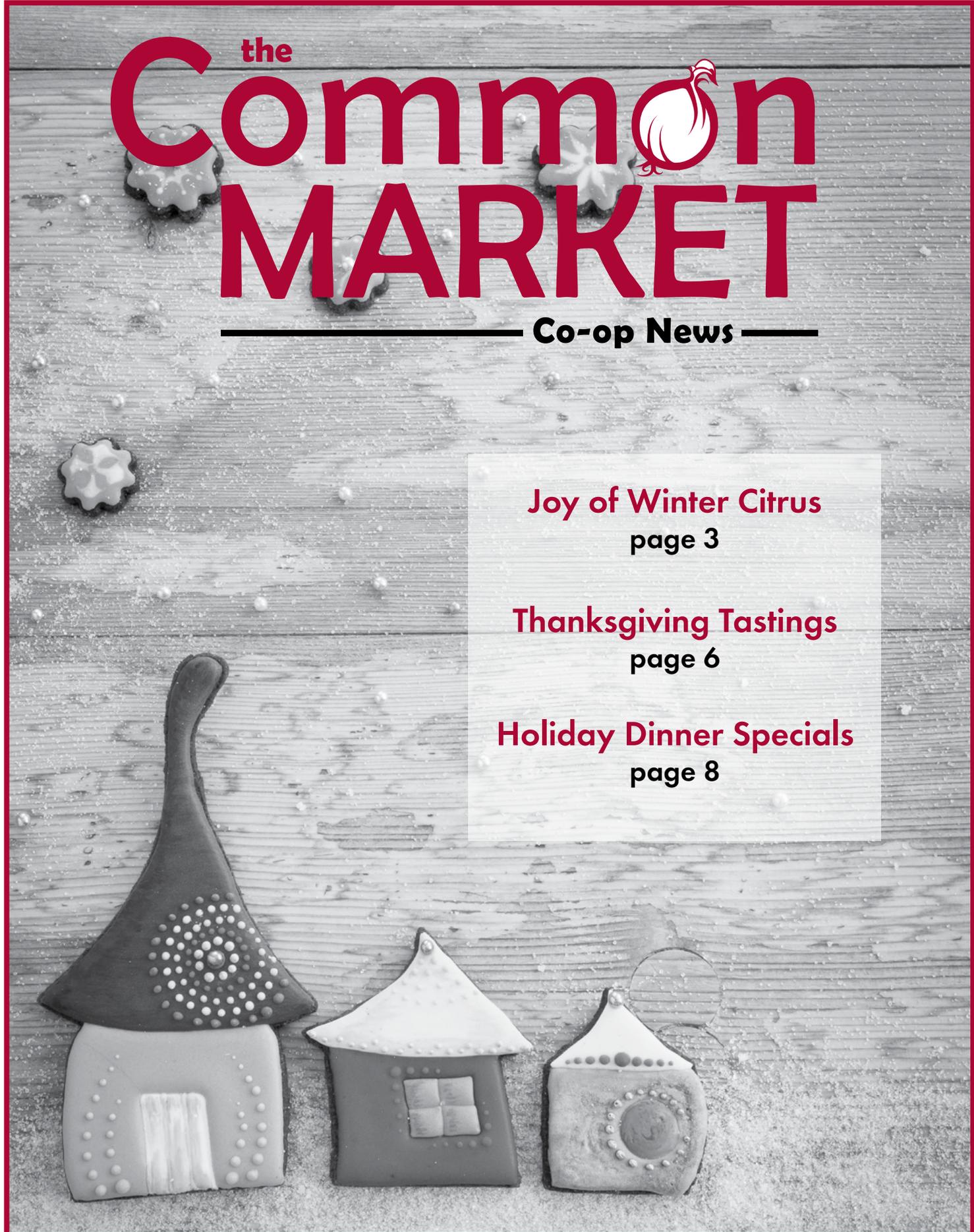


the Common MARKET



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the Common MARKET

eat • shop • learn

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**Next Board of Directors
Meetings**
Co-op Community Room - 6:00 pm
Thursday, November 14
Thursday, December 12



GENERAL MANAGER'S REPORT

By Sarah Lebherz

The holiday season is approaching and this issue of our newsletter includes great recipes, gift ideas, cooking tips and information about upcoming workshops and Thanksgiving Tastings. In addition, read our Annual Report highlighting the Co-op's achievements for Fiscal Year 2013 (July 1, 2012 - June 30, 2013). We are proud to report on the many successes our Co-op has achieved this past year.

I would like to thank our Owners for their recent attendance at our OwnerFest (dubbed OwnerFiesta in the spirit of our Mexican-inspired menu) and participation in our Board elections in September! We had over 500 attendees at OwnerFiesta and close to 400 ballots cast during the Board of Directors election period. Mike Sincevich was elected by Owners to fill one of the three open Board seats. Mike will serve a three-year term that will end in 2016. The two remaining seats were open for Board appointment with appointees serving until September 2014.

I would also like to extend a special thanks to our three departing Board Members: Annette Stefancic, Margie Lance and Jim Jenkins. Annette and Margie were both on the Board prior to and during our expansion in 2006 and provided continuity to the Board during that time of transition and support to many projects including bylaws revisions and calling Owners during our Owner Loan drive. Jim brought more recent energy with his passion for co-ops and engaging with Owners through social media and Board Days. Our sincere gratitude goes to them for their dedication and service!

Patronage Rebate Vouchers are coming! The Common Market had a positive net income for the Fiscal Year 2013 and the Board of Directors has voted to return a portion of the profits to eligible Owners through our Patronage Rebate System. Any Owner who spent more than \$216.15 at our store in Fiscal Year 2013 will receive a voucher in early November. **Vouchers must be redeemed by 2/6/2014**; otherwise the vouchers expire and cannot be used, and that money becomes taxable income to the Co-op. For more information, Owners should please read the Treasurer's Report in the Annual Report.

If you are not an Owner and are excited by the work the Common Market is doing, consider joining the 4,000 consumer-Owners who have shown their support of the cooperative business model. Information on the benefits and how to join can be found by going to our website www.commonmarket.coop, at the Co-op Service Desk or by contacting me at sarah@commonmarket.coop.

Hope your holidays are happy and healthy!

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.



Fresh from the **PRODUCE STAND**

Wintertime, in the Produce Department, means citrus. Citrus fruits provide an impressive array of health benefits. Vitamin C is a key component to rejuvenating the immune system and fighting off common cold symptoms. Vitamin C also enhances iron absorption. Oranges are rich in calcium associated with healthy bones and teeth, and fiber which helps with digestion, helps with balancing blood sugar and reduces cholesterol. It is a testament to nature's boundless wisdom that the peak of citrus season corresponds to the peak cold and virus season.

You will find a diverse selection of citrus guaranteed to add zest to the winter months. Each variety has its own unique taste and purpose when cooking or eating fresh. Given all the abundance of citrus, it's clear that no one should wait for the sniffles to indulge in winter citrus. We invite you to try them all.

Here are a few suggestions for making the most of the season's bounty: Whenever your recipe calls for fresh citrus juice, be sure to use the zest as well. The peel and white inner pulp of citrus contains high amounts of flavonoids which help

protect against viral infections.

The essential oils in citrus peels are mood elevating. For a cheering holiday drink, make hot mulled citrus cider: Combine 2 quarts apple cider, 1 cup orange juice, ½ cup lemon juice, and ¼ cup honey. Stir to dissolve the honey. Cut several wide strips of peel from oranges and lemons using a vegetable peeler. Add peels, 8 inches of cinnamon stick, 8 whole cloves, and 3 slices fresh ginger to cider mixture. Simmer over low heat for 2 ½ to 3 hours, or until it smells so good you can no longer resist. Pour through a strainer or cheese cloth to remove spices before serving.



To preserve, freeze fresh lemon and lime juice in ice cube trays. Once frozen, pop out the cubes, and store in a freezer safe container. Freeze zest in zipper bags. Freeze wider strips of peels to add to recipes or to make marmalade. Try making preserved (salted) lemons, citrus salts, and lemon and lime curd. Flavor vinegars, alcohol, or make candied orange peel.

Here's a recipe that you will want to eat right away. It was adapted from the *Big Sur Bakery Cookbook*.

GRAPEFRUIT PUDDING

(serves 6-8)

- | | |
|--|--------------------------------|
| 3 cups ruby red grapefruit juice | 1/2 cup crème fraiche |
| 1 cup sugar | Grated zest of 2 grapefruits |
| 1/3 cup flour or Jules gluten-free all-purpose flour | 4 eggs, separated |
| 1/2 teaspoon kosher salt | Powdered sugar, for sprinkling |
| 1 cup whole-milk yogurt | Nonstick cooking spray |

1. Adjust the oven rack to the middle position and preheat the oven to 350 degrees F.
2. Coat a 10-inch round baking dish lightly with nonstick cooking spray. Set it aside.
3. Pour the grapefruit juice into a stainless-steel pot and let it simmer over medium heat until it has reduced to 1/2 cup, 15 to 20 minutes. Set it aside until it has cooled completely.
4. Combine the sugar, flour and salt in a bowl and make a well in the center. In a separate bowl, whisk together the reduced grapefruit juice, yogurt, crème fraiche, grapefruit zest and the egg yolks. Pour the grapefruit mixture into the well and whisk to combine.
5. In an electric mixer fitted with the wire whisk attachment, whisk the egg whites until soft peaks form. Gently fold the whites into the grapefruit mixture.
6. Pour the mixture into the prepared baking dish and bake for 20 to 25 minutes, until the top is golden and the pudding is set but still jiggles in the center. Let it sit for 5 minutes before serving. Sprinkle with powdered sugar, and serve while still warm.



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.

Are You Sleepwalking Through Life? with Montgomery Young

Saturday, November 2nd 1:00-2:30 PM

Are you going through the motions but feel distant from what's happening around you? Does your life feel like a never ending to-do list? And, do you have any creative energy left after the to-do list? At times, we get disconnected from people and events in our lives. We call this sleepwalking through life. In this seminar, we will look at how we create a wall that hides both our stress and joy and how we can break down that wall before it overwhelms or breaks us. You will walk out of this seminar with practical ways you can lower your stress, deal with anxiety, and wake up your connection to greater joy in life without spending any more money.

Montgomery Young is a stress coach, a certified Biofeedback Specialist and a Licensed Spiritual Health Coach. Since opening Breathing Space, a unique stress relief center, in 2008, Montgomery has brought his personal experience, open-mindedness, and technical expertise to help others balance stress and enhance their wellness.

\$10, 20% discount for Owners

Small-Scale Composting at Home with Rick Hood

Tuesday, November 5th 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, 20% discount for Owners

Giving Thanks with Raw Food with Chef Chelly

Saturday, November 9th *10:00-12:00 PM OR 12:45-2:45 PM

Make the holidays easier and healthier with raw foods. Come enjoy a healthy, innovative approach to time-honored dishes. While your family members gain the "holiday 15," you can stay slim and trim with a delicious raw meal that will satisfy your holiday taste buds. Raw foods give you energy so you won't feel tired and sluggish after eating. Learn how to "thank" your body while celebrating the season's festivities.

\$25, 20% discount for Owners

*ASL Interpreter provided for the morning class

Raise Your Own Backyard Chickens with Rick Hood

Wednesday, November 13th 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, 20% discount for Owners

Food as Medicine: Cooking with Medicinal Herbs with Susan Hirsch

Tuesday, December 3rd 6:00-8:00 PM

Using medicinal herbs in food brings a whole new light to the phrase "food as medicine." In this class you will learn how to incorporate common and uncommon medicinal herbs into food. Susan will cover the basics of the energetics theory (e.g., hot/cold, dry/moist, etc.), how foods act on and move through our bodies, and how to apply this wisdom using herbs. With this simple theory you can learn how to identify imbalance and how to bring about balance in your body. You will leave with recipes, resources, and happy taste bud memories.

Susan Hirsch is a Clinical Herbalist with a Master's degree in Herbal Medicine from Tai Sophia Institute. She is qualified as a Licensed Nutritionist in the state of Maryland. You can also find her part-time in our Co-op's Wellness Department.

\$20, 20% discount for Owners

Raw Christmas Creations with Chef Chelly**Saturday, December 7th *10:00-12:00 PM OR 12:45-2:45 PM**

End this year with a healthy bang! No guilt, no stress, just delicious food with no after effects. Yes, you really can eat guilt free! Christmas is a great time of year to decide to eat raw. Raw food nourishes your entire body, cleanses and detoxifies your cells, gives you the fiber you need, and makes you beautiful. Change your life for the better by incorporating more raw foods into your diet. Come have a delicious traditional Christmas meal that is 100% organic, raw and vegan.

\$25, 20% discount for Owners

*ASL Interpreter provided for the morning class

Farming for Consumers with Rick Hood**Wednesday, December 11th 6:30-8:30 PM**

From learning the difference between hay and straw, to when synthetic chemicals were introduced to agriculture and why, local farmer Rick Hood will share some of his extensive knowledge about the fascinating world of farming. Learn why so much corn is grown, why vegetables are more expensive than flour, and how crops go from seed to your cereal box. This class will provide answers for people who may not want to farm but are curious about the processes used in growing their food and other farming facts.

Rick Hood owns and operates Summer Creek Farm, a certified organic farm in Thurmont, Maryland. Rick's scope of knowledge is not limited to simply how to grow a great tomato (which is not as simple as it sounds.) His understanding of food policy, economics, and historical perspective makes him an absorbing speaker. Don't miss this opportunity to glean some of the facts behind the food we consume.

\$12, 20% discount for Owners**Parent & Child Class: Building a Gingerbread Cookie House with Kendra Varnon****Saturday, December 14th 10:00 -11:30 AM**

Back by popular demand! Who doesn't love building a gingerbread house? Come build your very own, without having to clean up the mess! Kendra will lead kids through the construction of a Dancing Deer Gingerbread Cookie House Kit. We'll provide all the fixings for gingerbread house décor and kids will create, decorate, and take home their own house. Class cost covers one gingerbread house building kit. Parents will need to be present with their children for the duration of the class.

\$15, 20% discount for Owners**Sweet-Spicy-Salty Edible Gifts with Veggie Annie****Tuesday, December 17th 6:00 -8:00 PM**

Do you need to finish up your holiday gift list? Do you love a kitchen crafternoon? Come to this fun and delicious class! Learn how to make your own customized Caramel Sauce (you'll never purchase commercial caramel sauce again), several different fancy Gourmet Salts, and tiny jars of fiery Harissa. We'll also explore some cute and inexpensive packaging ideas. Generous tastings and take-home recipes are included.

Veggie Annie has been a local caterer for 20 years, cooking local veggies and meat, from farms you know, with a focus on unusually fresh, unusually delicious dishes. She also serves on the Common Market Board of Directors.

\$18, 20% discount 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.



Thanksgiving Tastings!

Do you know what you're making for Thanksgiving dinner? From appetizers to dessert and everything in between, we've got you covered. Let us help with your holiday dinner plans. Find a new favorite recipe; stock up on ideas and ingredients to make your holiday feast special (or to make and take to adorn someone else's.)

Dinner Tasting

November 16 · 11:30- 2:30 pm

Featuring tastings of recipes perfect for your holiday table including Maple Lawn Roasted Turkey with Cranberry Dressing, Tofurky Vegetarian Roast, and Savory Roasted Autumn Delight.

Appetizer and Dessert Tasting

November 23 · 11:30 - 2:30 pm

Get a taste of the pizzazz you can add to your holiday meal with distinctive appetizer and dessert recipes including Candied Garbanzos, Butternut & Roasted Garlic Dip, Raspberry Chocolate Crumb Bars, and much more.



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Divine : Milk or Dark Chocolate Christmas Trees

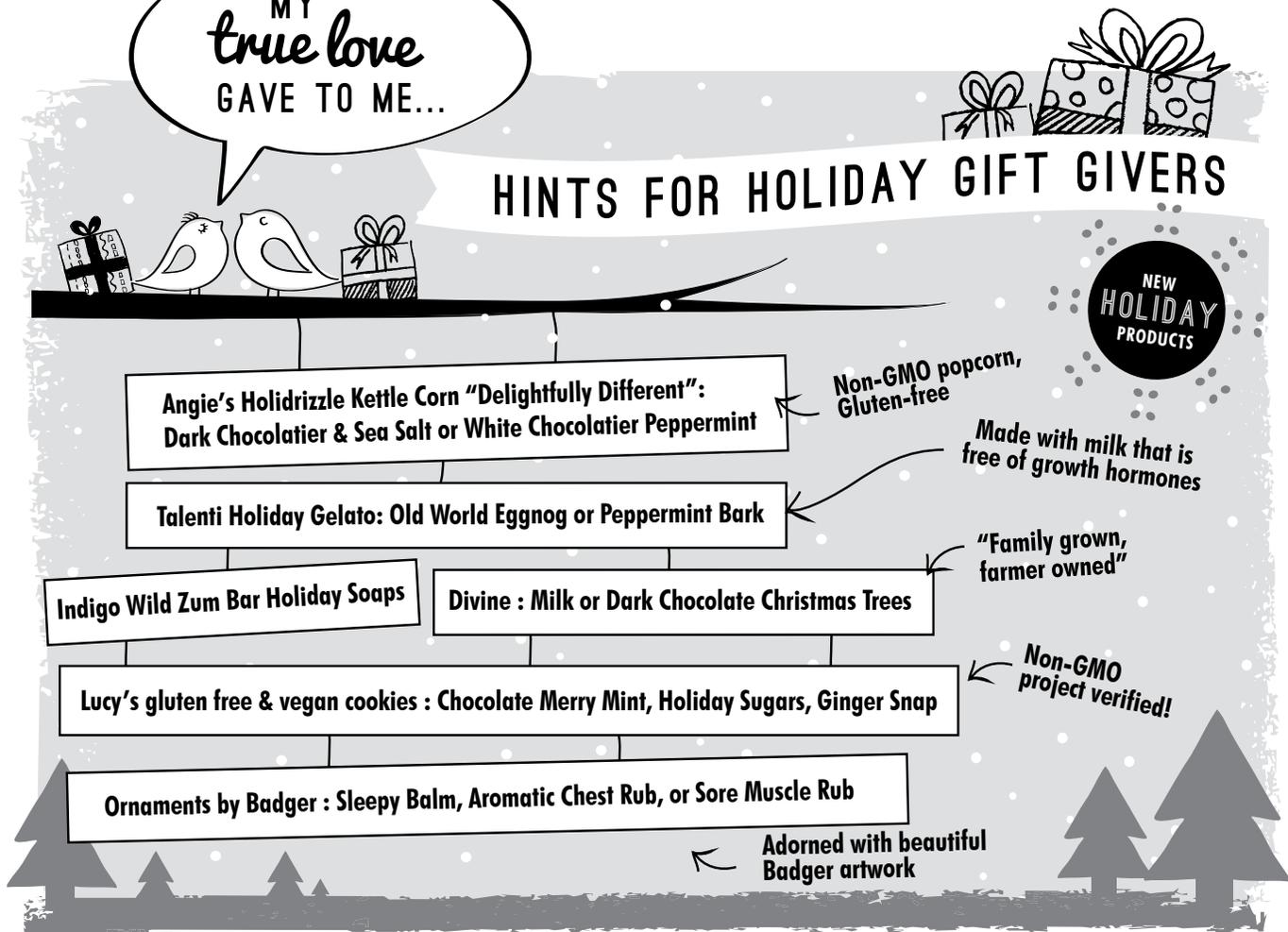
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Common Market TURKEY 101

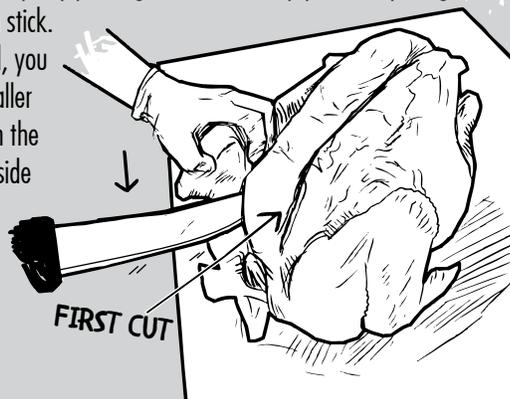
Chris Troxell is the Assistant Manager of the Meat, Cheese, Seafood, & Olive Department. He graciously agreed to spend some time and take us through the basics of a rather unusually named poultry prepping technique.

What is SPATCHCOCKING?

Spatchcocking is your key to a Thanksgiving turkey that takes about 70 minutes from start to finish. No brining, no stuffing, no nothing. The term “spatchcocking” refers to the technique of removing the spine and tailbone of a turkey (or any poultry) and flattening the bird so that it can be cooked faster and more evenly. Some chefs and butchers will go as far as to remove the rib cage and even the breast bone itself, leaving only the leg and wing bones in. In the walkthrough, Chris kept it fairly simple for us and left the ribs and breastbone in.

STEP 1 CUT OUT THE BACK

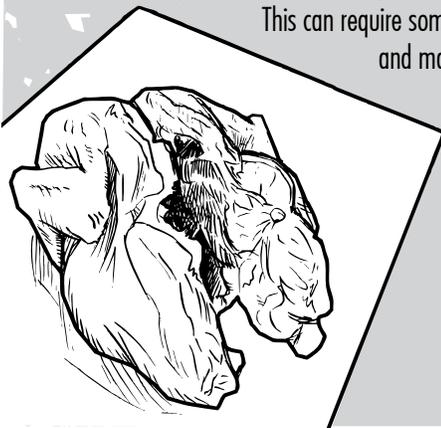
Start with the bird breast-side down, the legs pointed away from you. Using kitchen shears (or a heavy, sharp knife) cut along the outside of the spine on one side, then the other. When you get down to the hip joints, either cut straight through the tail bone, or dislocate the hips by pushing down on the hip joint and pulling up on the drum stick. Once dislocated, you can work a smaller knife in through the joint and alongside the tailbone.



STEP 2 WRESTLING MATCH

Remove the back and tailbone. If you haven't already, take the giblets and the neck out of the cavity. Be mindful of the exposed bones, as they can be quite sharp. Spread the bird out with your hands by firmly gripping either side of your incision and pulling apart.

This can require some strength on your part and may feel something like a wrestling match. When you're done, the cavity should have become 2-3 times larger, making the next step much easier.

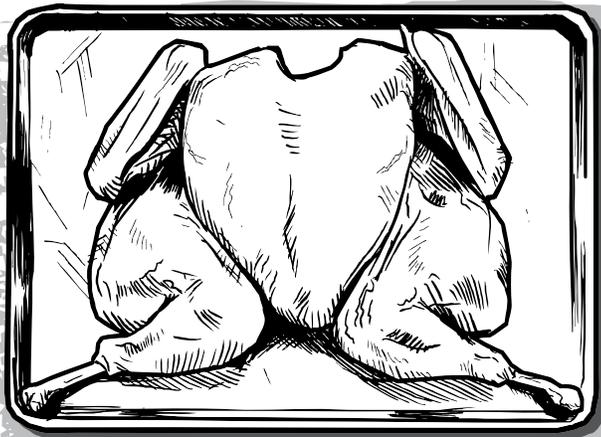


STEP 3 PUT YOUR WEIGHT INTO IT

Flip the bird onto its back for the final component to this process. If the cavity is big enough, you should be able to have the bird spread fairly wide. Press firmly down on the breast bone with both hands. Don't be afraid to put your weight into it. The breast bone will crack (probably loudly) and the bird will then lay pretty flat. It's now ready to be seasoned and cooked in the manner of your choosing.

Find basic cooking and carving instructions on the next page.





STEP 4 COOK THAT BIRD

Once the spatchcocked turkey is laid out flat on a roasting pan, brush it with olive oil, salt and pepper. Roast at 450 degrees F, rotating pan halfway through and basting twice, until an instant-read thermometer inserted into the thickest part of the thigh reaches 165 degrees F, about 1 hour and 10 minutes. Let stand for 20 minutes before carving.

When cooking a spatchcocked bird, there is a risk that the pan drippings will start to scorch. An easy way to avoid this is to add

a layer of chopped vegetables underneath the turkey as it roasts. Use onions, carrots, celery, and thyme leaves, or add other things like parsnips, fennel, or garlic. Not only will these vegetables add flavor to the turkey, their water content will emit enough steam to control the temperature of the pan, preventing any juices from burning. In addition, the vegetables will add flavor to the juices that you will add to make your gravy.

A spatchcocked turkey requires a slightly different carving technique than a bird cooked the traditional way, but the basic approach remains the same: Remove the legs and wings, and then slice the breast meat.

1. Cut Legs from Breast - With a sharp knife, remove each leg by cutting through the turkey where the thigh connects to the breast.
2. Separate Drumsticks and Thighs - At the joint of each leg, cut drumstick from thigh. Transfer thighs and drumsticks to a warm platter. Tent with foil.
3. Cut Wings and Breast - On one side, find the joint connecting wing and breast, and cut through it. Repeat to cut off other wing. Cut breast meat into two pieces, slicing along either side of breastbone.
4. Slice Breast Meat - Slice the breast meat across the grain. Arrange on the platter with the dark meat, and add the wings.

Sources: www.seriousseats.com/recipes/2012/11/butterfiled-roast-turkey-with-gravy-recipe.html
www.marthastewart.com/275257/how-to-carve-a-spatchcocked-turkey#181489

Note: The Meat Department will spatchcock a turkey for you upon request.

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No further discount on turkeys and hams will be given at the registers. Prices are good through 11.27.13. Because our turkeys are not mass produced, we cannot guarantee exact size. While supplies last.



Owner Appreciation Day 2014

February 20, 21, 22

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

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-- Clair (age 21)



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Growing Young

I am over 70 yrs old. Taking Tai Chi with Pat and Patty Hancock has been the most wonderful opportunity for me. I have noticed that my memory is sharper and my body feels stronger. I work with a group of women who are all much younger than I, and just last week they were talking about how healthy and stronger I am compared to any of them, and they range in age from 19 to 60 yrs, so I feel very blessed that I have found Pat and Patty.

-- Ruth

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Before & After
School, 3-11 yrs*
AFFORDABLE RATES
Mon - Fri, 6am-6pm

- ⊗ rich learning experience
- ⊗ small class size; ideal student/teacher ratio
- ⊗ creative, fun, nurturing
- ⊗ outdoor oriented
- ⊗ degreed, licensed teaching staff
- ⊗ strong community life
- ⊗ beautiful outdoor setting with mature trees
- ⊗ naturalistic playground
- ⊗ organic food for all meals & snacks
- ⊗ non-toxic, healthy facility

301-378-0403
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