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## HARVEST HERALD NEWS FROM THE BLUE HILL CO-OP JANUARY 2012

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Hello All,  
I have seen smoke rising from chimneys indicating that a "smudge" has been lit to take off the chill, and have started the pellet stove at my house. The warmth of summer and autumn has passed. What does this mean to the Co-op and its' owners, staff, and guests? It means the hectic pace has slowed and the time has come to clean deep, move some furniture, and act upon some of those many ideas and suggestions. Hopefully it also means we can all take more time to enjoy family and friends and kick back a bit.

I find that the Co-op has many exciting hopes and plans for the future. The efforts to find a new home have been renewed and given a clarity and structure that bodes well for our making a well-researched decision as a Co-op community. Other items such as increasing the number of owners, evaluating our product choices, and defining our focus would seem to be crucial to any moving plans. As is often the case, finding the needed accurate data and a consensus of opinion to guide us is the place to begin.

On the store front or operational level, we are determined to clean and refresh the store while keeping expenses and costs low. Most of you have read or heard about the increasing price of food products across the country and indeed around the world. The Co-op regularly receives price changes from our major suppliers and the items that get cheaper are few and far between. This particular issue will be difficult to solve. With the national and local economies struggling it is easy to foresee a troublesome winter.

On a more positive note, buying local and the whole "localvore" movement are growing in popularity. The Co-op has, in the past fiscal year, purchased

### LETTER FROM THE MANAGER

# Letter from the Manager

*Continued from page 1*

over \$90,000 worth of local produce. While I do not have solid tracking numbers regarding other local purchases, I estimate that the Co-op has purchased at least 20% of our products locally and that percentage is increasing annually. The number of active owners has increased recently. We had a strong summer selling season and I have received many positive comments about the Co-op store in the past six months. One of the pleasant side effects of having so many summer visitors

is that we regularly receive kudos for our "funky cool store".

As you have no doubt noticed, there are many new employees at the Co-op and while this may mean a lack of continuity it also brings with it a host of fresh new ideas and energy. I feel this positive energy from the staff, the board of directors, the working owners, the local farming community and from many of you every day. This renewed sense of interest is the cause of my optimism going forward.

So, with our larders full of canned goods and root veggies, we will continue onward with the best of intentions.

*Mark Deeny,  
General Manager*

## Dear Co-op Owners,

This time of year I find the conversation turning towards shortening daylight, the chance of snow, and the coming winter. Knowing that there will be a magical shift back to warmer, brighter days helps to ease the cabin fever syndrome of the cold months ahead. Sometimes, if only for a moment, I can contemplate the diverse forces that enable that shift to occur, and I feel blessed. Such diversity is essential to the natural world but is also a crucial aspect of humanity, and is at the heart of the Co-op.

From time to time the Co-op has struggled when the diversity of thinking evolves into divisiveness. The challenge is to keep the discussion of diverse ideas alive and well and fruitful so that we can move forward in our efforts to develop short and long term plans for the future. And we have diverse projects: researching relocation, fund raising, connecting with local producers, and membership.

The relocation committee has been hard at work considering more than ten properties. They are thoroughly researching

seven sites and creating a document that cross-references each site with specific characteristics. More information can be found in the annual report located near the doors at the front of the store. You can

also bring your questions to Mark Deeny, the Co-op's new general manager, or contact a relocation committee member. There is a list of all Co-op committees and members on the bulletin board. You will also find a description of the committees in this issue of the newsletter.

If you would like to help with a committee, please contact the Co-op's membership

person, Andy Felger, or the committee chairperson.

*Sincerely,  
John Miller  
Board President*



## 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 at the Congregational Church in Blue Hill. They are open to the membership. The next Co-op Board meetings will be held on January 17th, February 21st, and March 20th.

## Co-op Board Officers & Members:

*President* Mia Strong

*Vice President* Jim Picariello

*Secretary* Jerome Lawther

*Treasurer* Keith Herklotz

Allison Watters, Richard Paget

## DEADLINE FOR SPRING ISSUE:

**FEB 21, 2012**

## The Newsletter Team

Managing Editor: Jesse Holloway

Editor: Marge May

Layout and Design: Michelle Keyo

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Columnists/Writers:

Jane McCloskey, Catherine Princell,  
and Co-op board & staff

Illustrations: Barbara Joy Hare

*Newsletter articles do not necessarily  
reflect the opinions of the board, staff,  
management, or Newsletter Team.*

**General Manager:**  
Mark Deeny

**Summer Store Hours**  
7 a.m.-8 p.m. daily

(207) 374-2165  
info@bluehill.coop  
www.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.*

# Opportunities on Co-op Board Committees

**D**ear Co-op Owners,  
Winter is coming soon and perhaps you are looking for something to occupy your spare time. Might we suggest you join one of our Co-op board committees? Just think of how you can put your talents to work on one of our five committees and help the Co-op move solidly on into the future. Let us know if you'd like to help us!

## Board Development Committee

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. *Current members: Phoebe Phelps, Erich Reed. Chair: Allison Watters (allisongwatters@gmail.com, 359-2425).*

## Election Committee

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

## Finance Committee

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. *Current members: Mark Deeny, John Miller, Richard Paget. Chair: Keith Herklotz (kherklotz@myfairpoint.net, 374-5492).*

## Policy Review Committee

For the details-oriented person, these members are busily reviewing current Co-op policies and suggesting changes that will help the Co-op run more effectively. *Current members: Henrietta Clews, Laura Livingston, Mia Strong (meezermia@gmail.com, 610-2740).*

## Relocation Committee

The Co-op's largest committee, this crew is immersed in the search for a new location for our Co-op. People with building, real estate or fundraising experience would be helpful in this role. *Current members: Mark Deeny, Keith Herklotz, Terry Mason, Richard Paget, Tim Seabrook, Bruce Stahnke. Chair: John Miller (johnmill@pobox.com, 266-4217).*

Many thanks from your Co-op Board of Directors:

Keith Herklotz  
Jerome Lawther  
Laura Livingston  
John Miller  
Richard Paget  
Jim Picariello  
Mia Strong  
Allison Watters



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# Store Department Notes

## Bulk is Bountiful

**A** note about gluten-free items in bulk:

We label the bulk items that are gluten-free, however, we cannot guarantee that an item hasn't come in contact with gluten in the processing or milling. So, if you have strong allergies to gluten or other ingredients, we recommend that you don't buy in bulk.

### New items in bulk

- Organic raw buckwheat groats - We've carried kasha (toasted buckwheat) for a long time, and finally have raw buckwheat as well. Both are gluten-free – not related to wheat at all, but are in fact in the rhubarb family.
- Corn snacks with flax - a very popular new addition to the rest of the bulk sesame sticks
- Organic ancho chilis and organic

habanero chilis - It's been a challenge to find organic whole chilis, and unfortunately we can no longer get the organic Peruvian peppers we used to carry (amarillo, panca, cereza, lima rojo). So, we were delighted to find these from Mycological, the same folks who supply us with their wonderful organic and wildcrafted dried mushrooms.

- Wildcrafted northwest mushroom mix - also from Mycological; a combination of dried porcini, morel, lobster, and black trumpet mushrooms.
- Local organic soldier beans - This heirloom bean may have limited availability but we'll keep them as long as we can!
- Organic 7 bean and barley soup mix
- Citric acid
- Kosher salt—we have a new Kosher salt, and—unlike the traditional refined kosher salt we used to carry in which the trace minerals had been

removed and anti-caking agents added—this is nothing but sea salt, with that Kosher flake texture; the crystals are shaped like small, hollow pyramids.

### And these items are back in bulk

- We've been waiting patiently for the harvest to come in, and hopefully will have organic local rolled oats back as of press time!
- organic tapioca pearls
- organic reishi mushrooms
- organic tarragon
- organic farfalle pasta
- organic linguini
- And we're still trying to get organic smoked paprika and organic herbs de provence in stock, in the meantime we're carrying conventional versions of both

As always, feel free to bring me any questions, comments, or ideas!

*Amy*

## Co-op Relocation Committee Meeting

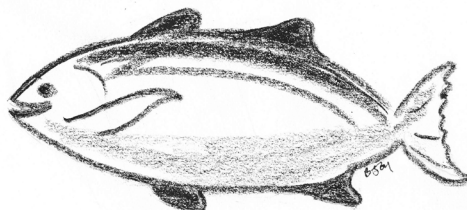
The Co-op Relocation Committee will meet on Saturday, January 14th, at 5 pm, at the Blue Hill Congregational Church. We will update owners about where we are in the process and answer questions. As a bit of a teaser I can say that we have narrowed it down to three top sites, and are currently exploring those sites in more depth. Items that we are working on include the following:

- Acquiring 501c3 (Non Profit) status
- Loan, grant, and fundraising options
- Some basic schematic layouts for the top three sites
- Focus groups
- Marketing strategies

The Co-op will provide food for all. Please come and give us your feedback. This is your chance to help shape the vision.

The Relocation Committee members are John Miller, Richard Padget, Keith Herklotz, Tim Seabrook, Terry Mason, Bruce Stanke, and Mark Deeny.

For more information about relocation, email [relocation@bluehill.coop](mailto:relocation@bluehill.coop) or call Mark Deeny at 374-2165.



## Win Win!

Purchase a Blue Hill Co-op gift card for a win win situation! Gift cards are a great way to save money and time. By purchasing a gift card to use yourself at the Co-op you help decrease the bank fees the Co-op is charged when processing credit cards or (even worse) debit cards. If you load your card with money to shop several times you decrease the fees we are charged. This helps us decrease our bank fees. Typically the Co-op's credit/debit processing fees are \$2000 +/- PER MONTH!

Purchasing a gift card also saves you time at the register. We don't even need to open the drawer. Just ring up your items, scan your card and your receipt is printed showing the remaining balance. Simple and quick.

Best of all, the cards are reusable. Reload anytime or we can wipe them clean and others can reuse them.

Thanks!

## Chia Seeds

Catherine Princell, RN MS  
Health Coach

**S**alvia hispanica, commonly known as chia, is a species of flowering plant in the mint family native to central and southern Mexico and Guatemala. Chia has a long history as a food for the Aztec and Mayan peoples who appreciated its health benefits. The 16th century Codex Mendoza provides evidence that it was cultivated by the Aztec in pre-Columbian times; it has been said that it was an important crop. In pre-Columbian times, chia seeds were a component of the Aztec and Mayan diets and the basic survival ration of Aztec warriors; chia even played a role in religious ceremonies. Supposedly, 1 tablespoon of the seeds could sustain a person for 24 hours. The Aztecs also used chia medicinally to relieve joint pain and skin conditions. It was a major crop in central and southern Mexico well into the 16th century, but it was banned after the Spanish conquest because of its association with the Aztec "pagan" religion.

Over the past few decades, commercial production has resumed in Latin America.

It is used in Mexico and Guatemala. The seeds are sometimes ground, but also used whole for nutritious drinks and as a food source. A related species, *Salvia columbariae*, aka "golden chia," grows in the southwestern U.S. as well. And here is more

good news: Insects hate the chia plant, so it's easy to find organic seeds.

Chia contains a high amount of fiber, approximately 7 grams of fiber in a 25-gram serving of seeds. It also has minerals such as calcium, magnesium, phosphorus, iron, manganese and zinc. All of the essential amino acids are included, except for taurine. The antioxidant content is higher than that of blueberries; chia seeds also have more iron than spinach; more calcium than cow's milk; and twice the amount of protein found in other seeds and grains.

Chia seeds have a higher content of Omega-3 fatty acids than flax seed, kiwi seeds and perilla. According to some experts, chia is the best plant source of Omega-3 oil. In fact, the seeds contain more Omega-3 than salmon. Dr. Andrew Weil also reports that chia seeds are a high quality vegetarian source of Omega-3 fatty acids. Omega-3 fatty acids protect against inflammation and heart disease.

What are the health benefits of chia seeds? Very few formal studies have looked at chia's benefits, although in a preliminary study from the University of Toronto, researchers fed 21 diabetics either a supplement made from chia or grains with similar fiber content. After 3 months, blood pressure in patients taking chia dropped (10 points diastolic, 5 points systolic) while the grain group's blood pressure

remained steady. Because chia seeds slow down the speed of converting carbohydrates into simple sugars, studies have indicated that they can also help control blood sugars in diabetics. They are very popular for weight loss, because they absorb 10 times their weight in water which forms a bulky gel that makes you feel full faster. Chia seeds are easier to digest than flax seeds and don't need to be ground up. They have also been used as an anti-inflammatory for arthritis and in the treatment of elevated cholesterol.

Chia seeds are good but there are some negative side effects to be aware of. Eating chia seeds can lower your blood pressure. While this may be good for some people, for others, such as those whose

## JUST FOR THE HEALTH OF IT

*Continued on page 7*

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## Traditional Acupuncture

VICKI COHN POLLARD, L.Ac., M.Ac.  
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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!

Contact the Membership & Marketing Coordinator  
(207) 374-2165 • [membership@bluehill.coop](mailto:membership@bluehill.coop)

## Jim Picariello is Back and Full of Irrational Exuberance

I want to thank you all for voting me in as a new member of the board. I know I was one of two candidates, running unopposed for two available seats, but it was very generous that no one stood up at the Annual Meeting and yelled, "Get that bum out of here!" So, I would also like to thank those who considered doing that, but stayed home that night.

When I managed the Co-op back in '03-'04, I always wanted to bring a little laughter and lightness to the store. Food, health, and politics are really important. Unfortunately, these issues can evoke a sense of heaviness, and the feelings of joy and community, which we should get from Co-op membership, can be lost. So here are some super awesome great ideas

I have thought up, which will strengthen our organization, and frankly, each and every one of our lives, on a profound and very deep level:

You may remember the previous way a member paid dues and how over time that member would owe serious money if they lapse. I found the whole thing rather confusing, though there were some kernels of wisdom in motivating membership renewal. I propose, in the near future, a simple system where

you pay your \$20 yearly dues on your birthday. Easy to remember, right? But if you miss paying dues on your birthday, you are fined a dollar for every missed day and two additional dollars each Sunday. You get refunded your late fees once you purchase that value of groceries (not including cafe) multiplied by six. If you wait until your next birthday to finally pay

your dues, you get paid back twice your accumulated late fees. That way you owe nothing more to the Co-op and make \$365 dollars on the spot! I'm real close to making the math work on all of this. Believe me... simplicity is the solution.

I call my next idea: "Grab-a-Handful-of-Bulk Tuesdays." Take one of the slowest shopping days and make it a fun and delicious experience.

We would all love to snack while we shop (certainly none of you do this now).

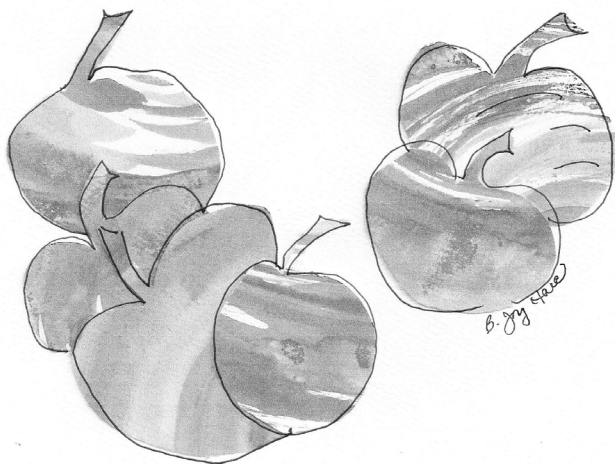
Can you imagine the joy of shopping with seven free Earth Balls in each fist, or digging your hands into the bulk bin of your choice? Grab and munch on whatever your hands can hold! This shopping experience also gives us that sense of nostalgia from high school or college when we just helped ourselves to the Brach's candy bins at the pharmacy. (You know you did.) But you might say, "Jim, what about all of the extra crumbs and droppings that inevitably make a mess of the Co-op and have to be swept up? Isn't that just a waste?" Not when all of the sweepings are utilized in my follow-up concept "Food-Fight Thursdays".

And my final idea is to join the effort to defend our local farmer and our right for food sovereignty. Humans have purchased organic local food from farmers markets in parking lots for hundreds of millions of years. We must protect the farmer's ability to stay small and not be destroyed by unfair and oppressive FDA and DOA regulations, pushed by Big-Bad-Agribusiness. However, let's avoid a direct fight with these really scary, yucky-food people and create an indirect political campaign similar to that of our pro hemp / medical-cannabis / really-relaxed brothers and sisters. That is why the Blue Hill Co-op should promote a national "Medical Milk" campaign. At some point soon, the only way to legally drink raw, organic, local milk in Maine will be to get a prescription from your doctor - but only if they are allowed to do so. The media will jump all over our preposterous fight-for-milk-prescriptions effort and maybe the powers that be will realize the folly in their new policies. Even though I am joking, I really like this idea.

Please feel free to contact me to discuss Co-op issues, both serious and funny, and thanks again for this opportunity to serve. [jimpicariello@gmail.com](mailto:jimpicariello@gmail.com)

*Jim Picariello*

## BOARDS' VOICES



## Gluten-Free Workshop

Living Gluten-Free workshop with Dr. Kerri Vacher, scheduled for 10:30 Saturday morning, Jan. 21st at The Blue Hill Co-op.

Dr. Vacher will open the workshop with a comprehensive talk on living with gluten intolerance and celiac disease. Following her talk we're opening the floor to questions. And then we're inviting members of our community to share their own wisdom, know-how, recipes, books, magazines, product suggestions and life-style ideas. If you have something to share during this part of our workshop, please be in touch with Phoebe Phelps at 469-7854, coordinator of the workshop to be sure everyone has time to speak.

We'll be starting at 10:30 and hoping to wind up the workshop before lunch with a tour of the store with Dr. Vacher, discussing products that are helpful in maintaining a healthy gluten-free diet. Workshop participants may choose to exchange contact information, and it has already been suggested that an email list for mutual support may be set up. Some of us may want to remain for more informal discussion over a gluten-free lunch. So please mark your calendars for January 21st, call if you have something to share, Phoebe Phelps 469-7854.



## Just for the Health of It

Continued from page 7

normal blood pressure is already on the low side, this effect of eating chia seeds is not helpful. Blood contains several types of fat, including cholesterol and triglycerides. If you have high levels of triglycerides, be aware that eating chia seeds may raise them even higher. If you have high triglycerides, you might prefer a variety of chia called "Salba." It is claimed that Salba, or white chia seed, does not significantly increase triglyceride levels.

Chia seeds have a very gentle, nutlike flavor and can easily blend in with almost any meal. You can combine chia seeds with liquid to soften them, or heat the seeds to dry them before adding to soups, sauces or pastries. Moderate heat will not affect the nutritional value of chia seed, but the seed should not be exposed to extremely high heat.

Sprinkle ground or whole chia seeds on cereal, yogurt, or salads; include them in dipping sauces or salad dressings; add them to stews; eat a handful of whole seeds as a snack; or grind them up and mix with flour when making muffins or other baked goods; spread them on toast or blend them into a fruit shake. You can make a "chia fresca," a drink popular in Mexico and Central America: Stir 2 teaspoons of the seeds into 8 to 10 ounces of water (you'll end up with a slightly gelatinous liquid). Add lime or lemon juice and sugar to taste, and enjoy.

As you can tell, you can incorporate chia seeds into your diet with incredible ease. They also have an impressive shelf life and can be stored indefinitely.

### References:

- *Prevention Magazine* October 2006: Dr. Andrew Weil: Chia Seeds are Good for The Heart.
- *Nuts and Seeds in Health and Disease Prevention*: Preedy, Watson, Patel. 2011, Elsevier Inc.

## Blue Hill Co-op 2012 Movie Series

During 2012, the United Nations International Year of Cooperatives, the Blue Hill Co-op will host a movie series playing the second Monday of each month.

The movies cover a broad range of issues including food, agriculture, the environment, justice, sustainability, and community power.

The movies will be shown beginning at 6:30 in the Howard Room of the Blue Hill Library following the community meal at the Simmering Pot.

Below is the 2012 schedule with a brief summary and links to each movie's trailer.

Please look for flyers publicizing the particular movie to be played closer to each screening date.

### Calendar of Movies

#### Jan 9 The End of the Line

Documentary about the impact of fishing on our oceans, particularly the imminent extinction of blue fin tuna. (<http://www.youtube.com/watch?v=bedirwk95Oc>)

#### Feb 13 Greenhorns

Documentary exploring the lives of America's young farmers: spirits, practices and needs. Hear the voices of young farmers. Discussion with Bob St. Peter about young farmers in our area to follow. (<http://www.thegreenhorns.net/trailer.html>)

#### Mar 12 Tapped

Examine the water industry and private companies depleting public water aquifers. Of particular interest to Mainers whose public aquifers are already zoned and tapped. (<http://www.youtube.com/watch?v=72MCumz5lq4>)

#### Apr 9 Intro to Permaculture Design

It's spring!! Learn the basics of permaculture and how you can do small projects in your own yard this year. ([http://www.youtube.com/watch?v=AsFbuXQCe\\_Q](http://www.youtube.com/watch?v=AsFbuXQCe_Q))

Continued on page 9

### Ulmuri Therapeutic Pool Facility

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### ALTERATIONS

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# Review of Two Gentle Healing Techniques

Jane McCloskey, M.A.

I recently learned of two healing techniques: "oil pulling" and "inclined bed therapy."

## Oil Pulling

Oil pulling is an ancient ayurvedic technique which has recently become popular. In oil pulling, as soon as you get up in the morning, before brushing your teeth or drinking water or coffee or eating, take a tablespoon of sesame seed oil or sunflower oil in your mouth. Swish it around inside your mouth and through your teeth. After 20 minutes, spit it out, and rinse your mouth. DO NOT SWALLOW THE OIL. Apparently, many bacteria, fungi and viruses are absorbed by the oil and can be seen with a microscope in the used oil. The oil you spit out should have lost its color and appear white and frothy.

Dr. Sarah Larsen reports on an oil pulling Survey published by a newspaper in India. In 1996, Andhra Jyoti, a Telugu daily newspaper, conducted a survey to find out the types of diseases cured and the effectiveness of oil pulling (OP). Out of a total of 1041 respondents, 927 (89%) reported cure of one or more diseases. 114 (11%) people did not report any cure.

The analysis indicated cure of the following types of chronic diseases:

- Pains in the body and problems pertaining to neck and above- 758 cases

- Allergy and respiratory problems of lungs like asthma, bronchitis etc- 191 cases
- Skin problems like pigmentation, itching, scars, black patches, and eczema etc -171 cases
- Digestive system-155 cases
- Constipation- 110 cases
- Arthritis and joint pains- 91 cases
- Heart disease and B.P- 74 cases
- Diabetes- 56 cases
- Piles- 27 cases
- Diseases pertaining to female reproductive system reported by women- 21 cases
- Diseases like Polio, Cancer, Leprosy, polycystic kidney, neural fibroma, paralysis etc -72

Dr. Sarah Larsen also reports, "According to the African Journal of Microbiology Research, Oil Pulling is an effective defense against the bacteria associated with dental caries (tooth decay)."

There are many reports on the internet of personal experiences with oil pulling. The classic oils to use are sesame seed and sunflower, but some people use coconut oil, olive oil, safflower, or other oils. Almost all recommend using organic and expeller pressed oils. Many people report tooth whitening, improvement in gum health, decrease in tartar, and reduction in pockets around teeth. Many also report smoother skin and improved sinus health. Some report adverse symptoms, presumably some sort of detox crisis, but maybe not. Some oil pullers persevere through the crisis and feel better, while others stop the oil pulling.

Perhaps, it is my imagination, but it seems to me that the oil that caused the most adverse effects was coconut oil. I have been doing oil pulling with sesame seed oil for about 6 weeks. My teeth do seem whiter. My gums were pretty healthy and remain so. It is easier to pull dental floss between my teeth, so I guess there is less tartar on them. My skin is smoother than I can ever remember. My eyes feel less irritated. My sinuses are clearer. Several people have commented that I look healthy.

A friend of mine tried oil pulling and felt wonderful for several days, but then

developed some pain and quit. She was using sesame seed oil.

## Inclined Bed Therapy

Another therapy new to me is inclined bed therapy (IBT). It was discovered by Andrew K. Fletcher. To incline the bed, you put the head of the bed on blocks to raise it about 3-7 inches above the floor. Fletcher suggests that you start at 3-4 inches and then raise it further after your body gets used to it.

Fletcher claims that a man with a spinal cord injury who was unable to walk for years, was able to walk after a year on IBT. He also claims that a man with Parkinsons, unable to walk or talk, was able to do both normally after six weeks of IBT. Other people claim they got rid of varicose veins, edema, and insomnia. Many claim they no longer have to get up in the night to go to the bathroom. Others claim IBT normalized their blood sugar in diabetes, cleared acne, and helped arthritis. Some claim it helped back pain, while others said that they got back pain from IBT. In other words, there may be negative effects from IBT for some people.

Doctors already encourage people with Gastroesophageal Reflux Disease (GERD) to sleep with the head of their bed raised. It helps prevent nighttime acid reflux. Doctors also suggest that people with blood clots should sleep with their feet higher than their head, so IBT may be a bad idea for people who have had blood clots. Doctors also advise people with swelling in their legs to raise their legs.

I have been doing IBT for several months and I sleep better. My sinuses are clearer; my ankles have less edema; and I have more energy. Although I started the IBT a month before the oil pulling, it can be hard to tell which therapy improved which symptom.

There are number of testimonies on the internet for both oil pulling and IBT. There are also some reports of negative side effects. People should do their own research, and it's always a good idea to consult a medical professional.

Sources:

- <http://drsarahlarsen.com/organic-health/oil-pulling/>
- <http://inclinedbedtherapy.com/>

### Co-op News Advertising Fine Print:

Ad Rates for Newsletter: Classified ads: \$2.50 for up to 20 words; 15¢ per word over 20 (phone number counts as one word). Display ads (Boxed): \$10/ column inch. Business card ads: \$30.

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## Blue Hill Co-op 2012 Movie Series

*Continued from page 7*

### May 14 The Man Who Planted Trees/Mighty River

Two child friendly animated films follow a man who re-forests a desolate valley by planting oak trees and the nature of the St. Lawrence seaway. Great videos for the whole family. (The Man Who Planted Trees: [http://www.youtube.com/watch?v=ampqPdTV\\_z0](http://www.youtube.com/watch?v=ampqPdTV_z0) and The Mighty River: <http://www.youtube.com/watch?v=v7RHSutOLFU>)

### Jun 11 180 South

Retrace the epic 1968 journey of Patagonia company founders Yvonne Chouinard and Chris Tompkins from California to Patagonia. Sailing, surfing and climbing. Adventure. (<http://www.youtube.com/watch?v=C52vyEKDeM>)

### Jul 9 Fresh

Celebrate farmers, thinkers and business people across the USA who are re-inventing our food system forging healthier sustainable alternatives. (<http://vimeo.com/4189462>)

### Aug 13 Dirt!

Go inside the wonders of the soil. Hear the story of the earth's most valuable and underappreciated source of fertility. ([http://www.youtube.com/watch?v=n8\\_dN5YWnyc](http://www.youtube.com/watch?v=n8_dN5YWnyc))

### Sep 10 Taking Root—The Vision of Wangari Maathai

This movie tells the dramatic story of Kenyan Nobel Peace Prize Laureate Wangari Maathai whose simple act of planting trees grew into a nationwide movement to safeguard the environment, protect human rights, and defend democracy ([http://www.youtube.com/watch?v=gzp\\_GYVv7y0](http://www.youtube.com/watch?v=gzp_GYVv7y0))

### Oct 8 Pray The Devil Back to Hell

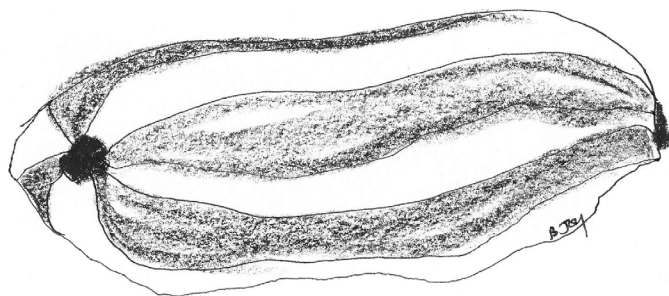
The remarkable story of Liberian women (and 2 2011 Nobel Peace Prize winners) banding together in nonviolent protest to end their countries civil war. (<http://www.youtube.com/watch?v=Uon9CcoHgWA>)

### Nov 1 The Last Mountain

Confronting big coal in Appalachia and fighting to stop mountain top removal. (<http://www.youtube.com/watch?v=O8WpxjwxGns>)

### Dec 10 Gasland

The Halliburton-developed drilling technology of "fracking" or hydraulic fracturing has unlocked a "Saudi Arabia of natural gas" just beneath us. But is fracking safe? (<http://www.youtube.com/watch?v=dZe1AeH0Qz8>)



## 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:

January: Ben Plohr  
*Photographs*

Exhibition Time Available!  
March 2012

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## BLUE HILL PIANO SERVICE



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## Farm Tour

People love to live on the Blue Hill Peninsula for many reasons. But after a fabulous summer with four farm tours under my family's belt, I can testify that the Blue Hill Peninsula is a great place to live because of the abundance of excellent local food available from amazing farms.

Together with the Local Stock Food Co-op, the Blue Hill Halcyon Grange, and Blue Hill Heritage Trust the Co-op co-sponsored Farm Tours this summer, visiting 5 peninsula farms including: King Hill Farm, Horsepower Farm, Quill's End Farm and Hackmatack Farm all in Penobscot and Five Star Nursery and Orchard in Brooklin.

We began the summer touring King Hill Farm, currently run by Amanda Provencher and Paul Schultz. King Hill has been growing produce since the 70s and delivers vegetables all along the coast of Maine. Famous for their carrots, King Hill specializes in root crops, which also include rutabaga, beets, turnips and more. They run a very popular CSA that fed 60 families this summer and started their first winter CSA this season. They also sell animal products including. Paul explained to us the importance of crop rotations and green manures to overall farm health, maintaining productivity and minimizing the amount of off-farm inputs. We then got a great look at the area where King Hill processes their root crops and the root cellar they store them in over the winter. Paul did such a fantastic job, and King Hill was such a beautiful farm, they convinced us we had to return every week. We signed up for their summer CSA, and came to look forward to going to King Hill each Tuesday to collect our box full of vegetables.



The next tour was at Horsepower Farm, unique in the area on account of their reliance upon animal power to work their fields. Andy, Donna and their son Drew Birdsall gave the tour. Drew demonstrated using horses in the fields and showed us Horsepower's extensive collection of antique farm implements—most of which are no longer made and are very hard to find. Andy showed us the compost system where they compost farm wastes with the addition of crab shells and how they apply compost to their plants. We then moved on to see their sheep where we ended the day talking about the animals and crops they produce—especially their garlic. They have their own strain that has been grown on their farm for over 36 years. I am happy to report 3 pounds have recently been planted in my backyard.

Quill's End farm was unfortunately the only farm tour I was not able to attend—I was busy working at the Co-op. Quill's End is the first local farm I became acquainted with while still living in Asia when I read about the Local Foods Local Rules ordinance online. I knew we were moving to the right area. Quill's End is a 100-acre pasture-based farm raising pigs, hens, dairy, beef and sheep. Quill's End is well known for their active role in passing the Local Foods Local Rules ordinance which gained acceptance in many peninsula towns and Trenton this past year.

Hackmatack Farm was the following tour. A 52 acre farm in Penobscot, they are also my neighbors. Hackmatack Farm is run by Nicolas Lindholm, Ruth Fiske and their two sons Everett and Julian. On a bright and sunny afternoon they showed us their farm. A vegetable field is a part of their production and they showed us their gardens, half in production and half in cover crops, managed with a ridge-tillage system that optimizes nutrient recycling and breaking up weed cycles. Their main crop is blueberries.



They have a 5-acre blueberry field on their farm, but have recently expanded greatly, buying or leasing properties all over the peninsula, managing in total about 80 acres of blueberries. Very importantly, they are reclaiming acreage that had fallen out of production and bringing it back into certified organic production! Nicolas talked quite extensively about organic production methods and marketing, pointing out that their blueberry fields are nowhere near the monoculture conventional blueberry fields are. Nicolas and Ruth passed around a lot of blueberries and we were happy to sign up for a 10 pound box for winter stock.

Many people came on a beautiful fall afternoon to have a tour of Leslie Cummins' and Tim Seabrook's Five Star Nursery and saltwater farm in Brooklin. Set back off Route 175 at the end of a gravel drive, they maintain about 4 acres of nursery fruit trees and orchard. Tim told us about how they first began working on their land while house sitting next door at E.B. White's and how they grafted some of the old apple tree varieties there to plant on their farm. The group took a tour of their nursery where they grow young fruit trees from grafts they have made themselves. Next we toured the orchard where a variety of peach, apple, pear and Asian pear trees grow.

This was our first summer on the peninsula and this summer's Farm Tour series was an excellent introduction! We met dozens of people and made many great connections with other foodies, gardeners, parents and kids. We were able to get a very good introduction to the local food scene and its wonderful, organic food and food producers. We completely enjoyed touring and tasting, and look forward to next year's tours!

*Andy Felger  
Front End and Ownership Manager*