

THE HARVEST HERALD

.....
News From The Blue Hill Co-op Community Market & Café



MANAGER'S REPORT: BALANCING NEEDS AND CONCERNS

By Mark Deeny, General Manager

During my three plus years as General Manager of the Blue Hill Co-op, I have found I often use the word “balance” to describe how the Co-op should define and guide itself. So much of what we do here seems to require a keen eye on balance. I believe this happens because our members are diverse with a wide variety of interests and concerns. Sometimes these concerns oppose one another.

The Blue Hill Co-op has over 1,360 members. A majority of those members share a common interest of consuming unadulterated, high quality food. But, they also care about local sourcing, fair trade, the ethical treatment of animals, sustainability, GMO's, veganism, vegetarianism, gluten free foods, nutrient density, supporting the local economy, reducing sugar intake, and other concerns. Co-op members and management also care about financial stability and the Co-op's desire to fund education outreach, make donations, and promote community involvement. Throw in the fact that all of our customers care about affordability and you can see where the need to balance interests and desires comes into play.

Co-op product buyers Michael Luciano, Amy Coppage, David Walker, Andy Felger, Kristyn LaPlante, Beth Dickens, and John Broeksmit have been trying to walk the line of righteousness versus affordability for a

combined total of nearly 50 years. They are continually striving to stock the Co-op with local, organic products at a price that people can afford.

I also find it important to consider what type of relationship our members wish to have with the Co-op. Some members want to be highly involved, and do so by serving on committees, helping as Working Members, and giving and receiving information regularly. Others would simply prefer to make their equity payment and shop here. Still others are in it for the social aspect of meeting and making friends and being a part of our thriving and growing community. The Co-op strives to create a pleasant and fulfilling experience for each member by allowing different levels of commitment on an individual basis.

The need to balance different goals affects Co-op policies and practices. While we would like to be exceptionally helpful and accommodating to each individual request, we often run into space limitations or issues of fairness that require us to set rules which limits our flexibility. For example, how much it is worth in payroll to keep one individual happy with a special request?

How many hours should a Working Member work each month to justify the 10% discount? Do we care how many people they have in their household? Is that

Continued on page 2

THE NEWSLETTER TEAM

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LETTERS TO THE EDITOR

We welcome input. Please send a letter to:
Letters to the Editor, Blue Hill Co-op, PO Box
1133, Blue Hill, ME 04614, or to info@blue-
hill.coop. Letters may be edited for style, not
content, and should be brief. 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
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Continued from Page 1

any of our business? Where is the point of balance in this program that offers value and satisfaction to our members without creating a dubious drain on the Co-op's finances?

Another aspect of Co-op operations that requires an eye towards balance is local purchasing. Our Produce Department is often at the center of this discussion. Past Produce buyers tried to buy from as many local suppliers as possible. This tactic proved to be problematic in that farms felt they could not count on the Co-op for reliability. Because of this fact, we could not count on them for a consistent supply of product. So, in an effort to find the right balance, we reduced the number of suppliers that we purchase from and have worked towards developing relationships of trust and respect with the vendors who can consistently supply us with quality product at a fair price.

While it may be easy to see the clear answer to these types of questions from afar, I have found that the old adage about the devil being in details is all too true. The more you know about any one issue, the more difficult it is to be adamant or sure of your viewpoint.

Ah well; It would seem that these are the considerations that make a cooperatively owned enterprise different from a usual store. These considerations are what make working at the Co-op interesting.

THE BOARD OF DIRECTORS

BOARD OFFICERS & MEMBERS

Mia Strong, *President*

Jim Picariello, *Vice President*

Hadley Friedman, *Staff Position*

Jerome Lawther

Aaron Dority

Diane Bianco

Keith Herklotz

Richard Paget

BOARD MEETINGS

The Co-op Board meets on the third Tuesday of each month from 6:30-9:00 p.m. in the Howard room at Blue Hill Library. They are open to the membership. The next Co-op Board meetings will be held on September 16th, October 21st, and November 18th.

BOARD DEVELOPMENT COMMITTEE

Chair: Allison Watters (allisongwatters@gmail.com, 359-2425). *This committee is charged with recruiting new board members and maintaining board stability over time. This would be a great position for the person who knows everyone.*

ELECTION COMMITTEE

Chair: Allison Watters (allisongwatters@gmail.com, 359-2425). *This committee sees the most action around the time of the annual meeting, and is concerned with the proper running of the voting process. And just think - you'll know the election results before anyone else!*

FINANCE COMMITTEE

Chair: Richard Paget (treasurer@bluehill.coop, 374-5492) Member: Bob Sullivan. *Perhaps numbers and business have always been your forte. Consider joining this committee which looks carefully at the co-op's financial health through profit and loss statements, balance sheets and budgets.*

OUTREACH COMMITTEE

Chair: TBA. *This committee's purpose is to create connections within the community that foster understanding of the Co-op's mission and design educational programs and events that anchor the Co-op's mission to the community.*

BOARD AD-HOC COMMITTEE:

RELOCATION COMMITTEE

Members: Mark Deeny, Mia Strong, Jim Picariello, Leslie Cummins, Tim Seabrook, Bruce Stahnke. Chair: Aaron Dority (aaron@bluehill.coop). *People with grant writing and fundraising experience would be helpful on this committee.*

JOIN A COMMITTEE!

To join a committee (and to receive a 10% Working Member discount), please email board@bluehill.coop

WHAT'S NEW IN BULK?

Amy Coppage, Bulk Department Manager



Happy fall! Here's what's New in the Bulk Department:

- Nature's Gate Fragrance-Free Moisturizer is back! We're finally able to get it in the gallon sizes again.
- Frontier Organic Fair Trade White Peppercorns.
- Organic Red Quinoa - we carry White Quinoa that is Fair Trade from Alter Eco. The Red and Tri-Colored Quinoa we offer are non-Fair Trade so as to offer more affordable options.
- Organic Whole Walnuts - a lower priced option to the Walnut Halves we carry, as walnut prices have gone up (see note about walnut prices). I've been enjoying using my nutcracker again.
- We're hoping to have Organic Yellow Split Mung Beans for making dal, in addition to the Green Split Mung Beans we carry.
- Local Wildcrafted Atlantic Nori from Ironbound Island Seaweed - a.k.a. 'laver' in the British Isles, where it's traditionally baked into breads and eaten as a vegetable. Nori is rich in protein, vitamins A, C, E, and B (including the highest level of B vitamins found in all seaweeds) and trace minerals. Wild Atlantic nori has complex flavor, both nutty and slightly sweet. The whole leaf nori is dried in its natural crinkled state (rather than processing it into sheets like sushi nori). To make a great crispy treat, dry roast the nori in a 200 degree oven or a hot skillet for a few minutes, then crumble it over rice, soba noodles, vegetables, salads, or use it as a condiment. It can also be dipped in tempura batter and fried.
- We're also carrying a few Packaged Nuts and Fruits from Tierra Farms; items that we don't have room to carry in a bin or jar, or that might move too slow to maintain freshness if we had them unpackaged. Tierra Farms is as of Spring 2014 a completely gluten-free facility. This is in addition to their facility being 100% peanut-free. They also generate over 70% of their electricity from solar panels. We love these guys.

Sadly, some items have been Discontinued:

- Organic Cannellini Beans, Organic Great Northern Beans, Sunridge Farms Black Licorice Chews, and Frontier Organic Smoked Peppercorns have been discontinued from our distributors. Non-organic great northrens, and some other bean varieties, are available to pre-order.

Walnut Prices



As walnut prices have increased I've looked again into carrying Organic Walnut Halves and Pieces, which are the most affordable walnuts available, as a possible alternative to the Organic Whole Walnut Halves that we carry from Tierra farms. However, I'm always disappointed by the Halves and Pieces; they don't come in as fresh and don't have as long of a shelf life. Also, the shipment ususally contains a lot more walnut 'dust' than halves. These can be pre-ordered if anyone is interested.

AN UPDATE ON RELOCATION

To Keep You Informed

The Co-op Relocation Committee continued to meet throughout the summer of 2014. In that time, the committee explored funding options, firmed up a cost estimate, and provided the Board of Directors with updates and information. The Committee is made up of Board Members Mia Strong, Jim Picariello, and Aaron Dority; Co-op members Leslie Cummins, Tim Seabrook, and Bruce Stahnke; and General Manager Mark Deeny.

- In June, the Board of Directors decided to purchase 5.5 acres of unimproved land on South Street from the Kimball Petty Charitable Foundation. This site is situated between Mainescape and Napa on the east side of Route 175. The purchase price was \$146,000. A commercial appraisal estimated the property had a value of \$148,000. The purchase will be funded by using \$74,000 from reserve funds and about \$60,000 to be financed locally. As of this writing, the committee has begun this process.
- The Committee met with a representative from the USDA to explore possible grants and loan guarantee programs. As one might expect, the USDA is a vast organization with several programs to investigate. Among the more promising is a grant program that may be used to recoup 25% of the costs associated with energy use and efficiency. We are also in touch with the USDA staff member who is most familiar with Co-ops.
- The Committee met with a Board member from the Manadnock Co-op in Keene, NH to go over how they funded their recent relocation.
- The Committee is tentatively scheduled to present our project at the November meeting of Slow Money Maine. “The mission of Slow Money Maine is to build a diverse network of individuals, philanthropists, businesses, nonprofit organizations and government entities that are focused on investing in farms and fisheries, and the ecosystems that sustain them as a means of growing our local food systems, economies and communities statewide.”
- The Committee has secured an equipment estimate from United Natural Foods Inc. based upon the needs associated with the design from Stahnke & Kitigawa Architects.
- The Committee is attempting to determine what mix of member loans, Equity investments, and grants would provide the capital needed to fund the project without taking on too much debt.
- The Committee has begun working with Freidman & Associates of Bar Harbor in an effort to determine the feasibility of raising the funds needed.

If you wish to have your thoughts heard on this subject, please email questions to board@bluehill.coop and/or attend the Board of Directors meetings that take place on the third Tuesday of each month from 6:30 to 9 PM in the Howard room of the Blue Hill Library. The next meetings are scheduled for September 16th, October 21st, and November 18th.

WHY DO WE SELL HOMEOPATHIC REMEDIES?

(And, Did You Know We Do?)

By Edee Howland , Homeopathic Practitioner

In the Health and Beauty section of the Co-op, you will find shelves with small blue tubes with names on them that may sound a bit strange if you have never been acquainted with homeopathy. These little vials provide a natural, safe, and effective way to heal many common upsets in our health.

Homeopathy is a form of medicine, with its own precise and careful system of evaluating and treating illness and injury, developed over 200 years ago in Germany, and in use since then around the world. Experiencing a condition resolving is the best way to experience for yourself what valuable support homeopathy can offer.

An experienced homeopathy practitioner can be a guide, especially with more serious illnesses. Homeopathy has a long tradition of unguided domestic application after an introduction to the basic principles. Homeopathy treats animals just as well as humans, too, so we can use it for our pets, livestock, and wildlife. You can even use homeopathic remedies in your garden! As long as you are using homeopathic remedies at a moderate strength, and not overusing them, homeopathy is very safe.

Here are a few examples of uses for some of the remedies we have at the Co-op. *Arnica Montana* is for bad bruises. It reduces pain and swelling and promotes healing. It also assists in healing after surgery, and doesn't interact with other medications. *Apis* is good to take for a bee sting, especially if it's particularly troublesome. *Apis* is good for many conditions where there is redness and swelling. *Nux vomica* is good to use for food poisoning. *Chamomilla* is used to soothe young children who are so fretful that nothing seems to pacify them. Doesn't that sound like a good remedy to know? There are several remedies for flu: *Rhus tox* is one. There are remedies for terror, such as for our dear dogs during a thunderstorm or fireworks; *Aconite* is a good choice. This can be life-saving, if the animal is reacting with physical symptoms (such as bloating),

or is trying to run away. There are remedies for severe bleeding that can aid on the way to emergency treatment; *Phosphorous* is one. These remedies can be so valuable on the farm, at a work site, in a busy restaurant kitchen, on a backpacking trip, or out sailing (there are very effective remedies for seasickness, by the way). Consider having on hand a homeopathy first aid kit.

One aspect of homeopathy is that "Less is more". Often you need just one or just a few doses of a remedy. This is quite different from the approach of conventional western medicine.

Here are some of the best introductory books about homeopathy, with guidelines for treating common ailments: *Everybody's Guide to Homeopathic Medicines*, by Stephen Cummings, M.D. and Dana Ullman, M.P.H., *Homeopathic Medicine at Home*, by Maesimund Panos, M.D., and *Homeopathic Self-Care*, by Robert Ullman and Judyth Reichenberg-Ullman.

A wonderful introductory journal about homeopathy is *Homeopathy Today*, published by the National Center for Homeopathy. Each issue contains short descriptions of specific instances of homeopathy being used, and information on how to apply them in one's own life.

Of course there are lots of resources online, as well. Many parents find abchomeopathy.com useful.

Some books that help present some of the perspectives and principles of classical homeopathy are: *The Patient's Guide to Homeopathic Medicine* – by Robert Ullman and Judyth Reichenberg-Ullman, and *Impossible Cure, The Promise of Homeopathy*, by Amy Lansky, Ph.D. One of Amy Lansky's sons was diagnosed as autistic, and homeopathic treatment helped him become a child with full, normal capabilities. Amy was so impressed that she decided to become a homeopathic practitioner herself. I found her book to be one of the best in presenting how and why homeopathy works.

WHO IS MR. ZINGERMAN?

AND WHY IS HE TURNING HIS NINE ANN ARBOR BUSINESSES INTO WORKER CO-OPS?

By: Steve Benson



Co-op businesses are increasingly in the news due to a rising hope that they can change inequities and damage done to our economy. New York City's budget for the 2015 fiscal year, includes \$1.2 million targeted at the development of worker-owned cooperative businesses. This tiny fraction of a \$75 million budget is reportedly the largest investment in co-ops ever made by a city government in the U.S.

Jackson, Mississippi is poised to follow through on the vision of its recently deceased mayor, Chokwe Lumumba, to become the "Mondragon of the South." In an interview with Laura Flanders, Lumumba spoke of the economic fate of any culture as shared by all its people. "And so the movement of society depends on 'Ujumahaa', meaning cooperative economics, or 'Ujemma', cooperative work and responsibility, two of the principles of Kwanzaa."

In Ann Arbor, Michigan, a highly successful and widely esteemed local gourmet business reports it's ready to turn ownership over to its workers.

Zingerman's Deli has been a thriving business since 1982. Zingerman's Community of Businesses now runs a bakery, a creamery, a candy manufactory, a coffee roaster with a coffee bar, a roadhouse restaurant, a catering business, a mail-order/on-line business, and a training and consultation business. It employs 600-1000 people, its numbers swelling during the year-end holiday season. The businesses will likely rake in \$50 million total this year.

Mr. Zingerman doesn't exist. He was invented by founding owners Ari Weinzwieg and Paul Saginaw, who wanted to start a special little deli but didn't think their names sounded right for it. Someone else used "Greenberg's" a week before they'd planned to open with that name above the door. Hence, "Zingerman's." Collaborative problem-solving seems to have been their business practice ever since, with a focus on doing everything as well as possible and making that work for all concerned.

Zingerman's appears to have challenged and empowered its staff toward community and cooperative values long before becoming a co-op business. The result to date has been an organization run by not one or two but 18 partners who perform as managers. In 2007 they published a vision to realize by 2020, a statement they

co-wrote and rewrote repeatedly, drawing input from hundreds of their staff. It declares the company's guiding principles of care and compassion, which entail worker empowerment, sustainability, and better lives for everyone they contact with.

The 2020 Vision commits the businesses to "providing meaningful work, dignified employment, beneficial goods and services, and relationships of trust and caring." These values are meant to contribute to creating "true prosperity, economic security, and democracy in our larger community."

The push to generate radically better food and service is matched, in the Vision, with the pledge to radically better finance, to "seek profit . . . to make the world a better place." Organizational success is to be measured, in part, by assessing "staff members' personal financial standing." The Vision identifies international exchange programs and educational opportunities and scholarships, as well as training in personal financial management, as ongoing resources for their workers to build their personal solvency.

A 2013 restaurant review in The Ann Arbor News raves over the six different Reuben sandwiches now prepared at the original deli and notes that a Reuben may easily cost \$13 and be well worth it. Other sandwiches may cost even more, combining locally grown and created ingredients with an effort toward constant taste improvement. Meanwhile, it says workers get up to 75% discount on goods sold, as well as health insurance and a living wage.

With "giving back" as a foundational value from its earliest years and a responsible cost of doing business, Zingerman's Deli founded Food Gatherers, the first food rescue program in Michigan, in 1988. The first such program anywhere founded by a for-profit business, Food Gatherers became a distinct independent non-profit in 1994. Its website says it now provides meals for 12,000 people a day and supports culinary training for at-risk and homeless youth, among other far-reaching programs. Zingerman's continues to focus fund-raising toward Food Gatherers and focuses new employees' attention on it in initial trainings.

"Zingerman's 2020 Vision" commits the businesses to doing what it says it will, and doing it right, even if they blow it at first. Zingerman's now is planning to go beyond its commitment to open-book management (in which any worker can see all the financial sheets of company business) and open meetings

(allowing any worker to attend every management meeting). Although the details of the transition are not yet clear, all workers will soon become owners of the company and have a share in influencing its direction.

According to the Business Insider website this June, Weinzwieg is currently considering a model empowering a rotation of two or three non-partner workers to share in consensus decision-making in each big meeting. He realizes any such plan is a work in progress, due for change over its first few years, “but we’ve got to start somewhere.”

Weinzwieg hopes to bring more “intellectual and creative capital” into the organization by opening up from traditional hierarchical management designs to more horizontal, collaborative, dynamic, and reciprocal plans. “We strongly prefer the problems of going our own way to going with the flow and being mad at ourselves later.”

Sources and opportunities:

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THE PLAYFUL COOK

by Marge May

A long time ago, I found myself in Maui where my niece and I went to a little sushi place every night. I was fascinated by the way the vegetables were cut. Back home in Maine, I started playing with veggies, cutting them in different small pieces. I am lazy, too. This is my first lazy, playful recipe. Note that quantities are suggestions (except for the ratio of water to quinoa, of course). Also, use different veggies. If you hate beets, for example, toss in something else. Parsnip works. Invest in organic, local veggies whenever possible. Don't forget to play with your food!

Ingredients:

1 cup raw quinoa
1/2 - 1 package tempeh
1 carrot
1 small/med. beet
1/2 cup or so frozen peas
1 handful of spinach
1 small onion chopped
1-2 cloves garlic sliced
Other veggies, if you like
Glop with Quinoa, Tempeh and Veggies or Whatever

Steps:

1. **Marinate the tempeh**, maybe. *This is not necessary but I usually do it. Have fun with this, too. For the marinade I use olive oil, water, mustard, basil, bits of apple, and some kind of vinegar.*

2. **Start the quinoa.** *You MUST rinse it thoroughly with cold water (Quinoa develops a bitter coating while it grows to discourage nibblers). Put the wet quinoa in a 2-qt empty pot on the stove and set heat to very low. (Heat the cooking water in a kettle or another pot while you prepare the veggies.) Stir the quinoa occasionally as it starts to dry out. Once it becomes fragrant (in a pleasant, nutty way) turn it off, until the veggies are ready.*

3. **Prepare the veggies.** *THE MOST IMPORTANT utensil in a lazy vegetarian's kitchen is a high quality, sharp knife. Use it to cut the carrot and the beet into small enough pieces that they will get as tender as you wish in 15 minutes.*

4. **Simmer the quinoa and veggies.** *Add 2 cups of boiling water to the quinoa. Add the cut veggies. Cover the pot and set the heat low enough so that the quinoa will lightly simmer. Don't be too multi-tasking, now, or get distracted by that novel you're reading! Quinoa cooks up quicker than you think.*

5. **Sauté the onions, garlic and tempeh.** *While the quinoa is cooking, heat some olive oil in a medium sized pan. Add the onions and garlic. Once they are translucent, add whatever spices you like. I use salt, basil, thyme, a bit of cumin – with a very light touch. I often add sliced mushrooms and zucchini at this point. Why not?*

6. **Combine sautéed items with quinoa and mix.** *Oh, now is a good time to mix in the frozen peas and/or raw spinach.*

7. **Clean the cooking mess** while the mixture cools (a few minutes).

Voila! You have a colorful, very tasty, nourishing dish for 3-4 people in 30 minutes or less. Enjoy.

LYME DISEASE PREVENTION

Just For the Health of It

By Catherine Princell, MS RN

Lyme disease was first recognized in the United States in 1975, after an unusually high occurrence of arthritis took place near Lyme, Connecticut. Since then, reports of Lyme disease have steadily increased, and the disease has become an important public health problem.

The Lyme disease bacterium, *Borrelia burgdorferi*, is spread through the bite of infected ticks. The black-legged tick (or deer tick, *Ixodes scapularis*) spreads the disease in the Northeastern United States. These ticks have a complex life cycle. Most humans are infected through the bites of immature ticks called nymphs. Nymphs are tiny (less than 2 mm) and difficult to see; they feed during the spring and summer months. In some regions, black-legged ticks can spread other diseases in addition to Lyme, including babesiosis and anaplasmosis (formerly known as ehrlichiosis).

The risk of exposure to ticks is greatest in the woods and along grassy edges. Ticks can then be carried by animals into yards and gardens and into houses by pets. Campers, hikers, outdoor workers, and others may be exposed to infected ticks in wooded, brushy, and grassy places. People living in houses built in heavily wooded areas where infected ticks are common may also be at higher risk for exposure.

The best way to avoid Lyme disease is to be aware of the risks and practice prevention, especially during the spring and summer months when immature ticks are most present. Here are some ways to avoid exposure:

- Clear outdoor activity areas of brush and leaf piles.
- Trim and cut grass short around your home and wooded areas.
- Check your pets carefully if they have been outdoors, particularly if they have been in wooded areas or areas with tall grass in the spring.
- Check adults and children carefully after outdoor activities, especially time spent in wooded areas. Ticks often attach in body folds, behind ears and in the hair.
- Wear light colored clothing so ticks can be seen more easily.
- Wear long sleeves; tuck shirts into pants and pants into socks if walking in the woods, brush or tall grass. Deer ticks attach to clothing and then walk upward.
- Use repellent on shoes, socks and pant legs. Of the active ingredients registered with the EPA, the CDC believes that

two have demonstrated the highest degree of effectiveness. Products containing these active ingredients typically provide longer-lasting protection than others: DEET and Picaridin

- Oil of lemon eucalyptus, a plant-based repellent, is also registered with the EPA. In two recent scientific publications, when oil of lemon eucalyptus was tested, it provided protection similar to repellents with low concentrations of DEET.
- There is a permethrin-containing pre-treated clothing available that both repels and kills ticks if you must be in areas where ticks are prevalent.

Since deer ticks have to be attached for at least 24- 48 hours before they can transmit Lyme bacteria, prompt removal is very important. In fact, the Lyme disease spirochete is rarely transmitted before the tick has been attached for 36 hours. To remove a tick, grasp it as close to the skin as possible, preferably with tweezers, and pull gently but firmly until the tick lets go. Do not squeeze the tick! Do not use a match to scorch the tick off your body and do not use Vaseline. Those methods can actually cause more infection to occur at the site. Apply an antiseptic ointment to the bite. Save the tick in a small vial of 70% alcohol and call your doctor. Your family physician has the ability to send the tick for testing and should be consulted, especially if you are not sure how long the tick might have been attached.

Symptoms of Lyme Disease include the formation of a characteristic expanding rash (erythema migrans) at the site of a tick bite 3-30 days after exposure. This rash occurs in 80% of patients. Fever, headache, joint and muscle pains, and fatigue are also common during the first several weeks. Later features of Lyme disease can include arthritis in one or more joints (often the knee), Bell's palsy and other cranial nerve palsies, meningitis, and carditis (AV block). Lyme disease is rarely, if ever, fatal. Diagnosed in its early stages, Lyme disease is easily and effectively treated with oral antibiotics can still be treated up to 72 hours after the tick has been removed. If Lyme disease is unrecognized and untreated it may progress, but treatment is still usually effective once the diagnosis is confirmed.

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The University of Maine Cooperative Extension
Pest Management Lab
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Maine Center for Disease Control and Prevention

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SUMMER PRODUCE REPORT

Andy Felger, Produce Manager



The summer is over and things are starting to settle down here at the Co-op. Local farms steadily supplied fresh, local food, families stopped in to buy snacks for the beach and tourists showed up in number. After a busy weekend, shelves were bare and waiting to be replenished by the next farmer drop-off.

This past summer was different than what many customers have come to expect. Something was missing. What was missing were baby carrots, fennel, beets, and butterhead lettuce! What happened? Four Season Farm in Harborside, Maine took the summer off.

After many years of farming during the summer months, Eliot Coleman and Barbara Damrosch took a break. They took the opportunity to cover crop fields, give their garden beds a rest from production, and hopefully get a much needed break for themselves.

What does this mean for the Co-op? In 2013, between the Produce Department and the Café, Four Season Farm accounted for 35% of local produce sold at the Co-op., making up roughly 18% of the Produce Department's purchasing budget. They were a constant supplier of excellent local produce that we all missed having.

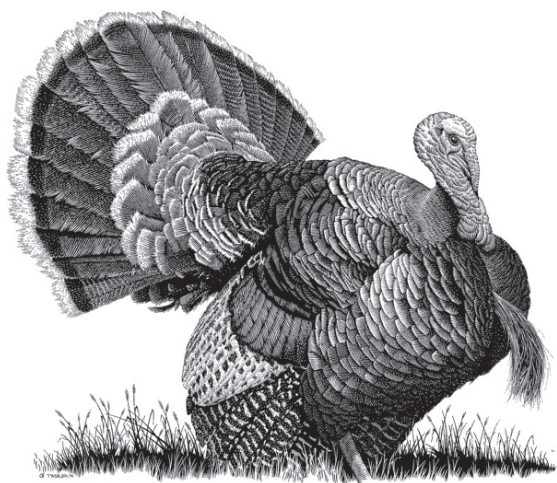
However, there are two positive sides to Four Season Farm's summer absence. One is the opportunity to get produce from newer farmers. The second is that Four Season Farm has stepped up to the challenge of growing more food in the winter!

Four Season Farm is not done farming. They will be back October 1st for the winter season. It is really exciting to have a local farm growing specifically for the off-season market! Their primary sales will be at the winter Farmer's Market held at Mainescape, but they will supply the Co-op with produce as well. The baby carrots will be back!

In the meantime, you will see for sale produce from some newer farmers. Kate Mrozicki of Morgan Bay Farm, Everett Ottinger and Molly Crouse from Nettie Fox Farm, Annie Silver from Mill's Farm, and Elena and Bill Raiten from Backstage Farm are supplying the Co-op with fresh, local produce. As always, we will have produce from Blue Zee Farm, Hackmatack Farm and King Hill Farm.

So don't worry, there are still plenty of hakurei for us all!

THINKING THANKSGIVING?



This fall, the Co-op will be ordering
Fresh, MOFGA-Certified Organic Turkeys

from
Tide Mill Farm
in Edmunds, ME
and
Old Ackley Farm
in Blue Hill, ME.

Watch for Turkey sign-up sheets during the first week of November.

The Co-op will also be ordering plenty of fixin's and Tofurkys, too!

BOARD OF DIRECTORS ELECTION RESULTS



In June, Jerome Lawther and Jim Picariello were reelected to the Coop's Board of Directors.

Jerome Lawther has served on the Co-op Board of Directors for almost three years and served as Secretary for one year. During this tenure he has helped, along with the other board members, develop a shared vision for the board that has allowed it to be effective, as evidenced by the work they have accomplished on the relocation initiative. Jerome is very interested in helping the Co-op continue to thrive as it gears up for the big move.



Jim Picariello has lived in Brooksville for 12 years with his wife Jill Day and daughters Lucena and Isla. Jim's experience in the health food industry includes working on the retail floors at Bread and Circus and Whole Foods stores in Massachusetts, and comanaging the Blue Hill Co-op from 2003 to 2004. In 1997, Jim co-founded CitySoft, Inc., a successful, socially conscious startup which was showcased in: The Wall Street Journal, CNBC, two books, and many other periodicals which sound impressive. In 1999, Jim was Production Group Leader at Molecular, Inc., a Massachusetts internet technology company. Jim grew the department from 15 to 40 programmers within a year, personally interviewing over one hundred applicants. In his spare time, he enjoys spending time with his family, writing screenplays, performing comically bad magic shows, and writing about himself in the third person.

October is NEW MEMBER MONTH at the Blue Hill Co-op!

Customers will be encouraged to join the Co-op. You will see signs around town and in the local newspaper. Don't be shy! Ask a friend or neighbor to join during the month of October.

Help support our local economy!

2014 FULL MOON SALES 10% Off All Day for Co-op Members.

Enter the Full Moon Raffle! Past prizes include a Co-op T-shirt, Tote Bag, and Bandana.

Tuesday, September 9th

Wednesday, October 8th

Thursday, November 6th

Saturday, December 6th

SEPTEMBER EVENTS

1st, Monday: Labor Day, Co-op Closed!

9th, Tuesday: Full Moon Sale, Owners save 10%! 1% of Sales donated to Blue Hill Heritage Trust. bluehillheritagetrust.org

10th, Wednesday: The Co-op will be showing a movie titled "Food for Change, The Story of Cooperation in America" at the Blue Hill Public Library at 7 pm. For more information, please visit our Facebook page.

OCTOBER EVENTS

National Co-op Month!

8th, Wednesday: Full Moon Sale, Owners save 10%! 1% of Sales donated to Hospice Volunteers of Hancock County. hospiceofhancock.org

12th, Sunday: 9th Annual "Taste of the Peninsula" 11 AM to 3 PM at Mainescape Garden Shop, 48 South Street, Blue Hill. Organized and sponsored by the Blue Hill Peninsula Chamber of Commerce, the event brings together over 30 vendors with samples, including a pie or chowder contest. Relax and listen to live music, presented by the award-winning George Stevens Academy Jazz Combo. bluehillpeninsula.org

NOVEMBER EVENTS

6th, Thursday: Full Moon Sale, Owners save 10%! 1% of Sales donated to Next Step. nextstepdvproject.org

27th, Thursday: Thanksgiving, Co-op Closed!



4 Ellsworth Rd., P.O. Box 1133, Blue Hill, ME 04614

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Permit #73

Mark Deeny,
General Manager

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7am - 7pm

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Find us on Facebook

Printed by Downeast Graphics on 100% recycled paper using soy-based ink.

ON THE WALL
in the Café

SEPTEMBER
Orianna Randall, *Photography*

OCTOBER
Amy Coppage, *Mixed Media*

NOVEMBER
Kelley Mitchell, *Sculpture*

Scheduling 2015 Now!
Contact Mary: 359-5053,
marybbarnes@gmail.com




Traditional Chinese Acupuncture
& Herbal Medicine
Meaghan McKay, L.Ac.

107 Main St, 2nd Floor, Blue Hill, ME
meaghanmckaylac@gmail.com

207.266.1881

Grocery Manager
Michael Luciano (left)
and General Manager
Mark Deeny caught
flippin' burgers at our
annual picnic, held
at the Bay School on
Sunday, July 20th.
Go get 'em, guys!

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**Po Box 146
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