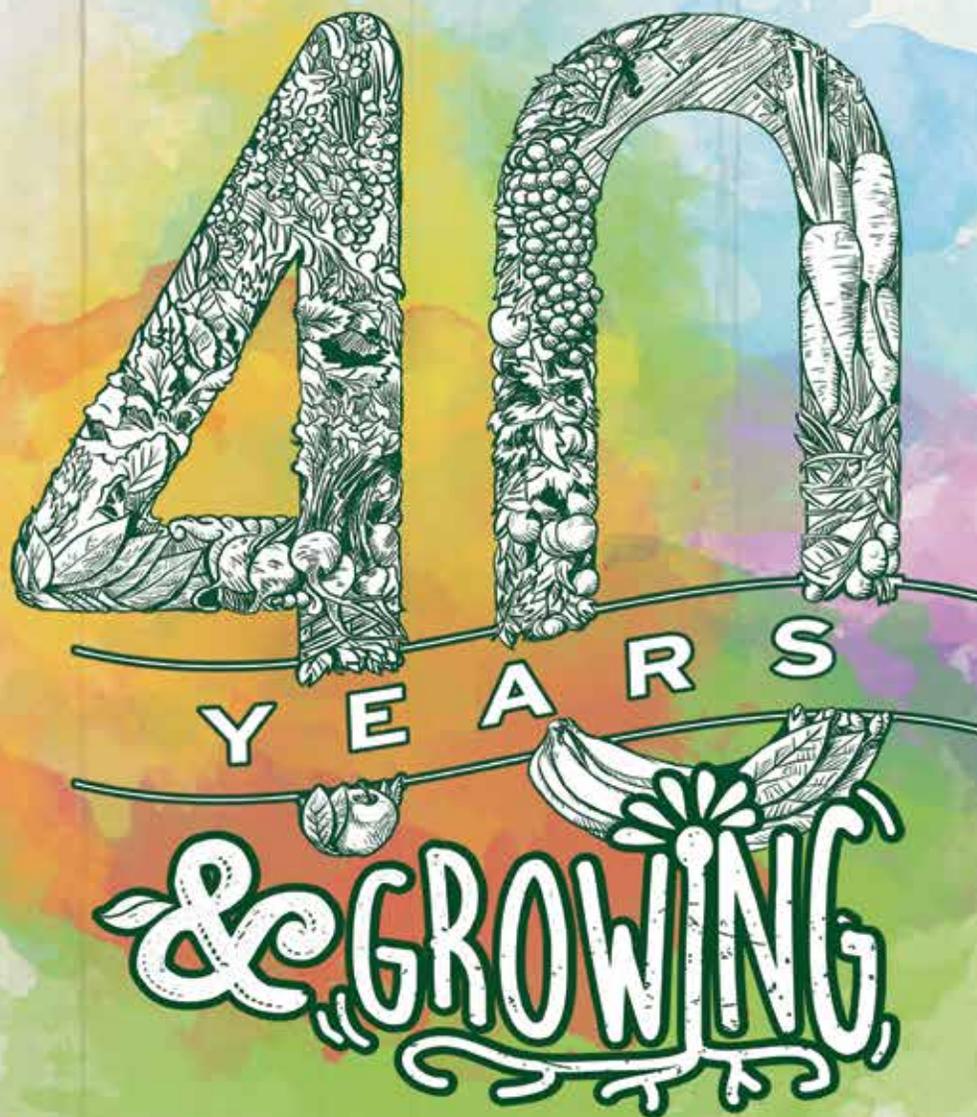


# spoonful

A TASTE OF YOUR FAVORITE LOCAL CO-OP



**COMFORTING**  
*Fall Recipes!*

**FEATURED FARM**  
Organic takes a  
Quantum Leap at  
Oyler's Organic Farm

**the**  
**Common**  
**MARKET**



SEPTEMBER | OCTOBER 2014 NEWSLETTER

**TRASH TALK**  
An Easy Guide to  
Responsible Trash Disposal

# GENERAL MANAGER'S REPORT



**Sarah Leberz**

I am excited to report on several Owner activities that are coming up the next couple of months. In September, we conclude our annual election for the Board of Directors. Don't forget to return your ballots by September 22nd to the Co-op Service Desk or mail in, postmarked by September 18th. Thank you to all of our Owners who stepped up for a seat on the Board. We have thirteen nominations for this year's election, so read the ballot carefully and exercise your right to vote for your Board! Election results will be announced during our 40th Anniversary OwnerFest on September 27th, from noon to 3 pm, here at the Common Market. Join us that day for local food, music, and kids' activities.

Then, in October, we launch new and improved Owner Appreciation Days! **Owners can now choose one shopping trip any day in October to take advantage of their 10% Owner Appreciation discount.** That's right—you choose the date! Based on your feedback and desire for flexibility, we have extended the benefit to a full month. When you scan your Owner card at the register during the month of October and are purchasing eligible items, your cashier will ask if you would like to use your discount. Once used, the discount will no longer be available. The discount can only be used once, so choose wisely. We will feature samples and giveaways throughout the month. Stay tuned for Owner Appreciation Days in 2015. We hope you enjoy the flexibility of this revised Owner benefit!

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### Staff Spotlight Kathleen Weaver

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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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# 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.



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.

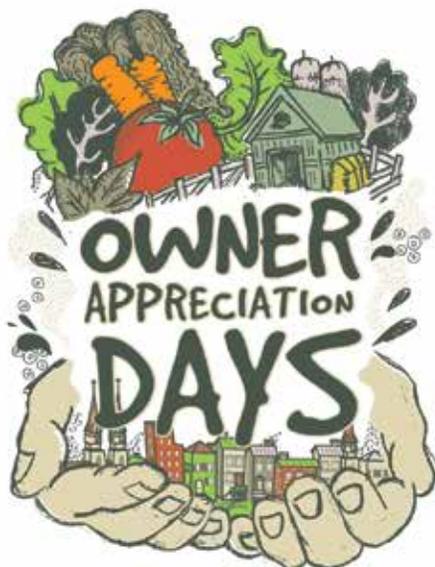


**SATURDAY**  
**9.27.14**

Join us in celebrating local farms, businesses and  
**OUR 40<sup>TH</sup> ANNIVERSARY**  
AT THE COMMON MARKET | NOON-3PM

Meet local farmers and businesses sampling their goods for you to try! Enjoy light fare that we've prepared for you, play games, and enter to win cool prizes!

*Everyone Welcome!*



*Coming in October:*

**CHOOSE YOUR DISCOUNT DAY!**

OWNERS, TAKE 10% OFF A SHOPPING TRIP OF YOUR CHOICE ON **ANY DAY IN THE MONTH OF OCTOBER.** WE WILL ALSO FEATURE SAMPLES AND GIVEAWAYS THROUGHOUT THE MONTH.



# QUANTUM AGRICULTURE

THE SCIENCE OF ORGANIC FRUIT FARMING  
ON OYLER'S ORGANIC FARMS

By Zoe Brittain

## *Organic agriculture takes time, money, and science.*

And huge amounts of stress and passion. And even then, it's not easy.

Bill Oyler, along with his wife Mary Ann and their three grown children, Sara, Jacob, and Katrina, farms about 360 acres of certified organic land in a rolling valley of Biglerville, Pennsylvania. There they produce certified organic apples, a full complement of apple products, peaches, pasture-raised chickens and eggs, grass-fed beef, and vegetables. The Oylers also have a farm market where they sell all of these items plus organic and local goods ranging from locally made soaps to organic cacao nibs.

The land has been farmed by the Oyler family for five generations, and is in its seventh year of being certified organic. The Oylers have a strong belief in being good stewards of the land, and as such, strive for healthy soil and subsequently healthy plants.

When we visited Oyler's Organic Farms, one question in particular we had was this: If Oyler's is successfully producing organic tree fruit, why aren't more people doing it locally? Virtually everything that we learned during our visit illustrated exactly why.

### **The Quantum Approach**

"In real life, here on the farm and out in the orchard, it's very challenging. Things are expensive and there are only so many hours in the day. You don't get it all done in one day or one year. We are trying to do the whole farm on a nutritional approach—to build the soil with nutrients," Bill explained.

"An area we're exploring is to understand quantum physics—the sub-molecular level of things—and we're trying to extend that into quantum ag," says Bill.

**"We're exploring ... quantum physics (the sub-molecular level of things) and trying to extend that to quantum ag."**

"If your fruit trees, or you and I, or a milk cow has a certain level of nutrition and a certain level of minerals, you have molecules rotating and giving vibrations and an infrared signature off. And if it's lacking minerals it would be giving off different type of vibrations." Insects can "read" the signature of a vulnerable organism and will attack an unhealthy plant before they'll attack a healthy plant that is nutritionally balanced.

Bill and Mary Ann walked us through the challenges and techniques of an organic fruit grower on the East Coast. Pests, diseases, and weather conditions throw up a never-ending array of trials that the Oylers meet with a combination of low-tech/high labor solutions and cutting edge technology.

Low tech practices include hand thinning apple trees, mowing and weed whacking between rows and around trees (instead of spraying herbicides), pressing cider by hand, and hanging pheromone traps to disrupt insect mating cycles.

High tech solutions include UV-light treatment to kill pathogens (instead of pasteurization) in apple cider, Brix and pH testing of sap, and sap tissue testing.

### **Blazing a Trail**

"A lot of what we're doing is cutting edge research," says Bill. "The conventional tree fruit grower has Penn State's tree fruit production guidelines—an excellent resource a grower can go to for just about anything—any insect, any disease," says Bill. "With us, the learning curve is really steep. There are different resources you can go to, but on the commercial level that we're trying to do, we're sort of writing our own resource guide."

Organic growers have to be at least one step ahead of insects, diseases, and even the weather. Bill says the organic grower really needs to know the life cycle of pests and diseases. "It becomes a part of your psyche," Bill told us. The Oylers must proactively protect trees prior to an invasion or infection.

Conversely, conventional growers have the luxury of using sprays that have back action—the ability to go back two or three days and burn out the infection period. “It’s very intense,” says Bill, “and some years are much harder than others.”

### To Spray or Not To Spray

The Oylers spray, too. Bill says “the act of spraying itself is not wrong or immoral.” The difference is in what they’re spraying.

The Oylers are spraying nutrients like dissolved sea salt and seaweed extract to get the trees strong. They also spray beneficial microbes to consume the infectious spores or to disrupt sporulation. “Conventional growers have very strong sprays that are systemic,” says Bill, “so [the chemicals] go into the sap and the leaves and the apples and actually burn out or kill the spore. Problem is that then we consume that.”

One of the most popular chemicals sprayed by conventional growers is glyphosate—the active ingredient in the herbicide Round Up. Bill tells us, “They’re finding out that glyphosate is really nasty stuff, though Monsanto’s adamantly defending it. The long term detrimental effects are being well documented.” El Salvador imposed a complete ban in February 2013, linking glyphosate herbicides to an epidemic of chronic kidney disease that has struck the region. Bill notes that glyphosate was initially developed as a pipe cleaner which binds to minerals/nutrients.

Mary Ann said that they are very conscious not to harm beneficial organisms with what they spray. “Lady bugs

are real important to us; they eat the aphids. We spray with things like virgin neem oil from the neem tree.”

The materials they spray are very short lived and biodegrade quickly. “We can’t use the crutches of conventional growers” says Bill. Conventional growers can rely on consultants to tell them when to spray [pesticides] and how much. It’s a lot easier.”

Of the combination of tools and techniques that the Oylers employ, Bill says, “It’s labor intensive and expensive. But it does work. Any of our fixes other than nutrition eliminate 5% or 10% of the problem. But you do 10 or 12 of them, and you can really make a difference.”

So, how do the Oylers do it when it’s so difficult? It helps to have an aptitude for “the science end of things,” and an encyclopedic capacity to keep track of multiple, simultaneous biological and meteorological cycles, the gumption to innovate, and a supportive, involved family. And even then, it’s not easy.

**“Conventional growers have very strong sprays that go into the sap, the leaves, and the apples ... Problem is that then we consume that.”**

*Oyler’s Organic Farms & Market  
400 Pleasant Valley Road  
Biglerville, PA 17307 717-677-8411  
oylersorganicfarms.com  
oylersorganicfarms@gmail.com*

**“We’re doing it because we feel it’s the morally correct way to farm.”**



# BACK to LEARNING

## 1 FIELD DAY ORGANIC PEANUT BUTTERS

A delicious, spreadable peanut butter your whole family will enjoy. Serve up this creamy peanut butter on toast or with some fruit for a tasty snack!

## 2 CROFTER'S ORGANIC FRUIT SPREADS

All eight Just Fruit Spreads are made with 100% fruit ingredients using concentrated organic grape juice as a sweetener. All of the Premium Spreads and Just Fruit Spreads contain one-third fewer sugars than standard fruit jam. Less sugar means more fruit. Crofter's sources the highest quality organic fruit from the best fruit growing regions around the world.

## 3 RAINBOW LIGHT VITAMIN C GUMMIES

Tangy tangerine gummies provide optimal protection with a boost of antioxidant rich vitamin C, along with added vitamin E, to strengthen immune health. 100% natural and gluten-free, vitamin C slices have no artificial colors, flavors, sweeteners, preservatives or additives. They are lactose-free, yeast-free and contain no nuts, so they are safe for those with allergen concerns.

## 4 NATURE'S PATH ORGANIC TOASTER PASTRIES

Nature's Path products are certified organic, Non-GMO Project verified, and vegetarian. Quick to prepare and easy to take on the go, these pastries are perfect for a hurried morning routine.

## 5 NEWMAN'S OWN ORGANIC RAISINS

Don't dismiss these humble fruits. Raisins are rich and concentrated natural sources of energy, vitamins, electrolytes, and minerals. In addition, they are packed with health benefiting anti-oxidants, dietary fiber, and other phytonutrients. They are rich in potassium, calcium, and iron. And they're gluten free to boot!

## 6 ANNIE'S HOMEGROWN ORGANIC BUNNY FRUIT SNACKS

Organic Berry Patch Bunny Fruit Snacks are a delicious mix of strawberry, cherry and raspberry flavored bunnies. Certified organic, these vegan and gluten-free bunny-shaped fruit snacks are made with real fruit juice and packed with 100% daily value of vitamin C.

## 7 ORGANIC VALLEY CHOCOLATE MILK

Organic Valley's delicious organic lowfat chocolate milk is made with certified organic milk from the pastured cows on family farms. It's flavored with organic chocolate and sweetened with organic pure cane sugar.

## 8 NORDIC NATURALS CHILDREN'S VITAMINS AND SUPPLEMENTS

The Nordic Naturals line of vitamins and supplements are a great way to help introduce beneficial vitamins and minerals to your child's diet. These natural fruit flavors please even the pickiest palates and leave many kids asking for more!

Great items to pack for your healthy kids!



# KIDS' CRAFT:

# APPLE MONSTER BITES!



**A** Halloween party wouldn't be complete without some spooky snacks, would it? These monster mouths are easy to make, nutritious, and actually kind of creepy looking. Trifecta!

## WHAT YOU WILL NEED:

- Apples
- Slivered Almonds
- Knife (adult supervision required)

- 1 Quarter and core your apples
- 2 Cut a small wedge from the skin side of each quarter
- 3 Press slivered almonds into the apple for teeth.
- 4 Eat your monster mouth, before it eats you!

## HOW ABOUT THEM

# APPLES

## WORD SEARCH!

I H F E H D U W J D G I A Y W  
 U C O Q N X E W N R X J X T E  
 I J F N T A Z L A P V U W C A  
 D Q O P E W H N I L I F W F L  
 A V Z N D Y N T R C Y S D J T  
 D P K B A Y C U A N I B Z P H  
 P Q B C S G E R X N P O S E Y  
 W G R M W F O G I S O H U Z L  
 U J I C U W A L F S S J S S W  
 B T R L R L W Q D O P R W B B  
 H R I L A T A H T X Q Z R I D  
 N J J Q H I Y N R Y H J U V F  
 H D P S L Y I D N A L T R O C  
 O W E O U C N R U B E A R B G  
 I N T C M Y D A L K N I P S X

## Can you find all of the apple varieties?

- |              |             |
|--------------|-------------|
| BRAEBURN     | HONEY CRISP |
| CORTLAND     | JONAGOLD    |
| DELICIOUS    | JONATHAN    |
| FUJI         | McINTOSH    |
| GALA         | PINK LADY   |
| GRANNY SMITH | WEALTHY     |



## THE HARD TRUTH

**A**ccording to author Michael Pollan, the trees planted by Johnny Appleseed did not produce edible apples, but were instead only usable for cider: "Really, what Johnny Appleseed was doing and the reason he was welcome in every cabin in Ohio and Indiana was he was bringing the gift of alcohol to the frontier. He was our American Dionysus."

A look back on the

# FREDERICK WATERSHED VOLUNTEER CLEAN-UP!

More than 50 volunteers and Common Market employees joined forces to clean up the Frederick Watershed last April. The Common Market partnered with Mid-Atlantic Off-Road Enthusiasts (MORE), Frederick Bicycle Escape, and Frederick Bicycle Coalition.



## A look at the numbers...

It was a rewarding experience to work with so many great volunteers to remove trash from an ecologically sensitive area, although it was disheartening to see the amount of construction debris, furniture pieces, tires, and general household trash that had been dumped. It is evident that the people who dump things in the watershed are not the same ones who clean it up, and therefore may believe there are no consequences of dumping. This is not the case.

**14 MILES**  
*of roadside cleaned*

**20 BAGS**  
*of non-recyclable trash*

**30 BAGS**  
*of recyclables*

**27 TIRES**

**2 TONS**  
*of construction debris*

**1 TRUCK BED LINER**  
**1 CAR BUMPER**

Take a look at the next page for information on where you can dispose of these types of bulk trash and waste. >>



The Common Market's Watershed cleanup was part of the 26th Annual Potomac River Watershed Cleanup which is hosted by the Alice Ferguson Foundation. Please visit their website to find out more information on this great organization. | [www.fergusonfoundation.org](http://www.fergusonfoundation.org)

# TRASHTALK

HOW & WHERE TO DISPOSE RESPONSIBLY

## BULK TRASH & FURNITURE

These items are regularly disposed of at standard tipping fee\* rates. Residents are responsible for transporting their bulk items to the Reichs Ford Road Sanitary Landfill. You can also donate your furniture (in good condition) to those in need at a Goodwill or Salvation Army.

## BATTERIES

**Standard alkaline batteries** may be disposed of with regular household trash (mercury and other toxins were reduced or eliminated from the manufacturing process in the 1990's). Please avoid placing large groups of alkaline batteries together. You may also bring uncorroded alkaline batteries to the Common Market.

**Rechargeable batteries** should be taken to a recycling station (visit [www.Call2Recycle.org](http://www.Call2Recycle.org) to view lists of the many local sites).

**Lead-Acid Batteries**, such as car batteries, can be dropped off for no charge at the Reichs Ford Road Recycling Center.

## TIRES

Residents may bring up to **five tires per calendar year**. Tires have been banned from disposal in Maryland landfills since 1994. However, the Department of Solid Waste Management provides two scrap tire recycling trailers at the Reichs Ford Road location. When state funding is available, they host a free tire drop-off event once a year in the month of May.

## CONSTRUCTION DEBRIS & RUBBLE

These materials may be brought to the Reichs Ford Road Sanitary Landfill. They include: asphalt, concrete, brick and cement, insulation, pipes and wires, plaster and drywall, flooring and tile, lumber, wallpaper, carpet, structural fabrics and steel. Any load containing a mixture of categories that includes any of these materials will be charged a higher tipping fee than residential debris.

## LARGE APPLIANCES

Items such as refrigerators, freezers, washers, air conditioners, etc., are accepted at the Reichs Ford Road Recycling Center year round at no charge. If you live within an incorporated municipality or subdivision, contact your town office or homeowner's association regarding possible bulk item curbside collections in your area.

## So where do I drop off?

The Department of Solid Waste Management is located at **9031 Reichs Ford Road in Frederick**. A recycling drop off center at this site is open **Monday through Saturday from 7:00 am until 4:30 pm**.

For detailed information, please view, download or print the Residents' Guide to Waste Management: <http://goo.gl/oCkYwq>  
The Residents' Guide includes information on the landfill, recycling programs, hazardous waste disposal, hours, fees, and more.

\*Tipping fees are paid by anyone disposing of waste at a landfill and are charged by weight when exiting the landfill.

# COMFORTING Fall Recipes!



## Oyler's Organic Farms Favorite Fall Apple Pie

### CRUST

- 2 cups all-purpose flour
- 1 cup packed brown sugar
- 1/2 cup organic quick-cooking oats
- 3/4 cup organic butter, melted

### FILLING

- 2/3 cup organic cane sugar
- 3 tablespoons organic cornstarch
- 1-1/4 cups cold water
- 3 cups diced, peeled organic Oyler apples
- 1 teaspoon organic vanilla extract

- 1 In a large bowl, combine the flour, brown sugar, oats and butter; set aside 1 cup for topping.
- 2 Press remaining crumb mixture into an ungreased 9-in. pie plate; set aside.
- 3 For filling, combine the sugar, cornstarch and water in a large saucepan until smooth; bring to a boil. Cook and stir for 2 minutes or until thickened. Remove from the heat; stir in apples and vanilla.
- 4 Pour into crust; top with reserved crumb mixture. Bake at 350° for 40-45 minutes or until crust is golden brown. Cool on a wire rack. Yield: 6-8 servings.

Choose your apples wisely! Check out our local apple guide!

## Gluten-Free Crispy Apple Pancake Rings

- 2 apples, thinly sliced and cored
- 3 eggs
- 3 tablespoons coconut oil
- 3 tablespoons coconut milk
- 1 teaspoon raw honey
- 1/2 teaspoon sea salt
- 1 teaspoon cinnamon
- 3 tablespoons coconut flour

- 1 In a mixing bowl, whisk together eggs, coconut oil, milk, honey, cinnamon, and salt. Once evenly mixed, whisk in coconut flour. Stir and let batter rest for 5 minutes (\*letting the batter rest is an important step when using coconut flour).
- 2 Heat a griddle or cast iron skillet to medium heat. Melt a spoonful of coconut oil on your cooking surface.
- 3 Using a toothpick, pick up an apple ring and dunk in the pancake batter. Place on griddle until batter is cooked and firm around the edges, flip once to cook the other side until golden brown.
- 4 Repeat for each apple ring. When finished, serve apple pancake rings warm. Serve with syrup or your favorite pancake toppings.



# Locally Grown Apples

FROM OYLER'S ORGANIC FARM



## FUJI

The Fuji apple is very sweet and juicy. It's the perfect fresh eating apple. It tastes great on salads and makes a great unsweetened applesauce.



## RED DELICIOUS

The Red Delicious is sweet but very mild flavored. It is a refreshing apple to eat due to its light crispness.

## IDA RED

The Ida Red is a sweet tart apple that has a slightly pink flesh. If you're looking to make applesauce, this apple will give your sauce a pleasant color.



## CRIMSON CRISP

The Crimson Crisp is a firm, deep red-purple, crunchy apple. Its crispy yellow flesh holds a sweet-tart flavor, making it a great fresh-eating apple as well as a juice or cider variety.



## GOLDEN SUPREME

The Golden Supreme apple is a good multi-purpose apple due to its crispness. It's good for fresh eating but also holds its shape nicely for baking. It is white to light-cream colored flesh. The flavor is sweet-tart.



## ENTERPRISE

The Enterprise apple has a sharp flavor with white to cream colored flesh. This apple stores well and has great cooking qualities.



## GOLD RUSH

The Gold Rush has crisp, hard flesh and develops a sweeter flavor the longer you store it after harvest. It is harvested late in the season. It's perfect for making dried apples.



## LIBERTY

The Liberty apple has white flesh. This crunchy, mildly tart apple is similar to the McIntosh apple. It's a great fresh eating apple.



## YORK

The York apple has several strong characteristics. It is firm, crisp, slightly tart, and juicy. This apple is ideal for storing over the winter months.



## GOLDEN DELICIOUS

The Golden Delicious is sweet, mellow, and juicy. It is less crisp than a Golden Supreme, but is still a firm apple.



# 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!



## SEPTEMBER



### Ending Your Addictions Now, A Holistic Approach

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

3 PART SERIES

#### Part 1

Saturday, Sept 6th | 1:00–3:00 PM

#### Part 2

Saturday, Oct 4th | 1:00–3:00 PM

#### Part 3

Saturday, Nov 1st | 1:00–3:00 PM

#### Individual classes each:

\$20, 20% discount for Owners

Series: \$55, 20% discount for Owners



### Cafe Confidential: Fun with Fall Harvest Vegetables

with the Common Market Cafe Staff

Thursday, September 11th | 6:00–8:00 PM

\$20, 20% discount for Owners



### Habit Change: Baby Steps in Wellness to a New You

with Timothy Ford

Saturday, September 13th | 1:00–2:30 PM

\$15, 20% discount for Owners



### Inflammation: The Root Cause of All Disease?

with Dr. Erin Kinney

Tuesday, September 16th | 6:00–8:00 PM

\$18, 20% discount for Owners



### Sleep for Health: How Proper Sleep Prevents Chronic Disease

with Sandy Snyder

Thursday, September 18th | 6:00–7:30 PM

\$15, 20% discount for Owners



### Hearth to Health Online Series

with Amanda Archibald

#### Class 1: Nourishing Bites for Wellness in Life

Wednesday, Sept 17th | 7:00–8:30 PM

#### Class 2: Deep Clean, High Octane Cuisine

Wednesday, October 1st | 7:00–8:30 PM

#### Class 3: Sea, Land & Seed: Omega-3 Cuisine

Wednesday, October 15th | 7:00–8:30 PM

#### Class 4: Slow Food Cuisine

Wednesday, October 29th | 7:00–8:30 PM

[commonmarket.coop/community-2/community-room-event/](http://commonmarket.coop/community-2/community-room-event/)

Class 5: **Build Your Best Defense Cuisine**  
Wednesday, November 12th | 7:00–8:30 PM

**Individual classes each:**

\$25, 20% discount for Owners

**Series:** \$105, 20% discount for Owners



**Nourishing Our Children** with Dr. Mimi McLaughlin  
Tuesday, September 30th | 7:00–8:00 PM  
\$12, 20% discount for Owner

## OCTOBER



**The AD/HD Alternative: A Holistic Approach to Management, Accomplishment, and Motivation** with Stephanie Glagola

**Class 1: What is AD/HD? Understanding an Infamous 4-Letter Word**

Thursday, October 2nd | 6:00–8:00 PM

**Class 2: It Can Be Done: Creating Structure and Reaching the Finish Line**

Thursday, October 9th | 6:00–8:00 PM

**Class 3: Whole Body, Whole Life: Alternative Therapies and Lifestyle Changes for AD/HD**

Tuesday, October 21st | 6:00–8:00 PM

**Individual classes each:**

\$15, 20% discount for Owners

**Series:** \$40, 20% discount for Owners



**Awakening Chi** with Pat Hancock  
Wednesday, October 8th | 6:00–7:30 PM  
\$25, 20% discount for Owners



**Hormone Imbalance in Women** with Dr. Jyothi Rao  
Wednesday, October 22nd | 6:00–7:30 PM  
\$15, 20% discount for Owners



**Natural Home** with Debra Parsons  
Saturday, October 25th | 1:00–3:00 PM  
\$30, 20% discount for Owners



**Cafe Confidential: Warming Winter Soups**  
with the Common Market Café staff  
Wednesday, October 29th | 6:00–8:00 PM  
\$20, 20% discount for Owners

*eat shop learn*

## 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.**

**Come take a tour of the Solar and Green Homes in Maryland**

Over 46 solar and green homes on tour for 2014

Homes are open from 11:00 am to 5:00 pm, October 4 and 5

Plan your trip in advance with our handy maps

As you see the homes, consider improvements to your own home

**Booklets on sale now at the Common Market**

# STAFF SPOTLIGHT

Dedicated to the people that make the Co-op shine

## Meet Kathleen Weaver.

If you know her at all, you know she simply goes by Weaver.

If it's broken, Weaver can fix it. If it's not broken, she can still make it work better. She's a detail-oriented doer with a deep love of produce and power tools. Weaver is the one to call for help on the trickiest projects when you need to find the absolute best way of doing something.

### More from the lady herself:

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

Store Manager, 11 years

#### 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?

There are countless ways the co-op has changed my life. Over the years I have learned a lot and met a lot of awesome people who have each, in their own way, helped me be who I am today. It continues to make me eager to learn and grow more.

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

It's really hard to make a list. Some seasonal produce favorites are satsumas, honeycrisp apples, Rainier cherries, and red kabocha squash. Also, traditional Yerba Mate, Rufus Teague Blazin' Hot BBQ sauce, and Common Market beef.

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

Anything on the grill! Anytime of year, even when it's snowing!

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

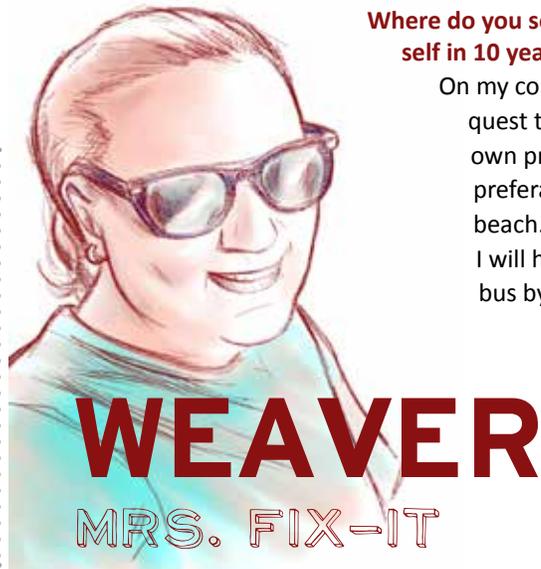
Walking in the garden or plotting the next project to work on.

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

Weavers wobble but they don't fall down.

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

On my continued quest to have my own produce stand, preferably by the beach. And hopefully I will have my VW bus by then!



## Board of Directors' Short List of Very Pleasant Things We Have Been Thinking About Lately

... and we hope you are thinking about them, too!

### 1 VOTING

A democratically-run organization like this one hums along so beautifully... but only with your participation! We can't do it without you. Hopefully you have received your ballot. Vote for the Board candidates of your choice, and mail the thing back or bring it in. Then put your feet up, and reflect on the pleasure of being a part of your Co-op. Ballots must be postmarked by September 18 or dropped off at the Service Desk by close-of-business (9 pm) on September 22.

### 2 OWNERFEST!

Join us on Saturday September 27, from noon to 3 pm, to learn the election results and a whole lot more. Our annual Co-op get together is SO MUCH FUN! There are extremely cool kids' activities; there is delicious stuff to eat, made by our wonderful cafe. Many of our growers and producers are there, so you can meet them and sample their wares. There are door prizes. There's even a band! Not to mention those fab speeches from your Board. (Seriously, one of the very short speeches is a Treasurer's Report, which is an interesting look at how our dear Co-op did this last fiscal year.) And it's FREE.

Let's have a great celebration of our common ownership! The truth is that the Board gets super-excited about stuff like this. We love to think about guiding the Co-op, and supporting the management team, and enabling Owner participation and involvement ... all these Very Pleasant Things!

Annie Marshall, Vice President  
David Cloutier, President



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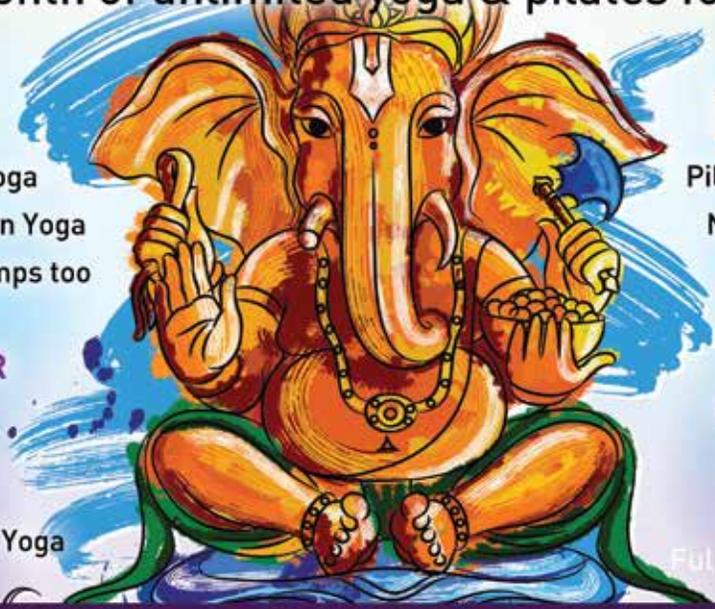
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