

BLUE HILL CO-OP

COMMUNITY MARKET & CAFE

THE HARVEST HERALD the goods. the news. free.

MAY 2017

A wonderful assortment of seeds are for sale in the store, we're tidying up outside after winter's blowing and snowing, and things are about to start blooming.

We're making nice progress on the Relocation Project ground as well. As of this writing, we tally \$217,100 in investment shares sold to Maine resident Co-op owners. **For the project to continue, we must raise \$500,000 in investments by August 16, 2017.** The next three months are critical for all of us who envision a bigger, brighter gathering space for buying, selling and

sharing knowledge. We invite you to explore what it means to own shares in the Relocation Project. Our new store, *your* new store, depends on community support, and right now is when we need to join together to make it happen. We are on the verge. If you believe in organic, local, and a growing Blue Hill economy, please visit us. Please invest. A bigger, brighter store is in your future.

grow, shape, shop



May Co+op Deals and Owner Bonus Buys Big Savers: On the list of nice prices for Co-op owners this month are: (thru 5/16) Late July Organic Thin & Crispy Tortilla Chips, 2/\$5; Equal Exchange Organic Chocolate Bar, 2/\$5; Koyo Ramen, 5 packs for \$4; Ian's Gluten-Free Fish Sticks, \$4.39; (5/17-30) Clif Bar 5/\$5; Alba Botanica Sunscreen, \$6.99; Napa Valley Naturals Organic Extra Virgin Olive Oil, \$8.99; Hilary's Veggie Burgers, 2/\$5; Lundberg Family Farms Organic Steamed Rice, \$2.39; assorted San-J Crackers, \$2.99; Ener-C packets, (30), \$12.99; organic Napa Valley Naturals grapeseed, safflower, and sunflower oils, \$8.99, Cabot Creamery, \$7.99; Tierra Farms High Peak Trail Mix, \$9.59; Wolftrap Syrah, \$8.99.

While supplies last, or as available. *Subject to change.*

4 ELLSWORTH ROAD

BULK A few new items for May and a few returning favorites in the bulk section. Try Organic Bancha Loose Tea, \$17.99 per #, Organic Dark Chocolate Raisins, \$10.00 per #, and for a little kick, Spicy Roasted Pumpkin Seeds, \$6.99 per #. Back by popular demand we have Goji Berries, \$10.99 per #. “The dried, pink (goji) berries, which taste sort of like dried cranberries, come from the Himalayas and China, where they’ve been eaten for centuries. Goji berries are high in Vitamin C and E, have been said to help boost metabolism, and are recommended for the treatment of diabetes and high blood pressure.”

- huffingtonpost.com

STAFF PICK NOW Papaya Enzymes Lozenges chewable antacids. Love ‘em. First off, they have a mild taste, and they really do relieve indigestion. Effective alternative to the drugstore “chalkies.” One or two do the trick. Minty fresh on the breath too. --Carrie Marks, Cashier

BEER + WINE Spotlight on something good. Casa Liliana’s **Good:** Pinot Grigio is on sale all May. Often better known for red varieties, Northern Italy has a number of delicious white wines, the most widely recognizable varietal is Pinot Grigio. “Medium-sweet, tangy, strawberry, raspberry and blackberry. Light bubbles. Great buy when on sale.”

Rated on www.vivino.com, 7/13/14

CHEESE Springtime in the specialty cheese case means return of locally made goat and sheep cheeses. Look for Maine made varieties such as: Seal Cove Goat Feta, and Classic and Herb Chevre; York Hill Classic Goat Chevre in small tubs, and chevre rolls seasoned with green peppercorn and dill; and Fuzzy Udder sheep’s milk Windswept and Sheepscot Breeze. Always in stock, we have imported from Spain, Manchego--a firm sheep’s milk cheese. From Italy, Pecorino Romano, and from France, Valbreso sheep’s milk feta.

IN THE CAFÉ Recipes for our salads, pastas and side dishes are always available on request. Here’s our Garlic Lover’s Pasta--
Ingredients: 1 lb. cooked fusilli, farfalle or elbow pasta, 2/3 cup frozen peas (thawed), 2/3 cup Parmesan cheese (shredded), 1/4 cup parsley (minced).

Dressing: 1 cup mayonnaise, 1/3 cup buttermilk, 1/2 teaspoon thyme, 4 teaspoons lemon juice, 1 tablespoon garlic (fresh, minced), 1 1/2 teaspoon salt, 1/4 teaspoon cayenne pepper (ground), 1/2 teaspoon oregano.

Directions: In a large bowl, whisk together the dressing ingredients. Mix together the pasta, peas, cheese + parsley. Add dressing, mix well. (Works well x2 or x3)

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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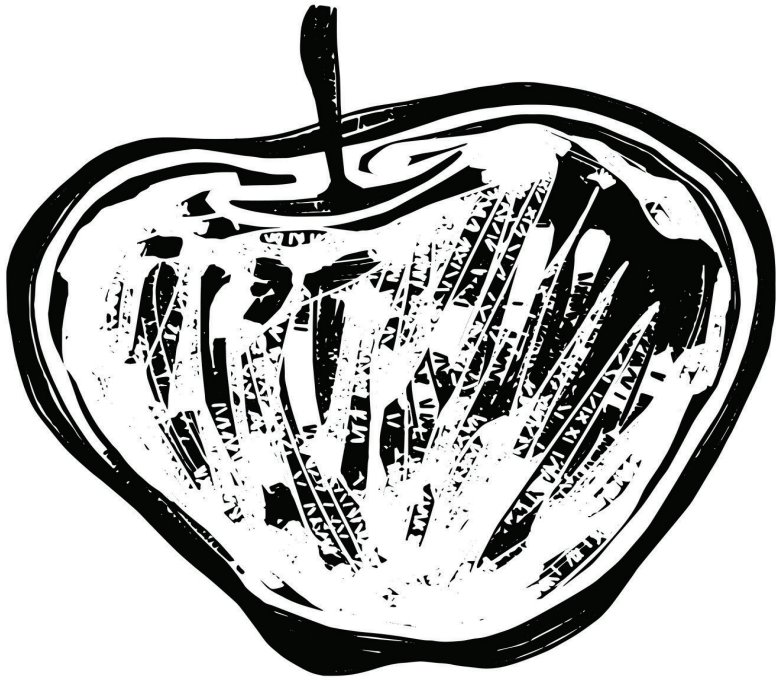


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all about, what the
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all about. A bigger Blue
Hill Co-op means easier ac-
cess to more types of products,

greater choice in organic, and more room
to accommodate the growing number of small businesses
committed to sustainable, organic practices on the Peninsula
and throughout the State. Our local food economy is among
the leading models in the country. It's time we had a place
where all the goodness of our growers and producers can
comfortably blossom and be shared. *Everyone welcome.*



To invest in the new South Street store please contact General Manager Kevin Gadsby, gm@bluehill.coop.

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 40% there. Contact Kevin Gadsby, gm@bluehill.coop.

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



ART IN THE CAFE

Bay School 5th and 6th Graders

An integral part of each child’s experience at the Bay School is painting weekly in watercolors. The teacher leads a painting, arising from the week’s studies, which the whole class works to follow. We hang the whole series in our halls and rooms afterward, and while clearly from the same lesson, how unique each one is! These are student-selected favorites by the 5/6 graders.



It’s that time!
1st of the season FARM TOUR
King Hill Farm • Penobscot

sponsored by Blue Hill Heritage Trust + Blue Hill Co-op
call BHHT 374-5118
Sunday, MAY 21 3 PM

Way to Round Up!



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.

March donation: \$413.76 to
Hospice Volunteers of Hancock County; 873 donations, .47 average donation

April donation: \$229.50 to
The Simmering Pot; 570 donations, .40 average donation

May donation:
H.O.M.E. Co-op Food Pantry

June donation:
Island Food Pantry



CAFE SPECIALS
Monday - Pizza
Tuesdays - Quesadillas
Wednesdays - Grilled Cheese
Thursdays - Reubens
Fridays - Burritos
Vegan, veggie + meat

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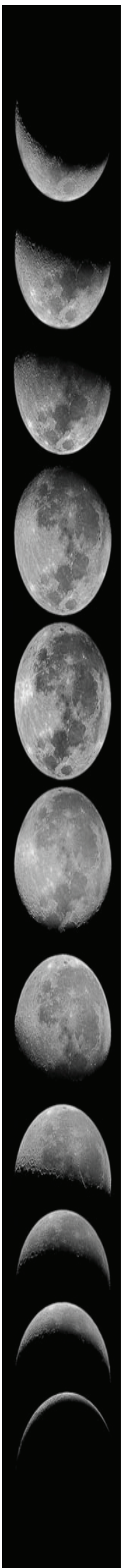
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Contact ownership@bluehill.coop
207-374-2165, ext. 19, and comes out every 5 weeks.

Advertisements: Deborah Wiggs, 374-2159 deborah@clayfieldfarm.net.
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Next Full Moon Sale Day is Wednesday, May 10 owners enjoy 10% off