

# BLUE HILL COOP

COMMUNITY MARKET & CAFE



THE HARVEST HERALD the goods. the news. free.

**JANUARY 2018** A month to celebrate, to look forward, and also to take stock of progress and successes of the year gone by. The Co-op had a great 2017 in many ways. We've cleared the \$1 million mark in investments in the new store project, with \$1,027,100 received to date. We also continue to have exciting discussions with a collaborative of funders that wants to see this store built almost as much as we all do! We broke daily sales records twice in 2017 and welcomed 310 new member-owners. Be proud of your Co-op. We sure are. Life is healthy and bright here. Here's to another productive year. Cheers!



**Bubbles are on sale all month of January--10% off every bottle. John Broeksmit is stocking Cava, Prosecco and Champagne Methodoise.**

## grow, shape, shop

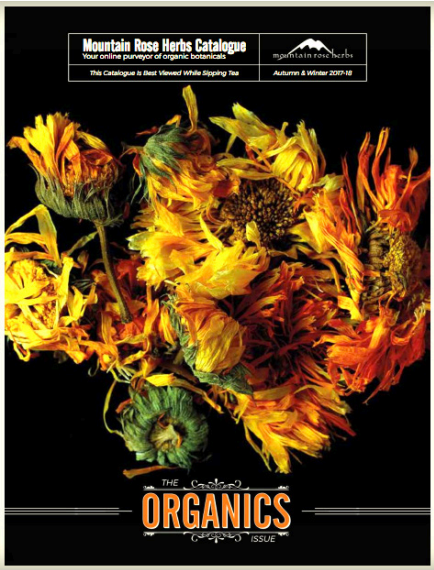


**WE ARE HAPPY + PROUD TO CARRY PRODUCTS FROM THESE LOCAL MAINE PRODUCERS:** 44 North Coffee, 5-Star Nursery & Orchard, Anne Walker Bags, Atlantic Holdfast, Avena Botanicals, Backstage Farm, Bagaduce Farm, Bagel Central, Betsy Grossman Bags, Bianco Provisions, Inc., Blue Hill Berry Co., Blue-Zee Farm, 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, 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 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.



Raw food courses, retreats + certification happen worldwide. Check out Belfast, ME’s [www.plantlab.com](http://www.plantlab.com).

**BULK** January is a month for new products. In Bulk, Carrie Grey is bringing in a well-loved line of herbs, spices and teas from Oregon’s **Mountain Rose Herbs**. Thoughtfully marketed and packaged, Mountain Rose Herbs products are fair trade certified. On our shelves will be: organic whole vanilla beans, lemon balm, nettle leaf, spirulina powder, yarrow leaf and flower, ginger root, licorice root, milk thistle seed and burdock root. Nice book section on their website.



“From product quality and sustainable packaging, to fair trade practices and watershed conservation, we take pride in doing business right. Our core belief that people, plants, and planet are more important than profit guides everything we do.”  
[www.mountainroseherbs.com](http://www.mountainroseherbs.com)

**PRODUCE** Indoor and Outdoor Mushroom Kits are back in the store from **North Spore Mycological** of Westbrook, ME, \$24.99 each. Try it! “The surest (and most entertaining) way to grow mushrooms at home is with a mushroom kit, which makes a great winter tabletop project. Depending on the kit, you can grow several types of gourmet mushrooms in a matter of weeks, including oysters (*Pleurotus* species) and shiitake (*Lentinula edodes*), as well as various button mushrooms (*Agaricus bisporus*). Then you can take what you learned from the kit to move on to more sustainable outdoor projects, such as growing oysters in boxes or shiitake on logs. You can even introduce the delectable wine caps (*Stropharia rugoso-annulata*) to old compost heaps or a shady area of your garden, where they’re apt to naturalize on their own. Start with these easy species and soon you may find yourself dreaming of — and growing — cinnamon caps, lion’s manes or black poplar mushrooms, too.” **[www.motherearthnews.com](http://www.motherearthnews.com)**.



**ABOUT BURDOCK ROOT:** The benefits of burdock root are wide-ranging. It is a blood purifier, lymphatic system strengthener, natural diuretic, skin healer and can help defend against diabetes.

**STAFF PICK** “Donna McNeal’s Molasses Cookie. Takes me back to childhood, so much like my Mother’s recipe. No need for anything other than what’s inside. Classic and pretty much too hard to resist.” --Stan Ritchie, Co-op IT Services & Bookkeeping



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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Budget-wise, slightly funky, vintage rooms, shared baths, kitchen, and common areas.



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# Where Raw Food Fits

by Beth Dickens, Ownership Coordinator

Most of us cook our food, eat sugar in one form or another, and would never dream of giving up or dairy. (Oh, to think of the ice-cream, cheeses, and deserts we'd be deprived of.) We are the same people, who, when offered pie or truffles, pipe up with an enthusiastic YES! Sure, we eat salads, but raw foods have little place on the American table otherwise. That is unless you can tap into the wisdom of a growing group of chefs, nutritionists and health coaches worldwide who have been encouraging a food movement to eat healthier--raw--without giving up the sweet and rich foods many of us crave.

Locally, we have Joanne Steenberg, certified raw food chef and teacher, debunking the notion that a diet “without” is less. While Joanne will be the first to tell you that going completely raw changed her life, she is not “preachy” and encourages everyone to find the happy balance that works best for them.

The Co-op has worked with Joanne over the last few years to bring food demo's (anti-cooking classes if you will) to small groups interested in changing their relationships with food. Her easy-to-prepare deserts have been a hit. (Who doesn't love chocolate or key lime pie?) This winter we are pleased to be branching out to offer a Cashew “Cheese” demo, a savory spread sure to be hit at your next party or just snacking in front of the TV. **That demo is scheduled for February 8th at 6:30pm. Space will be limited, but not to worry, Joanne and the Co-op plan to collaborate again this fall.**

## Round Up! 2017 in Review

We are fortunate to live in such a generous and caring community. One example of this generosity is evident through the success of our Round Up! at the register program allocates your donations to 12 local organizations and causes that serve to benefit our community and the people who live here. In the past year, our patrons with an average donation of .48¢, have donated more than \$2,800. We hope you will be inspired to donate your change the next time you shop at the Co-op, because together our small change can have a big impact.



In December, Edible Island hosted Community Meal: Dinner + Show for Reach's performance of "A Christmas Carol." Check winter events: [www.edibleisland.org/events](http://www.edibleisland.org/events)



## Round Up! 2018

January - Washington Hancock Community Agency

February - Hancock County SPCA

March - Edible Island Culinary and Ecological Center

April - Ark Animal Shelter

May - The Simmering Pot

June - Healthy Peninsula

July - Island Food Pantry

August - Tree of Life

September - Healthy Acadia

October - MOFGA

November - Emmaus Homeless Shelter

December - Stonington Public Library

619  
chocolate bars

In the last 30 days, we've sold:  
336  
cookies in the Café

154  
Tinder Hearth Chocolate Croissants



# Spring Roll Bowls

## INGREDIENTS

**For the sweet garlic lime sauce:** 3 cloves garlic, 2 tablespoons rice vinegar, 1/4 cup agave or brown sugar, 1/4 cup fish sauce, 1/3 cup lime juice, 1/3 cup vegetable oil **For the bowls:** Rice Noodles, Basil, Mint, and Cilantro (plz use all three – they’re so good together!), Serrano Peppers, Chopped Peanuts, Avocado, Veggies → like carrots, bell peppers, and cucumbers, Protein → like shrimp, tofu, chicken (optional)

## INSTRUCTIONS

**SAUCE PREP:** Pulse the sauce ingredients together in a blender or food processor. **NOODLE PREP:** Cook your rice noodles by soaking them in cold water for about 30 minutes. When they’re softened, transfer to a pot of boiling water for just a minute or two before quickly draining again. \*This is my preferred method because it prevents them from getting overly sticky.\* **VEG PREP:** Mince the herbs, slice the serranos, and peel or julienne cut the vegetables. **BOWL PREP:** Toss the noodles (hot or cold! your choice, friend) with the sweet garlic lime sauce and all the other ingredients.

Soruce: [pinchofyum.com/spring-roll-bowls](http://pinchofyum.com/spring-roll-bowls)



Basil, mint, rice noodles, fish sauce, brown sugar, lime juice, and whatever other protein and veggies you have on hand. Easy to make meatless. 45 minutes prep time. Gluten-free.

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**EVENTS--FILM**

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

**7 PM - 8:30 PM**

**ALTERATIONS**  
Alterations, repairs.  
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BLUE MOON  
MONTH  
2 Sale Days

Jan 2nd  
Tuesday

Jan 31st  
Wednesday



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