



## WEST FREDERICK FARMERS E-NEWS

What's up with what's fresh, local and produced by your neighbors!

### West Frederick

### Saturday Market:

*Every Saturday 10*

*a.m.-1 p.m.*

*Baughman's Lane behind the  
Potomac Physician's Building*

*\*We are a "Producer Only"*

### Cakes for Cause Provides Delicious Pastries, Helps Teens

You'd think the delectably delicious baked goods sold by Cakes for Cause would be made by a professional baker with years of experience. However, the wide array of cookies, scones, breads, and muffins you'll find on display at the Cakes for Cause booth was made in part by local teens.

Elin Ross, founder and executive director of Cakes for Cause, takes a number of teenage apprentices involved in the child welfare system each

\*We are a "Producer Only" Market which means the people you buy from are the ones who produce, plant, grow and harvest these items. This assures that you are getting locally and quality grown products.\*

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### Upcoming Events

**Saturday October 22nd,  
10am-12pm: Pumpkin  
Day at the Market!**

Elin Ross, founder and executive director of Cakes for Cause, takes a number of teenage apprentices involved in the child welfare system each year to teach them the ins-and-outs of the restaurant business. Through an apprenticeship with Cakes for Cause, teens gain not only experience in the working world for resumes, but also a network of fun, supportive professionals.

After working for National Youth Advocate Program and noting the challenges inherent in the child welfare system, (especially how teens are left to fend for themselves after reaching a certain age in foster care), Ross combined her passion for child welfare and interest in baking (she received her professional pastry certification from L'Academie de Cuisine).

Stop by the Cakes for Cause booth or Moxie's Bakery (the restaurant-version of Cakes for Cause, which operates Moxie's) for one of their famous rosemary tea cookies, a scone that will rival what you'll taste in Paris, or any number of their delectable items.



Pumpkin painting, fall decorations available, and music by the [Main Line Gravy Soppers](#) !

**Come out for some fall fun! Then, watch for our Family Pumpkin Carving and Painting Contest on Facebook!**

*Mike, Ellens husband and the “man at the stand” at the Farmers Market, loads up the day’s baking from Moxie’s Bakery for the Market.*

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### **K9 Barkery**

*It’s a story of a nail salon and a passion for pets...especially dogs.*

Paula Anzalone and Betty Trojan were each on separate paths that featured pets as their passion. Paula, whose home sports five poodles, was baking from scratch dog treats for her dogs – because, she says, most prefer softer treats, not the store-bought types -- when she wasn’t working an intense IT job near her Gaithersburg home. Betty, in her home, was making greeting cards that featured dogs alongside her two sharpeis.

A friendship developed over a chat at a local nail salon about their dogs, and the two decided to put their passion into practice with a business, and **K9 Barkery** was born.

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## Overwintering for Perennials

Here's advice from Katherine Phillips from Native Perennials about what to do with your potted perennial plants now that winter is closing in!

If you have time before the hard frosts hit, get them into the ground now for spring rooting! If you're not able to, take the opportunity now to dig holes where you want your plants to go, and let the plants idle in their pots. They will lose all their leaves and go dormant. At that

Now, they bring their wares to pet festivals and events, and have a booth at markets in Olney, Poolesville and the King Farm in Montgomery County as well as West Frederick.

Since Paula still works and Betty is retired, Betty pitches in with the baking to help expand the biscuit end of the business. All the biscuits are sugar-free and made with natural and organic ingredients, as well as beef from the Farmers Market and other local sources when possible. Most popular with customers: carob & white donuts filled with peanut butter, cheesy pops and a breakfast bone. Dogs also love sweet potatoes and pumpkin flavoring!

“People want wholesome treats for their dogs. You can give them junk and they'll wind up in the vets' office,” says Paula. “We're trying to eat healthy as people. We want our dogs to eat healthy as well, and to live longer.”

If you miss them at the market, you can order from [their website](#).

point, put them into the holes,  
close in with dirt, and water  
them if the soil is dry. This  
technique is less disturbing to  
the plant than waiting to plant  
the dormant plant in the spring!

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