

BLUE HILL CO-OP

COMMUNITY MARKET & CAFE



THE HARVEST HERALD the goods. the news. free.

NOVEMBER 2017 It's

Thanksgiving month and it's not too soon for us to say thank you for another great year at the Co-op. So far this year, the Co-op has had its two biggest Full Moon Sale days in its entire history. Membership growth is breaking records as well, with more members joining than ever, 7 out of the last 9 months. Owner-members are also showing their support by paying their equity in full. During our October Equity Drive, 72 member-owners paid up in full or in part, bringing our fully-paid equity ownership to 41%. That's huge for us, and for any co-op our size. We'd like to see that number grow to 50% by the time we open the new store. SEE INSIDE >

In fundraising news, we completed Round One with the Preferred Shares offering in August. Including 2016 donations and investments from Maine resident Co-op member-owners, we have raised **\$746,290** in funds for the South Street Relocation Project.



Reaching our Round 2 goal will allow us to break ground late Spring 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.

IN THE STORE

Grow Co-op As part of our October Equity Drive, 72 Co-op members have paid equity (in part or in full) • 41% of all our member-owners have paid in full—that's 709 members, 100 of those paid in 2017. Since January 2017, we have welcomed 267 new member-owners. • We've had record membership growth 7 out of the last 9 months. • In the first 2 weeks of October, more than 820 Co-op shoppers have donated their change to our relocation effort through *Round Up! at the Register* • In total this year, 3,886 Co-op shoppers donated \$1,944 to area nonprofits through *Round Up!* • We are a busy place. • 1,730 active member-owners and growing strong.

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CHEESE We make it fun and affordable to try different cheeses. You may have noticed that the Co-op offers samples of cheeses from time to time. We also stock snack size cheeses in the Specialty Cheese case so you can pick up a little bit and not spend more than you want to. It's a great way to taste test a cheese you've been curious about without committing to a wedge of it. For your convenience, Cheese Buyer Robin Byrne also hand cuts and wraps different weights of cheeses that we have available in full sizes. We get it: sometimes you only need a little to cook with, munch on, or experiment with. So, go small with a few cheeses, and mix it up once in awhile.

BULK Spotlight on Goldenseal this November. It's the start of cold season and we're stocking new, loose organic Goldenseal Leaf. "The herb Goldenseal is one of the five top-selling herbal products in the U.S. Used for relief from the common cold and other upper respiratory tract infections, as well as stuffy nose and hay fever, Goldenseal contains berberine, which has been proven to be antimicrobial, anti-tumor, anti-inflammatory and blood glucose-lowering. Some people use goldenseal for digestive disorders as well. The leaf was used extensively by Native Americans. Berberine alkaloids were also shown to have potent cancer cell killing activity against tumor cells." Source: excerpted from draxe.com



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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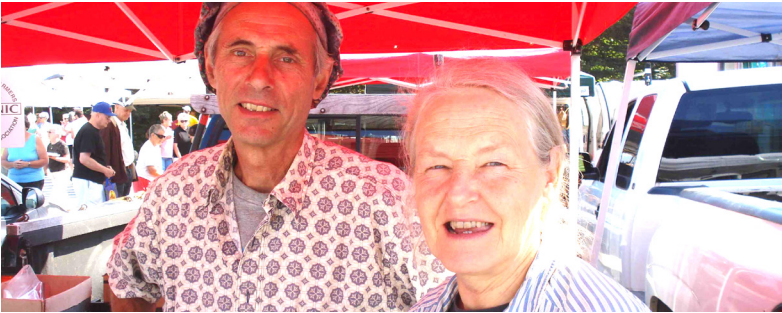
How to Hand Over the Farm Or, in this case, the orchard.

A History and a Labor of Love. By Leslie Cummins

Tim and I started the 5-Star Orchard endeavor in 1986 when we moved onto the Brooklin land I inherited from my family. We planted 50-60 trees grafted and named from E.B. White’s house in North Brooklin. We stayed at the White property in 1984, just after EB died, while we were building our house. We were fascinated by these old apples hanging on the trees in October and November. We took a bag of apples to Mark Fulford (Teltane Farm, Monroe, ME), asking him to identify the apples on the spot. He knew them instantly. Even the obscure ones like the Hurlbut, which few people know. I was so impressed. We grafted these. Later, we met John Bunker who was starting FEDCO TREES and we signed on. We were FEDCO growers for fifteen-twenty years. As we grew for them (a very unique organization), we waited for our own orchard to mature--about 200 trees, including 60 peach trees and at least 40 varieties of heritage apple, pear, and asian pears.

As these trees came on line we became aware of an onslaught of disease, damage, and, yes, death of the trees. If we wanted to sell these apples, they needed to become beautiful and perfect. Later on, we sold the heirloom trees themselves. So, bit by bit, we learned--not from Michael Phillips, the guru of organic apple growing, nor from anyone else for that matter. It was strictly piecing together bits and pieces of information. For us at this juncture, it was figure it out for ourselves. Eventually Michael wrote a fine book on organic fruit growing in the 1990’s.

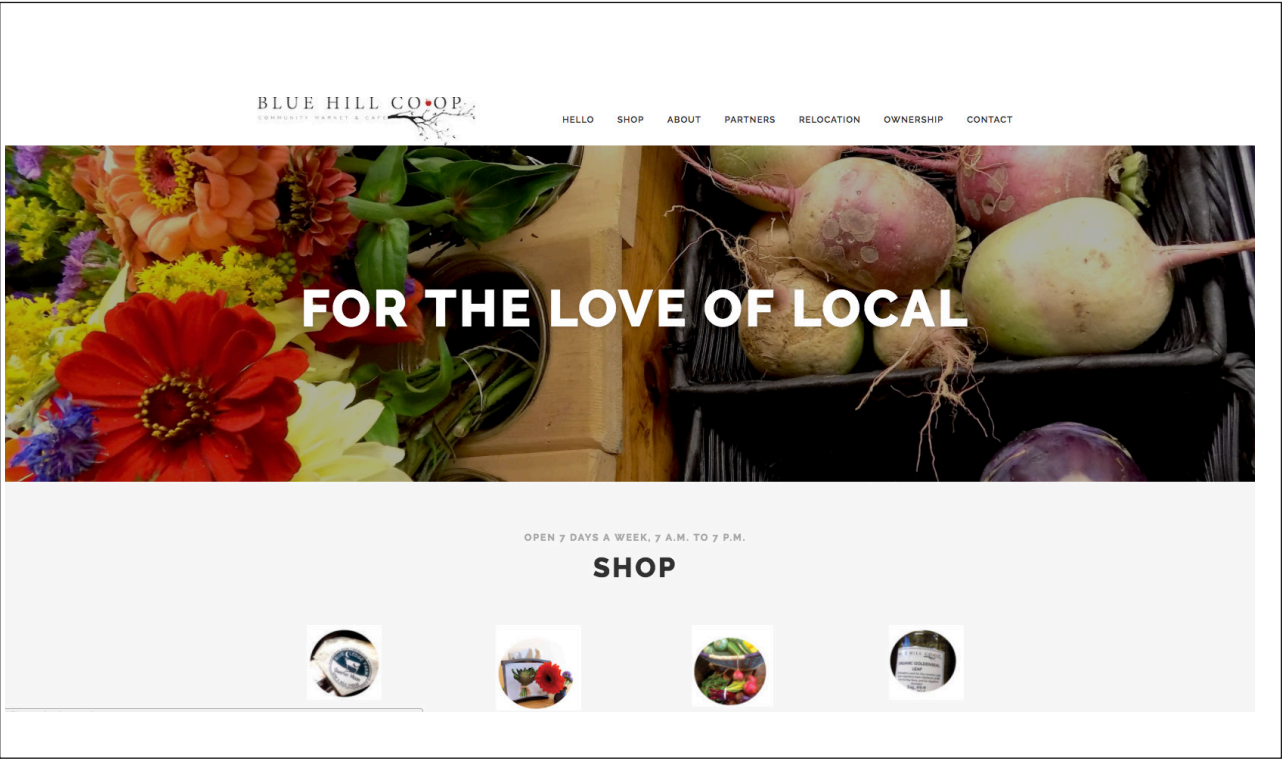
It took us five years but we found people who will continue the orchard work and continue making the products we developed. The trees are just the right size for peak performance and a treasure is saved, for the time being.



Every season brings a new challenge. Of course, a lot of it is global warming, at this point, and so far we have been able to adjust to those anomalies. Some of the apples are very rare, like the Canadian Strawberry; some are Maine classics, like the Baldwin or Rhode Island Greening--both commercial apples sold from Maine across the country almost a hundred years ago. Some we found ourselves, like the Lady apple from Amen Farm in Brooklin and the Winter Gravenstein from down the street, and the Winter Blush from an old Maine farm whose apple stand was a commercial asset to their sustainable harvest each year.

“How satisfying it has been to bring these glories back from extinction and keep corporate factory farming at a distance. Perhaps Maine, which used to be an export apple state, can renew itself by once again exporting organic heirlooms.”

--Leslie Cummins & Tim Seabrook



A new Co-op website is on the drawing board. We’re planning to feature information about our local suppliers and growers, evolving relocation news, sale days, and much more. Send requests or comments about what you’d like to see to marketing@bluehill.coop.

“ ...50% of consumers thought that a [company’s] Facebook page was more useful than their actual website.”

Souce: survey mentioned on huffingtonpost.com

Agree? Disagree?

Year to date, we’ve sold:

12,115

cups of large coffee

2,209

breakfast sandwiches

3,787

New York Times

What’s a Gnudi?



Kale-Rocotta Gnudi

Ingredients:

1/2 head Tuscan kale

2 cups ricotta

1/3 cup finely grated Parmigiano-Reggiano

1/2 teaspoon kosher salt

Freshly cracked black pepper

3 cups semolina flour

6 tablespoons unsalted butter

6-8 sage leaves

recipe + photo: www.foodandwine.com

Gnudi are gnocchi-like dumplings made with ricotta cheese instead of potato, with semolina. The result is often a lighter, “pillowy” dish, unlike the often denser, chewier gnochì.

How to Make Them

- Step 1
Remove the ribs and stems from the kale leaves. Rinse, and then add the leaves to a pot with 2 tablespoons of water over medium heat. Cover and simmer until kale is tender but can still hold its shape, about 4 minutes. Drain excess water from the braised kale leaves, and add to the bowl of a food processor. Pulse until finely chopped, and transfer to a small bowl.
- Step 2
In the food processor, combine the ricotta cheese, Parmigiano-Reggiano cheese, salt and pepper, and blend to a smooth consistency. Add the kale and pulse until kale is evenly distributed into mixture.
- Step 3
Spread a small amount of the semolina flour in a 2-inch-deep, 9x9 casserole dish or pan. With a tablespoon measure, portion out the ricotta mixture and roll into small donut hole sized balls. Set each ball into the semolina flour and roll to coat, repeat with each ball. Pour remaining flour over the prepared gnudi, ensuring they are entirely covered with the semolina. Cover with plastic wrap and refrigerate for 24 hours.
- Step 4
To prepare gnudi, have 6 tablespoons of butter in a large nonstick skillet ready on the stove.
- Step 5
Bring a large pot of generously salted water to a boil over high heat. Meanwhile, remove the gnudi from the semolina flour, and gently dust each one slightly to remove any excess semolina. Transfer the pieces all to one large plate. With a slotted spoon, drop the gnudi into the boiling water and cook for no more than 1 minute. Warm the skillet with the butter on medium high heat.
- Step 6
Remove the gnudi from the water and set into the pan of butter. Pan fry the pasta for 2 minutes on each side while the butter starts to turn golden brown, being careful not to burn. One minute before taking off heat, add the sage. Transfer gnudi to a serving platter, along with the browned butter and sage leaves. Season with salt and serve immediately.

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EVENTS

Nov. 6, Monday: Raw Food Class
Chocolate Torte @ Co-op Cafe, 6:30 PM

Nov. 9, Thursday: Apple Talk @
Halcyon Grange, 6:30 PM

contact ownership@bluehill.coop for details

NOV. 4
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Contact ownership@bluehill.coop
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