

the **Common** **MARKET**

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the Common MARKET

eat • shop • learn

Evergreen Square
 5728 Buckeystown Pike, Unit B-1
 Frederick, MD 21704
www.commonmarket.coop
 301-663-3416
 Sunday - Saturday: 8 AM to 9 PM

General Manager

Sarah Lebherz

Store Manager

Kathleen Weaver

Manager of Marketing & Owner Services

Sally Fulmer

Education & Outreach

Alexis Self

Owner Services

Kendra Varnon

Board of Directors

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 John Beutler, *Secretary*
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 James Hanna
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Next Board of Directors Meetings
 Co-op Community Room - 6:00 pm
 Thursday, March 28
 Thursday, April 25



GENERAL MANAGER'S REPORT

By Sarah Lebherz

The Common Market has a milestone coming up in May. Though it's not a typically celebrated anniversary - May 2013 will mark the 7th year for our Co-op at the current location! Amongst staff and conversations with customers who remember the old days we still fondly refer to our previous location as the "old store." Memories of that store include unloading trucks by hand because we did not have a loading dock, sharing two single-stall restrooms with customers and staff, tiny shopping carts because they were the only size that would fit through the aisles and holding the front door for customers because it did not have the convenience of automatic sensors. Since then our Co-op has celebrated many successes and accomplishments including our overall impact within our community by keeping dollars spent locally and providing over 100 people with employment and benefits. In that time we have grown from 1700 Owners to nearly 4000. Of course, in those seven years we have also weathered many challenges too, including economic tides, food cost increases and operational deficits. Through it all, we have continued to grow and are now looking forward to opportunities for us to further our impact in the community. If you shopped in February you may have been asked to participate in a short survey to support us in identifying our trade area from which we draw customers. **This survey is the beginning of a research phase for our long-term planning and exploring opportunities for further growth.** Thank you for participating in the survey and for providing us with valuable feedback now and in the future as we embark on this process.

Growth is also a conversation amongst the National Cooperative Grocers Association (of which we are members along with 133 other consumer-owned grocery co-ops.) Our Board President, David Cloutier, and I will be attending a conference of the NCGA in April to discuss the opportunities that co-ops can realize when we collectively grow the cooperatively owned sector and collaborate together on initiatives that include advocacy on food issues, reducing our food costs and providing tools and resources for start-up co-ops.

As we shift into spring we have some great things going on in the Co-op for March and April! Rick Hood is back to conduct several workshops on gardening and his popular rain-barrel making workshop. In addition, several health and wellness workshops are planned for the months. In April we will host our second annual Black T-Shirt Affair and our third annual Crop Mob to celebrate Earth Month. Please read about all of these events and more throughout this newsletter.

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.



EARTH 20 MONTH 13

Celebrate it at The Common Market!

Youth Art Black T-Shirt Affair Saturday, April 6th, 1 ~ 3 pm



- See inspiring environmentally themed artwork on display
- Live music by Willie Barry and his Chaperones
- Free Hot Dogs, noon ~ 3 pm (meat and veggie)
- Free enter-to-win special Earth Day giveaways



Earth friendly samples and tastings throughout the Co-op Saturday, April 20th, 10 am ~ 3 pm

- Free tastings and samples made by environmentally responsible companies
- Free enter-to-win special Earth Day giveaways including a rainbarrel from Scott Key Center

Find out how to enter artwork into the Youth Art Black T-Shirt Affair on page 14.

Old Rules, New Goals:

Working with Nature in Your Back Yard

When middleclass America, supported by affordable automobiles, emigrated from the cities and farms to the suburbs of the 1950s, we built our gardens like those of the great English and European country homes with their vast lawns ringed or punctuated by structured gardens filled with ornamental plants from temperate zones around the world. Our goal then was to have perfect, green lawns set off by perfect flowering plants, and our swiftly developing consumer technologies happily responded by supplying a wide variety of chemicals purported to kill off pests and diseases, and perfectly fertilize each type of plant.

Now, we have a new set of goals. We recognize that our ways of landscaping and gardening are putting far too much strain on our environment. So we want to rethink what we are doing and take on a new role as stewards, not merely users, of our land.

Bay-Wise is a program developed by the University of Maryland Extension to help home gardeners be wise stewards of the environment by providing us with the latest scientific information on how to manage our landscapes effectively and sustainably. The program was named for its principal objective, which is to help reduce pollution in our streams, rivers and, hence, the Chesapeake Bay. Its advocates and educators are specially-trained Master Gardener volunteers.

To care for and steward our home landscapes, here are some of the Bay-Wise recommendations, along with resources to help you implement them.

1. Build the fertility of your soil.

Fertile soil supports a natural, integrated web of life. We used to dig and double-dig, removing some of the topsoil, mixing it with organics and then replacing it. However, research has shown that, in most circumstances, excessive digging does more harm than good because it disrupts the ecosystem of the soil.



So, we are now advised to minimize digging and, instead, build fertility by spreading nutrients and organic matter on top of the soil.

The best way to start is by testing our soil to determine what nutrients it actually needs. A cheap test kit will check the three main nutrients that plants require (nitrogen, phosphorus and potassium, or NPK) and the pH (acidity) of the soil. However, for about \$20, you can send a sample to a soil testing laboratory, which will provide a comprehensive report and recommendations. You can find instructions for preparing a sample and a list of local laboratories at www.hgic.umd.edu (click Publications and Online Publications, then click or scroll down to Soil).

Well-made organic compost is the best of fertilizers as it provides both nutrients and decayed organic matter just as nature does in a healthy forest or field. You can make your own or purchase Frederick County's Revive (go to <http://frederickcountymd.gov> and search for composting) or Montgomery County's LeafGro (available in stores), both of which are well-made by hot composting methods that destroy seeds and pathogens. Manure also serves well as a fertilizer, but only if it comes from vegetarian animals, not house pets, and has been composted (decayed) before you place it around your plants. Your final choice is a good, commercial fertilizer but read the label to make sure that it is organic and long-lasting, as opposed to water soluble, which is designed primarily for houseplants.

2. Plant wisely.

The latest research shows that a diverse landscape may be better able to resist disease so consider combinations of plants. Natives are generally more drought- and pest-resistant than most imported (or exotic) plants, so they require less maintenance and help save water. They also help create a lively habitat by

supporting our native birds, butterflies and other creatures. Ask for them at your nursery, check the Maryland Native Plant Society's site at www.mdflora.org or download the comprehensive, illustrated 5-page booklet from www.nps.gov/plants/pubs/chesapeake/pdf/chesapeakenatives.pdf.

Know which plants are imported invasives—which means that when they escape from our gardens (by root, runner or berry/seed), they invade and damage our forests and fields. To identify the most common invasives, check the Nature Conservancy's brochure by searching for Maryland's Invasive Species at www.nature.org.

3. Top off your plantings with mulch.

Protect the roots of your garden plants and trees with natural, biodegradable mulches—shredded hardwood, pine needles or wood chips. These are preferred to nonorganic ones because they biodegrade and, so, add nutrients. No single mulch is better than any other but it is wise to avoid the colored ones since they contain unknown, unregulated chemicals. In some areas, for aesthetic reasons, you may prefer gravel mulch.



4. Manage your lawn.

Most of us in this area have cold-weather grasses such as fine fescues, which naturally go dormant during the hottest part of the summer. Attempting to revive a brown lawn with fertilizers or large amounts of water does not help. Research shows that cutting lawns high (3" or more for our fescues) helps hold in moisture, improves fertility and greatly reduces the number of weeds that manage to take hold. Grasscycling—leaving grass cuttings in place—provides most of the fertilizer that the turf grass needs, and sprinkling compost on it in the spring or fall can provide the rest. However, if you want to apply a commercial fertilizer to your lawn, recommendations are available at www.hgic.umd.edu (click

Publications and Online Publications, then click or scroll down to Lawns). Even if you have a lawn service, we recommend that you look up the information and discuss with the company how you want it done.

Better yet, reconsider whether or not you actually need all of your lawn. One new way of thinking is to improve our homes' mini-ecosystems by replacing lawns with gardens, shrubs, woods or wildflower fields. The fact sheets at www.hgic.umd.edu (click Publications and Online Publications), video at <http://www.naturalresources.umd.edu/EducationalWBY.html> and <https://themeadowproject.com> will show you how.

For Additional Information:

At the University of Maryland Extension's site, www.hgic.umd.edu, you can read about other recommendations for our local plants and conditions, such as minimizing your use of chemicals by practicing Integrated Pest Management (IPM) and landscaping to control stormwater runoff—for example, installing rain barrels and building rain gardens. If you prefer to learn in a workshop setting, pick up The Common Market's schedule of seminars and

email fgardenersnews@gmail.com to get on the mailing list for the Frederick County Master Gardeners' newsletter, which lists local seminars and workshops for adults and kids. Composting classes are also available at www.frederickcountymd.gov/.

Ruth H. Axelrod is a University of Maryland Extension Master Gardener volunteer with advanced certification in Bay-Wise, Stormwater Management and as a Master Composter. She serves as Vice Chair for Education of the Frederick County Bay-Wise Committee. Ruth welcomes invitations to speak to community groups and garden clubs; she can be reached at raxelrod@gwmail.gwu.edu.



From the **PRODUCE** Department

Gearing up for Gardening

Spring has sprung, the grass has ris. I wonder where the gardeners is.

Don't let the cold temperatures today keep you from daydreaming of all the vegetables you would like to harvest later. The Common Market will have even more gardening supplies this year to help you grow the garden of your dreams.

Ask any farmer; growing healthy food begins with building healthy soil. Building healthy soil relies on a partnership with thousands of organisms that live in the soil and are harmed by conventional pesticides. Make your garden safe for your family and for the earthworms (who do such valuable work in your garden) with Safer® Brand organic gardening sprays and organic pest control. Safer® Brand offers some of the best and broadest line of sprays to keep pests off your plants without harming the insects that benefit your garden. We'll also have Remay, a reusable spun-bonded polyester fabric that has become indispensable on most farms, to extend your growing season, and protect your plants from pests and the unpredictable frosts of early spring and fall.

Whether you're direct seeding or starting seeds inside, we have the supplies you will need. This year we are offering an expanded selection of seeds from Seed 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.

While not all Seeds Savers' seeds are certified organic, they are always non-GMO. From Summer Creek Farm we'll have McGeary Organic Fertilizers, ProHoe high quality durable tools sure to become your new favorite that are made in the USA out of recycled tractor blades, and Rick Hood's famous seed starting mix made of his signature blend of coir (coconut husks), rice hulls and McGeary fertilizer.

Say goodbye to all the tiny plastic pots this year by switching to Cow Pots, 100% biodegradable seed starting pots made of composted cow manure. You can plant the whole pot when you plant your seedling and the Cow Pot will provide a boost of nutrients to give your lil' seedling a kick-start.

Once spring begins, the organic vegetable and herb seedlings from Tuscarora Organic Growers Cooperative will start to arrive and by mid-April or May. Look for heirloom tomato and eggplant seedlings from the local farmer/heirloom tomato experts at House in the Woods Organic Farm.



Grown to Own

We're at it again! This May we will be launching another Owner Drive. With community support continuing to grow, we love to take the opportunity and give a few extra goodies to those who help spread the word about who we are and what we do. There will be prizes for Owner referrals and extra goodies for new Owners. Look in the next issue for more information and details.



Owner Appreciation Day 2013

June 13, 14, 15
October 24, 25, 26

Owners, receive 10% off one shopping trip of your choice on one of these three days.

Detoxification: A Natural Process of the Body

Detoxification is a natural continual process to clean the blood and body of toxins and waste via the liver, kidneys, lymph, skin, and intestines. It is essential that our bodies excrete these toxins and waste through urine, feces, sweat, and exhalation to avoid causing inflammation and damage to the body. Today's environment is continually increasing the toxic burden on our bodies including processed foods, environmental toxins in the air, water, and soil, medications, personal hygiene products, and household cleaners. The natural process of detoxification cannot keep up with the excessive demands put on the body daily and we end up storing these toxins in our fat cells or re-circulating them back in the body where they can cause damage.



Here are 5 simple ways to get started with daily detoxification.

- **Minimize toxins from the environment.** While we may not be able to avoid all toxins, we can minimize them by choosing organic whole foods to eat, using non-toxic natural cleaners, and using organic non-toxic products on our skin.
- **Sweat toxins out.** Exercising or going to a sauna promotes circulation and sweat to help us detoxify. Be sure to drink plenty of fresh water to rehydrate lost fluids from sweating.
- **Breathe more deeply.** Deeper inhales will bring more oxygen to circulate throughout the body and longer exhales will release more carbon dioxide back out of the body. Start to become more aware of your breath and practice deeper breathing.
- **Eat green veggies.** Cruciferous vegetables like broccoli, cabbage, and dark leafy greens contain high levels of vitamins, antioxidants, and phytonutrients that are required during the process of detoxification in the liver.
- **Get sleep every night.** When we lack sufficient sleep, the body is stressed and produces more toxins. Make sleep a

priority every night to restore the body's organs for optimal detoxification.

Another way to support detoxification is to engage in a guided detox. Spring is an ideal time for doing a liver detox and cleaning out the body from the heavier, more warming foods of winter.

The goal of a liver detox or cleanse is to support the natural detoxification process of the liver and make it more efficient. By reducing the burden on the liver and body (like taking out alcohol, caffeine, and high allergen foods) for a short period of time, adding fresh rejuvenating foods of spring, and saturating the body with nutrients and herbs that support detoxification, we can give our liver and our bodies rest to do the much needed work of cleaning out toxins.

There are many benefits to doing this type of detox once or twice a year, although the experience is different for each individual. **Benefits can include: increased energy, clearer skin, elevated mood, clearer thinking, elimination of headaches, a "lighter" feeling, clearer sinuses, less headaches, and better sleep.** If you are interested in trying a guided detox, Holistic Health Associates offers a great program each spring.

The body has an amazing ability to rejuvenate itself through detoxification if we support it daily by making healthy food and lifestyle choices and by doing a deeper detox annually the benefits are endless!

Rachael Pomato, CHC, AADP is a Health and Nutrition Coach at Holistic Health Associates in Frederick and FPCA in Urbana. For more information on individual health coaching or fun, educational classes by Rachael visit www.hhamd.com or call 301-620-1414.



A day of personal development, networking and sharing for those interested in holistic health.

March 16, 2013 8:30 am - 3:00 pm at Frederick Community College Conference Center

The Conference Features:

- 15 workshops to choose from on topics ranging from nutrition to homeopathic remedies.
- The opportunity to kick-off the weekend by hearing Dr. Andrew Weil's lecture at the Weinberg Center for the Arts on Thursday, March 14.
- Networking and sharing with other area residents interested in holistic health.
- A complimentary organic lunch catered by Canapés. Morning and afternoon snacks courtesy of The Common Market.

Conference Fee (Two Options):

\$49* (Includes an organic lunch)

\$89* (Includes an organic lunch and a reserved orchestra ticket to see Dr. Andrew Weil on March 14)

*plus \$5 registration fee & any applicable out-of-county or out-of-state fees

For more information, call 301.624.2682 or visit www.frederick.edu/holistichealth. Pre-registration is required by March 8.



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.

Visit our website www.commonmarket.coop and community room bulletin board for other classes and events.

Building an Herb Spiral Workshop with Michael Judd **Sunday, March 3 1:00-3:30 PM**

Herb spirals add instant architecture to your landscape that looks good year round. Herb spirals are versatile and can be tailored to fit any space from an urban courtyard to an entire yard. The spiral is built like a snail shell, with stone spiraling up that captures the sun and stores heat for an extended growing season. A cornucopia of herbs can be grown in the spiral thanks to all the microclimates created through elevation and cardinal directions. Having one right outside the kitchen window will inspire fantastic meals from your edible landscape! Join us in building one from scratch and learn to create your own just in time for this growing season. 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, \$45 for Owners

Plant Starting with Rick Hood **Tuesday, March 5 7:00-8:30 PM**

Plant Starting will cover the basics of soil mixes, containers, germination and fertilization. Learn how to start healthy plants from seeds. Save some money or get varieties you just can't find in greenhouse plants. Come to this class to learn how a practiced propagator gets his plants off to a healthy start using the most efficient and cost effective methods.

\$15, \$10 for Owners

Rain Barrel Building Workshop with Rick Hood **Saturday, March 9 10:00-11:00 AM OR 12:00-1:00 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.

\$15, \$10 for Owners

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

Basic Organic Vegetable Gardening with Rick Hood **Wednesday, March 13 7:00-8:30 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.

\$15, \$10 for Owners

Time, Money and The Ecosystem- How to Save Them All with Ruth Axelrod

Thursday, March 14 6:30-8:00 PM

Learn how to make your landscape and garden more beautiful, productive and eco-friendly by working with nature instead of against her. This presentation draws on the latest science and practice to offer a set of environmentally healthy practices including developing naturally fertile soil, saving and managing rain water, diversifying with native plants, creating habitats that support selected wildlife throughout their lifecycles and reducing your use of chemicals by implementing natural solutions to garden problems. The session includes a slide presentation with intermittent discussion.

Ruth H. Axelrod is a lifelong gardener who joined the University of Maryland Extension's volunteer Master Gardener program several years ago. She has completed advanced training in Bay-Wise conservation landscaping and gardening practices, composting and storm water management, including designing and building rain gardens.

\$10, \$8 for Owners

Advanced Organic Vegetable Gardening with Rick Hood **Wednesday, March 20 7:00-8:30 PM**

Advanced Gardening covers more in depth the areas of nutrient supply and pest management in an organic garden. Learn what a soil test really means, how to read one and how to meet it with organic materials. Learn pest management strategies in an organic garden and methods and materials to manage pest issues.

\$15, \$10 for Owners

Making Positive Changes Permanent with Clinical Hypnotherapy with Jedidiah D. Smith, Ph.D, CHHP **Saturday, March 23 12:00-2:00 PM**

The attendees of this class will gain an understanding of what Clinical Hypnotherapy is and how hypnosis plays a vital part in their everyday decision making process. They will also learn how the conscious and unconscious minds differ and their roles in influencing how we go through the decision making process. The key concepts of the new biology that show an absolute connection between the mind and body and how the beliefs we hold become our biology and therefore affect our state of health will be discussed. Attendees will also have the opportunity to experience Clinical Hypnotherapy to increase relaxation and reduce stress.

Jedidiah D Smith PH.D, CHHP has been in private practice for nearly 30 years. He received his PHD from The American Institution of Clinical Hypnotherapy, his Traditional Naturopathy and Certified Clinical Holistic Health Practitioner training from The Academy of Holistic Health, Inc. and many other institutions from around the country to obtain his level of training and expertise in various modalities.

\$15, \$12 for Owners

Herbs for Spring Liver Cleansing and Detox with Susan Hirsch

Wednesday, March 27 6:30-8:30 PM OR Tuesday, April 16 6:30-8:30 PM

Join herbalist Susan Hirsch as she teaches methods of liver detoxification to prepare for the spring season. Learn about the physiology of detoxification, traditional "spring tonics," and ways to cleanse the body safely with herbs and food. We will be trying and preparing spring tonics and learning recipes for cleansing the body of toxin accumulation.

Susan Hirsch is a Clinical Herbalist with a Master's degree in Herbal Medicine from Tai Sophia Institute. She is qualified as a Certified Nutrition Specialist from the Certification Board for Nutrition Specialists (CBNS). You can also find her part-time in our Co-op's Wellness Department.

\$20, \$15 for Owners

Hearth to Health Express Series with Amanda Archibald

Class 1: Wednesday, April 10 6:30-8:30 PM AND Class 2: Saturday, April 13 1:00-3:30 PM

Modeled on Field to Plate's Hearth to Health culinary-nutrition program, Hearth to Health Express combines Food as Medicine nutrition information with culinary demos, tastings and basic health-supportive recipe preparation. In two classes, we'll cover nutrition and culinary highlights from the five Hearth to Health's classes. Hearth to Health is an extraordinary culinary experience providing you with the food knowledge, recipes and cooking practice to nurture your health for a lifetime. Hearth to Health combines modern nutrition science with the cooking knowledge and traditional food wisdom that has formed the foundation of health for centuries.

- Class One: Nourishing Bites for Wellness in Life + Defensive Cuisine – Learn 7 strategies for organizing your food lifestyle in easy ways and create a Nutrition Roadmap for your life. Enjoy tastings from time-honored ingredients and recipes that support digestion and your best health defense.
- Class Two: A hybrid class featuring cooking demos, tastings and simple health-supportive recipe assembly. The class covers highlights from Hearth to Health's Deep Clean, High Octane Cuisine, Omega-Cuisine and Slow Food Cuisine classes. Learn recipes and ingredients that naturally boost your mood, energy and immune system. Sample dishes that soothe your appetite and keep your blood sugars as smooth as silk.

We recommend taking both classes in this series as they build on each other, but it is not a requirement. Taking either class will be an informative and fulfilling experience. This class is taught by Field to Plate Founder & Owner, Amanda Archibald, R.D. Uniquely trained as both an analyst and a food and nutrition expert, Amanda understands the challenges of distilling complex ideas into relevant, easy to teach and easy to digest concepts.

Class 1: \$25, \$20 for Owners /Class 2: \$45, \$40 for Owners Sign up for Both: \$65, \$55 Owners

Obesity and Weight Loss with Herb Joiner-Bey, ND Saturday, April 27 10:00 AM-12:00 PM OR 2:00-4:00 PM

Approximately 66% of American adults are obese or overweight, according to the Centers for Disease Control. Since the 1970s, obesity rates have more than doubled in the U.S., and children in the U.S. now have a rate of obesity approaching 20%. Canada's overall obesity rate is 14%, Japan's is a mere 3%.

Diabetes, heart disease, hypertension, and arthritis are some of the serious diseases associated with obesity, but mental and social consequences such as depression, anxiety, and substance abuse are also correlated to being overweight.

Dr. Bey is a naturopathic physician who will discuss the role of diet and healthy lifestyle choices in addressing the issue of excess weight. Coconut Oil, Flax Oil, and Flaxseed are several food supplements that Dr. Bey will highlight as part of a weight control regimen. Class attendees will receive a free copy of Dr. Bey's book, *The Healing Power of Flax*.

\$12, \$10 for Owners

Register for classes at the Co-op Service Desk - 301.663.3416

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 email 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 no fewer than 7 days prior to the 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.

Children in the Community Room

While we welcome you to bring your children along to classes in the Community Room, we ask that you ensure the material of the class is age appropriate for your child and that you register and pay for their seats in the class. In an effort to make the class experience a positive one for everyone, we kindly ask that you excuse yourself from the room if your child becomes disruptive.

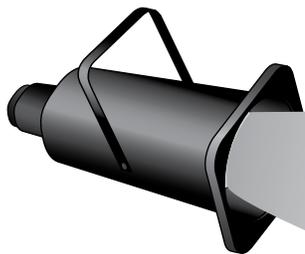
CROP

4/20/13

mob

@ House in the Woods Farm

Sign up at the Co-op Service Desk



Staff Spotlight Alexis Self



This issue, the spotlight is on Alexis Self and is bittersweet. Alexis has been a part of The Common Market since the summer of 2003 and has given her heart and soul to making the Co-op a fun, caring, “walk-your-talk” kind of place. During her tenure, she has occupied the positions of grocery steward, assistant grocery buyer, frozen buyer, produce steward, perishables buyer, demo coordinator, demo and education coordinator, and education and outreach manager. Alexis spearheaded the first series of Crop Mobs for our Co-op and multiple successful Earth Day events. She is an ardent supporter of environmental conservation and organic agriculture. She acts from the heart and manages to translate her love into action.

Alexis is famous around these parts for several of her many endearing traits. Chief among these are her laugh (a hearty laugh that belies her small frame); her sensitivity (she can be relied on to produce tears in a wide variety of situations); her passionate support of the Washington Redskins (no matter how bad the season may be going); her limitless capacity to root and fight for the underdog (the worse the odds, the stronger her resolve); and her flair for flea market- and thrift store-found fashion.

Now Alexis is leaving the Co-op for northern climes and to find her next set of adventures. Staff and customers at The Common Market will miss her greatly. We thank her for her years of hard work and we wish her happiness and success in all she does. Keep on fighting for what’s right, Baby Duck!

Here is a little more about this special gal from the gal herself:

What is your current position and how long have you worked at the Co-op? I am currently the Education & Outreach Manager and I have worked here for almost 10 years.

What brought you to the Co-op? My love of good food and my need of a job. Trickle Springs Organic Chocolate Milk, Donut Peaches and Satsuma Mandarins are probably the “gateway drugs” that led me to the Co-op and now I couldn’t ever live without a Co-op in my life. I’ve become quite the “foodie” over the years.

What are your favorite products? The Common Market’s Produce Department is absolutely wonderful. It never ceases to impress me. With each changing season it offers so many amazing treats!

What do you like best about your job? Short answer: All the food! Long answer: The connection it gives me to the community and all of my amazing co-workers. I’ve worked here for so long that the place literally feels like home. I love so many of the people who shop here, work here, and deliver their products here that the people of the Co-op have become an extension of my family. Watching all the little Co-op children grow up over the years has been such a blessing. I love helping people so the Co-op was a natural fit for me. I also have the privilege of attending the majority of our Community Room Classes; I have learned sooo much. This place is so much more than just a grocery store and it is a beautiful thing to be a part of.

What are your favorite “Co-op Memories”? There are too many to count and way too many to list. Surprising Randy Williams in the produce department on his 70th birthday stands out in my mind. That time that Mark wore the Equal Exchange banana suit and scared Phyllis so bad that she screamed (really loudly and Phyllis is a “soft talker”) is a pretty awesome memory. Serving tomatoes at the Heirloom Tomato Tastings with Ilene, Noah and Jonah Freedman at the front of the store and all the Crop Mobs at House in the Woods Organic Farm are very memorable. Working in the “old store” was full of so many wonderful and hilarious memories: The accents people used on the intercom, the “salsa-veganise” conga line, and anyone who ever shopped while we were stocking the paper goods knows how much fun that was (we kept them on top of the walk-in and they were thrown down to the stocker who waited in the aisle to catch them. Nothing like throwing rolls of toilet paper and paper towels at people to liven things up!) Customers always wanted to play too and something about that stands out in my mind. I’m sure I’m forgetting something really good.

What type of things do you like to do outside of work? Some of my most favorite things include gardening, bird watching, cooking a good dinner, making wine, growing mushrooms, hiking, hunting for wild foods, thrift store shopping and yoga.

What’s your favorite food to make? This varies with the seasons. This time of year I always start to look forward to a simple pleasure; my first heirloom tomato sandwich- toasted bread, Veganise and a thick slice of an heirloom - a bite of heaven!

Do you have a nickname? Christopher in the Bulk Department named me “Baby Duck” many years ago. I was just glad the nickname wasn’t too offensive and over the years it has grown on me.

What do you want to be remembered for having said or done? I would like to be remembered for not taking life too seriously and always laughing.

Do you have a pet that was or is the love of your life? I currently have a very special kitty; his name is Weary Hobo Kitty. He was a stray that showed up at Mark, our Produce Buyer's, farm house. Mark convinced me to take him home and he's not such a weary hobo kitty anymore.

Honey Crisp or Pink Lady? Satsuma or Honey Tangerine? Kale or Collards? Bacon or Sausage? Milk Chocolate or Dark Chocolate? Honey Crisp, SATSUMAI, kale and collards, really crispy bacon and dark chocolate.

This spring marks the end of my time here at The Common Market. I am moving to Ithaca, New York to live with my sweetheart and to experience whatever awaits me. I leave with a mixture of excitement for what is to come and sadness for what I am leaving behind; I am ready to move on, but also wish I could stay forever! So many of my co-workers are also my friends; they are incredibly talented artists and musicians and downright hilarious and kind people. I don't think I'll ever work with such a fun and eclectic bunch again. Working here has been a beautiful and life altering experience and no matter where I go I will always carry a piece of the Co-op in my heart. Thank you for sharing your lives with me and making this place feel like home. Love to you all!

Here is what other Common Market staff said about Alexis:

Chris S., Bulk: I remember when we got in some Wallace and Gromit labeled Wensleydale cheese. Alexis said it was so cute it made her cry. I said to her, "You mean this stuff?" and picked up a piece of that cheese and showed it to her. She said, "Yes" and teared up.

Austin L., Grocery: She's always cheerful and laughing, and you can hear her laugh across the store. Plus, she always asks if she can help out in any way. She's very genuine.

Wanda M., Bulk: I like her engaging smile, her laugh that's heard throughout the store, upbeat personality and her deep caring and commitment to her friends, the earth, its creatures and the people she meets. Extraordinary!

Phyllis W., Grocery: There are a lot of good memories that I have for Alexis but the most recent one was when I sold my house and was moving. It was the last day to be out and I was stressed out. She came over and helped me move items, took items to Good Will for me and kept me from stressing too much about the move. She was a blessing to me that day! She has always helped me when I have asked her too. Plus she was always fun to party with. I will miss her; crying now.

Mark E., Produce: How do you single out a favorite memory from 8+ years? Infinite laughter, piles of good food, the best roommate I ever had...and I should probably mention laughter again. It's a huge part of what I like about Alexis. She's a wonderful, funny, intelligent Duck that I am honored to call my friend.

Tali M. Wellness: We love our Baby Duck! She always has a smile on her face and a happy heart. I always know when she's around because I hear her laugh before I even see her. Always a pleasure to be in Alexis's company.

Zoë B., Marketing: There are not many people in the world like Alexis. If there were, there would be a whole lot of well-fed stray cats and people would spread kindness as a matter of habit. Write it down.

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

Saturday, April 20th 10 am - 1 pm

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.

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 other 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!



St. Patrick's Day Recipes

Recipes contributed by Nick Fitzpatrick, Common Market Café manager.

GUINNESS PIE

People could go lighter on the onions if they want to. Red onions have a sweeter flavor than yellow ones and don't overpower the dish. This dish is onion-centric but the flavor develops well.

- | | |
|---|--|
| 4 Tbsp olive oil | 1 tsp rosemary, ground |
| 4 cups red onion, diced 1/2 inch | 12 oz Guinness beer (room temperature is best) |
| 1 Tbsp garlic, minced | 2 Tbl flour |
| 1 oz butter | 3/4 lb cheddar, grated |
| 1.5 cups carrots, diced 1/2 inch | 1 egg |
| 1 cup celery, diced 1/2 inch | 1 container puff pastry |
| 3 cups Portobello mushrooms, diced 1/2 inch | 2 tsp salt |
| 3 cups button mushrooms, diced 1/2 inch | 1 tsp pepper |
| 2 lbs stew meat, 1 inch cubed | |



1. In large stock pot, heat olive oil and butter on high until butter begins to bubble.
2. Add mushrooms and 2 tsp salt and sauté on high heat until mushrooms release moisture and the moisture is reduced to almost nothing.
3. Add onions, carrots, celery and garlic. Sautee just until onions begin to become translucent (about 5 minutes.)
4. Add beef, rosemary and 1 tsp pepper. Sautee until beef is just turning brown (about 5 minutes.)
5. Add Guinness and flour and stir well.
6. Add water to just barely cover the mixture. Stir well. Bring mixture to boil and then cover and reduce to a VERY LOW SIMMER. Continue on a low simmer for about 30-40 minutes or until beef is tender, stirring occasionally. The stew should become thick enough to coat the back of your spoon.
7. While stew is cooking, remove puff pastry from box. Lightly flour pastry and board and roll out to about 1/2 inch thick.
8. Using the baking dish as a guide, cut puff pastry to the same size as the top of the dish.
9. Remove beef mixture from heat and stir in cheddar cheese. Check for seasoning and adjust salt and pepper accordingly.
10. Pour beef mixture into 9" square or similar size baking dish.
11. Score puff pastry with sharp knife into a diamond pattern. Place on top of filled baking dish.
12. Wisk egg and brush puff pastry with egg before baking.
13. Bake pie in preheated 375°F oven for about 20-30 minutes or until pastry is crisp, puffed and golden. Remove from oven, let stand 10 minutes. Cut and serve.

COLCANNON

Growing up, I remember having a dish similar to this at annual New Year's brunch gatherings at my Uncle Kelly and Aunt Barb's house, as well as from time to time during various family visits. I also had opportunities to taste various versions of this during my travels over the years to the Emerald Isle. I have found that this is sort of like American meatloaf in that there is no one recipe but many really regional takes on it. I really enjoy the addition of a little bit of ham added and I go really nuts with lots of kale. For a variation, some people like to add diced ham. Green onions are also a common variation.

- | | |
|--|--|
| 5 lbs russet potatoes, peeled and diced 1 inch | 1/2 cup warm milk |
| 2 bunches green kale, stems removed and roughly cut into 1-2 inch pieces | 2 tsp salt |
| 1 small yellow onion, diced 1/4 inch | 1 tsp pepper |
| 1/3 lb (one stick plus 2 1/2 tablespoons) butter, melted | 1 Tbsp olive oil |
| | 2 oz butter (kept cold until ready to serve) |

1. Fill stock pot with 6 quarts cold water. Add potatoes. Bring to a boil and cook until fork tender (about 20 min.)
2. While potatoes are cooking, sauté onions and kale in a large skillet with oil until kale is tender and onions translucent.
3. When potatoes are done, drain well and place them in a large bowl or bowl of a stand mixer.
4. Add melted butter, milk, salt, pepper.
5. Whip potatoes on low setting with stand or hand mixture until soft and creamy texture. Do not over mix since they will tend to become tough and gluey. You may add a bit more warm milk if needed to reach texture wanted.
6. Taste for seasoning and fold in onion/kale mixture with a spatula.
7. Serve warm with reserved 2 oz of butter cut into small bits (about 1/8 inch cubes) and sprinkled on top to melt.

Kids' Page

Wheatgrass Caterpillar Planter

Materials:

- Egg carton
- Pipe cleaners
- Glue
- Scissors
- Decorative materials like paint, markers, googly eyes, pom-poms
- 1/8 cup hard red winter wheat berries
- Seed sprouting jar or canning jar with holes poked in lid
- 1 cup of soil



Build Your Caterpillar:

1. Using scissors, separate a line of 4-6 cups from an egg carton.
2. Use glue to attach pipe cleaner as antennae on the front of the carton and a tail on the back.
3. Decorate the body of your caterpillar with paint or markers. Use googly eyes and pom-poms to create a face.

Grow Your Wheatgrass:

1. Place wheat berries in seed sprouting jar or canning jar with holes poked in the lid for easy draining. Rinse and drain wheat berries twice. Then soak wheat berries in 1 cup of warm water. Let the seeds soak for 12 hours or overnight.
2. Drain wheatgrass seeds and rinse thoroughly.
3. Add about 1 inch of soil to egg carton cups and place seeds on top of soil with no spaces between seeds.
4. Water seeds with a spoon thoroughly each day, making sure the soil remains moist. Cover caterpillar with a paper plate or growing tray as shade for 1 day. The seeds should have sprouted about a quarter of an inch. It is now safe to remove the plate and expose your grass to sunlight. Continue to water thoroughly and watch your grass grow.

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What's the Event:

Our "Black T-Shirt Affair" is The Common Market's annual youth 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, is launching an art contest with the purpose of educating young people 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 6th to April 30th, 2013. We will host a special event to open the art show, the Black T-Shirt Affair, in our Community Room on Saturday, April 6th 1-3pm.

Deadline for Entries:

Entries must be postmarked by **Friday, March 22nd, 2013**. Winners will be selected by an independent panel of judges and contacted before the Art Show.

Check out the Artwork:

The Common Market will display the array of colorful and inspiring environmentally themed artwork from April 6th until April 30th.

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.

2nd Annual

Black T-Shirt Affair

Young artists, submit environmentally themed artwork for our Earth Month Art Show!

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:

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

On the back of your artwork, please include which theme your entry is depicting, your name, school, age/grade, zip code, email and telephone number. Also include shirt size as winners may be awarded t-shirts. Entries must be postmarked by 3/22/13.

Contestants must be under 18 to enter.

For more information call 301-663-3416
or visit www.commonmarket.coop

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Random Fun Facts

- The color originally associated with St. Patrick was blue.
- A leprechaun is an Irish shoemaker and originally was said to wear red, not green.
- For more than 40 years, the Chicago River has been dyed green on St. Patrick's Day by an eco-friendly powdered vegetable dye.
- In Australia, rabbits are viewed as pests because of the extensive damage they have caused to land, crops and vegetation. A campaign has begun to replace him with the **Easter Bilby**, which is native to the continent.
- The game known as "jarping" is played on Easter Day with players tapping their opponents' eggs until one breaks.
- Rabbits with floppy ears don't hear as well as rabbits with straight ears.
- In ancient times, purple dye came from crushed Mediterranean shellfish and was extremely rare so it became the color of rulers and kings.



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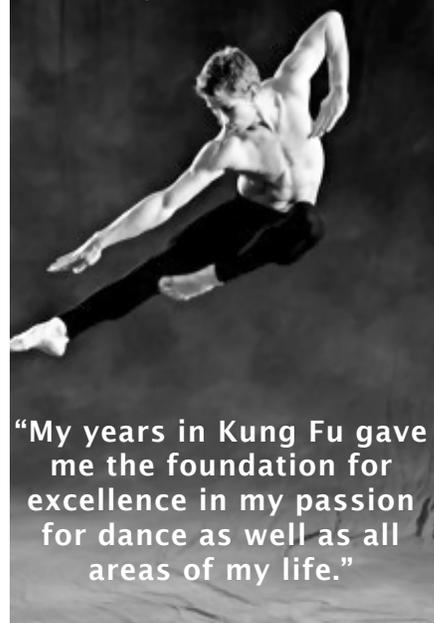
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Growing Up

Kung Fu helps with my concentration -- a centered feeling helps me focus when I am playing violin or painting. **With Kung Fu I feel strong and balanced.** -- Musetta



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