

# the Common MARKET

Co-op News

HOUSE  
— IN THE —  
WOODS  
FARM

HOMESTEADER  
*of the year*

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# the Common MARKET

eat • shop • learn

Evergreen Square  
 5728 Buckeystown Pike, Unit B-1  
 Frederick, MD 21704  
[www.commonmarket.coop](http://www.commonmarket.coop)  
 301-663-3416  
 Open Daily 8 AM to 9 PM

**General Manager**  
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**Manager of Marketing  
 & Owner Services**  
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**Education & Outreach**  
 Kendra Varnon

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# GENERAL MANAGER'S REPORT

By Sarah Lebherz

On September 28th from 12 noon - 3 pm in our side parking lot, we will hold our Annual Meeting and OwnerFiesta! At OwnerFiesta (also known as OwnerFest) we will celebrate local with a number of our local farmers and businesses sampling their goods. We will also provide a local taco bar (meat, vegetarian and vegan options available) and our traditional cheesy onion dip. Our annual meeting will occur during the event when our Board of Directors highlights the Co-op's achievements for the year, updates Owners on the Co-op's yearend financial status and patronage rebates, and announces the Board election results. **The entire day will be kid-friendly with activities including our popular sweet potato and zucchini car derby.** The Board will offer door prizes to be announced during the annual meeting (must be present to win).

Owners should have received their mailed packets for our annual Board election and invitation to OwnerFiesta. Please review the materials and **return your ballots to the Co-op by September 23rd** (or postmarked by September 19th.)

October is a time to bring awareness to several food issues as the month has been designated: Non-GMO Month, Celiac Awareness Month and Fair Trade Month. During this month we will promote many of our manufacturers that provide quality products that are non-GMO verified, gluten free or contain ingredients that are Fair Trade certified. In support of Non-GMO Month and of GMO labeling we will donate 5% of sales on October 16th to the Non-GMO Project. The Non-GMO Project is a non-profit organization committed to preserving and building the non-GMO food supply, educating consumers, and providing verified non-GMO choices. They believe that everyone deserves an informed choice about whether or not to consume genetically modified organisms. **During October 8th through 29th**, customers may also make donations at the register towards the Non-GMO Project.

**Next Board of Directors Meetings**  
 Co-op Community Room - 6:00 pm  
 Thursday, September 26  
 Thursday, October 24

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.

# OWNERFIESTA 2013

## LIVING LA VIDA LOCAL

This is the event where we gather our Owners together to discuss the current state and future of the Co-op, announce Board election results and to socialize with fellow Co-op Owners.

JOIN US FOR FOOD, MUSIC AND FUN FOR EVERYONE!

SATURDAY  
SEPT  
28TH

IN THE PARKING  
AREA BESIDE THE  
COMMON MARKET

**We will be serving an all-local menu, and many local vendors will be here sampling their goods for you to try. Come meet some of the folks behind the food and join us in celebrating local farms, businesses and another great year at the Co-op!**

### OwnerFiesta Highlights

- Kids' activities including a local produce derby and photo booth
- Owners receive a 10% discount on goods featured at OwnerFest
- Live music by the Yardslippers
- Meet your newly elected Board members
- Fiscal year end results including Patronage Rebate update



## Owner & Equity Drive September 2013

In May we held a wildly successful Owner Drive where we gained 104 new Owners and gave away awesome loot from a dozen local businesses. In an effort to top the success of May's "Local Starts Here" Owner Drive, ~~in September~~ **we are adding an Equity Drive to entice current Owners to pay off the remaining balance of their equity shares.** Your equity share is ~~essential to our existence~~ and an important way to show your commitment to your Co-op and support our continued growth.

For the entire month of September, new Owners will receive instant goodies and automatically be entered into a drawing to win some new, cool locally-sourced booty. Existing Owners have two opportunities to win local swag by referring a new Owner or paying off the balance of their equity. Want to know more about Ownership or your equity share? Stop in to speak with our customer service desk staff or call us at 301-663-3416. Let's work together to support our Co-op, community and health.

## Co-op Education for Social Justice

Many people know of the old idiom, "actions speak louder than words." Yet in terms of living out our religious or spiritual beliefs it is sometimes the words that receive the most attention and recognition.

This disparity between words and action is especially problematic when making the most basic decisions on buying food or other daily use products.

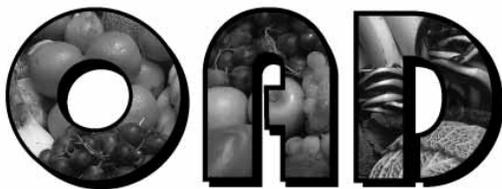
Simply put, how do we know the products we use reflect the values of respecting human dignity and care for the environment? Teaching a Social Justice course at the local Catholic high school, I feel fortunate to be able to address many of these issues and I found the Common Market to be an embodiment of many of the values present in Catholic social teaching.

The units in Social Justice are continually developed and refined to reflect student interest. Some of the central themes of current Catholic social teaching are working with dignity, care for creation, solidarity, and our call to family, community and participation. As part of this unit, students research the products and services they use every day to determine if the things they consume reflect the Christian values of caring for the earth and for each other. In one activity, students have to take one of their meals and track the mileage that their food traveled to get to their plates. So far the lowest recorded distance from my students is 2,500 total miles! One common response I get from students, which I take somewhat as a compliment, is that they would have preferred not to know where their consumer goods came from, especially their food. It was easier to buy a banana, a chocolate bar, or a hamburger without thinking of the hands that prepared it or the conditions of its harvesting, but in discovering this information, my students usually respond by wanting to make more ethical decisions in the future. One student later wrote in a reflection, "I never really sat down and thought about whether the person who made this was suffering or not. It is something I really take into consideration now when I go shopping."

What truly engages the students is when they find opportunities to live out Catholic social teaching in their own community. In taking this idea forward, I contacted the Common Market and arranged for Zoë Brittain and Kendra Varnon to be guest speakers. For almost all of these students, this is the first exposure they have to the concepts of fair trade, cooperative business models or organic food. Zoë and Kendra brought extensive knowledge about the ins and outs of the Common Market and provided plenty of literature about cooperatives and their mission statement. And of course, the students appreciated the samples of tea and chocolate they passed out at the end of our discussion. Student feedback the next day was overwhelmingly positive. After the first visit, one student exclaimed "cooperative business models rock!" Another student commented, "They seem more like a family than a business." These visits from Zoë and Kendra have gone so well that I am planning a field trip and workshop in the community room so the students can tour the market and hopefully try some new and exotic food.

As a teacher it is always wonderful to witness the "ah-ha!" moment from students. It's as if they reach new understandings right before your eyes, and I have found that introducing students to the Common Market has been effective in achieving this. Students always come away with different resolutions, whether it is to investigate the benefits of organic food or to research the products they use. Either way, they leave the visit with a worldview that's a little bit wider.

*Tim Van Schaick is a teacher of Social Studies/Theology Department at Saint John's Catholic Prep in Buckeystown, MD.*



### Owner Appreciation Day 2013

October 24, 25, 26

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



# THE SCOOP

## Beans, Beans, Beans

Beans can add exciting new tastes and textures to your meals. Historically, beans have been an important part of the world's food supply. They are regaining popularity as people discover how useful beans are in improving our diets, stretching food budgets and expanding mealtime options.

Beans are an excellent source of protein, carbohydrates, fiber, B vitamins, calcium, iron and other essential minerals. Most are low in fat and high in soluble fiber, which can help lower cholesterol levels. Beans are richer in protein compared to other plant foods.

*Reprinted by permission from StrongerTogether.coop. Find articles about your food and where it comes from, recipes and a whole lot more at [www.strongertogether.coop](http://www.strongertogether.coop).*



### Veggie Annie's Really Boss Refried Beans

Feel free to use any kind of beans, in any quantities, for this DELICIOUS process.

(And just a note here: the key to "The Bean Issue"? Just eat MORE beans. Really. Now, let's stop talking about it, ok?)

Soak two of cups of beans overnight, in lots of water. Drain, and rinse till the water runs clear. Put them in a big pot with fresh water, and throw in a piece of kombu, to increase digestibility. (Kombu is a sea vegetable. Don't you love that seaweed got itself a good PR person? I imagine her saying firmly, "Ok, now. 'Seaweed' is out of the question. You're a sea VEGETABLE, honey.")

Put the beans on to cook, over high heat. Stir a few times. Don't add a speck of salt - this isn't pasta. Bring to a boil, and turn down to a simmer. Cook, adding water if it gets low, for an hour, or maybe more. Black, white, pinto and adzuki beans usually take an hour-ish, garbanzos take more time, and soybeans take ages. Test a few beans after an hour, and see if they mash in an easy and satisfying way.

When they're done, drain and rinse them again.

Meantime, in your big cast-iron skillet, over medium-

low heat, melt a few tablespoons of coconut oil, and add chopped-up onion and sweet pepper, and cook them for maybe 20 minutes. (Add hot pepper for spicy refried beans.) When the veggies are VERY soft and melty, add chili powder, sea salt, black pepper, cumin and dry mustard, and cook the spices for about a minute. Add your tender, falling-apart beans to the skillet, and using a potato masher/big metal spoon, stir, mash, and cook for 20-30 minutes, tasting frequently. You've got refried beans!

You can eat some of these scrumptious beans, and freeze some in a zip-top bag (smooshed flat for quicker defrosting) for another day. Spread them on a wrap with some fresh greens and avocado; make nachos with blue corn chips, grated cheese and salsa; serve a delicious trio of beans, cooked rice, and roasted corn salad.

*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 serves on The Common Market Board of Directors. Annie can be reached at 301-401-0913, or [veggieannie1@gmail.com](mailto:veggieannie1@gmail.com)*



# Fresh from the PRODUCE STAND

Let's talk Squash. From a botanical standpoint, squash are fruits as they contain their seeds. From a culinary standpoint, we generally file squash under the vegetable category. Squash fall into two classifications, summer squash and winter squash.

The term "summer" and "winter" for squash are only based on current usage, not on actual availability. "Summer" types are on the market all winter; and "winter" types are on the markets in the late summer and fall, as well as winter. This terminology dates back to a time when the seasons were more crucial to man's survival than they are now. "Good keepers" became known as winter vegetables if they would "keep" until December.

Let's take a closer look at the incredibly versatile winter squashes. Winter squash comes in shapes round and elongated, scalloped and pear-shaped with flesh that ranges from golden-yellow to brilliant orange. Most winter squashes are vine-type plants whose fruits are harvested when fully mature. They take longer to mature than summer squash (3 months or more) and are best harvested once the cool weather of fall sets in. Because they stay on the vine longer, winter squash tend to be considerably higher in nutritional value than their summer counterparts. They can be stored for months in a cool basement.

Every part of the squash plant can be eaten, including the leaves and tender shoots, which can be cooked in omelets or made into soup. The seeds can be ground into paste, pressed

for oil, eaten raw, toasted or roasted. Squash flowers can be eaten raw or fried.

The different varieties of winter squash may be substituted for each other in many squash recipes. Winter squash are packed with antioxidants and vitamins (and have no fats), and can be prepared sweet or savory. Be creative and try different types of winter squash!

## Some of the most popular types of winter squash available:

(Note: Photos of the squash varieties not included since

many squash do not represent well in black and white.)



**Acorn Squash** - As its name suggests, this winter squash is small and round shaped like an acorn. One of my favorite baking squashes, it's easy to slice into halves and fill with butter. A small acorn squash weighs from 1 to 3 pounds, and has sweet, slightly fibrous flesh. Its distinct ribs run the length of its hard, blackish-green or golden-yellow skin. In addition to the dark green acorn, there are now golden and multi-colored varieties.

**Butternut Squash** - Beige colored and shaped like a vase or a

bell. This is a more watery squash and tastes somewhat similar to sweet potatoes. It has a bulbous end and pale, creamy skin, with a choice, fine-textured, deep-orange flesh with a sweet, nutty flavor. Some people say it is like butterscotch. It weighs from 2 to 5 pounds. The oranger the color, the riper, drier, and sweeter the squash. Butternut is a common squash used in making soup because it tends not to be stringy.

**Buttercup Squash** - Buttercup squash are part of the

Turban squash family (hard shells with turban-like shapes) and are a popular variety of winter squash. This squash has a dark-green skin, sometimes accented with lighter green streaks. **Has** ~~e~~-sweet and creamy orange flesh. This squash is much sweeter than other winter varieties. Buttercup Squash can be baked, mashed, pureed, steamed, simmered, or stuffed and can replace Sweet Potatoes in most recipes.

**Carnival Squash** - Cream colored with orange spots or pale green with dark green spots in vertical stripes. Carnival Squash have hard, thick skins and only the flesh is eaten. It is sometimes labeled as a type of acorn squash. The delicious yellow meat is reminiscent of sweet potatoes and butternut squash and can be baked or steamed then combined with butter and fresh herbs. Also great in soups.

**Delicata Squash** - This is one of the tastier winter squashes, with creamy pulp that tastes a bit like corn and sweet potatoes. Size may range from 5 to 10 inches in length. The squash can be baked or steamed. The thin skin is also edible. The delicata squash is actually an heirloom variety, a fairly recent reentry into the culinary world. It was originally introduced in 1894 and was popular through the 1920s. Then it fell into obscurity for about seventy-five years, possibly because of its thinner, more tender skin, which isn't suited to transportation over thousands of miles and storage over months.

**Fairytale Pumpkin** - This variety originated in France and its true name is Musque de Provence. It is deeply ribbed and has a very smooth hard surface with a deep mahogany color. It is fine grained and well suited for pies. The deep orange flesh is very rich flavored, sweet, thick, and firm.

**Blue Hubbard Squash** - The extra-hard skin make this one of the best keeping winter squashes. These are very large and irregularly shaped, with a skin that is quite "warted." They range from big to enormous, have a blue/gray skin, and taper at the ends. Hubbard squash is often sold in pieces. The yellow flesh to be very moist and longer cooking times in the oven are needed. They are generally peeled and boiled, cut up and roasted, or cut small and steamed or sautéed. It's perfect for pies.

With regard to storing whole squash, less rot will develop in the Hubbard squash if stems are completely removed before storage. Hubbard squash and other dark-green-skinned squashes should not be stored near apples, as the ethylene from apples may cause the skin to turn orange-yellow.

**Kabocha Squash** - Kabocha is the generic Japanese word for squash, but refers most commonly to a squash with hard, knobby-looking skin, dull-finished, deep green skin with light colored stripes and an intense yellow-orange colored flesh. It is popular for its strong yet sweet flavor and fluffy, chestnut-like texture. It is delicious sliced into rings or wedges, drizzled with olive oil, and roasted until tender.

**Long Island Cheese** - This heirloom is widely remembered as a great pie squash by people in the New York & New Jersey area. It was prominently used throughout the 1800s. Its coloring and flattened shape suggests a wheel of cheese - thus the name. It has a deep orange moderately sweet flesh and a long storage life (up to a year out of direct sun!).

**Red Kuri** - Red Kuri is a teardrop-shaped "baby red Hubbard" style fruit. They have orange to red, smooth-textured flesh. Full-flavored, sweet and very fond of butter and fresh herbs, red kuri squash is a perfect ingredient for a variety of soups, stews and casseroles. Its flavor is sweet and nutty, reminiscent of chestnuts. They are good for pies and purees because specks of skin (being red) will not show. Red Kuri is also excellent for roasting. Its seed cavity is ideal for stuffing.

**Spaghetti Squash** - A smaller variety which ranges in size from 2 to 5 pounds or more. It has a golden-yellow, oval rind and a mild, nutlike flavor. The yellowest Spaghetti squash will be the ripest and best to eat. Those that are nearly white are not very ripe. Although it may seem counterintuitive, larger spaghetti squash are more flavorful than smaller ones. To prepare spaghetti squash, cut the squash in half lengthwise and remove the seeds. Then bake or boil it until tender. Once cooked, use a fork to rake out the "spaghetti-like" stringy flesh (all the way to the rind), and serve. Spaghetti squash also freezes well.

**Sweet Dumpling** - Sweet dumpling winter squash are a round dainty perfect single serving size. It has a very sweet, tender golden orange flesh and is terrific for an individual stand-alone entrée or for stuffing. Very similar in taste to the Delicata. If they don't sit perfectly level just trim a bit of the bottom off before baking.

**Sweet Meat** - This slate gray heirloom variety has flesh that is finely textured, with a sweet, delicious flavor. Sweet Meat squash can grow to 10-15 lbs. and often found in stores cut into pieces. Sweet Meat's creamy dense texture and its rich, buttery and distinctive flavor make this one of the most popular winter squashes for eating.

**Find cooking tips and recipes on our website at [commonmarket.coop](http://commonmarket.coop) on our Food page.**

*Much of this article appears courtesy of Linda Stradley and her website, What's Cooking America, at <http://whatscookingamerica.net>.*

#### Sources:

What's Cooking America, [whatscookingamerica.net/squash.htm](http://whatscookingamerica.net/squash.htm)

All About Pumpkins, [allaboutpumpkins.com](http://allaboutpumpkins.com)



# 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.**

### Heart Healthy Mediterranean Cooking with Shakera Halford

**Saturday, September 7th 12:00-2:00 PM**

Research has shown that natives of Greece and Southern Italy have a 90% lower rate of heart disease than Americans and the highest average life expectancy. With its emphasis on fresh, minimally processed foods, low-fat complex carbohydrates and unsaturated fats, the Mediterranean diet reflects nutritional principles that promote overall well-being and prevent chronic disease, MayoClinic.com notes. Join us to learn what the Mediterranean diet entails and the benefits of incorporating Mediterranean style dishes into your life. Tantalizing tastes of Mediterranean cuisine and recipes will be provided.

Shakera Leigh Halford is the founder of Allure Image Consulting; she is beauty professional, and nutrition & wellness enthusiast.

**\$20, 20% discount for Owners**

### Nutrition and Herbs for Brain Health with Susan Hirsch

**Wednesday, September 11th 6:00-8:00 PM**

Do you feel like your brain is not working like it used to? Are you starting school again but your brain is still on vacation? Are you interested in protecting yourself from genetic risks or damage from infections? Come learn how your brain works and how to support it. In this class we will explore foods, herbs, and lifestyle activities that can help to optimize brain function. Learn about the physiology of the brain, the gut-brain connection, and how to encourage neurotransmitter balance. You will leave with a toolbox of brain supportive components to use and knowledge of brain zapping components to avoid. We will have a small tasting menu of brain-friendly foods and herbs.

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, 20% discount for Owners**

### Money and the Meaning of Life: A Workshop with Bert Gold

**Thursday, September 12th 6:30-8:30 PM**

How will you measure success and happiness in your life? Does your life reflect your uniqueness and individuality? Your creativity is your ticket to fulfillment. Clear identification of your abilities will lead you to your goals. This workshop is aimed at helping you find your way to a better job, a better career, or beginning a business while staying true to who you are. We will discuss how our community exchanges talent for money and how you can make the most of it.

Bert Gold is a Ph.D. geneticist who has been involved in several biotech start-ups and is co-owner of Plato's Closet Frederick, a lightly used retail clothing business. For the past year and a half, he's been running a peer support group for people from many walks of life seeking new or better jobs, or interested in starting businesses.

**\$12, 20% discount for Owners**

### Supporting Cancer Treatment & Recovery Naturally using Essential Oils with Maria Littlefield

**Saturday, September 14th 1:00 - 2:30 PM**

Take a natural approach to cancer: before, during and after. Cancer begins at the cellular level - the normal orderly process of new cell generation and programmed cell death is disrupted. Cells receive misinformation from many areas of our lives that we can have influence on. Learn how to create an environment where cancer cannot live, why reducing inflammation is critical and various methods of support post diagnosis. Free essential oil sample for all registrants.

Maria gained a great knowledge of the plant kingdom through her studies in Horticulture at the University of Maryland. She has, more recently, immersed herself in the study of the powerful effects of essential oils and is certified in the Aroma Touch Technique, a clinical approach to essential oil application.

**\$12, 20% discount for Owners**

### Flights & Bites at Flying Dog Brewery with Tim Lake (OFF-SITE)

**Tuesday, September 17th 6:00-8:00 PM**

We're teaming up with Flying Dog Brewery to bring you the educational experience you've been waiting for - beer and cheese. Come hang out with Tim at Flying Dog Brewery and learn how to pair beer and cheese together to make the perfect complimentary duo. In addition to tasting 5 different beer and cheese pairings, you'll also get to take home a free Flying Dog Goblet and a Common Market Eco-Can Coolie. Tickets must be purchased online. To register please go to [www.flyingdogtix.com](http://www.flyingdogtix.com) and click on Flights & Bites.

Tim Lake is a connoisseur and lover of beer and cheese alike. Formerly of The Common Market Cheese Department, he currently holds beer and cheese pairings in DC as part of his work for Cowgirl Creamery.

**\$25**

### Reflexology and Aromatherapy with Amye Clark

**Wednesday, September 18th 6:00-8:00 PM**

Unlock powerful healing experiences by combining Reflexology with Aromatherapy. Feet reveal a lot about past and present health conditions. Imbalances within the body can be detected by sensitivities in the feet because there are reflexes in the feet that connect to every part of the body. Reflexology is a non-invasive therapy that stimulates these reflexes to restore balance and health. Aromatherapy is another healing art that can communicate with all body systems. Learn how to recognize areas of congestion in your body and how essential oils, in combination with reflexology, can be potent aids in the balancing of the body.

Amye Clark is a certified Reflexologist and a certified master Aromatherapist. She has studied Traditional Chinese Medicine, Medical Qi Gong, and Acupressure.

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

### Raw Superfood Creations with Chef Chelly

**Saturday, September 21st 10:00-12:00 PM OR \*12:45-2:45 PM**

Raw Superfoods may have amazing benefits like stabilizing blood sugar, balancing hormones and even reducing sugar cravings. Superfoods come in a variety of forms like powders, fruits, vegetables, chocolate, grass, juice, nuts and seeds.

Superfoods can be added to smoothies, salads, spice mixes and incorporated into snack bars. Learn how to pack in the nutrients (or sneak them in, if you have to) in the first Raw Superfoods class at The Common Market.

Chef Chelly is a passionate raw vegan chef who wants to inspire everyone to eat more raw foods! As a Certified Holistic Health & Wellness Coach, Chelly helps her clients to achieve a fulfilling life, optimum health and nutritional balance.

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

\*ASL Interpreter provided for the afternoon class

**Awakening to Ayurveda with Susan Wies-Bolhen**

**Saturday, October 5th 6:00-8:00 PM**

Ayurveda, the 5,000 year old Indian science of health and healing, may be your key to finding balance in all areas of life. Through Ayurveda you can learn to: rid your body of physical and emotional toxins; sleep deeper and wake refreshed; create a doable routine to rejuvenate you on a daily basis; eat for balance; find clarity of being; be happier! Learn the basics of Ayurveda and how to create an Ayurvedic lifestyle. We will also talk about food and how to create an Ayurvedic nutrition plan just for you.

Susan Weis-Bohlen is a Chopra Center Certified teacher and Ayurvedic consultant. Susan also teaches and speaks about Ayurveda around the region including the University of Maryland School of Medicine. She owns and operates Breathe Bookstore Café in Baltimore.

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

**Eat Right for Your Blood Type with Dr. Erin Kinney**

**Wednesday, October 9th 6:00-8:00 PM**

The type of blood your heart has been pumping all your life could dictate which foods will decrease your risk for heart disease, diabetes and other chronic illnesses. In fact, your blood type and its relationship with your body could also be responsible for those extra pounds you can't seem to lose! In this class you will learn some of the science behind why certain foods are beneficial for one blood type and potentially harmful for another.

Dr. Erin Kinney is a Naturopathic Doctor who studied and worked with Dr. Peter D'Adamo (the founder of the blood type diet). She has used this diet with the majority of her patients and seen tremendous results.

**\$12, 20% discount for Owners**

**Modern Homesteading 101 with Ilene Freedman**

**Thursday, October 10th 6:00-8:00 PM**

What is Modern Homesteading? How do I begin to learn the skills it would take to call my household sustainable or self-sufficient? Join Ilene Freedman of House in the Woods Farm in an evening of contemplating what it takes to head down this path. Ilene will share the House in the Woods story to inspire your own path to sustainability. Ilene will share her family's tips, challenges, and lessons learned along the way. We will end with plenty of Q&A and an opportunity to network with others in our community who are working toward similar skill-building goals.

The Freedman family was selected by Mother Earth News as one of six 2013 Homesteaders of the Year. Ilene and Phil Freedman operate House in the Woods Farm in Adamstown, Maryland. Ilene has a master's degree in Environmental Psychology and Behavior from The University of Michigan School of Natural Resources and Environment.

**\$12, 20% discount for Owners**

**Raw Pasta from Around the World with Chef Chelly**

**Saturday, October 12th \*10:00-12:00 PM OR 12:45-2:45 PM**

"White" carbs from highly refined grains can wreak havoc on blood sugar levels and wheat or gluten sensitivities can cause bloating. Make amazing pasta out of raw vegetables and seaweed packed with fiber and micronutrients and feel amazing! Perfect pasta demands a delicious, creamy, dairy and fat free sauce as well. Let's explore Italy, Asia, and Morocco with pasta dishes from around the world.

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

\*ASL Interpreter provided for the morning class

**Hearth to Health Express Series (two classes) with Amanda Archibald**

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, Amanda will cover nutrition and culinary highlights from the five Hearth to Health classes. These classes are taught by Field to Plate Founder & Culinary Nutrition Expert, Amanda Archibald, R.D. Amanda is a visionary in the national dialog about food, food choice and food education.

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**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.*

## Calendar - continued from page 9

Attendees of past Hearth to Health Express classes said both parts were well worth attending, the explanations of how foods work were clear, the recipes were delicious and could be easily incorporated into "normal" meals without making family members say "yuck!" It's easier to eat healthy food when you understand why and what your body needs.

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.

### Class 1: Wednesday, October 16 6:30-8:30 PM

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 1: \$25, 20% discount for Owners**

### Class 2: Saturday, October 19 1:00-3:30 PM

This is 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. Enjoy samples of dishes that soothe your appetite and keep your blood sugars as smooth as silk.

**Class 2: \$45, 20% discount for Owners**

**Series discount: \$65, 20% discount for Owners**

## Natural Beauty Secrets with Shakera Halford

Wednesday, October 30th 6:00-8:00 PM

Join beauty, image, and nutrition specialist, Shakera Halford as she shares natural beauty secrets. Learn how to make your very own beauty treatments and body scrubs with ingredients found in your kitchen. We will be preparing and sampling beauty products and learning how to create luxurious, yet inexpensive products made just for you. We will make products that promote healing, clear the skin, and fight free radicals with antioxidant properties.

**\$18, 20% discount for Owners**

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

## Local Farmers win Homesteaders of the Year Honor

We love our local farmers, so when we heard that one of our local produce suppliers was named among six Homesteaders of the Year by Mother Earth News, we gave a huge, cooperative "hooray!" Phil and Ilene Freedman of House in the Woods Farm in Adamstown received this honor from the well-known (in these parts) publication in recognition of their self-sufficient and sustainable practices.

Jennifer Kongs, managing editor of Mother Earth News, says

*"We selected our Homesteaders of the Year for 2013 with a focus on families who invited their local community to participate in hands-on learning on the homestead. The growth of self-reliant communities will rely on groups and individuals dedicated to sharing their self-sufficiency knowledge, which the Freedmans are actively working to do. In that vein, their Farmhand Days, their work with [the Common Market] co-op and their successful CSA all incorporate the neighboring community into their day-to-day farm life. Plus, Phil's handbuilt house is an incredible feat - we cover handbuilt homes in the magazine frequently, so getting to include a winner who had tackled that scale of a DIY project is very inspiring."*

The magazine profiled the Freedman family in its August/September issue. Read more at [motherearthnews.com/homesteading-and-livestock/community-building](http://motherearthnews.com/homesteading-and-livestock/community-building).

Check out Ilene's talk entitled Modern Homesteading 101 in the September/October class listings to find out if Modern Homesteading could work for you.



# Kids' Page

## Earth Friendly Monster

### Supplies

- Toilet paper roll
  - Black marker
  - Black and green (or any color) paint
  - Googly eyes
  - Scissors
  - Glue
  - 2 golf tees or Q-tips
1. Paint the top third of the toilet paper roll black and the bottom two-thirds a color. Let dry.
  2. Add a mouth with a black marker.
  3. Glue on googly eyes.
  4. With scissors, poke two holes in the side of your monster, insert golf tees or Q-tips.
  5. Cut the top at random to make hair.



## Eerie Halloween Trivia

1. What did the Celts originally call the festival we now know as Halloween?
2. What is traditional food served on Halloween in Ireland?
3. What vegetable was originally used in Ireland to hold the light before pumpkins became more popular?
4. True or False - There is no such thing as a vampire.
5. True or False - The Muppet vampire Count von Count from Sesame Street, is based on actual vampire myth.
6. Mary Shelly published this Gothic novel when she was only 21. The novel was published in 1818 and is considered to be one of the first examples of science fiction.
7. What percentage of parents admit to sneaking goodies from their kids' Halloween trick-or-treat bags?

See answers below



## Paper Bag Gnarly Trees

### Supplies

- Paper bag
  - Scissors
  - Ruler
1. Measure up 4 inches from the bottom of the bag. Cut down the center of all 4 sides of the bag to the 4 inch mark.
  2. Twist the entire bag, and then untwist.
  3. Twist the trunk up the to 4 inch mark.
  4. Each four sections will be a major branch of your tree. Twist the first branch about halfway up.
5. Cut, length wise down the branch to where the branch is twisted (you can make 1 or 2 cuts to create 2 or three sections.)
  6. Twist each section: either all the way up or half way up and cut more sections.
  7. Repeat this technique on the remaining 3 branches, make each one slightly different.
  8. Cut 4 or 5 snips at the bottom of the tree and twist to create roots.

- Answers:
1. Samhain, a word meaning "end of summer"
  2. Colcannon - mashed potatoes with cabbage or kale
  3. Turnips
  4. False: There really are so-called vampire bats, but they're not from Transylvania. They live in Central and South America and feed on the blood of cattle, horses and birds.
  5. True: One way to supposedly deter a vampire is to throw seeds (usually mustard) outside a door or place fishing net outside a window. Vampires are compelled to count the seeds or the holes in the net, delaying them until the sun comes up.
  6. Frankenstein, or The Modern Prometheus
  7. 90%



## From the **WELLNESS** Department

As the lazy days of summer wind down, it is time to get brains back in focus and ready for the rigorous school days ahead. Summer is an important time to allow free flowing, unstructured creativity, but there comes a time when structure and support should take over in preparing for a busy brain season ahead. There are many nutrients and certain good habits that are needed for optimal brain function. Whether you are an eager child, a studious adult, or just want to keep your brain healthy, these are some of the fundamental needs for a healthy brain.

**Eat Your Breakfast.** The brain uses glucose from the bloodstream as fuel. Just like a car engine needs a steady stream of gasoline to run properly, it is extremely important for your brain to have a sustained release of glucose, rather than peaks and valleys. Since our bodies have fasted for several hours before and need to refuel, breakfast really is the most important meal of the day. Many studies have demonstrated the effect of skipping breakfast. Kids who eat breakfast perform better on short term memory and verbal fluency scores.

The type of breakfast eaten is also important. Ideally, a breakfast should contain a balance of protein, carbohydrates, fat, and fiber. Protein is needed for the body to manufacture important neurotransmitters like serotonin, which has a calming and focusing effect. Complex carbohydrates are needed to provide a lasting supply of glucose, and fat and fiber help slow the release of glucose into the bloodstream. Whole cooked grains and legumes like oatmeal (not instant), rice, beans, and whole grain pasta are excellent sources of complex carbs. Sugary cereals are examples of high glycemic carbs that enter and exit the bloodstream quickly, causing hyperactivity and inability to focus initially, and then impacting mood and energy levels throughout the day.

Some recommendations for a healthy breakfast are no sugar added peanut butter and jelly on high fiber bread,

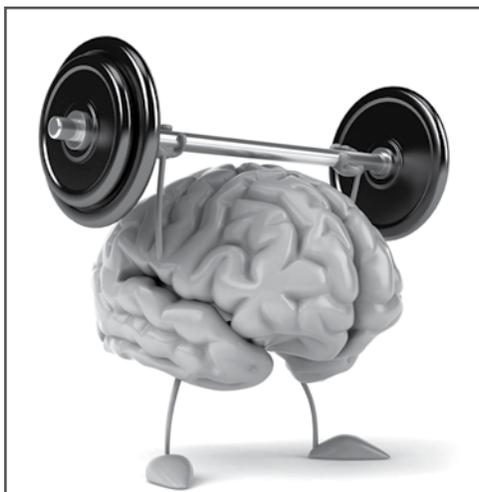
scrambled eggs with cheese and toast, steel cut oatmeal with milk and walnuts, yogurt with berries and nuts, or a smoothie with fruit and protein powder. If you are in a hurry and don't have time to cook in the morning, try eating leftovers from dinner for breakfast. We often put so much time and thought into making a nutritionally balanced dinner, when all we are

doing is going to sleep afterwards. Breakfast is the time of day when we are going to use the nutrients we have so carefully selected for important functions.

**Give Your Brain a Boost.** In addition to the need for balancing blood sugar levels, there are certain foods which help supply necessary nutrients for brain health. One of the most important nutrients is Omega-3 fatty acids, notably DHA and EPA. These fats make up the cell membrane of every cell, and are responsible for ensuring proper communication between cells. Omega-3s are extremely important for brain health; without them the brain could not function optimally. Think of the brain as a city highway system. Without the bridges, there is no traffic going across. Without the structure, there is no function. If the body is deficient in Omega-3s, then other types of inflammation-causing fats (trans fats from processed foods) from the diet will fill the gaps in the cell membrane. Remember, you are what you eat!

Modern research is discovering that the makeup of the fatty layer surrounding each cell has a huge impact on quality of life. The body uses fats from the cell membrane to make chemical messengers - if inflammatory

fats are part of the cell membrane, then the chemicals made will be inflammatory in nature, which may translate to behavior disruption and distractibility. Omega-3 fatty acids are found in fatty, cold water fish such as salmon, tuna, mackerel, sardines, trout, and in small amounts in flax seed, chia seeds, walnuts, and avocado.



### **Susan's Berry Happy Brain Smoothie**

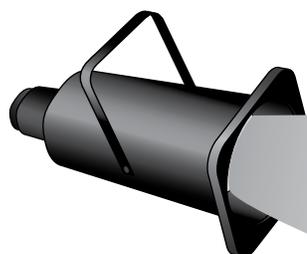
1 cup blueberries  
1 cup coconut milk (organic, full fat from the can)  
1 cup raspberries  
1 scoop hemp protein or ground flaxseed  
1/2 banana  
1/2 cup apple or pomegranate juice

Put all into a blender and voila!  
Freeze in reusable popsicle containers for future treats.

Other foods that are beneficial for brain function are green vegetables for magnesium which helps with nerve transmission, eggs for lecithin and choline - an important neurotransmitter - and berries for antioxidants and increasing circulation to the brain.

The whole body is interconnected, and the brain tends to reflect whatever imbalances are present. Optimal learning capability reflects optimal health.

Susan Hirsch is a clinical herbalist with a Masters in Herbal Medicine from Tai Sophia Institute. Her website is [growingwisdomherbals.com](http://growingwisdomherbals.com). She can also be found part-time in Common Market's Wellness department. Come to Susan's [brain function](#) class to learn about more foods, herbs and practices to support optimal mental functioning.



## Staff Spotlight Eric Moshier



Meet Eric Moshier. Eric has been with the Co-op for more than five years, though relatively out of sight since he is duty-bound to the Co-op Café. Eric is an integral part of the functioning of a very busy kitchen.

Among Eric's professional talents is his adaptability. He is able to switch gears and pick up any task that is needed in any of over a dozen roles in the Café. His loyalty and work ethic are beyond reproach. Anytime, anywhere, 24/7, he will show up and almost always be in a good mood about it.

Eric has an eagerness to learn new things and is always looking for more responsibility to help us grow. He strives to treat each member of our staff equally and brings a voice of equality and reason to conversations when emotions are wrapped up in a situation.

Some random Eric trivia: He does not like the Baltimore Ravens. He is the official unofficial bakery sweets tester. The man loves his sweet treats in the morning! He enjoys a good highland single malt. He is always up for a deep philosophical conversation in the kitchen about the ills and cures for all of life and humanity as we know it.

### Here is a little more about this stoic man from the stoic himself:

**What is your current position and how long have you worked at the Co-op?** Assistant Café Manager, a little over 5 years

**What brought you to the Co-op?** To work beside and the quality of the ingredients I get to work with.

**What are your favorite products?** Kombucha, Ginger Brew, dry rubbed center cut bacon to name a few

**What do you like best about your job?** The flexibility and creativity of our kitchen, my co-workers and getting to work with high quality/local/organic ingredients

**What are your favorite "Co-op Memories"?** Most of my favorite memories relate to things going wrong, fridge units going down, losing power...etc. Those are the times when everyone pulls together and functions like a team to get the job done.

**What's your favorite food to make?** Anything that takes long periods of time - I enjoy working with large cuts of meat whether it's BBQ or smoking...low and slow, baby!

**Do you have a nickname?** I have always just gone by my last name or just "Mosh" (pronounced m-zh)

**If you had three wishes...** World peace, good health and long lasting friendships

**Where do you see yourself in 10 years?** Cooking somewhere, I love working with food. Hopefully I can do it all my life.

**What music is playing in your car, home, or head?** Probably something involving Jerry Garcia or Duane Allman

### Here is what Eric's co-workers have to say about him:

**Nick F., Café Mgr.** - He has a tough exterior but is actually pretty squeezably soft. Even Mr. Whipple would have to say so!

**Sue L., Asst. Marketing Mgr.** - Eric is serious about his work, but he can also be quite silly. If I can get Eric to laugh, I feel like I've earned a lollipop.

**Max S., Café** - He's never afraid to step up to a challenge. Also, we call him Mosh-it-all, because he is (usually) always right."

**Wes , Café** - Eric is someone you want to work hard for. He will jump in to help anyone. If he doesn't know an answer, he'll figure it out.

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Get \$50 in home energy savings tools and a \$25 gift card to the Common Market just for scheduling a free energy checkup! The Munro Energy Checkup is free to Maryland Potomac Edison customers. It saves you money, it's good for your home and your health, and it's good for the environment. It takes less than an hour and there is no sales pitch. In short, there is no catch.

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Testimonial from a past checkup recipient: "Check-up went well. Several things were discovered that I could easily do to be more energy efficient. The hour spent was worth the knowledge I gained. I would recommend everyone do it." Fr. Chris Moore, Hagerstown

Contact Roger Munro to schedule your free home energy checkup: [energycheckupsmd.com](http://energycheckupsmd.com), email: [munroprop@comcast.net](mailto:munroprop@comcast.net), or call 304-676-2613.



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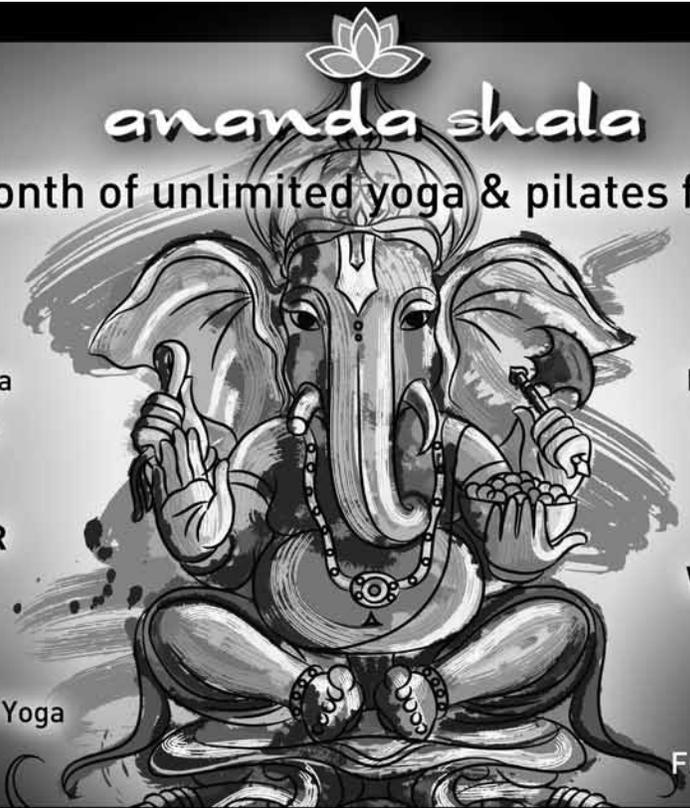
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