

# spoonful

A TASTE OF YOUR FAVORITE LOCAL CO-OP



Join your local  
co-op during our  
Owner Drive in  
February!

## Choco Sombra

World-Class Coffee  
from around  
the corner

THE ORANGE  
SPICED  
MOCHA

NUTRITION  
AT THE CO-OP  
SHAPE UP  
YOUR PLATE  
IN THE  
NEW YEAR

KIDS' CRAFT:  
Milk Carton Pirate Ship

EAT YOUR HEART OUT:  
Beet Salad with  
Cacao Nibs

the  
Common  
MARKET  
eat • shop • learn

JANUARY | FEBRUARY 2015 NEWSLETTER



# GENERAL MANAGER'S REPORT



**Sarah Lebherz**

*Happy New Year!*

I hope this issue of *Spoonful* finds everyone in good spirits for the New Year! I want to thank all of our Owners and shoppers for being patrons of the Common Market during 2014. Many of you have shared stories with me about how our Co-op has been an integral part of your well-being during the year—not just as a grocery store, but as a trusted resource and a partner in helping you to maintain your wellness goals. Please have a happy and healthy 2015!

**Owners\*—Rebate Voucher Redemption Deadline Approaching!**

**FAQs about Patronage Rebate Vouchers**

**How do I redeem the voucher?** The vouchers are redeemable at the Service Desk or the registers. You can redeem your voucher for cash or a gift card, or apply toward purchases or your equity share balance due, make a donation—or a combination of all. This year's donations will be sent to the Just Label It campaign (an organization that advocates the mandatory labeling of genetically modified foods).

**What if I will not be shopping before the expiration date?** Following the instructions on the opposite side of the voucher, you can mail in your rebate voucher to receive a check or apply toward the Just Label It campaign.

**Isn't it better to not cash the voucher, so the money stays in the Co-op?** No. Even if your voucher is for a small amount, you will benefit the Co-op by redeeming your voucher before the expiration date of February 12th, 2015.

**What happens to the retained patronage?** On the Owners' behalf, the Board chose to retain a portion of the equity to cover capital equipment purchases and improvements (*continued opposite*)

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

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

**www.commonmarket.coop**  
**Rt. 85 • Frederick, MD 21704**  
**Facebook.com/thecommonmarket**

## YOUR BOARD OF DIRECTORS:

David Cloutier **PRESIDENT** • Annie Marshall **VICE PRESIDENT** • John Beutler **SECRETARY** • Maria Acker **TREASURER**  
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Contributions can be sent to  
education@commonmarket.coop

For advertising rates contact  
zoe@commonmarket.coop



## 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.



**GENERAL MANAGER'S REPORT**  
*(continued)* within the store, to build further capital for the long-term sustainability and growth of our Co-op, and to build reserves for future expansion.

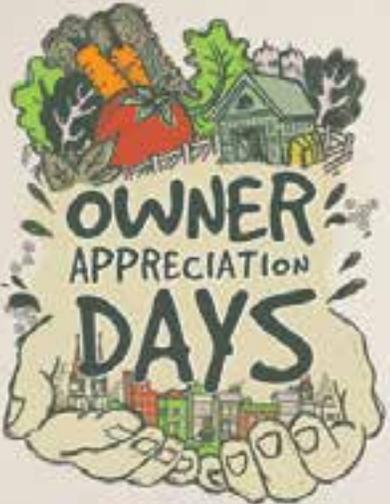
**I did not receive a voucher. What should I do?** Contact Sarah Pullman, spullman@commonmarket.coop or Sarah Lebherz, sarah@commonmarket.coop, to check on your voucher status.

**Remember: Patronage Rebate Vouchers expire February 12th, 2015!**

*\*Eligible Owners are those who purchased over \$320 of goods during Fiscal Year 2014 (July 1, 2013 – June 30, 2014). Owners who purchased less than \$320 fell below the \$2 minimum voucher amount.*



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.

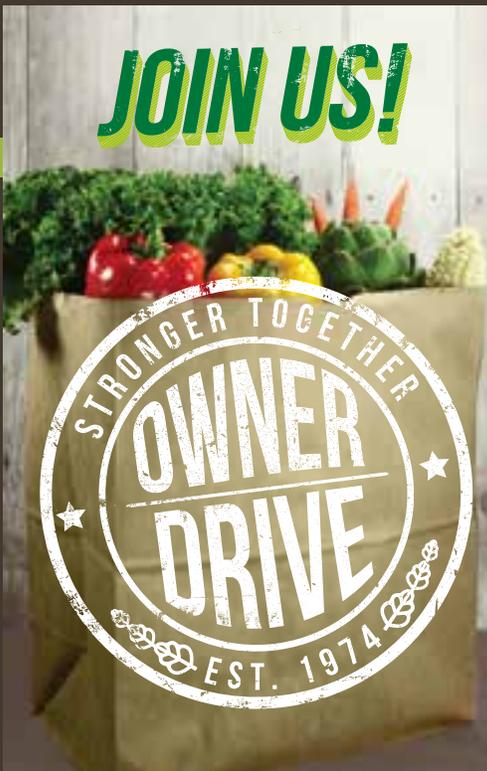



**OWNERS!**  
**▶ TAKE 10% ◀**

OFF A SHOPPING TRIP OF YOUR CHOICE ON **ANY DAY IN THE MONTH OF FEBRUARY.**

WE WILL ALSO FEATURE **SAMPLES AND GIVEAWAYS THROUGHOUT THE MONTH.**

**JOIN US!**



**STRONGER TOGETHER**  
**OWNER DRIVE**  
EST. 1974

## FEB 6TH - 15TH

We will be holding an Owner Drive February 6th–15th. If you join the Co-op during this time, you will receive a complementary Eco-Sac® Goody Bag and be entered to win prizes. Benefits begin with just \$25 down, so, please, join us!

**Any Owners who refer a friend to join will receive a \$5 Common Market Gift Card.** We are stronger together!

For more information on Ownership, stop in to speak with our Service Desk staff or call us at 301.663.3416.



# ChocoSombra

## How Specialty Coffee Can Save the Cloud Forest

By Zoe Brittain

If you are looking for a flavorful cup of coffee—smooth notes of chocolate and spice, sweet nuttiness, and pleasant hints of citrus and honey—meet Choco Sombra. If you want a high-grade cup of coffee produced in a way that protects people, the ecosystem, and a threatened culture, again, Choco Sombra is the one for you.

Choco Sombra is a shade grown, hand-picked single estate Peruvian coffee with extraordinary taste and character. It is imported, roasted, packaged and distributed in a small, unassuming warehouse space in Frederick by a couple of hardworking, dauntless entrepreneurs.

**Mike Peters and Christy Bueso are building a coffee business grounded in ethics, sustainability, and outstanding quality.**

In terms of flavor, Choco Sombra coffee exceeds the specialty grade threshold in both sensorial and physical analysis. Mike and Christy make every effort to preserve that character. The coffee bean has to have complexity to begin with, and then there is the altitude at which

the coffee is grown, how it is fermented, dried, and stored. Christy explains, “We go to great lengths to preserve all those little flavors. During transport we use specialized liners inside of the jute bag. When it arrives here, we store it in a climate controlled, state of the art facility and process it in a way that keeps the flavors alive. It all starts with the seed and a tree. A lot can go wrong between there and here.”

If you hear Mike and Christy tell the full story, you will find yourself rooting for Choco Sombra like a favorite home team. They do not like to use labels [like fair-trade] because labels tend to get diluted over time. “We would rather describe what we do,” Christy tells us. What they do is huge. They are building and marketing an economically viable business model that is environmentally and socially beneficial.

It all started about six years ago when Mike first traveled to Peru. Mike said, **“I had no intention of getting into the coffee business. I went there, and I saw something that needed to be preserved.”**

▼ Photo Credit: ChocoSombra





▲ Photo Credit: Jeff Stevens



What he saw were coffee plantations in the ecologically delicate cloud forest and a simplified way of life that gave definition to the term *civilized*.

Mike recognized an opportunity to break the brokerage system that exploits farmers. By working with farmers directly, he is helping them achieve more financial control, access to global best practices, and to protect the ecosystem that provides their livelihood.

From the typical business standpoint, native shade grown coffee is not as lucrative as non-native shade grown coffee. But non-native trees do not provide habitat for the indigenous wildlife, and therefore are not completing the ecological circle. Likewise, open fields are more financially advantageous for intrusive mechanical pickers. **The only thing that makes environmentally sound choices economically feasible is when the consumer begins to understand what these choices mean and supports them with their purchasing power.**

“It’s a mentality thing,” says Christy. “For a long period in history it’s been about, ‘fast, cheap, and good enough.’ That ultimately cascades down to a lot of destruction on an ecological level. We’re working with people who really do want a better way. That’s the key.”

Finca Santa Estela, where Choco Sombra purchases

its coffee, is a standout plantation that has been in the same family for more than 85 years. Hamilton Vidurizaga owns and runs Finca Santa Estela. Hamilton has taken half of his acreage out of production and set it aside as wildlife preserve. Native plant species provide shade for his coffee plants and provide habitat for wildlife. Finca Santa Estela also provides a school and a medical facility for the plantation workers. Perhaps most notable, Hamilton was the one person open to working with Mike when he approached a group of local farmers with his direct-trade proposal.

It comes down to proof and trust. Mike has had to prove that he has a good economic model with a market for premium quality coffee. The goal of a coffee farmer is to sell their crop, but as a landowner, the goal is also preservation. **“We seek to build a better economic model and create a different motivation,”** Mike says. “As long as the farmer can take care of his family and he is not desperate, he will feel he can afford to take care of the land. People will choose a better way if it is economically viable.”

.....  
**Choco Sombra coffee is available at the Common Market in whole bean and ground varieties.**  
 .....

[Chocosombra.net](http://Chocosombra.net)  
[christy@chocosombra.net](mailto:christy@chocosombra.net)

# Beet Salad with Cacao Nibs

Think of beets as red spinach. Just like Popeye's powerfood, this crimson vegetable is one of the best sources of both folate and betaine. These two nutrients work together to lower your blood levels of homocysteine, an inflammatory compound that can damage your arteries and increase your risk of heart disease.

*The 10 Best Foods You Aren't Eating: Beets. (n.d.). Retrieved from [http://www.menshealth.com/mhlists/best\\_healthy\\_foods/Beet.php\\_br](http://www.menshealth.com/mhlists/best_healthy_foods/Beet.php_br)*

## Ingredients

### Beets

- 2 large beets
- 2 tablespoons olive oil
- 1/4 teaspoon salt & pepper

### Salad

- 5 ounces of salad greens
- 2 oranges, peeled and sectioned
- 1/2 cup walnuts, toasted
- 1/2 cup crumbled goat cheese or feta
- 1/3 cup thinly sliced red onion
- 1/2 cup cacao nibs

### Cocoa Vinaigrette:

- 1/4 cup apple cider vinegar
- 1 tablespoon cocoa powder
- 1 teaspoon sugar or 2 teaspoons agave nectar
- 1/4 cup olive oil
- 1/4 teaspoon each salt and ground black pepper



## Directions

Preheat oven to 375°. Peel and cut up beets into uniformly sized chunks. Toss beets with olive oil, salt, and pepper. Roast them, uncovered, for an hour or until tender, then allow to cool.

Whisk together Cocoa Vinaigrette ingredients.

Compose the salads on individual plates: Salad greens, orange sections, slightly crushed walnuts, cheese, onions, and beets. Drizzle salads with Cocoa Vinaigrette, and sprinkle with cacao nibs just before serving.

Total Time: 75 min | Prep: 15 min | Cook: 60 min



# Spiced Orange Mocha

## Ingredients

- 3/4 cup strong coffee
- 1 cinnamon stick
- 1 star anise
- 1 tablespoon brown sugar
- 2 strips fresh orange peel, approximately 1" wide by 4" long
- 3 ounces bittersweet chocolate
- 1/2 cup half and half or creamer of your choice
- 1/2 teaspoon pure vanilla extract
- Whipped cream, optional

## Directions

In a small, nonreactive saucepan, heat the coffee with the cinnamon stick, star anise, brown sugar, and orange peel. Cover, bring to a boil, and simmer over very low heat for 10 minutes. Remove from heat and discard the spices and orange peel.

In the meantime, chop the chocolate into small pieces. Whisk the chocolate into the infused hot coffee until completely melted and combined, then whisk in the half and half and vanilla. Reheat until the mixture just comes to a boil. If desired, use an immersion blender to froth the mixture.

Pour into a large mug, top with whipped cream, a sprinkle of cinnamon, and a twist of orange peel if desired. Enjoy immediately!



# Chocolate & CITRUS

## FLAVOR PAIRINGS

Wintertime at the Common Market Co-op means citrus. You will find a broad range of citrus sure to add zest to the winter months. Pairing citrus with chocolate adds indulgence and romance when done right. Here is a guide to some of the citrus we will have throughout the season paired with some of the luxuriant, silky chocolates that we offer.

### Tangerine

Tangerines are a smaller type of orange with an easy to peel exterior. They are on the sweeter side of the orange spectrum with a sharp, juicy finish. Try all the varieties as they appear. A few to look for are honey (or murcott), sunburst, and fall glo tangerines.

**Pair with: Green & Black's Organic White Chocolate**



### Minneola Tangelo

Tangelos are a cross between a Dancy tangerine and an ancestral variety of grapefruit called pomelo. The sweet, intense flavor of tangerines comes through in a tangelo but is tempered by the tart and tangy, flowery taste of grapefruit. This results in a fruit that is sweet-tart, exotic in flavor, and extremely juicy.

**Pair with: Chocolove 55% Dark Chocolate**



### Satsuma

This clever little mandarin has a complex flavor profile with classic Tangerine notes in its deep orange, juicy-sweet flesh. Satsumas are winter staple, known for its easy peeling and slicing with virtually no seeds!

**Pair with: Salazon Dark Chocolate with Sea Salt & Black Pepper**



### Cara Cara Navel

Cara caras are a cross between the Washington navel and the Brazilian Bahia navel. Many citrus lovers consider the cara cara to be the best eating orange due to its sweet depth of flavor. Low in acid and seedless!

**Pair with: Divine 70% Dark Chocolate with Ginger & Orange**



### Blood Orange

The blood orange is a one of a kind fruit, famous for its ruby-colored flesh. The distinctive flesh begins with a tart flavor and has a strong, sweet finish.

**Pair with: Equal Exchange Milk Chocolate Caramel Crunch with Sea Salt**



### Rio Star Grapefruit

Hands down the tastiest grapefruit around! Grown in the Rio Grande Valley, the Rio Star combines the best characteristics of Rio Red and Star Ruby varieties. It has an overall blush face on the peel with a deep red-pink interior. A Common Market favorite year after year.

**Pair with: Theo 70% Dark Spicy Chili Chocolate**



Citrus fruits are well known for their impressive list of essential nutrients and phytochemicals providing a host of health benefits. Chocolate contains antioxidants and releases dopamine in the pleasure part of the brain. Together, they are a match made in heaven!



Let's face it; making healthy food choices is not a simple task. There are many levels of coordination involved in shopping, prepping, and cooking. And then there is the ongoing balancing act of ensuring you and your family are getting enough nutrient-dense foods, in the right amounts, every day.

We know getting some kids and adults to eat their veggies can be difficult, and that is just half the battle. Beyond those in vegetables, there are many nutrients our bodies need to function at peak performance. We can make this

Fruits are sources of many essential nutrients that are underconsumed, including potassium, dietary fiber, vitamin C, and folate (folic acid).

Make half your plate fruits and vegetables.

## Fruits

Fruits provide nutrients vital for health and maintenance of your body. Diets rich in potassium may help to maintain healthy blood pressure. Fruit sources of potassium include bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice. You can get the benefits of fruit in convenient powder form as well.



You can eat nuts and seeds to replace animal sources of protein. There are also high quality supplements that can be used to maintain or increase your protein consumption.

## Vegetables

Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor. For those who have trouble eating enough fresh vegetables, many packaged goods can provide much of the same nutrition. Plant based vitamins and supplements can be used to help achieve optimal health.

Based on their nutrient content, vegetables are organized into five subgroups: dark green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.



process easier by examining the categories of nutrients we need and identifying just some of the many options that are available to us whether they are fresh from the farm or conveniently packaged to take on the go.

We have put together this reference to help you identify the major components necessary for health and growth, and to strengthen the nutritional profile of your family's meals. Are you ready to shape up your plate?

For more info on how to keep your plate balanced check out **ChooseMyPlate.gov**

## Grains

Grains are divided into 2 subgroups, *Whole Grains* and *Refined Grains*.

Whole grains contain the entire grain kernel — the bran, germ, and endosperm.

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins.

Most Americans consume enough grains, but few are whole grains. At least half of all the grains eaten should be whole grains.

## Protein

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the protein foods group. Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.

## Dairy

Non-dairy sources of calcium include kale, bok choy, calcium-fortified juices and milk alternatives, canned sardines and salmon with bones, and soy products with calcium sulfate.

Foods in the dairy group provide many essential nutrients including calcium, potassium, vitamin D, and protein.

# HEART HEALTH

Ben Franklin said it best when he said, "An ounce of prevention is worth a pound of cure."

New Year's resolutions focused on getting healthier will make major strides toward protecting yourself against America's number one killer—heart disease. Heart disease claims one in four lives each year, and the unfortunate truth is that nine out of the ten strongest risk factors can be controlled through changes in diet, lifestyle, and supplementation. Taking action now can significantly improve your chances of reversing its effects or warding it off altogether.

### 1. Move. Sleep. Breathe.

Lifestyle factors that benefit the heart are to increase daily amounts of exercise and sleep while decreasing stress. Exercise maintains strength in the heart muscle and blood vessel walls. Lack of sleep has been associated with high blood pressure and coronary heart disease. Getting at least 150 minutes of moderate intensity exercise a week and 7-8 hours of sleep a night is recommended. Stress reduction can be achieved through breathing exercises, meditation, and mind-body exercises.

### 2. Eat with Intention.

Another small change to make is to increase certain foods. Cold-water fatty fish (like Alaskan salmon, mackerel, sardines), monounsaturated fats (found in olive oil, nuts, and avocados), antioxidant rich foods (found in fruits and vegetables), and fibrous foods (whole grains and plant foods) all play a role in reducing the main risk factors that lead to preventable heart disease.

### 3. Supplement Sensibly.

Supplementation can also be an effective prevention strategy. The omega-3 fatty acids in fish oil supplements help lower triglyceride levels, increase HDLs, and minimize inflammation. Coenzyme Q10 helps protect LDL cholesterol from oxidizing, maintains healthy blood vessels, and protects against blood clots. If insulin resistance is an issue, alpha-lipoic acid, magnesium, and chromium are recommended to improve cells' response to insulin and stabilize blood sugar levels. Dr. Andrew Weil recommends increasing B vitamins and folic acid as deficiency of these nutrients can lead to damage to arterial walls. Keep these tips in mind as you begin 2015.

The Diet-Heart Myth: How to Prevent and Reverse Heart Disease ... (n.d.). Retrieved from [http://chriskresser.com/the-diet-heart-myth-how-to-prevent-and-reverse-heart-disease-naturally\\_br](http://chriskresser.com/the-diet-heart-myth-how-to-prevent-and-reverse-heart-disease-naturally_br)  
Heart health. (n.d.). Retrieved from [http://betteryourheart.com/\\_br](http://betteryourheart.com/_br)

-Kellyann Sykora  
Health & Wellness Liason

# STAFF SPOTLIGHT

Dedicated to the people that make the Co-op shine

## Meet Adam Burrows.

Adam Burrows is a meat cutter in the Meat, Cheese, Seafood & Olive department. Among his many qualities that make him great to work with are a vast knowledge of all the facets of his department, attentiveness to customers, and a penchant for storytelling. Professionally he's the Richard Sherman of meat cutting. When he's on, he's on, and he'll tell you about it. He likes to sing karaoke and has been known to break out into Bohemian Rhapsody at the drop of a hat and the top of his lungs.

### More from the man himself:

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

Meat Cutter, 6 ½ years.

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

The people. Most of my friends work here. Also, the atmosphere. It's just nice to work with like-minded people. We get the job done but still know how to have fun.

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

In many ways. Since I have worked at the Market, I have lost 100 pounds, bought a car, moved states, learned a skilled trade.

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

Spanish stew (family recipe).

#### When you have 30 minutes of free-time, how do you pass the time?

Go for a walk, curl up on the couch and watch a show, chat with family on the phone.

#### What is something you learned in the last week?

The hog-nosed bat is the world's smallest mammal. It's the size of a bumble bee.

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

Kung-Fu

#### What is the one thing that should be taught in school that isn't already?

How to manage finances. So many people are already in debt because the concept of living within your means is lost to them.

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

How many burrows could a Burrows burrow if a Burrows could burrow burrows? The Adam Burrows Story

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

Probably still in the area. I love the greater DC area. A definite step up from the area of Texas I grew up in. Maybe with a family. Who knows, life is always

changing. I think it's folly to try and put yourself at a certain period in your life at a certain time. I don't really see myself anywhere in 10 years. I do wonder where life will take me in that time though.



## A Message From The Board (or What We Do When We're Not Having Meetings)

Lately, your Board of Directors has been spending some time on Co-op Principle 6: Cooperation among Cooperatives. This is a principle that is most often put into action by the folks in day-to-day store operations, rather than by Boards: The Common Market's General Manager and staff have given used equipment, time, and advice to co-ops in need. But your Board has had several opportunities to help some neighboring co-ops, and we're excited to share those with you.

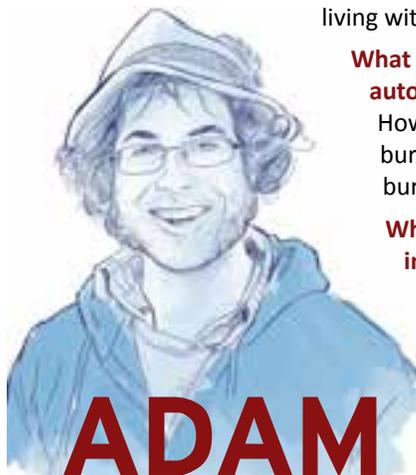
- Valley Co-op in Hagerstown leaped from a buying club to a storefront in 2014. We were delighted to talk with several of their movers-and-shakers in brainstorming sessions, as well as to "lend" them our own co-op consultant for an afternoon of consulting and training.

- Catonsville Co-op, which is a thriving buying club, with lots of young families, invited us to speak at their recent fundraiser, where we talked about the history of co-ops in general, and our own Common Market in particular. They made a thousand dollars at the fun and energetic event, and grew lots of interest in what they're all about.

- Lovettsville Co-op is moving steadily towards a storefront, and will be bringing their Board to meet with our Board in January, to hear about the details of our expansion to our current location, as they gather information for this great step for them.

We're pretty thrilled to be co-operating with other co-ops! We want Owners to know that when we support our store, we are not just sustaining the cooperative business model in our own community, but also helping to provide knowledge and encouragement to others in the region who are working to develop alternatives to the corporate, profit-driven food economy.

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



# ADAM

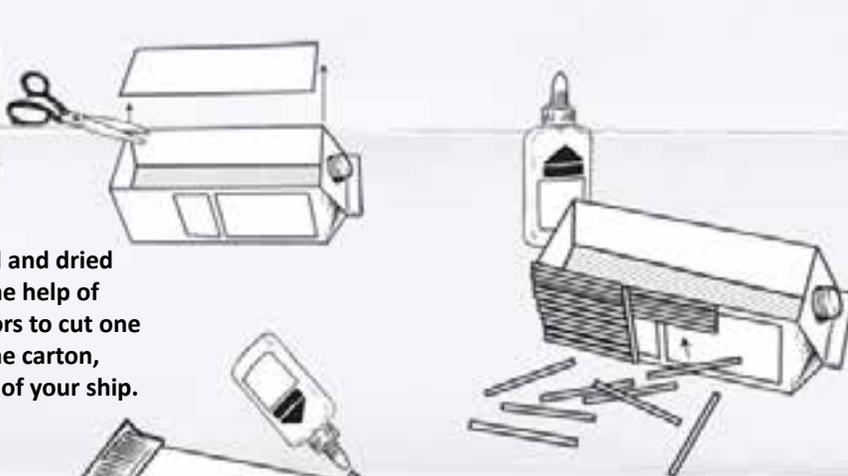
## KARAOKE KID

# KIDS' CRAFT: PIRATE SHIP

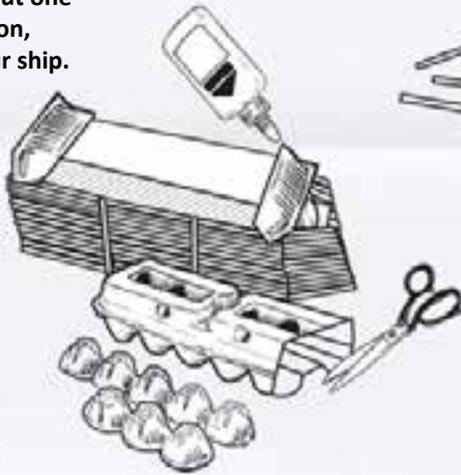
## WHAT YOU'LL NEED

1 Clean and dry Milk or Juice carton  
1 Egg carton  
2 Drinking Straws  
Scissors  
Markers/crayons  
Pencil  
Paints or colored Paper  
Wooden coffee Stirrers or Popsicle Sticks

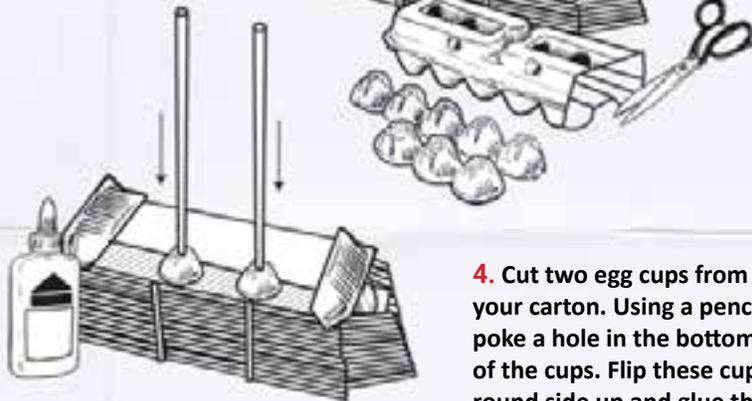
1. Take your rinsed and dried carton and, with the help of an adult, use scissors to cut one entire side off of the carton, creating the inside of your ship.



2. Use a brush to apply a generous amount of tacky glue to the sides of your ship. (It's best to do one section at a time.) Stick the coffee stirrers or popsicle sticks the sides of the carton. Allow them to dry in place.



3. Use the top of your egg carton and get creative by using pieces of the lid to construct the deck of your ship.



4. Cut two egg cups from your carton. Using a pencil, poke a hole in the bottom of the cups. Flip these cups round side up and glue them to the floor of your ship. Stick the straws into the holes of the cups for your masts.



5. Cut your sails from existing artwork or magazine clippings and attach them to your masts. Once your ship is assembled, you can paint it to really make it come alive!



6. Let it dry and then place it in water and watch your ship take sail!

# 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.



You can now register for our Co-op Community Room Classes from the comfort of your own home!

Whether it is a last minute sign up for a cooking class, or an entire list of classes you would like to book for the upcoming month, our Events Calendar is the place to do it.

[www.commonmarket.coop](http://www.commonmarket.coop)

## JANUARY



### Eat Right for Your Blood Type

with Dr. Erin Kinney

**Saturday, January 10th | 1:00 - 3:00 PM**

\$18, 20% discount for Owners



### Memory and Cognitive Health

with Dr. Jyothi Rao

**Wednesday, January 14th | 6:00 - 7:30PM**

\$15, 20% discount for Owners



### Cafe Confidential: Southern Mediterranean Cooking

with Common Market Café staff

**Tuesday, January 20th | 6:00 - 8:00 PM**

\$20, 20% discount for Owners



### Small-Scale Composting at Home

with Rick Hood

**Wednesday, January 21st | 6:30 - 8:30 PM**

\$15, 20% discount for Owners



### Meditation

with Pat Hancock

**Saturday, January 24th | 10:00 - 11:30 AM**

\$20, 20% discount for Owners



### Basic Organic Gardening

with Rick Hood

**Tuesday, January 27th | 6:30 - 8:30**

\$15, 20% discount for Owners



### Preserving the Harvest: Winter Fermentation

with Rachel Armistead

**Wednesday, January 28th | 6:00 - 8:00 PM**

\$20, 20% discount for Owners

## FEBRUARY



### Advanced Organic Gardening

with Rick Hood

**Tuesday, February 3rd | 6:30 - 8:30 PM**

\$15, 20% discount for Owners



### Raise Your Own Backyard Chickens

with Rick Hood

**Wednesday, February 11th | 6:30 - 8:30 PM**

\$15, 20% discount for Owners



### Cafe Confidential: A Stroll Through Chinatown

with Common Market Café staff

**Thursday, February 12th | 6:00 - 8:00 PM**

\$20, 20% discount for Owners



### Seed Starting

with Rick Hood

**Tuesday, February 17th | 6:30 - 8:30 PM**

\$15, 20% discount for Owners



### Exercise Benefits for Mind and Body

with Dr. Jyothi Rao

**Thursday, February 19th | 6:00 - 7:30 PM**

\$15, 20% discount for Owners



### Reflexology: The Application of Reflexology for Real Prevention and Wellness

with Jedidiah D. Smith, Ph.D., CHHP

**Saturday, February 21st | 1:00 - 3:00 PM**

\$20, 20% discount for Owners



### Basic Organic Gardening

with Rick Hood

**Tuesday, February 24th | 6:30 - 8:30**

\$15, 20% discount for Owners



### Preserving the Harvest: Winter Fermentation

with Rachel Armistead

**Wednesday, February 25th | 6:00 - 8:00 PM**

\$20, 20% discount for Owners

## Merry Citrus to You

Prior to the 20th century, the scarcity of oranges in the West led to the perception that oranges were a luxury food suitable only for the holidays or as indulgences for those who could afford it. It wasn't until the 1870s that the hybridization of California oranges led to the creation of many flavorful strains that allowed for year-round cultivation. There are now more than 600 varieties of citrus acclaimed for their flavor and health benefits.



## Please read the *fine print*:

### CLASS REGISTRATION INFORMATION

Three ways to register:

1. **ONLINE** at [www.commonmarket.coop](http://www.commonmarket.coop), click the "Learn" button
2. **IN PERSON** at our Co-op Service Desk with cash, check, credit card or Common Market gift card
3. **BY CHECK** sent to 5728 Buckeystown Pike, Frederick, MD 21704. Include names of each attendee, phone number, Owner # if applicable, and the name and date of the classes you wish to attend.

- Payment is required at registration.
- No refunds or credit will be given for cancellations made less than 48 hours before a class.

### PLEASE NOTE

- ASL interpreting may be provided upon request. Send requests to [education@commonmarket.coop](mailto:education@commonmarket.coop) at least seven 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.

*eat shop learn*



One of our favorite local companies, Sweet Farm Sauerkraut, has two products nominated to receive a 2014 Good Food Award. We have a sneaking suspicion at least one is going to win. Try all their flavors and place your bets on the winner.

Pick up the March/April issue of *Spoonful* to find out which flavor won and to have a close encounter with Sweet Farm's founders.



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**WHY PARTICIPATE?** Polluted stormwater affects the water that we use for drinking, swimming and fishing, and contributes to stream erosion. Implementing these actions will attract birds and pollinators while beautifying your property! They will also have a beneficial and lasting impact on our stream and watershed health.



For more information visit: [www.FrederickCountyMD.gov/ngreen](http://www.FrederickCountyMD.gov/ngreen) or call 301.600.7414

This program is funded by:



Although this project is funded in part by the Environmental Protection Agency, it does not necessarily reflect the opinion or position of the EPA.

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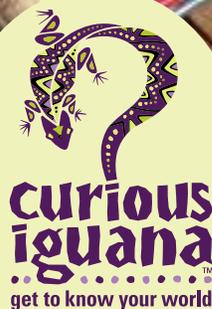
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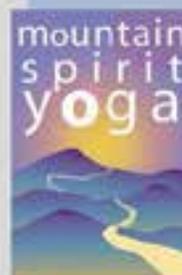
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