

# BLUE HILL COOP

COMMUNITY MARKET & CAFE



THE HARVEST HERALD the goods. the news. free.

**DECEMBER 2017** It's wool coat, hat and mittens season. The Café bakery is busy concocting sweet treats to warm and delight. Fudgy brownies with nuts are back and a new spiced pumpkin bread. Try some! In Ownership, we are still welcoming new Co-op members at a nice rate, with a total active membership of 1,775 people. Of those, 726 owners have paid their equity in full, That's 41% of our ownership base and a tremendous show of support for all we're about. All told, we've grown 10% in ownership this year. These are strong numbers for a co-op of any size. We've had record high sales days this year. Thank you Co-op staffers, shoppers and supporters. Investment in our store is

also strong. As of this writing, we have received over \$1 million in investments in the South Street Relocation Project. The final architectural plan continues to be finely tuned to ensure that our operating and budgetary requirements are met.



Reaching our Round 2 fundraising goal will allow us to break ground in 2018.

## 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, Coastsides 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, Linda Freimuth Hats, 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 Jewlery, 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.



Let's do this together

# HOLIDAY FOOD DRIVE

Through Dec. 31, 2017

Please donate  
an unopened  
item right here!

Benefits **Tree of Life**  
and our Community

THANK YOU

BLUE HILL CO-OP

COMMUNITY MARKET & CAFE



**SPOTLIGHT ON CHEESE** Let's celebrate with cheese, specifically with one of our wickedly delicious Bonus Buys this month: **Brillat Savarin**. Imported from France, Brillat is what is known as a triple cream cheese boasting 75% butter fat. As a point of reference, Brie has about 60% butterfat while butter itself contains 80-86% fat. Brillat's origins trace back to 1850 in Normandy. The very first triple cream was documented and called *Petit Suisse*. Our source was not able to trace the name of the cheese maker, but seemingly the maker was not tall in stature and was of Swiss nationality. This wonderful cheese has a creamy, smooth and spreadable texture with a buttery, milky flavor. Like Brie, it has an edible, live "bloomy" rind started from a yeast-like fungus that works to break down the fats and proteins in the cheese, leading to the ripening process. The rind itself has a mushroomy or grassy flavor. We know many of you love this cheese already judging by our cheese sales, but some of you might not know much about it. Here are a few pairing tips to round out the celebrations perfectly. Serve Brillat with a sparkling wine like Champagne or Prosecco and enjoy it together with raspberries, pears and crisp bread. Let the creamy feast begin! -- Robin Byrne, Co-op Cheese Buyer

**ORGANIC INDUSTRY** The booming U.S. organic industry posted new records in 2015, with total organic product sales hitting a new benchmark of \$43.3 billion, up a robust 11 percent from the previous year's record level and far outstripping the overall food market's growth rate of 3 percent, according to the Organic Trade Association's 2016 Report.



welcomed here

The Co-op welcomes EBT cards and vouchers. Sign up for Maine Harvest Bucks with us. Anyone eligible for SNAP benefits can apply. Ask a cashier for a form or call Beth Dickens, ext. 19 at the store.



Member-owner investment inquiries, please contact Kevin at 207-374-2165 for more information.

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\* Organic Trade Association's 2016 Report.

# MINDFULNESS TIPS FOR THE HOLIDAYS

by Catherine Princell MS RN, Health Coach

Mindfulness is a way to be open and aware of what is happening in the moment, being present both internally and externally. Mindfulness has been shown to improve relationship satisfaction, reduce situational stress, and increase empathy. Mindful practices help reduce internal stress and anxiety. Though the holiday season is a time of joy and family gatherings, it can also be a time of stress. Instead of being overwhelmed or exhausted by the many demands of the holidays, it can be a different experience, one involving more “being” and less “doing”. The results could mean connecting more fully with your holiday experiences and your life in general as you begin to feel more alive and present.

- 1) Practice active listening.** Active listening works best when you minimize distractions, so put away your smart-phone, turn off the TV, and turn down the music so that you can hear what people are saying. Acknowledge and encourage people to communicate by giving a simple nod or smile and respond by engaging directly with what they said.
- 2) Be open to the emotions of others.** By being attentive and receptive to the people around you, you can increase your ability to connect. Observe how people are feeling during the holidays, and be open to communication of those feelings.
- 3) Be open to a range of emotions in yourself.** Holidays can bring up a whole host of different emotions, and not all of them happy or celebratory. You might experience difficult feelings, especially when loved ones are absent, so allow yourself to make space and acknowledge whatever emotions come up for you rather than try to get rid of them.
- 4) Let go of old habits or patterns that might be holding you back.** Holidays come with traditions and memories but sometimes, old patterns can perpetuate negativity. Notice thoughts and feelings that are happening now, and try to be curious about what is happening, rather than being stuck in thoughts or feelings you might be carrying from the past.

Sources: Resource: Mindful, December 2010; Psychology Today Blog 2016  
READ MORE > **Tips 5-8** online at [www.bluehill.coop/site/newsletter](http://www.bluehill.coop/site/newsletter)

**From MOFGA 2016 Annual Report:** MOFGA certifies more thn 520 organic growers and food processors.  
• 2,600 volunteers make the Common Ground Fair happen;  
60,000 people attended in 2016.



Horsepower Farm, Penobscot

Visitors to our current website

bluehill.coop

Ages 18-34 61%

Ages 35-54 28%

45.85% Female  
54.15% Male

Source: Google Analytics  
90-day period ending 11/19/17

In the last 30 days, we’ve sold:

1,047

cups of large coffeee

263

breakfast sandwiches

332

New York Times

# Brie Classic

## Baked Brie with Pistachios + Figs

Makes 8 to 10 appetizer servings

1. Preheat the oven to 375°F. Place the Brie in a small oven-safe skillet, and place the skillet on a baking sheet.
2. In a medium bowl, stir the jam with the figs, pistachios and orange zest to combine. Spoon the mixture on top of the Brie.
3. Garnish with black pepper and then transfer the skillet to the oven. Bake until the cheese is heated through, 15 to 17 minutes.
4. Remove the skillet from the oven and then garnish the baked Brie with the honey and thyme. Serve immediately with bread or crackers.



INGREDIENTS: One 8-ounce wheel of Brie   ¼ cup fig jam   ¼ cup sliced figs  
½ cup chopped pistachios   Zest of 1 orange   Freshly ground black pepper  
1 tablespoon honey   1 tablespoon chopped fresh thyme   Bread or crackers, as needed.   Source: [www.purewow.com](http://www.purewow.com)

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## EVENTS--FILM

January 5, Monday: Farmers for America  
Hosted by Halcyon Grange #345  
and Blue Hill Co-op

7 PM - 8:30 PM

## ALTERATIONS

Alterations, repairs.  
I make almost any clothing.

**Anne Walker 374-5749**

It's that time of year again when things begin to slow down, the light goes out of the sky a little sooner, and I find myself already looking forward to a budding Spring. But instead of looking off into the future with haste, I'd like to reflect a bit on the past year. Hard to believe it's been a year already since I joined Blue Hill Co-op as GM. I am very grateful to the dedicated and hardworking staff that has allowed me to come in and serve the Co-op in ways I know how--toward expansion and relocation.

I realize, though, that before we're able to accomplish the momentous things to come, it's important to pay careful attention to the present, as well as take time to reflect on the year that will soon be wrapped up behind us. I'd like to highlight some of the greater things that have happened this past year.

Along with his role as our IT Admin, **Stan Ritchie** stepped up to assume the role of bookkeeper. This took a huge weight off of me and together we have streamlined many daily processes looking ahead toward the need of great efficiencies as we manage a much larger store.

**Michael Luciano** was appointed Assistant Store Manager. This has brought tremendous support to the staff as well as boosted overall morale. A much needed and welcome change.

We added **272 new member-owners** through the month of October. Only 5 members shy of total new member-owners added for all of 2016. We're well on our way of setting a new record of annual membership growth.

With the added number of member-owners, comes an increase in equity for the Co-op, which **increased to \$261,534** in October 2017 from \$234,662 a year ago.

Perhaps the most significant increase we saw this year was the support we received from our Co-op member-owners by way of investing in the expansion & relocation to South Street. On November 28, 2016, we had \$160,000 in member-owner investment. **As of November 28, 2017, we have \$1,017,100** of Blue Hill Co-op member-owner investment toward our new storefront. This is exciting news!

We've been working on a possible loan package with **CEI, CFNE & LISC** and will be exploring other options for financing and potential grants for the new store project. A work in progress.

I have been working hard with our board of directors and with our architect to ensure the most appropriate outcome for our new Co-op storefront. We have made much progress and are currently zeroing in on ways to bring the project within a budget that works best for the current and future needs of our Co-op community.

As we wrap up this exciting year, we have also seen an uptick in sales volume that started in September and continues through November. I often tell people that the best way to support the Co-op is simply to shop here. This is the surest way to support the future of our Co-op as well as foster the growth of the local foods economy that is so important to us all.

Thank you all for your support. We wish you and yours a joyous holiday season.

Kevin Gadsby, General Manager

## HOLIDAY FOOD DRIVE IS ON

Give the gift a meal  
Donate a food item at the Co-op  
Through 12/31/17  
Benefits Tree of Life Food Pantry  
& Our Community. *Thank you!*



The **HARVEST HERALD**  
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