

BLUE HILL CO-OP

COMMUNITY MARKET & CAFE

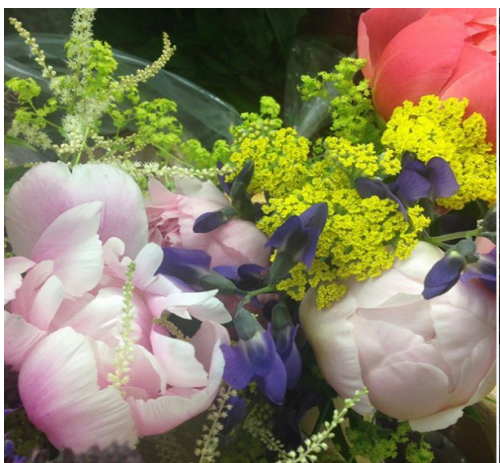


THE HARVEST HERALD the goods. the news. free.

JULY 2017 The future of Blue Hill Co-op is in your hands. Make the new store a reality by making an investment today. In order to continue our fundraising efforts, we **MUST** \$500,000 of Preferred Investment Shares by **AUGUST 16th**. As of 6/28/17, we have sold \$315,500 in shares to 85 Co-op owner-members. We are 63% to our goal. Member-owners are coming in and calling daily with questions, comments, and investment checks. Thank you to those who invested at the start all the way up to today. With 6 weeks remaining, we need an additional \$184,500 on deposit by **AUGUST 16th**. One share costs \$100. Once we reach the milestone,

we will open up the investment to our many seasonal residents from out of state that have been a part of this dynamic community for years--some for generations--many of whom eagerly await the opportunity to invest. If we do not reach the \$500,000 goal by the August 16th deadline, all of the investment money on deposit will be returned in full to each Co-op member investor. It will be a tremendous setback for the Blue Hill Peninsula if that happens. Your Co-op needs you. You own it. Take hold of it by investing today so that Blue Hill Co-op can grow into a healthier, more efficient, more spacious, more easily accessible storefront that serves generations to come. We have 6 weeks to make it. Please join us now.

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, Apple Bottom Beef, Atlantic Holdfast, Avena Botanicals, Backstage Farm, Bagaduce Farm, Betsy Grossman, Bianco Provisions, Inc., Blue Hill Berry Co., Blue-Zee Farm, Borealis Bread, Brooklin Candy Co., buggleblue, Carrie Gray Strawberries, Chai Wallahs of Maine, Chicken Ranch, Chow Maine, Clayfield Farm, Crossroad Farm, Crown 'O Maine Organics, Daily Bread, Del Conte Sauces, Devenish Wines, Easterly Wine, Four Season Farm, Fuzzy Udder Creamery, Grandy Oats Granola, Grindstone Neck of Maine, Hackmatack Farm, Harmony Mill Farm, Holly Farms, Horsepower Farm, Indian Meadow Herbals, Ironbound Island Seaweed, Ironwood Farm, Island Soap, Jackman Maple Syrup, Jolly's Mushroom Farm, Kennebec Cheesery, King Hill Farm, Lakin's Gorges Cheese LLC, Linden Ridge Farms, Lindsay Ne-Hy Farm, Little Lad's, Lucys Granola, Maine Maple Products, Maine Medicinals, Maine Shellfish Co., Marshall Wharf Wharfing,, Meristem Herb Co., Mil's Farm, Millbrook Company, Misty Brook Farm, Mom's Organic Munchies, Monicas Chocolates, Moonflower Waxworks, Morgan Bay Farm, Morse's Sauerkraut, Mount Desert Spring Water, My Berry Organics, North Branch Farm, North Spore, Northeast Coffee Company, Nova Foods, Old Ackley Farm, Pagett Farm, Pat & Mike's Garden, Poland Family Farm, Quills English Muffins, Rainbow Farm, River Wind Woolies, Run Water Farm, Salt Run Farm, Shalom Orchards, Smith Family Farm Dairy, Sonnetal Dairy, Sow's Ear Winery, Sparrow Farm, Stackwood Farm, 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, Wild and Alive, Wild Seed Project, Windy Hill Farm, Wreal Wreath Works, York Hill Farm

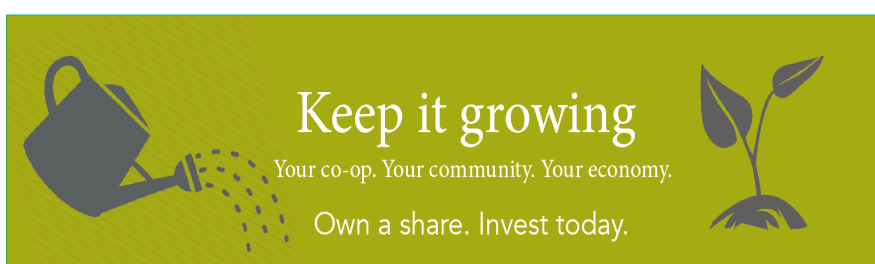
4 ELLSWORTH ROAD


HEALTH “Super stringent on quality,” says our Wellness Department Manager David Walker, of the Canadian company, Natural Factors. New on the shelf this month is an innovative series of supplements from Natural Factors called *Three Brains*. The line is designed to support the critical relationship between the heart, the brain, and the gut. The individual products in the new line include: The Best Sleep™, Serene Mind™, Higher Thoughts™, and Mental Sunshine™. “By supporting the relationship between these three critical organs, these supplements help optimize mental health and cognition.” --David Walker, Co-op Wellness

STAFF PICK I am completely loving that our Bulk Buyer, Carrie, is pre-bagging some items to grab-and-go! As a mom, I can run in and grab a snack bag of Tierra Farm’s Organic Dried Apples or Organic High Peaks Trail Mix for my daughter in only minutes. As an employee, and regular shopper at lunch-time, I love that I can grab something (like the amazingly delicious Organic Garlic Almonds, also by Tierra Farm) and know before I have gotten to the register that I haven’t “broken the bank” because each bag has already been priced out. --Beth Dickens, Ownership Coordinator

CHEESE Well it’s finally here – SUMMER. And so is CHEVRE – soft, fresh Goat Cheese, along with some other soft artisan cheese. Oh, yum, on crackers with a nice cold, crisp glass of chardonnay or rosé. Our favorites: YORK HILL from New Sharon, Maine; tubs of Fresh Chevre in plain and Garlic Herb (great on salads too), from Seal Cove Maine; and packets of Fresh, Herb and Goat Feta from Vermont. Also in case, we also have Blue Ledge Farm La Luna aged Goat Cheddar (much like Manchego, but goat’s milk, not sheep), Marinated Chevre in Tubs with olive oil and their Camembrie, which is a combo of Camembert and brie (cow’s milk, not goat). And last but not least from Kennebeck Cheesery Maine, we have a fine Marinated Cow Cobble with herbs and olive oil. Snack, and enjoy the summer. It’s all good!

IN THE CAFÉ Expect to see many fruit-based desserts this month including Berry Mousse and Citrus Bars (lemon, lime, orange). Tapioca will be back pretty much daily. If you love our chocolate mousse, please speak up at the Cafe counter and SAY SO, we will find time to make it again this summer. Also, you may order cakes at the Co-op, with 2 weeks’ notice. Ask for our baker, Phoebe. Bring an idea or recipe, or sit down and chat about what would delight you.



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.

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SOUTH STREET



“The Coop is part of the great community we have here in Blue Hill.
I’m happy to invest in its future. We all benefit.” -- Bonnie Dean, Blue Hill

Series	Cost per share	Number of shares available	Term	Annual Dividend Rate
A-1	\$100	1,000	3 year minimum retention	0%
A-2	\$100	3,000	5 year minimum retention	2.5%
A-3	\$100	3,000	7 year minimum retention	3.5%
A-4	\$100	3,000	10 year minimum retention	4.5%

AUGUST 16 DEADLINE:

- \$315, 500 raised as of 6/28/17
- 63% to the \$500,000 goal
- 85 investors to date
- we can’t move forward unless we make the goal
- contact Kevin Gadsby to invest gm@bluehill.coop

Four Classes of Preferred Shares
Available to Co-op owner-members who live in Maine
DEADLINE: AUG 16th, 2017

Over the bridge to Edible Island

Culinary and Ecological Center, Stonington

Edible Island is a non-profit learning center in Stonington that offers unique culinary experiences, as well as educational opportunities for local students, community members, farmers, chefs, and other food professionals.

Good Food in Our Community (Part One)

June 21, 2017

by Stephanie Aquilina Source: www.edibleisland.org

“Food security applies to everyone. It is defined as the condition in which all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their dietary needs and food preferences for an active and healthy life.”

As we gear up for a new season of the Magic Food Bus in Deer Isle-Stonington, we reflect on one of our most important goals: To give Islanders access to good food, specifically fruit and vegetables. This month, Edible Island staff attended a community meeting about food security, where we discussed local efforts to make good food more accessible on the Island and throughout the Blue Hill Peninsula.

The meeting took place at the Halcyon Grange with a room full of individuals committed to expanding when and how people connect with food: Farmers that run public workshops on food production; educators that teach children and young adults about gardening and nutrition; volunteers that prepare community meals and manage food pantries; nonprofits that glean excess crops from farmers’ fields, offer culinary arts classes, work in schools to improve school lunch, plan summer meal sites, and provide food assistance information; and community “navigators” that offer resources and services to help people break the cycle of poverty. As we listen and contribute to the challenges, successes, and stories shared around the room, we think back to our core goals and what brings us all together: A vision for greater food security in our community.



It's that time!
FARM TOUR
Quill's End Farm • Penobscot
Friday, June 1-3 PM

sponsored by Blue Hill Heritage
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WAY TO ROUND UP

In June, Co-op shoppers donated \$156.81 in change from their purchases to ISLAND FOOD PANTRY.

July's Round Up at the Register! benefits
Tree of Life, Blue Hill



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Next Full Moon
Sale Day
is
Sunday
July 9
owners enjoy
10% off

