANGIE'S HOLIDRIZZLE KETTLE CORN

Specialty dark and white chocolate drizzled kettle corn. Not for the faint of snacking heart, these treats are additively delicious and a must-have for everyone's gift list.



## ENDANGERED SPECIES

Give in to your sweet tooth, while giving back to Mother Nature and her animals. Adding to the impact of each chocolate bar, Endangered Species Chocolate donates 10% of net profits to fund species and habitat conservation.



## GLUTEN FREE LUCY'S HOLIDAY SUGARS

Lucy's classic sugar cookies with a holiday twinkle! Festive colored sugar on top makes these the perfect holiday treat—serve to guests, or take as a gift!



# Holiday Dinner Specials



**Maple Lawn**  
Fresh, Local Natural Turkeys  
(traveled less than 150 miles to the Co-op)

**\$1.99** /LB.

**Koch's**  
Fresh, Local Organic Turkeys  
(traveled less than 150 miles to the Co-op)

**\$3.69** /LB.

**Garrett County Farms**  
Uncured, Natural Spiral Cut Hams  
7½ LBS each **NOW GLUTEN FREE!**

**\$4.99** /LB.

**Tofurky**  
Vegetarian Roast  
Turkey Alternative

**\$8.99** /EA.

To reserve your turkey or ham, please pre-order by visiting the Co-op Service Desk or calling 301.663.3416

No further discount on turkeys and hams will be given at the registers. Prices are good through 11.26.14. Because our turkeys are not mass produced, we cannot guarantee exact size. While supplies last.

# Thanksgiving Tastings!

## Do you know what you're making for Thanksgiving dinner?

From appetizers to dessert and everything in between, we've got you covered. Let us help make your holiday dinner plans. Find a new favorite recipe; stock up on ideas and ingredients to make your holiday feast special (or to make and take to adorn someone else's).

## Dinner Tasting

November 15 • 11:30-2:30 pm

We will have tastings of recipes perfect for your holiday table including Maple Lawn Roasted Turkey with Cranberry Dressing, Tofurky Vegetarian Roast, and savory roasted Autumn Delight.

## Appetizer and Dessert Tasting

November 22 • 11:30-2:30 pm

Get a taste of the pizzazz you can add to your holiday meal with distinctive appetizer and dessert recipes: Winter Squash Dip, Twice Baked Sweet Potatoes, Pumpkin Cheesecake, Raspberry Chocolate Crumb Bars, and much more.



# Holiday Ham

## The Lowdown on a Holiday Favorite

Lou's Garrett Valley Naturals ham from Wellshire is one of the best options the Common Market offers this holiday season. The hams are all-natural, fully-cooked, and ready for your holiday table.

Each ham is carefully smoked and seasoned with a special blend of spices. The hams are gluten free, and already sliced for your serving convenience. The shank and hip bone are removed leaving the center bone, which enriches the flavor of the ham.

The USDA requires meats that have been preserved without using synthetic ingredients to be labeled "uncured." These hams are using naturally occurring nitrates from vegetable sources and sea salt.

All Wellshire products are made from animals raised humanely on small family farms that exemplify the same values as Wellshire. The animals are fed all natural vegetarian diets consisting of wholesome grains. The animals always have access to clean, fresh drinking water. There are no animal by-products or antibiotics in their

diets. It is Wellshire's policy that the animals used in their products are never administered antibiotics.



To reserve your turkey or ham, visit the Co-op Service Desk or call 301.663.3416

## Brussels Sprouts with Balsamic & Cranberries



### Ingredients

- 3 pounds Brussels sprouts
- 1/2 cup olive oil
- 3/4 cup sugar
- 3/4 cup balsamic vinegar
- 1 cup dried cranberries

### Directions

1. Preheat the oven to 375 degrees F.
2. Trim and clean the Brussels sprouts, then cut them in half. Arrange on two baking sheets and toss with the olive oil. Roast until the edges are golden brown, 20 to 25 minutes.
3. Combine the balsamic vinegar and sugar in a saucepan. Bring to a boil, then reduce the heat to medium-low and simmer until the sauce is very thick.
4. Drizzle the balsamic reduction over the roasted sprouts, then sprinkle on the dried cranberries.

Total Time: 45 min | Prep: 15 min | Cook: 30 min



## USING ENZYMES ON THE ROAD TO A HEALTHY GUT

**Digestion—it's simple. We eat food, break it down into nutrients, absorb what we need, and store or discard what we don't, right? Wrong.** Digestion is an intricate mechanical/chemical dance, and enzymes are among the most important dancers. Enzymes are a critical component to a smooth digestive process. The body creates its own digestive enzymes and sometimes those are enough to keep a person's digestion running smoothly. Sometimes, however, a little extra support is needed.

Digestive enzymes are primarily produced in the pancreas and small intestines and work to break down food into nutrients that the body can absorb and use. If adequate amounts of digestive enzymes are not produced, the body cannot do its job to extract and absorb what it needs to from that food.

There are many causes for digestive enzymes to stop working correctly. Pancreatic problems including cystic fibrosis, pancreatic cancer, pancreatitis, Celiac and Crohn's disease can lead to digestive distress. Low grade inflammation of the digestive tract from food allergies, aging, and low stomach acid are all additional reasons digestion may not be working as efficiently as it should.

The body does an amazing job of letting us know when there is a problem. Issues such as gas and bloating after meals, malnutrition despite a nutritionally balanced diet, and abdominal pain from food sensitivities are all indications that the digestion process is not working as well as it should. Having a feeling that food is sitting in the gut, or feeling full after eating a few bites are also symptoms of distressed digestion.

The first course of action to managing a healthy digestion process is to look at what lifestyle factors may be affecting your gut. Managing chronic inflammation, stress, and

lack of healthy dietary practices should be controlled first. If these issues are under control and you are still experiencing distress, a digestive enzyme might be what is needed.

You may either purchase products containing individual enzymes to target one area exclusively, or a product that contains many enzymes to support the full body. If unsure what is leading to the digestive distress, a general enzyme may be best. Many people benefit from a multi-enzyme product: look for a variety of enzymes listed, including proteases (which break down proteins), lipases (which break down fats), and carbohydrases (such as amylase, which break

down carbohydrates). However, if you know where the deficiency lies, for example, being lactose intolerant and wanting to consume milk products, taking a lactose tablet may be all that is needed.

If you think a digestive support might be right for you, please consult your healthcare provider to find the best solution to your unique situation. If it is determined that enzyme support will benefit you, please consult a wellness steward to help find the exact product you are looking for.

**"If adequate amounts of digestive enzymes are not produced, the body can't do its job."**

The human body is a complex system with each system working synergistically to support each other. If one process is off, the whole body can suffer. If digestion has been an ongoing issue in your life, we hope you will take the time to correct the deficiency and start living life to its fullest today!

Sources:

Pick, Marcelle. "Women, Transforming Women's Health for over 30 Years." *Women to Women Transforming Women's Health Naturally*. N.p., n.d. Web. 25 Sept. 2014.

Gerstmar, Tim, Dr. "Everything You Need to Know about Digestive Enzymes." *Whole9 Let Us Change Your Life*. N.p., n.d. Web. 23 Sept. 2014.

-- Kellyann Sykora  
Common Market Wellness Liaison

# the Common MARKET | UPCOMING CLASSES

The aim of the Common Market's Education & Outreach program is to provide an educational and inspiring environment in which to explore, with our community, natural approaches to health and sustainability through our classes and events.



**COOKING:** Learn more about cooking techniques and experiment with fresh new ingredients.



**HEALTH & WELLNESS:** Obtain the knowledge that can help restore balance to your body & mind.



**ENVIRONMENTAL:** Cultivate awareness and engage in the topics of local and global preservation.



**KIDS:** Fun, interactive experiences for kids to learn about food and where it comes from.



**BACKYARD AGRICULTURE:** For the first time gardener or avid green thumbs, these classes help you find the pay-dirt in your own backyard.

Scan this QR code to visit our website and to read all of the class descriptions!



commonmarket.coop/community-2/community-room-event/

## NOVEMBER

### Small-Scale Composting at Home

with Rick Hood  
Composting recycles or "down cycles" organic household and yard waste and manures into an extremely useful humus-like, soil end-product.



Ultimately this permits the return of needed organic matter and nutrients into the food chain. Learn about the concept and benefits of composting on a small scale from local organic farmer Rick Hood.

**Tuesday, November 4th | 6:30-8:30 PM**  
\$15, 20% discount for Owners

### Cafe Confidential: Holiday Baking

with Common Market Café staff  
Does the smell of warm cinnamon, butter, and sugar wafting through the house send you into holiday rapture? It does for us. In this tasty class, we will explore various cookie, cake, and pie recipes that are easy to execute and pack maximum flavor without maximum effort. Our bakers will share tips and secrets to make your holiday baking experience even more pleasurable.



**Thursday, November 6th | 6:00-8:00 PM**  
\$20, 20% discount for Owners

### Small Change, Big Difference: Using the F.I.T.T. Principle to Build a Strong Mind and Body

with Kellyann Sykora  
Using the F.I.T.T. principle, we will discuss how to vary your new or current exercise routine to overcome plateaus and keep your mind and body moving at its best. Join Kellyann in this 90 minute interactive lecture and start moving and feeling better today!



**Wednesday, November 12th | 6:00-7:30 PM**  
\$15, 20% discount for Owners

## DECEMBER

### Raise Your Own Backyard Chickens

with Rick Hood  
This is an introductory class to raising a backyard flock covering housing, feed and general care of a small flock of chickens. Basic chicken care and general description of housing will be explored. The harvest of eggs and proper techniques for washing and storing of your eggs will be detailed.



**Thursday, December 4th | 6:30-8:30 PM**  
\$15, 20% discount for Owners

### The Use of Medicinal Essential Oils

with Jedidiah D. Smith, Ph.D., CHHP  
In this class, you will sample essential oils and learn how to create your own medicine chest for yourself, family and clients. Special attention will be given for the use of essential oils for children.



**Saturday, December 6th | 1:00-3:00 PM**  
\$20, 20% discount for Owners

### Preserving the Harvest: Fall and Winter Fermentation

with Rachel Armistead  
Tis the season for vegetable fermentation! Learn how to transform local fall crops into delicious and healthful ferments that you can enjoy all winter long. Participants will learn the basics of vegetable fermentation, get recipe and serving ideas, and taste several different krauts.



**Wednesday, December 10th | 6:00-8:00 PM**  
\$20, 20% discount for Owner

### Cafe Confidential: Crock Pot Cooking

with Common Market Café staff  
Want wholesome, comforting and nutritious meals without slaving over the stove and oven all day? We will show you how to take some of the Café's most popular dishes and convert them to be done in a crock pot and produce wonderful flavors with minimum effort.



**Thursday, December 11th | 6:00-8:00 PM**  
\$20, 20% discount for Owner

### Organics for Kids with Debra Parsons

Bring your kids to this holiday hands-on class where they will make healthy, organic, kid-approved soap and lip balm to keep or give as gifts.



**Saturday, December 13th | 10:00-11:30 AM**  
\$28 per parent/child pair, 20% discount for Owners (class size limited to 14 parent/child pairs)  
\$12 materials fee per additional child

### Parent & Child Class: Building a Gingerbread Cookie House

(back by popular demand)  
Who doesn't love building a gingerbread house? Come build your very own, without having to clean up the mess! We'll provide all the fixings for gingerbread house décor and kids will create, decorate, and take home their own house.



**Saturday, December 20th**  
**10:00-11:30 AM OR 1:00 2:30 PM**

\$18, 20% discount for Owners  
Class cost covers one gingerbread house building kit per paid participant.  
Parents must be present with their children for the duration of the class.

### Please read the fine print:

#### Class registration & information

- Three ways to register
1. **Phone:** 301-663-3416 by credit card.
  2. **In person:** at our Co-op Service Desk. Cash, check, credit card or Common Market gift card.
  3. **Mail:** Send check or credit card information to 5728 Buckeystown Pike, Frederick, MD 21704. Along with your check, include names of each attendee, phone number, Owner # if applicable, and the name and date of the classes you wish to attend.

#### Fees and Registration

- Payment is required at registration.
- Full refunds will be given for classes that Common Market cancels. Individuals who wish to cancel their registration for classes must contact the Co-op Service Desk with 48 hours' notice to receive a full refund. No refunds will be given for cancellations made less than 48 hours of a class.

#### Please Note

- ASL interpreting may be provided upon request. Send ASL interpreting request to education@commonmarket.coop no fewer than 7 days prior to the desired class.
- Children are welcome in the Community Room so long as the material of the class is age appropriate for the child and a seat has been paid for. We kindly ask that parents excuse themselves from the room if their children become disruptive.
- Out of respect for people with chemical sensitivities, we ask that fragrances and scented products not be worn in class.

These seminars are provided as an educational opportunity for our community. The ideas expressed do not necessarily reflect those of The Common Market, our Owners, or employees.



Center of the  
Four Winds Studio  
Rose Sincevich, RCST

Rose Ma

The UnSchool of Yoga, Inc.  
Bhakti & Karma Yoga

Annapurna's Kitchen  
Pay As You Can Cafe

301.663.0373  
125 South Carroll Street  
Frederick, Maryland 21701  
www.centerofthefourwindstudio.com

# STAFF SPOTLIGHT

Dedicated to the people that make the Co-op shine

## Meet Nick Fitzpatrick.

Nick, along with a talented team of food freaks, makes magic happen daily in the Common Market Café. He brings more than 20 years of food experience to the Café. He is an avid gardener, canner, pickler, and fermenter. He believes that the thoughtful preparation of high quality ingredients infuses food with love and nourishes the spirit as well as the body. Nick is a defender of the true flavor of food and a friend to the unpeeled.

### More from the man himself:

#### What is your current position and how long have you worked at the Co-op?

Café manager. Since June 2008.

#### What do you like best about your job?

Getting people excited about food, especially when I can help make a connection to the farmer that grew it, the hands that made it, or the place it was grown.

#### How has working at the Co-op affected your life?

It's allowed me to continue to pursue my passions with food. All aspects of food from planting and growing it to cooking it to learning about food production systems and all that goes into getting something as simple as an orange to the shelf for people to buy. It has also afforded me the flexibility to spend time with my family as my daughter grows.

#### What are some of your favorite products at the Co-op?

The produce department and sockeye salmon in season and the sweet beet juice with spinach. Our café cooks make a mean meatball also!

#### What is your favorite food to make?

I love the challenge of cooking with whatever is in my garden, pantry and fridge and making something tasty. As far as a favorite, I love cooking and learning more about all Asian cuisines.

#### If you could learn to do anything, what would it be?

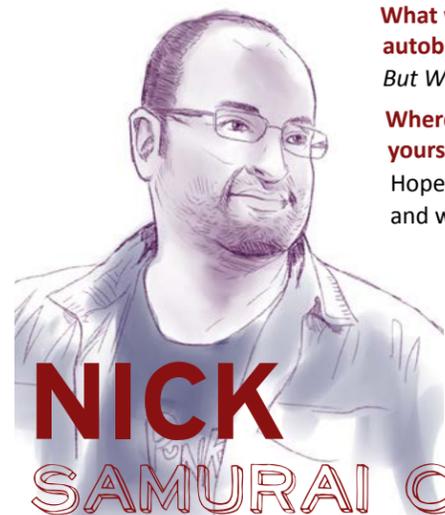
To continue to be a better father, husband, son, friend and person. And how to eradicate stink bugs from the planet!

#### What would you name the autobiography of your life?

*But Wait, I'm Not Done Yet*

#### Where do you see yourself in 10 years?

Hopefully happy, healthy and with a snarky grin on my face reminiscent of my father's.



**NICK**  
SAMURAI CHEF



**The Board:** (clockwise from top left) Pat Allen, John Beutler, David Cloutier, Annie Marshall, Lisa Williams, Mike Sincevich, Kate Moss, (Jim Hanna and Maria Acker not shown.)

### Happy November! As a pre-Thanksgiving celebration, be sure to be on the lookout for your Patronage Rebate voucher in your mailbox in mid-November.

It is very important to return these vouchers; if you do not, the Co-op's tax liability actually INCREASES by more than your voucher. If you want to donate your voucher, we are happy to be supporting the GMO-labeling campaign, Just Label It!

The Patronage Rebate is just one sign of the continued success of our Co-op after 40 years. Please check out the President's Report in the annual report for details on this year's growth. This is something that "we" achieve – the "we" of almost 4,600 owner/shoppers working together to make the store something special. The cooperative business model is a vital alternative to typical, investor-profit-driven enterprises, and it is so exciting that we continue to sustain this alternative here in Frederick... as we also support the best local and organic food. Thank you for another great year.

We are also happy that so many Owners chose to run for the Board of Directors this year. That is another sign of energy and vitality in our community! The Board is planning on utilizing this owner vitality by drawing on the wisdom and insights of this larger pool, setting up strategic conversations about key topics of interest, so that the Board can benefit from more eyes, ears, and mouths paying attention to important matters. This is another way in which we are trying to live out the co-op motto, "stronger together."

Finally, the Board of Directors would like to give a shout-out to the staff of the Common Market for an OUTSTANDING OwnerFest this year. We know that pulling off such a great party takes months of planning, untold person-hours of labor, and a huge effort on the day itself. Thank you for all you do! You guys are the bees' knees.

**David Cloutier, President**  
**Annie Marshall, Vice-President**

# This year, remember the meal, not the discomfort!



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### These tips may help to beat tummy troubles in time for the holidays or overeating in general:

- Take time to savor the food and don't forget to chew properly. Eating more slowly can help better digest food and may help one feel "full" sooner.
- Get enough sleep, at least 8-9 hours.
- Drink plenty of water.
- Replace a cooked meal with a raw meal daily. Raw fruits and vegetables contain valuable enzymes that are lost when foods are heated in cooking.
- Take a good probiotic to maintain healthy flora in the intestines.\*
- Reduce stress through daily exercise, yoga or meditation and take a relaxing walk after meals.

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<sup>1</sup>According to SPINS, a market research and consulting firm for the Natural Products Industry

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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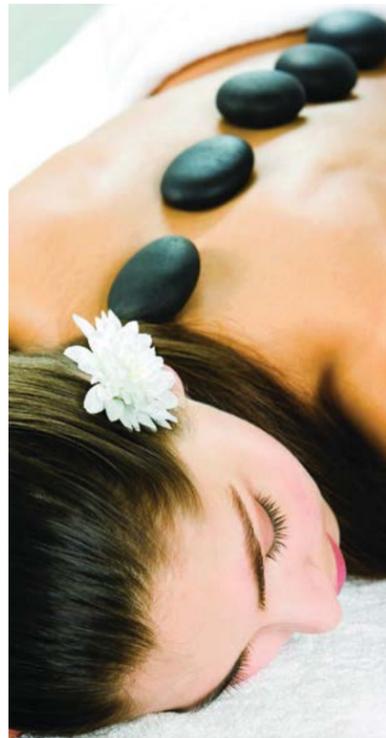
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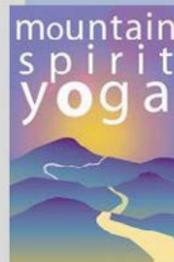
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