

BLUE HILL COOP

COMMUNITY MARKET & CAFE



THE HARVEST HERALD the goods. the news. free.

JUNE 2017

The black flies have arrived but will soon be gone. We've freshened up our garden out front and the ice cream business next door is hopping. Welcome in summer with

us this June with new produce arrivng nearly every day and iced tea and iced coffee in the Café. We're also looking to our owners to invest in our relocation to South Street this summer.

"Our move cannot happen without you. You have already chosen to support the Co-op by shopping here but many of you have also become own-

er-members. We have sold \$226,800 in preferred shares in the South Street Relocation Project as of this writing. In order to continue, we must reach the \$500,000 mark in shares sold by August 16, 2017. The time is now. A bigger, more efficient Co-op is in our future. Please join us in shaping it."

--Kevin Gadsby, General Manager

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, Monica's 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, Quill's 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

BULK A few new items for June: Try Terra Dolce Organic Pasilla Peppers, \$23.99/# (3 stars hot), Tierra Farms Organic Roasted Spicy Pumpkin Seeds, \$6.99/# (gluten-free), Woodstock Farm Organic Dark Chocolate Raisins.

STAFF PICK I have two favorites right now and they are both in the same aisle, one shelf apart! I'm using Royal Jelly in honey from Y.S. Organic Bee Farms as a supplement mixed in 2 tablespoons of warm water for an energy boost coming out of the winter doldrums. Thursday Cottage English Lemon Curd is my other go-to lately: one teaspoon mixed in plain or vanilla yogurt. --Cara Fox

BEER + WINE Italian bubbly is in, Enza Prosecco, \$14.99 per bottle. Make note--we have 4 organic selections right now--**REDS:** a Monastrella from Honoro Vera (Spain) and a Pinot Noir from La Marouette (France); **WHITES:** Sauvignon Blanc from La Marouette (France) and a Chardonnay from Saracine (CA).



We're hiring.
Please visit our
Employment page
www.bluehillcoop.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.



HEALTH Pain Management Alternatives: Chronic pain is real and it is physical. How is pain actually defined? According to The International Association for the Study of Pain, pain is an unpleasant sensory and emotional experience.

Pain is measured and specific to one person based on that person's perception of the pain, and that's why everyone's pain is different. Judith Scheman, PhD, program director of the Chronic Pain Rehabilitation Program at the Cleveland Clinic in Ohio describes what the brain perceives is indisputably modifiable by emotions. That means that people who are fearful of pain, depressed, or anxious may experience pain differently and perhaps more severely, than someone who has pain but isn't experiencing those other emotions.

A more holistic approach to chronic pain management that focuses on both the mind and the body is important. So while chronic pain medication can be effective for pain management for many people, it isn't the only tool available when it comes to pain treatment.

Physical therapy is a very important part of any pain management program. Pain can be worsened by exercise that isn't done correctly and a physical therapist can tailor the right exercise regimen. Proper exercise slowly builds tolerance and reduces pain.

Cognitive behavioral therapy allows people to learn and have a better understanding of what the pain is from, and what they can do about it.

A variety of approaches and modalities can help deal with both the physical and emotional parts of pain such as TENS therapy, acupuncture, meditation, relaxation techniques, heat and cold therapy, manipulation and massage. --Catherine Princell MS RN, Health Coach

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Investing in Your Co-op



THE SOUTH STREET CO-OP will be handicap accessible and have: more than 70 parking spaces, fish + meat counters, a Community Room for public use, high-efficiency heating and cooling systems, and indoor/outdoor Café seating for approximately 80 people.

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:
The next three months are critical for all of us who envision a bigger, brighter shopping, eating, and gathering space. The project can move forward if we reach \$500,000 by 8/16/17. If you support local, please invest in your co-op. Now is really the time. We’re 45% there. Contact Kevin Gadsby, gm@bluehill.coop.

Four Classes of Preferred Shares
Available to Co-op owner-members who live in Maine

Asparagus with Fresh Ricotta and Pasta

Featuring Lakin's Gorges Cheeses of Waldoboro Fresh Ricotta

INGREDIENTS

- olive oil
- ½ onion – minced
- 1 (or more) cloves of garlic – crushed or minced
- 1 (or more) bunches of asparagus – trim tough ends and stalks cut into bite size pieces
- salt and pepper to taste
- 1 tub of LAKIN’S GORGES CHEESES FRESH RICOTTA
- 2 lemons zested and juiced
- 1 package of pasta (your choice of shape and variety) - cooked
- fresh basil to taste – chiffonade or minced

In a large skillet heat olive oil and saute onion, garlic and asparagus with salt and pepper. When the onion becomes translucent add the ricotta and lemon zest. Stir to break up and mix in the ricotta. Add the lemon juice. Adjust the seasoning to your taste. Toss with the cooked pasta and basil. Garnish with freshly grated Parmesan or Romano cheese.

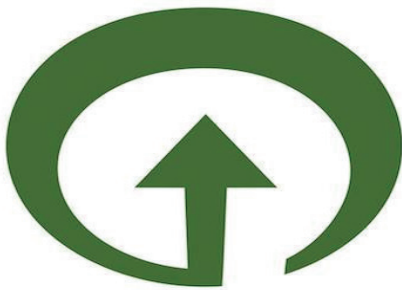
- * cook pasta while you are preparing the sauté
- **Steam asparagus before sauteing for more tenderness



It's that time! FARM TOURS Quill's End • Penobscot

sponsored by Blue Hill Heritage Trust +
Blue Hill Co-op
call BHHT 374-5118
Friday, JUNE 30 1 PM

Way to Round Up!



ROUND UP AT THE REGISTER

We are receiving an overwhelmingly positive response to our Round Up! at the Register program where Co-op shoppers donate change from their purchases to a selected local nonprofit. A big thank you to all who have donated already or many times. Your change is adding up, every day of the month.

June donation:
Island Food Pantry

May donation results:
H.O.M.E. Co-op Food Pantry
436 donations adding up to \$171.64, for an average of

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