

# the Common MARKET

Co-op News

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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  
Open Daily 8 AM to 9 PM

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**Next Board of Directors  
Meetings**  
Co-op Community Room - 6:00 pm  
Thursday, May 23  
Thursday, June 27



## GENERAL MANAGER'S REPORT

By Sarah Lebherz

GMOs (genetically modified organisms) and food containing GE (genetically engineered) components have been under scrutiny for a number of years and have been given more attention lately with the legislation coming forward regarding labeling and deregulation of certain GE crops. The Common Market supports our shoppers' rights to make informed purchase decisions and remains committed to providing them with the educational resources they need to make the best decisions for themselves. These are some frequently asked questions that we get regarding GMOs:

### What is a GMO?

A GMO is a plant or animal that has been genetically altered by scientists to improve its ability to grow in non-native environments, resist pests, tolerate extreme weather conditions, produce more food (like milk in cows), or show other desired traits. In other words, a GMO is a new version of a food plant or animal created by scientists through genetic engineering techniques.

### What can I do if I want to avoid food containing GMOs?

Look for the USDA certified Organic label, because the organic standards do not allow GMOs in certified organic foods. You can also look for non-GMO claims that are independently verified, such as the Non-GMO Project. Since there is currently no regulated labeling protocol for products containing GMOs, and many companies have yet to test their products, it is difficult to ascertain if GMOs are present in non-organic products. If you are very concerned about consuming GMOs, certain crops have been using GMOs for years and you may want to avoid non-organic foods containing ingredients derived from: corn, soybeans, canola, alfalfa, cotton, sugar beets, Hawaiian papaya, zucchini, and yellow crookneck squash.

### What is the Co-op doing regarding GMOs?

We believe in the consumer's right to know what is in the food you buy and eat, therefore we support the Just Label It campaign, which calls for mandatory labeling of GMOs. We are members of the National Cooperative Grocers Association (NCGA), which is working on our behalf to fight the deregulation of GMOs at the regulatory and legal level. We have also signed a pledge to not knowingly purchase or sell GE salmon or other GE seafood, should they come to market. Our Board of Directors has directed the Advocacy Committee to research GMO labeling and propose actions that the Board should take in support of labeling in Maryland. Further, The Common Market gives preferential purchasing to organic foods, based on availability, thus giving shoppers more non-GMO options.

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.

## Does The Common Market boycott products that may contain GMOs?

The Common Market exists to serve a large and diverse community. We have nearly 4,000 Owners with varied preferences and needs. Instead of pulling products that are the target of boycotts we would rather provide you with resources and tools to make your own informed decisions. We encourage everyone concerned about GMOs to contact your legislators and ask them to support mandatory labeling of GMO foods. We also encourage you to contact manufacturers directly with your concerns.



## What about companies that are owned by larger corporations that contributed to efforts to prevent GMO labeling in California (Prop 37)?

Many organic brands these days are now owned by large conglomerates and this is something that we are not likely to change. This consolidation has both positive and negative impacts. Generally, we believe that more organic is better - for people and the planet - and boycotting brands due to their ownership structure does not serve that goal. However, we would be remiss if we did not express our disappointment in the companies that contributed to prevent Prop 37 from passing. With that said, we have altered our product selection for recent special events and product demonstrations to give preference to those companies that financially supported mandatory GMO labeling and Prop 37. We believe in honoring these organic heroes through more attention at these venues.

## What can I do as a concerned consumer?

- Visit [www.justlabelit.org](http://www.justlabelit.org) and [www.nongmoproject.org](http://www.nongmoproject.org) for more information on GMOs and mandatory labeling.
- Vote with your shopping dollars for those products that are organic or non-GMO verified.
- Contact your legislators.

If you have further questions please contact me at [sarah@commonmarket.coop](mailto:sarah@commonmarket.coop).

The Non-GMO Project is a non-profit organization committed to preserving and building sources of non-GMO products, educating consumers, and providing verified non-GMO choices. Look for the Non-GMO Project Verified seal when you shop, and vote with your fork for a Non-GMO future.

## From Your Board of Directors

### Patronage Rebate Wrap-Up & Future Planning

The Board is happy to thank our Owners for another very successful Patronage Rebate redemption for this year. Thanks to you, over 90% of vouchers were redeemed or donated to our local food bank. Of the \$37,238 in patronage redeemed, \$2,280 was donated to help feed members of our local community.

Patronage rebate redemption is a very important part of ownership, for two reasons: One, of course, is that it is a concrete expression of the cooperative model - the profits of the store are returned to you, rather than leaving the community to go to distant shareholders. This is the ultimate in "recycling" because of how it strengthens our local economy. Two - rebate redemption means that the store does not pay taxes on these profits, which saves the Co-op money.

A major responsibility of the Board is to oversee our Co-op's finances, and manage retained profits in a way that grows the Co-op toward our Ends, expanding the availability of local and environmentally-friendly goods. As we've reported before, the Board is engaged in an education project this year to explore our options for growth. We have been in the store conducting surveys to find out where our shoppers come from - we draw on an unusually widespread base, from Hagerstown to Germantown, from Gettysburg to Martinsburg. Your Board members always enjoy getting to meet and talk with you when we are in the store. We remind our Owners that you are always welcome to contact the Board via email at [board@commonmarket.coop](mailto:board@commonmarket.coop). We always love hearing from you, especially in this important time for the future of the Co-op!

David Cloutier  
Board President

Have you thought about getting more involved in cooperative business?

Do you want to demonstrate your ownership in The Common Market?

Are you passionate about co-ops and a thriving local economy?



# CALL FOR BOARD CANDIDATES

Join The Common Market's Board of Directors and make a Cooperative Difference!

## BENEFITS

- You help direct the future of your cooperative, in the short and long term.
- You collaborate with a great group of committed Co-op Owners.
- You gain a greater understanding and appreciation of what it takes to keep The Common Market a successful store.
- You gain the opportunity to help the Co-op and the cooperative movement to exist and thrive, which in turn helps your community to be stronger and healthier.
- You become an active participant in an extensive network of more than 29,000 cooperatives in the United States today.

## HOW to START?

Learn more about the Board and how you can be involved. Come to one of two informational sessions or a Board meeting; drop in to learn about the Board and talk with Board members:

**Wednesday, June 26, 6:00 PM-7:00 PM**  
**Thursday, June 27, 6:00 -8:00 PM** (Board Meeting)  
**Saturday, June 29, 11:30 AM-12:30 PM**

Get an application from the Co-op Service Desk or [www.commonmarket.coop](http://www.commonmarket.coop) starting June 14.

Submit a completed application by close-of-business July 17.

## DUTIES

- Attend monthly Board meetings, typically the 4th Thursday of the month, 6-9 PM (dinner included.) During October through December, meetings usually occur the 2nd Thursday.
- Attend our Annual Meeting (OwnerFest) in September and the annual Board of Directors retreat. This year's Board retreat is on November 9, 2013.
- Prepare for monthly meetings by studying financial reports, completing monitoring surveys, reviewing general manager information, and other tasks as assigned.
- Serve in the Board capacity at Owner Appreciation Days, participate in committees, and attend regional co-op meetings and other meetings/events as appropriate and as needed.
- Participate in Board Days at the Co-op to communicate with Owners and shoppers while also promoting the value of the cooperative business model.
- Work toward achieving the goals of our Multi-Year Strategic plan, which seeks to expand our Co-op's success and develop partnerships with local vendors and other co-ops.



## Local Business Profile

### Ester's Granola • Back to Basics

What iconic food is most often associated with natural food eaters? Before there was chia, before there was açai, before there was kombucha, there was granola. Granola has long been a bastion of the natural food world due to its inclusion of whole grains, fruits, nuts and other whole ingredients. There are many varieties of granola to choose from, but few are as tasty or made as close to home as Ester's Granola.

Ester's Granola is made by Ester Nae and her husband in Silver Spring, Maryland. The Common Market carries five packaged varieties of Ester's granola: Original Fruit & Nut, Maple Pecan, Peanut Butter, and Gluten Free Original and Gluten Free Maple Pecan; and two flavors in bulk: Original and Maple Pecan. The flavors are made with all natural and some organic ingredients. If you've never tried Ester's Granola, you're missing a quintessential "granola" experience.

We asked Ester to tell us a little more about herself, her business and her wonderful granola. Here is what she said:

**How many people are on your crew?** My husband and I work in the business with the help of our family and friends.

**What do you make?** We make homemade granola in small batches from all-natural, fresh ingredients.

**Who are your customers?** We sell to Co-ops, natural food stores, supermarkets and farmers markets throughout Maryland, Virginia, and Washington D.C.

**Where is your business located?** Our commercial kitchen is located in Silver Spring, Maryland on Brookville Road.

**How long have you been in business?** We have been in business since 2008.

**Is this your sole source of income?** No, this is not my sole source of income; I also work two days a week in a retail store and my husband is an airline pilot.

**How did you get into your business?** I am a cook and I have always worked in the food business and in retail stores. I always wanted to open a small cafe. Granola was a staple in my kitchen, and friends have always loved my recipe, so I decided to start baking on a larger scale and to try selling to markets.

**Where did you learn to make your product?** I came up with my current granola recipe after tasting many different recipes, making changes, and adding ingredients. My collection has flavors that I like and that I think others will like, and I use inspiration from places I have visited and from my childhood memories.

**What can you tell us about your business philosophy?** My business philosophy is that the most important thing is the product. I strive to make a product that has simple, organic ingredients that will be all natural, delicious, and good for you at the same time.

**The best thing about being in your business?** For me, the best thing about my business is hearing from happy customers; when people say things to me like, "Your granola is the best!" I also love when I get into new markets and build new relationships with different communities. The best part of my creative process is when I envision a new granola flavor, work hard to create it, and it tastes exactly like what I want!

**The worst or most difficult aspect about your business?** The most difficult aspect of the business is trying to get into new markets, especially the large chain supermarkets.

**What are some unique challenges that you face?** One of my biggest challenges is finding ways to satisfy all of my customers: people with allergies to nuts,

diabetes, vegans, and more, for whom I am always thinking of ways to make my product work for them. I am always working to improve my product and listening to customers' comments and critiques.

**Most important lesson you've ever learned (relevant to your current profession)? What's the most important piece of advice you'd bestow on a young, would-be food entrepreneur?** If you have a dream, don't be afraid to go for it, to believe in yourself, and to do it even if you hear "no." It is better to have tried and failed than to wonder what if.

**What do you think is the future of good food?** I think that many people today are looking for more healthy foods and are making an effort to get back to basics: growing their own fruits, vegetables and herbs, or buying organic produce, eating home-cooked meals and less processed food.



# Kids' Page

## Mini Bow and Arrows

### Materials:

Scissors or sharp knife  
Popsicle stick  
Q-tips  
Dental floss  
Pens or markers

### Make Your Bow and Arrows:

1. Cut four small notches in the Popsicle stick, two at the top and two at the bottom, on either side.
2. Soak the Popsicle stick in water for at least an hour.
3. Wrap the floss around the Popsicle stick at the notches. Keeping the floss taut, slightly bend the Popsicle stick.
4. Wrap the floss around the other end of the Popsicle stick, making sure the floss is on the same side of the Popsicle stick at both ends.
5. Cut off one end of a few Q-tips.
6. Decorate the Popsicle stick once dry and fire away!



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

COMMON  
COMMUNITY  
COOP  
COOPERATION  
DEMOCRATIC  
EDUCATION  
JUNE  
LEARN  
MARKET  
MAY  
OWNER  
SHOP  
TOGETHER  
VALUES  
VOLUNTARY



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

### Cinco de Mayo in the Raw Fiesta with Raw Chef Chelly

**Saturday May 4th 10:00-12:00 PM OR**

**Saturday May 4th 1:30-3:30 PM**

Join us for a Mexican themed raw vegan feast with authentic flavors from the border. Fresh ingredients, savory spices and refreshing beverage ideas for your next Mexican Fiesta. Come join the fun and don't forget your Sombreros!

Chef Chelly is a passionate raw vegan chef who wants to inspire everyone to eat more raw foods! Raw foods are manufactured for your body with sun energy, minerals and nutrients that fuel your body daily. Living Raw foods provide 100% natural fiber and healing for total health and well-being. As a Certified Holistic Health & Wellness Coach, Chelly helps her clients to achieve a fulfilling life, optimum health and nutritional balance

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

### Living a Balanced Lifestyle with Julie Kaus

**Wednesday, May 8th 6:00-7:30 PM**

Are you unhappy, stressed out, irritable? Don't wait for a crisis to do something about it. This workshop will help you find yourself on your own life map and teach skills to create a more balanced way of living in today's stressful world. You will increase awareness of simple tools to successfully make desired changes and create the life you seek. Walk away with specific steps you can incorporate seamlessly into your daily routine.

Julie is the founder of Living Balanced, an integrative wellness practice that provides psychotherapy, yoga, retreats, wellness programs and nature based activities. She is dedicated to helping students and clients access their innate wisdom and creative energies for growth and healing. She has been in the mental health field for almost 30 years and sharing the gift of yoga since 2003. She currently resides and works in Frederick, MD. Julie is a licensed Clinical Social Worker & Register Yoga Teacher.

**\$15, \$12 for Owners**

### Gluten Free Easy Breezy Summer Entrees

**with Chef Jerree Nicolee**

**Saturday, May 11th 12:00-2:00 PM**

Long, hot summer days are on the way but that doesn't mean spending time in the kitchen has to be a drag! Coming home and getting dinner ready can be brief and delicious with gluten free fish tacos. Or tempt your taste buds with a flank steak you can serve as an entree, or just sliced on a salad of fresh greens. And you don't need a wok to make a scrumptious stir fry that takes minutes to make. Come experience some easy, breezy summer entrees that are gluten free and will leave you full and satisfied with time to play in the sun!

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

### Gluten Free Safe Summer with Becky Spyra

**Wednesday, May 22nd 6:30-8:00 PM**

Summer is a fun time of year we all look forward to. For the Gluten Free community it offers many unique challenges, especially from hidden gluten sources. This class focuses on what those might be and tips to help you stay safely Gluten Free. Strategies for picnics, fairs, parties, BBQs, sporting events, and travel will be discussed. Delicious easy recipes and menu ideas everyone can enjoy along with some great food samples from The Common Market. With a little knowledge and planning you can have a fun summer and not get "glutened!"

Becky Spyra has been living gluten free for over seven years. She teaches a wellness and weight management course in Charles Town, WV and is a certified TLS Wellness Coach.

**\$15, \$12 for Owners**

### Dr. Sears L.E.A.N. Essentials with Crystal Livelsberger

**Tuesday, May 28th 6:00-8:00 PM**

Lifestyle, Exercise, Attitude and Nutrition. This is class is geared towards parents with children ages 3-12 who want to learn simple strategies to enhance their children's health. Learn ways to more actively include your children in healthy decisions. Take home the knowledge and ability to incorporate small changes in your home to help your family become more active and well balanced.

Crystal Livelsberger CNC, CLC of Your Choice Health and Wellness has 16 years of experience in helping individuals and families with having optimal health through teaching holistic health care principles. Crystal's life passion is to educate all she comes in contact with on how to live in harmony with nature and live as healthy as possible.

Class fee includes a take-home booklet and recipes with samples provided.

**\$35, \$30 for Owners**

### Backyard Rabbits for Meat with William Morrow

**Wednesday, May 29th 6:00-7:30 PM**

Looking to become even more self-sustaining but don't have enough room to own cattle? Raising rabbits is simple and economical. Learn what it takes to raise and breed rabbits for backyard meat production. Participants will be introduced to basic rabbit husbandry: housing options, health and hygiene, diseases, breeding, and feeding. The basics of butchering and cooking will also be covered.

William Morrow owns and operates Whitmore Farm in Emmitsburg, MD. Whitmore Farm specializes in grass fed and pastured meats. Whitmore Farm sells its meat to restaurants in Frederick, Washington DC and Baltimore, at Farmers Markets and to The Common Market.

**\$15, \$12 for Owners**

### Raw Food Summer Basics with Raw Chef Chelly

Saturday, June 1st 10:00-12:00 PM OR

Saturday, June 1st 1:30-3:30 PM

Learn to juice for energy, nutrition, meal replacement, hydration and to feel light on your feet. Try dehydrating for travel, storage and creating great carb substitutes. Discover the cleansing foods to enjoy regularly for prevention of illness.

Chef Chelly is a passionate raw vegan chef who wants to inspire everyone to eat more raw foods! Raw foods are manufactured for your body with sun energy, minerals and nutrients that fuel your body daily. Living Raw foods provide 100% natural fiber and healing for total health and well-being. As a Certified Holistic Health & Wellness Coach, Chelly helps her clients to achieve a fulfilling life, optimum health and nutritional balance  
**\$25, \$20 for Owners**

### Gluten Free Ravioli 3 Ways with Chef Jerree Nicolee

Saturday June 8th 12:00-2:00 PM

Come explore the wonderful flavors and combinations of gluten free ravioli you can make at home. The opportunities are endless with pasta you can choose to fill with your favorite seasonal bounty! We will create delicious fillings from a classic cheese with spinach, herb sautéed mushrooms and mashed potatoes. A selection of sauces can make each type of ravioli a different taste sensation!

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

### Intro to Holistic Aromatherapy with Kristine Southworth

Wednesday, June 18th 6:00-8:00 PM

If you missed the last True Aromatherapy class, here's another chance! This is an introductory, "down and dirty" class that packs a lot of information. From a brief history, to where essential oils come from, to how aromatherapy can affect us not just physically, but on many levels. Students will leave with enough knowledge to begin incorporating essential oils into their home medicine kit. You will learn oils for first aid, for various health conditions, for cleaning around the house-and since it's spring-blends for making bug repellent for your body AND your garden, blends for fleas and ticks and more.

Kristine first began exploring using essential oils on her own when traditional medicine failed to help her recover from an injury. She was soon hooked and became a certified aromatherapist through the Institute of Dynamic Aromatherapy over 15 years ago.

**\$15, \$12 for Owners**

### Seafood 101: The Basics of Handling & Preparing Fresh Fish for Health and Flavor with David Campbell

Saturday, June 22nd 12:00-2:00 PM

Are you in a fish stick rut? Do you want to eat more fresh fish, but don't know how to prepare it? This class takes a look at the essentials of selecting and preparing fish in a variety of simple, reliable ways. Take part in this adventure with Dave to gain the confidence to safely handle fresh fish and learn to create satisfying meals rich in health promoting Omega 3s. We will cover basic techniques such as skinning and deboning a fillet of fish, as well as some of the factors that contribute to calling seafood "sustainable." Recipes and samples will be provided, including some that are gluten-free and dairy-free.

Dave has been part of the Co-op since 2005, and spent more than 5 years in the Meat, Seafood, and Cheese Department.

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

#### 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.*

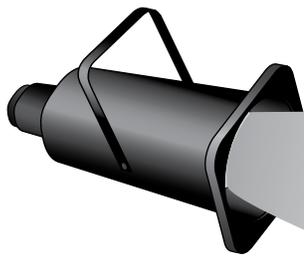
#### Children in the Community Room

*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.*



## Owner Drive May 2013

**Local Starts Here during our May Owner Drive!** The month of May is an opportunity for everyone to share, support and celebrate local businesses and products. New Owners will instantly receive extra goodies and be entered to win one of many locally themed prizes. Are you already an Owner? Share your Co-op passion and refer someone to become an Owner. You, too, will be entered into the raffle. Let's be stronger together with our voices, votes and patronage. Want to know more about Ownership? Stop in to speak with our customer service desk staff or call us at 301-663-3416.



## Staff Spotlight Schuyler Free



Schuyler Free's encyclopedic mind and observant nature make her a natural for the Wellness Department, where she helps customers navigate through this complex department. Her co-workers value her ability to recite relevant facts and random factoids. In addition to information about health and supplements, Schuyler's knowledge of Beatles and music in general is extensive. Also, she's a rock star behind the drum set!

Schuyler has an eye for merchandising and making things look attractive and functional. She also has a knack for bringing in fun new merchandise from local vendors and around the globe. Her sense of humor and fun have contributed to the development of a rich lingo used within the Wellness Department. Personal traits that make Schuyler stand out are her awesome rainbow tie-dyed hippie yoga pants and her adorable munchkin boy, Roan.

### Here is a bit more about Schuyler from the lady herself:

**What is your current position and how long have you worked at the Co-op?** 6 years of service, currently a wellness minion.

**What brought you to the Co-op?** No one else would hire me; I'm also into weird/obscure things. I think it was a good fit.

**What are your favorite products?** Our ridiculous assortment of lacto-fermented beverages, red navels oranges and coconut scented body-care.

**What do you like best about your job?** The people I'm surrounded by, customers and co-workers alike. Being forced to improvise constantly is also fun.

**What are your favorite "Co-op Memories"?** Miss Tali and I sing vintage pop songs to each other; we're very serious about it.

**What type of things do you like to do outside of work?** Make noise (or music), cook, loiter in state parks, incite riots, read non-fiction.

**What's your favorite food to make?** Guacamole, preferably containing sardines and jalapenos. Also cat-head biscuits and fancy tea.

**Do you have a nickname?** Most of them are parodies of my first name, so it's always evolving.

**What do you want to be remembered for having said or done?** Whenever I find a simple solution for someone and they come back and tell me it worked, it makes my day.

**Do you have a pet that was or is the love of your life?** Mr. Friday; he is no longer with us. He had human intelligence and loved to listen to Radiohead.

### Here is what other Common Market staff said they like about working with Schuyler:

**Nicole N., Service Desk:** "She's wonderful; she's always very helpful. She's a wealth of knowledge."

**Rhee L., Wellness Dept.:** "Schuyler is so rare and beautiful. She was the first person I met at the Co-op. She welcomed me here, so I'll always have a warm spot for her."

**Susan H., Wellness Dept.:** "She's a wellness wench word wizard. She has this way with words that's hard to put into words. It's almost like your brain stretches when you talk with her."

**Tali M., Wellness Dept.:** "Schuyler has an innate curiosity and skepticism that leads her to investigate products and get into the biology of how they work. She has excellent judgment about what products to bring in. I trust her completely. I love that I can go on vacation and feel comfortable that everything will be all right."



## 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.**

## Tuning in to the Food You Need

I was fortunate recently to catch up with my friend and culinary visionary Deborah Madison. Deborah helped me develop a food concept that enables us to pair produce by flavor versus nutrition. So if you like sweeter foods, then sweeter vegetables and fruit may be more logical choices for you. Anyway, Deborah and I started talking about taking spin class. She is a newbie spin enthusiast and I am a returning “spinner,” supplementing my love for road biking in the off-season. Deborah talked about how this rigorous form of exercise has reshaped her food choices.

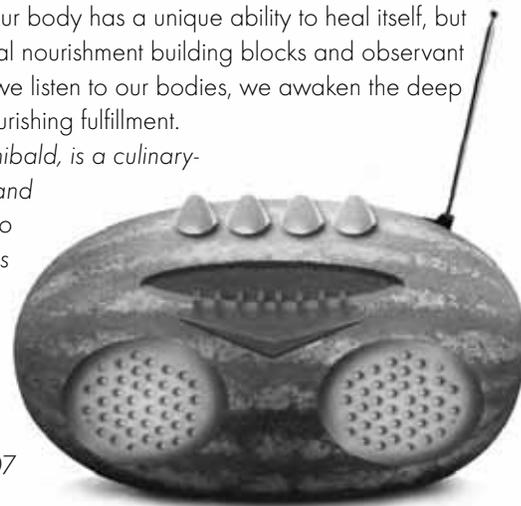
Now you’d think this James Beard award-winning chef-author would be pretty well in touch with her palate. Rest assured, she is. (She is also as beautiful a gardener as chef). But what she was talking about was the fact that this sweat-drenching exercise touched her at a deep level that seemed to wake up her carnal, or maybe genetic need for certain foods. So some days she’d get off the bike and would not need to eat for hours. Other days, she’d want a simple tortilla-based breakfast (She’s in New Mexico!). Other days, for dinner she needed meat. Note the word “needed” versus “wanted.” And trust me; there would be plenty of fruit of veggies accompanying any choice Deborah makes.

What Deborah is referring to, is connecting to an inherent desire to choose foods that are deeply nourishing. It’s as if your body, or your soul or your genes or your cells are telling you “this is what you need to eat so we can do our work.” And this

deep connection is what so many Americans are missing and why our nourishment compasses are simply “off.” Many of us are fundamentally disconnected from what deeply nourishing and flavorful foods taste like. Our palates have been obliterated or de-sensitized by highly processed foods that have been artificially flavored, salted or sweetened. Our senses have been dulled or manipulated by flavor mimics or intruders that manifest as “nourishment,” like a wolf in sheep’s clothing.

I maintain that the further we digress from whole food fundamentals, the more detached we are from the innate needs of our bodies. Once we tune back in to ourselves, through whatever means we need to, our innate nourishment signals become clear. Our body has a unique ability to heal itself, but requires the critical nourishment building blocks and observant self-care. When we listen to our bodies, we awaken the deep connection to nourishing fulfillment.

*Amanda Archibald, is a culinary-nutritionist (R.D.) and founder of Field to Plate. She teaches the visionary Hearth to Health series.  
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## Herbs in the Kitchen Straight From the Garden



This year try planting an herb garden that will complement the foods you like to eat all the time. My gift to you this month is a short list of herbs that grow well locally and the foods they taste best with. It will give you fresh ways to experiment all spring and summer! However, if you want a bigger selection, I highly recommend *Culinary Artistry* by Andrew Dornenburg and Karen Page. This book has very useful lists in it like: what foods are in season when, Flavor Pals – herbs and spices that go well together, foods and the spices they go with and a reverse

look-up with the herb or spice and what foods they work well with, plus common flavorings for various ethnic cuisines. It is a fabulous resource for the home chef.

<b>Chicken</b>	Garlic	Thyme	Rosemary	Basil	Cilantro	Tarragon	Parsley	Savory	Oregano
<b>Pork</b>	Garlic	Rosemary	Parsley	Sage	Fennel	Chiles	Chives	Thyme	
<b>Beef</b>	Basil	Chilies	Chives	Parsley	Oregano				
<b>Tofu</b>	Garlic	Basil	Parsley	Chiles	Cilantro				
<b>Salmon</b>	Basil	Chervil	Garlic	Parsley	Sorrel	Dill			
<b>White Fish</b>	Thyme	Parsley	Cilantro	Chervil	Garlic	Chiles			
<b>Black Beans</b>	Chives	Garlic	Mint	Chiles					
<b>Other Beans</b>	Chiles	Cilantro	Garlic	Oregano					

Most herbs and spices like full sun, well-drained soil and plenty of water. Garlic likes to be planted in the fall and harvest in the spring.

*Lisa Smith is Brand Development Manager at the Neighborhood Co-op in Carbondale, IL. This article is shared through the Cooperative Grocers Information Network.*

## Mother's and Father's Day Recipes

### German Pancakes with Apples

This breakfast treat is gluten free and Paleo diet friendly.

- 6 eggs
- 1 cup unsweetened almond milk
- 2+1 tablespoon coconut oil, melted
- 2 teaspoons pure vanilla extract
- 2 tablespoons + 2 teaspoons pure maple syrup
- 2 tablespoons honey
- 1/4 cup coconut flour
- 1/2 teaspoon baking soda
- 1 + 1/8 teaspoon nutmeg
- 1 teaspoon cinnamon
- 2 apples, cored and chopped
- Juice of 1/2 lemon
- Sea salt
- Chopped walnuts

1. Preheat oven to 425°F.
2. In a medium bowl, whisk together eggs, almond milk, 2 tablespoons melted coconut oil, vanilla extract, and 2 teaspoons maple syrup. Once whisked together, add coconut flour, baking soda, and 1/8 teaspoon nutmeg. Beat together well.
3. Once your pancake batter is whipped up, start on your apples. In a large sauce pan, melt 1 tablespoon coconut oil, and add 2 tablespoons maple syrup, honey, 1 teaspoon nutmeg, and cinnamon, simmering quickly until blended. Add chopped apples to the pan, and spritz with lemon juice. Season with sea salt to taste. Stir to cover apples in coconut-maple-honey-spice mixture, and simmer until apples begin to soften—approximately 2-3 minutes. Remove from heat.
4. Grease ramekins or muffin tins with cooking spray. Spoon apple mixture into the bottom of each ramekin or tin, approximately 2 generous tablespoons, depending on size of apples.
5. Once apples are evenly distributed, pour batter mixture over each cup of apples, until just covered.
6. Top your German pancakes with a few walnuts.
7. Bake for 20 minutes at 425° F, and then reduce heat to 375° F and continue to bake for another 15 minutes.



### Chocolate Strawberry Fool

Accompany this elegant dessert with a plate of delicate shortbread cookies. Blueberries, raspberries, or pitted cherries can be used instead of the strawberries, if you prefer. You can also substitute all or a portion of the whipped cream with low-fat vanilla yogurt or Greek yogurt for a lower fat version.

- 2 ounces semisweet chocolate, finely chopped
- 2 cups sliced fresh strawberries, divided
- 1/4 cup sugar
- 1/2 teaspoon vanilla extract
- 1/2 cup heavy whipping cream, very cold

1. Place 1 cup of strawberries in a small bowl and add the sugar and vanilla extract. Mash the strawberries into small pieces using a fork. Refrigerate for 30 minutes.
2. Pour the cold whipping cream into a cold, medium-sized bowl. Using a beater, whip the cream until it holds stiff peaks. Fold the mashed strawberries and 3/4 of the chocolate into the whipped cream.
3. Using a tablespoon, fill a wide-mouth glass (such as a martini glass or tumbler) 1/3 full with the whipped cream, then top with a layer of sliced strawberries. Repeat with more whipped cream and another layer of strawberries. Top with remaining whipped cream and garnish with chocolate shavings.

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## Sweet Potato and Greens Gratin

A vitamin-rich alternative to scalloped potatoes, this casserole is a hearty accompaniment to roasted poultry or ham, or served atop baked polenta. If you're serving roast beef or turkey, try substituting smoky shredded Cheddar for the Parmesan. You can also make this dish vegan by substituting the heavy cream with non-dairy, unsweetened MimicCreme, and the cheese with **non-dairy Daiya**

### Cheddar Style Shreds.

2 pounds sweet potatoes, peeled and sliced about 1/4-inch thick

1/2 pound kale or Swiss chard

1 teaspoon smoked paprika

1 teaspoon chili powder

Salt

Black pepper

4 tablespoons butter, melted

1 1/4 cups heavy cream

1/4 cup shredded Parmesan or smoked Cheddar cheese

1. Preheat the oven to 375° F, and butter or oil a 9 x 13-inch casserole dish.
2. Wash, shred and blanch the kale or chard for 3 minutes in boiling water; squeeze out any excess liquid. Line the bottom of the casserole dish with half of the sweet potato arranged in a single layer, with slices overlapping slightly. Sprinkle with half the smoked paprika, half the chili powder and a pinch of salt and black pepper. Spread half of the kale or chard evenly over the sweet potatoes. Drizzle with half the melted butter. Repeat with another layer of sweet potatoes, spices, kale or chard, and butter. Pour the heavy cream evenly over the top.
3. Cover with aluminum foil and bake for 30 minutes. Remove the foil, sprinkle the cheese evenly over the gratin, and bake another 10-15 minutes until bubbly and the cheese is just beginning to brown. Serve warm.

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## Grilled Pork Chops with Blueberry Barbecue Sauce

This slightly spicy, slightly sweet and very fragrant barbecue sauce is also a great partner with steak, pork, chicken, or duck. Serve with coleslaw with a citrus-based or creamy dressing, or maybe a mango and black bean salad. Fresh berries and cream are ideal for dessert!

4-6 pork loin chops, bone-in or boneless

2 tablespoons vegetable oil

1/2 cup shallots, minced

2 tablespoons fresh garlic, minced

1 tablespoon ground ginger

1 teaspoon chipotle chili powder

1/2 teaspoon ground cumin

1/2 teaspoon ground black pepper

1/4 teaspoon ground cinnamon

1 cup blueberries

1/2 cup ketchup

1/4 cup rice wine vinegar or apple cider vinegar

1/4 cup brown sugar

3 tablespoons water

3 tablespoons tamari

1 tablespoon stone-ground mustard

1. In a medium-sized skillet, heat 2 tablespoons of the oil and sauté the minced shallots and garlic over medium heat for 3 minutes. Add the spices and sauté 1 minute more. Remove the skillet from the heat and place mixture into a food processor. Add the ketchup, vinegar, brown sugar, mustard, tamari and water, and purée the mixture, then add the blueberries and purée until smooth. Set sauce aside.
2. Lightly brush the grill and the pork chops with a little oil; then season chops with salt and pepper. Grill the chops, covered, for about 6 minutes on each side or until they reach an internal temperature of 155° F. Baste with the barbecue sauce during the final few minutes.
3. Remove the chops from the grill and let them rest, covered, for 5 minutes. Dress the chops with the barbecue sauce and serve with additional sauce on the side.

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## WHAT IS A GMO?

[www.nongmoproject.org](http://www.nongmoproject.org)

A GMO (genetically modified organism) is a plant or animal that has been genetically altered by scientists to improve its ability to grow in non-native environments, resist pests, tolerate extreme weather conditions, produce more food (like milk in cows), or show other desired traits. In other words, a GMO is a new version of a food plant or animal created by scientists through genetic engineering (GE) techniques.



[www.environmentalcommons.org](http://www.environmentalcommons.org)

Some of the plants and animals being created for possible entry into our food system include potatoes with bacteria genes, "super" pigs with human growth genes, fish with cattle growth genes, tomatoes with flounder genes, corn with bacteria genes, and thousands of other altered and engineered plants, animals and insects.

## MORE RESEARCH NEEDED:

[www.organicconsumers.org](http://www.organicconsumers.org)



**HEALTH :** Because it's illegal to test and research GMOs (other than by the patent holder) we cannot determine if and what new diseases may be linked to GM crops/plants. GM plants have additional harmful pesticides, both sprayed outside and bred into them as well, that have zero health benefits to humans or animals.



**ENVIRONMENT :** Cross contamination and "volunteer" plants that get away from farmers' fields are showing up everywhere. Natural plants can cross with GM, creating a new, unpredictable plant. Pesticides are creating "superweeds" that are impossible to control and remove, and creating resistant insects that eventually eat the GM crops anyway.

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-- Ruth

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