



# The Common Market

CO-OP NEWSLETTER



**Earth Month  
Events**

page 10-12

**Gaga for  
Gardening**

page 13



# The Common Market

eat • shop • learn

Evergreen Square  
5728 Buckeystown Pike, Unit B-1  
Frederick, MD 21704  
www.commonmarket.coop  
301-663-3416  
Mon. - Sat.: 9 - 9 • Sun.: 10 - 8

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**Store Manager**  
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**Manager of Marketing & Owner Services**  
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Julie Richards, *Treasurer*  
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James Hanna  
Margie Lance

**Next Board of Directors Meetings**  
Co-op Community Room - 6:00 pm  
Thursday, March 22  
Thursday, April 26



# GENERAL MANAGER'S REPORT

By Sarah Lebherz



With the advent of spring around the corner, lots of activities are being planned at the Co-op over the next couple of months to get everyone ready to emerge from winter. Community room classes are geared towards gardening and horticulture along with several excellent classes on health and nutrition. In addition, for Earth Month in April we have many activities planned including our annual "Crop Mob" and a kids' environmentally-themed art contest. Details for these events are throughout this issue of our newsletter.

Until then, if you are still stuck inside due to cold weather, grab your favorite Common Market movie snacks and visit [www.strongertogether.coop](http://www.strongertogether.coop) to take part in viewing a series of videos featuring co-ops from Vermont to California. Kevin Gillespie, celebrity chef from the Woodfire Grill in Atlanta and sixth season *Top Chef* finalist, has been traveling around the country exploring farm fields and co-op grocery aisles as part of this year's celebration of the United Nations International Year of Cooperatives. The 2012 International Year of Cooperatives presents a great opportunity for food co-ops nationwide to shine the spotlight on the role co-ops play in bringing communities together.

Five episodes have already been released and are available for viewing - including one titled: Three Generations of Cooperation: Putney Food Co-op - this one features one of The Common Market's first general managers - Robyn O'Brien - who has gone on to do wonderful things in her new hometown and at her co-op in Putney, VT. New videos will be released online every other Monday through mid-June at [www.strongertogether.coop](http://www.strongertogether.coop).

Other episodes to be released over the next two months include:

- 3/5 A New Breed of Farm: Community Food Co-op & Heritage Lane
- 3/19 Feeding the Community: Community Food Co-op Celebration and BUGS
- 4/2 One Farm at a Time: Sacramento Natural Foods Co-op and Davis Food Co-op
- 4/16 Co-ops Helping Co-ops: The National Cooperative Bank
- 4/30 A Farm for the Future: Sacramento Natural Foods Co-op, Davis Food Co-op, and Good Humus Farm

Cooperatives play an important role in maintaining our local economy and I would like to thank all of our stakeholders - our Owners, customers, employees and local producers and suppliers for helping us thrive!

The opinions expressed herein are those of the authors and not necessarily those of the Board, Management, Staff or Member-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.

## Message from Your Board of Directors

### Bee Careful – Honey Is Not Always What It Seems

Cooperatives were started by consumers who wanted good quality food. The 19th century weavers of Rochdale, England who founded the first food co-op were tired of receiving flour diluted with chalk from dishonest shopkeepers. Thus, they banded together to control the quality of food. You might think with the FDA and USDA to watch over the US food supply, this type of thing would no longer be a concern. But you would be wrong.

Take honey... Despite many requests by beekeepers, the FDA has never established a standard for what can be sold as "honey," in contrast to European and UN standards. Recent tests of store-bought honey have found that over 3/4 of the samples from grocery stores contained no pollen. And none of the honey purchased in drugstores or found in small individual-sized restaurant packs contained any pollen! However, honey purchased from food co-ops, farmers markets, and other natural food outlets all contained plenty of pollen. Why the difference? Cheap honey imported from China and India has been shown to be contaminated with antibiotics and heavy metals or adulterated with corn syrup and by removing pollen, the source can be concealed. Chinese honey is actually smuggled to other countries and re-labeled to avoid scrutiny. Mark Jensen, the president of the American Honey Producers Association, said that this ultra-filtration "makes no sense" and that "it is pretty safe to assume that any ultra-



filtered honey on store shelves is Chinese honey..." (see <http://www.foodsafetynews.com/2011/11/tests-show-most-store-honey-isnt-honey/>)

While Common Market honey is all locally sourced, the cheap "funny honey" sitting on many store shelves is unfair competition for local beekeepers which we support. To address this problem, a bill has been introduced in the Maryland Legislature which defines honey in detail and provides beekeepers the ability to sue for damages. The standard was developed in conjunction with the Maryland State Beekeepers Association. It includes the proviso that pollen may not be removed from honey and other ingredients such as corn syrup may not be added. Florida was first to adopt a similar standard in 2009, followed by California, Wisconsin and North Carolina. Delegate Kathy Afzali has filed the bill in Maryland (HB 159); a hearing was scheduled for February 8th, and many other delegates have signed on as co-sponsors. The Common Market Board of Directors, through our Advocacy Committee which has been researching the honey question, supports this bill and sent a letter of support. Owners wishing to contact Delegate Afzali to express support can do so at 1-800-492-7122, ext. 3288 (toll free) or by e-mail at [kathy.afzali@house.state.md.us](mailto:kathy.afzali@house.state.md.us).

*-John Beutler, Board Secretary*

### Growing Our Co-op

The Common Market is planning an Owner Drive for the entire month of May! 2012 is the International Year of Cooperatives and we want to use this opportunity to let people know how to become an active member of our local community. Being an Owner and shopping at the Co-op not only helps to support local farms, distributors, and small businesses but also gives you great perks too. All it takes is a one-time purchase of an equity share. Money from the equity shares is used for growing and improving our Co-op. Current Owners, encourage your friends and family to join the international movement to support local communities. Help us grow and become a part of something bigger. Stay tuned for more.....

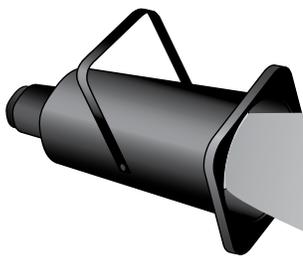


### Owner Appreciation Day 2012

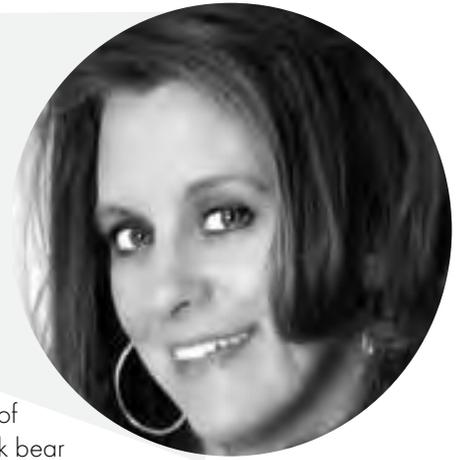
June 7, 8, 9

October 25, 26, 27

**Mark your calendars!**



## Staff Spotlight Lori Durwar



You can often find Lori hovering around Cheese Island, her mind stirring with visions of unique cheese pairings that would make any cheese lover's mouth water. She has intimate knowledge of the hundreds of cheeses featured in the department which is just part of why she is such an asset to the Co-op. Our Cheese Island certainly wouldn't be the same without her. She can put together a cheese plate in seconds flat and after a tour around Cheese Island with Lori; you will undoubtedly be inspired and confident enough to create your own. Lori is an animal lover with a soft spot for large dogs that grow to nearly the size of a bear. Her large, furry, black Newfoundland could have easily been confused with a black bear if you saw him in the woods! Here's what Lori had to say about herself:

- **What is your current position and how long have you worked at the Co-op?** I am the Cheese (and Olive) buyer; I have worked at The Common Market for four and a half years.
- **What brought you to the Co-op?** I have been drawn to organic foods and herbal remedies since I was in my twenties. I always believed what we put in and on our bodies has a direct result (whether good or bad) on our overall health and well being. I worked in the conventional food industry for almost 20 years and had been working in cheese for over 10 when, finally, I had the chance to work in cheese here in Frederick (at the Co-op) combining my love for cheese and good clean food and not have to commute over an hour each way to work. It was a win-win-win.
- **What are your favorite products?** Cheese and olives, of course, and our Common Market grass-fed ground beef! Shameless self-promotion aside, I love Dr. Bronner's coconut oil; it's good for everything from cooking to skin care.
- **What do you like best about your job?** I like helping people connect their food with the farms that produced it. I love helping customers wade through the informational mire that exists around diet and nutrition and helping them decipher labels and terms. Generally helping our customers and owners gain knowledge on their own quests for food enlightenment.
- **What are your favorite "Co-op Memories"?** Over the last four and a half years I have watched our store "grow up" and move forward with a new generation of Co-op babies.
- **What type of things do you like to do outside of work?** I love taking pictures of just about everything. I like running and working out, I love hiking and kayaking, and fishing. Most of all I love doing it with my incredibly amazing family; I couldn't have asked for more wonderful people in my life.
- **What's your favorite food to make?** Though I do not make it very often, I love making lasagna.
- **Do you have a nickname?** None... that I know of.
- **What do you want to be remembered for having said or done?** To risk sounding too much like a bumper sticker or t-shirt ...I hope to one day be the person my dog thinks I am.
- **Tell us something about a pet that was or is the love of your life?** Over the course of my life I have shared my life with many beautiful furry souls but the one that left the deepest paw prints on my heart would be Berto, my Newfoundland. We lost him almost two years ago and I still can't talk about him without my eyes filling up. That is not to diminish the love I have for my have for my devoted furry children now - Max, our rescued Basenji, and Millie, a beautiful black lab who is Taylor's dog, and by the time this is printed, we will have a St Bernard Puppy named Magoo.
- **Honey Crisp or Pink Lady? Satsuma or Honey Tangerine? Kale or Collards? Bacon or Sausage? Milk Chocolate or Dark Chocolate?** Honey crisp, Satsuma, collards taste better when juiced!, bacon! and dark chocolate

### We asked other Co-op staff "What is your favorite thing about working with Lori?" Here's what they had to say:

- Dave, Promotions Coordinator** - "Lori brings an understanding and appreciation of gourmet foods to a gourmet department."
- Jeff, Marketing Assistant Manager** - "Lori is a great photographer. She's pleasant and she knows her cheese!"
- Mark, Produce Buyer** - "I love sharing a desk with Lori! She's just as sarcastic as I am and we can laugh at our own stupid jokes together."
- Wanda, Bulk Buyer** - "I really appreciate her knowledge of cheese. It seems like she always has time to 'talk cheese'."
- Phyllis, Grocery Buyer** - "She is pleasant to work with and she knows her cheese. I really enjoy talking with her."
- Greg, Assistant Store Manager** - "Wow. I've got a list a mile long! I like her professionalism and her jovial personality, which is always positive."

## Luscious Landscape You Can Eat

We all want a beautiful, flourishing garden full of all shapes and colors imaginable. Many of us, as well, want a productive garden with food and herbs that we can pick in our slippers, right from the doorstep. But most of us don't have the time to plant and maintain vast ornamental gardens, let alone intensive vegetable patches.

With edible landscaping, we can integrate all three: verdant beautiful gardens full of delicious foods that don't need much maintenance. Just imagine...

Imagine a yard where trees are dripping with fresh fruits and ripening nuts, shrubs are packed with delicious berries, and every other plant is a medicinal herb, culinary spice, or beautiful edible flower. Tubers and root crops are abundant underfoot, gourmet mushrooms sprout in the shade, and hardy kiwi vines fruit over a bamboo trellis. Add in a few raised garden beds close to the kitchen, shaped on contour to capture the rain flow from your house and surrounding landscape. Mulch it well and keep the hose wrapped up.

Here are some edible landscape ingredients to get you growing that even your HOA would love. Front yards are full of flowering dogwoods, but why stop there when it could be a Cornelian Cherry dogwood which is prized for its early flowers, red fall color, and its bright, red or yellow fruit, which tastes like cherry or wild plum. Mirror it with an Asian persimmon that hangs with gorgeous fruit well after their spectacular autumn yellow, orange, and scarlet leaves fall. Team them up with a pair of ornate lace leaf elderberries shrubs at the corners of the house and enjoy large prized white or pink flower heads followed by abundant quantities of blue-black, tasty and nutritious berries. Cook up some elderberry fritters from the flowers and make wine, jelly and syrup from the berries!

Want to frame an outdoor room? How about redecorating with an espalier fruit fence or raspberry trellis, corner it with an herb spiral chock full of your favorite cooking herbs, then find respite under your hardy kiwi arbor and pop those sweet kiwis whole into your mouth. Delicious edible artscapes!

If you're lucky enough to have a sunny south facing wall then fruitful figs are a true gourmet delight. Super easy to grow in the right spot, there is nothing like feasting on a sweet, ripe, freshly picked fig. No sunny south facing wall or full day sun? No worries - that suits gooseberries, currants, and honey berries just fine. Total shade? Oyster and shiitake mushrooms love it. Small space and still want a plum, peach or almond? How about a fruit cocktail of all three on one tree!

Deer eating it all!? Send them browsing elsewhere by planting their least favorite edible landscape all-stars like paw paws, figs, pomegranates, and currants or ring your trees with daffodils and rhubarb. The possibilities are only limited by imagination and taste.

Plant your medicine in style with comfrey, sea buckthorn, yarrow, echinacea which also help to fertilize, pollinate and balance insect ecology. Dreaming of chickens? Get ready for that day and plant sweet variety mulberries, Siberian pea shrubs, and gumi berries. Or maybe make that a weeping mulberry so the kids can make it a fort.

And what edible landscape would be complete without an earthen bread and pizza oven with fresh picked ingredients from your raised bed pizza garden and flavorings from the herb spiral. Top off your edible design with a little honey from a few bee hives, and garnish with a Chinese date tree.

If this is too many ingredients just pick a favorite or two to begin. That's the beauty of edible landscaping: there are an infinite range of ideas and plants that can revolutionize your yard from simply ornamental to beautifully delicious, and deliciously beautiful. Have your yard and eat it too!



*-Michael Judd has worked with agro-ecological and whole system designs throughout the Americas for the last 18 years focusing on applying permaculture and ecological design to increase local food security and community health in both tropical and temperate growing regions. He is the founder of both Ecologia LLC, Edible & Ecological Landscape Design and Project Bona Fide, an international non-profit supporting agro-ecology research. Michael currently offers design consultation, implementation services and workshops specializing in urban/suburban edible landscapes, rain water harvesting, holistic farm design and anything to do with fungi. In his spare time (?) he is building a circular straw bale home in Frederick, Maryland.*

## Linking to Local Food

*"To forget how to dig the earth and tend the soil is to forget ourselves." - Gandhi*



It's that time of year when we are encouraged, through the celebration on Earth Day on April 22nd, to take a moment to appreciate all the earth provides for us. One thing that always comes to mind for me is food! That's right; I'm a "foodie." I love seasonal produce, farm tours, and Buy Local Week (coming up the last full week of July) and I know that the quality of local, organic, fresh picked vegetables and fruit is beyond compare. I get excited when I think about the gardening classes and hands-on permaculture workshops we offer and the emerging trend of buying local. I know that becoming an active participant in your local food system works to create a special kind of gratitude for the seasonally available items (*think of biting into a juicy heirloom tomato*) and the farmer-heroes that bring them to you and you begin to really look forward to the months where our climate allows our food to come from close by. There are many ways to participate in our local food system; you can buy a CSA share, volunteer at a local farm, come to our Crop Mob (Saturday, April 28th), grow your own food, or buy local here at the Co-op or at your local Farmer's Market.

### Local Community Supported Agriculture

Community Supported Agriculture (CSA) brings the farmer and the consumer together in a mutually beneficial partnership. By utilizing the muscles, careful planning and land of local farmers and the capital and willingness of the consumer to try something new, CSAs offer weekly and bi-weekly shares of their harvest directly to consumers and provide early season income to farmers. By purchasing a "share" from a local farm before the growing season begins you help farmers cover the costs associated with purchasing seeds and preparing for the busy months ahead and then throughout the growing season you receive your share of each week's harvest. Many CSAs offer meat or egg shares as well and will give you the opportunity to work on the farm by offering work-shares or volunteer programs. Some farms even offer winter CSA programs. Aside from getting the freshest produce available, you will be working to ensure that farms stay in your community- and that is important work. LocalHarvest.org provides a fairly comprehensive list of CSAs in our area and a description of each program- check them out online and contact the individual farms for more information.

#### Here is a partial list of local CSAs:

**Evermore Farm (Westminster, MD)** - Offers produce, pasture-meat, and egg shares June-October.

Contact: John & Ginger Myers 443-398-6548

**Dragonfly Farms (Mount Airy, MD)** - A multiple farm CSA that offers shares for an 18-week period from May- September and a 12-week period from September to Thanksgiving.

Contact: Claudia or Susan 1-240-353-8408

**Blue Morning Farm (Shepherdstown, WV)** - Offers 20-week and 30-week shares from May-November. Share includes over 30 varieties of vegetables, fruit and herbs.

Contact: David, Billy, and Victoria 304-876-0532

**Carrolton Manor Farm (Frederick, MD)** - Home of Big White Barn Produce. Offers June-mid-October shares.

Contact: Anita Goertemiller 301-874-3173

**One Straw Farm (White Hall, MD)** - Certified organic farm that offers full shares and half shares with variety of drop off points. CSA runs June- November.

Contact: Drew and Joan Norman 410-343-1828

**House in the Woods (Adamstown, MD)** - Offers a certified organic participation-friendly program with various you-pick crops. Also offers a different type of distribution allowing members to take their desired amount of certain crops.

Contact: Ilene and Phil Freedman 301-607-4048

**Red Wiggler Community Farm (Germantown, MD)** -

Offers an 18-week share, a 9-week share, and a 5-week fall share with a reputable CSA program that has been offered since 2006.

Contact: Adrienne Altstatt [www.redwiggler.org](http://www.redwiggler.org)

**Summer Creek Organic Farm (Thurmont, MD)** -

May- September shares with four Frederick County pick up sites.

Contact: Rick Hood 301-271-9399

**Red Bud Organic Farm (Inwood, WV)** - June-October

shares with the option of two pick up sites: on-farm or Downtown Martinsburg, WV.

Contact: Haroun Hallack or Clarissa Mathews 304- 839-1206 [www.redbudfarm.com](http://www.redbudfarm.com)

**Open Book Farm (Myersville, MD)**- Offers a summer chicken share as well as a "free choice" vegetable and small fruit CSA program that runs during the summer and allows participants to take as much or as little as they would like of most items. They also offer a winter CSA program that includes meat, eggs, and vegetables grown in high tunnels. Contact: Mary Kathryn and Andrew Barnet 240-457-2558 [www.openbookfarm.com](http://www.openbookfarm.com)

## Community Garden Plots Available

If you're more of a do-it-yourself kind of person perhaps you would like to have a go at growing your own food. Maybe you have a huge yard ready to be transformed into your very own food forest or maybe you have no yard at all. If you can relate more to the latter, then your very own plot in a community garden may be just what you need. Well you're in luck! There is a 100-plot community garden that is gearing up for gardeners to move in this spring. The garden is located on Ballenger Center Drive, in front of the new Frederick News-Post building. For \$40 you can have your own 12'x15' plot to grow whatever your heart desires, within reason of course. They will till your plot for you once in the spring and once in the fall, provide compost from the landfill, and provide tools and water. Not only will you have the opportunity to grow your own food, but you can share the meaningful experience with members of your community. Perhaps they'll share some of their green beans if you share your cherry tomatoes; the possibilities are endless and will create the kind of unique opportunities that only gardening as a community can provide. You can make new friends and get your hands in the dirt while you develop the worthwhile skill of growing your own food- what's not to love about that? For information, interested gardeners may contact David Muns at 301-668-7295, or by e-mail at muns\_d@msn.com.

In addition to offering plots for people willing to give growing their own food a try, they are also working to break ground on a Frederick Food Bank Garden. This will be across the road from the Community Garden site. These will be 30'x30' plots that will grow one type of vegetable for the Food Bank and Soup Kitchen to utilize. The plots will be tended to by teams of people or individuals willing to lend their hand in feeding hungry families in our community. We'll continue to update you on the Food Bank Garden's process so stay tuned!

*-Alexis Self, Education and Demo Coordinator,  
would like to see real life farmer-heroes elevated in popularity to that of make-believe super heroes.*

## Kids' Crafts

### Recycled Flower Bouquet

What better fate could a plastic bottle meet than to be turned into a colorful flower arrangement? There are many different ways to do this craft. Here are instructions for a simple version that anyone can do. (Young children will need an adult to help punch a hole in the bottle cap.)

#### What you will need:

- Empty plastic bottles with caps (any size will work)
- Scissors
- Markers
- White glue (optional - will help decorations stay on)
- Paintbrushes
- Pipe cleaners
- Paint, glitter, stickers
- Ribbon
- Sharp-pointed scissors or other sharp-pointed tool

#### Instructions:

1. Cut the plastic bottle about one-third of the way down from the lid.
2. Draw petal shapes on the bottle to cut along, or just free-style petal shapes if you can.
3. Paint inside and outside of flower with paint or white glue (if decorating with glitter, etc.) and let dry.
4. While flower is drying, twist together two pipe cleaners.
5. Poke a hole in the cap and insert pipe cleaners through hole to make the stem of your flowers.
6. Once petals are dry, decorate them as desired.
7. Screw on cap with stem.
8. Once you have made several flowers, tie bouquet together with ribbon.





# COMMUNITY ROOM EVENTS

## The fifth Cooperative Principle:

*Education, Training and Information: Cooperatives educate and train their members, elected representatives, managers, and employees so they can help with the development of their cooperative. They also inform the general public about the nature and benefits of cooperation.*

**Check our website [www.commonmarket.coop](http://www.commonmarket.coop) and community room bulletin board for other classes and events.**

### Feed the Body, Not the Lyme Bug with Melanie Munson Wednesday, March 14 6:30-7:30 PM

Lyme disease can be debilitating and so many people do not realize that some healthy foods can be the worst choice for Lyme sufferers. Eating certain foods causes the bacteria to multiply and increase in an already inflamed body. This class will cover the basics of Lyme nutrition and foods that feed the bug and contribute to inflammation. Participants will gain an understanding of the three main foods that are not friendly for a sick body trying to heal and recover, and why each of these foods items is detrimental. Learn how to choose foods to strengthen the immune system and heal your body from Lyme disease.

Melanie Munson is a Certified Health Coach. She came to coaching through her own twenty year journey to health from late stage neurological Lyme. She is passionate about educating and helping others heal.

**\$8 for Owners, \$10 for non-Owners**

### Rain Barrel Building Workshop with Rick Hood Saturday, March 17 10-11 AM or 12-1 PM

Come learn about the benefits of installing and using rain barrels. In this class you will not only learn about rain barrels but construct one too! Rick Hood has been constructing rain barrels for over 5 years. Learn how to make and install a barrel. Learn all the uses of a rain barrel as well as the environmental benefits. Rick will supply the materials, tools, and the know-how. All you need is an interest and a downspout! Space is limited – don't wait to register.

**\$10 for Owners, \$15 for non-Owners**

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

### Raw Chocolate Party with Raw Chef Chelly Saturday, March 24 10 AM-12 PM

Let's make magic! Raw, vegan, organic chocolate to satisfy any sweet tooth. Come learn how to use this superfood safely to make healthier chocolate treats the whole family will enjoy. You will learn what to use and what not to, how to make chocolate molds, sauces, dips and spreads. Raw Vegan Chocolate can be a healthy and very satisfying substitute to regular chocolate packed with sugar and dairy products.

**\$20 for Owners, \$25 for non-Owners**

### From Lawns to Gardens Talk with Michael Judd Tuesday, March 27 6-7:30 PM

From lawns to gardens and back yard orchards. Whether you are starting out from scratch or wanting to diversify your planting this interactive talk and slide show will walk you through your own edible Eden. Learn how to design and carve raised beds that harvest rain water and combine sheet mulching to dramatically reduce watering. Learn how to plan a landscape lush with healthy trees and bushes that drip with delicious but unusual fruits that are easy to grow and are the star of the neighborhood. Gourmet mushrooms in the shade! Plus plenty of resources to get yourself rooted!

**\$15 for Owners, \$18 for non-Owners**

### Basic Organic Vegetable Gardening with Rick Hood Wednesday, March 28 6:30-8:30 PM

Our favorite teaching farmer is out of the fields and back in the community room! Learn organic vegetable gardening from this experienced organic farmer. Join Rick Hood of Summer Creek Farm for a workshop on basic organic vegetable gardening. In this class, you will learn the basics of soil preparation, nutrient management, planting, weed control, pest control and harvest timing. Rick will spend this time giving you the basics and answering your questions.

**\$10 for Owners, \$15 for non-Owners**

### Optimizing Men's Health with Ann Allworth, Ph. D Thursday, March 29 6:30-8:30 PM

Discussion of issues that affect men's quality of life, including but not necessarily limited to: prostate health and "andropause" (male menopause) and how they are connected, stress and cardiovascular issues and how they are connected, tips on stamina and endurance.

Ann Allworth, Ph.D. is a cell biologist. In her 20 years teaching in higher education, 15 were spent at the medical school level, where she received numerous teaching awards. Areas of expertise in teaching include human anatomy, physiology, histology and embryology. Ann left the medical establishment in 2004 and joined the natural health industry. She believes there are alternatives to modern medicine's focus on pharmaceuticals for disease treatment and supports a focus on natural approaches to wellness. Dr. Allworth is MegaFood's National Educator.

**\$8 for Owners, \$10 for non-Owners**

### Wild About Mushrooms Workshop with Michael Judd (off site)

**Saturday, March 31 1-4 PM**

**Saturday, April 7 1-4 PM**

Grow your own mushrooms! It is easier to grow mushrooms at home than you think. You can grow delicious and nutritious culinary and medicinal mushrooms in your own garden or home (in apartments, and on rooftops and patios, too!) Learn how to inoculate stumps, logs, wood chips, and burlap sacks while improving your garden ecology.

In this interactive class you will learn the types of culinary mushrooms that grow well in our area, the conditions required and the equipment you will need. We will discuss growing mushrooms on logs and stumps, saw dust and wood chips and other natural culture options. The class will also cover the basics of mushroom science and how fungi functions in nature. Learn how to inoculate logs, stumps and wood chip patches, and take home your mushroom log.

This is an off-site workshop; directions will be provided upon registering. This workshop will take place rain or shine; plan to dress accordingly.

**\$50 for Owners, \$55 for non-Owners**

### **Understanding Reflexology with Amye Clark**

**Wednesday, April 11 6:30-7:30 PM**

Reflexology is a non-invasive therapy that stimulates reflexes in the feet and hands which correspond to every part, gland and organ of the body. Imbalances within the body can be detected by sensitivities in the feet. Our bodies are a reflection of our health, and we have the ability to help in our own healing. This class is a combination of lecture and hands on demonstration, where participants will view their own feet or partner up and work with a buddy. Participants will get an understanding of pressure and technique to perform rudimentary reflexology on themselves and loved ones. The class will also highlight specific areas of the body that, in turn, when treated, will respond to lessening stress and encouraging relaxation.

Amye Clark has been practicing reflexology for years, and received her certification from the International Institute of Reflexology in 2009. She currently practices in Frederick and Hagerstown where she combines her training with aromatherapy and medical Qi Gong.

**\$8 for Owners, \$10 for non-Owners**

### **Kitchen Garden Workshop with Michael Judd (off site)**

**Saturday, April 14 1-4 PM**

Success in growing food begins with creating a good garden. In this workshop we will review organic garden design that will work for vegetables, herbs, flowers and fruits. Whether you have never had a garden or want to improve yours we will go over considerations and approaches that lead to easy care and abundant harvests. Slides, discussions, garden tour and optional hands-on examples of raised bed construction. Don't miss this chance to get your hands deeper in the earth and learn from Michael Judd, edible landscape designer and successful grower for 18 years.

This is an off-site workshop; directions will be provided upon registering. This workshop will take place rain or shine, plan to dress accordingly.

**\$45 for Owners, \$50 for non-Owners**

### **Female Health from Puberty to Menopause**

**with Herb Joiner-Bey, N.D.**

**Saturday, April 14 10:30-Noon**

Although it is widely recognized (by both health professionals and the public) that the female hormonal system is much more complicated than the male hormonal system, many American women do not have an in-depth understanding of female biochemistry and its accompanying nutritional needs, in terms of optimal health. Women's special needs, from bone health to heart issues to monthly issues – be it early womanhood and its attendant PMS, bloating, mood swings etc., or the annoying hot flashes, night sweats and sleep problems that more mature women suffer from – will be addressed by Dr. Bey, who is a graduate of Bastyr University in Seattle, the premier naturopathic college in North America.

Several very important nutritional agents – lignans, evening primrose oil, and Omega-3s – will be discussed in the context of the unique challenges that American women face in their quests to both feel and look good, throughout the various hormonal stages of their lives. Class attendees will receive a free copy of Dr. Bey's book, *The Healing Power of Flax*.

**\$10 for Owners, \$12 for non-Owners**

**Register for classes at the Co-op Service Desk - 301.663.3416 or send email to [education@commonmarket.coop](mailto:education@commonmarket.coop) for payment options.**

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.

#### **THE FINE PRINT...READ ME PLEASE!**

Prepayment of your class is required to reserve your spot. Please be aware that only those students who have paid the class fee are considered to be fully registered and count toward the required minimum number of students needed to hold a class. Payment may be made using the following methods:

- By phone with a credit card.
- By mail, send a check for the required amount and please include the following information: names of all attendees, a contact phone number, Owner # if applicable, and the name and date of the classes you wish to attend.
- In person, by cash, check, credit or debit at the Co-op Service Desk.

Classes and lectures must have a minimum of 6 students signed up 48 hours in advance for the class to take place. If there are less than 6 students registered, each student will be called and informed of the cancellation. Students may either put their pre-paid money toward another class taking place within the next three months or they may receive a full refund. If a student cancels prior to 48 hours before the class, the refund will be applied to a future class or a full monetary refund will be given. No refunds will be given for cancellations received after the 48-hour deadline or for no-shows.

Please be on time! Late arrivals are disruptive to the instructor and other students. The classroom is open at least 15 minutes before each class. Anyone arriving more than 10 minutes late will, unfortunately, be counted as a no-show and that seat may be given to another student.

Register for any class at the Co-op Service Desk - 301.663.3416 or [education@commonmarket.coop](mailto:education@commonmarket.coop) for payment options.

ASL interpreting may be provided upon request, but is not guaranteed. To request ASL interpreting service for a specific class, contact [education@commonmarket.coop](mailto:education@commonmarket.coop) no fewer than 7 days prior to the class.



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# EARTH 20 MONTH 12

**CELEBRATE IT AT THE  
COMMON MARKET !**

## **YOUTH ART BLACK T-SHIRT AFFAIR**

**Saturday, April 7th , 1-3pm**

- See inspiring environmentally themed artwork on display
- Free Hot Dogs (meat and veggie)
- Free enter-to-win special Earth Day giveaways
  - \$100 Common Market Gift Card*
  - \$80 Rain Barrel made by the Scott Key Center*
  - "Garbage-free" Lunch Box*
  - Seed Bomb Kit*
- Tastings and samples throughout the store



FRIENDS  
of  
FREDERICK  
COUNTY



## **EARTH FRIENDLY SAMPLES**

### **AND TASTINGS THROUGHOUT THE CO-OP**

**Saturday, April 21st, 10am-3pm**

- Free tastings and samples made by environmentally responsible companies
- Free enter-to-win special Earth Day giveaways

## **SECOND ANNUAL EARTH DAY CROP MOB**

### **AT HOUSE IN THE WOODS ORGANIC FARM**

**Saturday, April 28th , 10am-1pm**

*\*Please sign up for our Crop Mob at the Co-op Service Desk*

**FOR MORE INFORMATION ON OUR EARTH DAY EVENTS READ PAGES  
11 & 12 OF THIS NEWSLETTER**



## Calling All Young Artists

### Submit Environmentally Themed Artwork for our Earth Month Art Show!



#### What's the Event:

Our "**Black T-shirt Affair**" is The Common Market's first art show! Think black-tie, but for kids, so black t-shirts are more fitting. Friends of Frederick County, in partnership with The Common Market, are launching an art contest with the purpose of educating young kids on the environmental issues facing Frederick County.

#### Who can Enter:

Any "kid" (under 18.) The art that is selected will be displayed at The Common Market from April 7th to April 30th, 2012. We will host a special event to open the art show, the **Black T-Shirt Affair**, in our Community Room on Saturday, April 7th 1-3pm.

#### Deadline for Entries:

Entries must be postmarked by Friday, March 23rd, 2012. Winners will be selected by an independent panel of judges by Tuesday, March 27th, 2012.

#### Check out the Artwork:

The Common Market will display the array of colorful and inspiring environmentally themed artwork from April 7th- April 30th from 1-3 pm.

#### Want to Enter?

Create a color picture, multi-media, collage or whatever art you wish depicting your interpretation of one of the themes listed below. Drawings must be created on an 8.5" x 11" page, backed by construction paper, and must follow one of the themes listed below.

#### Art Work Themes: Select one of the below issues as a theme for your drawing

- **Homegrown Here:** Buy Frederick County produce and products and see 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!
- **Parks and Protected Areas:** Natural landscapes protect wildlife, watersheds and enhance our quality of life.
- **Farmland Preservation:** Farmers can receive preservation funds by selling their right to develop land...and continue to farm.
- **Let it Blow:** Letting wind power our county.

Mail or hand-deliver your entry to: Friends of Frederick County, 4 East Church Street, Frederick MD 21701. On the back of the drawing, please include which issue your entry is depicting, your name, school, age/grade, zip code, email and telephone number. Entries must be postmarked by 3/23/12. Must be a "kid" (under 18) to enter.

For more information call 240-529-1655 or email:  
[friends@friendsoffrederickcounty.org](mailto:friends@friendsoffrederickcounty.org)



# Second Annual Earth Day Crop Mob at House in the Woods Organic Farm

Saturday, April 28th from 10am-1pm



In celebration of Earth Day and the dedication of local farmers (both big and small) we are having another Crop Mob at House in the Woods Organic Farm. The Freedman family proved to be the perfect Crop Mob hosts during last year's first two Crop Mobs. The amount of appreciation, knowledge, and enthusiasm they shared with our participants made the experience worthwhile for everyone involved. If you're looking to learn more about what happens on a local farm, what a small organic farm looks like, or just to get your hands in the dirt then, please, join us as we converge and mob House in the Woods.

House in the Woods farm grows many vegetables that end up in our Produce Department, so you can have a hand in growing produce that will be sold to the Co-op. We will charge a small fee for participation in the mob. Proceeds from the Crop Mob will again be used to purchase CSA Shares from House in the Woods Organic Farm for the Frederick Food Bank.

What is a crop mob? Crop Mobs are organized groups of people who lend their support to local farmers by helping them to complete various farm jobs. Last year "mobbers" completed a commendable amount of tasks at our first two Crop Mobs including: weeding the entire garlic patch (this was an amazing feat!), planting bean seeds, grinding corn for chicken feed, clearing out the hoop house in preparation for fall and winter plantings, planting cabbage seedlings, planting bok choy seedlings, and watering the seedlings in the hoop house, to name just a few.

What you'll get:

- Dirty hands
- Knowledge of how a small local farm works
- A huge sense of satisfaction
- Light sustenance to keep you going

**Sign up to be part of the Crop Mob at the Co-op Service Desk!**



## Our Bring a Bag for Change program is helping to change our community!

Since our Bring a Bag for Change program started in the spring of 2007, we have raised over **\$52,798** for local non-profits and prevented over **510,000** plastics bags from entering local landfills and waterways!

### Local non-profits we are supporting January through March

- **PurrHaven and Friends for Life Cat Rescue** - [petfinder.com/shelters/MD370.html](http://petfinder.com/shelters/MD370.html)
- **Catoctin Land Trust** - [catoctinlandtrust.org](http://catoctinlandtrust.org)
- **Frederick Bicycle Coalition** - [frederickbicyclecoalition.com](http://frederickbicyclecoalition.com)

### Local non-profits we are supporting April through June

- **Farm to Food Bank** - We will be purchasing two CSA shares from House in the Woods Farm and donating the shares to the Food Bank.
- **Chesapeake Bay Foundation** - [cbf.org](http://cbf.org)
- **Uniting to Save Animals** - [unitingtosaveanimals.org](http://unitingtosaveanimals.org)



## Dig It! Gardening Supplies Are Here

Winter is still firmly in control, but the days are getting longer and the gardeners are getting restless. Yes, it's that time of the year again, and The Common Market is gearing up for the season with seeds, soil, bedding plants and more.

Seeds are from Seeds Savers Exchange. Seed Savers Exchange is a non-profit network of more than 13,000 members whose mission is the collection and preservation of heirloom seed for future generations. Not all of the seed varieties are certified organic. However, Seed Savers Exchange has a reputation for integrity and a tireless commitment to maintaining agricultural bio-diversity in the age of hybrids and GMOs. This year, we will have several "new" varieties of tomato seeds.

From Rick Hood at Summer Creek Farm in Thurmont, we have organic coconut-fiber-based potting mix. Rick is also supplying The Common Market with McGear's organic fertilizer, coir (coconut fiber) bricks, and Pro-Hoes - durable and outstanding tools made in the USA from recycled tractor blades.



We are excited to again offer heirloom tomato and eggplant seedlings from House in the Woods Farm in Adamstown. Phil and Ilene are "local legends" when it comes to heirloom

tomatoes and have been selling heirloom plants at their farm for many years. Their plants come to us a bit smaller than what you may be used to seeing at The Common Market, but ask the gardeners in the Produce Department, and they'll sing praises for House in the Woods!

Organic herb and vegetable seedlings are provided by member farms of Tuscarora Growers Co-operative in Hustontown, PA. Be sure to

keep checking back throughout April and May as we progress from perennial herbs and early crops like lettuce and brassicas to the heat-loving peppers.

New additions to our gardening lineup are Cow Pots seed-starting pots. Cow Pots are made with biodegradable, 100% renewable composted cow manure that breaks down quickly once planted to give your seedlings a kick-start. You can find out more about these amazing little pots at [www.cowpots.com](http://www.cowpots.com).

## Costa Rica

### Land of Beaches, Volcanoes, Rainforests, Cooperatives and More

As we endure the fading days of winter in Maryland, take a deep breath and imagine yourself inhaling the sweet scent of a tropical day in the milky sunshine of Costa Rica. Let's dream of a land of extraordinary beauty, with beaches, volcanoes and rainforests, and an astonishing display of wildlife. We'll examine this culture that nurtures the cooperative experience. Relax and let your cares fall away while we explore.

Costa Rica is smaller than Maryland, yet 4% of the world's plant and animal species can be found there. One third of the country is set aside for parks and the preservation of biodiversity.

More than 60 years ago Costa Rica disbanded its military and redirected that money to health care and education. Costa Rica has one of the highest literacy rates and life expectancies in the world. 90% of Costa Ricans would not support a military government today. In 2011, a New York Times Poll ranked Costa Rica "First-in-the-World in Happiness", with 88% of Costa Ricans saying they are satisfied with their lives. They've won that spot several years in a row.

Geographically located just north of the equator, Costa Rica has a mild and predictable climate. The hot tropical sun is cooled by prevailing ocean breezes. To change temperatures in Costa Rica you change elevation. Sea level has hot, sunny beaches, the Central Valley is warm and bustling, and higher up in the mountains it is spring all year round. National Geographic chose Atenas, in the Central Valley, as the town with the best climate in the world. Life in Costa Rica is gentle and happy, reflected in the national greeting, "Pura Vida" - pure life.

2012 is designated "International Year of the Co-op" by the UN, so let's explore some cooperative principles in use in Costa Rica today.

Historically, Costa Ricans have joined together in agricultural cooperatives to manage the production of coffee, bananas, tomatoes, and so on. By guaranteeing a buyer, these organizations afford partial protection from the worst aspects of commodity swings, allowing breathing room for more sustainable

agricultural practices, and positively affecting the quality of life for small farmers. They've become foundations of community life, with ripple effects, by acting as engines for social change. Additionally, they provide fun and fellowship. To celebrate their February tomato fair, the tomato co-op in Trojas in the Central

Valley dumps truckloads of tomatoes on the soccer field for people to throw at each other in a riot of red.

To augment the power of cooperatives, "social businesses" help Costa Ricans meet social, cultural and economic needs, resulting in reforms to land use practices, business practices and consumer behavior, by bringing together suppliers, like artists and craftsmen, with buyers of responsibly produced goods and services in a global marketplace.

The "social business" Tienda Verde sells beautiful items made by Costa Rican artists and craftsmen. Wallets made of recycled coffee bags, books pressed from banana leaves, beauty products made with exotic fruits. Many of the products are biodegradable, BPA free, Fair Trade, handmade, recycled, independently

produced, and certified by the Rainforest Alliance. In Costa Rica, you can find Tienda Verde products at various local markets in Sarchi, a working town in the Central Valley. A personal connection adds to the experience, and the founders are very accessible. Emanuel Conejo and his lovely wife Gabriela will provide you with an intoxicating dose of authentic Costa Rican generosity and charm, as well as an opportunity to participate in a great social adventure. To find their products on-line, write Gabriela at [www.tiendaverde.co.cr](http://www.tiendaverde.co.cr).

By "friending" Tienda Verde at [Facebook.com/tiendaverdecr](https://www.facebook.com/tiendaverdecr), you can help support a reforestation-and-research project called *Finca dos Lados*. This project rescues, protects and restores natural habitat by planting native trees on farms previously cleared for cattle on both sides of the Continental Divide, hence the name "Finca Dos Lados" - farm with two sides. New trees attract wildlife and protect the headwaters of rivers flowing to the Central Valley below. The larger goal of this project is to create a



wildlife corridor connecting continuous parcels of land, preserving migrations routes and keeping ecosystems whole. Sara Clark, who is assembling this project with hard work and imagination, encourages researchers and would-be researchers to visit her. You can hike on the extensive trails to help inventory plants, birds and butterflies or just to have fun, providing you with a wonderful side-trip near Volcan Poas in the Central Valley. Write Sara at [www.fincadoslados.com](http://www.fincadoslados.com)

Off-the-beaten-path attractions can be found in a good guidebook. Beatrice Blake writes *The New Key to Costa Rica*, and has designed an ecotourism vacation itinerary that visits sustainable coffee farms and organic farms in Altamira, near La Amistad International Park in South Central Costa Rica. These community owned farms are members of ACTUAR, the Costa Rican Rural Tourism Association, which has just won the Responsible Tourism Award at the Educational Travel Conference. Write Beatrice at [keytocostarica.com](http://keytocostarica.com).

Treat yourself to a virtual vacation by checking out these websites.

Whether you are dreaming of a vacation or taking the vacation of your dreams, remember that Costa Rica is not perfect and is not for everyone. Costa Rica is not as budget friendly as some nearby countries. It is not a Disneyland, which requires machinery to run smoothly, creating stage-like perfection. The

authentic Costa Rica mixes hazard and unreality with sweetness, gentleness, beauty and surprise. In Costa Rica, hopefully, you can overlook little inconveniences and let your love of the natural world outweigh your love of comfort. Expect a big trip for a little country. Here are some travel tips for all travelers: Carry a current travel guide, as things are always in flux and changes happen often. The physical activity level is pretty high, so get in shape for invigorating walking and many altitude changes. It is wise to consider your vacation as a series of short, separate journeys, each distinct from the next. Don't force yourself to do it all at once. You can choose from an appealing selection of rain forests, volcanoes, beaches, parks, wildlife and local markets. Resist the urge to cross activities off your list. Make yourself available to the sublime moments of chance that happen spontaneously at the vendors stall or on the jungle path.

Earthly Paradise may be an illusion, but Costa Rica wants to make a believer out of you.

*-Written by Doreen Kenny, in collaboration with Zoe Brittain. Doreen is a Common Market Owner. She and her husband Terry have 160 acres in Costa Rica's Central Valley. They have a passion for helping others discover their own bit of paradise in Costa Rica, and are self-described T.O.A.D.s... Tourists on a detour.*

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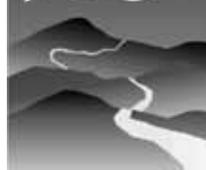
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## Special Women's Health Lecture

### Female Health, from Puberty to Post-Menopause

Sat. April 14th 10:30 am - Noon at the Common Market



Dr. Herb Joiner-Bey is a medical/scientific consultant for manufacturers in the nutraceutical industry. He has served as a naturopathic physician specializing in the treatment of HIV/AIDS, as well as a clinician treating patients in a sexually transmitted disease clinic. He has conducted countless seminars and presentations for health professionals and the public across the United States and the United Kingdom. He is a regular guest speaker on radio programs nationwide. He is the author of several books in this field and scores of magazine articles for professionals and the public. Dr. Bey received a B.A. degree in Physics from Johns Hopkins University in Baltimore and an N.D. degree (Doctor of Naturopathic Medicine) from Bastyr University in Seattle, Washington. He is also a graduate of the professional course in classical homeopathy at the International Foundation for Homeopathy in Seattle.



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See page nine in this newsletter for more details on Dr. Bey's lecture, and how to register for it



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