



PSRT STD
U.S. POSTAGE PAID
BLUE HILL, ME
PERMIT NO.3

FREE

Winter 2018

Presented by BLUE HILL CO-OP

Ground Breaking & Record Breaking



Kevin Gadsby
*General Manager
& Relocation Manager*

As the snow falls, Blue Hill Co-op staff shuffles pre-order Turkey's out of boxes on the loading dock and into the hands of Co-op members, I can hardly believe that another year has already gone by. It has been one of the busiest years ever for the Co-op with month-over-month record breaking sales, not to mention record-setting membership growth. We topped over \$400,000 in one month this past summer and are currently on course to break \$3 million in sales for the first time.

Hats off to the staff here at Blue Hill Co-op that has weathered the pressures of our busiest summer season on record as we continue on toward our goal of opening a new storefront on South Street later next year. All of this would not be possible without the

amazing support of our Co-op member-owners who not only show support by shopping at the Co-op but have also contributed over \$1.4 million to the new storefront project, now well underway.

With over \$1.2 million on deposit, the decision was made in early September to proceed with site work development. This involved exhaustive site preparation for foundation walls, driveways, parking lot,

and especially for the extensive storm water drainage system that will help mitigate potential erosion at the back of the lot toward the woods down toward Parker Point

It has been one of the busiest years ever for the Co-op with month-over-month record breaking sales, not to mention record-setting membership growth.

Road.

I'm sure those of you that have driven by the new location have seen the numerous trucks from R.F. Jordan both delivering fill and removing stumps, rocks etc. With that



phase of work now almost complete, our contractor E.L. Shea is making plans to put down the first layer of pavement for our service drive, main entrance and parking area. Electrical and plumbing crews have begun critical work that needs to be completed before the building slab can be poured. Over the course of

Continued on page 2

In this Issue:

Ground Breaking & Record Breaking pg. 1 & 2
Co-op Quarterly pg. 2
Show Your Co-op Pride pg. 3
Finding Balance pg. 4 & 5
Sunflower in Winter pg. 5
Nothing Boring on This Cheese Board pg. 6
Vegetable Pot Pie Recipe pg. 7
Small Change, Big Difference pg. 8
Run, Run, Run, As Fast As You Can pg. 8
Co-op Winter Crossword pg. 9
Farro & Away pg. 10
New Posters pg. 10
Coming Events. 11
Community Outreach pg. 11
Tuscan Farro Soup Recipe pg. 11
Wild Rice Stuffing Recipe pg. 12
Best of #bluehillcoop pg. 12



Work started in September



The store's footprint is now visible

Continued from page 1

the next few weeks, we hope to see some framing and structural steel erected. There is still much to accomplish before winter fully sets in so that progress can continue.

On behalf of all of us here at Blue Hill Co-op, I want to again thank the over 250 Co-op member-owners that have either purchased preferred shares or given cash donations. As I write this letter, we are set to close the Phase Two investment offering to our out-of-state Co-op member-owners from whom we have received \$654,000 to-date, bringing

our total member-investment to \$1,358,100. In addition, we have received over \$100,000 in cash donations.

By the time this newsletter reaches circulation, we will be or will soon be in the midst of a final Phase Three crowdfunding campaign. We will be using the same Maine-based crowdfunding platform we used in Phase One called FundME, during which we raised \$704,100 from our Maine-resident Co-op member-owners. Many of you have already contacted me with your intent to contribute again, or for the

Co-op Quarterly

Business has been booming! Here are some of the numbers from our third quarter (July-September).

7,144 BAG DISCOUNTS (5¢)

6,177 CUPS OF COFFEE

4,426 MUFFINS

1,496 DOZEN EGGS

1,364 CHICKEN SALAD SANDWICHES

1,059 QUARTS OF MAINE BLUEBERRIES

first time. Phase Three will be open to all our Maine-resident Co-op members. Investments can start as low as 1 share at \$100. One must be accredited in order to invest over \$5,000.

Continued and timely progress is contingent on us reaching our member-investment goals. Reaching our goals will also enable us to close on a committed loan package worth \$3,965,000. As we face the challenges of rising construction and materials costs associated with inflation, we have begun a critical value-engineering review process with the architect, general contrac-

tor and board of directors in a necessary effort to ensure the project remains on budget. One of the important aspects of the project from the beginning has been to find a way to incorporate a solar array on the roof as well as electric charging ports in an effort to do our part in creating a more sustainable and healthy community. We continue to work toward making these aspects of the project affordable and within our budget. As we work through these challenges, your continued support is much-appreciated.

THE
MORGAN BAY
ZENDO


SURRY, MAINE



*Experience Buddhist
meditation whatever your
background or faith.*

Offering weekly meditation, retreats,
talks, and other events April-December.
Check online for more information.

532 Morgan Bay Road, Surry
www.MorganBayZendo.org

 [morganbayzendo](https://www.facebook.com/morganbayzendo)

Are you an Owner?
Do you like to write?

Article submissions by Owners can go towards
Working Owner Hours. Contact Beth Dickens for
more information.

ownership@bluehill.coop

Show Your Co-op Pride



Kipp Sienna Hopkins
Marketing Manager

If you love what we do here and would like to show your Co-op pride, we've got good news for you. Right now we've got lots of Co-op marked products for you to enjoy.

Our ever-popular tote bags, which were recently redesigned, are being joined by a new reusable shopping bag. The company who makes them, Bagito, uses 100% recycled plastic. They're waterproof and easy to carry around as they fold up into their own pocket. Add to this a clip that easily attaches to your purse or backpack, and you



need never forget your bag again. The bee-themed artwork on the bag was created by yours truly. Remember that at the Co-op you get a 5¢ discount if you bring your own reusable bag.

About a month ago we got new reusable cups in. From the company "Joco," they are made from borosilicate glass. This means that they are 100% BPA-free and entirely heat resistant. You can run it through the dishwasher or the microwave and not worry about it shattering. It's also lightweight and quite stylish. Don't worry about the lid and the sleeve because both are made of silicone that is BPA-free and heat resistant.

Personally, I've been using one since July, and I couldn't be happier. In that time I haven't had a single leak, and I'm a little on the clumsy side. Also, I've been impressed by the container's ability to keep drinks hot.

The Blue Hill Co-op Joco comes in three colors. Plus, there is a coupon inside the cup which

gives you the first cup of coffee, tea, or hot chocolate on us! Also, just like with the reusable bags, having your own cup gets you a small discount (10¢).

If you think that a Joco might be a good gift for someone in your life, we have more good news. They will be part of the Owner Bonus Buys for the month of December. This means that if you're an owner, you can get a little discount on them. Not an Owner yet? Maybe this is an excellent reason to become one.

So with totes, bags, and travel cups, we've covered the reusable-genre pretty well. But what about wearable items? Glad you asked. This December we're happy to introduce our new t-shirts. They show off, not only the Co-op but also some of the farms of Maine that help make the Co-op the beautiful place it is. The front of the shirt reads "Who's Your Farmer?" while the back lists all the farms where we get food from, including those farms that supply some of the other companies we carry, like Grandy Oats and Organic Valley. We did lots of work tracking down all the farms that produce our fantastic local food and are proud to show them off. The



shirts come in three colors, in unisex, and in women's cuts. They are made from 100% organic cotton and printed by Woodland Studios in Ellsworth, the same people who provide us with our awesome Co-op bandanas. If you'd like something a little warmer, we are in the process of designing a sweatshirt as well.

Last but not least, there's a new bumper sticker on the shelves as well. It may be our smallest item, but it's also our cutest! So, the next time you're in the Co-op, keep an eye out for our new Co-op Pride items.

Co-op Board Officers and Members

President: Mia Strong
Vice President: Jim Picariello
Secretary: Susan Snider
Treasurer: Tim Tunney
Diane Bianco
Jerome Lawther
Edie Dunham
Aaron Dority
Deborah Evans

Board Meetings are held on the third Tuesday of every month at 6:30. They are either at the Blue Hill Library in the Howard Room or at the Blue Hill Co-op in the cafe.

The Newsletter Team

Managing Editor: Beth Dickens newsletter@bluehill.coop
Images and Layout: Kipp Sienna Hopkins
Advertisements: Beth Dickens
Contributors/Writers: Co-op Staff

LETTERS TO THE EDITOR

We welcome input. Please send letters to: Letters to the Editor, Blue Hill Co-op, PO Box 1133, Blue Hill, ME 04642 or email them to newsletter@bluehill.coop. Letters may be edited for style, not for content, and should be brief. Please include your name, address, and phone number.

DISCLAIMER

The Blue Hill Co-op serves a diverse community. It is within the vision of this co-op to strive to embrace diversity and to meet as many needs as possible. Opinions and viewpoints shared 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.

Finding Balance



David Walker
Wellness Manager

Return to your Center, we are advised, but where exactly is that? We are constantly balancing many forces, sometimes consciously but mostly unconsciously. To be able to find balance we need to be in relation to natural forces, the natural world, and each other. We evolved inseparably connected to our biosphere, entirely dependent on it, as we still are. We may be able to fly to the Moon, but our sustenance still comes from the Earth (and Sun)-- even if we do enjoy having as much protection from it as possible, at times.

In the realm of plant-based natural healing, the central question is: how can we nudge our bodies back to balance using herbs and remedies from Nature? After all, we evolved with Nature. Movement is essential: for example, how can we keep the stuff we put in the body moving through it at a healthy clip, but not too fast, either. So much balancing! Avoid stagnation on all levels. Yet don't get overexcited! Can you balance your in-breath with your out-breath? Stay informed, but remember to take

We may be able to fly to the Moon, but our sustenance still comes from the Earth and Sun.

news breaks! Constant balancing. The young and restless often want the extremes. The wise (and often older) seek and savor balance.

Healthy motility is most easily addressed by 16 oz warm water with a pinch of Himalayan sea salt first thing in the morning. This also hydrates the subcutaneous layer in the stomach, which is so important to the stomach's role in digestion and provides 80-odd trace minerals. A teaspoon of Calm magnesium powder works well too, and then you have an essential mineral coursing through the system as well, helping to reduce muscle cramping and also soothing the nervous system. Chia seed, a super-food loaded with nutrients and Omega-3 oils, is a mucilaginous seed that is wonderful for motility. Simply let two tablespoons soak in a warm liquid of your choice for 5 minutes. For episodic constipation that is not addressed by the above, Renew Life's CleanseMore, Himalaya's Ayurvedic Comfort Cleanse, or good old Swiss Kriss, which has been around for decades.

Adaptogens are supreme in the plant world. Used for centuries, even millennia, they are a class of super-herbs that work with your body's intelligence, regulating the body's hormones, enzyme produc-

tion, and other internal processes, depending upon your body's particular chemistry, stress levels, and other factors. The adaptogen called Eleuthero (once known as Siberian Ginseng), for example, has been in high demand by many persons who come into the Co-op, who are recovering from long-term Lyme disease, as it supports their body's struggle to cope with the tremendous fatigue that characterizes Lyme Disease. Rather than overtaxing Adrenal glands with stimulants such as caffeine, nicotine, sugar, or other drugs, Eleuthero works with your body to bring adrenal function into better balance.

World famous Herbalist and Ethnobotanist

David Winston writes in his book, Herbal Therapeutics, that Eleuthero, "reduces fatigue, the effects of chronic stress (elevated cortisol levels), and depression," and that it, "is a well-researched herb that has been found to enhance endocrine activity, promote strength and energy, and improve work or athletic performance." Winston goes

on to state that "recent studies suggest that adaptogens also work on a cellular level preventing stress-induced mitochondrial dysfunction."

As a Co-op member, the price of Eleuthero can be brought down to about \$6 per ounce, when buying it in a 16 or 32-ounce container. This "PreOrder" is one of the bonuses of being a member, as the markup from wholesale is greatly reduced from normal retail levels.

Winston calls Red Ginseng root, otherwise called Panax or Asian ginseng, "the best known and well researched adaptogenic herb in the world." It is used to enhance immune function and normalize an overactive stress response, lowering excessive cortisol levels like its more mild relation, Eleuthero. Clinically shown to be helpful with erectile function and libido in both men and women, Red Ginseng is "most appropriate for older, deficient people suffering from exhaustion, depression, adrenal insufficiency, and chronic fatigue immune deficiency syndrome (CFIDS)."

I mention these two adaptogens as two examples of amazing plants that can help us survive and even thrive. We don't need to be overwhelmed by the choices. We can experiment safely with single herbs with simple guidance from books such as Winston's Herbal Therapeutics, that give contraindications and suggested dosages.

Continued on page 5

Advertise in The Harvest Herald

- 1/8 page (3" h x 47/8" w).....\$35/issue•\$120/year(4 Quarterly Newsletters)
- 1/4 page portrait (7" h x 47/8" w).....\$60/issue•\$200/year
- 1/2 page (7" h x 10" w).....\$120/issue•\$400/year

Terms & Regulations: All ads are accepted subject to approval by the Newsletter Team. The Newsletter Team reserves the right to refuse any ad at any time. The Harvest Herald assumes liability for errors in ads only to the extent that it will publish, at no charge, a corrected version of the ad in the next issue. All ads must be prepaid. Make check payable to the Blue Hill Co-op. Send payment & info to Beth Dickens PO Box 1133, Blue Hill, ME 04614. Send digital ads to Kipp at marketing@bluehill.coop.

Continued from page 4

To battle the viruses and bacteria to which we are more susceptible in late Fall and Winter, the Co-op offers Elderberry syrup and Elderberry-rich potions such as our very local Meristem Elderberry Syrup, or Anthro-Immune from Maine Medicinals in Augusta. Also popular is Now's 10 to 1 Elderberry concentrate, and Honey Gardens version that combines raw honey, propolis, and echinacea. For this writer, the first sign of a chill spurs me to take a dropper-full of Goldenseal, a dropper-full of colloidal silver, a few sprays of Host Defenses' Myco Defense spray under the tongue, and maybe even some Yin Ciao, one of China's age-old flu and cold remedies. And maybe some ginger tea,

too. A bite of a hot chili pepper can also help, sending heat-inducing capsaicin coursing through the body and stimulating immune function. Wellness Formula is the number one selling Immune Boosting Formula in the natural supplement industry. Produced by Souce Naturals, it is a remarkable formulation of vitamins, minerals, and herbs, including adaptogenic herbs such as eleuthero, Andrographis, and time-tested herbs such as garlic, elderberry, mullein, goldenseal, astragalus, ginger, pau d'arco, and grape seed extract, among others. Wellness Formula is on sale through December at 25% off in two sizes. Good health and well-being to all.



Halloween Was a Blast this Year!
We Hope You Had Fun Too!

Alterations

Alterations, repairs.
I make almost any clothing.
Anne Walker 374-5749

Sunflower in Winter



Jennifer W. Coolidge
Produce

My favorite local Co-op Produce item for winter is the sunflower sprouts from Milkweed farm. I love them because they taste delicious, are versatile for eating any time of day and have a wealth of health supporting benefits. I think sunflower sprouts are the tastiest of the sprouts options. The flavor is very green and blends a slight nuttiness, with a hint of lemon. They are more substantial in body, compared with other sprouts and I enjoy the toothsome bite over something wispy like alfalfa. Eating sunflower sprouts, a vital and living food, is good because it makes many nutrients more available for digestion and assimilation. For breakfast, they are excellent as a bed for fried eggs

and fermented vegetables to sit upon. For lunch, they are wonderful in addition to a salad or in replacement of lettuce. They are a great go-to after-school or pre-sports snack, as they are portable and easy to eat without utensils. Throw them in your green smoothie any time of day to reap their fantastic health benefits. For dinner, they add a lovely companionship as a side dish either naked or dressed in a light vinaigrette. Sunflower sprouts boast a surprising 25% protein. Protein is well known for its ability to repair muscle tissue and aid in enzymatic functions in the body. Protein is also essential in bone development

and the prevention of osteoporosis, as it acts as the fundamental framework for the development of the bone matrix and continues to support bone strength throughout life. They are also rich in hormone-balancing zinc. Both sunflower seeds and their sprouts contain high amounts of vitamin E, which works synergistically with vitamin C and selenium to reduce blood pressure, increase the elasticity of arteries and prevent heart disease. Sunflower sprouts are rich in B vitamins and essential amino acids — precisely the nutrients your adrenal glands need to work at their optimum and supports calm. Cleansing your tissues is more important for stress reduction than many people realize. If your cells are struggling to function because they are full of toxins, then you may be less resilient to stress, be it psychological, physical,

or environmental. The sunflower sprout is a natural expectorant for chest congestion. Natural expectorants may also be used as a preventative measure against lower respiratory infections to deter the invasion of pathogens, which is awesome to have in this chilly winter season. An added bonus, this wonderful produce is in our own local community, grown by Milkweed Farm located in Sedgwick and run by Lindsay and Teo Canino. It doesn't utilize much petroleum to drive it here, so it's a better choice for the Earth. The short distance between harvest and availability for sale at the Co-op ensures that the nutrients are at their best, which is good for our bodies. The sweet nature of this dear family seems to show up in their produce. I just feel good after eating their sunflower sprouts. I hope one of my favorite foods, might just become one of yours as well.

Nothing Boring On This Cheese Board



Robin Byrne
Cheese Buyer

Cheese and the celebration of the winter months go so well together. Just thinking about gathering around the perfect cheese platter with family, friends and loved ones makes me feel all warm inside!

Right there, I said it “perfect cheese platter.” Is there such a thing? Who’s to say? It really should be an example of self-expression and love. Of course, it’s all up to you, but here are a few suggestions to help in putting together your favorites all in one presentation.

Think about texture, type of milk and let’s not forget; taste!

Consider aged cheese such as cheddar, the Co-op stocks plenty by way of sharp, mild, smoked and raw milk from producers like Cabot, Pine-land, Neighborly Farms, and Sonnentel Dairy. Or gouda, we have both raw milk and smoked. Firm cheeses like manchego with its sweet, nutty flavor and Parmesan Reggiano with its bite and saltiness add great ad-

di-
tions.

Include the soft, creamy ones like Brillat Savarin or Brie both imported from France and Chevre (my favorite is from Blue Ledge Farm in Ver-mont)! And let’s not leave out the stronger Buttermilk Blue by Roth from the other cheese

state – Wisconsin or even the Hunstman Double Gloust-er and Stilton from England. Try to balance the patter with cheeses made from Cow’s, sheep’s and goat’s milk. You can even add delicious ca-shew-cheeses. We have a few varieties by Tree Line. For the tender pallets, include some mild cheeses such as Muenster, Swiss and Monterey Jack.

Here are a few essential tips: Keep the stronger smell-ing cheeses to a plate of their own so as not to over power the milder ones, include a sep-arate knife for each cheese for the same reason, and temper your cheese out of the fridge for at least 20 minutes before serving. The flavors will devel-op better in a warmer environ-ment. When shopping think 3-4 ounces of cheese per per-son, more if it’s a cheese-cen-tered gathering with no true main course.

Now, what to serve with all of this beautiful cheese? The sky is the limit, but here are a number of products you can pick up right here at the Co-op that will work their

charms: Tinder Hearth French Batard, Simple Mills Almond Flour gluten and grain free nut and seed crackers, Leksands traditional Swedish Crisp Bread, Devonsheer Melba Rounds, or Ines Rosales slight-ly sweet Mediterranean Crisps.

From the bulk department add some dried apricots, prunes, dates, figs or cranberries, a va-riety of nuts either salted roast-ed or raw. Take a look through Produce for fresh apples, pears, grapes, and berries. Back in

rich red wine such as the or-ganic Lamura Natura Rossa from Italy or Protocol from Spain. As for beer, you can go light with a snappy Pilsner, or mellow and dark like some of the local beers we stock. Try



the Cheese case, you’ll find a variety of cured meats, olives, pickles, and pickled peppers. Think about serving the Blue Cheese with a drizzle of hon-ey, smoked cheese or Chevre with a dollop of chutney or fruit preserves. And please re-mem-ber the beverages! All through the store, we have sparkling wa-ters, juices (plain and sparkling) and an excellent selection of wines and beers. Try to include a crisp white wine like Tieffenbrun-er Pinot Grigio and a mellow,

out Strong Brewery Soulpach Porter and Localmotion from Sedgewick Maine. Both are malty and rich with the latter being the lighter. And we often stock Belfast Maine Marshall

Warf Ace Hole which is an American Pale Ale with body. Keep your guests taste in mind and have a good ol’ time!

Be creative, be brave, try something new when making your platters. Stay warm and dry, eat more cheese, be merry and drink re-sponsibly!

It really should be an example of self-expression and love.

Pictured: Red Dragon Cheese

Blossom Studio & Gallery

GLASS BY SIHAYA HOPKINS
ARTWORK BY KIPP S. HOPKINS

54 Main Street, Blue Hill
Gallery Open Year Round
or Shop online @
[Etsy.com/Shop/BlossomStudio](https://www.etsy.com/shop/BlossomStudio)

Vegetable Pot Pie



Savannah Jackson
Cafe Manager

With the holidays around the corner and temperatures dropping, here is a recipe sure to be a hit at your table and warm all who eat it.



Crust

- 2 cups all-purpose flour
- 2/3 cup vegetable shortening
- 1 tsp salt
- 1/2 cup ice cold water

Filling

- 2 tbsp olive oil
- 1 medium onion
- 2 carrots
- 1 large russet potato
- 1 tbsp garlic
- 2 stalks celery
- 1 10oz bag frozen peas
- 3/4 cup wild mushrooms
- 1/4 cup + 2 tbsp AP flour
- 4 cups vegetarian no-chicken broth
- 1/2 cup dairy-free milk
- 1 tbsp thyme
- salt and pepper to taste

Sauté garlic and onion in a hot pan with 2 tbsp olive oil. Once translucent, add diced carrots, celery, and potatoes. Cook until potatoes are just soft, about 7 minutes. Add wild mushrooms and peas and continue to sauté. Sift in the AP flour and coat all the

Inner Sense Connection

Energy Balancing
Sound Therapy
Breath Work
Guided Imagery

NEW ENERGY

Rhonda Haskell, MA
247 Kingdom Road
Blue Hill, ME 04614
207/460-1354

Introductory 30-minute session free!

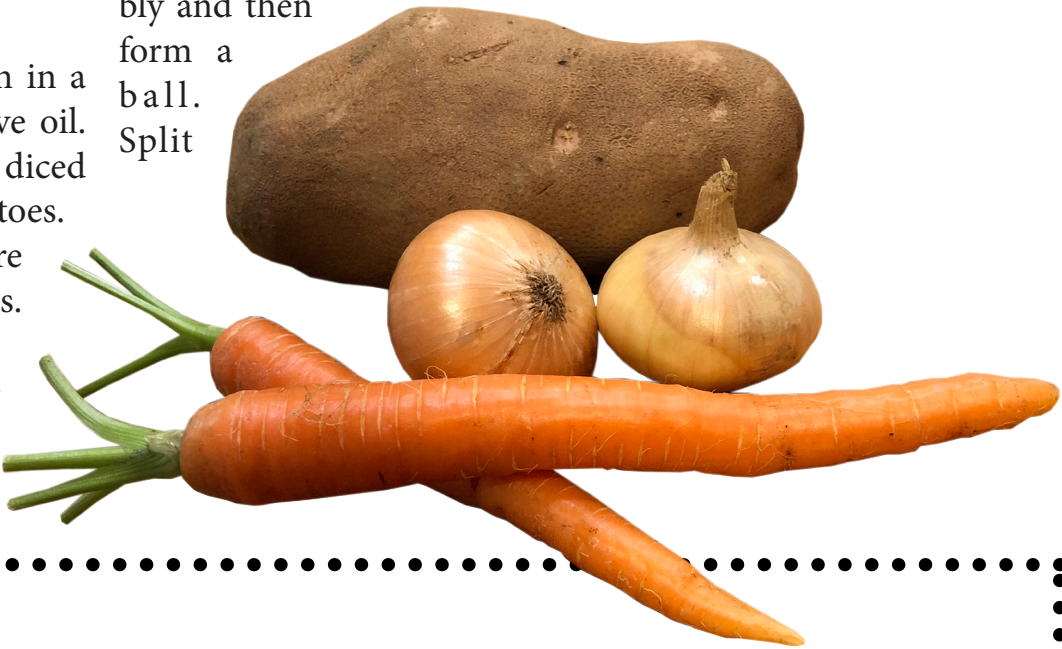
Using the body's innate wisdom.... InnerSenseConnection.com

vegetables, cooking the flour. Then, slowly add in no-chicken broth, stirring often to ensure there are no lumps and the sauce stays thick. Add soy milk and thyme, then salt and pepper to taste.

Using a mixer with a dough hook attachment, mix together all ingredients except the ice water. With the mixer on, slowly pour in the water. The dough will become crumbly and then form a ball. Split

dough into two pieces and roll out to 1/4 inch thickness. Lay one slab of dough in a 10-inch pie pan, pinching the edges to form a crust. Fill the pie pan with pot pie filling, then lay the second slab of dough on top, pinching the edges together to seal. Make four small slits in the top center of the dough.

Bake pot pie at 375 degrees for 40-50 minutes, until crust is golden brown. Enjoy!



Art in the Cafe

SEPTEMBER

Christina Leaf



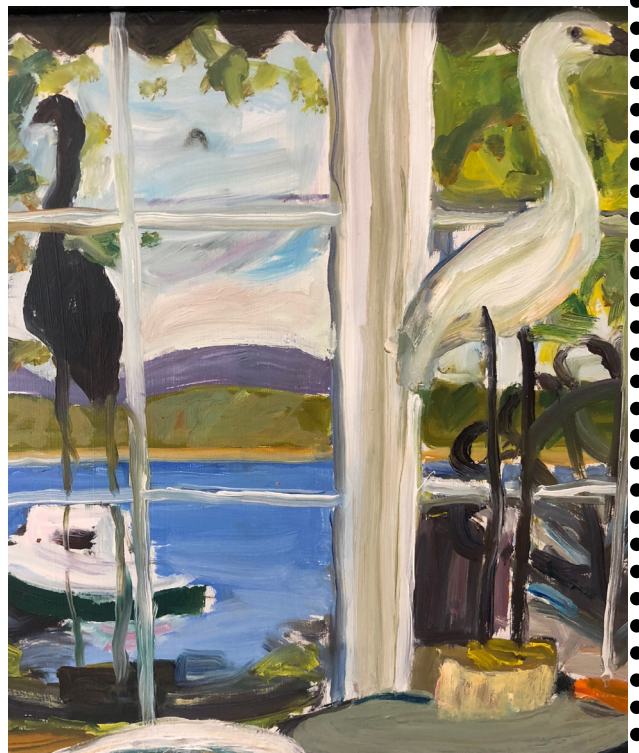
OCTOBER

Elizabeth Jezorski



NOVEMBER

Anina P. Fuller



If you're interested in having your artwork exhibited at the Blue Hill Co-op please contact Mary Barnes, our exhibition coordinator, at (207)-610-2344 or marybbarnes@gmail.com.

Small Change, Big Difference



Beth Dickens
Ownership Coordinator

The Blue Hill Co-op would like to thank everyone who has supported our Round Up! @ the Register program. So far in 2018, you've helped raise and donate more than \$1,850 for local non-profit organizations, and the year's not done.

During the month of December, all Round Up! donations made at the register will be sent to the Stonington Public Library. Originally established in 1955 as an all-volunteer operation, the library still relies on donations to fund 80% of their annual budget. Consider rounding up your next Co-op purchase to help, because small change can make a big difference when we



SMALL CHANGE • BIG DIFFERENCE

work together. Later this month we will be publishing a list of the 2019 Round Up! recipients. There is still time to give your input and nominate an organization. Do you know of an organization that operates in Hancock County that has a positive impact on our community, your neighbors, the elderly, youth? Send your suggestions to us at ownership@bluehill.coop now!

BLUE HILL CO-OP OWNERSHIP AT A GLANCE

Active Owners*:

1880 +/-

Fully Vested Members:

805

People who joined the Co-op
family thus far in 2018:

260

*To be an active Owner you must have purchased something within the past 12 months and be up to date on your equity payments.



"Run, run, run, as fast as you can"

The History of Gingerbread Men By Kipp Sienna Hopkins

Gingerbread came about in the 16th century when ginger was becoming a delightful addition to the European pantry (albeit an expensive one). The first gingerbread men appeared in the court of Elizabeth I of England, who would give her important visitors miniature gingerbread versions of themselves.

In Germany, gingerbread became interwoven with Christmas, and the little cookie men and women were often hung up in windows or on Christmas trees for decoration. Tinsmiths made the first

cookie cutters, and every fashionable woman wished to have her own unique gingerbread man cutter. As for the elaborate houses, decorated with sugar icing and candies, they may have actually originated with the Grimm Brother's Hansel and Gretel. Scholars are still undecided as to whether the brothers made up something entirely new and fantastical for their fairytale, or borrowed it from something that existed already, albeit in a smaller form. Either way, the fairytale made gingerbread houses extremely popular.

Traditional Acupuncture



Vicki Pollard

Blue Hill

vicki@traditional-acupuncture.com
Practicing for almost 40 years
207/374-9963



OWLFURNITURE.COM



Love Your Back!

- Ergonomic solutions for sitting and standing
- Visit our Stonington studio and sign up for an Owl Stool work shop!
- Custom designed furniture available

43 North Main Street, Stonington, ME
(207) 367 6555 • www.owlfurniture.com

BLUE HILL CO-OP's

BITS & BITES

A Bi-Weekly eBlast

Can't Wait For the Next Issue of The Harvest Herald?

Sign up to receive *Bits & Bites*, our bi-weekly e-blast (once every two weeks.)

It's a great way to keep up with things like new products, staff pics, sale items, and other store information. But, it's also a great read, with brief articles, recipes galore, a bi-weekly poll, and fun facts.

Sign up on our website www.bluehill.coop!



Upcoming Full Moon Sale Dates

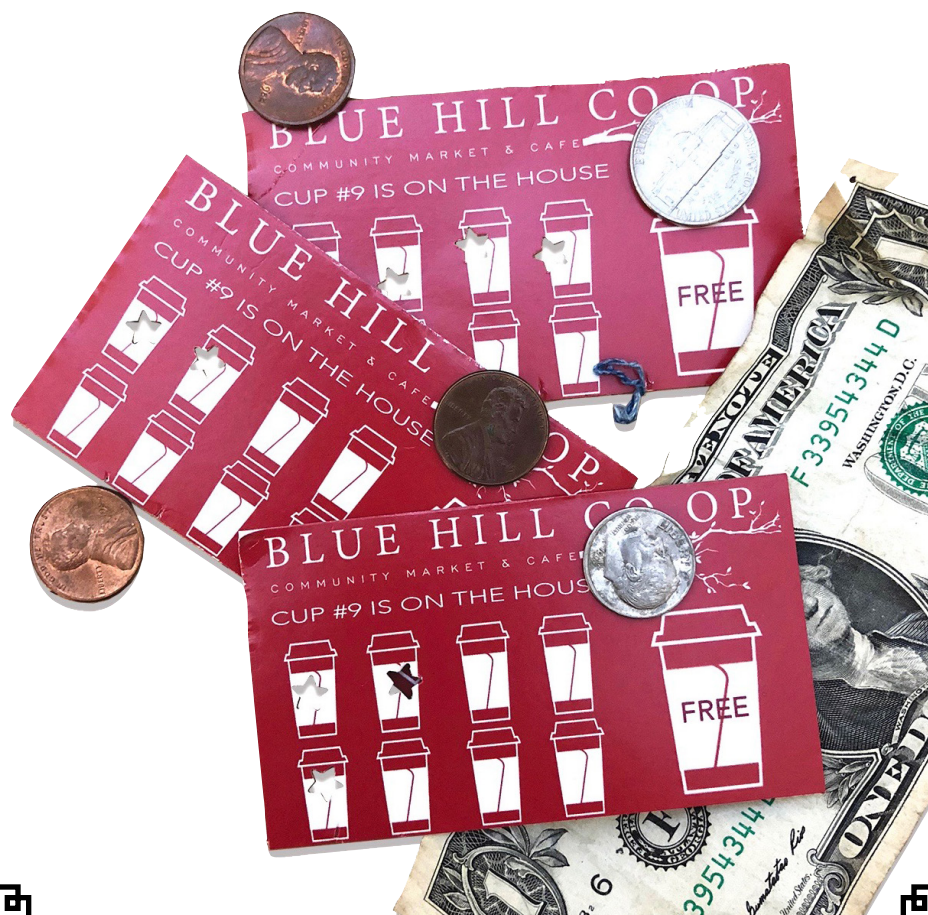
December 22nd
January 21st
February 19th

NOW YOU DON'T HAVE TO KEEP TRACK OF YOUR COFFEE CARD!

Co-op owners can now sign up to have their coffee, tea, and cocoa automatically tracked.

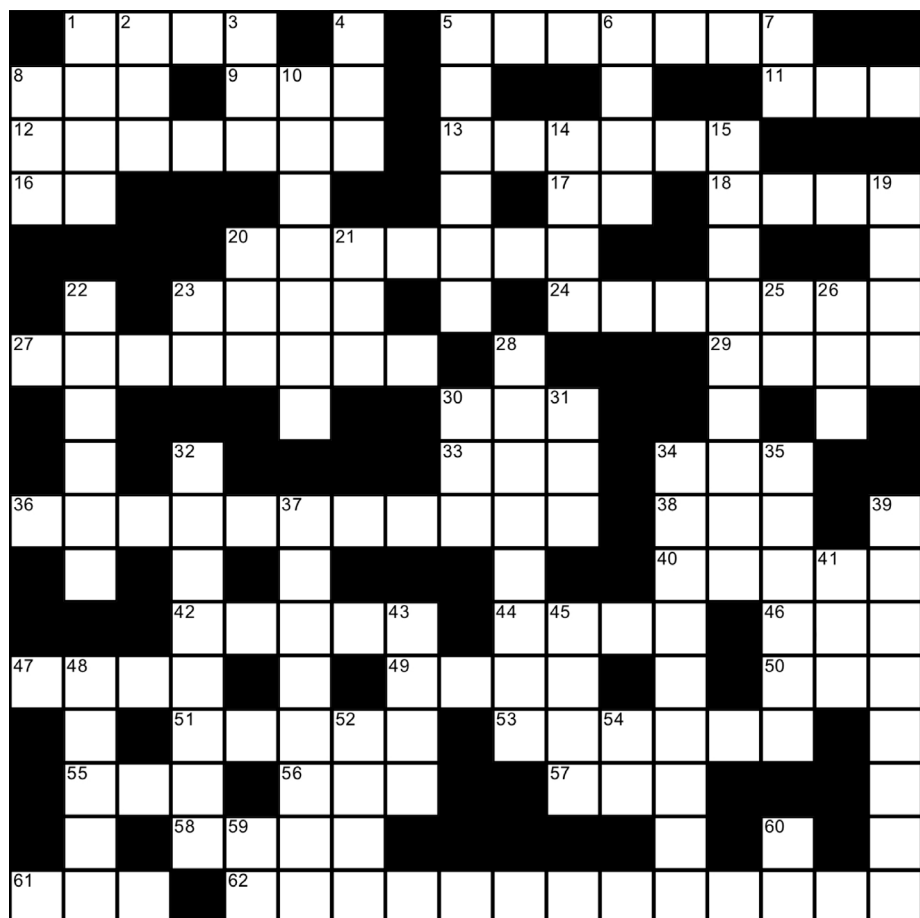
The 9th cup is FREE!

Not an Owner? You can still use the paper cards. But, did you know that if you earned just 1 free cup of coffee a month, it would add up to the cost of your yearly Ownership equity Payment?



Blue Hill Co-op Winter Crossword

by Kipp Sienna Hopkins



This puzzle has a lot of Co-op themed answers but also some other stuff. When a clue has "we, us, or our" it is referring to the Co-op. To see the completed puzzle, go to www.bluehill.coop/answers

Across

- 1 You might top it with a star
- 5 A door for Santa
- 8 Not amateur
- 9 Stubby extremity that gets cold
- 11 Extract of Olives
- 12 A blue squash
- 13 Southwest cuisine
- 16 For example
- 17 Informal mother
- 18 Trip around the sun
- 20 Citrus fruit from Japan
- 23 "Dracula" heroine
- 24 Dicken's miser
- 27 Noel season
- 29 Sound a bell makes
- 30 Like crunchy veggies
- 33 Japanese Ogre
- 34 In what way
- 36 Our year of founding
- 38 Put ____ show
- 40 On no account
- 42 A bird we'll see again in spring
- 44 Skyward toy
- 46 Evita's Perón
- 47 You might get a good one this holiday season
- 49 Arches National Park site
- 50 Tribal homeland (Abbr.)
- 51 "You ____ to know better"
- 53 Comic tiger
- 55 British potty
- 56 Any noble element
- 57 Author of eerie stories
- 58 "Take ____ I am..."
- 61 One who does: suffix
- 62 Like raw milk

Down

- 1 Real, correct
- 2 He may burgle you
- 3 When one is expected, for short
- 4 Santa's favorite color
- 5 Its season is winter
- 6 New York institution
- 7 Half a toy
- 8 First Greek letter in "Phobos"
- 10 Developing naturally
- 14 Carol time, briefly
- 15 Instrument with wooden bars
- 19 Old movie unit
- 20 Dog owner's order
- 21 Teensy, tiny amount
- 22 Spread this on bread
- 23 A name a call myself
- 25 Archaic language (abbr.)
- 26 Opening, break
- 28 Festival of Lights
- 30 Son of Kanga
- 31 We, in Berlin
- 32 An old variety of vegetables
- 34 Pooh's favorite squash
- 35 Vacillates
- 37 Snow-vehicle
- 39 Pasture-raised
- 41 Night before the holiday
- 43 You might roast them
- 45 Internation restaurant
- 48 Santa might consult one
- 52 Treasure chest feature
- 54 ____ tree, holy tree of the Buddhists
- 59 Group of countries (abbr.)
- 60 It isn't Kansas



Farro & Away



Carrie Gray
Bulk Buyer

We've got a couple great new additions to the Bulk Department right now. Starting with a fan favorite, Organic Poultry Seasoning! It's here just in time for the holidays! This is a fantastic blend of Organic sage, thyme, onion, black Pepper, marjoram, celery Seed, and cayenne. It can be used for flavoring poultry, sausage, gravies, and stuffing.

Next up is Farro, a type of ancient wheat grain. It is a hearty,

nutty-tasting, high fiber, high protein grain that can be used in soups, salads or tossed with veggies.

It originates from the Mediterranean coast. In fact, it fed the majority of Roman citizens from around 44BCE to 476 CE. Eventually, other, more modern grains became easier to cultivate. Farro lost its popularity for hundreds of years until the French rediscovered it. We're lucky that they did because now we get to enjoy it!

Farro Tuscan Soup recipe on page 12

New Posters



Kipp Sienna Hopkins
Marketing Manager

If you've been in the Co-op recently, you might have noticed some new posters hanging around. To both inform and inspire, the Marketing Department has been working hard on some new projects. One of our favorites is the "Featured Cuisines" which change about every month. Here we take maps of different countries or regions and highlight the items in the store (especially in Bulk) that you can get to cook

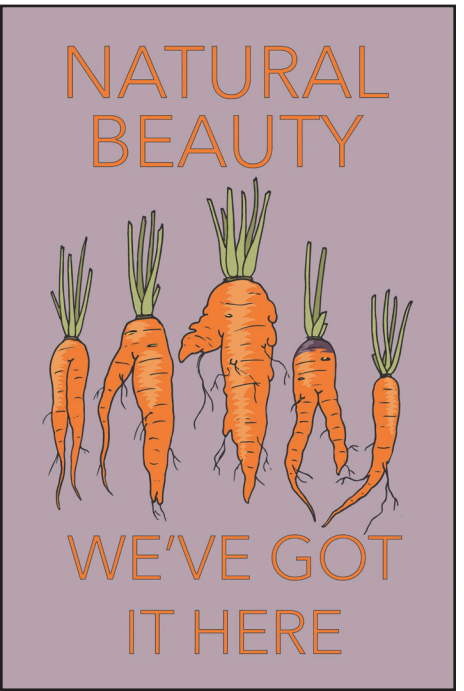
the cuisine at home.

We also put at least one recipe for the food up on our website. We hope that these posters will inspire people to try out some new and exciting foods. So far we've had Sri Lanka, Texas (for Tex-Mex), Japan, and New England.

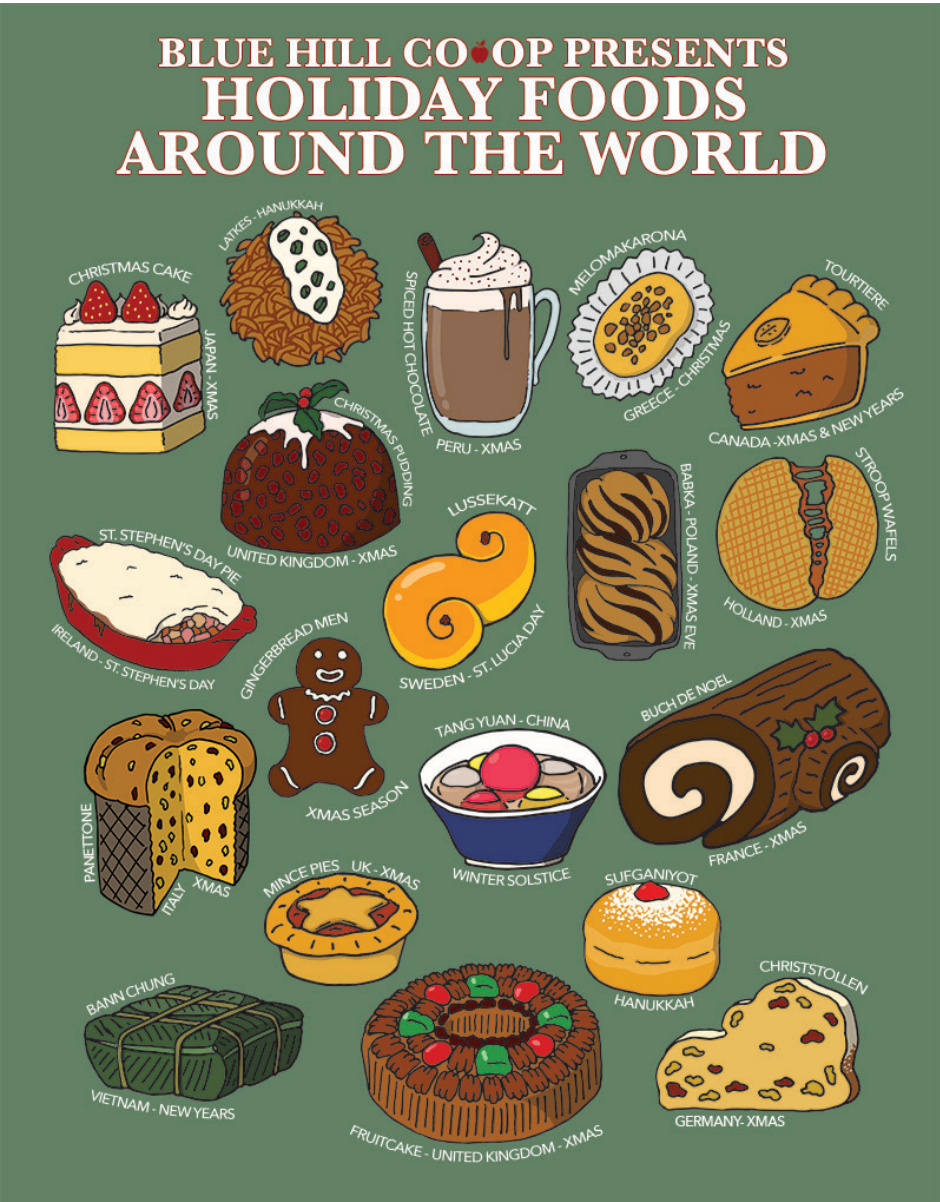
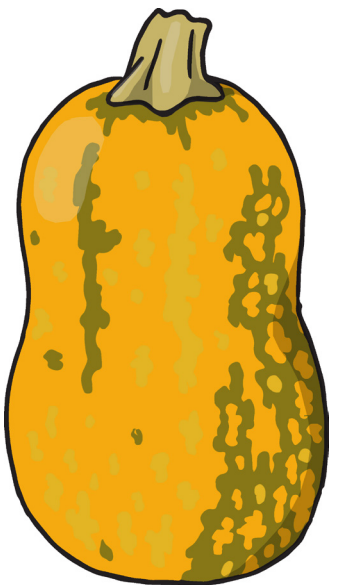
In the Cheese department, we have a monthly featured cheese. The posters give info about the cheeses, such as unique production methods, flavors, and pairings. So far we've had Manchego, Blue Cheese, Gouda, and Brillat-Savarin.

In the Produce Department, we have new posters showing off some of the farms on our peninsula. Working with the farmers, we spent the summer and autumn visiting and taking photographs. The posters are small, as that's all the room we have at the moment, but there is more info on our website at bluehill.coop/peninsula-farms. On the subject of farms, there is also a new map showing off the many farms and businesses on the peninsula that supply us.

Last month, leading up to Thanksgiving, there was a poster hanging on the side of our beverage cooler. It had information about the holiday,



like the origin of the word *turkey* and "exotic" Thanksgiving dishes from around the country. For December, we have a poster that showcases winter holiday foods from around the world! We also have a poster with the different types of winter squashes.



Coming Events This Quarter

Check up on Co-op Sponsored Events on the Facebook Page and on the New Website.



Join the Blue Hill Co-op on the 2nd Friday each month for a 6 month movie series (Oct-March) featuring movies and documentaries chosen to inform and educate.



Co-op Movie Series- *Won't You Be My Neighbor?*

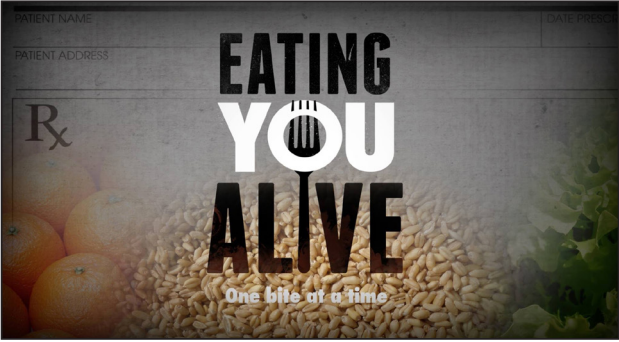
Friday, December 14th, 2018

Blue Hill Public Library

7:00 PM 8:45 PM

Won't You Be My Neighbor? (2018) takes an intimate look at America's favorite neighbor: Mister Fred Rogers. A portrait of a man whom we all think we know, this emotional and moving film takes us beyond the zip-up cardigans and the land of make-believe, and into the heart of a creative genius who inspired generations of children with compassion and limitless imagination.

Rated PG13. Runtime: 1hr 34mins



Co-op Movie Series- *Eating You Alive*

Friday, January 11th, 2019

7:00 PM 8:45 PM

Blue Hill Public Library

Eating You Alive (2018) takes a scientific look at the reasons we're so sick, who's responsible for feeding us the wrong information and how we can use whole-food, plant-based nutrition to take control of our health—one bite at a time.

Runtime: 1 hr, 48mins.



Co-op Movie Series- *RBG*

Friday, February 8th, 2019

7:00 PM 8:45 PM

Blue Hill Public Library

RBG (2018)- An intimate portrait of an unlikely rock star: Justice Ruth Bader Ginsburg. With unprecedented access, the filmmakers explore how her early legal battles changed the world for women. Rated PG. Runtime: 1 hr, 37 mins.

BLUE HILL COOP

We'll Be There

Blue Hill Peninsula Chamber of Commerce and Blue Hill Heritage Trust: Annual Tree Lighting

Thursday, December 6th

4:30 PM

Blue Hill Town Hall

Festivities will kick off at 4:30pm with an array of family fun activities around town and upstairs in the Town Hall. Santa arrives at 6pm! Stay tuned on this event page or the Chamber's website for an updated schedule of events as we get closer. The Blue Hill Co-op will be there serving soup!

Community Outreach



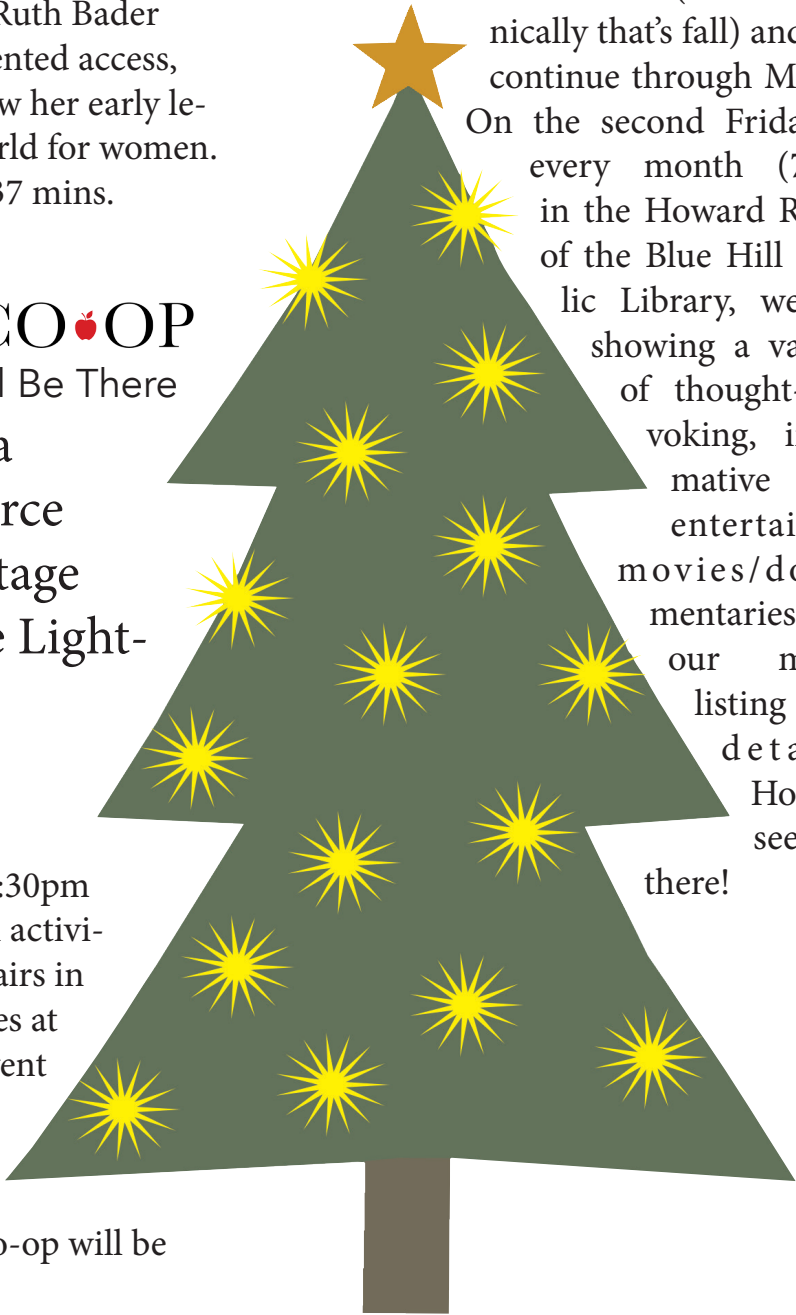
Beth Dickens
Events Coordinator

We are moving steadily into winter. It's getting darker earlier. The cold and wind-chill are making us rethink our plans to venture outside. There is a time for sitting in front of woodstove with the dog curled up next to you, but should you start to get stir-crazy, you have options.

There are a variety of holiday celebrations throughout the peninsula during the month of December. The Blue Hill Co-op will once again join other local businesses/organizations at the Blue Hill town tree lighting on December 6th from 4:40-6:30pm. As is tradition, we will be serving up a warm locally grown vegetable soup. Despite the chill, people young and old will gather for music, holiday crafts, the lighting of the town tree and last, but definitely not least, a visit from SANTA!

The Blue Hill Co-op has created a Winter Movie Series that we're hoping will encourage you to come out and socialize. It started back in October (I know technically that's fall) and will continue through March.

On the second Friday of every month (7pm) in the Howard Room of the Blue Hill Public Library, we are showing a variety of thought-provoking, informative and entertaining movies/documentaries. See our movie listing for details. Hope to see you there!



Tuscan Farro Soup

By: cooking.nytimes.com

Simple yet amazing. This healthy soup, a kind of minestrone with farro.

Yield 4 servings - Time 1 1/2 hours



Ingredients

- 2 tablespoons extra virgin olive oil
- 1 large onion, sliced
- 2 celery stalks, trimmed and chopped
- 2 carrots, peeled and chopped
- Salt and pepper
- 1 tablespoon minced garlic
- 1 cup farro, spelt or barley
- 1 cup dried white beans, soaked for several hours or overnight
- 2 cups chopped tomatoes (canned are fine; do not drain)
- 6 cups stock or water, more as necessary
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh basil, optional
- Freshly grated Parmesan

Preparation

- 1.Put oil in a large, deep saucepan over medium heat; a minute later add onion, celery, carrots, a large pinch of salt and some pepper. Cook until vegetables are glossy and onion is softened, 5 to 10 minutes. Add garlic, and stir; add farro, beans, tomatoes and stock, and stir.
- 2.Bring to a boil, then adjust heat so mixture simmers steadily. Cook until farro and beans are tender, at least an hour, adding stock or water as necessary if mixture becomes too thick. Stir in parsley and basil (if using), then cook another 5 minutes. Taste and adjust seasoning, then serve with lots of Parmesan.



Best of #bluehillcoop

If you want your photos featured in the Harvest Herald, share them on Instagram using #bluehillcoop or tag us using our handle @bluehillcoop. You can also tag us on Facebook. Here are our favorites from this quarter!



@cyclecoffeetea



@hldinmaine1



@alaneinmaine