



# The **Common Market**

CO-OP NEWSLETTER



**Special Annual  
Report Edition**  
See Insert

**Holiday Recipes**  
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Evergreen Square  
5728 Buckeystown Pike, Unit B-1  
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**Next Board of Directors Meetings**  
Co-op Community Room - 6:00 pm  
Thursday, November 8  
Thursday, December 13



# GENERAL MANAGER'S REPORT

By Sarah Lebherz

Happy Holidays to all! In this issue you will find news related to the upcoming holidays including: Thanksgiving Tastings, Holiday Recipes, and our Co-op Community Room Workshops. In addition, you will find our Annual Report highlighting the Co-op's achievements for Fiscal Year 2012 (July 1, 2011 - June 30, 2012) and the impact that food co-ops have in their communities.

I would like to thank all of our Owners who participated in our annual Board elections this year. In September we had 522 Owners, or 13.8%, cast ballots in the election extending the tenure of two current Board Directors, Patton Allen and James Hanna, and welcoming new Board Director, Maria Acker. Elected Directors will serve a three-year term that will end in 2015. Thank you to Owners for exercising your right to choose your representatives! Also in September, we held our annual OwnerFest and had close to 500 Owners and guests attend and participate in the local samplings, the Annual meeting and our local produce derby races. We were thrilled to see such a great turnout!



Staff member, Einar, dons a sombrero for this year's OwnerFiesta

This past October our Co-op reached a milestone by paying off the final installment of Owner loans that 53 generous Owners invested in the Co-op during our expansion in 2006. Part of our expansion financial package was to raise simple-interest bearing loans from Owners to help offset the higher interest debt we would incur from a commercial lending facility. We raised \$224,000 from Owners with varying term lengths. We have now repaid all the Owner lenders. **Owner loans are a true testament to the viability of the cooperative business model at work. A big thank you goes out to those Owners who helped grow our Co-op for the benefit of many!**

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.



# From the GROCERY Department

## Syrup Happens

Meet Joyce and Travis Miller, owners and makers of Wildwood's Hickory Syrup produced in Berryville, VA, in rural Clarke County. Their unique product is produced in small batches from select hickory bark and still involves the tradition of foraging in the Virginia forests. They prefer to use the bark from the shagbark hickory tree in particular which is shed naturally, so as not to harm the tree in any way, but they use other species of hickory bark as well. No tree is ever harmed in the process. This allows the trees to remain a sustainable resource. Once gathered, the bark is scrubbed clean, roasted much like coffee beans to enhance the flavor, put through a proprietary extraction process, aged, and filtered, before introducing a minimally refined cane sugar (turbinado) to develop its exquisite taste enjoyed the world over.



Hickory syrup is not maple syrup. Hickory syrup has a flavor all its own that is infused with nut, the fragrance of wood, and a touch of camp fire smoke. It does not have an overwhelming sweetness nor an overwhelming hickory flavor. It has a subtle, yet distinctive, hickory flavor that provides for its wide range of culinary uses. Chefs of fine restaurants have discovered its amazing versatility from grilling glazes, marinades, and sauces, to the traditional breakfast applications. The syrup can also be used as an added ingredient in salad dressings, meat glazes, and grilling sauces. The late, great Julia Child, upon receiving a birthday gift of the syrup, used it with bourbon to glaze ribs. You can use it as a sweetener in whipped cream, cake frosting, or even with a little grated ginger on some baked butternut squash. Joyce and Travis tell their customers to "be creative; you are only limited to your culinary imagination."

We asked the Millers about their product and their business, and here is what they had to say:

**How many people are on your crew?** 2

**What do you make/grow/produce?** Syrup from hickory bark

**How long have you been in business?** One and a half years

**Is this your sole source of income?** Yes

**How did you get into your business?** Accidentally. Started at a local farmers market and got noticed by chefs and local markets.

**How did you learn to make your product?** Heard that only two other businesses in the country made it at the time we started, and by trial and error, came up with our recipe.

**Where and how do you get the hickory bark for your product?** We forage in local woods; friends and family help as well.

**What is unique about your product?** There are now only five other producers besides us in the country.

**What are some unusual recipes that you've tried (or have heard of from others) using your syrup?** Sauerkraut salad, mixed drinks

**What can tell us about your business philosophy and/or practices?** Treat every customer alike, like they were your only one.

**The best thing about your business?** Meeting all the folks and sharing our story.

**The worst or hardest thing your business?** Getting people to taste the syrup.

**What are some unique challenges that you face?** Convincing people that we are no different than they are.

**Most important lesson you've ever learned (relevant to your current profession)?** Grow your business slow and steady. Don't be in too much of a hurry to get bigger than what you are ready for. You do have to MAKE it happen, but you also have to LET it happen.

**What's the most important piece of advice you would bestow on a young, would-be syrup-maker?** Make it unique and yours.

**What do you think is the future of good food?** Get back to basics. Have it stay simple and make what was old new again.



**Owner Appreciation Day 2013**

February 21, 22, 23

## Holiday Recipes

### Gluten Free Magic Mini Meatballs

Makes about 25-30 mini meatballs

#### INGREDIENTS

##### Meatballs:

- 1 lb Plainville Dark Ground Turkey or ground meat of your choice
- 1 package Simply Organic French Onion Dip Mix
- 1 egg
- Parsley flakes to taste
- Salt & Pepper to taste

##### Sauce:

- 1 cup ketchup
- 1 cup grape jam or jelly
- 1/3 cup lemon juice



1. Preheat oven to 350°F. Combine meatball ingredients and roll into 1-inch meatballs. Arrange in a glass baking dish in a single layer.
2. Add sauce ingredients together and heat in a saucepan.
3. Pour sauce evenly over meatballs and bake for 45 minutes or until done.

Notes: These can be made ahead of time, partially baked and frozen. If you need to triple this recipe, only double the amount of Simply Organic French Onion Dip Mix and the sauce recipe used.

Recipe adapted from Cooks.com

### Dave's Easier Pie Crust

Makes two 9-inch pie crusts.

#### INGREDIENTS:

- 2 1/3 cups all-purpose flour
- 1 1/4-lb stick unsalted butter (frozen) plus 1 Tbs (not frozen)
- 1 tsp white sugar
- Heaping 1/2 cup of coconut oil (solid but not cold)
- 1 tsp salt
- 1/3 cup plus 2 Tbs ice water



A note about pie crust: The less you handle it, the tenderer it will be, which is the main challenge of a good crust. It's better to have a crust that falls apart a little than one that is tough. Once you add the water, you have to be really sparing with your contact with the dough.

1. Preheat oven to 425°F.
2. Mix flour, sugar, and salt in a large bowl.
3. Working quickly, cut the frozen stick of butter into 1/4-inch (or smaller) pieces.
4. Add butter to dry ingredients and, using a pastry blender or a knife in each hand, cut the butter into the flour. The butter should be cut until it is in pea-sized pieces.
5. Add coconut oil and cut it in as well, working quickly. Continue to cut the mixture until it looks like coarse crumbs with some pieces as large as peas. Do not let mixture soften or begin to clump: it should be dry and powdery up to this point.
6. With your finger or a fork, burrow two cavities into the mixture. Pour 1/3 cup of ice water into the two cavities evenly and quickly cut it into the mixture with a fork or the blade of a spatula. Mix until it is evenly moistened and begins to clump.
7. Press the mixture with a spatula. If it holds together, you've added enough water. If not, drizzle the remaining ice water over the mixture and mix quickly.
8. With your fork or spatula, form the mixture into two equal balls. Wrap separately in wax paper and press into discs. Don't worry about using every last crumb of dough; it's better to use what forms easily than to try to work everything in. Refrigerate for at least 1 hour.
9. Remove a dough disk from refrigerator. Lightly flour a cutting board or other flat surface large enough to accommodate a full pie crust. Starting from the center, roll dough out with even strokes in all directions until it is about 1/8 of an inch thick.
10. Transfer the crust in a pie plate<sup>1</sup> and trim away excess crust from the pie plate rim. Add your pie filling. Repeat step 8 for the second disk if you wish to have a top to your pie. (If you want to have a solid top, be sure to poke a few holes in the top with a fork. You can also cut the second crust into 1-inch strips and make a lattice crust, as shown.<sup>2</sup>)
11. Bake according to the directions for the type of pie you are making, allow to cool, then enjoy your perfect pie crust!

<sup>1</sup> There are several ways to make this transfer; you can place the pie plate upside-down on the dough, slide a thin metal spatula under the dough, and flip it. Perhaps the easiest thing to do is to carefully fold the dough in half and then in half again, put it into the pie plate, and unfold.

<sup>2</sup> You may want to whisk an egg yolk with a little sugar and paint the top crust to make it shiny, then dot the top of the pie with the remaining 1 Tbs butter.

## Simple Wildwood's Hickory Pumpkin Pie

### INGREDIENTS

- |   |                         |
|---|-------------------------|
| 1 9-inch pie crust                        | 3/4 tsp ground cinnamon |
| 2 large eggs                              | 1/2 tsp ground ginger   |
| 1 15-oz can pure pumpkin puree            | 1/2 tsp (kosher) salt   |
| 1 cup heavy cream                         | 1/8 tsp ground cloves   |
| 1/2 cup Wildwood's Original Hickory Syrup |                         |

### DIRECTIONS:

- 1 Set an oven rack in the lowest position and heat oven to 350°F. Place the pie plate on a foil lined baking sheet.
- 2 In a large bowl, whisk together the eggs, pumpkin, cream, hickory syrup, cinnamon, ginger, salt, and cloves.
- 3 Pour the pumpkin mixture into the crust, and bake until the center is set, 60 to 70 minutes. Cool.

\*Recipe courtesy of Wildwood's Hickory Syrup



# Holiday Dinner Specials

## Fresh Local Organic or Natural Turkeys and Turkey Alternatives

*Traveled less than 50 miles to the Co-op!*

**\$1.99 lb**

**Maple Lawn**  
Fresh, Local Natural Turkeys

**\$3.69 lb**

**Koch's Fresh, Local Organic Turkeys**  
*Traveled less than 150 miles to the Co-op!*

**\$4.99 lb**

**Garrett County Farms**  
*Uncured, Natural Spiral Cut Hams - 7 1/2 lbs*

**\$7.49 ea**

**Tofurky Vegetarian Roast**  
*Turkey Alternative*



**To reserve your turkey or ham, please pre-order by visiting the Co-op Services Desk or calling 301-663-3416.**

**No further discount on turkeys and hams will be given at the registers.  
Because our turkeys are not mass produced, we cannot guarantee exact size. While supplies last.**



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### More ways to connect with us!

Last year we expanded into the world of Facebook. In just a little over a year we have gained 1200+ fans and have a very interactive page. This year we are "tweeting." Follow us on Twitter; we plan on having some fun!



# COMMUNITY ROOM EVENTS

## The fifth Cooperative Principle:

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

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

### Edible Landscaping Series: The Mushroom Workshop with Michael Judd

**Saturday, November 3 1:00-4:00 PM**

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

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

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

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

### Demystifying the EmPOWER Maryland Energy Efficiency Act with Roger Munro

**Thursday, November 8 6:30-7:30 PM**

In April of 2008 Maryland enacted the Empower Maryland Energy Efficiency Act with the goal of reducing electricity consumption by 15% per capita at peak demand by 2015, as compared to the 2007 levels. With this legislation various rebates and incentives were established for consumers and a monthly surcharge was added to all residential electric bills. This bill also provides for a free home energy inspection by a Potomac Edison Energy Consultant. Come to this workshop to learn how the program works, how to reduce your energy consumption, and save your money. Appliance and insulation rebate forms will be available along with a list of participating contractors.

ALL those who attend and schedule an FREE energy audit will receive\*:

- 12 CFL light bulbs
- 2 low flow shower heads
- 4 low flow aerators for bathroom sinks
- 1 6 ft piece of hot water pipe insulation for the hot water heater
- 1 surge protector smart power strip

Roger Munro is a contract energy auditor for Potomac Edison Power Company. He has conducted over 400 home energy audits in his career and has given presentations on reducing energy consumption to various community groups.

\*The free items are for Maryland residents whose electricity comes from Potomac Edison Power Company only, as they have been paying the monthly surcharge to receive the free items.

**\$8, \$5 for Owners**

### Raise Your Own Backyard Chickens with Rick Hood

**Thursday, November 15 6:30-8:30 PM**

This is an introductory class to raising a backyard flock covering housing, feed and general care of a small flock of chickens. We will talk about both purchased feed and feedstocks you can use from your household. Basic chicken care and general description of housing will be explored. The harvest of eggs and proper techniques for washing and storing of your eggs will be detailed.

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

### Make Your Own Herbal Medicine for Fall and Winter with Susan Hirsch

**Wednesday, November 28 6:30-8:30 PM**

Herbalist and licensed nutritionist Susan Hirsch will lead you in learning how to make tonics and teas to keep your body well during the cold months and align yourself with the changing seasons. Basic principles of herbal medicine and herbal actions will be discussed, as well as simple lifestyle techniques for optimizing wellness during seasonal temperature and immune challenges.

Learn to make:

- Elderberry immune tonic
- Sinus steams
- Warming fire cider
- Energy balls
- Immune boosting teas

**\$20, \$15 for Owners**

### Parent & Child Class: Building a Gingerbread House with Kendra Varnon

**Saturday, December 1 11:00 AM-1:00 PM**

Who doesn't love building a gingerbread house? Come build your very own with Kendra, our Owner Services Coordinator. Kendra will lead kids through the construction of a Dancing Deer brand Gingerbread Cookie House kit. We'll provide all the fixings for gingerbread house décor and kids will construct and take home their own house. Class cost covers one gingerbread house building kit per paid participant. Parents need to be present with their children for the duration of the class.

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

### Small-Scale Composting at Home with Rick Hood

**Thursday, December 13 6:30-8:30 PM**

*"My whole life has been spent waiting for an epiphany, a manifestation of God's presence, the kind of transcendent, magical experience that lets you see your place in the big picture. And that is what I had with my first compost heap." –Bette Midler*

Composting recycles or "down cycles" organic household and yard waste and manures into an extremely useful humus-like, soil end-product. Ultimately this permits the return of needed organic matter and nutrients into the food chain. Learn about the concept and benefits of composting on a small scale from local organic farmer, Rick Hood.

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

## Coming up in January 2013

### Using Homeopathy: The Basics about this Natural & Effective Medicine with Belle Noorzai from Washington Homeopathics

**Wednesday, January 23 6:30-8:00 PM**

Although homeopathy was developed back in 1794 in Germany and is now used throughout the world, it is still somewhat of a mystery to many people. While many of you may be familiar with common remedies like Arnica or Chamomilla and trust in their efficacy, you may not know how the medicine works or know of other remedies you can also try for your everyday ailments. If you are curious about the principles behind homeopathy and also want hands-on information for using homeopathics in your household, this workshop will provide you with the basics to get started!

Workshop will include:

- Brief history on the system of medicine
- Basic principles of how it works
- Practical applications for its use in your home
- Differences between combinations and single remedies
- Review of common seasonal remedies
- Free samples and literature

Homeopathy offers safe, natural, and effective treatment for a wide variety of everyday ailments for the very young to the elderly. Come and learn how you can confidently use it in your home!

**\$10, \$8 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](mailto:education@commonmarket.coop) for payment options.

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

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.



## Thanksgiving Tastings

### Dinner Tasting

**November 10 • 12-3 pm**

To inspire your Holiday creations we will have Thanksgiving Tastings of dishes perfect for your Holiday table including: Maple Lawn Roasted Turkey with Cranberry Stuffing, Spiral Cut Ham, Savory Herb Gravy, Spiced Cranberry Relish, Rosemary Roasted Butternut Squash, and the Tofurky Vegetarian Roast.

### Appetizer and Dessert Tasting

**November 17 • 12-3 pm**

Get a taste of the pizzazz you can add to your Holiday meal. Appetizer and Dessert Tastings will include: Cheesy Onion Dip, Kalamata Tapenade, a selection of our favorite Holiday Cheeses, Gluten Free Pumpkin Spice Cake, no-sugar Apple Bake and Pumpkin Cheesecake scratch-made by our Café.



## Patronage Rebate Vouchers are coming!

The Common Market had a positive net income for the Fiscal Year 2012 and the Board of Directors has voted to return a portion of the profits to eligible Owners. Any Owner who purchased over \$300 in Fiscal Year 2012 will receive a voucher in early November. Vouchers must be redeemed by 2/7/2013; otherwise the vouchers expire and that money becomes taxable income to the Co-op. For more information, Owners should please read the Treasurer's Report in the enclosed Annual Report.

## Winter Penguin Craft

### Supplies:

- Egg carton
- Black, white & orange paint
- Black & orange construction paper
- Pipe cleaner
- 2 pompoms
- Black marker
- Scissors
- Glue

### Instructions

1. Cut out and trim 3 egg carton segments.
2. Paint 2 of them black and one orange (for the feet), let dry.
3. While drying, cut a beak and wings from the construction paper.
4. Paint the center of the black segments white, for the face and belly.
5. Glue head and body together.
6. Draw eyes with a marker.
7. Glue beak and wings to the penguin and attach the body to the feet.
8. Glue pompoms and pipe cleaner to the penguin's head to make earmuffs.



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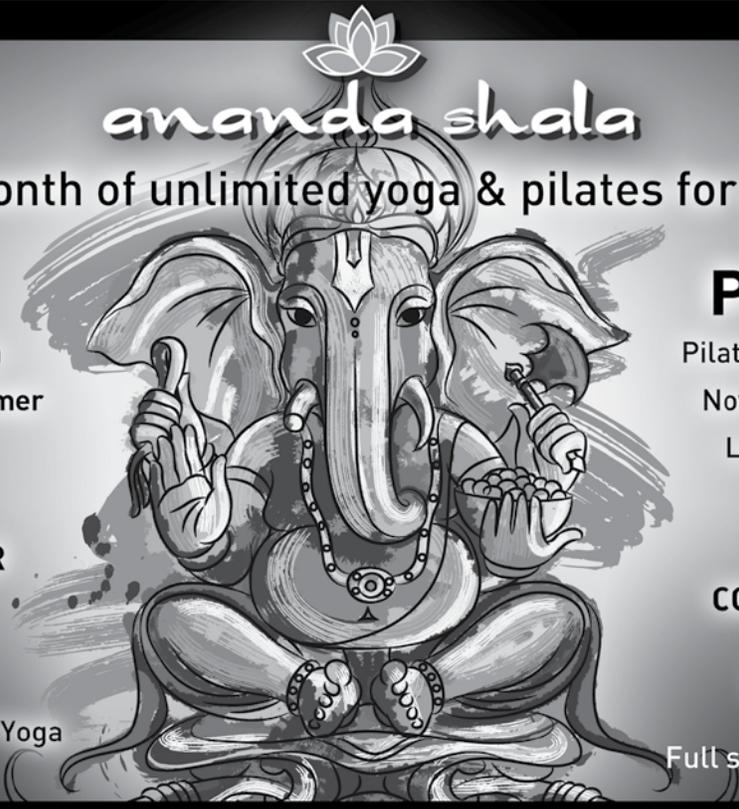
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- Email [GreenHomes@FrederickCountyMD.gov](mailto:GreenHomes@FrederickCountyMD.gov) or call **301.600.1306** to learn more.

### A Sustainable Community Starts at Home!

Frederick County Office of Sustainability and Environmental Resources



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