

# Harvest Herald

NEWS FROM THE BLUE HILL CO-OPERATIVE GROCERY AND CAFÉ



## MANAGER'S REPORT: Relocation Q & A

It should come as no surprise that the most common question I am asked by Co-op owners and customers lately is "What's going on with relocation?" Here are some related questions and their corresponding answers.

### ***Why is the Co-op trying to move?***

Our present space limits what we can do in regards to pleasant customer circulation, product selection, and the number of shoppers we can accommodate. During the summer months and lunch time year-round, we are often full to capacity.

### ***Does the fact that the Co-op is doing design work mean it is a done deal?***

Our goal is to bring forward enough information to enable the Board of Directors to make informed decisions on this important topic. That means we need to do enough design work to determine the cost and obtain a professional opinion as to the feasibility of fundraising. Trying to decide if the Co-op can or should be relocated without knowing these facts would seem to be a contest of gut reactions and opinions rather than a fact based decision.

### ***Are you set on the South street location?***

In 2010 and 2011, the Relocation Committee sifted through many site options. They graded the sites that were available for a number of qualities and the Petty Foundation site scored the highest. The few sites that are available elsewhere were deemed to be either too small, comparably expensive, or both. So, the planning

and fact finding process went forward with the Petty Foundation site on South Street as the preferred location. The Co-op has until August of 2014 to make a decision on the purchase of the site.

### ***Who makes the decision to relocate?***

As the elected representatives of Co-op owners, the Board of Directors will be making the decisions as we move through the process. The Relocation Committee has been assigned the task of gathering and presenting information to the Board. The General Manager is a member of this committee and is expected to assist with the information gathering and present opinions as to feasibility, operations, and finances.

### ***Who is designing the new store?***

Bruce Stahnke of Stahnke & Kitigawa of Harborside is working on the structural plans. Cooperative Development Services of Madison, WI, or United Natural Foods Inc. of Mounds View, MN will be asked to assist with the store layout. We hope to meld local architecture with the experience and expertise of natural foods store merchandising professionals. The Co-op staff is also being asked to contribute to this process.

### ***How will the project be financed?***

Financing would come from three sources: Bank debt, Co-op Member loans, and Fundraising (gifts & grants). The debt will be limited to an amount that can be repaid making monthly payments roughly equal to our present rent.

### ***How much will the new store cost?***

We won't really know this answer until more design work is done. The project cost will be limited by the amount of money that can be raised through fundraising. Since debt alone will not be wise, the reconciliation of two figures (cost estimate & fundraising feasibility) will largely determine the future of the project.

### ***Will the Co-op still have a Café?***

Yes, the Café is an integral part of the Co-op. The new building will include a Café/Deli and seating area.

### ***Will the Co-op character disappear?***

Careful attention will be paid to decisions regarding surface materials, ceiling heights, lighting, and the entrance to a new building in hopes of making it warm and inviting.

### ***Will you be adding a lot of new products?***

I suspect we would add more fresh products such as meat & seafood and possibly

*Continued on page 2*

Continued from page 1

new items in Bulk, Produce, and the Café. While the new store would be bigger than our present location, much of the additional space will be used to make the shopping experience more pleasant and efficient.

### **How will the move effect prices?**

Our pricing is based upon the costs we pay for the items and the quantities we purchase. A larger store with sufficient parking should result in increased sales. This means we will be able to obtain items at a lower cost because we are purchasing more and thus sell them at a lower price. Also, increased storage space will enable us to make volume buys at a lower cost. If we do not go beyond our established debt limit to finance the project, prices will not go up to help pay for the new store. *To read more about quantity and sales vs. pricing, read Andy's article on page 7.*

### **Will the Co-op sell more local products?**

I believe that we will. The Co-op is always looking to add more local products. If you or someone you know has a product suitable for sale at the Co-op, please contact us.

### **How can I make my suggestions and/or concerns known?**

It would be very helpful if you contacted a member of the Board of Directors. Contact information for all the Co-op Board members can found in the store, or you can send an email to [board@bluehill.coop](mailto:board@bluehill.coop). You may also contact me by stopping by the Co-op, calling 374-2165, or emailing [generalmanager@bluehill.coop](mailto:generalmanager@bluehill.coop).

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](mailto: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](mailto: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](mailto:treasurer@bluehill.coop), 374-5492). Members: Bob Sullivan.

\*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](mailto:llivingston@bluehill.coop))

### **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](mailto:generalmanager@bluehill.coop).

#### **RELOCATION COMMITTEE**

People with building and fundraising experience would be helpful on this committee. Members: Mark Deeny, Keith Herklotz, Mia Strong, Jim Picariello, Richard Paget, Tim Seabrook, Bruce Stahnke. Chair: Aaron Dority ([aaron@bluehill.coop](mailto:aaron@bluehill.coop))

### **Notice of 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 December 17th, January 15th, & February 19th.

### **DEADLINE FOR SPRING ISSUE: JANUARY 15, 2014**

### **Co-op Board Officers & Members:**

Mia Strong, President

Jim Picariello, Vice President

TBD, Secretary

Richard Paget, Treasurer

Jerome Lawther, 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, Rebecca Wentworth, Co-op Staff & Board

### **General Manager: Mark Deeny**

**Store Hours: 7am - 7pm Daily,**  
Sundays in January & February: 8am - 6pm

(207) 374-2165

[info@bluehill.coop](mailto:info@bluehill.coop)

[www.bluehill.coop](http://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](mailto: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.*

## Juni Charlton



### CAFÉ

Juni ought to be an official spokeswoman for the Blue Hill Peninsula since she is clearly so excited to be living here. She has been involved with numerous area volunteer organizations, participates in a women's singing circle, extolls the wonders of our local radio stations, WERU, enjoys hiking the wooded trails of the area and swimming at the many rocky beaches. She also loves to attend community events such as King Hill Farm's carrot harvest and Tinderhearth's summertime open mics. She has tried a couple of times to move to other intentional communities but has always come home to Blue Hill where she has been welcomed with open arms.

A Leeds, Maine native, Juni moved to the area from Bangor with her then three year-old son, now a towering fourteen. Like many of us, Juni has worked many odd jobs to make ends meet including cleaning houses and serving as a Licensed Practical Nurse. A couple of years ago, Juni thought it was time to try something different. And so she started work at the Co-op Café as a sandwich prep cook. She completes her tasks with joy and is always glad to see community members who come in to pick up lunch and have a quick chat. Next time you find yourself in the Cafe make sure to wave to her!

## Andy Felger



### PRODUCE MANAGER

Andy was busily finishing up his inventory when I arrived to talk with him. He was quite proud of the fact that he can complete this arduous task in less than three hours. Andy has streamlined many other areas in his department since he began as Produce Manager over two years ago. He has fostered a relationship with local farmers where he purchases their goods at a higher price, and sells it at a lower price, thereby putting more money into the local economy.

Andy comes to his position from a background in agriculture himself. He bought land in Wisconsin after college intending to start a farm but his location was too remote to properly market his products. He lived in Korea for a time teaching English but longed for a strong community and his own homestead again. Andy and his wife, Tania, moved to Penobscot after the birth of their son, Tobin. The family now enjoys "yardening". Andy's place has a large garden, a small herd of sheep and a lone hen (named Bokbok). Andy has also been a potter for ten years and is just finishing construction of a wood-fired kiln at his home.

## Ellen Sedgwick



### CASHIER

Many people fall in love with the Blue Hill Peninsula when they visit the area, but Ellen knew that she wanted to live here before she even set foot on solid ground. Formerly part of the crew of the schooners "Mistress" and "Grace Bailey" out of Camden, she would admire the scenery from the water and imagine what life might be like for her here. When she was living in Virginia she met her husband Matthew in a life drawing class and they both agreed that the Blue Hill area would be a good place to put down roots.

After committing to the area, Ellen found work waitressing but soon sought out employment at the Co-op because she admired its community-based model. She also appreciates its role as a supplier of local and organic food. She has been with the Co-op since June of 2011.

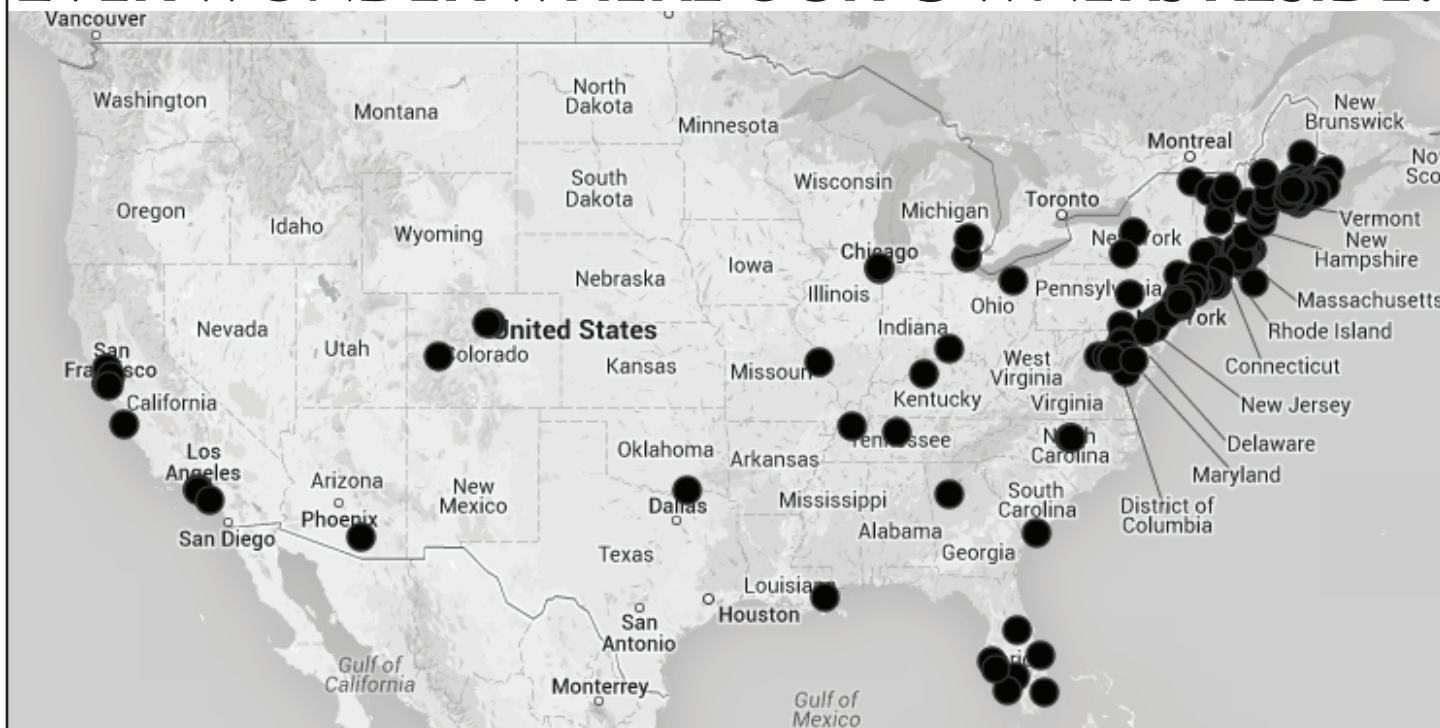
Ellen's real passion in life is pottery. While attending College of the Atlantic, she was introduced to wood-fired pottery through an internship and fell in love with the method. She subsequently attended the Penland School of Crafts in North Carolina, further honing her skills. Ever since she moved to Surry, Ellen has worked to set up a home studio. She has even built her own treadle pottery wheel. Ellen's newest project is her son Pascal, who was born this past September.

# STAFF PROFILES

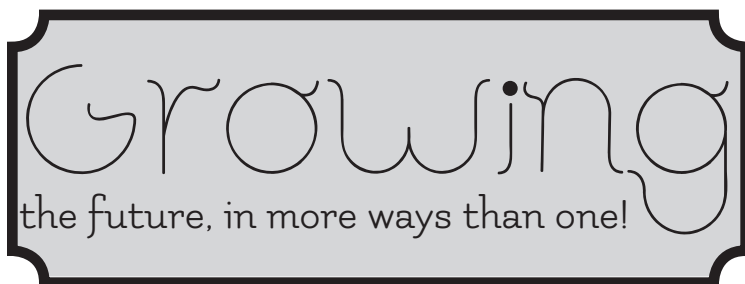
By : ALLISON WATERS



# EVER WONDER WHERE OUR OWNERS RESIDE?



\*NOT INCLUDED: SINGAPORE AND THE VIRGIN ISLANDS\*



At the Blue Hill Co-op, we take pride in fostering the professional growth of our staff—that's why we send our staff members to trainings as often as possible. Many of these trainings are organized by our business services cooperative, National Cooperative Grocers Association, which spans 134 co-ops in 36 states. As of 2012, NCGA began offsetting co-op staffs' qualifying air travel-related carbon emissions in an extraordinarily meaningful way: by growing a sustainable forest in Peru!

To grow our forest, NCGA partners with Pur Projet which provides the research, accreditation and on-the-ground support necessary to create an effective carbon-offset program based upon farmer-supported reforestation. Our forest is part of the Alto Huayabamba Project located in northern Peru. You can learn more about the project, view a brief video and take in some gorgeous Peruvian scenery by visiting [www.purprojet.com/en/project/alto-huayabamba/](http://www.purprojet.com/en/project/alto-huayabamba/).

To date, NCGA has funded the planting of 1,404 native trees. By the time these trees reach maturity, they will have removed over 400 tons of carbon dioxide from the atmosphere. NCGA is proud to be Pur Projet's very first U.S. partner to plant trees as part of this innovative program.

Whenever co-op staff attend a qualifying NCGA-sponsored training, they'll be contributing to this important project. Co-ops nationwide are joining together to not only grow the next generation of co-op leaders, but a sustainable forest, too. We're stronger together!

## EDUCATION

Hearthstone Preschool and Early Childhood is a Waldorf/LifeWays 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

## DOG DAY CAMP

Does your socialized dog need more exercise now that the darker, colder winter days are upon us? If so, why not send him to Creature Quarters in Brooklin, and let your best friend have a great day at Camp. Free morning pick-up in Blue Hill at various locations on Tuesdays, Wednesdays, and Thursdays, and evening return. 8ish - 5ish. Please message us at [www.creaturequarters.com](http://www.creaturequarters.com), and get him a spot on the Camp van.

## ASTROLOGICAL CONSULTATIONS

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# What's New in Bulk?

## New items in bulk:

- **Stone Ground Whole Wheat Flour and Sifted Stone Ground Wheat Flour** from Maine Grains: *We've had some enthusiastic feedback from customers who've used these flours to make bread and pastries. At Maine Grains, in Skowhegan, Maine-grown wheat is traditionally milled at Somerset Grist Mill, one of the country's emerging rural food hubs. Maine Grains is working to revive local organic grain production, and uses the traditional stone milling process that helps to preserve the nutritional content of the grain and improve the performance of the flour. Maine Grains' milling facility has organic certification through MOFGA, and their farmers pledge never to use chemical fertilizers or pesticides on their grain crops. Maine Grains is working with farmers to certify their land under organic production over the next several years.*
- **Himalayan Pink Salt**: *known for its purity and high mineral content*
- 2 new **Carob squares** from Simple Foods: **Crispy Rice Almond Butter** and **Crispy Rice Peanut Butter**, *both my new favorite things.*
- **Organic Sundried Tomatoes**
- **Organic Dried Banana Chips**

- **Organic Toasted Sesame Oil** from Napa Valley Naturals *will be available soon. Now Organic!*

## Back in stock:

- **Sunridge Farms Black Licorice** is back, *and in my opinion better, softer and yummiier.*
- **Organic Tarragon** is back in stock after a long dry spell. *Note that when an herb or spice is out of stock for a length of time, it's almost always because Frontier Co-op has strict quality control methods that require a lot of sampling and retesting and, though I hate to be out of something, I do appreciate the care they take.*
- **Organic Jumbo Flame Raisins**, those lovely plump giant raisins are back!

## Back soon, we hope:

- **Organic Skullcap**



Amy Coppage,  
Bulk Manager

# THE HALCYON GRANGE

Have you driven by the Halcyon Grange in North Blue Hill recently? If you have, you've probably noticed a big construction project is underway: the Community Kitchen Project. The project will result in a community kitchen built to commercial standards where farmers and homesteaders can transform surplus crops into new "Made in Maine" specialty food items.

## GRANGE MEETINGS

**are the first & third  
Thursday of every  
month at 7pm**

**DECEMBER 5th & 19th**  
**JANUARY 2nd & 16th**  
**FEBRUARY 6th & 20th**

The local community has expressed a need for a facility to produce food products for commercial sale. The Co-op and the Grange share a similar goal of creating a State-certified commercial kitchen where individuals and farmers can create food products to sell at farmers markets, farm stands, or through the Co-op. The Co-op follows State and Federal regulations which requires proof that the product was produced in a State-certified kitchen. This kitchen will fill a real need for a year-round shared-use kitchen facility in our community.

Construction is well under way: the structure is framed, the roof is on, the windows are in, and the loading dock has been installed. The Grange still needs your help, and **the Co-op encourages others to support this project. To become a member of the Grange and for more information on how to donate, visit [halcyongrange.org](http://halcyongrange.org)**



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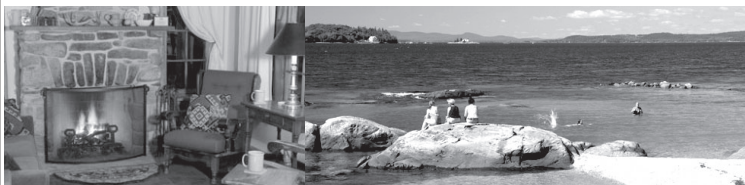
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# THE PRICE AND COST OF PRODUCE



By Andy Felger,  
Produce Manager

Why our prices are what they are; why large stores in metropolitan areas have more choices at lower prices, and why a more limited, local and simplified choice may be better for your health, wallet and local economy.

A frequent topic of conversation in the produce department is the price of produce. Why does it cost so much? Someone was in Whole Foods in Portland last week and said the same item was cheaper and better than what our Co-op offers. Why? At a recent conference put on by the National Cooperative Grocers Association in Albany, NY, I sought some answers.

When people question our prices I think, "Maybe we should charge less." But we have many business costs, like every other Co-op, small business, and household. A 40% margin on produce is standard for cooperative grocers, while we have dropped our margin on local produce to 20%. Another question I frequently hear is, "Why don't you have \_\_\_\_\_? Whole Foods in Portland has them!" At the conference, I learned that most produce department managers order from Albert's Organics, a large national organic produce distributor. Albert's has a 3-tier pricing system. If you are a big, Tier 1 customer you get a much better price; you also get first pick of what is available and the best of what is available. If you are small Tier 3 customer, you get less variety and last pick of what is available. I sat down with a produce manager from North Hampton and one from Brooklyn to compare their Tier 1 price lists with my Tier 3 price list. Their prices were 40-50% lower. The Tier 1 list was also longer because it had items not included on my list.

Albert's Organics is the only direct distributor who covers this area of Maine. So we pay a premium because we are a small buyer and have no other source for non-local organic food. On a positive note, the conference helped me understand why I have never been able to attain the amazing department margins that other produce managers have.

That is why we dropped the price of local produce by decreasing our margin by half. Right now is the harvest season and there are many excellent local farms to supply produce. Buying local is your best ticket to organic food at a great price. Currently carrots from King Hill are \$1.89/# (cost \$1.50). At Albert's, carrots are \$2.95/# (cost \$1.77), and at another local natural foods store, carrots are \$2.99/#. Broccoli from Blue Zee or Four Season is priced at \$4.50/# (our cost \$3.60/#); broccoli from Albert's has to be priced at \$7.10/# (cost \$4.26/#) and one local competitor sells broccoli at \$5.99/head.

There are tough seasons such as late winter and the early spring hunger gap when our geographical location makes it hard to keep local food in supply. But the hunger gap is shrinking as we improve our relationships with local farmers and farmers improve their storage facilities with more flexible options such as root cellars and CoolBot™ refrigerated storage systems. So far this year, the Co-op has put close to \$800,000 into the local economy, from buying local food and other local products, paying local contractors (electricians, plumbers, etc) as well as employee wages.

Hopefully this helps explain why our prices are what they are; why large stores in metropolitan areas have more choices at lower prices, and why a more limited, local and simplified choice may be better or just as good for your health, wallet and local economy. Join a CSA, ferment cabbage for that bleak late winter/early spring hunger gap, go to a farmers or winter market or come to the Blue Hill Co-op (when your farmers are farming, not marketing).

On a final note, I can't write about the cost of food without mentioning federal subsidies for conventional food. In 2008, the government subsidized conventional agriculture to the tune of \$7.5 billion. By comparison, government programs for organic and local (local being not necessarily organic) was \$15 million. So, 500 times more money went into conventional agriculture than local or organic. Small organic farmers must foot the bill for competing on an uneven playing field against conventional agriculture. Note how many politicians used to, or still do, work for Monsanto.

# Winter Health Maintenance

By: Catherine Princell MS RN

As temperatures drop, we become increasingly challenged to maintain a healthy diet and exercise program. On a chilly day, it's tempting to curl up on the couch with a bag of salty snacks or a pile of leftover holiday treats and avoid going outdoors to exercise. Keeping the body well-nourished and active during the winter can be difficult, but it's crucial to prevent weight gain and ward-off those pesky germs! Stress, mood changes and depression are often more common during the winter months, too. There is a well-known association between sunlight exposure and mood. Seasonal Affective Disorder (SAD) is a form of depression in which symptoms shift with the seasons, usually starting in the late fall, and worsening in the winter. Winter's short, dull days and long, dark nights cause a change in the brain's chemistry, specifically in the pineal gland which secretes the hormone serotonin affecting mood. This can lead to a change in appetite, especially craving sweet or starchy foods, fatigue, low energy levels, anxiety and weight gain. Basic healthy lifestyle measures are important in the treatment of SAD. Regular exercise helps increase energy and keeps your brain active and alert. Exercise boosts serotonin levels in the brain that improves mood which is quite effective in reducing stress levels and depression. Low Vitamin D levels tend to be found more often in cases of SAD. Vitamin D is produced when the sun's rays hit our skin. Living in northern climates where sunshine is limited and many people stay indoors because of winter weather can cause Vitamin D deficiency. Also, the body's ability to manufacture Vitamin D declines as we age. Obesity also increases the risk of Vitamin D deficiency.

Terry Phillips, PhD, an immunochemist at the National Institutes of Health states that the best way to keep your immune system healthy is to exercise, eat well and cope with stress. While nothing can completely stop a cold, a healthy immune system can help ward off the germs that cause colds and flu. A healthy immune system can even minimize a cold's duration.

Research by a group of physicians and researchers who specialize in immunology and preventive medicine has identified **seven lifestyle factors that enhance the immune system's healing potential:**

**1. Nutrition:** Research shows that certain substances in fruits, vegetables and whole grains help protect the immune system from the destructive effects of free radicals that cause chronic inflammation. A junk food diet contains refined foods that can suppress the immune system and lead to obesity which also contributes to suppressed immunity.

A diet that supports immunity includes:

- **Whole grains:** at least six servings per day
- **Vegetables:** at least 2 ½ cups per day. *High immune boosting vegetables include tomatoes, broccoli, onions, garlic, mushrooms, sweet potatoes, and dark green and orange vegetables*
- **Fruits:** at least 1½ cups per day. *One of the best immune enhancing fruits is an apple!*
- **Dairy:** at least 2 cups per day. *These foods supply protein essential for your immune cells and they are among the best dietary sources of Vitamin D which helps maintain a healthy immune system. Probiotics found in cultured dairy products such as yogurt, acidophilus, milk and kefir can restore the beneficial bacteria in your gut and prime your immune system to fight gastrointestinal infections.*
- **Lean proteins:** at least 5 ounces per day. *Protein foods provide the immune boosting vitamins B6, E, and the mineral zinc. They also provide B vitamins that support the formation of red blood cells and help maintain a healthy nervous system. Animal sources of protein can be high in saturated fat and cholesterol so choose lean cuts and remove any visible fat before cooking. Fish*

*sources high in Omega-3 fatty acids are quite beneficial to a healthy immune system. Other protein sources include eggs, nuts, nut butters, dried beans or peas and tofu.*

• **Fluids:** daily consumption of non-alcoholic fluids sufficient to keep the body hydrated. *Proper hydration keeps your mucous membranes full of disease-fighting antibodies such as Immunoglobulin A.*

**2. Exercise:** The basic recommendation is 150 minutes of aerobic exercise per week, and strength training exercises twice per week. *Moderate exercise triggers many hormonal and immunological reactions. It flushes out disease causing viruses and bacteria from the lungs. Don't overdo it, though, as too much activity for too long a period can actually suppress your immune system.*

**3. Sleep:** Eight hours of sleep each night enables the immune system to fortify its defenses. Sleep deprivation can cause starch and sugar

The best way to keep your immune system healthy is to exercise, eat well, and cope with stress.

metabolism to decrease which prompts a rise in blood sugar.

**4. Stress:** "Good" stress is short term; "bad" stress is chronic. Short term stress lasting a few minutes or hours temporarily mobilizes immune cells to prepare for imminent danger such as an injury that needs protection from infection. On the other hand, chronic stress actually suppresses the immune system so that the ability to battle infections is diminished.

**5. Mood:** There is a connection between your brain and the immune system that relates quite strongly to your outlook on life. Studies conducted using humor to cope with stress indicate an increase in levels of an immune system protein that is the body's first line defense against respiratory illnesses. Your emotions have a powerful impact on immunity and studies show that positive emotions are associated with enhanced immune function while negative emotions are associated with suppressed immune function. And, it is easier to feel SAD in the winter!

**6. Sunshine:** Studies show that low levels of Vitamin D allow flu viruses to breach the immune system which is why the flu is more of a winter disease. People can obtain Vitamin D through 10-15 minutes of sun exposure 2-3 days per week, or from fortified foods and supplements.

**7. Environment:** Wash your hands! You are more likely to pick up the latest illness that is going around by touching a contaminated surface than by inhaling someone else's sneeze or cough. But if you do cough, cover your mouth, but not with your hands! Another important tool is the flu shot. Researchers have calculated that over the past six years, vaccination has prevented millions of illnesses and tens of thousands of hospitalizations.

## References:

American Academy of Family Physicians, Washington University School of Medicine St. Louis, MO, Vitamin D Council, Modern Nutrition in Health, Disease: 10th Edition: Foundations of a Healthy Diet, New England Journal of Medicine.



# EVENTS

## December

**17th, Tuesday:** Full Moon Sale, Owners save 10%! Full Cold Moon.

**18th, Wednesday:** 1% Wednesday for Penobscot East Resource Center ([penobscoteast.org](http://penobscoteast.org))

**24th, Tuesday:** Christmas Eve, Co-op Closes at 4pm.

**25th, Wednesday:** Christmas, Co-op Closed.

**31st, Tuesday:** Last Night! A free community New Year's Eve celebration for all ages in the town of Blue Hill, Maine. Last Night! features activities which include crafts, drama, and dance in addition to a wide variety of musical performances by over 30 individuals and groups. ([flashinthepans.org](http://flashinthepans.org))

## January

**1st, Wednesday:** New Years' Day, Co-op Closed.

**16th, Thursday:** Full Moon Sale, Owners save 10%! Full Wolf Moon.

## February

**14th, Friday:** Full Moon Sale, Owners save 10%! Full Snow Moon.

**Knowagood**  
non-profit  
organization?

Email your suggestions for our monthly "1% of profits on Wednesday" donation to [info@bluehill.coop](mailto:info@bluehill.coop)

The Co-op is saving more

trees

by printing less newsletters.

We will be sending our E-Newsletter to all of the Owners with email addresses in our system, instead of mailing a paper copy. If you'd like to receive your paper copy in an email format, or vice versa, please email Deirdre at [ownership@bluehill.coop](mailto:ownership@bluehill.coop)



WATERCOLOR BY LANDERE NAISBITT

# 2014 Full Moon Sales:

*Blue Hill Co-op Owners SAVE 10%*

Thursday, January 16<sup>th</sup>

*Full Wolf Moon*

Friday, February 14<sup>th</sup>

*Full Snow Moon*

Sunday, March 16<sup>th</sup>

*Full Warm Moon*

Tuesday, April 15<sup>th</sup>

*Full Pink Moon*

Wednesday, May 14<sup>th</sup>

*Full Flower Moon*

Friday, June 13<sup>th</sup>

*Full Strawberry Moon*

Saturday, July 12<sup>th</sup>

*Full Buck Moon*

Sunday, August 10<sup>th</sup>

*Full Sturgeon Moon*

Tuesday, September 9<sup>th</sup>

*Full Harvest Moon*

Wednesday, October 8<sup>th</sup>

*Full Hunters Moon*

Thursday, November 6<sup>th</sup>

*Full Beaver Moon*

Saturday, December 6<sup>th</sup>

*Full Cold Moon*



**BLUE  
HILL  
CO-OP**

COMMUNITY  
MARKET & CAFÉ

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On the Wall at  
the Co-op Café

December  
Jessica Harris,  
*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

**Do you 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  
& Herbal Medicine

Meaghan McKay, L.Ac.

107 Main St, 2nd Floor, Blue Hill, ME  
[meaghanmckaylac@gmail.com](mailto:meaghanmckaylac@gmail.com)

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