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BLUE HILL CO-OP NEWS

HARVEST 2011

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Dear Co-op Owners,
I would like to introduce myself. My name is Mark Deeny and I am the new General Manager of your community Co-op. Thank you very much for providing me this chance to work with you and the dedicated Co-op staff.

I first came to this area in 1996 to work for the Acadia Corporation in Bar Harbor. Before that I spent many years working in several National Parks and wintering in such places as Iowa City, Seattle and Missoula. While working in Denali N.P., I met my future wife and former College of the Atlantic student, Celeste. We now live in Ellsworth with our two young sons. Together, we try to get outside hiking, biking and camping whenever possible.

Along the way I became interested in the many different ways people have chosen to live their lives. How all the little decisions we make can add up to a more thoughtful, concerned lifestyle. One does not have to accept the most heavily marketed or most popular version of living. Having shopped at consumer cooperatives like REI, New Pioneer in Iowa City, and The Wedge in Minneapolis only deepened this interest.

Although I may at first appear to you as an unfamiliar face, I am eager to become acquainted with many of you during the coming summer months. The Blue Hill Co-op has a long history behind it that deserves respect--and a future filled with challenges and opportunities. I truly hope to become a valued member of this community and a positive influence on the Co-op as it makes its way forward.

Thank you and see you soon,

LETTER FROM THE MANAGER

*Mark Deeny
General Manager*

Dear Co-op Community,
This past spring, I accepted a job at a local non-profit organization and passed the torch to a new crew.
I feel truly blessed and honored to have served you for more than three years as the Co-op's Membership & Marketing Coordinator. Thank you, Co-op owners, volunteers, board members, staff, and community members, for all the wonderful teamwork and collaborations. I learned so much from all of you and have enjoyed getting to know you, working with you, and serving each and every one of you. You--the owners--are what make this place a cooperative!

With gratitude,
Eileen Mielenhausen



Hangin’ out on the Co-op Bulletin Boards

If you wish to post notices on the Co-op bulletin boards, here are some simple guidelines. The main board – attached to the front wall of the building – is for business cards on the left and event notices on the right. Events must have specific dates, unlike recurring activities such as farmers markets or ongoing classes, and notices may be up to poster-size (11x22), though smaller ones are appreciated.

The two bulletin boards hanging on the porch are for other kinds of notices – and these must be no more than a half page (5.5x8) in size. This is to give everyone a chance to post their message and help conserve paper. As you leave the Co-op, the board on the left is for business postings while the right hand board is for classes and other items you might see in the classified ad section of a local newspaper. Postings which do not conform to the size requirements are removed and placed in a folder called “Big Stuff” on the front porch. For more information, feel free to talk with Markus.



MEMBERSHIP
UPDATE

Notice of Board Meetings

The Co-op Board usually meets on the third Tuesday of each month from 6:30-9:00 p.m. The meetings are held in the Howard Room at the Blue Hill Public Library. They are open to the membership. The next Co-op Board meetings will be held on Mar. 15 and Apr. 19, and May 17, 2011.

Co-op Board Officers & Members:

- President John Miller
- Vice President Mia Strong
- Treasurer Keith Herklotz
- Secretary Laura Livingston
- Allison Watters, Richard Paget

DEADLINE FOR
NEXT ISSUE:
OCTOBER 15, 2011

The Newsletter Team

- Managing Editor: Jesse Holloway
- Editor: Marge May
- Layout and Design: Michelle Keyo
- Ads: Deborah Wiggs; 374-2159
- Columnists/Writers:
Jane McCloskey, Catherine Princell,
and Co-op board & staff
- Newsletter articles do not necessarily
reflect the opinions of the board, staff,
management, or Newsletter Team.*

General Manager:
Mark Deeny

Store Hours

7 a.m.–7 p.m. daily

(207) 374-2165
info@bluehill.coop

Letters to the Editor

The Newsletter Team welcomes input. If you have something you'd like to share with other Co-op owners, please send a letter to: Letters to the Editor, Blue Hill Co-op Community Market, PO Box 1133, Blue Hill, ME 04614, or send an e-mail to newsletter@bluehill.coop. Letters may be edited for style, not content, and should be brief. Please include your name, address, and daytime phone number.

Transforming Tea: Supporting a Small Farmer Tea Model

In the foothills of the Himalayas, the Potong Tea Garden, once a colonial plantation, now collectively run by its workers, is making history. Equal Exchange is proud to partner with the Potong worker-owners and food co-ops across the United States, to support this exciting social, economic, and environmentally sustainable small farmer tea model. We believe partnerships such as these hold the key to the future of a fair and equitable tea system.

The Potong Tea Garden represents a unique effort to address a difficult challenge: how to build a new tea system out of a decaying and crumbling plantation model that remains largely unchanged from the days of the British Empire. Approximately 50 million workers throughout the developing world make their livelihoods from this industry. Sadly, even consumers trying to make ethical purchases, might still unknowingly prop up this archaic plantation system. Even 98 percent of tea that is labeled “Fair Trade” is sourced from large-scale plantations still working with bonded labor and other vestiges of colonial legacy.

Due to the feudal nature of tea plantations, workers are often trapped in a system of dependency. In many cases, workers receive their housing, schooling and medical care from the estate. If a worker loses his/her job, or if the plantation is abandoned, thousands of workers and their families are left without any form of income, housing, or services. Tea workers need committed fair traders and consumers to take action now to create a new model based on human rights and economic justice.

Established over 100 years ago by the British, Potong Tea Garden was repeatedly abandoned, taken over, mismanaged, and abandoned again. Throughout that time, 2500 people depended on the plantation for their livelihoods, shelter, medical needs and educational services. As Sher Bahadur, Potong’s board president told us in November 2009, the plantation system was structured in such a way that workers were never taught any other means of livelihood. “We were 100 percent dependent on the tea plantation,” he said. “So when the plantation was abandoned, what could we do?”

In 2005, the workers agreed to take over management and 51 percent ownership of the estate. As one worker-owner told us, “Before, the management was the supreme authority and we were scared of them. Now we discuss things amongst ourselves. We have a new structure and we can work with dignity and for our own development and for no one else. This is our model; if we are successful, then we will have a future.” The workers are learning to own, manage, and operate their tea garden. With training and technical assistance from TPI, they are learning new skills, taking risks, and rebuilding operations. Decades of neglect, however, have also taken their toll on farm productivity. We were told that some of the tea bushes are the original bushes that were planted when Lincoln was president, in 1860. Production is half what it could be as many of the tea bushes have died, leaving acres of fallow land.

During the month of October, for each Equal Exchange product sold through food co-ops, we will donate 25 cents (up to \$15,000) to the Potong community for the planting of 30,000 new tea bushes.

When the original bushes were planted during Lincoln’s presidency, the tea garden experienced its first phase of labor and land use. This next round of tea planting, and worker ownership and control, provides an opportunity to begin anew, to reconsider and rebuild a better and more sustainable tea model. We can learn from the past, be creative and envision a new future where workers and the environment both gain. Literally and figuratively, we are planting new seeds for a far more equitable, sustainable, and dignified future.

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See Fine Print on page 8 for details.

Store Department Notes

Wellness News: What's New in Wellness

Some of the Latest products to take hold in our market include Bach's Rescue Remedy Gum! The ever popular go-to product for stress relief has been added to chewing gum for even easier accessibility. Get some for yourself and some to share and let tensions subside.

New Chapter products are always 25% off, all products, everyday, for everyone. Get your high-quality supplements and remedies for greater health and vitality.

Badger brand Sun Screen has garnered top ratings in environmental products and cosmetics testing groups. There are +Bug Repellent and Baby versions and both are perfect for year-round sun protection.

If you want to reduce cholesterol, improve heart health, and get some important Omega oils, a new product is available from New Chapter: "WholeMega Cardio" contains oils from wild Alaskan salmon already harvested as a food source thus avoiding depletion of the besieged prey fish killed to produce virtually all other fish oils. This product also includes super-critical extracts of artichoke, hibiscus, and tumeric.

New Chapter continues to develop products that preserve the complexity and synergy of what's found in nature, and conducts clinical trials with human subjects to verify the efficacy of their products. WholeMega Cardio is one of three new products from New Chapter that use a base of wild Alaskan salmon oil. Also new is WholeMega Focus to support cognitive health, and WholeMegaFlex, to support joint health.

Yours in good health,

*David Walker
Wellness Manager*

News from the Café Crew

Wow, what a summer! Thanks to all our year-round regulars, owners, and "summer regulars," the Blue Hill Co-op Café & Deli department was one of the top performing deli departments in the country! Next time you come in, look for the certificate awarded to us by the National Cooperative Grocers Association (N.C.G.A.). This award is based on sales volume per square foot of kitchen production area.

The café crew is growing again; we are so excited to have two new team members. Lisa Lockhart, who comes to us via Florida, has over 20 years experience in cooking, baking, and living well. Nancy McMillan is our new baker and a local legend to a lot of us. She has lived and worked on the Blue Hill Peninsular for over 15 years.

On to cheese . . . we heard you, and we now carry the smoked blue cheese from Grindstone all the time. Ask and you shall receive!

Again, thanks to all the local farmers and producers and to our amazing owners.

The entire café crew,
Linda, Lisa, Patrick, Tyler, Scot and Nancy



Wellness Manager David Walker consults with a Co-op customer. With many years of experience, David is a great resource for nutritional supplements and beauty aids.

TECH Notes

Why in the world would a co-op be hiring a techie? It's the first thought that ran through my head last August as I was figuring out what to do for fall employment. My application letter laid it all out – if there was such a thing as your "typical co-op person", I was not it! But I was very excited about the mission of the Co-op and the energy of the staff. I really wanted a job where I could make a difference.

There are two new cash registers to better serve our owners and customers. We've made some cool changes to the way our database works. We've streamlined the process for becoming a new owner. We've added some database reporting tools to help managers make better decisions. We now use our database to print out the Bonus Buy sale tags each month. And we've dealt with technical glitches and issues that most small companies face.

Over the winter, we built some shelves for the pet food section, and created a small technology nook at the back of the store. It's definitely a fun space and has enabled us to open the window in that area for the first time in years! The nook provides storage for technology related equipment and a work area for projects. It has also freed up needed space in the back office—a major benefit in this cramped building. The best part is we didn't have to sacrifice any retail space to make it happen!

There's still so much to do! Tech support is kind of like housecleaning. If it's done right, nobody notices. But if there's a problem, everyone will say something. It's important that our tools work correctly. When they don't, we must have a work around or be able to fix things quickly. Some days can get pretty long. But helping staff, customers, and owners is incredibly rewarding! And along the way, I've learned that I'm as much a "typical co-op person" as anyone else.

*Markus Ford
Technology Coordinator*

Water Quality

*Catherine Princell, RN MS
Health Coach*

Water quality" is a term used to describe the chemical, physical, and biological characteristics of water, usually with respect to its suitability for a particular purpose. Water sufficiently good to wash a car with may not be good enough to serve as drinking water.

Clean drinking water is essential to humans and other life forms. Access to safe drinking water has improved steadily and substantially over the last few decades in almost every part of the world. There is a clear correlation between access to safe water and gross domestic product per capita. However, some observers have estimated that by 2025 more than half of the world's population will face water shortages. Research suggests that by 2030, in some developing regions of the world, water demand will exceed supply by 50%. Water plays an important role in the world economy, as it functions as a solvent for a wide variety of chemical substances and facilitates industrial cooling and transportation. Approximately 70% of freshwater usage is for agriculture.

Threats to water quality are increasing. Bacteria and microorganisms may enter drinking water supplies, causing illness in a community; chemical pollutants can invade streams, endangering plant and animal life; sewage spills have occurred, forcing people to boil their drinking water; pesticides and other chemicals have seeped into the ground and have harmed the water in aquifers; and, runoff containing pollutants from roads and parking lots have affected the water quality in urban settings.

Water quality has become a very big issue, partly because of the tremendous growth of the human population and urban expansion and development. Rural areas can also contribute to water-quality problems. Medium- to large-scale agricultural operations can generate more nitrogen and phosphorus than can be used by crops or animals. These excess nutrients have the potential to degrade water quality if incorporated into runoff from farms into streams and lakes. All this growth puts great stress on the natural water resources, and, if we are not diligent, the quality of our waters will suffer.

What about well water? If you have a well that yields plenty of water it still doesn't mean you can go ahead and just take a drink. Because water is such an excellent solvent it can contain lots of dissolved chemicals. And since groundwater moves through rocks and subsurface soil, it has a lot of opportunity to dissolve substances as it moves. For that reason, groundwater will often have more dissolved substances than surface water will.

Even though the ground is an excellent mechanism for filtering out particulate matter, such as leaves, soil, and bugs, dissolved chemicals and gases can still occur in large enough concentrations in groundwater to cause problems. Underground water can get contaminated from industrial, domestic, and agricultural chemicals from the surface. This includes chemicals such as pesticides and herbicides that many homeowners apply to their lawns.

Contamination of groundwater by road salt is of major concern in northern areas of the United States. Salt spread on roads to melt ice can lead to excess sodium and chloride transported into the

Continued on page 7

謙 泰	Traditional Acupuncture VICKI COHN POLLARD, L.Ac., M.Ac. Blue Hill, ME 04614 207/374-9963 vicki@traditional-acupuncture.com http://traditional-acupuncture.com
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HEARTHSTONE PRESCHOOL

Hearthstone Preschool is currently enrolling children for the 2011-2012 school year. Our Waldorf centered program uses high quality, natural materials and offers ample outdoor play and exploration, seasonal arts, activities and crafts, storytelling, cooking and an environment which honors the magic of childhood. State certified, six years running. Please call Jennifer McCall, #359-8406 for handbook, information, and to arrange a visit to the school.

Canola Oil Good or Bad For You?

Jane McCloskey, M.A.

A Co-op customer was concerned about the safety of canola oil, so we decided to do some research. There are several issues related to Canola oil.

Canola was developed from the rape, or rapeseed, plant. Rape oil has been used in limited amounts as an animal and people food in traditional societies, including India, but its high erucic acid content makes large amounts of it poisonous. However, canola, a cultivar of rape, has been bred by selection to reduce the high levels of glycosides which can cause hypothyroidism and goiter and reduce erucic acid content. “Canola” (an acronym for **C**anadian **o**il, **l**ow **a**cid) is a trademark for this hybrid variety of rape initially bred in Canada.

Industry claims that canola has high levels of Omega-3 oils and oleic acid which are supposed to reduce inflammation and be good for the heart. It has low levels of saturated fatty acids which are supposed to be bad for the heart.

Mary Enig, PhD, is a lipid chemist with the Weston A. Price Foundation. She offers a comprehensive view of the risks and value of canola and other vegetable oils. Dr. Enig summarizes the characteristics of food oils as shown below:

- **Saturated fatty acids:** solid at room temperature: examples: butter, tallow, suet, palm oil and coconut oil. Can be used in cooking
- **Monounsaturated fatty acids:** liquid at room temperature but solid when refrigerated. Olive oil, peanut oil, lard, rape seed oil, and canola oils are monounsaturated oils. Can be used in cooking
- **Polyunsaturated fatty acids:** liquid, even when refrigerated. Examples are soybean oil, safflower oil, sunflower oil, flax oil and fish oil. When subjected to heat as in cooking, they develop harmful free radicals.
- **Omega-6 and Omega-3 fatty acids:** monounsaturated or polyunsaturated

fatty acids. The consensus of lipid scientists is that Americans eat too much Omega-6 fatty acids in the form of commercial vegetable oils, and too little Omega-3 fatty acids in the form of organ meats, wild fish, pasteurized egg yolks, organic vegetable oil and flax oil. Dr. Enig writes, “A surfeit of omega-6 fatty acids and deficiency of omega-3 fatty acids has been shown to depress immune system function, contribute to weight gain and cause inflammation.”

- **Trans Fatty Acids:** “Trans fats” are created by hydrogenation of vegetable. Trans fats include margarine and the fats used in many commercial baked goods, and are considered bad for you. The hydrogenation process is used to solidify liquid oils and is used to improve spreadability, texture, and shelf life. This hydrogenation process can cause canola oil, which is polyunsaturated, to be converted to a trans fat.

Dr. Enig says that research has shown that high consumption of fat whether it be non-trans fat, trans fat, monounsaturated or polyunsaturated, is associated with higher cancer risk while high consumption of saturated fat is associated with decreased cancer risk. This goes against conventional wisdom that saturated fats are bad and polyunsaturated and monounsaturated fats are good. Everyone agrees that trans fats are bad.

Another problem is that canola is one of the biggest genetically engineered crops on the market. About 80 percent of the canola grown is genetically altered to tolerate higher amounts of the pesticide Roundup. Soy and corn are also genetically engineered, so the concern about GE food applies to all three kinds of oil.

Dr. Enig also says that the industrial

Sources:

- <http://www.whale.to/a/fallon.html>
- <http://www.westonaprice.org/know-your-fats/1438-canadian-trans?tmpl=component&print=1&page=>
- <http://gnolls.org/1240/eat-more-heart-healthy-trans-fats-we-hid-them-in-plain-sight/>
- <http://www.spectrumnaturals.ca/index.php/faq>
- <http://en.wikipedia.org/wiki/Canola>
- http://www.drpasswater.com/nutrition_library/enig1_interview.html
- http://www.health-report.co.uk/saturated_fats_health_benefits.htm

extraction process used for canola can lead to the creation of hexane, a carcinogen. However, she says that this industrial extraction process is similar to that for other oils, so the issue is not unique to canola. Consumers should choose expeller expressed oils, in which the oil is pressed out mechanically, rather than extracted chemically. Expeller pressing gets only 70 percent of the oil, as opposed to 100 percent of the oil in the chemical industrial method, but it is better for you.

The canola industry touts canola’s high Omega-3 content as a good thing. However, Dr. Enig says that canola must be deodorized for food use, because it has an unpleasant smell and taste. She claims that the deodorizing process turns the Omega fatty acids in canola into trans fats. If even organic, expeller pressed canola has to be deodorized, and this process causes the Omega-3s to turn to trans fats, you don’t want to use this oil.

I spoke to Christina at the Spectrum Oil Company, which makes both organic and non-organic canola oil. She reported that at Spectrum, they use a steam process to deodorize canola oil. She said that they test the oil after deoderization and that there are zero trans fats in the finished oil. She said that Spectrum claims zero trans fats on the label and they cannot do that legally unless it is true. Still, I looked-up canola deodorizing on the web. There seems to be a huge range for the amount of trans fats found in finished canola oil, from 27 % for the canola used for deep fat frying to .5 % in the most pure canola oils. In other words, canola oils are not all created equal.

Finally, there is the claim that canola oil depletes Vitamin E in our bodies. Dr. Enig says that this is true, but that if canola is eaten in a mixed diet with saturated fats, then the Vitamin E depletion does not occur.



Relocation Update

For a year and a half, a store committee made up of Karen Doherty, Chip Angell, Keith Herklotz and Rick Traub have explored potential sites in Blue Hill from existing buildings downtown to property near Tradewinds and the Liberty School. We have had helpful input from an architect, Bruce Stahnke, as to timeline and steps to get from the conceptual phase to the cutting of a ribbon on a new store. Very daunting!

In December, consultant Bill Gestner of Minnesota was hired by Karen to help us look at preparedness, costs and timeline to go from an 1850 sq ft store, to a newly constructed 5000+ sq. ft. store. This would require 2.2 million dollars and three years of hard work to get there. We are, financially, in a good position to enlarge at this time.

Over a year ago, Karen hired Debbie Suassuna, a consultant from California, to do a market survey of our area. The market survey analyzed our present performance and evaluated three locations. We have more sales potential, but our present store size is the limiting factor. The study recommends building in or near downtown with a 5000 sq ft sales area, 1500 sq ft of office and storage, and 64 parking spaces for customers and employees. A larger store would allow us to increase sales, expand specialty departments, provide a larger café, as well as offering the community space for more owner-led events.

Two of the sites would be new construction sites with higher start up costs but more space potential. The other site in the downtown area has lower purchase and rehabilitation costs but offers limited parking and delivery access. Visibility, accessibility, parking, location, and competition factors were reviewed in relation to each site. What I would distill from the 30-page study is this: we have a number of workable sties in town and the customer base to support a larger store. It remains for us to gather ourselves to take the next steps, which would include a capital campaign.

With Karen’s recent departure, we are in the process of searching for a new General Manager who has relocation in mind, as well as reforming the relocation committee. In the meantime, we are also strengthening our Board. This is where we are at the present moment in regards to relocating. With the continued support of our membership, we will, hopefully, be moving into our new store in the near future.

Keith Herklotz
Co-op board member

Just for the Health of It

Continued from page 5

subsurface groundwater. The most common water-quality problem in rural water supplies is bacterial contamination from septic tanks, which are often used in rural areas that don't have a sewage-treatment system. Overflow and leakage from a septic tank can seep down to the water table and maybe into a homeowner's own well. Just as with urban water supplies, chlorination may be necessary to kill the dangerous bacteria.

Naturally occurring contaminants are present in the rocks and sediments. As groundwater flows through sediments, metals such as iron and manganese are dissolved and may later be found in high concentrations in the water. Industrial discharges, urban activities, agriculture, ground-water pumpage, and disposal of waste all can affect ground-water quality. Contaminants from leaking fuel tanks or fuel or toxic chemical spills may enter the groundwater and contaminate the aquifer. Pesticides and fertilizers applied to lawns and crops can accumulate and migrate to the water table. The following diagram illustrates an example of this type of contamination.

Water testing and treatment occurs regularly in more metropolitan areas that are served by common water and sewer systems. In rural areas that do not have such systems, well water testing is recommended at least once per year in the spring for existing wells. All new wells or wells that have been worked on should be tested before use. The local testing resource is Northern Maine Water Testing in Brewer and they can be reached at 991-9640 and further information can be found on their website.

Sources:

- *Centers for Disease Control:* www.cdc.gov
- *US Environmental Protection Agency:* www.epa.gov



DEBORAH'S DINNERS

Deborah's Dinners, delicious, farm grown, full balanced vegetarian dinners delivered in Blue Hill Monday's and Thursday's. Soup available by the quart. 374-2159 or deborah@clayfieldfarm.net

ALTERATIONS

Alter, repair, make almost any clothing. Anne Walker 374-5749.

Local Food & State Regulation: the Story of Livingstone Live Culture Foods

The Co-op was recently directed to remove a product from its shelves by the Maine Department of Agriculture’s Division of Quality Assurance and Regulations (QAR). John Morris, an inspector for the Department requested that the Co-op remove the fermented bean dips produced by Livingstone Live Culture Foods, stating that it was a type of product that the Department does not allow to be manufactured in a home kitchen – not even a certified home kitchen. The Co-op asked me, Laura Livingston, the owner of Livingstone Live Culture Foods, to give my side of the story. My reply follows:

When I applied to the QAR last October for home food processing of the bean dips, I received an unsigned, yellow sticky note on my returned application, stating that “these are potentially hazardous foods and cannot be made in a home kitchen”. Why not?

I have a certified home kitchen – certified by the QAR – but the QAR says that potentially hazardous foods cannot be made in a certified home kitchen, and that a commercial (separate from the home) kitchen is required for foods meeting this definition. But what, according to the law, is the definition of “potentially hazardous foods?”

Chapter 345 Home Food Manufacturing states: “Potentially hazardous food” means any perishable food or food product which consists in

whole or in part of milk or any other ingredient capable of supporting rapid and progressive growth of infectious and toxigenic microorganisms including, but not limited to: cream fillings, in pies, cakes or pastries; custard products; meringue topped baker products; or butter cream type fillings in bakery products. That definition certainly doesn’t apply to my bean dip.

Another definition from Chapter 358 in the Division of Regulations states: “Potentially hazardous food” means any food that consists in whole or in part of milk or milk products, eggs, meat, poultry, fish, shellfish, edible crustaceans, or other ingredients, including synthetic ingredients, and which is in a form capable of supporting rapid and progressive growth of infectious or toxigenic microorganisms. Again – that doesn’t apply to my bean dip.

The Maine Food Code of 2001 goes on to list exclusions to the definition of potentially hazardous foods, one being, “A FOOD with a pH level of 4.6 or below when measured at 24oC (75oF)” . My bean dip has a pH well below 4.6 – therefore the Maine Food Code of 2001 actually defines it as not being hazardous.

Even if it was a “potentially hazardous food”, there is a discrepancy (a hole big enough to drive a truck through) between Maine State Law and what we are told by QAR. While QAR does not allow potentially hazardous foods to be made in a home kitchen, the Maine statutes do not support that ban. The only thing that the Department of Agriculture, Food & Rural Resources, Division of Regulations, Chapter 345: Home Food Manufacturing says is that “Potentially hazardous foods shall be refrigerated at a temperature of 45° F. or below,” and that “Frozen foods (are) to be kept at a temperature of 0° F. or below. Nowhere does it say that potentially hazardous foods cannot be made in a certified home kitchen.

So, here’s the problem: John Morris, an inspector from QAR directed the Blue Hill Co-op to remove my nutritionally dense lacto-fermented bean dips from the

store, calling them potentially hazardous. John Morris also went to the director of Woodlawn Farmers Market and stated that my bean dip had failed required testing three times and that Woodlawn could face liability problems if this product continued to be sold at the farmers market. John Morris did this without putting anything in writing and without citing any laws or regulations that I could be in violation of (because there aren’t any).

The truth of the matter is that the bean dip did not fail the testing – the bean dip passed the state testing, with a pH of less than 4.6! The state food processing authority is Dr. Al Bushway, professor of food science at the University of Maine, Orono, whose review states:

“Based on these analyses and the processing methods that you enclosed, you should have no microbiological food safety issues with your Fermented Bean Dip.”

The funny thing is that the sauerkraut I submitted came back from the testing with the following review from Dr. Bushway:

“Based on these results and the fermentation method that you are using, you should have no microbiological food safety issues with your sauerkraut...”

The sauerkraut is fine and dandy with QAR, but the bean dip isn’t. What foods are we supposed to make in a certified home kitchen according to the QAR? Some of you may be familiar with the list: jams, jellies, pickles, and baked goods. Could a human being attain good health if limited to a diet that could be produced in a certified home kitchen? One cannot live on kraut alone, or cake.

The real question is: Why is the state overstepping its statutory authority by preventing safe, healthy, nutritionally dense foods from being made in certified home kitchens? And, the bigger question is, why do we continue to allow the state to do it?”

Laura Livingston,
Livingstone Live Culture Foods

References:
<http://www.maine.gov/agriculture/qar/>
<http://www.maine.gov/agriculture/qar/food-reg.html>

If you would like to receive this newsletter via e-mail rather than US Mail, please send an e-mail message to newsletter@bluehill.coop or call Jesse or Andy at 374-2165.

Where Are You?

Have you moved? Changed your name or phone number? Please help us keep the Co-op membership database accurate by giving us your current mailing address, phone number, and e-mail. Thanks!

Andy Felger, Membership Coordinator
(207) 374-2165 • membership@bluehill.coop

Farmers Markets

Blue Hill

The BlueHill Farmer's Market is open Saturdays from 9 to 11:30 am at the Fairgrounds on Rt. 172 and Wednesdays from 3-5 pm at the First Congregational Church parking lot.

Brooklin

A Farmers Market grows in Brooklin (!) and is open Thursdays 3 to 5 pm in the church parking lot near the library and across from The Cave. FMI: Laura Cramer, 359-8008, cavebrooklin@gmail.com.

Brooksville

Brooksville Farmers Market is held Tuesdays from 9:30 am to 12:00 pm in the Community Center parking lot near the Buck's Harbor Market. FMI: Costas Christ, 326-9171, cosal@tamusafaris.com.

Castine

Castine Farmers Market is open on Thursdays from 9:00 am to 12:00 pm in the Town Common. FMI: Colin Powell, 326-1014, colin@castinefm.org.

Ellsworth

Farmers markets are on Saturdays from 9:30 am to 12:30 pm in the Webber Oil Co. parking lot (next to the Maine Grind) and Mondays and Thursdays from 2 to 5:30 pm at the Maine Community Foundation parking lot (both on Main St.). FMI: 667-9212 or pkvolckhausen@panax.com.

A new year-round Farmers Market is now open on Sundays at the Woodlawn Museum from 11 am to 2 pm. FMI: Dan Brown, 374-2702, gravelwoodfarm@yahoo.com.

Stonington

The Farmers market in Stonington is held on Fridays from 10 am to noon at the Community Center. FMI: 326-4741, wildmoo.net, <http://stoningtonfarmersmarket.com>.



Blue Hill Co-op Mission Statement & Ends Policies

Through a thriving cooperative enterprise, we encourage a vibrant healthy community and a sustainable local economy.

Blue Hill Food Co-op Ends:

The Blue Hill Peninsula will have a retail source of food that is fairly priced, healthy, and organically grown and/or processed locally to the fullest extent possible.

This policy shall be monitored annually by the General Manager in a written report to the Board and also by the Board.

This policy shall be read aloud at the annual meeting of the owners.

Mission Statement approved by the Board 03/20/2007

Global Ends approved by the Board 09/19/2007,
revised 7/21/2009

on the wall @ the co-op Café:

June: Magnus Johnstone

Acrylic Paintings

July: Sam Koch

Mixed Media

August: Billy Brehn

Photography

September: Charlie Marbach

Photography/Mixed Media

*Are you a Co-op owner who's also an artist?
Want to show your artwork at the Co-op Café?
Call Mary Barnes to schedule a show: 359-5053*

BLUE HILL PIANO SERVICE



PHIL NORRIS
374-2159

Serving Hancock County
for 25 years

10% discount if you mention this ad

Farmer Profile: Holly Farm, Blue Hill

Five years ago, a customer asked the Blue Hill Co-op to stock body care products from nearby Holly Farm, saying "I love the variety of pleasing scents, they're all natural, and the price is good." Ever since, the Co-op has carried the full line of thirteen soaps, five kinds of face creams, shampoo, lip balm and healing salve.

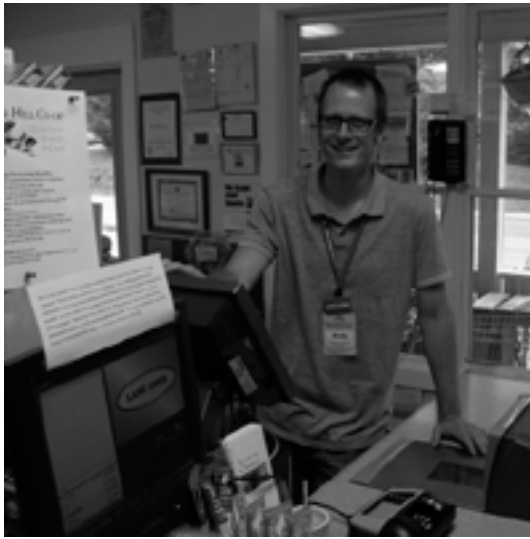
Customers love the fragrances, the all natural ingredients and the fact that these products contain no preservatives, dyes nor artificial ingredients. Holly Farm, the maker of these body care products, is owned and operated by Scott Whitney, whose life-long career has centered on promoting health and well-being.

Scott earned a degree in Chinese herbal medicine. Traditional Chinese herbs, which Scott studied intensively for seven years, have been used for hundreds of years to beautify the skin, and to treat skin problems. Some of these herbs are also rubbed into the skin to vitalize the blood, improving circulation.

Scott combined this ancient Chinese herbal wisdom with his knowledge of Western herbs to formulate his soaps and creams, now featured here at the Co-op. "Wild Rose" is the most popular of the five skin care fragrances made by Holly Farm. Of the thirteen kinds of bar soap Holly Farms makes, blueberry scented is the favorite. Holly Farm produces lip balms, shampoos and healing salves.



Staff Profile: Andy Felger



Most plants gain strength through a vast root system. So it is with Andy Felger, the Co-op's new Customer Support Manager. Andy has an extensive and multifaceted background – work with the homeless in his home town of Cincinnati, Ohio; studies in outdoor education, ecological agriculture, and alternative food systems; wood fired pottery made from local clays; the list goes on and on! Through it all, community gardening and organic farming have been with him every step of the way.

For the past 9 years, Andy has been teaching English in South Korea. In 2007 he and his wife were married in her native New Zealand. Last year they welcomed son Tobin to the family and decided it was time to settle down. These worldly travelers bought a house in Pennobscot, where Andy has been meeting new friends and learning about the area.

When he's not helping customers and owners at the Co-op, Andy can be found at home hanging out in the garden with his family and setting up his pottery studio. If you know where Andy can go prospecting for a little local clay, definitely leave word for him at the Co-op!

Staff Profile: Patrick Gaffney-Kessell

by Allison Watters

Patrick is hard to miss in the Co-op Café's tiny kitchen. He's the big guy with the bright pink lock of hair falling into his eyes. Working in the cooking profession comes easily to him and he's been doing it for over ten years. Even though he has a wealth of experience, Patrick humbly admits that he's "still learning the ropes of food preparation." He also claims that the café is the "best job I've had so far in the restaurant industry," attributing this to the less stressful and hectic environment there than in the typical kitchen.

Patrick's life reads a little like a wander through the Delorme Maine Gazetteer. He's lived in at least a dozen Maine towns from Kennebunk to Bangor and currently resides here on the Blue Hill Peninsula near his parents, grandparents, and two sisters. After attending the Liberty School and graduating from George Stevens Academy, he pursued his interests in graphic and studio art at the University of Maine at Machias and Orono. He has also taken a recent interest in the stock market and in foreign currency exchange. Since college he has made a living working in restaurants in Maine and Cape Cod. Patrick admits that he didn't expect to still be working in the food industry after quite so many years. However, he finds ways to relate it to his love of art. In particular, he has found a special fondness and knack for expediting or garnishing plates at the many eateries where he has been employed.

