

# The Harvest Herald

BLUE HILL CO-OP'S QUARTERLY NEWSLETTER  
AUTUMN EDITION 2023

FREE

## Farewell summer



Kipp Hopkins  
Marketing Manager  
Co-op owner since 2006

Summer is slowly shifting into fall and pretty soon, we'll be watching the leaves take on warmer tones, and maybe we'll be carving some pumpkins. In my 25 years of living on the peninsula, autumn has always been my favorite time of year and with it comes the scent of woodsmoke, fewer bugs, and "sweater weather." And of course, I always look forward to the *Common Ground Country Fair* which I never missed even once before the pandemic.

This time of year is also when we say goodbye to many of our summer residents. Rather than preparing for winter, they make different preparations to migrate to warmer climates, buttoning up a house to sit empty for many months, a project I personally have never undertaken but imagine is a lengthy process. Even if a home is rented for the winter season, there's still plenty to do.

For those of you who haven't lived in Maine year-round, here are some descriptions of what you've missed. (These recollections are brought to you by someone who no longer calls the Pine Tree State home.)

As I said, for me, fall begins with the *Common Ground Fair*. Even making the drive to Unity only once a year, I know the way backward and forwards. It's a very New Englandy drive through winding roads with tree boughs hanging over the pavement. Will the weather at the fair this year be hot, cold, or rainy? I've seen plenty of all three, sometimes even in one year. There's a lot to enjoy at the fair, but not surprisingly, I'm all about the food. There are the favorites I must have; the shiitake tempura is not to be missed. I also love the farmers' market at which I've tried many unique varieties of fruits and veggies.

October is my favorite month in New England. The leaves changing color is spectacular, and the run-up to Halloween is great fun. Seeing the produce department at the Co-op shift into winter mode always puts me in a seasonal mood.



Photo by Woody Petry

Pumpkins are great, yes, but just the tip of the squash iceberg. There are so many beautiful colors and flavors that usher in new dinner options. Is it soup season? You bet, but I also think of it as time for a good casserole.

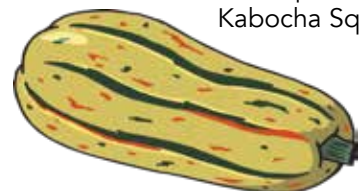
If you don't have little ones in the house, Halloween might not excite you, but I can't think of a more autumnal New England feel than Halloween. I'm not much for plastic decorations, but I love the aesthetic of pumpkins, scarecrows, and other old-fashioned touches. It's also the best time of year to sit outside wrapped in a blanket reading a favorite Agatha Christie novel or perhaps revisiting Mary Shelley's *Frankenstein* for the umpteenth time.

In the book *A Time to Keep*, Tasha Tudor said, "There's an old English saying, 'No fruits, no flowers, no leaves, no birds, November.'" It paints a glum picture, but I think there's beauty in this stark month before the snow falls and when everything is holding its breath in anticipation of winter. In November, there's a particular scent that appears in the air: cold, damp, and with a hint of wood smoke. Undoubtedly, the height of apple

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season, November is the perfect time to practice your pie-craft. In fact, there are a lot of reasons to tie on your apron as a hearty meal can drive away the chilly weather.

There's something about the seasonal cusps of December, March, June, and September that makes you think, "Well, it's such-and-such season now," even if the majority of the month still belongs to the season prior. December seems to offer the idea that snow might happen at any time, though it usually doesn't get going until the new year. Still, your eye might be on the weather, just waiting for those first few flakes.

January is often about fresh starts and in our neck of the Maine woods, it's usually when we get the majority of snow, though, depending on the year, it might be mainly damp and misty. Often, it seems like there is a pattern to snow days. A few years ago, it seemed like we had to

close early every Tuesday due to snow or ice. Actually, I would say a Maine winter is defined mainly by ice rather than snow. February is very similar to January, though people start looking towards spring. March, another cusp month, is mud season. There may still be a little snow here and there, but it's mainly mud. It's also the beginning of frost heave season. If you're from a warmer state, you do not know the joys of frost heaves, the large bumps in our roads created by thawing and freezing ground. It's why maintaining roads in Maine is so difficult. Good times.

After March comes the long stretching season of spring when we see warmer weather and regrowth gradually appear, not to mention the return of our summer birds and summer people. You both were missed!

## 2023 Election results

Owners in good standing received email notification on 6th June that voting on 2023's Annual Election ballot had begun and would end at midnight on Thursday 29th June. During this same time frame, paper ballots were available upon request in the Co-op.

Electronic vote totals and the handful of paper ballots returned were verified and tallied on Wednesday 5th July by the Elections Committee; Deborah Evans and Jo Barrett. Because she was on the ballot this year, Jo provided support other than vote counting.

### VOTES CAST

- Of 2,337 valid email addresses, 548 owners completed E-ballots.
- Of 21 paper ballots received, 18 were valid.
- A total of 566 valid ballots were cast out of 2,355 possible [24% owner participation]

### RESULTS

Directors elected to three-year terms:

- Jo Barrett
- Anne Gilchrest
- Jerome Lawther

### Bylaw change:

Article II, Ownership, Section 2.8:  
491 Yes votes / 16 No votes / 59 Abstained

Additionally, Co-op staff members Jennifer Coolidge (Ownership & Events Coordinator), and Kipp Hopkins (Marketing Manager), provided critical support throughout the voting process.

## Co-op Board Officers & Members

<b>President:</b> Jerome Lawther	Deborah Evans
<b>Vice President:</b> Aaron Dority	Jo Barrett
<b>Secretary:</b> Jen Traub	Jenny Brillhart
<b>Treasurer:</b> Tim Tunney	Anne Gilchrist
	Annie Silver

For bios and photos, check out the  
Board of Directors page at:  
[www.bluehill.coop/board-of-directors](http://www.bluehill.coop/board-of-directors)

### When Are Board Meetings?

THE FOURTH THURSDAY OF EVERY MONTH AT 6:00PM

*Meetings are open to all Co-op owners and held in the café.  
Check our website for more info.*

## The Newsletter Team

*Managing Editor:* Kipp Hopkins  
*Art, Layout, and Advertisements:* Kipp Hopkins  
*Contributors/Writers:*

### CHRIS CURRO

Chris Curro became the Grocery Manager for the Blue Hill Co-op in 2021 after twelve years in the co-op world, having helped start up a food co-op in a small town in the Adirondack foothills and having worked at two other food co-ops. Prior to that, Chris envisioned himself a stand-up comedian but was actually an educator of economics, history and political science in several "away" places. He no longer engages in endurance bicycling, political discourse, studies in the French Revolution, poetry writing, coffee roasting, world travel, marital discord or auto-biography. He does enjoy classical music, botanical gardening and cheddar sharp enough to cut the skin.

### DAVID WALKER

David Walker has served as the Wellness Manager at the Blue Hill Co-op since 2007, and has taught Yoga professionally since 1988. He has served as Editor of several publications in earlier times, after studying journalism and philosophy at the University of Maine where he served as a columnist and editor of its daily newspaper. Additionally, he has been a live-in therapeutic foster parent to special needs children, dinner cook at the legendary Left Bank Café, home builder, and father to four children and step children.

### KIPP HOPKINS

Kipp Hopkins has been Blue Hill Co-op's Marketing Manager, Graphic Designer, and Newsletter Editor since 2017. Before that they worked as a cook in the café. He has been shopping at the Co-op since his family moved to the peninsula from Alaska when he was seven. Kipp is a self-educated artist, author, and cook. He specializes in Japanese cuisine and was invited to Japan in 2016 to star in an episode of *Who Wants to Come to Japan*, based on his interest in kamaboko (traditional fish cakes). Kipp currently works remotely from his new home in Santa Fe, New Mexico.

### LISA JAE

Lisa Jae has been shopping at the Blue Hill Co-op since 1997. She is an astrology enthusiast and loves to research and write about many of her interests. She lived on the Blue Hill peninsula, raising her family, working as a floral designer, gardener, private cook, and housecleaner for 25 years. She has recently relocated to Santa Fe, New Mexico but visits to her family in Maine are in her future.

### ROBIN BYRNE

After moving to Brooksville from New Jersey with her husband, their 2 young sons, a dog and 3 cats, Robin Byrne began her work at the Co-op in April of 2002 as Café cook and the Co-manager. In 2010 she took a little break because food service can be quite taxing. After realizing where she truly fits in she hopped back to the Co-op in October 2014 assisting David Walker in the HABA department. Just 2 months after re-entering, she added Cheese Department Buyer to her tasks where she has happily continued ever since. Robin has a background in performing arts, fine art photography, hand crafts, and a lifelong love of food thanks to the lineage of fantastic home cooks in her family. It makes perfect sense that the specialty cheese case is a "match made in food heaven" for her. She sees it as a great way to still work with food, create relationships with vendors, have fun talking with customers and co-workers alike, ...all while discovering aspects of the big wide cheese world plus designing interesting displays in the cheeses case – pretty cheesey – no? Robin still has so much to learn about cheese. There are so many types, flavors, processes, countries, and cultures (pun intended, wink) involving cheese that there may never be an end to her time here! Don't be afraid to ask questions, taste new options and stay curious!

# Summer laments



Chris Curro  
Grocery  
Manager

How do I love summer? Let me count the ways. And then POOF, it disappears just like that.

There may be nothing more lovely than a tree, but it is hard to crunch a poem into the metrics of the modern age. It seems we are all about numbers these days in business and pleasure. Statistics definitely rule the baseball world, although the “Boys of Summer” are scheduled to play a potential World Series game seven on November 4, 2023. That transition between summer and non-summer left me pondering the strange power of the calendar.

The difference between summer and non-summer is most certainly played out statistically in the grocery aisles, but those numbers only count as part of this moving picture. Sales of specific products increase during the warm months as if under the Gimenio charm. During the average winter week, we sell ~180 dozen eggs. This summer, we averaged 473 dozen eggs per week (a 262% increase). We sold around 123 gallons and half gallons of milk per week this past winter—our Summer sales for an average week came in at 294 (a 239% increase).



Dry pasta in the freezer

I mention not the summer-specific items; perchance charcoal or cold drinks be mentioned thus, but we occasionally humor ourselves that the heavy cream sells so quickly that it must be like Liquid Luck, downed out in the parking lot to ward off summer bugs.

We can certainly see the difference between summer and winter when walking the darkened grocery aisles after hours. Post-summer, we seldom find a bread loaf set randomly in the cheese cooler three aisles away. We rarely find any variety of products, non-summer, that couldn't make it to the home location well within arm's reach. And in the winter, I cannot recall the last time I discovered a smashed product on the floor in

aisle two, excepting a customer with a conscience and a sincere apology.

We definitely feel the Herculean difference between our summer and winter freight, every Monday, Wednesday, and Friday which are delivery days from United Natural Foods. This summer, our deliveries attained just over four tons on average. On Friday, August 11, with five pallets of dry goods, two pallets of refrigerated, one pallet of frozen foods, a near-half pallet of meat, two pallets of produce, etc., the sum fecundity equaled 9,360 pounds. That is just one delivery. Mathematics tells me this divides to 4.7 tons, lifted twice by our giants-of-the-earth grocery staff, first to sort in the backroom and then to stock onto the retail shelves. Winter... meh! We do not bother to check the loading weight on our off-season manifests, but a little research reveals a January delivery weighing in at a mere 1,862 pounds. Featherweight?



So close, yet so far

For me, Thanksgiving comes on the cusp of summer and non-summer, a mythical demarcation that makes me keenly aware of how hard my grocery team has worked to hack paths through the foreboding backroom forest, each wielding their own superpowers: Seth, reading minds, seeing through freezer walls and filling the store shelves in a single bound. Bob, aka Mr. Snow Miser, chill and cool with all challenges; Juni, under the guise of Lois Lane only to reveal as store-closing Superwoman in the prequel; Donna, who holds energia, la forza and la potenza; Tatiana, starring as Captain Lila Bard; Patrick, wielding the scanner as a lightsaber to banish inventory darkness; the Other Chris, our Grocery Alfred; and of course our young summer “wizards” Lilley, Jazz, Huldah, and Sonny, each quietly walking the castle halls almost under cloaks of invisibility or cones of silence, having portkeys to travel between worlds and some with the ability to re-apparate after school begins.

As Buzz Lightyear will say in the next film, Grocery Story, “To Summer and beyond!”

Contributors/Writers:

### SAM DUDDY

Sam Duddy is the Wellness Assistant Manager/Buyer at the Co-op. He was born in Bangor and grew up in Southern Maine. His first exposure to the Blue Hill Peninsula came in 2015 when he was a student at the University of Maine and attended a meditation retreat at a Buddhist center in Surry. He was immediately taken by the area and began returning regularly. After graduation and a two-year stint in Southern California, he decided to move back full-time. When he's not tending the Wellness Department Sam enjoys singing, dancing, sunbathing, and spending time with friends and family.

### SARAH SCAMPERLE

Sarah Scamperle is a graphite illustrator, porcelain ceramist, and housekeeper living in Brooklin, ME. She is a prolific multidisciplinary artist, an avid naturalist, a cat Mom, and a Japanophile who's been studying the language and various traditional crafts for the past six years. She plans to travel abroad in the near future to explore these interests further. Sarah is a working owner, facilitating the installation of monthly shows at the Blue Hill Co-op's *Art in the Café* gallery since Fall of 2022 and contributing as an enthusiastic “reporter” for the *Harvest Herald* since 2020.

### SARAH SPEARE

Sarah Speare is the co-founder and CEO of Tootie's Tempeh, a values-based food manufacturer that prioritizes the health and wellbeing of people, animals, and the planet in all they do. With a career that spans both business ventures and the arts, she has run both non-profits and been a serial food entrepreneur. Formally trained as a graphic designer, she's also a public artist, photographer and singer in choral groups. She lives in the trees in a house on stilts on a tidal cove in Falmouth, ME with her husband and cherishes her visits from her two sons, one in London and the other in Northern CA.

### TORSTEN PETERSON

Torsten M. Peterson (they/he/she) has been with the Blue Hill Co-op since 2021, moving into the Wellness Department in 2023. Torsten has worked with their community and herbal medicine since 2018, focusing their study after the onset of the pandemic, going on to receive formal apprenticeship and continued clinical training from Earthwalk School of Herbal Traditions in Rockport after returning home to Maine in 2021. They spend their time discussing herbs with anyone who will listen, and making medicine. In most waking moments, Torsten thrives while singing, and draws, paints, and creates as much as possible.

### LETTERS TO THE EDITOR

We welcome input. Please mail letters to: Letters to the Editor, Blue Hill Co-op, 70 South Street, Blue Hill, ME 04614 or email them to: newsletter@bluehill.coop. Letters should be brief and may be edited for style, but not for content. Please include your name, address, and phone number.

### 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 nor 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 and edit submissions.

## Ownership at a Glance

NEW OWNERS SINCE JUNE 1<sup>ST</sup>: 115  
TOTAL ACTIVE OWNERS: 2,660

Did you know that 48% of our owners are fully vested? This means they have paid their full equity of \$200.

Wondering how much of your equity remains to be paid? Ask a cashier the next time you're at the check-out.



# Unsung king of the meadow - Goldenrod

## A deeper look at allergies and inflammation



Torsten M. Peterson  
Wellness Department  
Co-op owner since 2012

Many people, sinuses clogged, eyes red, dry and tearing up at the same time, sniffle and gesture to the outdoors, saying only one word - Goldenrod. This is a common misunderstanding of this regal plant. In fact, Goldenrod, *Solidago* spp., is not responsible for the itchy eyes, sinus congestion, and other late-season allergies. The large, sticky pollen cannot travel by air, requiring pollinators to carry these grains between blooms. However, flowering at the same time is green-flowered, easily-ignored, wind-pollinated Ragweed, *Ambrosia artemisiifolia*, often growing in the same meadows and borderlands as Goldenrod - the true culprit for these late-season pollen reactions. Regal and bright Goldenrod, with its showy yellow pollen, takes the blame.

Contrary to its reputation, Goldenrod can be an amazing ally in fighting inflammation!

Goldenrod helps us support our taxed histamine systems during fall allergy season and brings us a deeper understanding of adapting to difficult circumstances. *Solidago*, from the Latin *solidare*, means to make whole, healthy, or sturdy. To do this, we must let go of what is stagnant - defense mechanisms that don't serve us, living in us as inflamed mucosa, causing us nothing but irritation at this point. Goldenrod's properties as an astringent, aromatic, antiseptic, carminative, diuretic, expectorant, gentle bitter, vulnerary, and anti-inflammatory all support our systems in removing what is irritating us and encourage the tissues to be less permeable in the future.

Our immune system is our mitigation between what is us and what is not us. Keeping in mind that the body is host to billions of microorganisms that are essential to our personal biome, it's a lot for even a healthy immune system to keep track of. When our system finds something that does not belong, histamine is released by our mast cells, calling a vital inflammation response, pumping blood to the area, allowing antibodies, white blood cells, and whatever is needed to flood the area and address the problem—mucus production spikes in order to completely clear the irritant.

Cortisol is released after a histamine response as our body's natural anti-inflammatory. Cortisol is an important part of our adrenal activity; however, cortisol release due to inflammation activates our sympathetic nervous response, a.k.a. Fight or flight. The more often we need to release cortisol in response to our allergies, the more difficult it can become for our bodies to release it at all. Likewise, the more we are stressed by our psychosocial environments, the more difficult it becomes for our

bodies to release the cortisol needed to reduce the inflammation caused by allergies. Adrenal fatigue can tax our kidneys, leaving us more vulnerable to issues like urinary infections, gout, and kidney stones.

Goldenrod understands this connection between inflammation in the body's mucosa, kidney-urinary health, and psychological health. Goldenrod just wants us to let it go! And build healthy boundaries. At the core of its actions, Goldenrod addresses an excess or imbalance of what is known in Ayurveda as kapha - the earth and water elements of the body, prone to be cold and wet. Put simply, an imbalance of kapha looks like a lack of tissue tone, dampness, or fluid stagnation in any tissue or organ system and can be marked by a depressed mood pattern. Lots of mucus in the lungs, water retention in the urinary system, mucus and inflammation in the gut, intestinal permeability (aka Leaky Gut), cold digestion (no appetite, undigested food in movements), swollen puffy joints and limbs are all examples of excess kapha in the body. Emotionally, we may feel slow and depleted, bogged down. Herbalist Katya Swift describes Goldenrod as indicated for the person who is "trudging" through life.

As an astringent and diuretic, Goldenrod tones our mucous membranes while removing excess fluid. While many think of diuretics simply as something that increases the flow of urine, that fluid is pulled from the entire body, and a diuretic can be very helpful for stagnation anywhere - lungs, joints, digestive system, etc., all finding their way out through the urinary system. As an astringent, Goldenrod can be very helpful when there is excessive flow of fluids as well - e.g., overly frequent urination or excessively running nose. While some diuretics simply move fluid, Goldenrod works in both directions

- release and tone. This ability also can help in the gut - clearing mucus from inflamed tissue, tightening the boundaries of the gut wall, and working to heal any tears and ulcers. The name *Solidago* largely comes from this work as a vulnerary, used externally as well. Look to Goldenrod for wounds when there is lax tissue and any fluid weeping or trapped near the surface. Hemorrhoids greatly benefit from Goldenrod's astringent and antiseptic properties - best prepared as a sitz bath infusion or infused into a

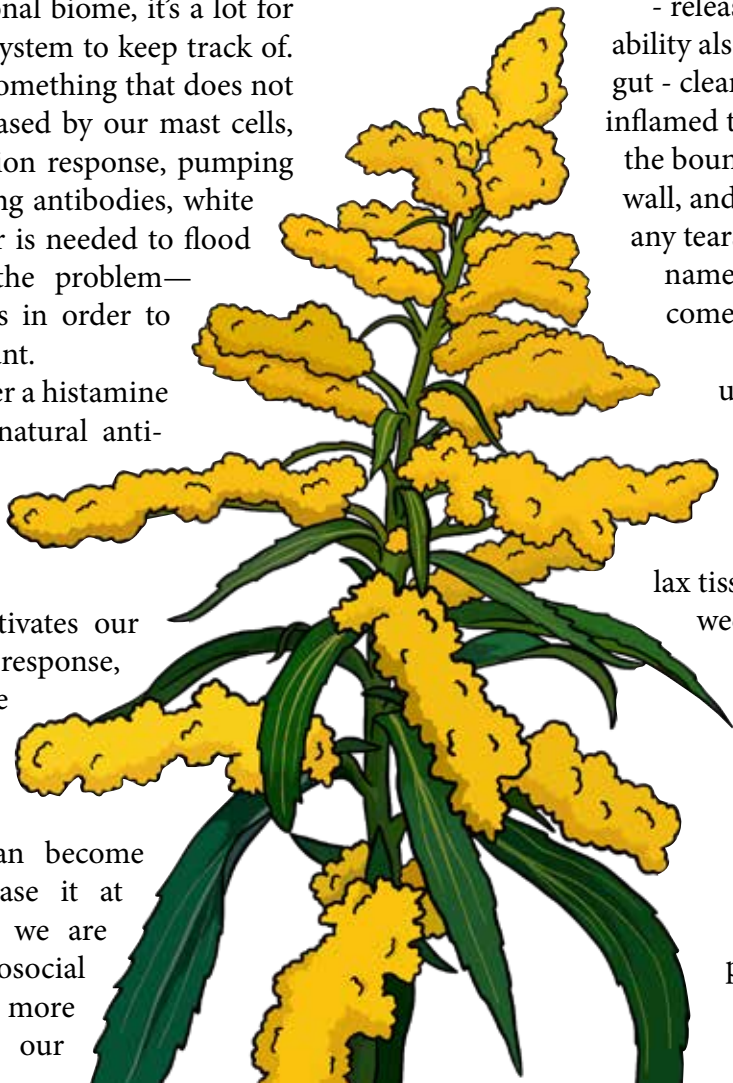
carrier oil for salve.

Goldenrod gets its antiseptic quality from the flower's aromatic oils. As it works its way through the tissues, bacteria present are met with the opposition of these aromatic oils. This, alongside diuretic abilities, makes this plant so popular when addressing UTIs. The resins present in the flowers also help bind up irritants within the mucus, allowing us to cough up what cannot be removed through diuresis. These oils in the gut are what's known as carminative, stimulating the excretion of bile and, therefore, encouraging healthy digestion. Proper excretion of bile, as well as the healthy flow of urine, can help prevent gout and other illnesses associated with poor diet but ultimately are due to poor digestion. Goldenrod is also slightly bitter, which also encourages the excretion of bile and digestive enzymes.

The bitter action activates our parasympathetic nervous system, a.k.a "Rest and Digest", combating the fight or flight response activated by inflammation and stress. Naturalist John Muir described, "The fragrance, color, and form of the whole spiritual expression of Goldenrod are hopeful and strength giving beyond any others I know. A single spike is sufficient to heal unbelief and melancholy." Taking us away from the drudgery of our congested lives and bringing additional blood flow to the gut gives us the right combination of relax and reinvigorate. As well as Goldenrod helping us in the moment with our stress, the antioxidant properties of Goldenrod tea is seven times that of green tea. These antioxidants protect our cells from the stress of our physical and psychological environments.

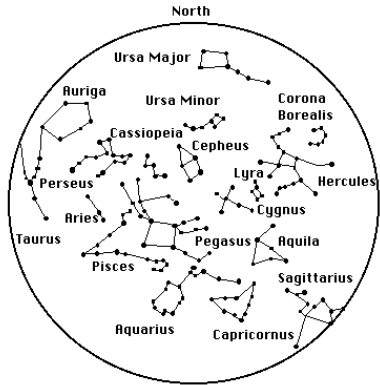
Not only can Goldenrod help save your mucus membranes the trouble and save your adrenals the stress, but I believe it can teach us something about adapting to a crisis. In addition to clearing histamine crisis from our bodies, Boston Tea Party protestors in the 18th century replaced their tea consumption with Goldenrod tea as they restructured their boundaries with the British. Much more timeless a lesson, Goldenrod is one of the first flowers to return after wildfires, its small seeds taking root alongside other lung-healing plants such as mullein. Goldenrod growth is a sign that the forests are healing themselves and our ecosystem, as well as providing more food for pollinators and shelter for rare species like the color-changing crab spider. May we learn from the stunning adaptability of Goldenrod.

1. <https://www.evolutionaryherbalism.com/2021/04/14/allergies-and-asthma/>
2. <https://www.evolutionaryherbalism.com/2020/08/12/the-allergic-load/>
3. <https://www.maine gardens.org/blog/fields-of-gold-for-the-love-of-goldenrod/>
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# Autumn stargazing



### Circumpolar Constellations:

Cassiopeia  
Cepheus  
Draco  
Ursa Major  
Ursa Minor

### Autumn Constellations:

Andromeda  
Aquarius  
Capricornus  
Pegasus  
Pisces

See if you can find all members of the Perseus Family, a group of constellations associated with the Perseus myth. These include Cassiopeia, Cepheus, Andromeda, Perseus, Pegasus, and Cetus. In Greek mythology, Perseus is the founder and king of Mycenae and the most accomplished slayer of monsters before Hercules comes along. You may remember Perseus as the hero who killed Medusa. He, proudly holding her severed head, is the subject of many statues and paintings thereafter.

Pegasus is the seventh largest constellation and very easy to find, thanks to “the great square.” Pegasus also contains the star 51 Pegasi, the first Sun-like star discovered to have an orbiting planet. You will find Andromeda (named for Perseus’s wife) between the northeastern tip of the great square and the “W” of Cassiopeia. Within this constellation is the Andromeda Galaxy, the nearest galaxy to our own and the farthest celestial object visible to the naked eye.

### Observable Astronomical Events:

**Oct 8/9,** The Draconids is a minor meteor shower producing only about 10 meteors per hour. Best viewing is in the early evening, and meteors will radiate from the constellation Draco.

**Oct 20/21,** The Orionids is an average shower producing up to 20 meteors per hour at its peak. It is produced by dust grains left behind by comet Halley, which has been known and observed since ancient times. Best viewing will be from a dark location after midnight. Meteors will radiate from the constellation Orion.

**Nov 3,** Jupiter will be at opposition, meaning the planet will be at its closest approach to Earth and its face will be fully illuminated by the Sun. It will be brighter than at any other time of year and will be visible all night long. A medium-sized telescope should show you some of the details in Jupiter's cloud bands. A good pair of binoculars should allow you to see the four largest moons.

**Dec 13/14,** The Geminids is the **king of the meteor showers**. It is considered by many to be the best shower in the heavens, producing up to 120 multicolored meteors per hour at its peak. It is produced by debris left behind by an asteroid known as 3200 Phaethon. It peaks this year on the night of the 13th and morning of the 14th. This should be a great year for the Geminids, and the nearly new moon means dark skies for what should be an excellent show. Best viewing will be from a dark location after midnight. Meteors will radiate from the constellation Gemini.

# Autumn astrology: Blood Moon rises

Here are a few astrological events taking place in the fourth quarter of 2023.

The Autumnal Equinox, technically within the third quarter of the year, will be on Saturday, September 23, 2023 at 2:50am EST calling a close to the summer season and ushering in autumn. This also brings in the Libra season representing balance, equanimity and harmony. It is a time to put aside the expansion of summer and embrace self reflexion, development and growth with patience and a little slower pace.

This quarter we will look more in depth at our Full Moons. Full Moons call us to change. We are asked to see our life situations in full illumination, with clear sight. Our emotions can be right at the surface and very accessible. Claiming, expressing and releasing our inner workings can clear the path and help us bring about important changes that set us on better footing for the future. Releasing within a fully lit environment can help us balance our release with respect to those things surrounding us.

### Full Moons of this fourth quarter:

- Saturday, Oct 28, 4:24 pm EST, known as the Hunter's Moon, in Taurus (blood moon)
- Monday, Nov 27, 4:16 am EST, known as the Beaver Moon, in Gemini
- Tuesday, Dec 26, 7:33 pm EST, known as the Cold Moon, in Cancer

October's Full Moon is considered by some to be a Blood Moon because it happens at a partial lunar eclipse. The light illuminating the Moon must pass through Earth's atmosphere, which scatters blue light and refracts red light toward the Moon. Astrologically speaking, this Full Blood Moon in Taurus is associated with Taurean material comforts of security and self worth. The partial eclipse meanwhile asks us to purge all things that are holding us back to see our true potential. A time of releasing our burdens while nurturing our stability, grounded in Taurus's earthly support.

November's Beaver Moon in Gemini can bring about a need for change and spontaneity. There is a thirst for activity but we must start with clarity. This is a good time for planning, strategizing and acquiring new skills. We may have the urge to share our feelings with others, being talkative and speaking with ease which may bring about advantageous alliances and team work. Gemini's intellectual curiosity will spearhead this time of change and with follow-through, great gains can be secured.

December's Full Moon in Cancer will be our first Full Moon of the winter season. Our focus will be with home and hearth which fits this Christmastide season. Our emotions can also be awash with an awareness of the world at large and the needs of the many. Our anchor will be the love and security we make within our families, households and communities that will radiate out to others. This is a time we are called

to envision our place in the world.

New Moons are times to initiate beginnings and fresh starts but they are also times to realize the culmination and endings of previous projects and phases. We see the cyclical nature of life, every beginning is also an end. Next quarter we will look more in depth at our New Moons.

### New moons of this fourth quarter:

- Monday, Oct 14, 1:55 pm EST, known as the Hunter's New Moon, in Libra
- Wednesday, Nov 13, 4:27 am EST, known as the New Beaver Moon, in Scorpio
- Thursday, Dec 12, 6:32 pm EST, known as the Cold New Moon, in Sagittarius

### Retrograde Planets this fourth quarter:

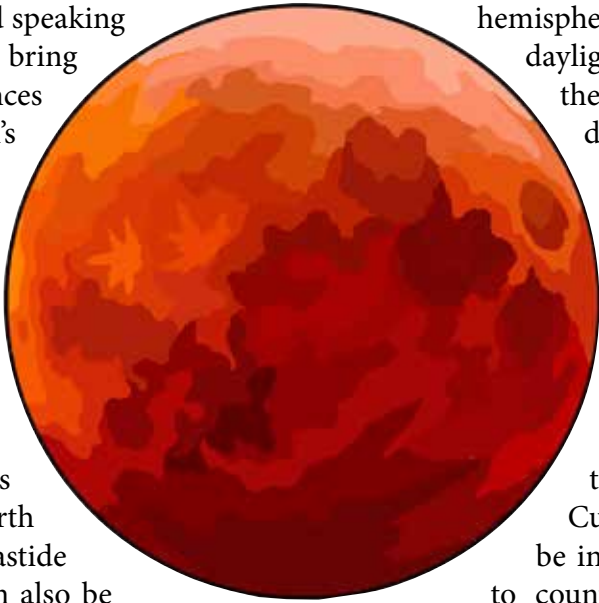
There are 6 planets that will be retrograde at some point this quarter. Some have been retrograde starting in previous months. Here is the list and a short bit of advise for each.

- **Pluto Retrograde, May 1-Oct 10, 2023** in Aquarius, then in Capricorn - evaluate your relationship with power, embrace your inner power and empower others.
- **Neptune Retrograde, June 30-Dec 6, 2023** in Pisces - set aside illusions, see your self with more clarity, step outside of your comfort zone to pursue your dreams.
- **Saturn Retrograde, June 17-Nov 4, 2023** in Pisces - revisit some karmic lessons and focus on self-discipline.
- **Uranus Retrograde, Aug 28, 2023-Jan 27, 2024** in Taurus - time to develop new paths to achieve older intentions, think creatively.
- **Jupiter Retrograde, Sept 4-Dec 30, 2023** in Taurus - while realigning with our authentic selves, we can pursue the work to attain our dreams.
- **Mercury Retrograde, Dec 13, 2023 - Jan 1, 2024** in Capricorn, then in Sagittarius - smack in the middle of holiday travel take care have a plan B + C in place, rethink responsibilities and redirect your goals for the new year.

**Winter Solstice will be on Thursday, December 21, 2023 at 10:27 pm EST** marking the first day of winter in the northern hemisphere and the shortest daylight and longest night of the year. We will have been descending into this dark period for many weeks and this longest night is the turning point into the return of light and a look to a new year ahead. Take some time to benefit from this contracting time of year to be still and know thyself. Cultivating the patience to be in the stillness of this time, to count our gratitude and our blessings. After all, the great illuminator of the night will be full in five days, December 26, lighting our path into a New Year!

Lisa Jae

Co-op owner since 2006





# Somesay panEER, some say paNIR

## We say YUM!



Robin Byrne  
Cheese Manager  
Co-op Owner since 2002

The aforementioned cheese has interchangeable spelling, as you will notice in this article. Panir might be most common in South Asian cuisine, though it can be a wonderful accompaniment to dishes from many culinary traditions. It is made with whole milk from either buffaloes, cows, or goats. According to the website Iran-cuisine.com, Panir’s origins are up for debate. It has been stated that it originated in Iran, India, Portugal, and Afghanistan. For argument’s sake, we will say all of these cultures may very well take ownership. Cheese, in general, is a worldwide invention and delight.

Paneer is a lovely cheese made by curdling milk with an acid derived from fruit or vegetable, such as lemon juice or vinegar. Buttermilk or yogurt is often used as well to initiate curdling. There are several versions of this cheese-making process that are easy to find on the internet. The basics are to boil the milk, add your acid of choice, strain the curd, and press it to remove excess water.

Panir is an un-aged or fresh cheese with a soft but slightly chewy consistency, which does not melt just as Halloumi does not melt. This unique quality makes it ideal to combine with recipes for added texture. It can also be fried to achieve a nice crispy outer crust.

Paneer has a mild, milky taste which lends itself to the possibility of adding different flavorings. It can remain mild and unseasoned to balance a spicy sauce or can be marinated to add zest to any dish.

At the Co-op, we have stocked Goat Paneer from Kennebec Cheesery in Sidney, Maine, and traditional Cow Panir from Abraham’s Goat Farm & Creamery in Newport, Maine. Both are delicious and equally versatile. We know, we know... If Abraham’s is a goat farm, where are the cows? Abraham’s purchases rich Jersey & Guernsey cow milk from neighboring Springdale Farm in Waldo to produce their Panir. This practice helps them put the production of their goat milk into other products and gives the goats time to dry off. You must recognize the name Springdale Farm from the very popular Triple Creme buttons and Queso Tencho we stock as well!



Photo by Robin Byrne

If you are feeling curious and adventurous, you might like to try your hand at making a batch of Paneer/Panir yourself. Here is one recipe we found from "hebbarskitchen.com." Both versions sound tasty, easy, and quick to make!

### PANEER TWO WAYS

#### INGREDIENTS FOR MALAI PANEER:

- 3 liters milk (whole & non-homogenized)
- 4 tbsp vinegar

#### HOW TO MAKE MALAI PANEER:

Firstly, in a large pot, add 3 liters of milk. Be sure to use whole, non-homogenized milk to get a good amount of paneer. Stir and bring the milk to a boil. Make sure not to burn the bottom of the pot.

Add 2 tbsp vinegar and stir the milk. When the milk starts to curdle, add more vinegar as required.

Once the water has separated completely, drain off the curdled milk using cheesecloth. Rinse with cold water and squeeze off the liquid.

Shape the paneer into a block, and keep a heavy object over it. Rest for 20 minutes or until the paneer sets completely.

After 20 minutes, the cottage cheese will have set well and be ready to cut.

Finally, store the malai paneer in an airtight container. It will stay fresh for up to a week in the refrigerator.

#### INGREDIENTS FOR MASALA PANEER:

- 3 liters milk (whole & non-homogenized)
- 1 tsp coriander seeds (crushed)
- 1 tsp cumin seeds (crushed)
- 1/2 tsp peppercorns (crushed)
- 1 tsp chili flakes
- 4 tbsp vinegar
- 1 tbsp fresh mint (finely chopped)
- 1 tbsp fresh cilantro (finely chopped)
- 1/2 tsp salt

#### HOW TO MAKE MASALA PANEER:

Firstly, in a large pot, add 3 liters of milk. Be sure to use whole, non-homogenized milk to get a good amount of paneer. Stir and bring the milk to a boil. Make sure not to burn the bottom of the pot.

Once the milk boils, add the crushed coriander and cumin seeds, crushed pepper, and chili flakes. Mix well and boil for 1 minute to absorb all the flavors.

Add 2 tbsp vinegar and stir the milk. When the milk starts to curdle, add more vinegar as required.

Once the water separates completely, add the mint and cilantro then drain off the curdled milk using cheesecloth. Rinse with cold water and squeeze off the liquid.

Add salt and mix well. Shape the paneer into a block, and keep a heavy object over it.

After 20 minutes, the cottage cheese will have set well and be ready to cut.

Finally, store the masala paneer in an airtight container. It will stay fresh for up to a week in the refrigerator.



Photo by Kipp Hopkins

## PANEER MAKHANI

*This delicious, creamy and flavorful dish from the Punjab region of India is perfect for trying plain paneer. It goes well with naan but you can also serve it with basmati rice or roti.*

#### INGREDIENTS:

- 1/4 raw cashews
- 2 chopped tomatoes (fresh)
- 2 cups paneer (cubed)
- 1 tbsp butter
- 2 cardamom pods
- 1 inch cinnamon stick
- 2 whole cloves
- 1 inch piece ginger (grated)
- 2 cloves of garlic (grated)
- 1 tsp chili powder (more optional)
- 1/2 tsp salt
- 1/2 tsp turmeric
- 1 1/4 tsp garam masala
- 1/2 cup warm water
- 1/2 tsp sugar OR monkfruit sweetner
- 1/4 tsp cream

Soak the cashews in warm water for 15 minutes to soften, then combine them in a food processor with the chopped tomatoes. Blitz until you have a smooth puree.

In a medium saucepan melt the butter over medium-low heat. Add the cardamom, cloves, and cinnamon. Sautee them for 1 minute, then add the grated ginger and garlic. Sautee until the ginger and garlic lose their raw fragrance, then add the tomato puree.

Bring to a simmer then cook partially covered for a few minutes until thickened. Add the chili, salt, turmeric, and garam masala and continue to simmer for 5 more minutes. Combine the warm water and sweetener, then add to the pot and stir to combine.

Simmer until the makhani is thick again and a bit of grease collects on the top. Add the paneer cubes and cook for another minute to heat the cheese. Turn off the heat and add the cream. Stir and serve hot with naan.



# The games we play



Cat McNeal  
Front End Manger  
*Co-op owner since 2013*

With all the busy-ness of summer, I wondered if I was going to be able to find time to play with my animals. I need not have worried. We have a great crew up front, and they have been rolling along with the waves of customers. They've kept their humor with much laughter, and I am so thankful for all of them.

Since we mostly had enough coverage, I was able to spend a little extra time at home with the dogs and cats. It's been fun watching them play. Actually, the cats seem to have territorial disputes, but it's fun to watch, so I call it play.

Grace has certain places that are her places. Fraggles likes to try to usurp her power by taking over those places. Being "a fraidy cat," he moves very slowly and keeps his head low and his ears even lower. One place Grace calls her own is above the pillow on my bed. I like to read there, and she just likes to get in the way of the pages. It works fine. She'll move then over to the window by my side. She has her routine.

Well, one day Grace moved away from my pillow, and Fraggles slowly moved into place. He stayed pretty flat against the mattress and was pushing his nose into my hand or looking at me with his "why aren't you touching me" eyes. He started getting more comfortable and stretching out a little more, basically taking over my pillow. About this time Grace comes crawling out behind the curtain to take up her place by my side. She caught sight of Fraggles and stopped mid-walk. Decision made, she came stalking over to the pillow. Instead of trying to move Fraggles, she simply crawled up under my chin and laid down on my pillow. She kept squishing herself closer into me, all the while keeping her eyes on Fraggles. He flattened his ears down again and slowly moved his head back away from her. Then he slowly (oh so slowly) moved the rest of his body away from her. He decided he preferred the

end of the bed. Once he was out of the way, Grace promptly got up and took her place by my side. A rebuff gently delivered.

And Monk, Fraggles' brother? He goes wherever and whenever he wants. He sits in others' spots, which, I'm convinced, is just to see what the world looks like from their perspective. He likes to chase his tail, a la Bishop. He also likes to chase the dogs' shadow tails. He likes fighting me for the toilet paper (don't ask). He just floats through life. Nobody bothers him and nobody takes his special spot, either.

Bishop is a bit more overt in his play. When playing with his toys that squeak, he'll stick it right in Maggie's face and make it squeak. Right. In. Her. Face. He'll do this several times in a row. I gotta give it to Maggie, she holds her ground with just a bit of a face flinch. When outside Bishop likes to grab a stick or rip out some greenery from the ground, stuff that in Maggie's face and then run away so that she'll run after him to try to get the stick or greenery away from him. This can happen for 30 minutes or so. He may change up what he puts in his mouth, but the game will carry on. I only get concerned when he chooses a rock the size of a small jelly bean. I'm always afraid that he'll swallow it. Especially when he drops on his back and wriggles around on the ground, all the while tossing the stone around in his mouth. I think he likes the sound it makes when it hits his teeth. Maggie's part in all of this is to bite his ear every once in a while and generally, just pay attention to him.

On the other hand, Maggie is a little trickier. She, too, likes to play keep away. She generally keeps to sticks (very rarely will she choose greenery and not once a stone). She'll be playing happily by herself, chewing on a stick, when

all of a sudden, whoosh! Bishop is trying to get whatever it is away from her. She tries to hold on to it, but he usually gets it after a few tries. At this point she will not try to get it back from him. She won't give him that satisfaction. She just moves away and finds something else to occupy her time. Sometimes she just lifts her nose and enjoys the scents. Other times she will munch on some greens or mud (yes, they both will eat mud). She will continue to enjoy these solitary pursuits and if Bishop wants her attention, she will not give it to him. I mean, come on, he's already stolen her toy.

At this point, Bishop will drop his head a little and walk away and find a way to console himself. Now Maggie is watching Bishop with the side eye and when he's on the other side of the yard, she springs into action and gets her stick back. She's quick as lightning and happy as a clam! Of course, now Bishop runs back and once again the running commences. Maggie has forgiven Bishop for stealing her stick and she'll chase Bishop. Although, sometimes I think her role at this point is to try to stop him. There's been lots of chest bumps or she'll just stop right in front of him. He will avoid this at any cost, even jumping Maggie like a hurdle. It's quite a sight.

Now, Maggie and I have a game I call Choices. She gets a treat when coming in from doing her business just before I leave for work. Since she's always been finicky, I carry a couple of different treats with me. Here's how to play, have one treat in one hand and the other treat in the other hand. Hold the treats about 4 inches apart and let your dog smell each treat. Then say "Choices!" and give them the treat of their choice. Fun right? Sometimes Maggie will smell each treat two or three times before she makes a decision.

This has been my summer with my still kinda wild animal pack.



## Apple of my pie: 10 best apples for baking pies



### HONEYCRISP

• Sweet • Holds its shape • Not too juicy • A fan favorite • The Co-op's best selling apple of 2022 • A crisp and sweet flesh that has a pleasant sweet-tart flavor. Honeycrisp maintain their sweetness when cooked, making them perfect for baking, sauces, preserves, and apple butter.

### GALA

• Mellow flavor • Holds its shape • Easily available • Gala have a sweet flavor and a floral aroma. They are best for fresh preparations, but mix well with tart or green apples for baking.

### MCINTOSH

• A good, sweet apple to mix in with a firmer, tarter variety like Granny Smith • McIntosh apples have a strong sweet-tart flavor with nuances of spice. This apple is delicate and will break down when cooked.

### GRANNY SMITH

• Tart • Mixes well with other varieties •

Because of their tart flavor, they are great for baking and cooking with. They're also known for keeping their shape when cooked.

### GOLDEN DELICIOUS

• Sweet • Mild • Family Favorite • These apples have a balanced sweet-tart aromatic flavor, which has been described as honeyed. Their mellow flavor works well with heavily spiced pies. But, they break down more, so pair with a firmer variety.

### CRIPPS PINK

• Sweet-Tart • Makes a clean slice of pie • The Co-op's second best selling apple of 2022 • Also known as Pink Ladies, Cripps Pink are a popular variety. Because of their sweet flavor, these apples are great for applesauce and pies.

### CORTLAND

• Very sweet, with a little tartness • Crisp, exceptionally juicy with a sharp, sweet-tart, vinous flavor.

### BRAEBURN

• Not too sweet, not too tart • Spiced citrus undertones • Not too juicy • With a sweet-tart flavor, these apples are great raw or cooked, both in savory and sweet dishes. Braeburns are also good for stuffing and baking.

### NORTHERN SPY

• Mostly sweet, with a little tartness • Firm texture • Seasonal, so don't miss out • Northern Spy has a tartness in its bite, but more of a cider flavor with hints of pear and sweetness. Perfect for use in classic apple preparations such as pies, tarts, and cobblers. Only available seasonally.

### RED DELICIOUS

• A classic pie apple • Mildly sweet • Breaks down, so mix with a firmer variety • Red delicious apples have a somewhat gauche reputation. However, they offer a mildly sweet taste with flavors of melon. A good addition to a pie, when combined with a firmer variety.



# Vendor spotlight: Tootie's Tempeh (worker-owned co-op)



Sarah Speare  
CEO/Cofounder of  
Tootie's Tempeh  
Co-op owner since

Tootie's Tempeh, in Biddeford, ME, is a worker-owned co-op that produces tempeh - a super nutritious and delicious protein made of fermented soybeans. Founded in Oct 2019 and launched in Nov 2022, our core value is to support the well-being of people, animals, and the planet. We spent three years in R&D developing a new fermentation process that doesn't use plastic bags. (Believe it or not, all commercial tempeh in the US is fermented in single-use plastic bags!) After many botched batches and lots of sweat equity, we succeeded, and a huge result is that not only are we the most sustainably made tempeh in the US, but our tempeh (we are told by just about everyone



Photo from Tootie's Tempeh

who eats it) is the best tempeh anyone has tasted!

Tootie's is dedicated to supporting local organic farmers and businesses, so our soybeans are sourced from Maine organic farmers, and we prioritize working with local vendors and suppliers to support our communities and the people of Maine. Our long-term vision is to make our sustainable tempeh available nationally by licensing regional co-op production facilities across the country, each one sourcing locally so that wherever Tootie's is purchased, the consumer is supporting their local farmers, workers, and communities. We are currently in about 60 stores, as well as restaurants, schools, and hospitals.

It was important from the start that we align every aspect of the business with our values, and we thought, given the injustice and imbalance of wealth and power that exists in our economic system, that a worker-owned co-op was the right path for Tootie's. It gave us a chance to challenge norms and do things differently (and better). As a co-op, Tootie's is owned and governed by its worker-owners, and its goal is not to sell the company like many traditional start-ups, but rather to become a vital part of the fabric of Maine and to support our communities, people, farmers, and our workers for years to come. We were fortunate to be accepted into the national co-op accelerator program, [www.start.coop](http://www.start.coop), in our early stages where we met other scaleable co-ops, learned from



Photo from Tootie's Tempeh

some of the top movers and shakers in the co-op world, and mentored with one of Equal Exchange's founders.

In addition to having aligned values, being a co-op has had other advantages for us. We have developed collaborations and relationships with other like-minded businesses and attracted social impact supporters, consumers, and media outlets who share our values around sourcing locally, sustainable agriculture, community, and worker-ownership. All Co-ops take Co-operative Principle 6 to heart, which is to support other co-operatives. So, at the core of all co-operatives there is a warm and welcoming community, one that builds collaborations and provides support. The co-op movement is growing and vibrant, and this brings us hope for the future. If you have any interest in learning more about how to become a co-op or transition to one, there are a lot of resources in Maine to support your journey. Many are listed on our website: [tootiestempeh.com/about#worker-owned](http://tootiestempeh.com/about#worker-owned)

## Art in the Café

<b>JULY:</b> <b>MICHAELLA WESTIN</b>	<b>AUGUST: TORSTEN</b> <b>MAGNUS PETERSON</b>	<b>SEPTEMBER:</b> <b>MARYANN EAD</b>
<b>Upcoming: Oct - Word Fest Exhibit (Kevin Ross &amp; Julie Jo Fehrle) / Nov - Marty Clark / Dec - TBA</b>		
Interested in having your artwork exhibited at the Blue Hill Co-op?		
Contact Kipp Hopkins at: (207)374-2165 or <a href="mailto:marketing@bluehill.coop">marketing@bluehill.coop</a> (We're booking for 2024.)		



# Fall into wellness with good practices



David Walker  
Wellness Manager  
*Co-op owner since 1989*

You may be reading this as Summer begins to shift into Fall, or perhaps it is later in the season. In either case, you are transitioning into colder and darker times. If we lived as close to nature as our ancestors did, that transition would have us deep into preparations. We would have acutely sensed the changing energies and patterns of the animals, the plants, the smells, the light, and many other qualities, too. Perhaps you are that attuned. Many among us are not.

In light of this knowledge, we can take steps to help us with this transition. Here are some suggestions in order of priority.

### CONSCIOUS BREATHING

This practice is simple, free, and available to all of us. Sit comfortably or lie down. Begin by observing your breath just as it is. Let your eyes close softly. Keep your lips gently sealed. Observe your tongue resting in your upper or lower palate between the teeth. Let yourself feel it resting there.

You may notice that by simply observing your breath, its waves begin to slow. When ready, inhale slowly through your nose (if possible), counting to four. Calmly keep this breath in your lungs for a seven-count. Now, with pursed lips, while keeping the tip of your tongue pressing gently just above your upper teeth, blow the breath out to the count of eight. Repeat four times. You could imagine a serene lake with the moon reflected upon its still water as you practice this for 4-6 cycles. Stop and breathe naturally if you feel lightheaded. The specific count is for guidance only. You can speed up or slow down the count.

### BUILD IMMUNITY

Whether you include extra Vitamin C and D3 in your diet or support your deeper (innate) immune system with, for example, Host Defense's My Community medicinal mushroom complex or Birch Boy's Maitake tincture, you are on the right track. Our system

needs support outside our regular diet. Many forces are challenging our immune systems, from stress to environmental toxins to a less-than-optimal diet as well as genetic factors. Astragalus can be taken year-round for support. Or perhaps Avena's Immune Boost tincture or Radiant Garden's new spiralgic liquid immune extract resonates with your more sophisticated herbal knowledge. There are many ways to give your body a boost as we head into the darker and colder times. Be prepared at home if you feel sick with Herb Pharm's Rapid Immune Boost, a powerful combination of Echinacea, Elderberry, and so much more. Don't be overwhelmed. Take action!

### SUPPORT AND HEAL YOUR GUT LINING

With malabsorption of nutrients a common problem and damage to many people's gut lining due to antibiotics and environmental toxins, I highly recommend Ion Gut Support. It is a virtually tasteless and very specific liquid mineral complex that nourishes the gut lining. In-solution minerals (terrahdyrite) tone the one-cell thick intestinal lining while plumping the gut wall cells. This dramatically enhances the uptake of nutrients. (Ion is clinically shown to increase significantly the uptake of the wondrous anti-inflammatory active ingredient in Turmeric, called Curcumin). This compound protects against undigested proteins getting into your bloodstream, which can lead to allergies and autoimmune issues. The world-renowned triple-board certified MD and research scientist Zach Bush, developed this colloidal mineral supplement. Clinical studies have also shown gut diversity of beneficial bacteria naturally increases as this "gut brain" is properly supported in its function as a supreme communicator. The Co-op offers other gut healing formulas that can combine with Ion.

### SUPPORT BLOOD SUGAR BALANCE

Balance your blood sugar by reducing sweet carbohydrates, sweet drinks, and processed foods. You can also supplement with Now

Foods TriChromium capsules to help support blood sugar balance, or take an Ayurvedic approach and take two GlucoCare capsules twice daily (produced by the Himalaya Drug Company of India, family-owned since 1930). We also sell Blue Bonnet's Blood Sugar Support or Natural Factors Berberine. Swings in blood sugar are one of the biggest stressors to our bodies and induce long-term chemical imbalances. These could be used during periods when you are eating more carbohydrates and sugar.

### STAY OFF YOUR SCREEN BEFORE BED

Do this, especially one hour before sleep. Many clinical studies now support how staying off your screen for a good period of time prior to getting in bed directly impacts your ability to sleep well. Gentle inversions before bedtime, such as lying on the floor with a pillow under your head and your legs up the wall or over a chair, will help soothe your nervous system. An eye bag can help, too.

You can also take a shot of Oregon Wild Harvest's Valerian Hops tincture, Sleep Better capsules, or Avena Botanicals's Hop to Bed. The Co-op now offers a new powder produced by Canada's Natural Factors. It is called Stress Relax Nighttime Magnesium BisGlycinate. L-Glycine is now joined with magnesium for a more easily digested and absorbed form of magnesium that tends not to produce overly loose bowel movements. It includes Melatonin, L-Theanine, and GABA, another soothing amino acid. By the way, L-Glutamine and L-Glycine are vital amino acids that many of us are not getting enough of. We sell the former by Now and Natural Factors in powder or capsule form. These are included in a Gut Renew formula by Vital Planet. This pleasant-tasting powder has garnered very positive feedback for its soothing and healing effect.

### TAKE A HIGH QUALITY MULTIVITAMIN

Natural Factors Whole Earth And Sea is, to my mind, the best. NF grows its own organic plants in western Canada. Vertically integrated, they manufacture their supplements, and all their products must pass the most stringent purity tests anywhere. NF, in fact, helped develop them. Supplements are regulated by Canada Health, their equivalent of the FDA, in addition to ISURA international standards. That said, if you

*Continued on page 10*





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by Sihaya Hopkins



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eat well, taking a Country Life, Blue Bonnet, Now, or Rainbow Light multivitamin will provide your body with the regular dosing of B Vitamins and crucial minerals important for long-term health.

SUPPORT LEVELS OF HYALURONIC ACID

As we age, our levels of high-density hyaluronic acid molecules decrease. Quite literally, we dry out. Yet we can help slow this down, even reverse it. Imagine a molecule that looks like spaghetti under a microscope and absorbs 1,000 times its weight in water. This is the nature of high-density hyaluronic acid. The cartilage at the end of bones is known as hyaline cartilage because it is rich in hyaluronic acid. Baby pudg is not just fat! The stickiness and friction ("Sticktion") that develops in joints as we age results from decreased levels of hyaluronic acid and inflammation. Yes, you can get direct hyaluronic acid injections into a joint, but that needs to be repeated. The Co-op now sells a supplement called Advanced Joint Mobility by Hyalogic. It is a clear, highly viscous, pleasant-tasting liquid that combines small amounts of MSM with high-density hyaluronic acid. Two teaspoons held in the mouth for a few minutes to stimulate receptors before swallowing increase this vital molecule's presence in your joints, providing increased cushioning, reducing inflammation and nerve pain, and helping preserve cartilage. Synovial fluid is enriched, thus lubricating joints far better. It also supports eye and gum health, skin health, and brain health, to name a few of its important impacts. (Low-density hyaluronic acid absorbs only 60 times its weight in water.) Hyalogic uses only the high and higher density molecules in their joint and skin care products. To my delight and

surprise, they harvest it from the outer layers of gut-friendly bacteria, not chicken, from which it is also extracted, so it is vegan-friendly. Having sold this product for only a matter of weeks, we have strong testimonials coming in already.

I looked up Hyaluronic Acid on the NIH website and found a study that directly supported product training. Here is one excerpt:

"Normally, synovial fluid contains high levels of hyaluronic acid (HA) that help to maintain high fluid viscosity and the normal integrity of the joint by attenuating inflammation and preserving the normal cartilaginous matrix. In OA, the synovial fluid viscosity and elasticity are decreased [7, 8]. HA is a polysaccharide produced by the chondrocytes and synoviocytes. While HA may help to lubricate and cushion the joint [9], it can help maintain cartilage matrix and minimize inflammation. In OA, the molecular weight and concentration of HA are reduced [10], thereby lowering fluid viscosity and elasticity. Protection against articular injury is compromised and OA damage ensues." (Published online 2013 Sep 20. doi: 10.2174/1874325001307010378)

FIND MORE ENERGY NATURALLY

Energy drinks can be tempting to some, but the excess sugar and caffeine, when consumed in excess, can cause heart palpitations and dysregulation of your autonomic nervous system. The Co-op Wellness Department offers a number of healthy alternatives that support your adrenal system and guide your body to balance cortisol levels naturally. Many opt for taking Ashwagandha, the great herb used in Ayurvedic medicine for thousands of years in India.

A more comprehensive formula, such as StressCare from the Himalayas, supports all

systems of the body in a holistic and balanced way. Positive Nutrition's Positive Energy Boosters is an unknown treasure, which the Co-op sells in handy packets or by the bottle. This formula combines energizing adaptogens with nourishing superfoods and is used by long-distance truck drivers who need non-jittery focus for the long haul. Eliminate processed sweet foods in favor of snacking on Goji berries, nuts, or the Healthy Truth Protein bars sold next to the grab-and-go drink cooler. These are sprouted, whole food, unprocessed, no-added-sugar organic food bars that come in Cacao, Mixed Berry, Vanilla, and Blueberry flavors and are a favorite of both Sam and myself for a healthy energy-producing snack.

REMAIN PHILOSOPHIC

Now, I will pontificate. We are all philosophers, whether we think we are or not, as our belief systems operate within us whether we are conscious of it or not. Time stops for no one, yet we can learn to rest in this moment. Whether you embrace a particular religious perspective, consider yourself agnostic, or perhaps embrace more general humanistic teachings grounded in modern psychology or a mixture of the above, you are undeniably a member of the human family. The Buddha taught that suffering is fundamental to existence. We have the capacity to let any form of suffering invite a sense of shared connection, whether you are more of an introvert or an extrovert. Expansive and compassionate insights into "la condition humaine" can be found through many doorways. Care for your body as the "temple of your Soul," to quote a great Yogi. If we seek to understand, work with, and honor this body that we are given, we are on the right track to health. Joy always finds its way back again, just when we least expect it.

# Miso: delicious and nutritious

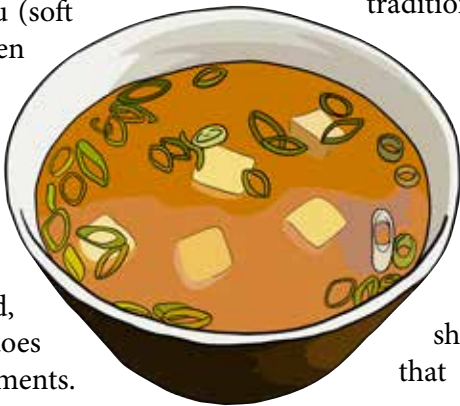


Kipp Hopkins  
Marketing Manager  
*Co-op owner since 2006*

If you've eaten at a Japanese restaurant in America, you've probably been served a bowl of brothy miso soup while you wait for your meal. As a Japanese history professor once put it, that's like serving bread at a Western restaurant and then giving them a butter pat after they're done eating it. Miso soup is an integral part of traditional Japanese cuisine and is served with the meal, not before. Generally, you would alternate bites of rice with sips of soup between bites of the other dishes. Traditionally, miso would be served three times a day with each meal.

Miso soup is often made with a dashi broth, a simple stock made from konbu seaweed and bonito flakes (dried skipjack tuna). But you can also make it with a dried sardine stock, a shiitake mushroom broth, or another base. Common ingredients accompanying the broth are tofu (soft or fried), wakame seaweed, green onions, and eggs. But there are a lot of variations.

So, what exactly is miso? Miso is a fermented soybean paste, though it can also be made with barley, rice, or other ingredients. Miso has a mild, sweet, salty, earthy flavor that does well with many accompaniments.



There are many kinds, but the most common are Shiromiso (white miso), Akamiso (red miso), and Awasemiso (mixed miso). Most restaurants I've been to use white miso, but my favorite is red, which has a slightly stronger profile.

There are so many ways to use miso besides in soup. It's a nice umami flavoring and may be mixed with other ingredients to make sauces, glazes, marinades, etc., or just used on its own. In Japan, it's often used with fish like salmon, eggplant, mushrooms, pickles, corn on the cob (seriously, miso butter on grilled corn is the best), pasta, meat, and even cookies. If you're only using it for soup, you are missing out! When I was in Japan, perhaps the strangest thing I ate was puffer fish with miso gravy.

If you want to expand your miso repertoire, I recommend visiting [www.justonecookbook.com](http://www.justonecookbook.com) and searching miso. You will find a lot of amazing Japanese recipes using this delightful ingredient. If you like cookbooks, I highly recommend *Japanese Farm Cooking* by Nancy Singleton Hachisu. The whole book is amazing, but she uses miso for many traditional foods.

Miso is delicious, but it's also a nutrient powerhouse. It has a good amount of manganese, vitamin K, zinc, and copper, with smaller amounts of B vitamins, calcium, iron, magnesium, selenium, and phosphorus. It's high in sodium; however, studies show that it has special compounds that may counteract the potential

stomach cancer-causing effects of high-salt foods. In fact, miso may reduce the risk of several cancers, including stomach, as well as lung, colon, and breast cancers. These benefits may be especially true for longer fermented misos, which tend to be darker and more robust in flavor. Miso is also very good for digestion and immune support.

Other possible benefits include decreasing bad cholesterol, reducing the risk of cardiovascular disease, preventing type 2 diabetes, easing menopausal symptoms, and improving skin conditions.

My three favorite ways to use miso are in egg drop soup, in the sauce for mapo tofu, and in a hearty Hokkaido-style ramen. As you know, I'm all about Japanese cuisine! But it's also an excellent addition to vegan preparations because it adds a nice amount of umami flavor that would usually come from meat or dairy. For instance, miso in a "cream" sauce works well, or in a bean dip (the Co-op blog has a delicious recipe for a miso butter bean dip).


If you want to explore the flavors or reap some health benefits, I highly recommend starting with Miso Master's mild white miso and red miso. Then, once you're used to cooking with it, you can branch into the stronger or more unusual kinds. Remember that miso is a fermented and living thing, in the same way that kombucha is, so in general, it should be added towards the end of cooking in order to maximize some of the health benefits.

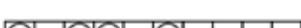
- [justonecookbook.com/health-benefits-of-miso](http://justonecookbook.com/health-benefits-of-miso)
- [healthline.com/nutrition/why-miso-is-healthy](http://healthline.com/nutrition/why-miso-is-healthy)





We hope you enjoy these puzzles and brain teasers. All answers can be found on page 15.


Solve the scrambled words, then solve the final phrase using the circled letters.


DNGRCAIA 



TKRNTUCELE 


RALEYG 

VSTE 

OCNHPO 

UJEPRM 



The 9x9 squares must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically.

6	4						8	
8	2			9		7	3	6
		5						
3			1	5				9
1	6	2		7		3	5	8
9				8	2			7
						5		
5	1	7		4			6	2
	8						4	3

P	Y	O	B	R	E	T	T	U	B	A	N	A	N	A
U	R	Y	I	B	U	T	T	E	R	N	U	T	L	X
C	A	T	A	C	I	L	E	D	V	Z	H	N	A	I
R	A	Z	A	B	A	L	A	C	I	B	A	I	V	T
E	K	O	G	I	N	U	T	L	A	W	S	K	I	T
T	A	O	B	Y	E	N	O	H	O	R	T	P	N	E
T	O	W	A	I	F	V	O	S	U	H	A	M	R	H
U	G	W	Z	T	I	U	U	M	O	B	O	U	A	G
B	F	H	D	T	O	G	T	N	N	T	B	P	C	A
A	H	C	O	B	A	K	E	S	C	R	S	A	M	P
R	I	I	V	R	K	Y	A	R	U	A	O	S	R	S
D	H	P	L	A	N	I	U	L	Q	D	J	C	V	D
D	Z	O	W	U	G	N	I	L	P	M	U	D	A	D
S	A	E	T	U	I	T	T	E	R	A	G	U	S	Q
F	D	O	N	A	B	R	U	T	O	I	R	U	K	V

ACORN	HONEYNUT
BANANA	HUBBARD
BUTTERBOY	KABOCHA
BUTTERCUP	KOGINUT
BUTTERNUT	KURI
CALABAZA	LAKOTA
CARNIVAL	PUMPKIN
DELICATA	SPAGHETTI
DUMPLING	SUGARETTI
FUTSU	SUGARLOAF
HASTA	TIVOLI
HONEYBOAT	TURBAN

**Enjoy the puzzles? Too hard, too easy?  
Let us know: [newsletter@bluehill.coop](mailto:newsletter@bluehill.coop).**



Art based on “The Autumn” by Alphonse Mucha

## by Kipp Hopkins

1	2	3				4		5	6	7		8		9
10						11		12						
		13	14	15		16						17	18	
19						20			21		22			
						23					24			
	25					26	27	28			29			
30						31							32	
	33	34								35		36		
37						38				39				
			40	41	42				43				44	
45			46					47					48	49
50		51						52					53	
54					55		56					57		
58					59							60		
		61							62					

This puzzle has a lot of Co-op themed answers but also some other stuff. When a clue has “we/us/our” it is referring to the Co-op.

- 1 Swirled & braided loaf
- 5 Kimono sash
- 8 A dish to chart?
- 10 Pastrami pair
- 11 Hindu Harvest Goddess
- 13 Wave and retreat?
- 16 Maine's feline
- 17 Royal globe
- 19 Rome's Autumn wind
- 20 Masculine pronoun
- 21 Pester for honey?
- 23 Nickname for 50 across
- 24 It then follows that ...
- 25 A book full of worms
- 26 People of the Yucatan
- 29 The Pine Tree State
- 30 I and others
- 31 Nearing the treasure
- 32 Publicity spot

- 1 Salty fluid
- 2 Woeful interjection
- 3 Root of red
- 4 Inca Harvest Goddess
- 5 Lacto- \_\_\_\_
- 6 Celtic Goddess of the Harvest
- 7 Call for tech help
- 9 Sew to decorate
- 12 Eggs on sushi
- 14 Abundant
- 15 Bachelor's degree
- 17 Dreadful giant
- 18 Rule, in brief
- 22 Greek Harvest Goddess
- 25 Foliage-shedding
- 27 Grey thing, at times
- 28 Arm-v song?

33 Aztec Goddess of Maize  
37 Feudal plot  
38 Towing letters  
39 "Sup!"  
40 College for short  
43 Roman Harvest Goddess  
45 European Union (abbr.)  
46 A popular moth for artists  
47 General social science degree  
48 Gross!  
50 May card recipient  
52 Not fit to serve  
54 Roman Autumn Diet  
57 Beyond bounds  
58 To be  
59 Quite opposed to  
60 Afterthought  
61 Nigerian Harvest Goddess  
62 Japanese Harvest Goddess

31 Working owner (abbr.)  
34 Singular giggle  
35 Down the road a ways  
36 Soap corrosive  
41 13th Greek letter  
42 Sumerian Harvest Goddess  
43 Pugilistic hug  
44 Cherokee Corn Goddess  
45 Phisher's tool  
47 Canadian news org.  
49 Damp  
51 Katadan is one (abbr.)  
52 Egyptian Harvest Goddess  
53 Golden pear  
55 Spider or He  
56 The Beehive State  
60 Neverending number



# Takeaways from the P6 Conference

This spring, a delegation of Blue Hill Co-op staffers attended the annual P6 Conference held by the Maine Cooperative Businesses Alliance. P6 is named for the Sixth Cooperative Principle: Cooperation among Cooperatives. People from cooperative businesses around the state come together to share and learn. We asked our staff to fill out some questionnaires about what they learned.



Jennifer C, Liz H., Crystal D., and Angela F. at P6

Three of these four staff members participated in this article. We asked them all the same three questions:

- 1) Things you learned at the conference
- 2) Topics you want to learn more about
- 3) New co-ops you connected with at P6

Angela Faneuf - Cashier  
Working for 6 months/ shopping since 2014

### Things you learned at the conference

#### 1. Intentional Leadership Communication

Always wait until you are in a neutral state before initiating and/or engaging in challenging conversations. I successfully used this technique two days later. Hooray!

Actively listening to someone for just 3 minutes can have a profound effect on their sense of well-being - just listening, not identifying with or trying to problem solve.

#### 2. Cooperative/Affordable Housing

The need for affordable housing is great in Maine. Cooperative models like Resident Owned Communities (ROC) are excellent ways of securing and sustaining affordable housing for its residents in perpetuity, despite volatile collective economic circumstances.

Cooperative Housing gives residents a sense of ownership, community, and security which cultivates well-being and encourages residents' creativity and care in their individual homes as well as in shared spaces while also fostering support for one another throughout all of life's stages and experiences.

#### 3. Co-op Principle 6!

Bringing diverse co-ops together to learn and share is very inspiring and motivating. The networking it enables is a tremendous resource. Hearing about what's worked for other co-ops and about the challenges they've faced is very helpful.

The conference cultivates a genuine sense of comradery and a collaborative spirit.

### Topics you want to learn more about

1. Worker co-ops - I sincerely believe that the worker co-op model has the potential to shift us away from our current extractive, hierarchical, capitalist business model while providing employees with significant improvements in quality of life.

2. Intentional leadership communication - We barely scratched the surface in 90 mins, the brief intro was very insightful and informative, and I left with a new skill that I was able to implement right away.

3. I am currently actively engaged in creating cooperative housing and would like to continue learning and sharing with others who are also engaged in this work.

4. I would love to learn more about home healthcare and child care co-ops. Both in desperate need of restructuring these would be not only complementary but also mutually beneficial within cooperative housing structures. I believe the co-op model can fill these needs in ways that are dignifying and supportive for both caregivers and those in need of care.

### New co-ops you connected with at P6

1. *Columinate* - a shared service cooperative. Their network of consultants provides referrals and lends counsel to co-ops in various areas and stages of development including startups, business growth, development of leaders, cultivating community, building workplace culture and improving operations. [columinate.coop](http://columinate.coop)

2. *Norway Equitable Housing Cooperative* - "A small group of local renters and members of Center for Ecology Based Economy (CEBE) have been meeting regularly around a shared need and vision for equitable, energy efficient, inspired housing in our town to address needs that current rental housing and federally- and state-subsidized affordable housing do not." [www.ecologybasedeconomy.org/norwayequitablehousingcoop](http://www.ecologybasedeconomy.org/norwayequitablehousingcoop)

3. *Midcoast Housing Coop* - startup with currently 15 members and 4 person steering committee. They are in early planning stages and have reached out to me for assistance with documents related to business planning and operating agreement for LLC's that are structured as cooperatives.

Jennifer Wahlquist Coolidge - Ownership & Outreach Coordinator

Working since 2016/shopping since 2003

### Things you learned at the conference

1. How to start 2 different types of housing cooperatives

2. The importance of being a store who accepts WIC

3. The importance of LD 1276 - An Act to create and sustain jobs and affordable housing through development of cooperatives and employee-owned businesses

### Topics you want to learn more about

1. Childcare cooperatives

2. Ways to nurture member engagement

3. Home healthcare worker cooperatives

### New co-ops you connected with at P6

1. *Spoke Folks* - worker owned cooperative using bikes and people power to haul trash, recycling, compost, and more. [www.spokefolks.me/](http://www.spokefolks.me/)

2. *Raise-Op Housing Cooperative* - The mission is to operate safe and affordable housing that is democratically controlled by its members on a non-profit basis. [www.raiseop.com](http://www.raiseop.com)

3. *New Roots* - New Americans growing food and economic security as a worker owned farming cooperative. [newrootsooperativefarm.com/](http://newrootsooperativefarm.com/)

Liz Hamm - Café Staff

Working and shopping since November 2022

### Things you learned at the conference

1. The co-op model can be applied across different sectors of the economy for different goals and purposes.

2. While co-op models may have goals similar to unions, they work best in tandem.

3. Co-op housing as a possible solution to the housing crisis.

### Topics you want to learn more about

1. Co-op models as applied to farming systems.

2. I want to learn more about how multiple businesses or employees (e.g., home-care workers) can utilize the co-op model to lessen the strain on individuals and small business.

3. I am very interested in knowing more about how a co-op housing system works.

4. How digital platforms can assist the needs of co-ops.

### New co-ops you connected with at P6

1. *SpokeFolk*

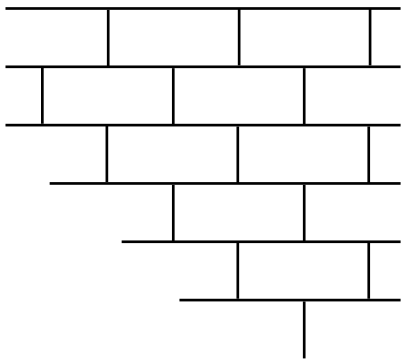
2. *Genesis* (Lending Partner)

## Tile Installations of integrity and beauty.

Cindy Kelly  
Insured Tile Contractor in Blue Hill

[kellycindy1111@gmail.com](mailto:kellycindy1111@gmail.com)

See examples of work on  
Facebook: OCD TILE  
In Person: behind the counter at the Co-op Café  
References available.



## Traditional Acupuncture

Vicki Pollard

Blue Hill

[vicki@traditional-acupuncture.com](mailto:vicki@traditional-acupuncture.com)

Practicing for almost 40 years

207/374-9963





# Owl chair finds new home at the Co-op



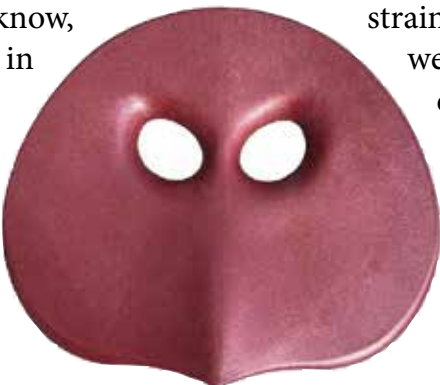
Sam Duddy  
Wellness Assistant Manager  
*Co-op owner since 2019*

When it arrived, I was dubious. It stared up at me with large, empty eyes and an air of unfamiliarity. What it was, I did not fully know, nor where it had come from. Its sleek and intentional lines were beautiful, yes, and its craftsmanship was undeniable, but could it work in the tight quarters of the Co-op? Could it really earn its right to exist in an environment where every square inch is precious?

For those who may not know, it can get quite crowded in the store's back "employees only" area. Anything out of place immediately contributes to a sense of impeded traffic flow, potential confusion, and increased entropy. Rogue carts, boxes full of who-knows-what, and disoriented employees are just a few of the most common obstacles to easy maneuvering behind the scenes. This problem is exacerbated during the summer months as more products move through the store, and more employees are needed to facilitate the increased business. A high value is therefore placed on all nooks and crannies that can be used to temporarily house back-stock, popular or seasonal products, extra carts, and whatever else finds itself without a permanent home.

And so when a mysterious chair-on-wheels with two hollow eyes appeared beside the Wellness Department workstation, my doubts about its longevity were well-founded. But this was not just any chair, as I came to find out. It was an Owl Chair: locally designed, ergonomically engineered, and tactically wheeled. It had come as a donation, and it did not go unnoticed. In fact, it was met with almost immediate resistance. Neither the timing of its arrival, on the cusp of the busiest season of the year, nor its placement at the Wellness desk, arguably the most highly trafficked back corridor of the store, worked in its favor. I was among its initial doubters, and I am sure other employees echoed my thoughts. "Where is this going to go?" "It's already in the way," and "I heard it's getting moved to the storage unit..." were some of the initial complaints and rumors. And in our collective defense, we were aware that the cost of yet another thing demanding permanent residence might outweigh its as-of-yet-unknown benefits. I, for one, needed convincing, and luckily, I didn't rush to any conclusions.

With reluctance and a touch of indignation,



I wheeled the chair out into the Wellness aisle. If for no other reason than to say I had given it a chance. Maybe then, I thought, I would be justified in relegating it to the storage unit or sending it back to its donor. It was with this intention that I first used it. And as I sat down, there was a immediate pause... Not only did I find myself sitting up effortlessly straight, but I was also remarkably comfortable. And mobile. The wheeled chair allowed for an effortless glide up and down our aisle. Its eyes were like deep pockets that held my sitz bones perfectly in place. And with its adjustable height, many aspects of the job, which had previously caused backache, strain, and deep knee bends, were now easy, unhurried, and effortless. Slowly, its potential dawned on me. With over six thousand products under our domain in the Wellness Department, maybe this was the perfect tool to aid in managing them.

I stood up with a changed mind. The eyes whose gaze had once been so foreign and unfamiliar now seemed more friendly - almost smiling. Understandably, many aspects of the job would remain the same with such a seemingly minor addition, but others would indeed be made easier, faster, and less strained. Shelf resets, for example, now had the potential to be undertaken from a comfortable and convenient vantage point rather than a contorted crouch. And restocking shelves, especially those below waist height, could now be done from the ergonomic mobility of a cradled seat - thus saving time and energy usually spent repeatedly getting up and down. And the chair's appreciation has even extended beyond employees. From local vendors displaying their wares to customers who have had a long day and would prefer to sit rather than stand as they browse, many have come to appreciate its utility.

Humbled by my initial reluctance to accept such a useful tool, possibilities began to arise of places it could be kept and ways it could be housed long term. At the time of writing, the chair has truly become, in many ways, a staple of the Wellness Department - facilitating a sense of increased efficiency and flow for many of the more tedious aspects of the job. And, to be sure, it is not without its challenges. On the most crowded of days, it can be tough to accommodate. But in a bustling store like ours, no rose is ever without its thorn. So yes, even amidst the constant flux of people and products - there is no longer any doubt - this special chair has found its home at the Co-op.

Thanks to Owl Furniture for their craftsmanship and generosity.

# Best of #bluehillcoop



@gwenswoons - Gwen Krosnick  
(@kneiselhall faculty)



@averyyalekamila - Avery Yale Kamila



@topazlarue - Topaz La Rue





# Fabric of life: why textile sourcing matters



Sarah Scamperle  
Working Owner  
*Co-op owner since 2022*

To create a fabric, there are a few basic stages to consider in the cultivation and manufacturing process. The first stage is the fiber stage. A fiber is a small strand of animal, vegetable, or mineral source. Fibers exist in natural form and are processed into continuous threads interlocked together by spinning or twisting to create yarn. Man-made fibers are chemically processed and formed into continuous threads called filaments. When yarn or filament is woven, knitted, or felted together, a fabric is formed. The fabric content (stated on the care label) defines the single type or blend of fibers used to manufacture the garment—the clothing industry groups textiles into three categories: natural, regenerated, and synthetic.

Natural fibers have been woven into clothing for thousands of years. Some of the oldest textiles on record are simple woven garments made of flax dating back to 5000 BC. Natural fibers can be of either animal (protein) or plant (cellulose) origin. Wool and silk are examples of animal fibers, whereas cotton and linen are the most popular plant-based fibers. Unfortunately, just because a fiber is natural doesn't mean its production is environmentally friendly. In fact, more chemical pesticides are applied to conventionally grown cotton than to any other crop; for every 9 oz of cotton used in an average t-shirt, growers have applied about 1/3 cup of chemical fertilizers, pesticides, herbicides, and defoliants to the crop.

Conversely, organic cotton is grown without synthetic fertilizers or pesticides, processed without chemicals, and requires less than half the energy and 88% less water than conventionally grown cotton. Hemp and linen are both highly sustainable natural fibers, requiring very little water or chemical inputs during cultivation. Truly a powerhouse crop, hemp is considered a carbon-negative raw fiber, as it absorbs CO2 from the atmosphere and can phytoremediate soil by restoring soil nutrients and removing toxins and heavy metals from the environment.

Regenerated fibers are materials extracted from a natural source and are processed into a fiber structure that can then be formed into fabric. Regenerated fibers can be made from many types of cellulose/plant or protein materials. Cellulose is used to make rayon, modal, and cupro, all of which are very affordable but have poor durability and sunlight resistance unless blended with other fibers. Additionally, because of the chemicals required to convert these materials into fabric, conventional manufacturing results in a tremendous amount of environmental pollution. Lyocell (particularly Tencel brand) is a regenerated fiber derived from eucalyptus or beechwood pulp and is considered a sustainable and fully biodegradable fabric with excellent durability. Protein fibers are often derived from soy protein or milk protein, which are then modified using bioengineering techniques and spun into silky, biodegradable fabrics. Unfortunately, most protein fibers are not particularly environmentally friendly

alternatives, given the use of bioengineering, as well as the water demands and pollution associated with conventional farming. There are a number of other sustainable regenerative fiber industries in development that utilize waste products from other manufacturing processes such as banana plants (Banantex), pineapple leaves (Piñatex), grape waste from winemaking (Vegea), apple fiber leather (Frutmat or Pellemela), coconut fibers, mycelium (Mylo and MycoWorks), corn fiber (Kintra), nettles, and even kombucha scoby leather. These products are fully biodegradable and often very durable, but many may still be a bit hard to come by. Finding sustainable leather alternatives has been an area of much interest and innovation, given that the livestock industry is responsible for 14.5% of global greenhouse emissions and the leather industry itself produces more than 600 million tons of hazardous environmental pollutants annually.

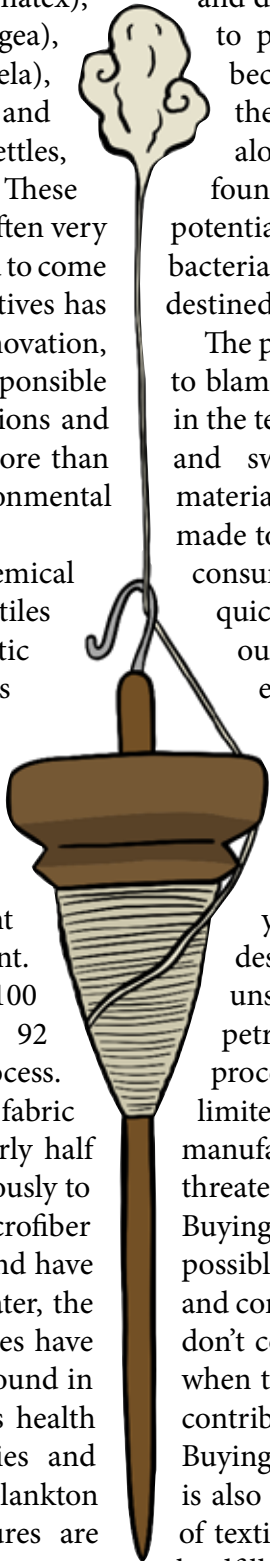
Synthetic fibers are formed by chemical synthesis. In 2021, about 64% of textiles produced worldwide were synthetic fabrics, most of which are polymers manufactured from petrochemicals. Some examples of synthetic fibers are polyester, nylon, acrylic, and spandex. These fibers are inexpensive to mass-produce and have many desirable features but are a significant detriment to the health of the environment. Currently, the world produces 100 billion new garments annually and 92 million tons of textile waste in the process. Plastic byproducts of the synthetic fabric manufacturing process constitute nearly half of that waste, which contributes generously to global microplastic pollution. These microfiber plastics are a pervasive contaminant and have been found in the atmosphere, rainwater, the oceans, and our drinking water. Studies have shown that microplastics commonly found in the guts of sea creatures have serious health effects - such as physical deformities and reduced reproductive output - on zooplankton and small crustaceans. These creatures are a critical food source for larger sea creatures, and their health is essential for the health of the oceans.

Although the research is still new and studies are still being conducted on the effects of consumption and inhalation of microplastics on human health, most people are breathing or ingesting them daily. From the microscopic string fragments that are shed from our synthetic or synthetic-blend clothing and flushed into waterways via the washing machine to the microfiber particles that are released when we shake out a carpet or blanket, the average person consumes about five grams of microfibers a week (which is equal to the weight of three playing cards). Microfibers commonly pollute the tissue of seafood as well, but the airborne fibers in our homes and workplaces are by far the greater source. The microfiber itself is not necessarily the main concern, but its ability to absorb and leach harmful chemicals is under careful investigation. During textile production, microfibers are impregnated with various hazardous chemicals

to add features such as color, durability, or mold resistance. Chemicals commonly used in textile production are plasticizers (which make synthetic materials feel softer), UV stabilizers (to protect synthetic materials from UV rays), lubricants (to reduce wear and friction), flame retardants, and dyes. Most of these chemicals are known to pose human health risks. Additionally, because microfibers are porous and have the ability to pick up viruses and bacteria along their journeys, researchers have found examples of microplastics containing potentially lethal pathogens, such as Vibrio bacteria, within the tissues of marine life, destined for human consumption.

The phenomenon of "fast fashion" is partially to blame for the popularity of synthetic fabrics in the textile industry. New designs are released and swiftly pushed into production. The materials used to produce these clothes are not made to last but are affordable and available to consumers quickly. Fashion trends also move quickly, so these new garments tend to fall out of favor just as fast and, consequently, end up in the trash. Clothing and textiles make up at least 7% of total waste in landfill space worldwide, and worryingly, synthetic and blended fabrics do not decompose readily (taking between 20 and 200 years, depending on the type). Between destructive sourcing methods such as unsustainable farming, deforestation and petroleum drilling, chemically intensive processing, quantity of textile waste, and limited disposal options, synthetically manufactured and conventionally grown fibers threaten our collective health on many levels. Buying organically produced textiles whenever possible minimizes environmental pollution and conserves water and energy. Organic fibers don't contain plastics, so they will biodegrade when they can no longer be used and will not contribute to the issue of microplastic pollution. Buying, selling, or donating unwanted clothing is also an excellent way to reduce the amount of textiles that wind up (not) decomposing in landfills. Buying recycled or upcycled clothing from brands like Vitamin A Swimwear, Colorful Standard, Ave Lumi, Coalatree Organics, Firebird Kids, Modcloth, Taylor Stitch, and Tentree can help to support businesses who are trying to expand the availability of environmentally-friendly clothing. There are many companies committed to finding innovative ways of reducing waste and pollution at every stage of production, such as Colorful Standard and CoalaTree Organics (who use waterless dyeing techniques to save energy and water) and Tentree (who uses carbon-neutral factories). Fortunately, organic and environmentally friendly fabrics are becoming easier to find as awareness of these issues increases. By learning about the impact of our clothes and household textiles and choosing more sustainable fabric options when possible, we each have an opportunity to contribute to the solution and promote a more ethical and sustainable fashion future.

Sources: NWF.org, PlanetCare, Vogue.co.uk, csuchico.edu, Ensia, Maine Fiber Workshop





New Mexico outpost



Kipp Hopkins  
Marketing Manager  
Co-op owner  
since 2006

Paul Bunyan is following me. That thought crossed my mind as I drove down the road in Albuquerque and saw a Paul Bunyan statue looming on the horizon. I recalled an argument I once heard between a Mainer and a Minnesotan about where Paul Bunyan had been born, both using their state's famous statue as proof. I briefly wondered if he had actually been born in Albuquerque. That can't be right. Once closer, I saw the tall lumberjack statue was standing next to *May Café*, a Vietnamese restaurant. This cleared up nothing.

If you're familiar with the statue in Bangor, so well known to Bunyan fans that it is THE picture that tops the folk hero's wiki page, you know he's a confident, smiling lumberjack who bears a striking resemblance to my brother in law. Well, you might not know that. But trust me, he does. He has an ax on his shoulder, looks like he's just felled some serious trees, and is ready for his morning cuppa jo.

Albuquerque Paul looks like he's in the middle of an existential crisis, holding his ax in front of him like he's just done something unthinkable. The gaping mouth and vacant eyes only increase this impression. He's only three feet shorter than Bangor Bunyan and sits atop a twenty-foot pole. Quite possibly, he is actually smiling, but the view from below adds to the look of anguish. And he is definitely cruder in his rendering than his Mainer counterpart or his more stylized Minnesotan cousin.

So how did Paul Bunyan find himself watching over a New Mexican Vietnamese restaurant across from an Asian market? According to *New Mexico Magazine*, he's not really Paul Bunyan at all. He's known to the building owners as "Lumberjack" and to many locals as Fidel. He's been there for a long time. He's even mentioned in books about historic Route 66. Before 1992, *Shofner Lumber Company* occupied the building he now watches over. When Liem Nguyen bought the building for his restaurant, he decided to keep the iconic statue.

The funny thing is that this particular statue started his life as a chef. An original lumberjack statue stood on the site until the 1970s when it was destroyed by a fire. The owner was devastated and searched the country for a replacement statue. The closest thing he could find was a 27' tall chef. I don't remember any giant chefs in American folklore, so I'm guessing his height was unrelated. With a bit of retrofitting and a new paint job, the statue was able to change career paths and start anew as a lumberjack. And thus, a legend was re-born.

Back in 2013, a bad windstorm broke off his hands and axe. They weren't reattached until 2019, which might explain the look of horror on his face as he stares down at his reattached limbs.

I like to shop at the market across the street and I've become very fond of Fidel in all his abject horror. Unlike the shiny, confident folk hero of Bangor, Fidel has seen the worst and is still standing. He's contemplating the responsibilities of being an axe-wielding giant, and his ghostly skin and gaping mouth seem to indicate that he understands these burdens all too well.

Co-op staff share some of their favorites things

Co-op staffers like to talk about books. We've asked about some of their favorites!

Question 1: What's your favorite cookbook?

"My favorite is *Japanese Soul Cooking* by Tadashi Ono and Harris Salat. It's where I learned to make ramen from scratch and the best tempura. Plus the photos are a feast for the eye." — Kipp Hopkins

"*Good Housekeeping Illustrated Cookbook*. This was the first cookbook I ever had. My sister had given it to me. I loved it because it had pictures of each step of the recipe. I learned a lot of processes from this book. Good Pictures." — Cat McNeal

Question 2: Are there any books you've read recently that you're really in to?

"I loved: *All the Light We Cannot See* by Anthony Doerr and *The Secret Life of Addie L'Rue* by V.E Schwab. I just finished *Save Me the Plums* by Ruth Reichl and now I'm reading *Notes From a Young Black Chef* by Kwame Onwuachi. All are very well written and entertaining." — Robin Byrne

"I'm reading a great book called *Wine and War* by Don and Petie Kladstrup about the French wine producers' response to Nazi occupation during WWII." — Sam Duddy

"I just finished *A Man Called Ove*. I loved it so I got two other books by him. *Britt-Marie Was Here* is one of them. I'm also finding my way through James Patterson's series featuring Alex Cross." — Cat McNeal

"I recently read *Exploring J.R.R. Tolkien's 'The Hobbit'* by Corey Olsen. It opened up a whole new side to a beloved book I've read a million times." — Kipp Hopkins

"One of my favorites is *Sixteen Brides* by Stephanie Grace Whitson. I am currently reading *Abraham and Sarah's Amish Baby* by Ashley Emma." — Jaci Emerson

I OWE A FINE

Variations on a Johnny Cash song  
October 2, 1972

At the cash register of your life  
I've been short-changed, dear.

For clearance from your heart  
I've been marked down.

On the sale table of your dreams  
I'm a size too small, dear.

At the shopping center of your love,  
I'm still downtown.

At the corner bar of your life  
I'm an empty glass, dear.

At the juke box of your heart  
I've kept your dime.

At the pool table of your dreams  
I have scratched, dear.

At the parking meter of your love  
I owe a fine.

By Martha E. Duncan  
Co-op owner since 2013

Puzzle Answers

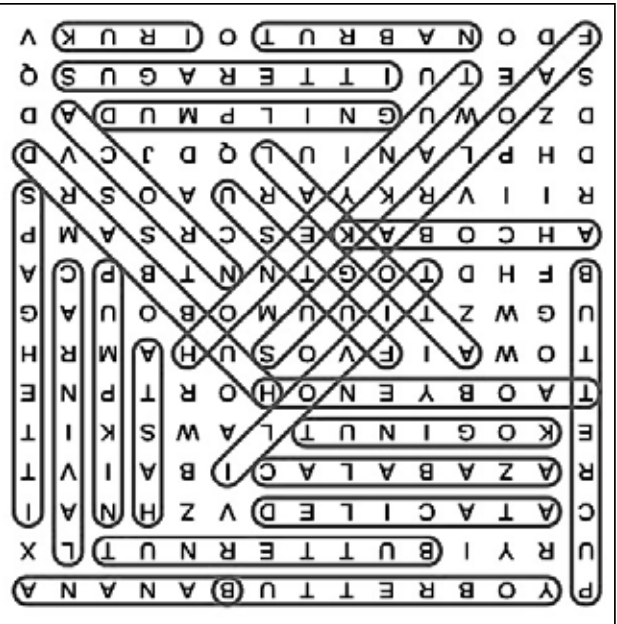
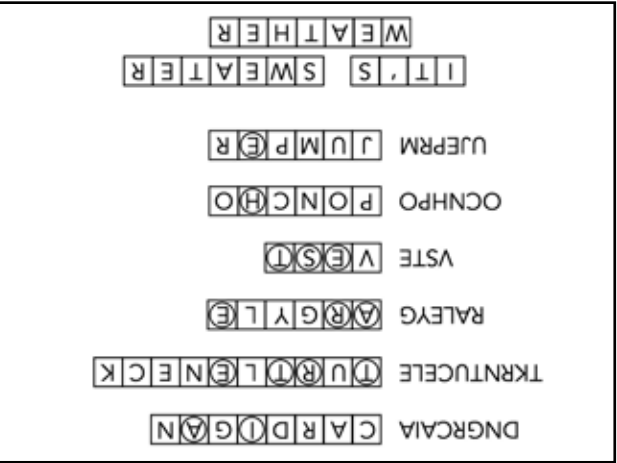
see puzzles on pg. 11

Enjoy the puzzles? Too hard, too easy?  
Let us know: newsletter@bluehill.coop.

3	4	6	5	1	7	6	8	2
2	9	8	3	4	9	7	1	5
1	7	5	8	2	6	3	9	4
7	1	6	2	8	3	4	5	9
8	5	3	9	7	4	2	6	1
9	2	4	6	5	1	8	7	3
4	9	2	1	6	8	5	3	7
6	3	7	4	9	5	1	2	8
5	8	1	7	3	2	9	4	6

Doughnut, pumpkin, latte, sun, ring  
mole, skirt, glasses, heart pin, bird,  
earrings, mouse

Spot the 12 Differences





# THE GREAT CO-OP KITCHEN CHALLENGE

Do you relish a challenge AND love to cook? Looking for something new and fun to activate your kitchen skills? Want a chance to win a \$25 Co-op gift card? The Co-op is excited to present a new quarterly kitchen challenge!

**How does it work?** In each Harvest Herald, we will present a new challenge, a dish for participants to try their hand at. You will have two months from the time of printing the Herald to complete the project. We will provide a recipe for inspiration, but you are free to use any recipe you like, as long as it's the same type of dish. You can use your creativity, follow your passion, and make your ideal version. When you're done with your dish, take a picture, describe the flavors and aspects you used, including any fun anecdotes about the process and send it to: [marketing@bluehill.coop](mailto:marketing@bluehill.coop). We will publish your photos in the following *Harvest Herald*, and one participant will be randomly selected to win a \$25 gift card to the Co-op. Sound like fun? Let's get started!

**The 4<sup>th</sup> Kitchen Challenge is Pie!** It's definitely pie season and we're excited to see what people come up with. You can make a fruit pie, a custard, cream, sugar, or even a savory pie. You can use a traditional pastry crust, a cookie/cracker crust, or a grain-free alternative. If it comes in a pie pan, we want to see it! This challenge spans the first holiday feast season so you can use enter your holiday pies.

Please send in your photo and description by December 1 in order to have your creation published and for a chance to win the gift card.

## The Burger Challenge

Our last challenge was to make a burger, whether it be beef, bean, beyond, chicken, or fish! We had 3 entries and Sarah Scamperle was randomly selected to win the gift card!



Donna Boidis French Dip Burger



Photos by Kipp Hopkins

## SIMPLE PIE DOUGH

*This recipe makes a delicious flaky pie crust, which can be combined with your favorite filling. It can very easily be converted to a gluten-free crust by using gluten-free flour mix (Bob's Red Mill). For a vegan option, simply replace the butter with a vegan substitute (we use Miyoko's). The Simple Pie Dough Recipe behaves best when made in single batches, meaning it is better to make two individual batches than to double the recipe and divide.*

### INGREDIENTS:

- 1 1/2 cups all-purpose flour  
OR gluten-free flour mix
- 1/4 tsp salt
- 1/2 cold butter  
OR vegan substitute (like Miyoko)
- 1/3 cup or less cold water

In a bowl, cut the butter into small pieces and add the flour and salt. Using your hands, mix together the butter, flour, and salt until you have crumbles the size of peas.

Add the water a few tablespoons at a time until the dough is barely sticking together and form a disk. Do not overwork the dough. Refrigerate the pie dough until ready to use.

Note: The gluten-free version will be pretty crumbly, and you may need to press it into the pan rather than rolling.



## KABOCHA SQUASH PIE

*A spin on traditional pumpkin pie, this recipe uses kabocha, a sweet, nutty squash from Japan. Serve with vanilla ice cream, whipped cream, or crème fraîche*

### PIE INGREDIENTS:

- 1 medium kabocha squash
- 2 eggs
- 15 oz can evaporated milk  
OR 1 3/4 cup half & half
- 3/4 cup sugar  
OR 1/2 cup monkfruit sweetener
- 1/2 tsp salt
- 1/2 tsp nutmeg
- 1/2 tsp ginger
- 1/4 tsp cloves
- 1 pie dough

Cut the kabocha squash in half and scoop out the seeds. Place it cut side down in a casserole dish and bake at 375°F for 40 minutes. When it's done, spoon out the flesh and let it cool down. Blend until smooth. Use two cups for the pie.

While the squash is cooling make the pie dough using our recipe for simple pie dough or use your own recipe.

Roll the pie dough out into a large circle, about 1/8 inch thick. Carefully transfer the dough to a pie pan. Trim the dough, leaving about 1" of overhang, then roll up the overhang and crimp to create the edge. If you're using a metal or enamel pie tin, place the pie shell in the freezer for 10-30 minutes. Do not do this for glass, ceramic, or pyrex, as it can shatter in the hot oven if exposed to extreme temperature changes.

Preheat the oven to 425°F. Combine squash, eggs, evaporated milk (or half & half), sugar (or monkfruit), salt, nutmeg, ginger, and cloves.

Pour the filling into your pie crust and cook at 425°F for 15 minutes. Reduce the heat to 350°F, put a pie ring on your crust or cover edge with tin foil, and cook for another 35 minutes. It's cooked when the pie bounces only slightly when jiggled. Allow to cool completely and serve!



H.H.'s Greek Chicken Burger



Sarah Scamperle's Classic Burger