

BLUE HILL CO-OP

COMMUNITY MARKET & CAFE

THE HARVEST HERALD the goods. the news. free.

JUNE -- Relocation Update

I have been working steadily on the Pro Forma document along with Co-op financial analyst and consultant, Bill Gessner of CDS Consulting Co-op. It has been a challenging task to make sure that all aspects of our business plan are mapped appropriately on our Pro Forma to confirm financial feasibility. There are so many aspects of a Pro Forma document that affect the outcome: size, location, number of parking spaces, retail square footage, retail sales per square foot projections, growth of membership projections and on and on. One of the aspects of the Pro Forma that we needed to accurately balance is how much our co-op has already

invested/spent on the new store development.

This information comes directly from our financial statements. Because the planning process for a project of this nature usually takes time as well as numerous iterations, we needed to ensure all our financial data related to relocation was in alignment with our Pro Forma before a final commitment could be made with regard to our architectural and interior design plans. That commitment has now been made. We are on our way toward a new co-op for Blue Hill.

Please contact me anytime with comments or questions, gm@bluehill.coop.

Kin

grow, shape, shop



Ready for a quick tour of the Specialty Cheese Case? All week, Robin Byrne is busy slicing, wrapping and stocking delectables from Maine, New England, and all over the world in the cheese case. Starting on the bottom row, we have the packaged items in containers that come in as bulk and get placed into convenient tubs, this includes Cow's milk Feta in Brine, various olives, roasted and marinated peppers and roasted tomatoes. Hopping up to the next shelf, starting from the center and moving to the right you'll find the Spanish delicacy Fig-Almond cake of pressed Pajarero Figs and Marona Almonds, Havarti Dill from Denmark, German-Swiss, Whole milk Mozzarella, and a few cheeses from the Cabot Family of Co-ops in Vermont: McCadam Muenster, Monterey Jack, Pepper Jack and Mild Cheddar. The next row up, from left to right: Brie from France, a basket of very popular mixed snack size cheeses, Blythdale Farms Vermont Brie Buttons, Roth Raw Buttermilk Blue from Wisconsin, the traditional Spanish sheep's milk Manchego, a Maine-produced organic Jersey cow Ricotta-Salata from Swallowtail Farms in North Whitefield, also from Mars Hill and Bangor, Maine, a line-up of

(continued inside)

Department Check-in



CHEESE: A Tour of the Specialty Case

(continued from page 1) Pineland Farms Cheddar Curd, Sharp White Cheddar and Smoke Cheddar. From Vermont's Blue Ledge Farm, we have aged goat La Luna and tubs of plain, maple and marinated Chevre. Also, Seal Cove Maine goat feta, herbed and plain chevre, a French imported sheep's milk feta, and an import from Cyprus: Halloumi, a firm salted cheese perfect for grilling.

Bumping up a half step, you'll find a group from Plymouth Vermont raw milk Cheddars ranging from mild to smoked and extra sharp, along with their Bally Hoo Brie. From France there is the triple cream Brillat-Savarin. From Neighborly Farms of Vermont we have their raw organic Cheddars, in mild and sharp, and Sonnentall Dairy's line of raw milk Gouda, extra sharp Cheddar, Asiago and Gruyere from Smyna, Maine. We finish off the row with a variety of bagged cheeses: shredded Mozzarella, shredded and grated Parmesan, and the block cheeses imported from Italy: Parmesan Reggino and Perorino Romano.

These are our semi-permanent offerings, but as the seasons change, so do a few selections. Keep a look out for fresh Mozzarella in tubs and a few more local cheeses as summer arrives!



A general contractor has been selected for building the new store on South Street: E.L. Shea of Ellsworth. A fall ground-breaking is planned. FMI: gm@bluehill.coop



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

OWLFURNITURE.COM

Love Your Back!

- Ergonomic solutions for sitting and standing
- Visit our Stonington studio and sign up for an Owl Stool work shop!
- Custom designed furniture available

43 North Main Street, Stonington, ME
(207) 367 6555 • www.owlfurniture.com

THE MORGAN BAY ZENDO

SURRY, MAINE

Experience Buddhist meditation whatever your background or faith.

Offering weekly meditation, retreats, talks, and other events April-December. Check online for more information.

532 Morgan Bay Road, Surry
www.MorganBayZendo.org

morganbayzendo

Traditional Acupuncture

Vicki Cohn Pollard

Blue Hill

vicki@traditional-acupuncture.com

207/374-9963

泰 謙



NEXT SALE DAY
Thursday
JUNE 28th
10% off
for member-owners

Meet the Canino's of Milkweed Gardens Sedgwick, ME

by Allison Watters

On a bright and breezy day in late April I visited Teo and Lindsey Canino and their two young girls at their home. They were all outside, the girls padding about barefoot in the warming mud and Teo and Lindsey seeding sunflower seeds for sprouts and the first crop of summer squash seedlings. As we enjoyed the rays of the sun they told me about how they ended up working the land on the Blue Hill Peninsula.

Without a grand plan after college Teo worked in a variety of food establishments, eventually finding himself in New York City at Mario Batali's restaurant Casa Mono. There he learned a lot but resented being in a basement indoors and got tired of putting beautiful things on a plate. He decided he wanted to learn to grow food instead. The couple drove to Maine to eat at a restaurant they had heard about in Kennebunk and were entranced by the idea of moving to the state.

On a later trip, they drove up to the coast of Maine and found the southern part of Maine too crowded so they kept heading Downeast. They eventually found themselves in Blue Hill and showed up at a real estate office in town not knowing anything about the area. The first place they were shown ended up being the one that they purchased - a white farmhouse with a barn, outbuildings, and plenty of acres to experiment up on a knoll on the Mines Road. "It worked out fabulously," Lindsey admitted.

Soon after moving into their new home, the first of their two daughters was born. Learning how to farm and raising kids turned out to be a full time job for them both. They experimented with a variety of vegetable crops which they sold at their farm stand in the barn. Milkweed Gardens also has raised meat ducks, chickens, lambs and pigs which they have offered at their farm stand freezer and sold to restaurants as well.



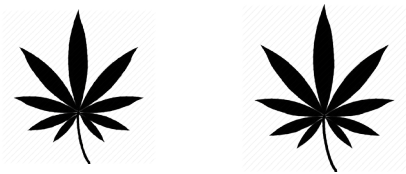
Teo and Lindsey have looked for crops that can fill the shoulder seasons of early spring and late fall and have had luck growing mushrooms on logs they seed and leave on their property in the woods, since these are most prolific in the spring and fall. Their chief crops are shiitakes, wine cap and oyster mushrooms which they sell to the Blue Hill Co-op, Aragosta and Arborvine. They also have sold quite a few microgreens and sunflower shoots through similar markets.

In order to fulfill a future dream to host farm suppers at their homestead, the Canino's are planning a move. Look for them soon at their new property, which is tucked away on **205 Old County Road in Sedgwick.**



SEEDLING ALERT: Seedlings can be purchased at the Co-op, Blue Hill Farmers Market (Saturdays, 9 - 11:30) & Stonington Farmers Market (Fridays, 10 - noon). **Stoneset Farm** grows robust, bee-friendly vegetable and flower seedlings in organic potting soil. They are open at 261 River Rd. in Brooklin on Wednesdays, 10-2 and Saturdays from 9-5. stonesetfarm.com

Department Check-in



WELLNESS: Spotlight on CBD Oil by David Walker

Medicinal hemp. It is legal and the Blue Hill Coop now sells it, organic and local, as well as national brands, too. And it won't get you high, but it may very well help with any of the following conditions: chronic pain, nausea, anxiety, inflammation, arthritis, cancer, neurological health and degeneration, heart disease and health, gastrointestinal issues, PTSD, ADHD, Diabetes, Autoimmune disease, schizophrenia, depression, Opoid addiction, migraines, MS, Headaches, menstruation, menopause, and, yes, pet health.

Hemp oil is becoming best known for CBD, one of more than 90 cannabinoids contained in medicinal hemp. To help get a sense of how CBD-Hemp-Oil tinctures and capsules can be so helpful, look into the Endo-Cannabinoid system, which has receptors throughout the body. Though your body produces its' own cannabinoid molecules, they "greatly resemble those found in hemp and marijuana,"

according to Ben Rooney, co-owner of Wild Folk Farm in Benton, Maine. One of Ben's tinctures "changed our life" according to a Coop member, whose 5-year-old son suffered from ADD and hyperactivity. The Coop sells a variety of concentration in both alcohol and MCT oil bases. •



Wellness Manager David Walker stocks a range of CBD oil products.

MARK THE DATE: CBD TALK

Ben Rooney, Manager, Wild Folk Farm
Thursday, July 26

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.

Stephanie Tourles Certified Reflexologist

Lic. Esthetician/ Herbalist



PROFESSIONAL MEMBER:
MAINE COUNCIL OF REFLEXOLOGISTS
REFLEXOLOGY ASSOCIATION OF AMERICA

Orland & Blue Hill, Maine
(508) 776-3468 ~ (207) 326-5009

When Your Feet Feel Good So Do You!
www.stephanietourles.com



IN WELLNESS: Now carrying
zinc, natural sunscreens &
lip balm from All Good

Inner Sense Connection

Energy Balancing
Sound Therapy
Breath Work
Guided Imagery

NEW ENERGY

Rhonda Haskell, MA
247 Kingdom Road
Blue Hill, ME 04614
207/460-1354

Introductory 30-minute session free!

Using the body's innate wisdom.... InnerSenseConnection.com

ALTERATIONS
Alterations, repairs.
I make almost any clothing.
Anne Walker 374-5749