

# BLUE HILL CO-OP

COMMUNITY MARKET & CAFE



THE HARVEST HERALD    the goods. the news. free.

## APRIL 2017

It's officially spring and we're looking forward to putting the shovels away and putting some fresh green, red, orange and yellow produce in the case.

Our Relocation Project continues to move forward as we tally \$199,800 in investment shares sold to Maine resident Co-op owners. The Capital Campaign Committee will be reaching out by phone these next few months to answer any questions about the new store's progress or about the investing process. We are having great conversations and receiving positive feedback.

Stay tuned for news on our plans for a member-owner appreciation day in the fall. For summer, we are fine-tuning plans for an August fundraising event at David's Folly Farm in Brooksville. In the meantime, the Co-op crews in the Café and the rest of the store are anticipating summer already. We will start interviewing for summer store help soon. Watch our Facebook page for details.

## grow, shape, shop



**April Co+op Deals and Owner Bonus Buys Big Savers:** On the list of nice prices for Co-op owners this month are: Wild Planet Light Tuna, 2 cans/\$4; Koyo Ramen, 5 packs/\$4; Crown Prince Sardines, 3 tins/\$7; Blue Sky Natural Soda (6-pack), 2/\$6; Clif Bar--Kit's Organic Fruit & Nut, 4/\$5; Amy's Burritos, 2/\$5; Yogi Teas, 2/\$6; Wallaby Organic Lowfat Yogurt, 10/\$10; Bach Rescue Remedy, (10 ml), \$10.99; Alba Botanica Acnedote Face & Body Scrub, \$5.99; European Gourmet Organic Cake/Cookie/Icing and Brownie Mixes (assorted), \$4.39; Nova Fig Almond Cake, 8.99; NaSoya Organic Tofus, \$1.99; Hip Chick Farms Frozen Chicken Fingers, \$4.99; Hip Chick Farms Organic Breaded Chicken Fingers, \$6.99; Host Defense Breathe Extract, \$25.99; VRAC Rosé, \$11.99.



# 4 ELLSWORTH ROAD

**1. WELLNESS** Backed by more than 1,200 published, peer-reviewed clinical studies in medical journals throughout Europe, Asia, and India, Himalaya Supplements from the Himalayan Drug Company meet pharmaceutical-standard criteria, allowing 350,000 doctors worldwide to prescribe them. The Blue Hill Co-op offers the largest line of Himalaya brand supplements in Maine. Made only of organic herbs.

**2. STAFF PICK** I am always in search of gluten-free (GF) products that contain the best quality ingredients, that taste good, and that have a decent texture. What I like that we sell at the Co-op are: Schar Artisan Seeded Bread--has nice texture, even for a non-toasted sandwich; Bionature GF Pastas--great taste and texture (not best as a leftover). *Robin Byrne, Cheese Buyer*

**3. BEER + WINE** Now that spring is finally here, it's time to celebrate. A nice glass of rosé is a perfect complement to a light cheese or your favorite before-dinner snack. We're featuring two rosés from the Loire Valley in Southern France this April. One of them is VRAC. "Lively and easy drinking, VRAC wine punches well above its weight." Give it a try. [www.beveragewarehousevt.com](http://www.beveragewarehousevt.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.



**4. CHEESE** Let the specialty cheese case help you get over your "winter blues" with the tangy Blues we have in stock. The Blue cheeses are a flavorful way to zest up your life. Look for Great Hill Blue, a raw milk Blue from Massachusetts and Roth Buttermilk Blue, another raw milk variety from Wisconsin. From France, we stock Société Roquerfort, a classic sheep's milk Blue. Happy spring!

**5. BULK BEST** Organic Jolly Beans from Sunridge Farms are in for Easter! A little less colorful than the drugstore variety, these little jellies are a thoughtful alternative for Easter baskets, \$12.99/#. Bulk Bonus Buys for the month of April are sweet, too, with lower prices on dried fruits: Organic Apricots, \$5.99/#; Organic Turkish Figs, \$5.39/#; and Organic Almonds, \$10.99/#.

**6. IN THE CAFÉ** Phoebe bakes up new treats practically every afternoon during the week. A few goodies she has tested and will surely surface again are gluten-free Pumpkin Caramel Cupcakes (she makes the caramel here) and Zesty Citrus Bars--lime, orange and, coming soon, lemon. Also new, Chewy Double Chocolate Chip Cookies. Double yum.

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The Blue Hill Center for Yoga and Wellness is delighted to welcome **Caroline Sulzer, Ph.D., CYT**, and the opening of Yoga for Psychological Health. Caroline holds a doctorate in Clinical Psychology and is both a certified Ayurvedic Wellness Consultant and Certified Yoga Teacher. She has worked with diverse populations in clinical sittings in New York, California and Maine. She offers individualized counseling that incorporates the ancient teachings of Yoga and Ayurveda, working with the breath, postures and sound, based on a client's individual constitution and needs. Caroline is also available for individual or small group yoga instruction, as well as workshops on yoga for mood management.

Call 207-664-8546 or write [cisulzer@gmail.com](mailto:cisulzer@gmail.com) for more information or to schedule an appointment.

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# SOUTH STREET

## ENERGY EFFICIENCY DESIGN FEATURES

1.

Recovery of the refrigeration waste heat for heating the building and the hot water
2.

Closed refrigeration cases, where possible
3.

Highly insulated building envelope
4.

High-performance windows
5.

High-performance air barrier design to reduce air leakage through the building envelope
6.

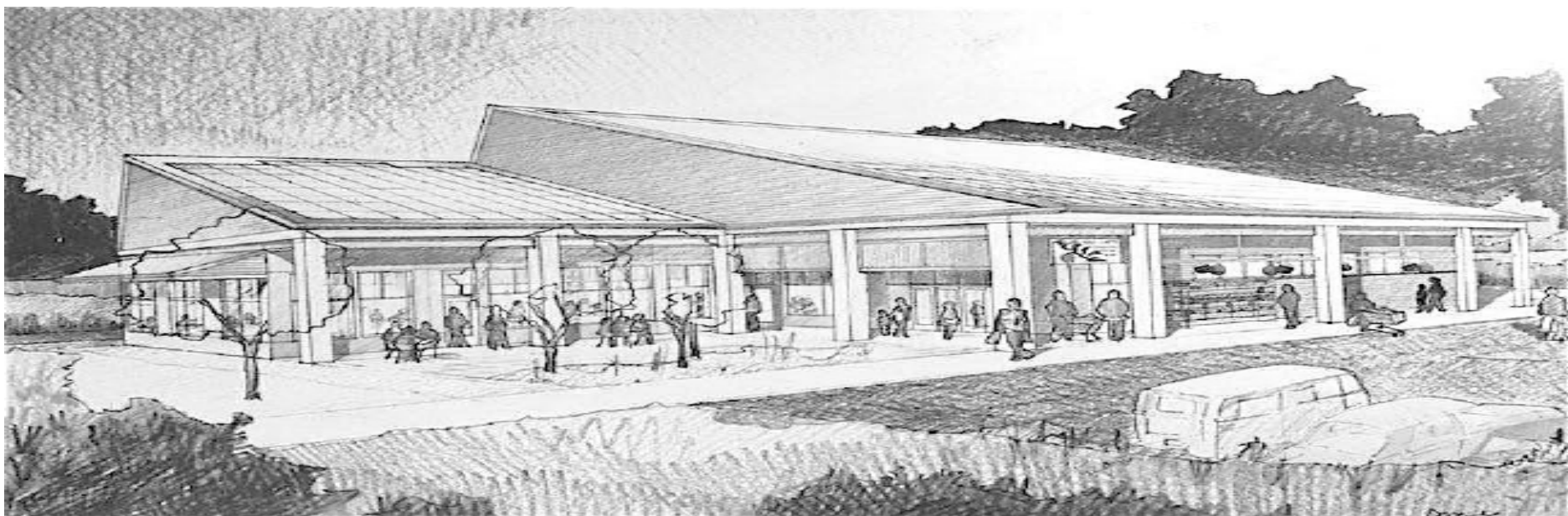
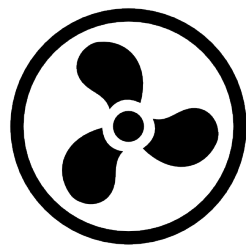
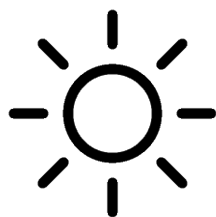
Day lighting, where possible
7.

LED lighting fixtures
8.

Variable speed fan motors
9.

Whole-building metering and monitoring system
10.

Acceptance testing and commissioning of energy-consuming building systems



## A few words from Bruce

Bruce Stahnke, Architect, Stahnke + Kitagawa Architects

## THE PROCESS

“The relocation process involves people who have been with the Co-op since its inception as well as those who are new to the Co-op.”

## THE DESIGN

“The new store will have three separate parts: the store, the café and a community room—each one can be open without the other but all fit together.”

## THE SPACE

“Finally, you will be able to push a cart through the aisles and not bump into things.”



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# A Good Flick for Kids

The number of films coming out about the connection between what we eat and our health is steadily on the rise. The Blue Hill Co-op has shown quite a few over the years. One terrific documentary for younger audiences is *What's on Your Plate?*. The Co-op's screening of this film was the first showing in Maine. Filmed over the course of one year, the documentary follows two eleven-year-old city kids, Sadie and Safiyah, as they explore their place in the food chain. The film was inspired by their questions as they began to feel curious about where the food they were eating came from. Together, Sadie and Safiyah inspire hope and active engagement. See the trailer here at [www.whatsonyourplateproject.org](http://www.whatsonyourplateproject.org). Available through inter-library loan.



Next Full Moon Sale Day is Tuesday, April 11 owners enjoy 10% off

**ART IN THE CAFE** APRIL 2017  
Marena Koenka, Photographs  
"I'm a senior at GSA. I started my photography business during the summer of 2016. My favorite thing to photograph is people, but as long as I have a camera in my hand I'm happy."





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UPDATES AND MORE INFO  
<https://www.facebook.com/TheStandingBearCenterforShamanicStudies/>

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*There is no charge for the gatherings but donations are welcome!*



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