

# Harvest Herald

NEWS FROM THE BLUE HILL CO-OPERATIVE GROCERY AND CAFÉ



## MANAGER'S REPORT PATRONAGE DIVIDENDS

Earlier this spring, the Co-op issued Patronage Dividend checks

to some of our member/owners. This generated a number of questions and thoughts. The following is an attempt to explain the dividend system and some of the logic behind how decisions are made.

In 2007 the Co-op changed its membership benefits structure from a dues/discount program to an equity/dividends system. In the past, members paid annual dues in exchange for a discount on purchases. In the equity/dividends system, members pay \$200 in equity (payable in 10 annual increments of \$20) in exchange for a variety of benefits that includes the potential to share in profits generated by the Co-op. This distribution of profits is called a Patronage Dividend. By providing equity rather than dues, our members become owners of the Co-op.

Receiving a Patronage Dividend is certainly not the only benefit associated with being an owner of the Co-op. Co-op owners also receive:

- 10% off their purchases on the day of the Full Moon each month. (This discount is quite generous compared to other Co-op owner discounts offered around the country).

- Lower prices on Bonus Buy items. 40+ items, marked by pink signs, are sold at significantly lower prices to Co-op owners. The list of items changes monthly.

- Lower prices on volume purchases through the Pre-Order program. Co-op members pay 14% over catalog cost, with further discounts for orders over \$100. (Minimum quantity requirements apply).

- The right to vote in Board Member elections and on By-Law changes.

- The right to serve on the Board of Directors.

Tax rules allow the Co-op to declare a portion of annual profits as Patronage Dividends. Patronage Dividends are not subject to corporate income tax. The Co-op is required to pay at least 20% of those dividends to our owners; the rest may be saved as Owner Equity.

The Co-op Board of Directors, with input from the General Manager and our accountant, make the decision to pay or not to pay dividends. In rough numbers, the choice to pay

dividends means that about 15% of any profits made must be given back to the owners. By doing this the Co-op avoids paying taxes on a much larger portion (60-70%) of those profits. In some instances, the Co-op may save money by paying out Dividends as opposed to keeping all the profits as income.

The amount of each owner's dividend is determined by the level of their patronage, or how much they spent at the Co-op. Earlier this year the Co-op sent Patronage Dividend checks to 546 of our 1,200 owners. The

total of these checks was \$4,344. The average check was for \$7.96. 33 owners received dividends of more than \$20. The largest dividend issued was over \$50. The Co-op does not issue checks for dividends less than \$2.00.

Owners must cash the checks within 90 days or it reverts back to taxable income for the Co-op.

In the seven fiscal periods since the Co-op started this system there have been five profitable periods. Patronage Dividends were declared and paid out on three of these five occasions.

Reasons to declare a patronage dividend and pay out 20% of that amount to the owners:

- To show that the system works. The dollar amounts involved may make it seem like a gesture, but consistently paying the dividend in profitable years honors the arrangement.

- To offset the real or perceived

**IN SOME INSTANCES, THE CO-OP MAY SAVE MONEY BY PAYING OUT DIVIDENDS AS OPPOSED TO KEEPING ALL THE PROFITS AS INCOME.**

loss of benefits that occurred when the register discount was removed. Individual Dividends have been roughly equal to 0.75% of an owner's purchases.

- It is not all of the profits. It is a relatively small portion.

- In some years, the tax implications may make paying the dividend advantageous.

Reasons not to declare a patronage dividend:

- Save every dollar for rainy days, projects, or reinvestment.

*Continued on page 2*

- Our owners are not in this for the return on their investment.
- The amounts distributed are so small as to be ridiculed.
- In some years, the tax implications may make keeping all of the profits advantageous.

It should also be noted that the Blue Hill Co-op is a member of three cooperatives and as such we have received patronage dividends based upon our participation in these groups.

1. National Co-op Grocer's Association. About \$1,200 annually.
2. Fedco Seed Company. About \$10 annually.
3. Frontier Natural Products. About \$150 annually.

As you can see from the previous numbers and nuances, the Patronage Dividend question is far from clear. The Board of Directors has committed to establishing a protocol to make the decision process fact-based and uniform from year to year. Also, Co-op management is determined to implement a means by which our owners can easily reinvest the dividends as a show of support.

Since Patronage Dividends are relevant only in profitable years, the questions and thoughts that arise from their distribution are a sign of profitability.

Mark Deeny  
General Manager

## BOARD COMMITTEES

**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. CHAIR: ALLISON WATTERS (ALLISONGWATTERS@GMAIL.COM, 359-2425).

**ELECTION COMMITTEE**  
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! 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. CHAIR: RICHARD PAGET (TREASURER@BLUEHILL.COOP, 374-5492).

\*THE FINANCE COMMITTEE SEEKS INDIVIDUALS TO START THE CAPITAL CAMPAIGN COMMITTEE, THE GOAL OF WHICH IS TO FUND-RAISE FOR THE CO-OP'S RELOCATION CONSTRUCTION PROJECT. PLEASE CONTACT KEITH HERKLOTZ, 374-5492, FOR INFORMATION AND TO VOLUNTEER.

**OUTREACH COMMITTEE**  
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. CHAIR: LAURA LIVINGSTON (LLIVINGSTON@BLUEHILL.COOP)

**OWNERSHIP COMMITTEE**  
THE MISSION OF THIS COMMITTEE IS TO HAVE THE MOST SATISFIED CO-OP MEMBERS POSSIBLE! CHAIR: JIM PICARIELLO (VP@BLUEHILL.COOP, 326-8007)

**BOARD AD-HOC COMMITTEES:**

**BUYING POLICY COMMITTEE**  
WOULD YOU LIKE TO HELP THE CO-OP IMPLEMENT ITS PRODUCT BUYING POLICY BY PRIORITIZING CRITERIA AND RESEARCHING PRODUCTS? MEMBERS: MICHAEL LUCIANO, CHAR HOGAN, BETH DICKENS,...YOU? CHAIR TBA. GENERALMANAGER@BLUEHILL.COOP.

**RELOCATION COMMITTEE**  
PEOPLE WITH BUILDING AND FUNDRAISING EXPERIENCE WOULD BE HELPFUL ON THIS COMMITTEE. MEMBERS: MARK DEENY, TERRY MASON, RICHARD PAGET, TIM SEABROOK, BRUCE STAHNKE. CHAIR: KEITH HERKLOTZ (KHERLOTZ@MYFAIRPOINT.NET, 374-5492)

### Notice of Board Meetings

The Co-op Board usually 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 17th, October 15th, & November 19th.

### DEADLINE FOR WINTER ISSUE:

**OCTOBER 15, 2013**

### CO-OP BOARD OFFICERS & MEMBERS:

MIA STRONG, PRESIDENT  
JIM PICARIELLO, VICE PRESIDENT  
MARGE MAY, SECRETARY  
RICHARD PAGET, TREASURER  
JEROME LAWTHORP, KRISTYN LAPLANTE, AARON DORITY, DIANE BIANCO, HADLEY FRIEDMAN, KEITH HERKLOTZ, LAURA LIVINGSTON

### THE NEWSLETTER TEAM

MANAGING EDITOR: DEIRDRE MCGRATH

ADS: DEBORAH WIGGS; 374-2159

COLUMNISTS/WRITERS:  
ALLISON WATTERS, CATHERINE PRINCELL,  
STEVE BENSON, CO-OP STAFF & BOARD

### General Manager:

**Mark Deeny**

### Store Hours

**7 a.m. - 7 p.m.**

**(207) 374-2165**

**info@bluehill.coop**  
**www.bluehill.coop**

### Letters to the Editor

The Newsletter Team welcomes input. Please send a letter to: Letters to the Editor, Blue Hill Co-op, PO Box 1133, Blue Hill, ME 04614, or 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.

### Disclaimer

The Blue Hill Co-op serves a diverse community. It is within the vision of this co-op to strive to embrace diversity and to meet as many needs as possible. Opinions and viewpoints shared within this newsletter are neither endorsed or disregarded. Editorial content is intended for informational purposes only, and is not intended to diagnose, prescribe, recommend or offer medical advice.

Newsletter articles do not necessarily reflect the opinions of the board, staff, management, or Newsletter Team. Advertisements will be sold at the discretion of the Advertising Coordinator who reserves the right to refuse and edit submissions.

# STAFF PROFILES

BY : ALLISON WATTERS

## Amy Bramblett



**BULK &  
PRODUCE  
ASSISTANT;  
CASHIER**

If Amy's face looks particularly familiar to long-term patrons of the Co-op it is because she has been an employee not just once but twice in the eleven years she has lived on the Blue Hill peninsula. When she first moved here with her husband Khalif Williams, the couple was ecstatic there was a co-op in town. Working there seemed like a great fit. Amy became the Working Member Coordinator, a position she held until her first son was born, and motherhood began to demand more time and energy. Eight years later, when her two boys had grown up a bit and were attending school full time, Amy found herself in a position to pick up hours at the Co-op again. Beginning as a cashier, Amy also fills the roles of bulk and produce assistant during the Co-op's seasonal fluctuations. She is thankful for the flexible schedule she has carved out for herself, appreciates her co-workers, and also loves the sociability of her work.

Amy has recently launched a new home business called Moon Flower Waxworks, under which she creates beeswax candles, ornaments, sun catchers and luminaries (a decorated beeswax bowl with a tea light inside, for a warm and fragrant glow) in her home in Brooksville. She has recently extended her product line to include lip balms and lotion bars as well. She attended several farmers' markets this summer and will display her wares at the Bay School Winter Faire this December.

## Betsy Grossman



**CASHIER**

You have likely met Betsy's smiling face if you have been through the check out lines at the Co-op. Betsy has been happily greeting customers since she moved here permanently two and a half years ago. She became familiar with the area after summering in Orland for many years. Though she was always happy to return to her angora and dairy goat herd and homestead in southern New Jersey, she would remember fondly shopping at the Co-op during her visits. After her relocation, she quickly gravitated toward the Co-op for her vegan grocery items. Working at the Co-op gives her an opportunity to interact with people regularly, which she appreciates since she practices a solitary craft. Betsy has been a talented weaver for over thirty years. She has woven everything you can imagine including clothing, blankets, scarves, towels and tablecloths. Her latest projects have been rag bags – colorful bags made of strips of fabric with durable handles that she weaves on her loom. Some of these creations are for sale at the Co-op and can be found near the magazine rack by the registers.

Though she taught ballet when she lived in New Jersey, Betsy now channels her teaching energy into leading students in their practice of yoga and Pilates at the Bucksport Adult Education center.

## Kristyn LaPlante

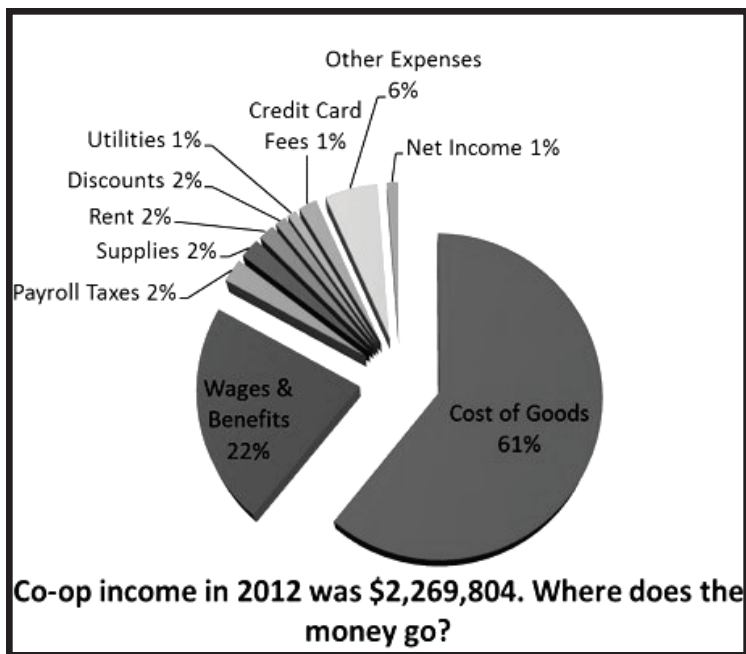


**CAFE**

There are people on the Blue Hill Peninsula who have lived in both Brooklyn, New York and Brooklin, Maine, but I had yet to meet someone who has lived in yet a third Brooklyn. Then I sat down with Kristyn, a chef who has brought her cooking talents from New York, through Connecticut and now here to Maine. After apprenticing with a chef as part of Yale University's School of Drama, she worked her way up to Executive Chef at that establishment. She then moved to New York City and took up residence in Brooklyn. Once there she helped open New Leaf Café, a non-profit restaurant (started by Bette Midler) to benefit inner city parks. She also became involved in the city's anti-hunger network. Eventually she found her way to Brooklyn, Connecticut to Paul Newman's "Hole In the Wall Gang" summer camp where she served as director of food service. Currently, Kristyn resides in her third Brooklin and, as you might have guessed with all her cooking experience, she is employed in the Co-op's Café where she works mornings making breakfast and preparing any number of tasty and healthy salads, soups and sandwiches for

patrons of the Co-op. Kristyn also serves as the staff representative to the Co-op Board and also helps cater private events with fellow Board member Diane Bianco. During the school year, Kristyn can be found in the kitchen at George Stevens Academy just up the road making dinner for the international students who adore her Thai and Indian curries.





## Geoffrey Warner Studio

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## Down to Earth Pottery



**Keith Herklotz**

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Blue Hill, ME 04614

207/374-5492

<http://dtepottery.com>  
[keith@dtepottery.com](mailto:keith@dtepottery.com)

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## EDUCATION

Hearthstone Preschool and Early Childhood is a Waldorf/Life-Ways center with programs for children birth-five. In addition to the full and half day option we now offer drop in childcare at an hourly rate for preregistered families. We also have a modified program available for little ones not yet ready to stay for a half or full day. We are a kinderforest program and spend much of our time outdoors, tending to our animals, exploring the woods, gardening and playing. Daily cooking, seasonal activities, Circle times, stories and song are part of everyday. Please call Jennifer McCall, 359-8406 for more information.

## ALTERATIONS

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

## NEW YOGA CLASSES

Heather Lyon is teaching yoga at Blue Hill Center for Yoga. Check their website or call (207)610-9222

## ASTROLOGICAL CONSULTATIONS

Natal. Progressions. Transits. Returns. Vedic & Western orientation. Comparisons. Reports. 42 years of practice. Jeanne Gaudette 326-4735

# WHAT'S GOING ON DOWN THERE?

On August 1st of this year, the Co-op took over the basement apartment directly beneath the store. The additional 600 square foot space is used for offices, a break and meeting room, and storage. Throughout July, our landlord made needed repairs and fixed the place up for us.

By moving the General Manager, Bookkeeper, I.T. Coordinator, Marketing Coordinator, and Ownership Coordinator functions downstairs, we will be able to establish dedicated office space on the main level for most of our formerly "nomadic" buyers and managers. Our Café Manager, Grocery Manager, and Wellness Buyer will be able to call a desk their very own. The Bulk and Produce Managers will have office space that does not double as a staging area and hallway! And, all staff members will have a quiet spot out of the elements in which they may take a break and recharge.

The moving process and transition are not without challenges. New systems regarding paperwork & communication flow will be needed. Thank you in advance for your patience as we work our way through this process.

The calm, less transient setting should result in better work, less staff turnover, and a healthier workplace.



# WHAT'S NEW IN BULK?

Over the summer, I researched and found some **new items** for our Bulk Department:

- **Lundberg Organic Golden Rose Rice:** *Our only medium grain brown rice, and a favorite for making hot rice cereals or cold salads.*

- **Seaweed Soup Mix** from the Maine Seaweed Company in Steuben: *A great easy way to get a blend of seaweed (60% digitata kelp, 25% alaria, 15% longicuris kelp) into your meals.*

- **Zhena's Gypsy Tea's Organic Chocolate Chai:** *A caffeine-free blend of rooibos tea, cacao powder, carob, chicory, licorice root & spices, make for an especially rich and warming tea.*

- **Organic Whey Protein Powder** from Frontier Herbs

- **Organic Dark Chocolate Cherries** from Tierra Farms, who supply us with other high quality chocolate goodies, as well as nuts and dried fruits.

- **Organic Super Raw Trail Mix** from Grandy Oats in Brownfield, Maine: *an all-raw blend including goji berries, golden berries and cacao nibs.*

- **Organic Blueberry Vanilla Granola** from Grandy Oats in Brownfield, Maine. My new favorite!

- **Organic Two Hills Tea Genmaicha** is back

- **Organic Ceylon Cinnamon** from Sri Lanka: *Cinnamomum zeylanicum*, or *Cinnamomum verum*, which translates as 'true cinnamon.' The cinnamon we have been carrying - which is the most common cinnamon nationally - is *Cinnamomum cassia*. There are three varieties all known as cassia cinnamon:

~*Cinnamomum aromaticum* (called Chinese or Saigon cinnamon)

~*Cinnamomum burmannii* (called Padang cassia, Java, or Indonesian cinnamon)

~And the higher grade of *Cinnamomum burmannii* is called Korintje cinnamon.

**Ceylon cinnamon** is milder, sweeter, and more delicate than the cassia, with no bite and citrusy notes. It is associated with potential health benefits including blood sugar regulation, anti-clotting, anti-microbial, and anti-inflammatory properties, among others.

If you take cinnamon in a medicinal dose, or use a large quantity in your diet, there is another important difference between Ceylon and cassia cinnamons: *cassias have a high coumarin content, naturally occurring plant components that can have strong anticoagulant properties, and has been known to cause liver and kidney damage in high concentrations.* Ceylon cinnamon has negligible amounts of coumarin. Note: when used in ordinary seasoning, it is highly unlikely that you will face health risks from the cassia cinnamons.

There have been a few **changes** in the bulk department as well:

- Our **corn starch** is now **organic**, from Frontier Herbs.

- Our **organic bulk quinoa** is now **Fair Trade:** *Alter Eco Foods have been working with and for indigenous quinoa growers since 2002 from the southern Bolivian Altiplano. They see the increase in consumer demand for quinoa as an opportunity to affect poverty-stricken regions, but only if this demand is met with a sustainably provided supply. More information is on their website: [www.alterecofoods.com](http://www.alterecofoods.com).*

- You may have noticed our new **olive oil dispensers:** *Italian made, stainless steel Fustis, designed to keep out light and air, with a seamless construction that prevents the accumulation of organic matter and the possibility of bacterial growth. They're beautiful!*



- **Bulk Almonds and Almond Butter:** For quite a while we've been carrying low or no-spray almonds and almond butter from Zinke Orchards as a more affordable alternative to the organic almonds we carry. Unfortunately, it looks as if our source has dried up; Zinke's orchards are at the end of their natural productive life and they've switched to conventional methods. We have not been able to find anything similarly low-spray, and so - after much thought - we've started carrying conventional almonds as well as organic.

This affects our almond butter as well; we are now carrying Once Again roasted almond butter (to replace the Zinke no-spray), along with their raw almond butter. Neither is organic (Once Again doesn't offer organic almond butter in bulk, only in jars). Other sources of bulk organic almond butter I've found are extremely expensive.



We'll keep an eye on what's available and keep hunting for other options!

Amy Coppage,  
Bulk Manager

# A Good Reason to Stay Physically Active

By Catherine Princell, MS RN, Health Coach

It is not a secret that exercise is good for your health. As a culture we don't take advantage of this method of preventative medicine. The United States Center for Disease Control and Prevention estimates that 16% of all annual deaths nationally are linked to poor diet and lack of physical activity. Exercise can reduce the risk of cardiovascular disease, diabetes, functional disability, and cognitive decline. The question remains: How much physical activity is preventive?

.....

The obesity rate in the United States this year is on track to be higher than last year, according to a new Gallup report. Gallup and Healthways began tracking Americans' weight in 2008. The data is based on more than 84,000 interviews conducted from January 1st through June 20th, 2013 as part of the Gallup-Healthways Well-Being Index. Gallup used respondents' self-reported height and weight to calculate body mass index (BMI) scores. BMI values of 30 or above are classified as "obese," 25 to 29.9 are "overweight," 18.5 to 24.9 are "normal weight," and 18.4 or less are "underweight." Presently, the national obesity rate is 27.1%; last year, it was 26.2%. In 2008, when the reporting began, it was 25.5%. In 2012, 36.1% of the population was classified as "overweight", and 35% was classified as "normal weight".

One possible reason why obesity rates have increased is that fewer Americans are exercising frequently. In a recent report, the Center for Disease Control and Prevention found that only 20% of Americans were exercising the recommended 150 minutes per week. The biggest exercise barrier reported is "not enough time in the day." For many, exercise has to be a scheduled event, and due to the complications of life, their schedule is not always open. The good news is that you can count housework, carrying groceries, and shoveling snow along with a bicycle ride or aerobics class.

A recent study published by the American College of Sports Medicine indicates that moderate to vigorous physical activity 150 minutes per week is enough for preventative medicine, and that it doesn't have to be done 20-30 minutes at a time to get results. The varieties of activities that meet the energy expenditure level include gardening, housework, and vigorous playing with children, among other every-day activities. The study found that regardless of how exercise minutes were accumulated, the total hours of exercise per week were significantly associated with reduced adverse health risk. This type of physical activity was found to be associated with a lower body mass index and waist circumference.

If you have a job that requires extended periods of walking, pushing or pulling objects that weigh less than 75 pounds, it counts as moderate exercise. If you have a job that requires extended periods of running, rapid movement, pushing or pulling objects that weigh more than 75 pounds, it counts as vigorous exercise. If you have a sedentary job, it is important to find ways to include more activity that are creative and convenient. Wear a pedometer and see how many steps you take a day. Log weekly work around the yard and house to see how many minutes you are physically active. Once you see what your daily life includes, work on filling the gaps and include some resistance exercises a couple of days a week.

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In the summer we are much more active here in Maine due to the work and play we do outdoors. Digging in the garden and paddling a kayak are great upper body workouts! In winter we may not be as active on a routine basis. This is a time we may need to look for some form of regular exercise, like joining a class or getting indoor exercise equipment. To spend time outside, look at how much wood you cut and stack, or snow you shovel, or miles you walk with your dog!

The public health implications of a lack of physical activity are profound. We need to find a way to incorporate exercise into our lives and continue the activity for a lifetime. If you can't figure out what to do or how to do it, share your concerns with your physician. We have many resources available to help us once we decide to take action!

*Resources:*  
American College of Sports Medicine Health and Fitness Journal  
Medicine, Science, Sports and Exercise Journal  
Gallup Wellbeing Website  
US Department of Health and Human Services  
Centers for Disease Control and Prevention

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## 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!

Contact the Ownership Coordinator  
(207) 374-2165 • [ownership@bluehill.coop](mailto:ownership@bluehill.coop)

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# THE NEW ENGLAND FOOD VISION

Portland, Maine, was the site of the third annual New England Food Summit this June. The meeting was held at University of Southern Maine's Muskie School of Public Service. Food Solutions New England ([foodsolutionsne.org](http://foodsolutionsne.org)) was the primary coordinating organization. A steering committee drawn from nonprofits and universities from Connecticut to Maine planned the agenda. It identified issues current to food systems in these six states and set up presentations and breakout groups to consider the ways that regional collaboration might support state and local efforts toward sustainable food supply management.

The Summit's mission has been focused above all on consolidating the "New England Food Vision 2060" ([foodsolutionsne.org/new-england-food-vision](http://foodsolutionsne.org/new-england-food-vision)), a document now in nearly final form. It outlines three different scenarios for how community health and economic vitality can be increasingly protected and nurtured over the next fifty years.

The Vision's Learning/Action Network Design Team ([foodsolutionsne.org/learningaction-network-design-team](http://foodsolutionsne.org/learningaction-network-design-team)) look like very relaxed, can-do, interesting people whom I would trust to partner me through the darkest alleys in my regional food basin. In drafting the Food Vision, they want to figure out how the region can create more food from local resources and reform public policy to empower the individual's control of their own food systems, including nutritional food supplies, fertile land, and fishable waters.

BY 2060, AT LEAST HALF OF NEW ENGLAND'S FOOD COULD BE PRODUCED IN NEW ENGLAND ITSELF, IN WAYS THAT CREATE A HEALTHY DIET AND KEEP MOST OF NEW ENGLAND FORESTED.

The entire project stems from an office in Durham, NH, and is funded primarily by the Henry P. Kendall Foundation ([kendall.org](http://kendall.org)). The Foundation's mission is "to create a resilient and health food system in New England that increases the production and consumption of local, sustainably produced food," fostering interdependence between urban and rural areas' needs and strengths.

The New England Food Vision foresees the possibility that by 2060, at least half of New England's food could be produced in New England itself, in ways that create a healthy diet and keep most of New England forested. Putting this kind of projection in context is the attempt to outline three very different scenarios of what may happen over the coming half-century:

1. **A Business as Usual** scenario suggests that just keeping on as we are going now will lead to significant intergenerational regional health problems due to problematic choices in nutrition. As a demographic, we generally eat too much beef and other animal products and too few whole grains, fruits and vegetables. Even if farmland continues to expand (from two million to six million acres), only 35-40% of regional food needs can be met by the region itself.

2. A second scenario, called **Omnivore's Delight**, supposes we meet established guidelines for healthy eating, as well as increasing consumer focus on foods grown inside New England. Assuming a recovery of the Gulf of Maine fishery and the same degree of farmland expansion as in the first scenario, we might find as much as 50% of our food coming from the region.

3. **Regional Reliance**, the third scenario, suggests what may need to happen if problems in the economy, political structures, or environment make importing food over long distances much more difficult. It seems that such a crisis would foster the most sustainable and healthy outcome of all. We would eat even fewer meats and more nuts and plant-based legumes than in Omnivore's Delight; our fiber intake would be better than in Business as Usual. We might expand farmland to seven million acres, still keeping 70% of our land mass forested. Even as grains would be our biggest imported food, up to 70% of our diet would be produced in New England.

A final draft of this Vision is expected in the fall of 2013. It will include analyses of economic and nutritional implications for each plan. Its authors are concerned with food and a living wage as human rights, though not prescribing how this would be safeguarded legally. They seem to assume local and state ordinances must speak to this.

Then what? Food Summits will continue, and collaborations are likely to develop, to work out ways to meet one or more of the scenarios in the New England Food Vision.

Some of the stakeholders at such Food Summits will come from The Maine Food Strategy ([mainefoodstrategy.org](http://mainefoodstrategy.org)), which describes itself as an "Action Plan for Strengthening Maine's Farming, Fishing and Food Economy." This group intends to convene a process to clarify and advance shared goals among individuals and organizations throughout the state to foster a robust food economy. You can subscribe to its monthly newsletter on their website, and you can get involved with them by finding out more, by sharing information, and by joining a working group, all at [mainefoodstrategy.org/get-involved](http://mainefoodstrategy.org/get-involved). Could be fun, Could be life-saving.

**B y : S t e v e B e n s o n**

## EVENTS

### S e p t e m b e r

**2nd, Monday:** Labor Day, Co-op Closed.

**14th, Saturday, 2pm:** Horsepower Farm Tour. 90 Horsepower Farm Road/Route 15, Penobscot. Please pre-register by contacting BHHT at 374-5118 or [eileen@bluehillheritagetrust.org](mailto:eileen@bluehillheritagetrust.org). Sponsored by the Co-op and BHHT.

**18th, Wednesday:** 1% Wednesday for Next Step Domestic Violence Project ([nextstepdvproject.org](http://nextstepdvproject.org))

**19th, Thursday:** Full Moon Sale, Owners save 10%! Full Harvest Moon.

**20th, 21st, 22nd, Friday & Saturday, 9-6, Sunday 9-5:** Common Ground Country Fair, by MOFGA. Unity, ME. Celebrating rural & agricultural traditions of Maine. Purchase tickets and posters at the Co-op. Prices same as at the gate. For more info visit [mofga.org/TheFair](http://mofga.org/TheFair)

### O c t o b e r

**11th-20th, Friday-Sunday:** Fall Food & Wine Festival. by Blue Hill Chamber of Commerce. Farmers, bakers, fishermen & chefs bring their delicacies to your table. For more information and event listings visit [bluehillpeninsula.org/resources/foilage-food-wine-festival](http://bluehillpeninsula.org/resources/foilage-food-wine-festival)

**12th, Saturday, 2 pm:** 5 Star Orchard Farm Tour. 853 Bay Road/Route 175, Brooklin. Please pre-register by contacting BHHT at 374-5118 or [eileen@bluehillheritagetrust.org](mailto:eileen@bluehillheritagetrust.org). Sponsored by the Co-op and BHHT.

**13th, Sunday, 11-3:** A Taste of The Peninsula by Blue Hill Chamber of Commerce, at Mainescape, South Street, Blue Hill. Businesses & farms from the Peninsula, Deer Isle & Isle au Haut offer arts, crafts, samples prepared by local chefs, with wine & beer tastings, a pie contest, local farm products & much more. For more information visit [bluehillpeninsula.org/resources/foilage-food-wine-festival](http://bluehillpeninsula.org/resources/foilage-food-wine-festival)

**16th, Wednesday:** 1% Wednesday for Beth C. Wright Cancer Resource Center ([bethwrightcancercenter.org](http://bethwrightcancercenter.org))

**18th, Friday:** Full Moon Sale, Owners save 10%! Full Hunter's Moon.

### N o v e m b e r

**17th, Sunday:** Full Moon Sale, Owners save 10%! Full Beaver Moon.

**20th, Wednesday:** 1% Wednesday for Washington Hancock Community Agency ([whcacap.org](http://whcacap.org))

**28th, Thursday:** Thanksgiving, Co-op Closed



BLUE ZEE FARM TOUR, JULY 13TH, 2013. PHOTO BY TRICIA QUIRK, BHHT VOLUNTEER



CHOKE CHERRY, WATERCOLOR BY LANDERE NAISBITT



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# BLUE HILL CO-OP

COMMUNITY  
MARKET & CAFÉ

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### On the Wall at the Co-op Café

September  
*Vita Poole, Painting*

October  
*Henrietta Clews,  
Mixed Media*

Show Your Art in the Café  
Now Scheduling 2014!!

*To exhibit your art in the Café  
please contact  
Mary Barnes, 359-5053 or  
marybbarnes@gmail.com*

WANT TO ADVERTISE YOUR BUSINESS TO 1200+ HOUSEHOLDS  
FOR FREE? THEN PARTICIPATE IN THE 2014 CO-OP CONNECTION!

The Co-op Connection was developed to encourage Owners of the Co-op to shop locally. Participating businesses offer a discount or special deal to Owners for a period of 1 year. The only cost to the business owner is the discount offered to customers! For more information and applications, or to renew your listing, please contact Deirdre McGrath at [ownership@bluehill.coop](mailto:ownership@bluehill.coop) or 374-2165.



Traditional Chinese Acupuncture  
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