

spoonful

A TASTE OF YOUR FAVORITE LOCAL CO-OP

THE SWEET LIFE

Make Room for Kraut with Sweet Farm Sauerkraut

Super Green

SMOOTHIE FOR GOOD LUCK & GOOD HEALTH

CALL FOR ARTISTS!

EARTH DAY YOUTH ART SHOW

the Common MARKET
eat • shop • learn

MARCH | APRIL 2015 NEWSLETTER

coop™
stronger together

GENERAL MANAGER'S REPORT



Sarah Lebherz

The Common Market operates with four Ends Policies established by the Board of Directors. These policies guide why we exist and what effect our Co-op seeks to have on the world. One policy states that we exist to achieve the following in our local region: A model for the use of environmental resources that is increasingly sustainable in the products we sell, the business we operate, and the practices we promote and support in the larger community. In April, we have a number of events planned to demonstrate our commitment to this End for Earth Month, and we call on our community to participate! Here is what we have going on. Read more about these events throughout this issue of Spoonful:

- April 11th, 12pm-3pm, we will be hosting our annual Earth Day Youth Art Show - an art contest that educates young people about the environmental issues we face. Get the little ones involved, or just stop by to view the works of art throughout the store.
- April 18th, 8am-12pm, we will hold our second Watershed Clean-Up. Last year over 50 volunteers joined efforts to clean up 14 miles of roadside in our watershed. Sign up to help us beat our 2014 stats.
- April 25th, 10am-1pm, we will hold our Crop Mob at House in the Woods Farm. Pitch in on the farm and see where some of the Co-op's produce comes from, straight from the source.

We also have Co-op Community Room classed geared towards getting you ready for spring gardening, spring cleaning, and spring cooking. Don't forget, you can now register for classes online on our website, www.commonmarket.coop.

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](https://www.facebook.com/thecommonmarket)

YOUR BOARD OF DIRECTORS:

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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.



GOODBYE WINTER HELLO...ALLERGIES?

Ah, spring! You step outside ready to take in a big breath of fresh air, smell the sweet scent of the blooming flowers, and ah, ah, ah-chew! You suffer from seasonal allergies.

Allergies, defined as the immune systems' overreaction to foreign proteins, can range in symptoms and severity based on the individual. These proteins come from many sources including pollen grains, mold spores, foods, dead skin cells, and dust mites. **Even though there is no cure for allergies, many natural choices through diet and supplementation can bring relief to ensure you are ready for all the beautiful changes the season has to offer!**

Naturopathic doctors recommend making small changes in diet as the first step in managing allergies' uncomfortable symptoms. Foods high in Omega-6 fatty acids and oleic acid, namely fried and fatty foods, as well as compounds found in dairy can worsen allergy symptoms. Alternately, a diet high in Omega-3 fatty acids, found in **fish, edamame, and walnuts** can help protect against allergies. Other foods with anti-allergic properties are **whole grains, dark leafy vegetables, and egg yolks**. Experts also recommend hot, spicy foods as the spicier the dish, the more likely it is to thin mucous secretion and clear nasal passages. Frequently recommended spices are **cayenne pepper, hot ginger, fenugreek, onion, and garlic**.

Supplements may be a better choice for some as they offer a higher concentration of anti-allergic nutrients. Mary Hardy, MD, recommends herbal supplements such as **freeze-dried nettles, goldenseal, and a saline nasal spray**. "The saline works to wash out pollen and reduce or thin mucous, while the goldenseal has astringent and local antibacterial properties to aid in the process [of providing relief.]" Other naturopathic doctors recommend **grape seed extract, quercetin, and vitamin C**. Quercetin, found in wine and many fruits and vegetables, work as a mast cell stabilizer and may help block the

release of histamines that cause inflammation. **Vitamin B5, zinc, cod liver oil, and Echinacea** are not only good for general health but also may aid in easing the seasonal symptoms.

The American Association of Nurse Practitioners also suggests trying alternative solutions such as **acupuncture, stress management techniques, and chiropractic spinal adjustments**. Additionally, by cleansing the body of unhealthy foods and toxins and balancing gut flora, the immune system will be stronger and better able to fight off allergy related symptoms and infections.

While natural remedies produce little to no side effects, doctors do suggest caution when using them to treat allergies. Allergist Marianne Frieri, MD, cautions that it is possible to overdose on even the most seemingly mild supplements as too much of anything may cause toxic reactions. As always, consult your doctor before beginning supplementation as well as when mixing alternative treatments with traditional drugs.

Choosing a natural approach to allergy relief produces twofold benefits. You are not only minimizing the acute symptoms of allergies, but are working to strengthen your immune system and general health. After speaking with your doctor, see a Common Market Wellness Steward with any additional allergy relief questions. Take the necessary steps to ensure seasonal allergies do not stop you from enjoying all that the fresh start of spring has to offer!

— **Kellyann Sykora**
Health & Wellness Liaison

AANP. "Allergies: Natural Solutions." *Natural Allergy Remedies and Allergy Relief. American Association of Naturopathic Physicians, 2014. Web. 26 Jan. 2015.*

"Natural Allergy Relief: Butterbur, Goldenseal, & More." *Allergies Health Center. WebMD, 2003. Web. 26 Jan. 2015.*

Griffin, Morgan R. "Natural Allergy Remedies: Supplements and Herbs." *Vitamins and Supplements Lifestyle Guide. WebMD, 2009. Web. 26 Jan. 2015.*



Photo by Megan Wilson of 12:33 Photography

THE SWEET LIFE

MAKE ROOM FOR SAUERKRAUT

Imagine building a marriage, business, and part of your life's mission on sauerkraut.

Rachel Armistead and Luke Flessner have. Sauerkraut permeates everything that they do. Rachel and Luke run Sweet Farm Sauerkraut. Rachel recently gave Common Market staff a tour of the commercial kitchen facility in Frederick, Maryland where their products are made, and she shared with us the Sweet Farm story.

Rachel and Luke started Sweet Farm Sauerkraut together in 2011. Both hobby fermenters when they met in 2009, Rachel and Luke's relationship revolved around fermentation from the start. They even attended a four-day fermentation workshop with Sandor Katz, modern day fermentation guru, for their honeymoon.

The Sweet Farm is a 50-acre family farm located in Woodsboro, Maryland. Originally purchased in 1964, the farm is a diverse mix of woods and pasture. From their toddler son to his 89 year old great-grandmother, The Sweet Farm is home to four generations of kraut makers and lovers.

The Sweet Farm's sauerkrauts are made in the traditional way using only sea salt, spices, and vegetables—organic and sourced locally whenever possible. In the kitchen a mammoth dough hook “bruised” shredded vegetables with salt and spices in an 80-quart mixer. This action speeds up the process of releasing water from the vegetables and mixing it with salt to make brine. This is essentially the same way people have fermented foods for thousands of years.

Fermentation Facts

Fermented foods are part of the reason for humans' success as a species. Fermentation

allowed people to preserve food in a safe and nutritious way, survive long winters, and travel across oceans. Captain James Cooke famously kept his crew from getting scurvy by carrying barrels of sauerkraut on his ships. Fermentation preserved and even increased the vitamin C in cabbage, thus preventing his sailors from contracting the debilitating disease.

Though evidence of food fermentation dates back to around 7000 BCE, in 2011, Sweet Farm was the first fermented food business licensed in the State of Maryland. Rachel told us that the Health Department was reluctant at first.

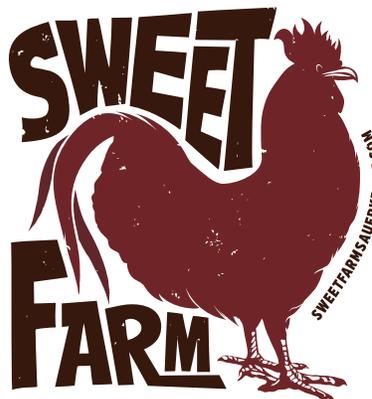
“If you say to [the Health Department], ‘I just want to stick a bunch of raw vegetables in a bucket, let it sit there, and then I want to feed it to people in 8 weeks,’ they’ll say, ‘No, that’s not okay.’ So, we really had to educate them that fermentation was safe.”

U.S. Department of Agriculture research service microbiologist Fred Breidt says properly fermented vegetables are actually safer than raw vegetables, which might have been exposed to pathogens like E. coli on the farm. The reason for this is the lactic acid bacteria that

carry out the fermentation are highly effective killers of other bacteria. Breidt works at a lab at North Carolina State University, Raleigh, where scientists have been studying fermented and other pickled foods since the 1930s.

Sauerkraut for Life

Sweet Farm is capitalizing on renewed interest in an ancient practice. Awareness of fermented foods has spiked in the last few years with a proliferation of products like kefir, kombucha, and kimchi.





Kitchen manager, Crystal Achuo, shreds 60 pounds of vegetables, ready to be mixed with salt and spices.



Above photos by Jeff Stevens

“Maybe it is the return to natural foods. Maybe it is a push away from convenience foods and that kind of thing,” Rachel said. “The pendulum is swinging back the other way and people are realizing that maybe nature does know what it’s doing. Science is showing that the microbiome is important for so many aspects of our lives. People are looking for probiotic foods that are going to support that.”

According to an article on NIH’s website National Human Genome Research Institute, the microbiome is the collection of microbes that live inside and on the human body. Humans rely on microbes to perform many important functions that we cannot perform ourselves. Microbes digest food to generate nutrients for host cells, synthesize vitamins, metabolize drugs, detoxify carcinogens, stimulate renewal of cells in the gut lining and activate and support the immune system.

Good food is good

Health benefits aside, Sweet Farm is primarily interested in making food that tastes good. All of their sauerkrauts are fresh, crisp and tangy. The four flagship flavors—Classic (traditional German style with caraway), Curry, Beet, and Curtido (a spicy Latin American condiment)—offer enough variety to pair well with just about any meal.

Their newest favorite, Save the Bay Kraut, is made with a touch of Old Bay® seasoning and garnered a Good Foods Award this past January. The award is a recognition of the sauerkraut’s excellent flavor, its regional character, and of Sweet Farm as a socially consciousness food business. Ten percent of sales of Save the Bay Kraut go to the Chesapeake Bay Foundation. Rachel and Luke are hoping to raise awareness of the importance of the Chesapeake Bay through sales of their sauerkraut.

Sweet Farm carries that same conscientiousness throughout their business. They run a minimal waste operation. All of their vegetable waste goes into their home compost pile and back onto the fields, or to friends for animal feed. They recently transitioned to new fermenting barrels, and plan to host rain barrel making workshops to make use of the old barrels. “We’re trying to be conscious of what we use, how we use it, and of our waste stream,” Rachel told us.

Labor of Love

Being small business entrepreneurs takes enormous energy and dedication. Rachel and Luke are blessed with strong support from family, friends, associates, and a small but dedicated staff. Rachel equates nurturing the company to having a baby.

“Just like a baby, it takes time and attention—more than you really can imagine. It is a labor of love. You will give yourself to it for a long time before it gives a lot back. Not that it’s not extremely rewarding, but you give a lot of yourself.”

In addition to the success of the business, the rewards come frequently from people who love Sweet Farm’s products. Rachel said, “It’s gratifying to know that there are people who are sitting down to dinner with your sauerkraut on their table. It is a really good feeling to know that people are eating what you made, what you put your energy and time into, and are enjoying it.” As Sweet Farm likes to say, “At every meal, on every plate, there’s always room for kraut!”

— Zoe Brittain

Sweet Farm Sauerkraut | sweetfarmsauerkraut.com
Available at the Common Market



SUPER GREEN SMOOTHIE

FOR GOOD LUCK & GOOD HEALTH

INGREDIENTS

- 12 ounces or 3/4 pound chopped pineapple
- ¼ apple of your choice
- 2 kale leaves
- 1 cup fresh spinach
- 10 ounces apple juice

HOW TO

Mix ingredients in blender until smooth. Pour and enjoy!



The molecule of chlorophyll has only one atom that makes it different from a molecule of human blood. According to teachings of Dr. Ann Wigmore, to consume chlorophyll is like receiving a healthy blood transfusion.

greensmoothiesblog.com



SAUERKRAUT BROWNIES

DON'T KNOCK IT 'TIL YOU TRY IT!



INGREDIENTS

- ¾ cup salted butter
- ½ cup sugar
- ½ cup packed brown sugar
- 3 eggs
- 1 tsp vanilla extract
- ½ cup flour
- ½ cup unsweetened cocoa powder
- 1 jar Sweet Farm Classic Kraut, Beet Kraut, or 16 oz of your own plain kraut
- 1 cup water

OPTIONAL

- 1 cup Peanut Butter Chips
- ½ cup chopped nuts
- ½ cup chocolate chips
- 1 tsp almond extract

HOW TO

- 1 Preheat oven to 350°F. Butter a 9" x 9" baking pan. In medium saucepan, melt butter over medium heat. Stir in sugar until blended, about 2 minutes. Remove from heat and beat in eggs one at a time, mixing well after each addition. Stir in vanilla and almond extracts. In a medium bowl, combine the flour and cocoa. Add the flour mixture to the butter mixture, stirring until combined.
- 2 Rinse and drain sauerkraut. In a blender, puree sauerkraut with approximately ½ cup of water. Add water, a little bit at time, until mixture blends freely. Drain, then squeeze the sauerkraut until water is removed. Mix sauerkraut into batter.
- 3 Stir in nuts and chocolate chips if any. Spread mixture into prepared pan. Bake for 45 to 50 minutes, or until a knife comes out clean.
- 4 Let cool. Cut into 9-12 brownies. Heat Peanut butter chips on low heat in a saucepan until liquid, drizzle over brownies for added flavor!

To learn more about Sweet Farm Sauerkraut check them out online at

www.sweetfarmsauerkraut.com

CELEBRATE
EARTH MONTH
WITH THE COMMON MARKET



EARTH DAY
YOUTH ART SHOW

The Common Market cordially invites everyone to attend our annual Earth Day Youth Art Show.

SATURDAY | APRIL 11 | 12 TO 3 PM

The Common Market hosts an annual art contest focused on educating young people on the environmental issues facing Frederick County and our Earth as a whole.

Join us for this special event to open the art show and recognize ten young winners on Saturday, April 11th.

FREE HOT DOGS | LIVE MUSIC | GIVEAWAYS FOR KIDS!

Entry requirements can be found on page 8.



WATERSHED
TRASH PICK UP

With your help, we will be cleaning up the roadside of Frederick Watershed as part of the 27th Annual Potomac River Watershed Cleanup.

SATURDAY | APRIL 18 | 8 AM TO 12 PM

Please sign up online at commonmarket.coop, or by contacting the Co-op Service Desk at 301-663-3416 so we have an accurate count for gloves, safety vests, food and drinks! We will also provide directions to the site where we will be meeting.

Besides the satisfaction of giving back, volunteers will be entered into a raffle to win some great prizes including a \$100 Common Market gift card.



THE CROP MOB
PITCH IN ON THE FARM

Join us to support local farms, food, & community by pitching in at House in the Woods Organic Farm.

SATURDAY | APRIL 25 | 10 AM TO 1 PM

Crop Mobs are organized groups of people who lend their support to local farmers by pitching in on the farm. You'll get dirty hands and a huge sense of satisfaction along with some knowledge of how a small local farm works. Sign up at the Co-op Service Desk.

Light refreshments will be provided to all volunteers.

CALL FOR ARTISTS!



We hope to see your masterpiece displayed at the Co-op this year!



EARTH DAY YOUTH ART SHOW



THE DIRT:

The Common Market is hosting an art contest with the purpose of educating young people on the environmental issues facing Frederick County and our Earth as a whole.



WHO CAN DIG IN?

Any "kid" (under 18) can choose an environmental theme from the list provided and submit artwork based on that theme.



DEADLINE FOR ENTRIES:

Entries must be postmarked by Friday, March 27th, 2015.
*Winners will be selected by an independent panel of judges and contacted before the Art Show.



CHECK OUT THE ARTWORK:

The Common Market will host a special event to open the art show and recognize the ten winners on Saturday, April 11th. All of the entries will remain on display throughout the store from April 10th to April 30th.



WANT TO ENTER?

Using the media of your choice, depict your interpretation of one of the themes listed. All entries must be created on an 8.5" x 11" page, backed by construction paper, and must follow one of the themes listed.

Frederick County Public Schools is not a sponsor of this contest; however, student participation is encouraged to complement academic growth and endeavors.

Mail or hand-deliver your entry to:

The Common Market
5728 Buckeystown Pike, Unit 1-B
Frederick MD 21704

* Each entry will be reviewed and assessed on how well it depicts the artist's chosen theme. The creativity and imagination used in generating a visual solution will also be considered.

VIEW ALL THEMES ON THE NEXT PAGE



ART WORK THEMES :

Select one of the themes below for your drawing.

HOMEGROWN HERE

Buying Frederick County produce and products ensure that our farm families not only survive... but thrive!

COMMUNITIES ARE FOR LIVING, WORKING AND PLAYING

Studies show that living close to amenities enhances one's quality of life.

GREEN OUR URBAN AREAS

Add urban gardens for food and animals...and green our rooftops!

RECYCLING

Let's not produce more of the same, but instead reuse what we've already made!

STREAMSIDE BUFFERS

Be a steward and make sure the streams and rivers leaving Frederick County are as clean as they can be.

BIKE IT AND HIKE IT

Support the county's bikeways and trails plan; ride to shops, schools and movie theaters, use less gasoline and keep our air cleaner.

GO SOLAR FREDERICK

Soak up some rays! The power of the sun can help us preserve our natural resources.

PARKS AND PROTECTED AREAS

Natural landscapes protect wildlife, watersheds and enhance our quality of life.

SUPPORT THE SOIL

Healthy soils are the basis for healthy food production. They also help combat and adapt to climate change.

- Food & Agriculture Organization of the United Nations

THE WINDS OF CHANGE

Letting wind power our county.

On the back of your artwork, please include which theme your entry is depicting, your name, school, age/grade, email, and telephone number. Entries must be post-marked by 3/27/15. Contestants must be under 18 to enter.

STAFF SPOTLIGHT

Dedicated to the people that make the Co-op shine

Meet Taylor Blum,

Common Market's sweetheart. Taylor is a woman of exceptional dedication and maturity that belies her young age. Taylor began working at the Common Market as a Produce Steward in 2008 when she was just 16. As Front End Manager, she has established sensible systems where there were none, worked late and on her days off, cleaned clogged toilets, walked customers to their cars in snow and ice, jumped into the Grocery Department to help break down pallets and stock shelves, and that was just last week.

Taylor is not all work and no play, though. She has a self-deprecating comedic side, an infectious laugh, and a bodacious singing voice. She is genuine and relatable, calm under pressure, and as humble as she is spirited.

A bit more about Taylor from the lady herself:

What is your current position?

Front End Manager

What do you like best about your job?

I love being on the sales floor and doing whatever I can to make everyone's day better. I like to see people laughing and having fun.

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

Working at the Co-op has been a great learning experience for me. In my six and a half years, I have met so many wonderful people, both customers and co-workers. This place has been like my second home. There are many people whom I look up to here and who have helped me become the person I am today.

What is your favorite food to make?

I love to bake! I like to try new recipes and have my brother as the critic; his brutally honest opinions have helped me with my skills. Cooking is definitely not my thing.

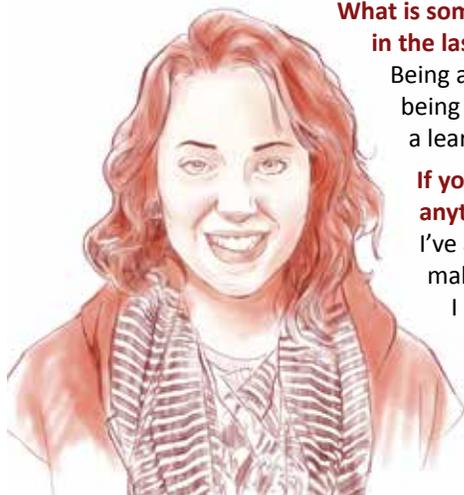
What is something you learned in the last week?

Being assertive is part of life; being comfortable with it is a learning experience.

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

I've always wanted to learn to make fireworks—very strange, I know, but I have always been fascinated by them.

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



TOTALLY
TAYLOR

The little things you need to know in life!

What would you name the autobiography of your life?

"Scatter-brained with a smile"

Where do you see yourself in 10 years?

I am hoping to have completed school and start a career in accounting.



A Message From The Board: Meetings

Meetings are not usually anybody's idea of a roaring good time. "Boring", "long" and "can-I-nap-through-this-one?" are some words that probably come to mind when you think about going to a meeting. But, your cheerful and intrepid Board of Directors? We like our Board meetings! And, if you are interested in getting a deeper understanding of the Co-op, we think you might too.

Now, since we do not carry out store operations, our meetings are not about what products to sell, or day-to-day grocery store stuff. (If you want to chime in on those things, we always hope you will share your thoughts with our wonderful staff!) Instead, our meetings involve the long-term work to keep our Co-op in good shape and our Ends policies front-and-center.

We talk about the principles that shape our Co-op and govern our work. We listen with great interest to the General Manager's reports, and we have far-ranging discussions about what other co-ops are doing, how we can connect with Owners, our history, and our future.

Next *Spoonful* issue we will be talking about Board elections, and if you are considering running for a seat on the Board, we strongly encourage you to sit in on a meeting or two. Remember that all Owners of this Co-op are welcome to attend Board meetings.

(Housekeeping note: If you'd like to say something about big-picture co-op stuff, we ask that you email us at board@commonmarket.coop a week in advance, so we can put you on the agenda.)

Maybe we'll see you at the next Board meeting!

Annie Marshall, Vice-President

eco-friendly cleaners

Here are just a few household products you can find at the Common Market. They will help make your spring cleaning efforts shine, without the use of harmful chemicals.

UPCOMING
Class

Natural Home
with Debra Parsons
Saturday, April 25th
10:00-11:30AM

Looking for a safer, better way to clean your house? Come learn about common household toxins and how to make your own laundry detergent, home cleaners, hand sanitizer, and disinfectant sprays naturally! Create everyday home care products from essential oils and healthy, organic ingredients found at the Common Market. You'll leave with samples of products that are healthy for your homes, your family, and the Earth.

Debra Parsons, a natural products consultant, teacher and owner of Pure Harmony, is passionate about removing harmful chemicals from our homes and personal care items. As a mother of two and an active member of her local community, she is driven to develop safe and effective alternatives derived from nature.

You can register online at:
www.commonmarket.coop

Statistics indicate that close to 17,000 types of chemicals are currently available in the market in the form of various household cleaning agents. Of the 17,000, only 30 percent are being tested for side effects on human health as well as the environment.

all-recycling-facts.com

1



Biokleen:
Bac-Out Stain Remover & All Purpose Cleaner
Experience the cleaning power of citrus and grapefruit seed extract.

2



Dr. Bronner's:
Sal Suds
Clean your house, dishes, laundry, car, and any other surface that is safe in contact with water. Biodegradable, effective, and gentle on skin.

3



GOOD TO USE ON:



Seventh Generation:
Disinfecting Wipes

4



ECOVER:
Natural Floor Soap with Linseed Oil
Cleans & shines porous surfaces such as natural stones & tiles. Nourishes & protects with gentle plant-based ingredients.

5



Twist:
Plant Based Cleaning Sponges and Scubbers

6

FROM OUR WELLNESS DEPARTMENT:



AURA CACIA:
Essential Oils
- Lemon
- Lavender
- Tea Tree Oil

All great for cleaning!

DIY Organic All-Purpose Cleaner

Lemon is a must for home green-cleaning. Not only is lemon essential oil antiseptic, antifungal, and antiviral, it helps support the immune system in its fight against: colds, flu, bronchitis, asthma and weak immunity. Lemon combats mental fatigue, low spirits, and indecision while being one of the least expensive essential oils.

1 part vinegar to 3 parts distilled water
15-20 drops lemon essential oil (for an 8 oz bottle)

***if the vinegar smell bothers you, you may omit it entirely.**

-This cleaner is also great for mirrors and windows. Not to be used on granite countertops, may cause etching. Store cleaner in darkly colored spray bottle out of direct sunlight.

TIP When making a cleaner, do not combine castile soap (base) with vinegar (acid). Their combined reactions cancel each other out and make a sloppy mess.



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

MARCH



Got Lyme?

Christina Murphy

Wednesday, March 11th | 6:00-7:30 PM

\$15, 20% discount for Owners



Gardening for Beginners

with Rick Hood

Thursday, March 12th | 6:30-8:30 PM

\$15, 20% discount for Owners



Rain Barrel Building Workshop

with Rick Hood

Saturday, March 14th | 10:00-11:00 AM

\$15, 20% discount for Owners

Additional materials fee: \$48 to be paid directly to instructor at the workshop, by cash or check only



Basic Organic Gardening

with Rick Hood

Tuesday, March 17th | 6:30-8:30 PM

\$15, 20% discount for Owners



REAL Food Probiotics & Ferments 101

with Gina Rieg of Simplified Wellness for You

Thursday, March 19th | 7:00-8:30 PM

\$28, 20% discount for Owners



Eat Right for Your Blood Type

with Dr. Erin Kinney

Saturday, March 21st | 1:00-3:00 PM

\$18, 20% discount for Owners



Cooking with Kraut

with Rachel Armistead

Tuesday, March 24th | 6:00-8:00 PM

\$20, 20% discount for Owners



Prevention of Chronic Illness

with Dr. Jyothi Rao and Dr. Monica Aggarwal

Wednesday, March 25th | 6:00-7:30 PM

\$15, 20% discount for Owners



Café Confidential: Spring into Salads

with Common Market Café staff

Saturday, March 28th | 1:00-3:00 PM

\$20, 20% discount for Owners

APRIL



No Guts, No Glory

with Dr. Jyothi Rao

Wednesday, April 15th | 6:00-7:30 PM

\$15, 20% discount for Owners



Cooking with Kraut

with Rachel Armistead

Tuesday, April 21st | 6:00-8:00 PM

\$20, 20% discount for Owners



Natural Home

with Debra Parsons

Saturday, April 25th | 10:00 AM-12:00 PM

\$25, 20% discount for Owners



Café Confidential: Tapas, Common Market Style

with Common Market Café staff

Tuesday, April 28th | 6:00-8:00 PM

\$20, 20% discount for Owners

Please read the *fine print*:

CLASS REGISTRATION INFORMATION

Three ways to register:

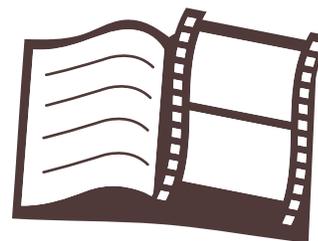
1. **ONLINE** at www.commonmarket.coop. Click "Learn" on the homepage.
2. **IN PERSON** at our Co-op Service Desk.
3. **BY CHECK** sent to 5728 Buckeystown Pike, Frederick, MD 21704.
Include names of each attendee, phone number, Owner # if applicable, and the name and date of the classes you wish to 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 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.



EARTH MONTH BOOK & FILM

Young Voices for the Planet Film Viewing

Wednesday April 22 | 6:00 PM

Young Voices for the Planet features a series of short films about young people who care about the Earth, and are taking action to reduce the carbon footprint of their homes, schools, communities, and states. The films present replicable success stories. Young Voices for the Planet allows young voices to be heard and inspires action, the best antidote to fear.

Free. Register online at www.commonmarket.coop

Common Market Community Room

Author Talk and Signing with Julie Castillo

Sunday, April 12 | 4:00 PM

Meet Julie Castillo, author of *Eat Local for Less: The Ultimate Guide to Opting Out of Our Broken Industrial Food System*, and learn how to bring what's on your plate in line with what's in your heart.

Free. No registration required.

Curious Iguana, 12 North Market Street, Downtown Frederick, 301-695-2500, info@curiousiguana.com

Author Talk with Seamus McGraw

Thursday, April 23 | 7:00 PM

The award-winning author discusses his latest book, *Betting the Farm on a Drought: Stories from the Front Lines of Climate Change*. The book is a lively and thought-provoking overview of climate change from the perspectives of people who are dealing with it on the ground.

Free. No registration required.

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Organic Milk Prices Rise as Supply Declines



This past January, Common Market received notice from one its largest suppliers of organic dairy products of changes in price and supply. Consumers are seeing the cost of organic milk and products made with organic milk rise wherever sold.

Beginning in February of this year, CROPP Cooperative (dba Organic Valley) raised prices for Organic Valley, Stonyfield fluid milk and creamers, and Purity Farms products. The price increases are a result of an industry-wide shortage of organic milk. The organic milk supply shortage comes as a number of factors come together:

1. Consumer demand for organic products is at an all-time high, especially for higher fat content organic products. The 2015 market demand is expected to outstrip available supply.
2. Competition for the organic milk supply is fierce. Some farmers are receiving multiple, lucrative offers, with signing bonuses. Organic Valley determined they must raise prices to retain their farmers and grow organic milk supply.

3. Just as organic products become more available in the marketplace, organic farmers are aging without a succession plan for their organic acres. High prices for land, rent and feed are keeping farmers out of organic and restricting organic growth.

4. Climate extremes continue to challenge organic production. Organic Valley elected to address the organic milk shortage with the additional measures of increasing their farmer retention and recruitment strategies, and discontinuing some products to concentrate on their most successful products.

As a consumer-owned business, the Common Market wants shoppers to know about some of the challenges facing our nation's organic farmers. It is important to continue to support organic farmers at this time to encourage and increase the availability of organic products.

Organic Valley has been managing supply and demand cycles for 26 years. We will get through this time, and we appreciate our customers' patience and business as we work with our suppliers to meet your needs.

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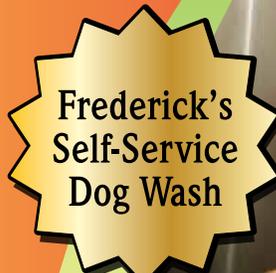
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