

The Harvest Herald

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Presented by BLUE HILL CO-OP

Autumn 2019

Is It Autumn Already? Summer Reflections



Kevin Gadsby
*General Manager
& Relocation Manager
Co-op Owner since 2016*

I looked out my window the other day and was comforted by the glowing morning sun reflecting the colors of the boats still in the harbor water. Autumn doesn't officially begin until September 23, so technically it's still Summer even though the chilly nights and earlier setting

sun don't feel like it. I think we say it every year: "summer went by too fast" with that daunting feeling of the imminent arrival

of Maine winter's bone-chilling cold snap. Just knowing that it's still summer, with warm, sunny days still possible, eases the pain of another summer gone by.

I welcome autumn with its colorful array and woodsy bouquet. It's a time to pull out sweaters and blankets; a time to cozy up, and a time to stack the wood. It's back-to-school

time for many and for others it's time to head back home, and for those of us

who live on the peninsula year-round, it's time to prepare, at least mentally, to hunker down. The seasons bring change to our daily lives in myriad ways. The way we dress, the air we breathe, the amount of vitamin D we absorb, the availability of fresh, local foods are just a few of the things that bring

change. And for the most part, we plan for change and adjust accordingly. Some things change suddenly, without warning,

beyond our control, like the recent Hurricane that hauntingly changed lives in parts of the Bahamas. It's hard to know how one could ever properly be prepared for such an event. Perhaps you've heard the words of Greek philosopher Heraclitus before: "change is the only constant in life." By knowing this, we might be better prepared to handle the changes

It's a time to pull out sweaters and blankets; a time to cozy up, and a time to stack the wood.



Photo by Kipp Sienna Hopkins

and seasons of our lives. "The times they are a-changing" is clearly understood by the passing of each generation.

Blue Hill has recently gone through some changes. New restaurants, the construction of a new YMCA, discussions, and plans for enhanced pedestrian trails, sidewalks, and bike lanes and most notably a brand-new Blue Hill Co-op on South Street, a change that has

Continued on page 2

In this Issue:

Is It Autumn Already? pg. 1 & 2
By The Numbers pg. 2
Ownership at a Glance pg. 2
Big Transitions, Small Adjustments pg. 3 & 4
Chocolate Spotlight: Schmilch Chocolate pg. 4
Developing a Cafe Menu pg. 4
Welcome to My New HAPPY PLACE pg. 5
Are You An Owner Somewhere Else? pg. 5
Nut Butter Grinders Come to the Co-op pg. 6
Keto-Friendly Brownies Recipe pg. 6
Fall Kitchen Inspirations pg. 7
Art in the Café pg. 7
Let's Make This Co-op a Home pg. 8
Coming Events pg. 8
And the New Grocery Buyer Is... pg. 9
Crossword pg. 9
From the Chrysalis pg. 10
Peter, Peter Pumpkin Spice Eater pg. 10
Curried Lentil Soup Recipe pg. 10
Candidate Bios pg. 11
Co-op Splash Page pg. 12
Best of #bluehillcoop pg. 12

been in the works for nearly fifteen years. It is a change welcomed by most, prepared for by many, and difficult to get used to for a few. With years of planning and preparedness now behind us, the new home of the Blue Hill Co-op remains a work in progress. Since opening the doors at our Soft Opening on July 27, working through the many challenges of a major transition, with technical glitches, staffing changes and the many hurdles that come with the territory of a growing business, I've told many people recently that our motto is: "Getting better all the time." Our goal is to improve daily.

success thus far. Our business plan projected the first month's sales at \$507,431 with a COGS (cost of goods sold) projection of \$309,533. We realized total sales of \$538,569 during the period July 27 through August 26 with COGS at \$303,050. Total sales for the month of August were \$543,997. We've experienced some staffing shortages and hiccups along the way, some bumps in the development of our café program, as well as the loss of long-time Grocery Manager, Michael Luciano, who decided it was time to move on to the next chapter of life. We wish him well in his future endeavors.

With minor punch-list items



Photo by Kipp Sienna Hopkins

We've received so much positive feedback, favorable press coverage, welcomed many new faces, along with an occasional grievance or constructive complaint. It has been an incredible process, especially these past two and a half years. Moving from the old Co-op at the height of a busy summer was a tremendous accomplishment and would not have been possible without a devoted staff, Owner volunteers, as well as amazing support from the UNFI store set-up team along with various brand and product broker colleagues. A huge thank you to all that have contributed so much over the years to bring this Co-op along. We've got a way to go, but we are thrilled with our

almost entirely resolved, it appears that we will save upwards of \$125,000 from original projections, the result of which could mean a reduction in our debt burden as we will only draw from our lenders what is necessary for completion. As we pass through the second week of September, the parking lot fills up daily, customers and students enjoy the outdoor café courtyard, the first round of trees will soon be planted, and the installation of the solar rooftop array will begin later this fall. Life is full of change; it's a work in progress. This change feels good. Thank you for your part in the evolution of Blue Hill Co-op. We're getting better all the time.

By the Numbers

Business has been booming! Here are some of the numbers from our August sales.

- BANANAS: 1,815 LBS
- QUARTS OF BLUEBERRIES: 965
- MUFFINS: 1,353
- BULK ROLLED OATS: 422 LBS
- BULK WHITE BASMATI RICE: 151 LBS
- BULK DRIED MANGO: 123 LBS
- CHICKEN SALAD SANDWICHES: 613

Ownership at a Glance

NEW OWNERS
THIS QUARTER: 126

Did you know that 56% of our owners are fully vested? This means that they have paid their full \$200 of equity. Wondering how much of your equity is left? Ask a cashier the next time you're at the check-out.

Are you an Owner?
Do you like to write?

Article submissions by Owners can go towards Working Owner Hours. Contact Jennifer Coolidge for more information.

ownership@bluehill.coop

Comments or Questions?



Introducing the Co-op Letter Box.
Fill out a card and drop it in the box on the customer service desk.
It's that easy.
We look forward to hearing from you!

Big Transitions, Small Adjustments



David Walker
Health & Wellness Buyer
Co-op Owner since 1989

By now most of you reading this have blessed the new Blue Hill Co-op with your presence, and are beginning to feel a familiarity with its spacious aisles, light-filled Café, large patio, and abundant offerings. Of course, for some, it has been a little overwhelming, as many big transitions are. Nostalgia for the little old country store we once were is real for some. However, I was talking with a youngish man in the Café who was particularly happy to be there. He was in his wheelchair at the table he was sharing with a friend. It was a joy to hear of his happiness at being able to get in and out of the new Co-op with ease. He also spoke of being able to negotiate the aisles without the challenges he runs into in

many stores, both on and off the peninsula. He was one of many I have now spotted using wheelchairs to get around while shopping or pulled up to a table in the Café while drinking, eating, and talking with friends.

But here comes chilly weather. And whether we get around on wheels or feet, moving into autumn is a big transition for the body-mind. As the tomatoes finish their ripening and the last peaches hang from their branches, we too are shifting within. We can support ourselves during these times of transition in many ways. Here are a few ideas from the Wellness Department that could be helpful to you. And by the way, Wellness now boasts a new full-time assistant who goes by TamiAnne. Our former Front-End Manager, Martha, is now co-managing all manner of products made for the outer body.

She is also the new General Merchandise Buyer, covering such things as essential oils, candles, incense, aprons, and more.

Onwards: Keep in mind Avena Botanical, a Rockport-based nationally recognized company that is one of the most longstanding local companies sold at the Co-op. One of their blends is Herbal Zing, an organic alcohol-based tincture comprised of Goldenseal root, fresh Propolis, Echinacea, fresh Usnea (the beard-like moss that hangs from many trees on the coast of Maine), dried Cayenne, and fresh garlic cloves. A drop-per-full under the tongue, or for the faint of heart, in water, should be taken at the first sign of sickness. It will blast the system with a very warming and healing mixture of herbs that will catalyze your own healing and defensive energies like nothing else.

If you are looking for daily support, a way to nudge your body back into well-being and balance, try Avena's Daily Balance. It's another liquid tincture that contains two of India's most revered herbs: Ashwagandha root, and Holy Basil (or Tulsi). It also contains fresh Milky Oat seed. Ashwagandha is symbolized in India by a stallion and is known as an adaptogenic herb, as is Holy Basil. Both help the body adapt to stress. Milky Oat seed soothes the nervous systems, calms.

Astragalus is another tincture from Avena but is also available in capsules from Oregon's Wild Harvest and Nature's Way. Astragalus is an herb long used in Western herbal medicine that strengthens the immune system and can be taken continuously throughout the cold season. If a tick bites you, doses can go as high as 3,000 mg daily for two weeks, according to local nurse practitioner Claire Mortimer, who has worked with Lyme patients for many years. Your doctor may want you on the antibiotic doxycycline, which can be crucial to prevent severe infection. Immediately after a bite, drops of Andrographis on the bite, and a small

Continued on page 4



Co-op Board Officers and Members

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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: Kipp Sienna Hopkins
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Contributors/Writers: Co-op Staff & Working Owners

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.

slurry of bentonite clay (in bulk section) on a bandaid that is placed over the wound and kept there for 24 hours can be key to pulling toxins from the immediate area of tick wound.

CBD-rich Medicinal Hemp

Regularly customers come to the Co-op sent by their doctor, chiropractor, or other health practitioners. They're looking for medicinal hemp, rich in Cannabidiol, a cannabinoid known as CBD, for issues related to pain, insomnia, anxiety, and PTSD. Many ask about how much they should be taking. This is a highly in-

dividualized decision, though 25 mg per day is considered a dose that is clinically supported, according to Peter, the owner and scientist behind Coastside Bio Resources in Stonington, Maine. Coastside now operates MerryBay Hemp which produces 25 mg encapsulated full-spectrum locally grown CBD, as well as one-ounce bottles that contain 600 mg of CB combined with some 80-90 other cannabinoids, in a base of MCT oil (MCT oil is fractionated from coconut oil). I continue to hear words like "miraculous" and "life-changing" from Co-op customers using CBD oil. But people

working for the government, military, or police cannot have even trace amounts of THC in their systems. THC levels are at or below 0.3% in full-spectrum medicinal hemp products. Source Naturals produces a CBD from citrus peel, believe it or not, that has no THC in it. They offer this in capsule form and liquid form with or without various herbs for sleep, pain relief, or mood.

Many new body care products are now in the Co-op. A great new arrival is Alaffia, a mission-driven company that makes amazing, affordable, and very clean products sourced in Africa. It also gives

back to villages in the way of tree planting, bicycles, schools, and economic development. We continue to offer Avena's full line of creams and salves, and many of Indian Meadow Herbal (Eastbrook) and Holly Farm's (Orono) offerings, too. French Ancestral Soaps out of Benton, Maine, continues to supply olive-oil based bar soap for hair washing and conditioning that has proven delightful, eliminating the need to use plastic shampoo and conditioning bottles. These are the biggest selling bar soaps in the history of the Co-op!

Chocolate Spotlight: Vegan Schmilk



Kipp Hopkins
Marketing Manager
Co-op Owner since 2006

What would we do without it? With that in mind, I'd like to tell you all about a new chocolate arrival. From Vermont, Chocolate Hollow specializes in vegan chocolate. But even any non-vegan chocolate fans will love these scrummy bars.

In their own words, "Here, at Chocolate Hollow, we specialize in producing a gourmet-quality, REAL milk-style chocolate, all without the use of dairy products, and always with fairly-traded cacao. It's also vegan, organic,

soy-free, and gluten-free." How do they achieve this "real milk-style" taste? It's all in the "schmilk," Chocolate Hollow's very own cashew-based dairy alternative. It is sure to delight milk chocolate lovers, who can't, or choose not to, eat dairy. In the words of our resident vegan-chef, Savannah Jackson, "It's delicious and super creamy!"



Developing a Café Menu



Savannah Jackson
Cafe Manager
Co-op Owner since 2017

As things begin to slow down in the Co-op kitchen, it allows more time for the development of our menus. I'd like to change up our current smoothie recipes to be less dairy-heavy and healthier, with more add-ins. We will be the first to offer

variety on the food bar. Think build-your-own grain bowls, local and café-made toppings like relishes and sauerkrauts, as well as seasonal menu offerings. Overall, we are going to introduce much more variety now that we've begun to get comfortable in our new space.

...to the delight of many of our lovely, loyal customers - a reuben panini is also in the works!

We are expanding our cold bar selection with salads made in house, adding to the ones already offered in our Grab & Go. And to the de-

light of many of our lovely, loyal customers, a Reuben panini is also in the works! I hope you're all looking forward to the changes as much as I am.

light of many of our lovely, loyal customers, a Reuben panini is also in the works! I hope you're all looking forward to the changes as much as I am.

Traditional Acupuncture

泰 Vicki Pollard 謙

Practicing in Blue Hill for 40 years

vicki@traditional-acupuncture.com

207/374-9963

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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).....	\$65/issue•\$240/year
1/2 page (7" h x 10" w).....	\$125/issue•\$480/year

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Welcome To My New HAPPY PLACE



Robin Byrne
Cheese Buyer
Co-op Owner since 2002

Yes, welcome to the NEW home of the Blue Hill Co-op and, for me in particular, to the home of the New Cheese Island at the Co-op! If you've been a shopper or Owner of the Co-op, you're well aware that we have moved to our new location on South Street. What a move it has been!

After all the fundraising, site-work and construction, which literally required years of planning and effort, came the actual MOVE from our former location on Greens Hill to South Street. I'll spare you the gory details, but will heartily say the efforts of our staff and working owners were Herculean!

So, now we are here, settling in, working out any remaining kinks and getting used to the

hum of a well-run machine. To quote a fellow employee, "We're not just playing store anymore, now we ARE store"! It's big, it's new, and it's gorgeous! I love the wide aisles and all the natural light that streams in through the oversized windows. No matter



Photo by Kipp Sienna Hopkins

where you stand in the store, you sense the beauty that is Blue Hill.

Although the store has LOTS of unique and special departments and features, may I say that the Cheese Island is

one of my favorite destinations here. You may remember how small the specialty cheese case was in the old store. I sure do... It was a challenge to order and display the cheeses you and I wanted to see there. Now it's a whole new ball game; there is LOTS of room to spread out

and I'm sure you've noticed that the varieties and creamery lines have expanded as well. There are more olives, pickled peppers, and charcuterie choices too. As we head into fall, I plan on searching out

even more deliciousness! And, of course, LOCAL, LOCAL, LOCAL! We want to be your destination for locally produced cheeses and food products now that the space allows us to bring in as much as we can find. As we do our research, please feel free to let us know what you would like to see featured in the store. Right now the Cheese Island stocks Maine local products from Pineland Farms, Sonnen-tal Dairy (which may be temporarily out of production until March 2020), Silvery Moon Creamery, York Hill Dairy, and Seal Cove Farm. Coming soon or in stock now, look for Toddy Pond Farm and the return of Swallowtail Farm and Creamery.

Keep in mind, sampling will be ongoing, so don't be shy to stop by and try! So, yeah, it's my new Happy Place. Welcome to the joy!

Are You An Owner Somewhere else?

noun: reciprocity

rec-i-proc-i-ty /,resə'präsədē/

The practice of exchanging things with others for mutual benefit, especially privileges granted by one country or organization to another.

Have you ever been to another Co-op where they honored your Ownership at the Blue Hill Co-op? It's a small gesture that feels great. Reciprocity is a beautiful thing. It encourages collaboration and supports the many.

We are pleased to announce Blue Hill Co-op now offers a Neighborhood Co-op Discount. If a customer is a member-owner of another Maine Co-op, they will be eligible for any current member discounts including the Monthly Bonus Buys and the Full Moon Discounts.



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 picks, sale items, and other store information. It's also a great read, with brief articles, recipes galore, a bi-weekly poll, and fun facts.

Past Issues are available in our archive. Catch up, sign up, and participate in the bi-weekly poll.

bluehill.coop/bits-and-bites

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Nut Butter Grinders Come to the Co-op



Kipp Hopkins
Marketing Manager
Co-op Owner since 2006

I'm just nutty about nut butter. Cashew butter, sunflower butter, hazelnut, walnut, pecan, tahini, I love them all! But, like most people, I have a soft spot for almond and peanut butter.

If you trot over to our nut butter section (aisle 3 by the jellies), you can find all these exotic kinds of butter, as well as the classics. But many people also like to avail themselves of the bulk almond and peanut butter. They've been a staple for many years now, especially loved because of their simple ingredients (just the nuts and

of the new grinders is that they're very fun and satisfying to use. Kids will love them. The grind makes a smooth (but not super creamy) butter, which is easy to spread, even on a craggy surface, such as a rice cake.

You can also pick from a range of different sized containers (or bring in your own). The price is great too, coming in at \$3.20 per pound less than the pre-ground bulk peanut butter and \$4.10 less than the almond butter. This is awesome for someone like me, who eats peanut butter in or on literally anything (except



Photo by Kipp Sienna Hopkins

salt). Well, this summer the bulk section introduced a new and exciting innovation in the nut butter world. I'm talking about our shiny new nut butter grinders. There are two, one for toasted almonds and one for dry roasted peanuts, and nothing else. They're the purest nut butter around, and the freshest.

Another significant aspect

of the new grinders is that they're very fun and satisfying to use. Kids will love them. The grind makes a smooth (but not super creamy) butter, which is easy to spread, even on a craggy surface, such as a rice cake. You can also pick from a range of different sized containers (or bring in your own). The price is great too, coming in at \$3.20 per pound less than the pre-ground bulk peanut butter and \$4.10 less than the almond butter. This is awesome for someone like me, who eats peanut butter in or on literally anything (except

Keto-Friendly Brownies

Sugar-Free • Gluten-Free • Grain-Free



Photo by Kipp Hopkins

Healthy brownies? Is that even a thing? Well, these are the closest. These brownies are made using Lily's chocolate, which is sweetened not with sugar, but with stevia. If you feel skeptical, there really is no aftertaste to this chocolate. Besides that, they're also gluten-free, grain-free, and keto-friendly. They can also be made vegan if you use something like Bob's Red Mill Egg Replacement. If sugar isn't a concern for you, replace the Lily's with our bulk Belgian chocolate and Equal Exchange chips.

INGREDIENTS

- 2 bars Lily's baking chocolate (sweetened with stevia)
- 6 tbsp coconut oil
- 2 eggs
- 3 tbsp arrowroot powder
- 2 tbsp cocoa powder
- 1/4 Lily's dark chocolate chips (sweetened with stevia)
- Optional 1/4 cup chopped walnuts or 1/4 peanut butter

DIRECTIONS

Preheat oven to 350°. Set up a double boiler, with one pot of water on the stovetop and another dry pot resting on top. Break up the baking chocolate and put it in the top pot. Add the coconut oil. Bring the water to a boil and melt the chocolate and oil. Remove from heat.

In a bowl, combine arrowroot and cocoa powder. Add the melted chocolate and mix well. Add the eggs and mix well. The batter will firm up quite a lot. Throw in the chocolate chips and walnuts (optional). Grease an 8x8" baking pan with coconut oil and spread the batter until it is evenly distributed and level. Bake for 25-30 minutes. To check if they are done, insert a toothpick. There should still be a few crumbs sticking to it. Let the brownies cool completely before you cut them. Another option is to spread peanut butter on top of the cut brownies. The flavors and textures compliment each other perfectly.

BLOSSOM STUDIO & GALLERY

New Location at 58.5 Main Street
Facebook.com/BlossomStudioandGallery/

Fall Kitchen Inspirations



Susan Longacre
Co-op Owner since 2006

Ah, the music of on-coming fall... a mix of new and old favorites: the squash-melon medley, lyrical leafy greens, orchard breeze language, and little trees.

Let's talk squash- especially butternut and particularly, butternut squash pasta, which is brand new at our new location, along with zucchini and beet pasta. What a dinner godsend- 5 mins. in a shallow pan or pot of water and presto! Drain and mix in vodka pasta sauce, top with grated pecorino romano and serve with garlic bread...yum.

Let's look at luscious leafy greens... early fall means romaine is coming in, and that means my take on a Caesar Salad! Get out a large bowl and pour olive oil in the bottom, stir in crushed garlic and a dab of dijon mustard. Add torn romaine leaves (I'm not above cutting romaine into small pieces- more lettuce in the bowl, more edges to catch the great dressing), toss the romaine leaves until they glisten. Squeeze 1/2 lemon over the leaves and toss.

If you want a complete meal, next add

croutons. (I make my own with cubed day-old bread baked - on a cookie sheet for 10 mins at 325, and stirred a couple of times.) After the croutons, I add a soft-boiled egg (which I cook before assembling the salad, scoop into a small bowl, stir up and fridge for 10 mins.) You don't want to add hot egg to the lovely lettuce unless you want a wilted Caesar salad. Hmmm, that's an idea... Now toss egg through lettuce, then add grated pecorino romano, and toss again. This is easier

than it sounds... just remember to toss after each ingredient added in this order: oil in the bowl with crushed garlic and mustard, then lettuce, lemon, croutons, egg, and cheese. And enjoy. I add a couple of secret ingredients to my Louisiana Caesar salad, but...not telling!

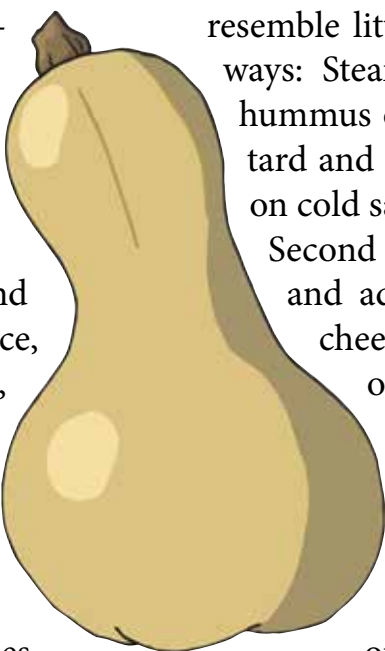
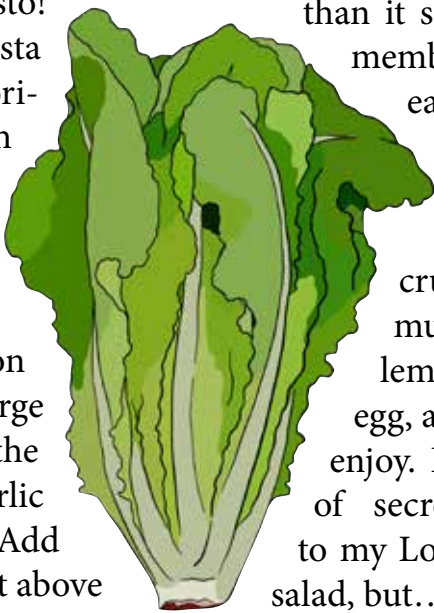
Next up: orchard breezes (and greens). Peaches are looking great, and spinach is coming in nicely. So, one of my favorite salads: spinach, sliced peaches (if you can manage to eat them any way other than straight in your

mouth), (nectarines will also do) then cherry tomatoes, black olives, and feta cheese in a mustard dressing. The dressing: in a jar mix 1/3 cup olive oil, 1 tsp. Dijon mustard, 2 tbsp red wine vinegar, 1 tsp grated onion, a splash of lemon juice, and a generous grinding of black pepper. You can double this and keep it in the fridge for a week.

Okay, one more green which is coming on nicely right now: Broccoli. Cut the bunch into bite-size flat pieces, and they resemble little trees! Let's do them three ways: Steam them, and then dip into hummus or a 50/50 mix of dijon mustard and mayo. (This dip is also grand on cold salmon, with capers added in.)

Second way: mash steamed broccoli and add crushed walnuts and feta cheese. Serve on endive leaves or on bread or crackers. The third way is broccoli guacamole: mash steamed broccoli and add lime juice, crushed garlic, hot sauce, and cilantro if you like. Serve with tortilla or pita chips.

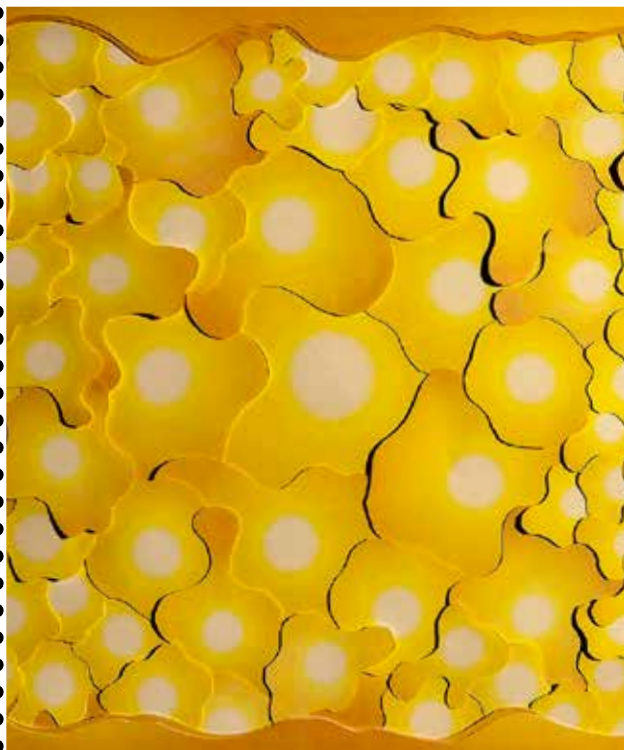
Love the greens, oranges, and yellows right now and so much more fall produce to explore... apples, Brussel sprouts, and zucchini, to name a few. Until next time, cheers for easy creative meals!



Art in the Café

JUNE

John Woodruff



JULY

Mary Barnes



AUGUST

Tim Seabrook



Interested in having your artwork exhibited at the Blue Hill Co-op?
Contact Kipp Hopkins at (207)-374-2165 or marketing@bluehill.coop

Let's Make This Co-op a Home



Kipp Sienna Hopkins
Marketing Manager
Co-op Owner since 2006

Every day, when I first get to work, I walk to my office, set down my basket, turn my computer on, and grab a pair of keys from a hook on the wall. I then stroll to the customer service desk, unlock the Letter Box, and pull out a sizeable bunch of comment cards.

I love this connection with our community. The cards run the gambit from congratulations, requests for products, suggestions, and constructive (and sometimes not-so-constructive) critiques. It's an excellent way for us to stay abreast of our customers' and Owners' opinions.

One of those opinions is a resounding desire for our Reubens to come back. As we already mentioned on page 4, we heard you, and expect to have Reubens back on the menu soon.

Another comment we've gotten a few times is "I wish the new store felt homier." Suggestions have been made for things like some plants, art on the walls, cushions, and a better selection of music. I want to take this opportunity to assure everyone that these things are coming! For instance, I just unpacked twelve new art pieces that will be permanently hung in the cafe between the windows. Hopefully, by the time you're reading this, they will be up (so long as I can figure out how to install them). More art is in the works.

Plants are on their way, as well as the landscaping for outside. Cushions are a definite possibility. And the music... well, let's just say, we know it needs work, we have no intention of leaving it this way, and the delay is caused by a series of mind-boggling technical

barriers. The biggest delay for any of these improvements is quite simply that moving a store, while simultaneously growing more than three times as big, takes a lot of effort. We've been busy getting our departments up and running, fixing technical glitches, filling our staffing needs, and getting the Harvest Herald to the printer on time. Rest assured, now that things are slowing down we can give our attention to some of these needs. Just as Kevin said on page one: we're getting better all the time.

Sometime during the haze of summer's madness, my sister reminded me of a phenomenon our family knows well. Long ago, in the early nineties, our family (including the three-year-old moi) moved to a remote island in the Alaskan bush. As you can imagine, there was an adjustment period. My sister now reminded me of what we learned from that move. "The first two months are hard. After that, things normalize. There's a significant difference between two months, six months, and a year."

Septemeber 27th will mark the two month anniversary of our soft opening. As with every move, it may take a while for people to start to feel like this building is our new home. It's true; we're bigger, sleeker, and not as cozy. Everything is new, even a lot of the faces. But the heart is the same.

P.S. One more thing about the comment cards. Please, please, please, if you ask a question, write down your email address so I can answer it. I'm more than happy to, but only if I know how to get in touch with you.

Coming Events

Blue Hill Co-op Annual Board Elections

September 10th-October 10th, 2019

Participate in the democracy of our cooperative. Ballots have been mailed to all Owners on our mailing list. Fill it out and send it in or bring it to the Ballot Box at the Co-op. Didn't receive a ballot in the mail? More ballots are available to Co-op Owners at the Customer Service Desk. One Owner, one vote. See candidate bios on page 11.

Blue Hill Co-op Annual Meeting

Thursday, October 10th, 2019

6:00 PM-8:00 PM

Blue Hill Co-op - Blue Hill

Join us for our 2019 Annual Meeting. Get up to date information about the business, the community, and our plans for the future. Ask questions, meet the board and general manager. The Annual Meeting is open to all members of the community, regardless of Ownership status. Food and drinks available.

Co-op Movie Series - *The Biggest Little Farm*

Friday, October 11th, 2019

7:00 PM-8:45 PM

Blue Hill Public Library - Blue Hill

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.

The Biggest Little Farm chronicles the eight-year quest of John and Molly Chester as they trade city living for 200 acres of barren farmland and a dream to harvest in harmony with nature. Through dogged perseverance and embracing the opportunity provided by nature's conflicts, the Chester's unlock and uncover a biodiverse design for living that exists far beyond their farm, its seasons, and our wildest imagination.

Runtime: 92 mins.

Community Cider Pressing

Sunday, October 13th, 2019


Time TBA

5 Star Orchard - Brooklin

Join the Blue Hill Co-op and 5 Star Orchard for our annual cider pressing. Bring between 1/4-3 bushels of apples each. (No rotten/dropped apples please.) We'll create a "community blend" using a commercial-grade cider press to produce up to 3 gallons of cider per bushel. A fun event for the whole family!


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And The New Grocery Buyer Is...



John McClement
Grocery Buyer/Assistant Store Manager
Co-op Owner since 2018

Greetings Blue Hill Co-op shoppers and Owners!

Allow me to take a moment of your time to introduce myself. My name is John McClement, and I'm the new Grocery Buyer/Assistant Store Manager at the Co-op! I'm very excited to be here and am familiarizing myself with all the systems and intricacies that make this store a fine-tuned machine and a fun place to shop!

I'll share a bit of my background. For over twenty years, I was the Wine and Spirits Director for All Weather Management, a New York-based restaurant group with locations in Manhattan, Berkeley, CA and Dublin, Ireland. In this position I was the wine buyer

for six restaurants I managed all aspects of wine and liquor service including training staff and conducting classes on wine and spirits knowledge. I traveled extensively in search of great wines from around the world!

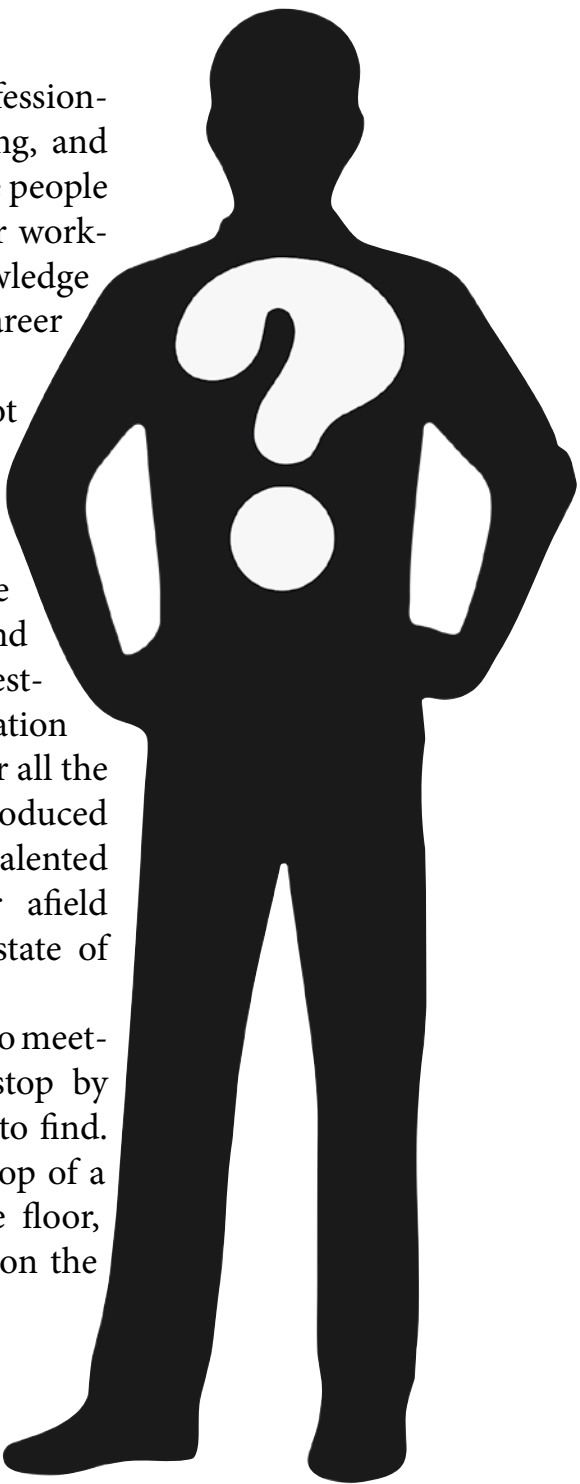
How will my past experiences benefit my new role at the Co-op? Success in the fast-paced wine and restaurant business in NYC involves a steady hand, cooperation, trust, and respect of coworkers and suppliers and the ability to think and act quickly under pressure. Customer satisfaction is the number one priority, and there is a small window of opportunity to achieve it.

As a manager, I strive to

create a positive, professional, respectful, interesting, and fun environment where people can actually enjoy their work-day while gaining knowledge and furthering their career goals.

Last but certainly not least, I am VERY excited to feature more local products at the Co-op. I will source out small producers and make the store an interesting and unique destination for shoppers to discover all the incredible products produced not only on this very talented peninsula but further afield throughout the great state of Maine.

I'm looking forward to meeting everyone. Please stop by and say hi. I'll be easy to find. I'm the one either on top of a ladder or lying on the floor, looking at stock levels on the lowest shelf!

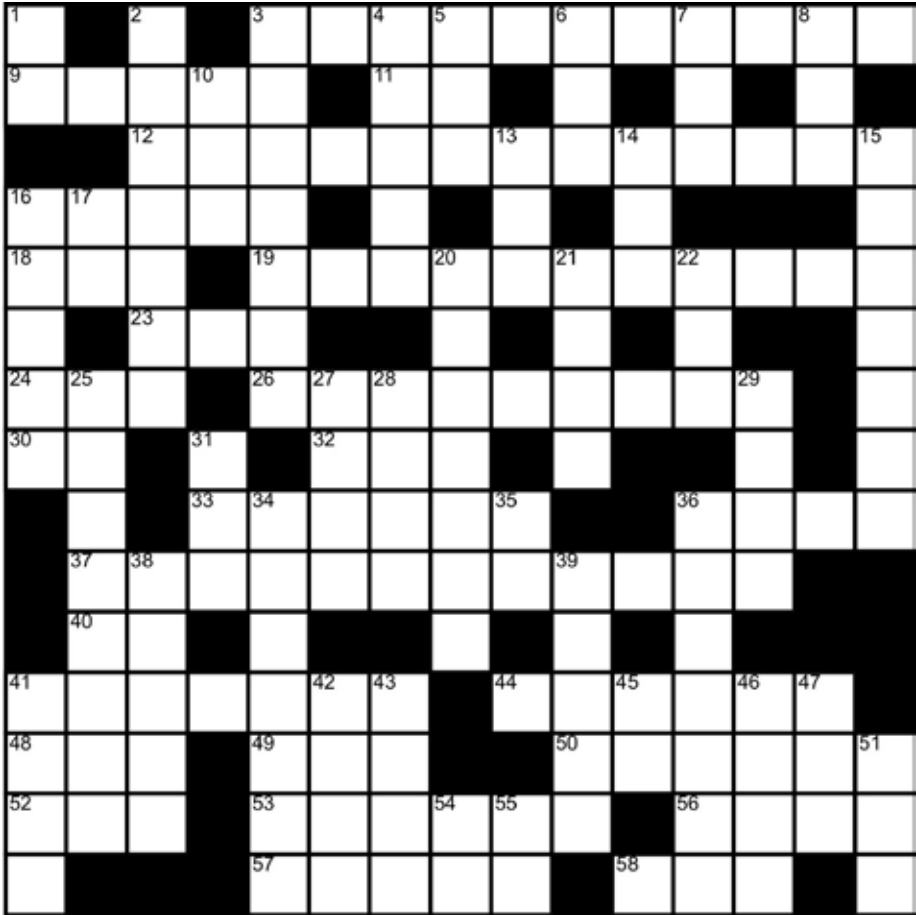


Alterations

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

Blue Hill Co-op Autumn 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 pg 10 or www.bluehill.coop/answers

Across

- 3 Favorite Fall Desserts
- 9 Plant resin used in aromatherapy
- 11 On or about
- 12 Lightheaded ones?
- 16 Alternative to treat
- 18 Cleaner's prop
- 19 Autumn New England activity
- 23 Finish off, as a cake
- 24 One fifth of "Henry V"
- 26 Southeastern Americana foods
- 30 Goes with fro
- 32 "Take __, _ insist."
- 33 Rooftop ornament
- 36 A kiss in England
- 37 Thursday feast
- 40 Calif. city
- 41 Season's yield or crop
- 44 Look-a-like
- 48 Smallest whole number
- 49 Moo __
- 50 Noodle or bean
- 52 Not even at all
- 53 It's bird country?
- 56 Letters of the rainbow?
- 57 Further from a commitment?
- 58 Not a no

Down

- 1 Maine, abbr.
- 2 Broken? You might need to "____"
- 3 Preserves in vinegar
- 4 Dough, so to speak
- 5 Chum, friend
- 6 Quaint old place to stay
- 7 Thanksgiving afters
- 8 Lots and lots of time
- 10 Brit raincoat
- 13 Smartphone tool
- 14 Definitive article
- 15 Wilting
- 16 Alternative to trick
- 17 Eypitian sun god
- 20 Beautiful feature of fall
- 21 He uses a bow on a beau
- 22 Pea case
- 25 Apple variety
- 27 Sound from sty
- 28 Cheyennes' rivals, once
- 29 Number with words
- 31 Degree from Juilliard, abbr.
- 34 Takes in food
- 35 Roman 51
- 36 A hag's tooth
- 38 Took off like a rabbit
- 39 Like Gorgonzola
- 41 Owl's laugh
- 42 Any branch of Shinto other than Kokka
- 43 "Good ____" (Rockland Co-op)
- 45 Opposite of 57 across
- 46 Halloween ammunition
- 47 "Spare" part
- 51 Undefined degree
- 54 Kinetic energy, abbr.
- 55 Trauma spot, abbr.

From the Chrysalis



Jennifer Coolidge
Ownership Coordinator
Co-op Owner since 2004

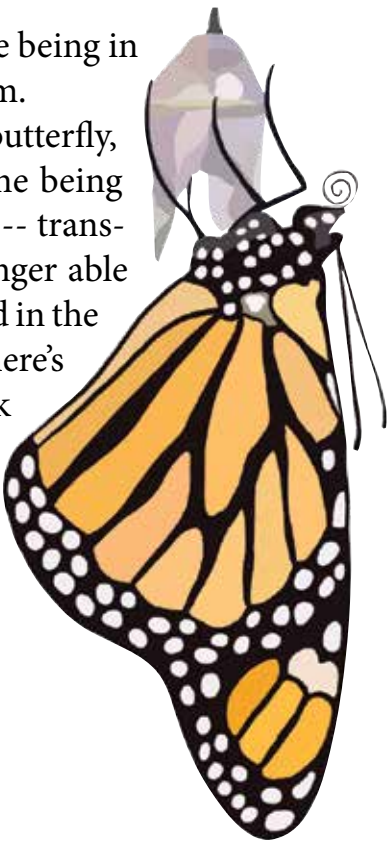
The other day, I was at the old building packing and cleaning up what had been left behind after the move. A beautiful green chrysalis with glistening golden accents caught my eye as I was bringing boxes into the downstairs storage unit. Seeing it, put me in such a state of wonder and delight, imagining that creature in a state of complete transformation. It's the same being but in a completely re-organized state.

Later that afternoon, a freshly unfurled Monarch landed on my arm. Still tired from the challenge of releasing from the chrysalis, it enjoyed resting on the warmth of my skin. The growth is not over yet for this one. I thought about the big journey ahead, for this winged beauty. It's on to warmer climates where it will be greeted by a host of other orange and black butterflies.

There is no going back to the chrysalis, that served it so well. That chrysalis was perfect for that specific creature in its earlier state, but no longer. And certainly, there is no going back to caterpillar days. Flight is the chosen form of transportation now. So much has changed, and yet it

is still the same being in a different form.

Like this butterfly, we are the same being in a new form -- transformed, no longer able to be contained in the old space. There's no going back now. It is on to new adventures and experiences within our new container.



Peter, Peter Pumpkin-Spice Eater

If you're thinking "Pumpkin spice? et tu Co-op?" you might be one of the many people who don't get the pumpkin spice craze. Well, there might be more to this spice blend than you think.

Pumpkin spice, or pumpkin pie spice, is a combination of cinnamon, ginger, cloves, nutmeg, and sometimes allspice (allspice is the "y" of pumpkin spice). Similar combinations have been in use at least since 1796 when Amelia Simmons used them for her "Pompkin" recipes in her book *American Cookery*. By the 1890s, cookbooks were commonly referring to "pumpkin pie spice" as shorthand for this combination. In the 1930s, a spice company started making a prepackaged pumpkin pie spice blend. The goal was to make pie baking easier for housewives. Little did they know that by 2015 the pumpkin spice industry would be bringing in \$500 million annually.

While things have gotten a little crazy since the release of pumpkin-spiced lattes (pumpkin spice beef jerky is a thing), there's no denying that pumpkin spice brings up hardcore nostalgia for autumn time. By the way, the bulk section carries Frontier Co-op's pumpkin pie spice blend. So if you feel like getting in the fall mood, grab some and go nuts!

Curried Lentil Soup

From the Co-op Café Kitchen



This delicious vegan and gluten-free soup is sure to warm your belly during the cold winter months.

INGREDIENTS

- 2 medium Yukon Gold potatoes
- 1 medium yellow onion
- 4 large carrots, peeled
- 1 bunch celery
- 3 cups french lentils
- 2 tbsp safflower oil
- 1 tbsp garlic
- 2 1/2 tbsp seitenbacher veg stock seasoning
- 2 tbsps curry powder
- 2 tsp dried thyme
- 1 12oz bag frozen peas
- salt and pepper to taste

DIRECTIONS

Heat your oil in a stockpot and gently sauté your onions, carrots, celery, and garlic. Once onions are barely translucent,

and garlic is fragrant, add your diced Yukon Gold potatoes and lentils. Sauté briefly and mix in your veg stock seasoning, curry powder, and thyme. Add enough water to cover and bring to a slow simmer. Once potatoes are almost fork-tender and lentils are just cooked, add in your peas and salt and pepper your soup to taste. Remove about two cups of your soup and blend it thoroughly with an immersion blender, then add it back to your pot and stir. Heat through for a few more minutes, and your soup is ready to serve! This soup is a delicious, hearty meal served with crusty bread.

Remaining 2019 Recipients



- September-** Hancock County 4-H
- October-** Simmering Pot
- November-** New Surry Theatre
- December-** Brooksville Free Public Library



- Upcoming
- Oct 13
 - Nov 12
 - Dec 12

CO-OP OWNERS IT'S TIME TO VOTE!



ALL VOTES MUST BE CAST BY OCT 10

IF YOU HAVEN'T RECEIVED A BALLOT BY MAIL, MORE ARE AVAILABLE AT THE CUSTOMER SERVICE DESK, WHICH IS ALSO WHERE YOU'LL FIND THE BALLOT BOX.

CANDIDATE BIOS

Five candidates for five seats



Deborah Evans

After a childhood growing up amidst family farms in the Mid-

west, I spent most of my adult life living in large cities. My work in engineering, architecture and eventually construction management for over twenty years was certainly exciting. However, I didn't feel I was "living" until my future husband, Spencer, brought me to his family's homestead, Bagaduce Farm, in West Brooksville in 1986. I've lived here ever since. There was not much demand for my specific career skills in this area so I branched out into a variety of in-town jobs including my last one, a five-year stint with Borealis Press.

In time, an itch to return to the ways of my childhood was becoming difficult to ignore. In 2005 we acquired our first two piglets and the rest is history. For the last 10 years we have participated in several local farmers' markets during "the season" and one at Mainescap over the winter. My work with the initial efforts to create, promote and adopt Local Food and Community Self-Governance Ordinances in towns all over Maine was most gratifying; having in a small way contributed to the explosive growth of the Local Food Movement across the country.

I've watched our Co-op grow and mature over the last thirty years and I believe in its importance in our lives. Working with others on the board to secure and improve its future has been and continues to be my pleasure.



Tim Tunney

I am resident of Surry, Maine and a member of the co-op since 2010. I moved to Maine--

full time--in the Fall of 1999 to enroll in graduate studies at the University of Maine where I earned an M. Ed. I'm currently engaged in a third career (or so) working as a commercial banker for a local community bank--where I spend my time and effort seeking to help business owners accomplish their goals.

When not at a work, I spend as much of my time as possible with my children and our sweet pup...running, hiking, and working on our new house. I'm eager to continue to serve the Co-op and its members and am optimistic that my business and finance acumen will be an ongoing asset to the organization as we grow into our new space.



Dianne Bianco

I have been involved in the food service industry for approximately 42 years having owned and operated my own

successful catering companies in both Massachusetts and Maine. My culinary career was launched in 1972 when I started a lunch, brunch, and specialty dinner business at the Lookout on Flye Point in Brooklin Maine.

I was elected to the prestigious International female chef organization Les Dames E'Cofier in the mid 80's, I wrote a cookbook "LET'S PARTY IN MAINE" which captures my commitment and love of local food culture, which I believe exemplifies and promotes healthy eating including the raising and selling wholesome organic, farm raised produce and meats. I have been a member of the Blue Hill Co-op since 2005. My commitment to healthy eating and support of local farmers and business to promote fair pricing and lifestyles to Peninsula inhabitants.



Jen Traub

I would like to see the Co-op thrive in its new location and feel that I would be

a thoughtful and positive "ambassador" for the Co-op in the community. In my professional and volunteer work, I have gravitated toward communications, outreach, and project coordination roles. I've especially enjoyed building relationships with those served by and supportive of the organizations with which I've been affiliated.

For many years, the Co-

op has retained a dedicated, hard-working Board of Directors who persevered with a bold plan to build a new store and hired a skilled manager to execute this ambitious project. I am interested in working together with this visionary, effective leadership team to figure out solutions to challenges that arise and to ensure the continued growth and success of the Co-op.



Paul McNulty

Paul is a retired social worker who has lived

in Brooklin with his wife since 2003. He has been Clinical Director of many mental health and addiction treatment facilities, and has served on the Norwalk, CT Seaport Association, and the Montessori School board in Blue Hill. He has also been a volunteer at the Penobscot County Jail, the Headstart Preschool program in Deer Isle, and the Hospice Volunteers of Hancock County. Paul believes that local initiatives that are "face-to-face" activities are increasingly important at a time when our connectedness can leave us feeling less connected. He is excited to work with the coop as it starts its new phase in its new location, and he wants to contribute what he can to local community efforts that have an effect on day to day life.



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