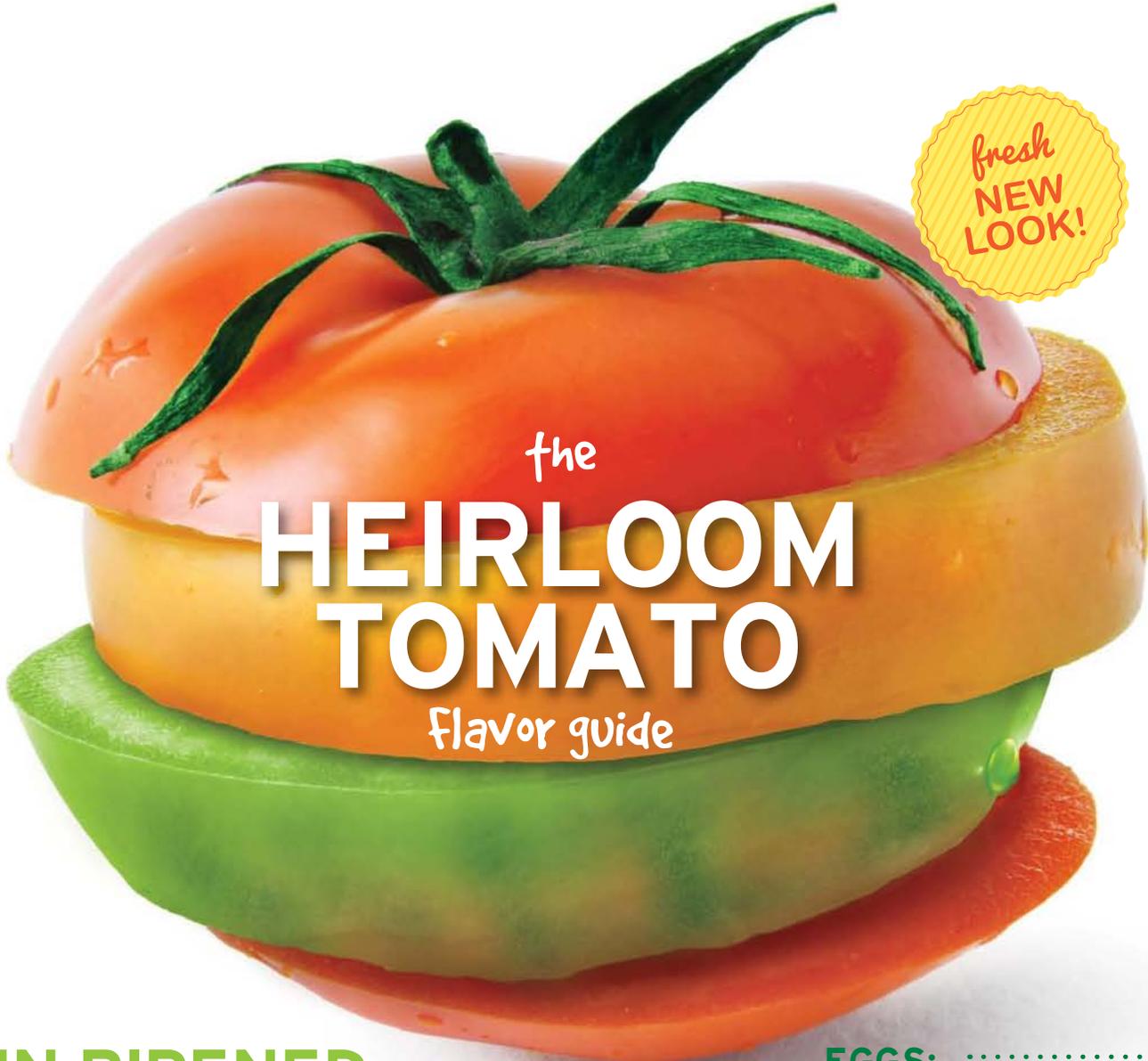


spoonful

A TASTE OF YOUR FAVORITE LOCAL CO-OP

fresh
NEW
LOOK!



the
**HEIRLOOM
TOMATO**
Flavor guide

SUN RIPENED
Summer Recipes!

EGGS:
Cracking the Mystery
of Confusing Labels
FEATURED FARM:
Mary's Delight Farm
Sabillasville, Maryland



JULY | AUGUST 2014 NEWSLETTER



MARY'S DELIGHT FARM

“Clarice—the notorious knot head. You don’t want to fool with her.”

25 steers ponderously amble over to gaze at us as farm manager Rich Wetzel and farm owner Lee Bernheisel show us around Mary’s Delight Farm. One cow stands her ground and gives us an unmistakable look that says, “Keep your distance.”

Lee Bernheisel has owned Mary’s Delight Farm since 1988, and the farm has been certified organic since 1989. Her mission is to “bring a farm established in 1794 into the 21st century in a manner which promotes clean air and water while producing useful, life supporting bounty to the public.”

Lee started with four sheep and no previous farming experience. However, she took courses and workshops in sustainable agriculture for years before she owned the farm. She said she knew she wanted to live this [organic] way for a long time. Lee got into organics in the ‘70s when she was raising her children and was a follower of Adele Davis.

Mary’s Delight Farm encompasses 88 acres in Sabillasville, just 30 minutes north of Frederick. But they use as many as 400 acres throughout the year, working with other local farmers to graze and accumulate hay. Mary’s Delight sells lamb, pastured eggs, and undyed wool, but only got into cattle with when the Common Market approached her with the idea of raising grass fed beef.

Lee says that she knows that “grass is best for the animals and for people [who eat that beef.]”

“Grass fed is a lot easier [than raising grain fed cattle],”

says Rich. “We just move them to whichever field has the best grass.” They move the steers about twice a day, often bringing the sheep into the field after the cows, and then perhaps hauling the mobile chicken coop over.

“You want to breed them so they’re sturdy. You don’t want to baby them to death,” Lee says. The steers are hearty and healthy; they stay out all winter and can give birth without help.

From the outset of their beef venture, Lee and Rich have used natural methods to deal with some of the challenges on a cattle ranch. They use beneficial insects such as wasps to keep the flies in check (the wasps lay

Not all cattle are created equal, at least when it comes to flavor.

eggs in fly larvae). They don’t use pressure treated wood in their fences. They use rotational grazing, cover crops, buffer zones, no till and many other practices to improve

the soil. This has helped to improve the health of their animals as well as the abundant wildlife around.

Rich has been in farming for 25 years, but he’s only been raising grass fed cattle for about 4 years, starting with the Common Market’s beef program. “The first grass fed [beef] I ever had was from a steer for the Common Market,” he tells us. He was skeptical, but now prefers the taste of grass fed hamburger to the grain finished stuff.

Not all cattle are created equal though, at least when it comes to flavor. The steers that are raised



Photos: Jeff Stevens

on Mary’s Delight Farm are an Angus and Devon mix, a combination that is particularly well suited to a strictly grass diet. The result is beef that is richly marbled with deep red color and clean, intense flavor.

“We had a late start on grazing this year,” Rich says, due to the long cold winter, “so they are having a little slower start on growing.” Grass fed steers tend to grow slower anyway, and they never get quite as big as their grain fed counterparts. That is because they don’t get the high-fat grain that conventional beef cattle gorge on, but which so often requires antibiotic and hormone intervention to keep the animals healthy. The steers raised on Mary’s Delight Farm do not receive antibiotics unless they get sick, and then they get pulled from the herd that is sold to the Common Market.

Rich says Lee was ahead of her time with her vision of operating a productive organic farm. It is clear to us as we scramble down a rocky embankment, cross a small, quick flowing spring flush with wild watercress, and walk through lush green pastures with our guides that Lee’s vision has been made real. And our community, this Co-op, and our environment are better for it.

Written by Zoe Brittain and David Campbell

Visitors are always welcome but please set up an appointment so they can answer any questions you may have. Contact Rich, E-mail: douglas-wetzel@comcast.net. 17429 Harbaugh Valley Road, Sabillasville, MD 21780. (301) 416-4722 (barn), www.marysdelight.com



“Grass is best for the animals and for the people”



Why choose GRASS FED

Grass fed beef contains more Omega-3 fatty acids, has less overall fat, and is lower in cholesterol than grain finished beef.

Omega 3s are linked to many health benefits, including anti-inflammatory use, as well as prevention of cardiovascular disease and some cancers.

Pasture raised grass-fed cattle fertilize the fields upon which they graze, improving the quality and health of the grass and soil. Additionally, they avoid the costs of growing and shipping grain for feed.

CONJUGATED LINOLEIC ACID (CLA) is a fatty acid associated with cancer prevention. Milk from a pastured cow has up to five times more CLA than milk from a grain-fed cow.

Healthy green pastures can also help to absorb green house gasses that impact our environment.

“The short, unhappy life of a corn-fed feedlot steer represents the ultimate triumph of industrial thinking over the logic of evolution.”

—Michael Pollan

“Grain feeding promotes the growth of dangerous E. coli that is more likely to pass through your stomach and infect your colon. When cattle are fed grass, the amount of dangerous E. coli decreases dramatically.”

—PBS Frontline

Grain-fed beef production requires

100,000

liters of water for every kilogram of food

ANTIBIOTIC USE

15-17 MILLION pounds of antibiotics are used sub-therapeutically on livestock in the United States annually.

Sources: Robinson, Jo. “Super Healthy Milk.” Eat Wild. 11 May 2009
 Robbins, John. “The Truth About Grass Fed Beef.” The Food Revolution Network. 19 December 2012
 Frontline, “Is Your Meat Safe?” www.pbs.org/wgbh/pages/frontline/shows/meat/safe/overview.html. http://products.mercola.com/organic-beef/

STAFF SPOTLIGHT

Dedicated to the people that make the Co-op shine

Meet Alex Kurtz.

When he isn't shredding on guitar in the band The Sauce, or enjoying life with his family, he's making sure that the Common Market shelves are stocked full of the best natural and organic foods available. Alex has made a name for himself as a hard worker, a committed co-op advocate, and an impressive source of food news and information.

Here is a little more about Alex from the man himself:

What is your current position & how long have you worked at the Co-op? Morning Lead Steward. 7 Years. Started off in the Front End, moved to Grocery and became Perishable Buyer for 4 years.

What brought you to the Co-op? Good clean food and the friendly atmosphere

What do you like best about your job? Learning as much about sustainability and green living as I can

How has working at the Co-op affected your life? It has increased my awareness of the dangers of our society.

What are some of your favorite products at the Co-op? Breakfast Panini and Traditional Mate

What is your favorite food to make? Any kind of Asian influenced dish.

When you have 30 minutes of free-time, how do you pass the time? Cook some food, read in an obscure herbal book, stretch and do yoga, or walk around in the garden.

What is something you learned in the last week? Vermont is the first state to pass the no-strings attached mandatory GMO labeling.

If you could learn to do anything, what would it be? The secret of life, the universe, and everything

What is the one thing that should be taught in school that isn't already? Ecology or Human Ecology (the impact of humans on the Earth)

What would you name the autobiography of your life?

A Long, Strange Trip

Where do you see yourself in 10 years?

I would like to get into a sustainable trade such as solar panel installation and maintenance.



ALEX KURTZ

GROCERY GUITAR HERO



BE MY HONEY FOREVER!

Honey is believed to be the only food that does not spoil. Honey found in the tombs of Egyptian pharaohs has been tasted by archaeologists and found to still be edible.

BOARD+ VOTING

From Annie Marshall
 Vice President
 Board of Directors

I know that you know this, but it bears repeating: You guys, all together, actually OWN the Frederick County Consumers Co-operative, doing business as the Common Market. That's not just a turn of phrase, or some kind of spin. You are legally Owners of your Co-op, who get a return on your investment in profitable years, and choose your governing body. (Your governing body hires your General Manager, who sets store policies and hires Staff, and all those folks together choose the products we sell, stack up the avocados, write the newsletter, and ring up your groceries.)

Our governing body is a Board of Directors, and the Board sets long-term goals and over-arching policies, called Ends. (The Board asks, "To what End do we operate this grocery store?", and other Big Questions.) Well, there's a Board of Directors ELECTION coming up pretty soon! This means that you get a voice in who, exactly, is asking the questions that make this place different from a regular store. And, if you choose, you can not only exercise your right to vote, you can run for a seat on the Board!

There are five seats being voted upon this year. If you want to serve your Co-op by standing for election, you have until July 16 to drop an application at the Co-op Service Desk. Pick up your application there, take it home, hammer out your answers to the questions, and bring or mail it back by July 16th. And if this isn't the year for you to run for election to your Board of Directors, please be sure to VOTE. Ballots will appear in mailboxes in late August.

Thanks, as always, for being part of a different way of doing business, and investing your time and your money in your local Co-op!

WHY LOCAL MATTERS



The word local seems to popping up everywhere these days—in restaurants, in advertising, in politics. But what does local mean and why is it important? As civilization becomes more global, many communities want to rediscover what it means and what it takes to produce their goods themselves. By invoking local, we make attempts to reclaim quickly disappearing knowledge and a sense of self-sufficiency. Supporting local helps your entire community.

Local food builds community. When you know who is producing your food, you're engaging in a time-honored connection between eater and grower. Knowing farmers gives you insight into the seasons, the land, and your food. In many cases, it gives you access to a place where your children and grandchildren can go to learn about nature and agriculture.

Local food preserves open space. When farmers get paid more for their products by marketing locally, they're less likely to sell farmland for development. When you buy locally grown food, you're doing something proactive to preserve our working landscape. That landscape is an essential ingredient to other economic

activity in the state, such as tourism and recreation.

Local food keeps taxes down. According to several studies by the American Farmland Trust, farms contribute more in taxes than they require in services, whereas most

When you shop, try asking yourself where your dollars go after they leave your wallet.

development contributes less in taxes than the cost of required services.

Local food benefits the environment and wildlife. Well-managed farms provide ecosystem services. The farm environment is a patchwork of fields, meadows, woods, ponds and buildings that provide habitat for wildlife in our communities.

Local food is an investment in the future. By supporting local farmers today, you are helping to ensure that there will be farms in your community

tomorrow. That is a matter of importance for food security, especially in light of an uncertain energy future and our current reliance on fossil fuels to produce, package, distribute, and store food.

The Common Market works hard to make local choices more accessible to our community by carrying products from more than 100 local farms and businesses, but these beliefs and ideas go beyond our store. We strongly believe that supporting and sustaining our local community, economy and environment starts wherever you are. We want you to have a sense of ownership and pride in not only the business and products, but also in believing and living the truism that local matters.

The Common Market defines local as being grown or produced within 150 miles of our store. Local farms provide us with produce, meats, eggs, and cheese that are grown or within this radius. Local businesses produce products that are made, sold, or distributed locally, but which are not necessarily grown locally.

Written by Sue Leveille.

Source: "Ten Reasons to Buy Local Food" by Vern Grubinger

BUY LOCAL WEEK!
with our **Local Heirloom Tomato Tasting**

SATURDAY
JULY 26th
11:00AM - 1:00PM

Join us as we celebrate local food and flavors with our annual mouth watering tomato tasting with Ilene Freedman from House in the Woods Farm.



HEIRLOOM TOMATOES

from HOUSE IN THE WOODS FARM

BLACK KRIM

A medium-sized, dark red beefsteak from Russia carries a rich, sweet taste. A favorite of many fine chefs for its rich, complex flavor.



BRANDYWINE

This variety dates back to 1889 and is a tomato standard. Classic flavor with a luscious red-pink color.



CHEROKEE PURPLE

A deep red beefsteak with dark "shoulders"; this variety was originated in Tennessee by the Cherokee tribe. The complex flavor is sweet, acidic and savory.

PRUDEN'S PURPLE

Beautiful deep pink-red color and rich taste like a Brandywine. A mainstay "slicer."



BLACK PRINCE

From Siberia, one of the most popular "black" tomatoes. Its wonderfully fruity taste is great fresh and for cooking.

PERSIMMON

Rose-orange in color like a persimmon, these are big and sweet.



PINEAPPLE

Big and sweet with juicy red and yellow striped flesh. This tomato will show you the best of what heirlooms have to offer.



GREEN ZEBRA

A magic tomato – pale green with darker green stripes, the skin blushes yellow when fully ripe. Classic flavor with a touch of tanginess. Great fresh or cooked.



MATT'S WILD CHERRY

Prolific red cherry tomatoes with deep, rich flavor. Kids love them!

AMISH PASTE

Similar to a Roma, this variety has meaty fruit with full-bodied flavor. Great fresh, in sauces, or canned. A featured "Ark of Taste" heirloom variety.



SUNGOLD CHERRY

An orange, super-sweet mini tomato. Not technically an heirloom, but this hybrid's delightful flavor buys it a pass. Great fresh or cooked (if they make it home).



SUN RIPENED RECIPES

OPEN FACED TOMATO, AVOCADO & GOAT CHEESE SANDWICH

• Heirloom tomato slices • Cucumber slices

DRESSING

- 1 tablespoon fresh lemon juice
- 1 tablespoon freshly cracked black pepper
- Salt
- 1/4 cup extra-virgin olive oil

MIXTURE

- 2 tablespoon fresh lemon juice
- 4 oz soft goat cheese
- 1/8 teaspoon finely ground black pepper
- 4 ripe avocados
- 6 small baguettes, halved and lightly toasted

- Put 1 tablespoon of the lemon juice, cracked black pepper, and salt to taste into a bowl; stir well. While whisking constantly, drizzle in olive oil to form a dressing; set aside.
- Put goat cheese, remaining 2 tablespoons of lemon juice, finely ground black pepper, and the flesh from the avocados in a bowl. Lightly mash with a fork; season with salt to taste.
- Divide avocado mixture between the 12 baguette halves and spread to cover each. Transfer baguettes to baking sheet and broil until just warmed through, 1–2 minutes.
- Top the baguette halves with tomato and cucumber slices, in any arrangement you wish. Drizzle some of the cracked pepper dressing onto each. Serve immediately.



Great for summer picnics and get togethers!

HEIRLOOM TOMATO & BASIL PANZANELLA

- 1 gluten-free Against the Grain™ baguette, thawed & cut into 1" cubes (about 6 cups of bread total)
- 2-3 local heirloom tomatoes cut into chunks (about 3 cups total)
- 2 garlic cloves, minced
- 1 medium cucumber, chopped
- 1/4 cup red onion, thinly sliced
- 2/3 cup extra virgin olive oil, divided
- 1/4 cup red wine vinegar
- 20 or so fresh basil leaves, torn
- 1/4 cup kalamata olives, chopped (optional)
- 2 tablespoons capers (optional)
- salt and pepper to taste

- Heat 3-4 tablespoons olive oil in a sauté pan over medium heat. Fry the bread cubes in the oil, turning frequently, until crispy and golden. Season with salt and pepper to taste. Allow to cool.
- Combine the garlic, tomatoes, cucumbers, and red onion with the vinegar, remaining olive oil, and salt and pepper to taste. Let the mixture marinate for 10 to 15 minutes.
- Toss the vegetables lightly with the bread cubes. Fold in basil, olives and capers (if using). Let the salad rest for 20 minutes to allow flavors to meld.



A Common Market summer staple!

KIDS CRAFT: STORY STONES



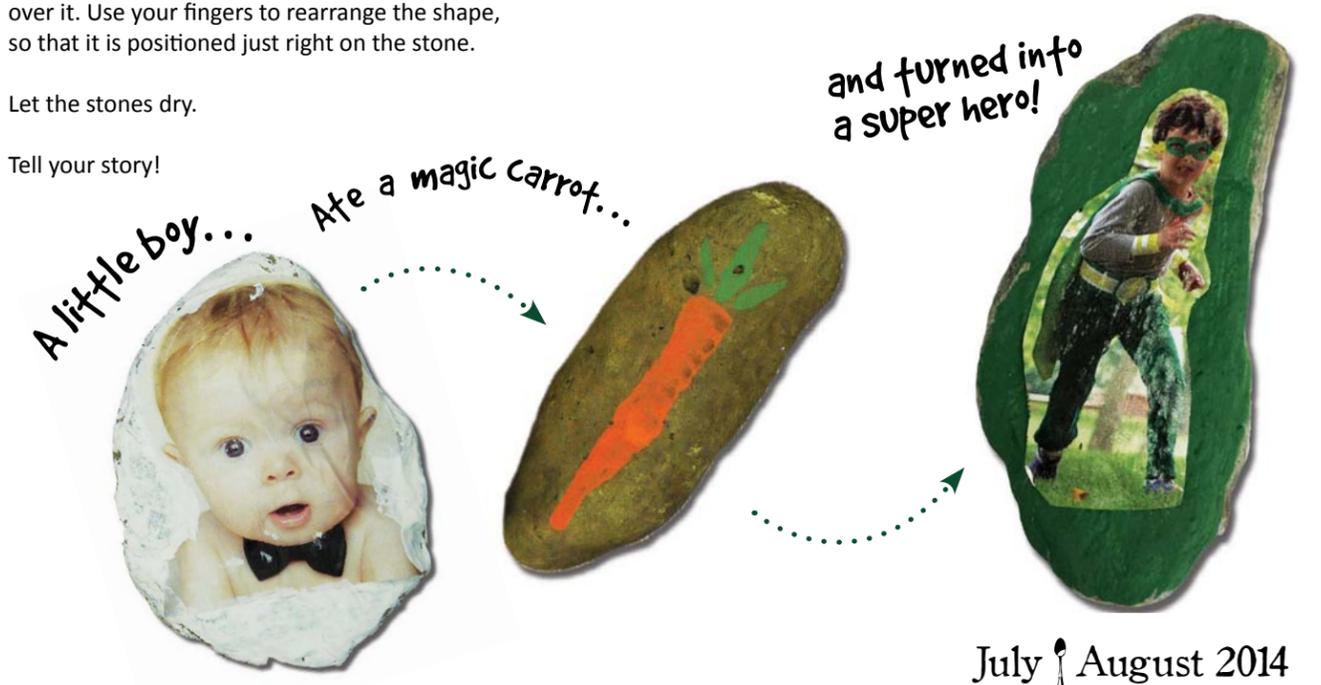
Story stones are a great project to create with your kids, then let them enjoy when you're all done. There is a ton of different games you can play with the stones. Here are a few examples. Using pictures: have your child randomly pick a rock out of the box and have them tell a story based on the pictures they selected. Using numbers or letters: play hide and seek and ask them to find all the letters in the alphabet or pi to the 10th place!

WHAT YOU WILL NEED:

- ROCKS
- PAINT
- PAINT BRUSHES
- MAGAZINE CLIPPINGS
- PICTURES
- COLLAGE MATERIALS
- GLUE OR MOD PODGE

INSTRUCTIONS:

- Collect stones in a bucket. Try to find different shapes since that will ensure that there are lots of options later on. The smoother the stone, the better.
- Dump the stones into the sink, fill the sink with water, and have someone who loves to play in water scrub each one with a brush. Just rinsing the stones is also perfectly fine too. Once all of the stones are rinsed, set them out in the sun to dry.
- Look through magazines and pictures, and cut out images to use on the stones.
- Decorate your stones. Find a stone that works well with your image, and coat the stone with liquid craft glue or Mod Podge. Put the image on the stone and put another layer of Mod Podge over it. Use your fingers to rearrange the shape, so that it is positioned just right on the stone.
- Let the stones dry.
- Tell your story!



GONE CAMPIN'

Whether you are setting up camp in the backyard for your children or adventuring deep into the wilderness with your rucksack, the following gear and goods can help you along your summer journeys.



TO-GO WARE: BAMBOO UTENSILS

How about a bamboo utensil set to round out the perfect toolkit for life on the go? A handy carabiner on the back lets you clip and carry a fork, knife, spoon and chopsticks wherever they may roam. Perfect for a busy lifestyle and our precious planet.



TO-GO WARE: STAINLESS STEEL CONTAINERS

To-Go Ware is a safe and convenient, non-plastic alternative for maintaining a healthy on-the-go lifestyle. Made from 200 grade stainless, these containers won't leach any materials into your food or absorb flavors or stains. Pack them with anything, and you're truly good to go.



INTERNATIONAL HARVEST: GO TAKE A HIKE SNACK MIX

Whether you're hiking on the trail, or just in need of an afternoon pick-me-up, International Harvest has you covered. With a vegetarian blend of organic fruits and nuts, Go Take a Hike trail mix puts the raw, handcrafted spin on a classic snack. Ingredients: Hunza Goji berries, Hunza mulberries, Hunza golden raisins, cacao nibs, cashews, and pistachios.

KLEEN KANTEEN

No matter how many times it is filled, or what is put into it, these Kanteens keep drinks fresh and clean tasting. The 1.75" mouth opening is easy to drink from and is large enough for ice cubes and bottle brushes (for thorough cleaning). The slim design of the 18 and 27 oz size fit in most cup holders and many bike cages. Available in a variety of cap and color options.



BADGER ANTI BUG BALM & SPRAY

Badger Bug Balm is the bomb! Using pure essential oils, it repels insects naturally with the pleasant aroma of citronella, rosemary, and wintergreen essential oils. Laboratory tested to repel mosquitoes and stable flies for 3-4 hours; it contains no synthetic chemicals, DEET or petroleum products, and is 100% organic. Pleasant smelling protection that is safe enough to be used by the whole family.



MAGGIE'S ORGANIC WOOL HIKING SOCKS

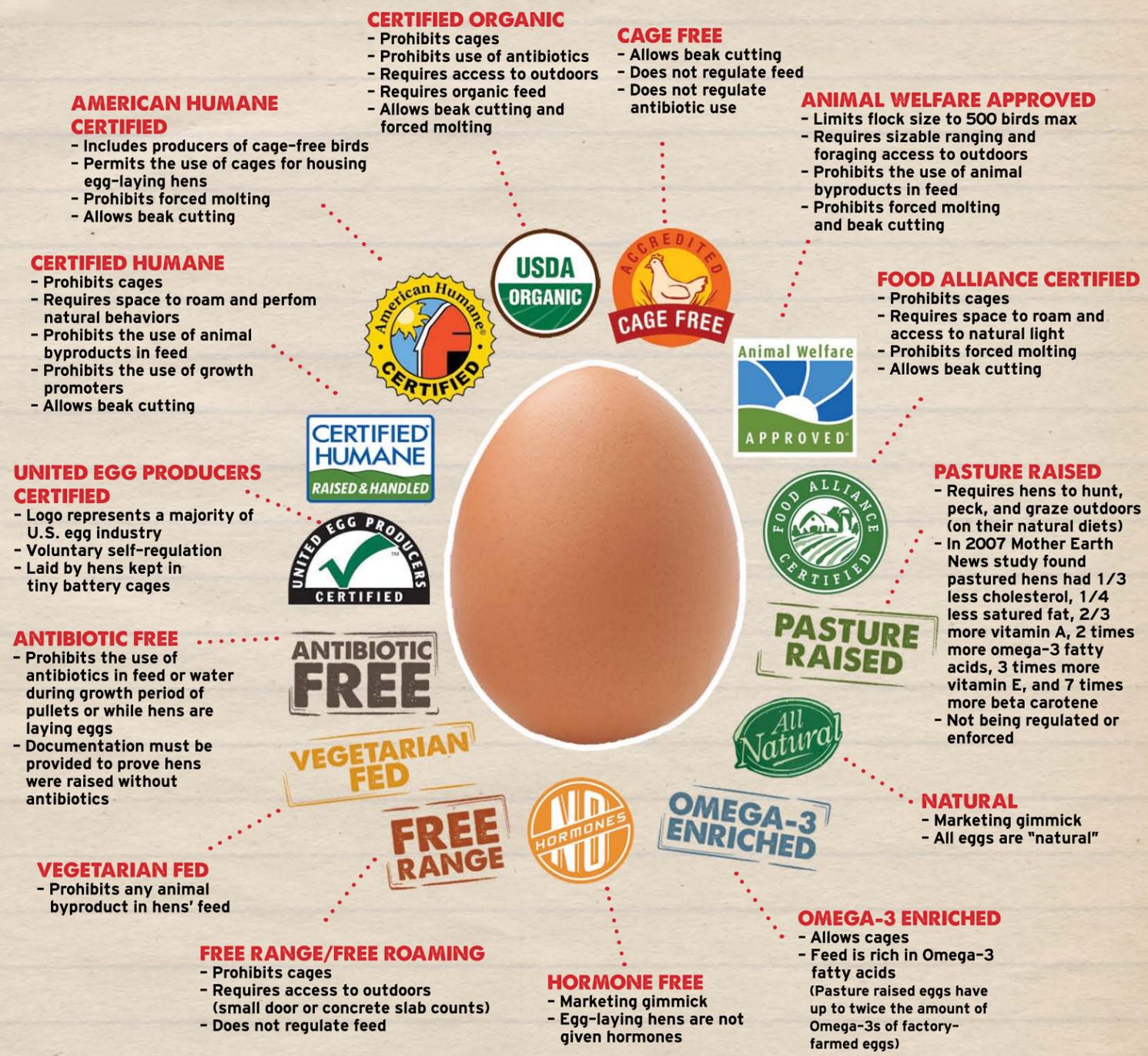
A tried-and-true, very popular organic wool sock! Three different levels of cushion make for a super comfortable fit. Washable - treated with a special, patented chlorine-free anti-felt treatment.

CLIF KIT'S ORGANIC BARS

Certified organic, soy free, dairy free and gluten free. These bars are delicious and great for quick on the go energy. Throw a few of these in your pack before trekking out to set up camp.



EGGS: Cracking the veil of confusing labels



Still confused?

A label can only tell you so much. Your best bet is to get to know the farmer or retailer, and ask questions. The Common Market is happy to provide you with detailed information about the practices of the specific egg producers that we carry. Ultimately, it's up to the shopper to decide what labels influence their egg selections.

SOURCE: takepart.com



What the devil?

The term "devil", in reference to food, was in use in the 18th century, with the first known print reference appearing in 1786. In the 19th century, it came to be used most often with spicy or zesty food, including eggs prepared with mustard, pepper or other ingredients stuffed in the yolk cavity.

the Common MARKET | UPCOMING CLASSES

The aim of the Common Market's Education & Outreach program is to provide an educational and inspiring environment in which to explore, with our community, natural approaches to health and sustainability through our classes and events.



COOKING:

Learn more about cooking techniques and experiment with fresh new ingredients.



HEALTH & WELLNESS:

Obtain the knowledge that can help restore balance to your body & mind.



ENVIRONMENTAL:

Cultivate awareness and engage in the topics of local and global preservation.



KIDS:

Fun, interactive experiences for kids to learn about food and where it comes from.



BACKYARD AGRICULTURE:

For the first time gardener or avid green thumbs, these classes help you find the pay-dirt in your own backyard.

Please read the *fine print*:

Class registration & information

Three ways to register

1. **Phone:** 301-663-3416 by credit card.
2. **In person:** at our Co-op Service Desk. Cash, check, credit card or Common Market gift card.
3. **Mail:** Send check or credit card information to 5728 Buckeystown Pike, Frederick, MD 21704. Along with your check, include names of each attendee, phone number, Owner # if applicable, and the name and date of the classes you wish to attend.

Fees and Registration

- Payment is required at registration.
- Full refunds will be given for classes that Common Market cancels. Individuals who wish to cancel their registration for classes must contact the Co-op Service Desk with 48 hours' notice to receive a full refund. No refunds will be given for cancellations made less than 48 hours of a class.

Please Note

- ASL interpreting may be provided upon request. Send ASL interpreting request to education@commonmarket.coop no fewer than 7 days prior to the desired class.
- Children are welcome in the Community Room so long as the material of the class is age appropriate for the child and a seat has been paid for. We kindly ask that parents excuse themselves from the room if their children become disruptive.
- Out of respect for people with chemical sensitivities, we ask that fragrances and scented products not be worn in 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.

JULY



Positively Powerful Series with Stephanie Glagola

Class 1: **Positively Healthy**
Thursday, July 3rd | 6:00-8:00 PM

Class 2: **Positively Successful**
Thursday, July 10th | 6:00-8:00 PM

Class 3: **Positively Abundant**
Tuesday, July 22nd | 6:00-8:00 PM

Individual classes each:
\$15, 20% discount for Owners
Series discount: \$40, 20% discount for Owners



Transform Your Life Through Relaxation and Stress Management with Timothy Ford
Saturday, July 12th | 1:00-2:30 PM
\$15, 20% discount for Owners



Nourishing Our Children with Dr. Mimi McLaughlin
Tuesday, July 15th | 6:00-7:00 PM
\$12, 20% discount for Owners



Using Medicinal Spices in Everyday Cooking with Dr. Autumn Frandsen
Thursday, July 17th | 6:00-8:00 PM
\$25, 20% discount for Owners



Keeping Your Joints Healthy with Dr. John Koloski & Dr. Erin Kinney
Wednesday, July 23rd | 6:00-8:00 PM
\$18, 20% discount for Owners



Cafe Confidential: By Popular Demand with Common Market Café staff
Tuesday, July 29th | 6:00-8:00 PM
\$20, 20% discount for Owners

eat shop learn

AUGUST



Soap Making 101 with Teresa Kasten
Saturday, August 2nd | 1:00-4:00 PM
\$35, 20% discount for Owners



Awakening Chi - Unleash Your Natural Healing Abilities with Master Pat Hancock
Tuesday, August 5th | 6:00-7:30 PM
\$25, 20% discount for Owners



Digestion Questions: It's Alimentary with Nikki Barrett
Saturday, August 9th | 1:00-2:30 PM
\$5 to reserve seat, receive a \$5 gift card upon arrival



Mindful Eating: How to Lose Unhealthy Weight and Create Vibrant Energy with Timothy Ford
Saturday, August 16th | 1:00-2:30 PM
\$15, 20% discount for Owners



Cafe Confidential: Garden Goodies with Common Market Cafe staff
Saturday, August 23rd | 1:00-3:00 PM
\$20, 20% discount for Owners



Food and Herbs for the Heart: Nutrition and Botanicals for the Cardiovascular System with Susan Hirsch
Wednesday, August 27th | 6:00-8:00 PM
\$22, 20% discount for Owners



What's in Your Picnic Basket? Raw Gourmet Labor Day Fare with Chef Chelly
Saturday, August 30th | 1:00-3:00 PM
\$25, 20% discount for Owners



Scan this QR code to visit our website and to read all of the class descriptions!



commonmarket.coop/community-2/community-room-event/

SPOONFUL of MEDICINE

Close encounters of the buzzing kind are inevitable when you spend time outdoors. But you'll find quick relief in the fruit bowl. With its high antioxidant content, "banana peel can calm inflamed bug bites, especially itchy mosquito bites," says David Grotto, R.D., author of 101 Foods That Could Save Your Life. Keep bananas around on the deck, on the porch, or by the pool, he advises.

Try it!

Apply the banana peel, fruit-side down, directly on the bite and hold it there until the itching or burning subsides. Then, enjoy the fruit as a healthy snack.

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meetup.com/frederick-sahaja-meditation

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State Farm, Bloomington, IL

natural fusion
HAIR STUDIO

Look Good Go Natural



Got Dry Hair?

Quenching Spa
Hair Therapy

50% OFF
Spa Hair Therapy
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With coupon only; may not be combined with other offers.
Limit one per customer. Expires 08.31.14

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For New Customers

With coupon only; may not be combined with other offers.
Limit one per customer. Expires 08.31.14

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ananda shala

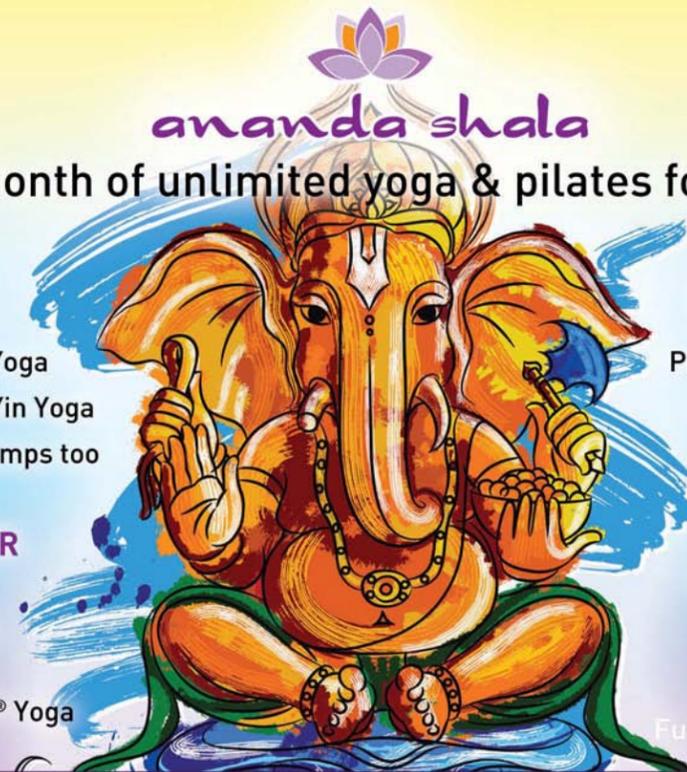
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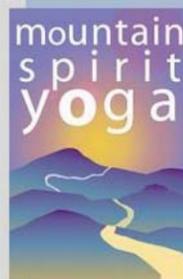
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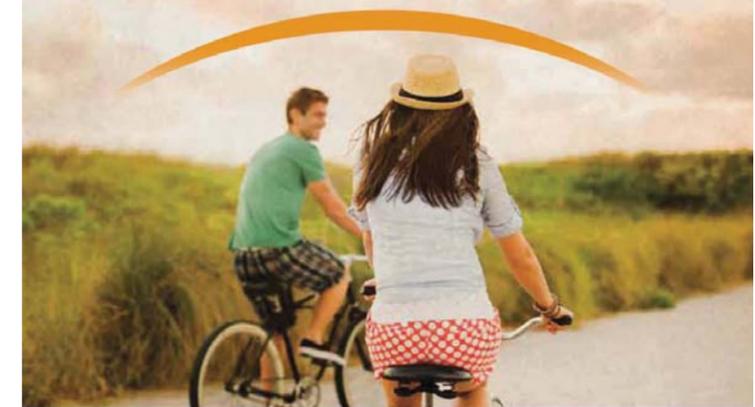
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