

BLUE HILL COOP

COMMUNITY MARKET & CAFE



THE HARVEST HERALD the goods. the news. free.

APRIL 2018 We are happy to spread the news about a new name for the SNAP/EBT program that allows shoppers to earn coupons toward savings on local products here at the Co-op. Maine Harvest Bucks, used at retail stores, is now called **Farm Fresh Rewards**.

Harvest Bucks are still in effect under that name at farmer's markets. Look for the new apple logo at retailers to participate in shopping with EBT. Maine Farmland Trust manages the program. For more information about where else to shop, visit www.maineFarmlandtrust.org



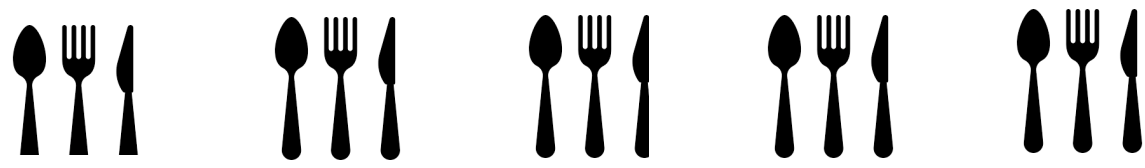
Ask up front up at the register here at the Co-op for a Farm Fresh Rewards application for shopping with EBT. And welcome!

grow, shape, shop



WE ARE HAPPY + PROUD TO CARRY PRODUCTS FROM THESE LOCAL MAINE PRODUCERS: 44 North Coffee, 5-Star Nursery & Orchard, Anne Walker Bags, Atlantic Holdfast, Avena Botanicals, Backstage Farm, Bagaduce Farm, Bagel Central, Betsy Grossman Bags, Bianco Provisions, Inc., Blue Hill Berry Co., Blue-Zee Farm, Borealis Bread, Borealis Press, Brooklin Candy Co., buggleblue, Carrie Gray Strawberries, Carrie Marks Jewelry, Cecil Linscott, Central Distributions, Chai Wallahs of Maine, Chicken Ranch, Chip Wadsworth, Chow Maine, Clayfield Farm, Coastside Bio Resources, Craft Beer Guild of Maine, Crossroad Farm, Crown 'O Maine, Crush Distributors, Daily Bread, Daryl DeJoy, Dennis Paper, Devenish Wines, Downeast Audubon, Downeast Magazine, Down to Earth Pottery, Ellsworth American, Four Season Farm, Fuzzy Udder Creamery, Grandy Oats Granola, Barbara Hare, Holly Farms, Horsepower Farm, Hudson Distributors, Indian Meadow Herbals, Ironwood Farm, Island Soap, Jackman Maple Syrup, Jolly's Mushroom Farm, Joyful Spirit, Kennebec Cheesery, King Hill Farm, Lakin's Gorges Cheese, Linden Ridge Farms, Little Lad's, Lucys Granola, Maine Maple Products, Maine Medicinals, Maine Shellfish Co., Carrie Marks Jewelry, Marshall Wharf Brewing, Meristem Herb Co., Mil's Farm, Misty Brook Farm, Mom's Organic Munchies, Monicas Chocolates, Moonflower Waxworks, Morgan Bay Farm, Morse's Sauerkraut, Mount Desert Spring Water, North Branch Farm, North Spore, Northeast Coffee Company, Nova Foods, Old Ackley Farm, Pins State Beverage, Poland Family Farm, Quill's End Farm, Rainbow Farm, River Wind Woolies, Salt Run Farm, Elizabeth Sawyer, Shalom Orchards, Smith Family Farm Dairy, Sonnentel Dairy, South Portland Wine Company, Sow's Ear Winery, Sterling Threads, Stonington Seafood Express, Strawberry Hill Farms, Swan's Honey, Tara Mason Cards, Tide Mill Organics Tinder Hearth Bread, Tortilleria Pachanga, Union Bagel Company, Wicked Wines, Windy Hill Farm, Wooden Boat Publications, Wreal Wreath Works, Yellow Birch Farm, York Hill Farm.

What's Cooking? }



CAFE' This winter season gave us time to try and tweak recipes and ingredients and prepare some new tastes for spring. Look for new dishes made with organic chicken, vegan sandwiches made with Good for Life bread, and selections with fresh, Café-made tomato sauce.

“Our little café accounts for nearly 20% of annual revenue. We are working on systems to keep this momentum strong as we prepare for a larger, more efficient café space to serve the Blue Hill community in greater ways.

--Kevin Gadsby, General Manager

Panang Thai Noodles

Thai Rice Noodles, Shallot, Ginger, Coriander, Cumin, Red Curry Paste, Coconut Milk, Peanut Butter, Mixed Vegetables, Chicken (in meat option)

BLUE HILL CO-OP
COMMUNITY MARKET & CAFE

NEW FROM THE CO-OP KITCHEN:

3 different Pizza Bagels:
Chicken Alfredo, Pepperoni, Very Veggie

Thai Noodle Bowl as new lunch special on Mondays;
Black Bean Burger as new lunch special on Wednesdays.

Also look for--
Organic Chicken Nuggets
Chicken Parmesan
Pasta Bolognese

NEXT CO-OP BOARD MEETING:
Tuesday, April 24
6:30 PM
Blue Hill Library

Black Bean Burgers

With or without cheese

Brown Rice, Black Beans, Onion, Garlic, Carrot, Green Bell Pepper, Cumin, Paprika, Salt & Pepper, Corn Flour

Silver Hill Sesame Bun
\$7.45 each

BLUE HILL CO-OP
COMMUNITY MARKET & CAFE



We post several times a day on Facebook and Instagram with lunch & bakery specials, store sale items and store hours/closings. Check in!

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I can remember the Spring of 2016 when the number of Blue Hill Co-op's Fully Vested Members (FVMs) numbered around 170. (FVMs are people who have paid their \$200 equity in full.) Many of you responded that year to our call to help us build up member equity for our relocation project by paying your equity in full. Since then, our FVMs have continued to grow steadily. To date, 742 people have paid their equity in full. That's 42% of our 1,700+ active membership. Since 2016, 572 member-owners have become FVMs! We are very grateful.

As we look ahead toward ground breaking on South Street, it is important that we continue to grow member equity in the process.

A quick search of our membership showed there are 104 members who are \$40 or less away from becoming fully vested. You might very well be one of them. Ask yourself--Did you join between 2008-2010, or did you join earlier than that, but took a year or two off from paying equity? If you can answer yes to either of these questions, then you may be close to being fully invested. Checking your Co-op equity is easy. The next time you are at the store making a purchase under your account number, the cashier can access your equity paid to date. If you are getting close and want to pay that pesky balance off in full once and for all, cashiers have only to select the "pay in full" button and you are done!

For those of you currently out of town, you can contact me, Beth Dickens, via email at ownership@bluehill.coop or by phone at 207-374-2165 to find out your equity balance and make arrangements to pay it off. We thank you in advance.

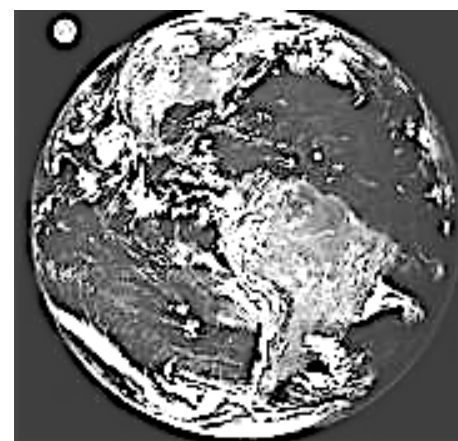
A handwritten signature in black ink, appearing to read "Beth Dickens", with a long horizontal line extending to the right.

WELCOMED HERE

FARM FRESH REWARDS: RETAIL LOCATIONS



Spend \$5, get \$5 when shopping local with SNAP/EBT.
Earn and use vouchers at any participating store!



EARTH DAY
SUNDAY
APRIL 22

Earthy Friendliness In 2017

20,390
discounts for bringing your own bag
(\$1,019.50)

1,555
discounts for your own coffee mug
(\$155.50)

1,361
White Orchard
bottle deposit refunds
(\$2,722)

Hidden-Spinach Berry Smoothie

By: Robin Asbell



Recipe Information

Total Time: 10 minutes

Start your day with a big spinach salad? You will enjoy a salad's worth of healthy spinach in this luscious smoothie, and hardly notice it's there. Try freezing your own local berries when they are in season to use in smoothies all year long. When bananas start getting soft, just peel them, pop them in a freezer bag, and freeze to use in smoothies. Using frozen berries and bananas will give you a thick, almost ice-cream texture, and you may need to add a little milk to help it blend.

Ingredients

- 2 cups (8 oz.) frozen or fresh red berries, raspberries, strawberries, or a mix
- 3 cups (3 ounces) spinach (packed)
- 1 cup yogurt, kefir, or a non-dairy alternative like almond milk
- 1 large banana, fresh or frozen

Preparation

Put the berries and spinach in the blender first, and add the yogurt and banana. Process, scraping down as needed. Blend until smooth and serve.



From NCG: www.strongertogether.coop/recipes

Tips & Notes
If the smoothie is too thick to blend, add milk or a non-dairy alternative as needed to blend.

Nutritional Information
247 calories, 2 g. fat, 5 mg. cholesterol, 157 mg. sodium, 52 g. carbohydrate, 8 g. fiber



Stephanie Tourles Certified Reflexologist

Lic. Esthetician/ Herbalist



PROFESSIONAL MEMBER:
MAINE COUNCIL OF REFLEXOLOGISTS
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welcomed here
The Co-op welcomes EBT cards and vouchers.



The Co-op now staffs 29 part-time and full-time workers. Part of the Mighty Mighty Crew (above: left to right): Savannah Jackson (Café), Amber Cochran (Produce), Kipp Hopkins (Café).

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The HARVEST HERALD
Contact ownership@bluehill.coop
207-374-2165, ext. 19, and comes out every 4-5 weeks.

To Advertise: 374-2165 x 19; ownership@bluehill.coop

Disclaimer: The Blue Hill Co-op serves a diverse community. It is within the vision of this co-op to strive to embrace diversity and to meet as many needs as possible. Opinions and viewpoints shared within this newsletter are neither endorsed or disregarded. Editorial content is intended for informational purposes only, and is not intended to diagnose, prescribe, recommend or offer medical advice. Newsletter articles do not necessarily reflect the opinions of the board, staff, management, or newsletter team. • Advertisements will be sold at the discretion of the Advertising Coordinator who reserves the right to refuse or edit.