

The Harvest Herald

BLUE HILL CO-OP Autumn 2020

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Happy One Year Anniversary
70 South Street

SPECIAL
EDITION



Coming Together For Change



Kevin Gadsby
General Manager
Co-op Owner since 2016

I recently watched the new Netflix documentary, “The Social Dilemma.” As a parent of early and late teenagers, the film immediately left me feeling despondent and angry. These technological advances that we have so quickly become accustomed to, that our children can hardly break away from, seem to have already spiraled out of control. Professionals from the major social media platforms: Twitter, Facebook, Instagram, Pinterest, and other big social media platforms, expressed concerns over the ill effects of social media on healthy human interaction, and especially the power social media platforms wield over young, underdeveloped minds. It is alarming. They expressed the concern of every conscientious parent on planet Earth. When asked by the interviewer if they allowed their own kids to use social media, the predominant answer from each of the experts was a resounding NO!

After being overtaken with anxious thoughts and worry over the future of the budding generation of our kids, I asked myself: Is change possible? Where will this lead 10, 20 years from now? Is it too late for a shift toward the good? I was then reminded of a quote from Margaret Mead: “Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”



Photo by Kevin Gadsby

The tech professionals in the film might represent a minority in their industry by promoting the value of people over profit, and some of them are responsible for where we are now. But the fact that they have willfully pushed “pause” to sound the alarm, and the fact that the conversation has begun and has now become very public, brings a sign of hope that “a small group of thoughtful, committed citizens can change the world.”

Forty-six years ago, in the winter of 1974, a small group of thoughtful,

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committed citizens of the Blue Hill Peninsula came together to advocate for healthier, whole food options by forming a buying club that grew to over 100 members in the first year. Incorporated as the Blue Hill Co-op in 1979, by the early 90's there were over 1,000 Co-op members. The Halcyon Grange, the Sedgwick Redemption Center, and Sedgwick Schoolhouse were each once home to the Blue Hill Co-op before it moved to the Ellsworth Road location in 1993.

After 20+ years of steady growth, and generations of family participation and community support, the need arose again for a larger, more efficient storefront. The Co-op purchased a 5-acre lot on South Street in 2014, intent on building the co-op of the

future fit with a rooftop solar array, state-of-the-art climate-controlled heating, cooling and refrigeration systems and with enough parking for over 70 cars. It was a decade-long dream for a few and considered a far-fetched delusion by others. With a thoughtful approach and a relentlessly committed group of board members, Co-op Owners, and staff, the dream began taking on a real identity in late 2016. Nearly two years later, backed by over \$2 million of Co-op member investment and donations, and another \$4 million in loans from three community foundation lenders, the groundbreaking commenced. The new Blue Hill Co-op storefront opened its doors ten months later.

Now with over 60 full- and part-time staff and over 2,100 Owners, approaching \$5



Photo by Kipp Sienna Hopkins

million+ in sales, the original mission of the Blue Hill Co-op continues to resonate over the peninsula, steadily changing our corner of the world toward the good. Thank you, Co-op Owners, for carrying us all these years. Your thoughtful, committed support brings hope for brighter days ahead.

“We are a welcoming, vibrant community of Owners guided by our belief in the importance of healthful, honest food options. Through cooperative principles we support our economy by sourcing locally, and by providing education on food, environmental, and social issues.”

To Resilience



Jennifer Coolidge
Ownership Coordinator
Co-op Owner since 2003

re-sil-ience /rəˈzilyəns/

1. the capacity to recover quickly from difficulties; toughness.
2. the ability of a substance or object to spring back into shape; elasticity.

A year ago, I was part of a panel discussion at MOFGA's Common Ground Country Fair. One of the major themes of that discussion was the resilience that food co-ops offer the communities they serve. Little did we know just how much we would all need that resilience in the year to come.

In the past year, I have been in awe of the resilience exhibited by our co-op in both macrocosm and microcosm viewpoints. From the daily challenges of moving and incorporating brand new systems, to navigating a global pandemic, there has been strength and flexibility adapting to change.

We outgrew our sweet old co-op space, just in time for the challenges COVID-19 would present. I can't imagine how we would have handled the needs of our shoppers in that tiny space where social distancing would have been near impossible. And it's not just a larger

space that helps physically supports our health. Did you know that the air in the new building is completely replaced with fresh outdoor air six to ten times every hour? In this clean and spacious new co-op building, there has been tremendous resilience of our Owners, staff, and board of directors. Together we have ridden the waves of change and are stronger for it.

Our Ownership base beautifully continues to grow every month, and with that growth comes added diversity and durability. As we continue to grow in financial stability, we have been able

to help our greater community weather changes as well. Since last August, we have donated over \$5,800 to local community resources. The resilience we experience as the Blue Hill Co-op benefits not only us, but our neighbors as well.

Our co-op has blossomed into an even stronger community resource -- adaptable to change and welcoming of new growth. Together, we are getting better and better every day.

To our common health and well-being,
Jennifer Wahlquist Coolidge
Ownership & Outreach Coordinator



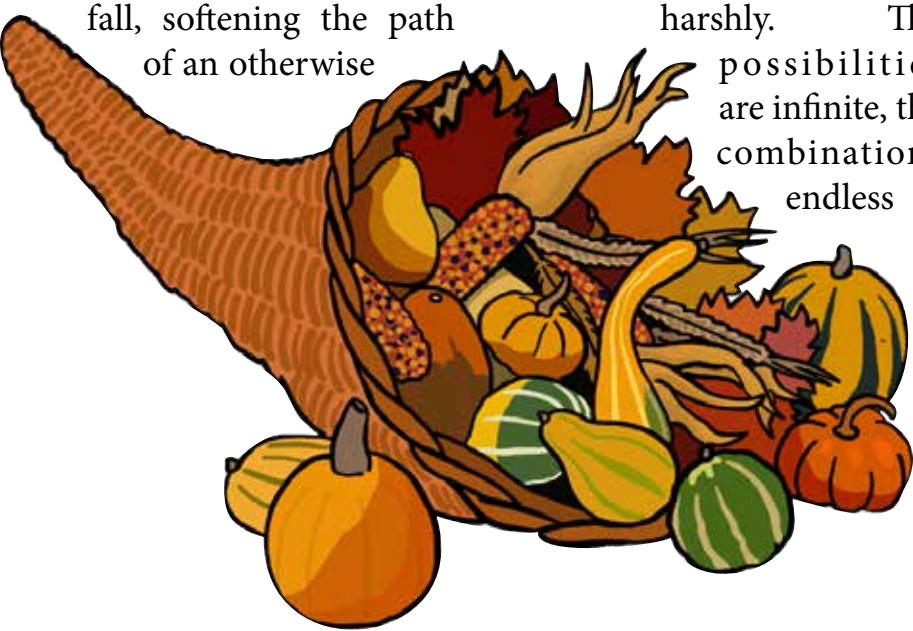
Catherine, Robin, Martha, and Jennifer Photo by Kipp Sienna Hopkins

Produce the Bounty



Haleigh J Paquette
Produce Manager
Co-op Owner since 2020

And we've turned a corner on our track around the Sun here at 44.4 degrees, daylight and nightdark inversing with a killing frost to reinforce the precariousness of this whole agri-cultural operation. Now, again, we undergo the perennial shift in what tastes good to our earthly bodies which, thanks to our earthly minds, express culinary possibilities ad infinitum in endless combinations of squash and potatoes, apples, and kale. But first, fleetingly, we enjoy a seasonal symbiosis, a liminal feasting, while we commemorate the high summer season whose remnants still linger and mingle with the first tastes of fall, softening the path of an otherwise



icy descent. Days bleed into weeks and weeks into months as we produce mavens funnel the bounty of Maine and beyond onto our shelves and then on to yours, a vital flow.

The essentiality of vegetables and fruits does not wane and nor will we. Of course, we will keep our standards high and multifaceted, and our sensibilities discerning! And perhaps we will conduct a survey to hone in on what you, dear customer, want. And perhaps initiate the compiling of a crowd-sourced cookbook. And perhaps introduce to the store a library of foodie foundations. And perhaps install a discount produce bin, because too often a food is perfectly good but judged too harshly. The possibilities are infinite, the combinations endless in

our steady march through time.

Finally, I extend a big thank you to our farmers: Renata, Marc, and Julia Scarano at Blue-Zee; Nell Finnigan and Justin Morace and the entire crew at Ironwood Farm; Alex Ethier and Soleil Pacetti of Killdeer Croft; James and John, and all of the Community Harvest farmers; Phil Norris and Deborah Wiggs, and all Clayfield Farmers; Arnold Palmer and everyone at Crossroad Farm; Clara and Eliot Coleman and Barbara Damrosch and the team at Four Season Farm; Polly Shyka and Prentice Grassi at Villageside Farm; Catherine Durkin and Alex McCaffree and their helpers at Calyx; Jolly Polly Monroe, Josh and Elizabeth at Moorit Hill Farm; Amanda Provencher and Paul Schultz and the crew at King Hill, all of the farmers who supply food through Crown O' Maine; Bill and Helena Raiten of Backstage; and the many people working tirelessly around the country and world to feed us those things we can't supply ourselves. Thank you all.



Beer & Wine



John Broeksmit
Beer and Wine Buyer
Co-op Owner since 2013

Hello. It was a busy summer at the Co-op, and for the Beer and Wine Department! White and rosé wines were, and continue to be, in high demand. Now that fall is here, you will find new organic red wines for those cooler evenings. We have also expanded our selection of great local beers and ciders, direct from local producers. Stop in and check it out. Enjoy!



Ownership at a Glance

NEW OWNERS
THIS QUARTER: 94

TOTAL ACTIVE OWNERS: 2,196
EQUITY THIS QUARTER: \$10,280

Did you know that 46% 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.

The Newsletter Team

Managing Editor: Kipp Sienna Hopkins
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Advertisements: Kipp Sienna Hopkins
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, 70 South Street, Blue Hill, ME 04614 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.



FROM WHOLE PUMPKIN TO PIE

Canned pumpkin might be convenient, but it can't beat making a pie from a whole pie pumpkin. This recipe can also be used for any kind of winter squash.

INGREDIENTS

- 1 pie pumpkin
- 2 eggs
- 1 can evaporated milk or 1 3/4 cup half and half
- 3/4 cup sugar or 1/2 cup monk fruit sweetener
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ginger
- 1/4 tsp cloves
- 1 pie crust

DIRECTIONS

Use the pie crust of your choice, whether that be your favorite recipe or a store bought crust. Cut the pumpkin in half and scoop out the seeds (save for roasting). Place it cut side down in a casserole dish and

bake at 375° for 40 minutes. When it's done, spoon out the flesh and let it cool down. Use two cups worth for the pie. Preheat the oven to 425°. Combine pumpkin, eggs, evaporated milk (or half and half), sugar (or monk fruit), salt, cinnamon, nutmeg, ginger, and cloves. Pour the filling into your pie crust and cook at 425° for 15 minutes. Reduce the heat to 350°, put a pie ring on your crust or cover edge with tin foil, and cook for another 35 minutes. The pie should bounce but not jiggle when it's cooked. Serve cool with whipped cream or vanilla ice cream.

THAI RED CURRY SQUASH SOUP

A zesty hearty way to enjoy butternut squash. Perfect for these chilly fall evenings. Adapted from hostthetoast.com's recipe.

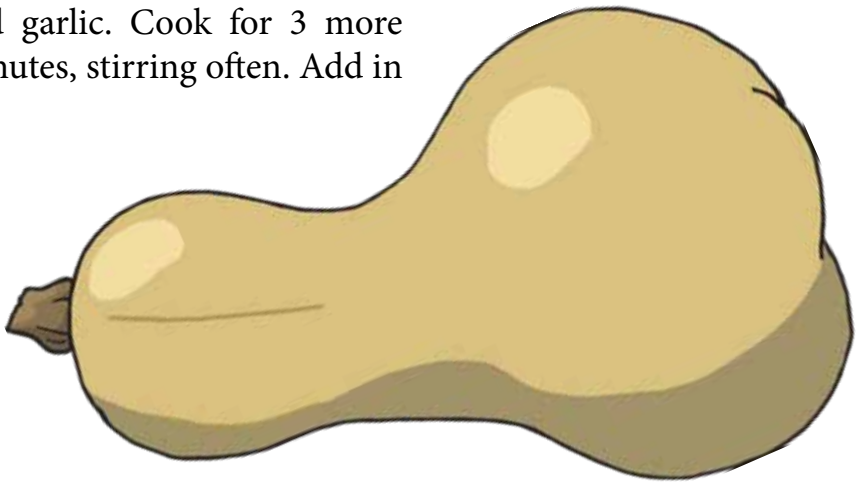
INGREDIENTS

- 1 tbsp canola oil
- 2 cloves garlic, minced
- 1 small yellow onion, diced
- 1 tsp ginger, freshly grated
- 2 tbsp Thai red curry paste
- 2 cups vegetable broth
- 1 medium-sized butternut squash, peeled, seeded, and cut into 1" cubes (about 4 cups)
- 1 15oz can coconut milk
- Juice of 1 lime
- 1/2 tsp salt, plus more to taste
- 1/4 tsp black pepper
- Sriracha to taste, optional
- 1/3 cup cilantro, chopped, to garnish
- 1/3 cup unsalted, dry-roasted peanuts, chopped, to garnish

DIRECTIONS

Heat the oil in a large soup pot over medium heat. Add in the garlic and onion, and saute until soft and fragrant, about 3 minutes. Add in the ginger and curry paste and stir to combine with the onion and garlic. Cook for 3 more minutes, stirring often. Add in

the raw butternut squash cubes and slowly pour in the broth, stirring to combine. Season with salt and pepper. Bring to a boil and then reduce heat to a simmer and cover. Cook for 20 minutes, or until butternut squash is tender. Remove from heat and let cool for a few minutes. Pour the soup into a blender in batches and blend until smooth, or use an immersion blender to blend in the pot. Before serving, remove the soup from the heat and mix in the coconut milk (saving a few tablespoons to garnish) and lime juice. Mix well. Season with additional salt and pepper, if desired, and add sriracha to taste for extra spice, if using. Pour into bowls and drizzle the remaining coconut milk on top. Swirl the coconut milk with a spoon. Sprinkle with chopped cilantro and chopped peanuts. Optional: serve with fresh made naan bread.



Blue Hill Center for Yoga and Wellness

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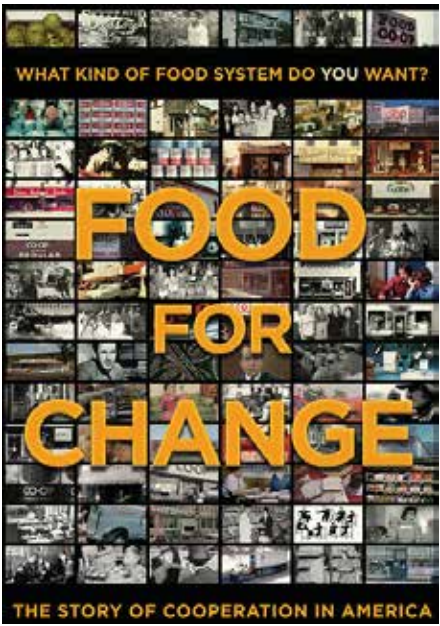
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Contact David to sign up by emailing davidrwalker33@gmail.com, or calling 664-4856 or going to bluehillyoga.com for a schedule, general information, and email link. Monthly subscriptions, drop-ins, sliding scale for those in need.

Free to Stream Online



FOOD FOR CHANGE

Food For Change is a documentary film focusing on food co-ops as a force for dynamic social and economic change in American culture.

Now availavle to stream online for free, through the end of the year!

View the film here:
<https://vimeo.com/292605673>

Tips for 2020 Holidays, Thanksgiving & Beyond

With social distancing still a part of our lives, things are bound to look a little different this holiday season. Thanksgiving is traditionally a time for family gathering and enjoying a bountiful meal. This year, the name of the game is small and intimate. Whether you're restricted to just your housemates or even just yourself, things will likely be small scale. But that doesn't mean the whole holiday is a wash. Here are some tips for how to make this year's holiday the best it can be.

#1 Limit Your Menu to Five Dishes. Creativity plays a big part in many household's holiday plans. Often, we like to have overflowing kitchens with lots of leftovers. This year, it might be a good idea to limit yourself, so you don't end up with more food than you can handle. You can have the main dish (turkey or otherwise), your two favorite sides, and the two best desserts (that will be the hardest to narrow down).

#2 Downsize the Bird (Or Say Goodbye). It's daunting to cook a bird at the best of times. If you're having a smaller meal, a smaller bird might be in order. Or, maybe just the breast. In fact, why stick with a turkey at all? You can get really creative and have a lamb leg or a salmon fillet. How about making it a vegetarian dinner and cooking a stuffed butternut?

#3 Use This Opportunity To Get Creative. There's no need to stick to tradition. If things are turned upside down anyway, why not explore the world with your menu. Maybe an exotic cuisine smorgasbord or a dessert only feast. The skies the limit.

#4 Take it Outside. This one will depend on the weather, but if the skies are clear and warm enough, you can have Thanksgiving al fresco. This way, your loved ones in the area can join you, six feet distance. Just think of the natural decorations available to you!

#5 Set a Place For Your Abscent People. According to Etsy's 2020 marketing report, place settings for the loved ones who can't be there will be big this year. This symbolic gesture might seem a little unusual, but it is an excellent way to acknowledge them and look to next year when we can hopefully be united again.

#6 Live Stream Dinner. Or video chat together. You can combine #5 and #6 by setting a place for your video chat guests. Enjoy your separate meals together and toast via the cloud.

#7 Get Your Thanksgiving To Go. If you are a single person household or just can't face cooking, you can get a meal to go from the Co-op Café. The holiday has never been more leisurely and no dishes.



Good news!!! From August 1, 2019 to July 31, 2020, we have raised over \$5,000 in donations for local groups. Now accepting 2021 Nominations for our Change for Good program.

When nominating an organization that benefits our local Maine community please include...

- *How the donation would be used
- *Contact name, phone number, email/website
- *Desired month to be featured at the register

Please submit nominations to Jennifer Wahlquist Coolidge via email ownership@bluehill.coop.

THERE WILL BE COMMUNITY VOTING ON THE FINAL BENEFICIARIES BEFORE NEW YEAR.

OCTOBER IS ALL ABOUT

Co-op Owners NEW AND OLD



THIS OCTOBER GET FULLY VESTED FOR NATIONAL CO-OP MONTH

Co-op Owners who pay off their equity and become fully vested this October earn a voucher for 10% off!

NEW CO-OP OWNERS

GET A SPECIAL GIFT WHEN THEY SIGN UP IN OCTOBER



CO-OP OWNERS GET 20% OFF
GROCERY STORY: THE PROMISE OF FOOD CO-OPS IN THE AGE OF GROCERY GIANTS
BY JON STEINMA





Musings

Lynn Arnold
Meat & Seafood Buyer
Co-op Owner since 2020

I keep buying meat products, and out they go. It has been a delicate dance of balance and continues that way. I'm focused on keeping our shelves stocked with good products, local when available. Who knows how things will evolve because COVID is such a strong factor. But what is our direction? Will we flow with the usual seasonal ebbs and flows, or will the tide change with people staying longer or just staying and not returning to a more urban lifestyle. And then again, what about the pandemic? We have the election looming in front of us. How will our personal and working lives be affected



Photo by Kipp Sienna Hopkins

by all of this? With so many variables, my hope for the future is plain and simple. Here's hoping for stability and peace, here in the working environment and for the world around us.

Tick Bite Kit and Instructions

Claire Mortimer, FNP
Many Paths to Healing, LLC
Blue Hill, Maine



I strongly recommend that every household in Maine have a tick bite kit handy so that action can be taken as soon as the tick is discovered to minimize the chance of a tickborne infection.

TICK BITE KIT:

- Fine point tweezers (or other tick removal device)
- Bottle of Bandits oil* or Thieves oil (<https://bit.ly/3cjw6kZ>)
- Bottle of Andrographis tincture
- Bentonite clay
- Bandage & tape, or large bandaïd
- Homeopathic Ledum Palustre 30c
- Astragalus capsules



Photo by Kipp Sienna Hopkins

- Proper way to safely remove a tick from your skin: <https://bit.ly/3iTatuf>
1. Grab the tick close to the skin with fine point tweezers
 2. Pull straight up and away from the skin with even pressure.
 3. Do not twist or jerk the tick, as this can lead to mouth parts remaining in the skin.
 4. Do not piss off the tick by applying heat or vaseline or alcohol. That can lead to more bacteria entering your body.

5. If any pieces of the tick remain embedded in the skin, do your best to get all of it out.
- Wash the bite site with soap and water, and dry it.
- Do not dispose of the tick.** Send tick to Tick Lab at University of Maine Orono. For \$15 they will test ticks for the organisms that cause Lyme Disease, Anaplasmosis, and Babesiosis. <https://bit.ly/368UAN5>
- Form to fill out to submit a tick: <https://bit.ly/3hUW0ga>
- Tick submission instructions: <https://bit.ly/33MEDCR>
- Put a drop or two of Bandits Oil* placed directly into the site of the tick bite.
- Put 1-2 drops andrographis tincture directly into the site of the tick bite.

- Meanwhile, mix bentonite clay with a small amount of water, which you apply over the site of the tick bite.
- Cover the clay with a bandage so that it stays in place for 12-24 hours.
- Take homeopathic Ledum Palustre 30c by placing 1-2 pellets under your tongue, and allow to melt. Do not touch the pellets; simply drop them from the container under your tongue. Repeat three times a day for 7 days total.
- Take astragalus 3,000 mg a day for 7-28 days, then reduce dose to 1,000 mg per day, for the duration of tick season.

- Consult with your medical provider regarding treatment with antibiotics, especially if you develop a rash or other symptoms of Lyme infection.
- This tick bite kit and instructions can be found at www.manypathstohealing.me/tick-bite
- * Thieves oil, cinnamon bark essential oil, clove bud essential oil, and/or oregano essential oil can be used instead of Bandits oil.

Co-op Autumn Word Search

Puzzle by Kipp Sienna Hopkins

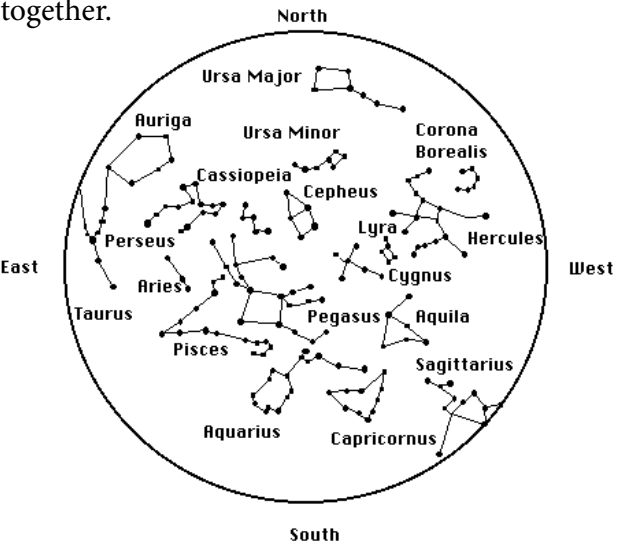


- | | |
|-------------|------------|
| ORGANIC | ZUCCHINI |
| PUMPKIN | HEIRLOOM |
| KOMBUCHA | SAGE |
| COOPERATIVE | KOHLRABI |
| OWNER | JARLSBERG |
| FAIRTRADE | VEGAN |
| WELLNESS | CIDER |
| COMMUNITY | GLUTENFREE |
| BLUEHILL | APPLE |

Words may be diagonal, vertical, or horizontal. Are all left to right. To see the completed puzzle, go to pg 15

Outdoor Activity: Star Gazing

Do you have loved ones who you have to stay distant from? It can be hard to come up with things to do safely. Star gazing can be a great way to spend time together outside. Bundle up, bring some blankets, several thermoses of hot cocoa (no sharing), and observe the autumn skies together.



- | | |
|------------------------------------|-------------------------------|
| Circumpolar Constellations: | Autumn Constellations: |
| Cassiopeia | Andromeda |
| Cepheus | Aquarius |
| Draco | Capricornus |
| Ursa Major | Pegasus |
| Ursa Minor | Pisces |

Special interest: Aquarius is home to several globular clusters and the planetary nebula called the Saturn Nebula.

New Co-op T-shirts and More Gift Ideas



Kipp Sienna Hopkins
Marketing Manager
Co-op Owner Since 2006

With the holiday season just around the corner, many of us are on the lookout for the perfect gifts. While on your quest, don't overlook the Co-op's gift section. There are a lot of new and old items that have been hugely popular this summer. And, with a few new arrivals on the horizon, there's plenty to look forward to.

As the Co-op's resident graphic designer, I have the great pleasure of working with Martha, our General Merchandise Buyer, on new Co-op merch. We're particularly excited about the redesigned Co-op t-shirts that will be arriving this autumn. As always, we're working with Woodland Studio in Ellsworth to get them printed. The shirts themselves are the same ecoconscious 100% organic cotton shirts that our "Who's Your Farmer" shirts were. This time we're going for the classic black t-shirt in both a unisex and a women's tailored cut. After bouncing around some different designs, we settled on our standard logo on the front and our honey bee design for the back. The bees circle around the phrase, "the sweet part is what happens when we work together." Personally, I've always loved the comparison of bee colonies and cooperatives. One more note on t-shirts, we're also in the process of designing a Co-op Café specific shirt, which will feature our new Co-op Café logo (see page 13). We're currently finalizing the color scheme and hope to have them in house by Christmas.

You're probably familiar with our Co-op tote bags, which have gone through many redesigns over the years. We still get people carrying the original bags, which is a testament to their sturdy build. They got an update last year when we moved, and no, I'm not about to tell you we're at it again. However, we have a few new bags coming in from the same company (Enviro-Tote). First, we have a wine tote that holds two bottles each! They have an updated version of our Cheese and Wine Pairing Guide printed on them. Once they arrive, we think they'll be an excellent gift for any wine lover. We also have two zipper pouches, one with berries and the other with apples. Ideal for foodie fashionistas.

Speaking of berries, a new Guide to Berries tea towel will be arriving any day

now. It ought to be on the shelves by the time you're reading this article. They're joining our other new arrival, the Guide to Herbs, which has recently been flying off the shelves. In fact, all the tea towels have been. I've made around five reorders in the last couple of months. The aprons, which are handmade by Martha using

stylish and better quality.

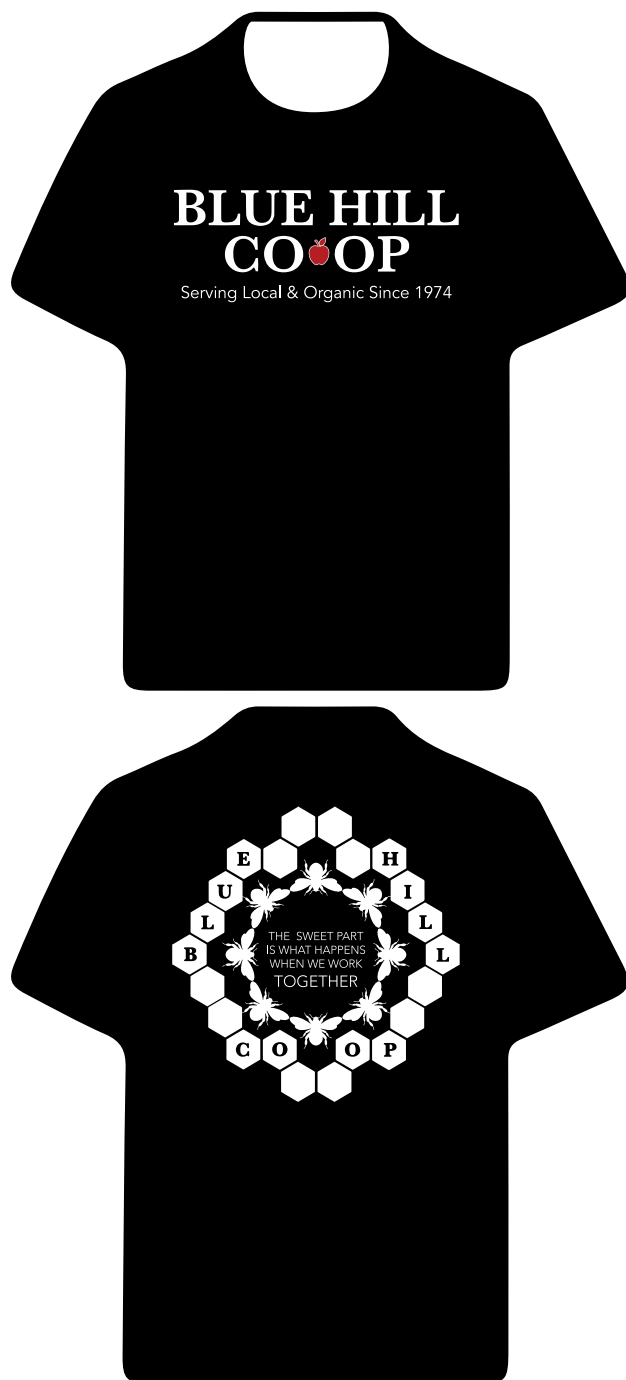
The Boulder is a classic looking twenty-four-ounce thermos, triple insulated, with a dual opening lid, a flexible strap, and a tea/fruit/ice strainer built-in. It keeps drinks hot for up to fourteen hours! The Transit is a mug style, triple insulated twelve-ounce thermos. It keeps drinks hot for four hours and cold for forty. Lastly, the Double Barrel is a study mug style thermos, double insulated, with a cute barrel shape. It's sixteen ounces and works just as well for icy beer as hot coffee. All three designs are recyclable, BPA-free, stainless steel, and warrantied for one hundred years.

Have you checked out the Ukonserve containers? They're stainless steel food storage or lunch containers, with silicone lids. They've also been selling like hotcakes since we brought them in this summer. We have them in seven shapes and sizes. Ukonserve and Ecovessel recently merged, so we're eagerly anticipating the same quality in the new thermoses.

How about other gift ideas that aren't Co-op specific? The most beloved African Market Baskets are always a good call. I think I've given one to pretty much every member of my family. With a myriad of shapes and sizes, and each basket unique in color and pattern, there's a world of choices.

We have lots of household items, like felt dryer balls, vegetable brushes, metal straws, spice jars, cloth produce and bulk bags, wool socks, and bamboo toothbrushes. They all make great stocking stuffers or small gifts. Did you know we carry reusable cotton tea bags? I didn't until I was writing this article. Candles, sage smudges, and incense are always good sellers. One of my personal favorites is the temporary flower tattoos from SoulFlower, which I plan on giving to my niece. We've also got tons of cards from local artists and other handmade items. And, of course, soap and lotion from local businesses are lovely presents.

If you're social distancing, we've got you covered. All our gift items are on WebCart, in the Merchandise section. You can do your Christmas shopping from the safety of home and pick them up curbside! Keep an eye out on Facebook and /or Instagram for updates on our new items. We just now started the conversation about this year's Blue Hill Co-op Calendar, so stayed tuned!



the tea towels, are also in high demand. Currently, we have Herbs, Onions, Apples, Root Vegetables, Winter Squash, and Leafy Greens (which was recently updated).

But new cloth products aren't all we have on the agenda. Martha and I are super excited to have just placed an order for some new thermoses. You might be familiar with our current thermoses, which feature the summer apple branch design that the Harvest Herald uses on its title page. Sadly, those thermoses have been discontinued by the company that makes them. However, we're now working with Ecovessel to get three new insulated containers in the store, with the Co-op's apple logo on them. They're both more

One Year Recollections From the Front Lines



Cat McNeal
Front End Manger
Co-op Owner since 2013

I remember the excitement, first of all. The building was actually being built. It was going up fast, and it seemed like all the employees were popping over to the site. They would show me pictures and tell me that I had to get over to check it out. I decided at that point that I was going to wait until the building was ready for the move-in before seeing it.

Wow! It seemed overwhelmingly huge. How in the world were we going to fill all that space? No worries on that score! We've definitely done a job of filling up the space and leaving enough open room that we can maneuver easily. Of course, when we first opened, the place was jammin'!

It was invigorating to see how everyone was so excited about the new store. Us cashiers were all ready to speedily check everyone out and smile while doing it. Only it didn't quite happen that way. The store lines went all the way down the aisles, at times resting up against the coolers. Apparently, in transferring over our stock information, the digits were all off by one space. That meant that our stock wasn't showing up when scanned at checkout. While trying to keep smiling (I didn't always succeed), cashiers were hollering for runners to find prices to just about every item in the store. When we didn't have anyone to run, we would take off down the aisles hoping for a tag to tell us the price. Then run back to checkout to try to get everyone served. This new space was much bigger. Running from one end of the store to the other in the old location didn't take but a minute. But in this store... running from one area back to the front end didn't always happen in a timely manner, though we really did try

our best. I've always said, and continue to tell new cashiers, that we have great customers. When we opened the new location, and all (just about) was pandemonium, we still heard excitement and joy, and thanks. Owners and customers were patient with us as we were trying to find prices and try to figure out the new aspects of our cash registers. They helped bring up the prices for us and encouraging us by telling us how much they liked the new space. They could see we were trying to get it together, and at times even said, "Oh, I'm not in a hurry."



Photo by Kipp Sienna Hopkins

Yes, we definitely had kinks to work out. Owners and customers were instrumental in helping us find those kinks and offering suggestions on how to fix them. Hey, it takes a village! So, we were finally getting it together on many fronts. I was actually feeling some ease as I knew what to expect with each day. I have a few additional duties that I take care of on certain days, and I felt more confident that I wouldn't

be forgetting them. I was starting to find a happy flow. And then... that dang virus went and upset the apple cart. The state was shutting down, but people still needed food.

Now, we needed to do something very different to serve our community. In the early stages, we were making changes every day. Seriously. I remember when WebCart was just getting up and running, I wasn't sure what was needed or when. Those of us who stayed working just jumped in and said, "I'll do it." Whatever it was. Yes, it was very stressful for me, at least. When WebCart started to shape up to what is working today, satisfaction at seeing the growth brought joy. The workday took on a new shape, but I settled right in. Get an order, pull it from the shelves, cash it out and bag it up. Start over. I loved getting new food ideas from the orders I was pulling. We were doing the best we could with what we could actually get from the distributors. We were able to get quite a lot of inventory. There were new brands to try out, and while some items were hard to find, our shelves were still in good condition, inventory-wise.

Now, we've opened back up to in-store shoppers, and it's been lovely seeing everyone again! I missed seeing people and having their energy in the store. Regardless of the health situation, people still smile, laugh, and enjoy life. If you've been around us Mainers long enough, you'll realize we don't succumb to living in fear. We just get on with things.

So, we've been sanitizing, hand washing, face covering, web ordering, and keeping our chins up. We've been doing our best to keep y(our) store clean and as sanitized as possible. I hope you notice that we're still able to smile, too! No matter how busy we may get, we like to have a laugh and a smile, maybe a little singing, and then get on with it.

Blossom Studio & Gallery
Exclusively online this year.



www.Etsy.com/shop/BlossomStudio
www.Etsy.com/shop/TheMerryPumpkin
Facebook & Instagram @BlossomStudioandGallery

Traditional
Acupuncture



Vicki Pollard



Blue Hill

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

American Unagi: Sustainable Local Eels



Kipp Sienna Hopkins
Marketing Manager
Co-op Owner Since 2006

Meat-eaters of the Co-op Community, what's your favorite type of meat? Mine, without a doubt, is eel. Maybe that's not the obvious choice, but I can't get enough of the delicious, fatty, tender meat. The flavor is reminiscent of trout, but it's much richer. Until recently, my only option was to get unagi donburi at a Japanese restaurant. Luckily for me, and you too, the Co-op now has smoked and filleted eel from local company, American Unagi.

Back in 2012, Sara Rademaker relocated to Maine. She had been working in aquaculture for many years. She even worked in East Africa, helping small farmers develop their aquaculture ventures and West Africa at a largescale farm. With experience ranging from small businesses to large operations, she was ready to start her own venture.

In looking into the local aquaculture options, Rademaker was drawn to the glass eel industry. Glass eels are part of Maine's natural ecosystem. They were part of our indigenous food system. Today, Maine is one of only two states to allow eel fishing, which is highly regulated. Generally, what happens is that local licensed fishermen catch the eels when they are very small. They're then shipped to Asia to be grown. Any eel that comes back to Maine has likely circumnavigated the globe. Plus,

there's no transparency on how they were raised or where they came from initially. They might be from a reputable Maine fisher or a black market eel from Europe.

Rademaker knew there was a better way. In Europe, many farms raise their own domestic eels. Why not here in Maine? Thus, American Unagi was born. Their main objective is to grow eels sustainably, responsibly, and with complete transparency. When you buy an eel from American Unagi, they can tell you with confidence it came from Maine rivers and Maine license fishermen. A far cry from the mystery of the old system.

At their facility in Franklin, American Unagi raise the baby eels to adult size. Since their wild-caught, there's an incredible amount of genetic diversity in our local eels. They can take anywhere between seven months to two years to reach full size. American Unagi makes smoked eel, a traditional European style, and sells live eels. They're recently begun selling butterflied fillets, which are perfect for home chefs who are intimidated by the idea of butchering an eel. With the recent upheaval of local restaurants, thanks to COVID-19, American Unagi introduced this product, which has been getting great feedback.

We just got both the butterflied fillets and the smoked eel. The fillets sold out in a matter of days. I was lucky enough to get one of the first packages. It comes as a pound, which is perfect for four servings. The meat was excellent, and I didn't find



Photo currtacy of American Unagi

a single bone. We made unagi kabayaki for the Basics of Japanese Cooking zoom class that I taught recently. It was every bit as good as the unagi I had in Tokyo.

I also got a smoked eel package not too long ago. I made smoked eel eggs benedict, which was delicious (grab a recipe card at the Co-op). Rademaker recommends using their smoked eel on appetizers or in a New England chowder. She also says the skin is excellent for making a smoky, umami-packed broth. Find both products in the frozen meat section. For more recipes, check out their website, www.americanunagi.com.

UNAGI KABAYAKI (BROILED EEL)

AS SEEN IN OUR ZOOM CLASS BASIC OF JAPANESE COOKING See the recording at www.bluehill.coop/zoom-classes

A traditional meatod of cooking eel in Japan, Kabayaki can be easily replicated at home using your broiler.



Photo by Kipp Sienna Hopkins

INGREDIENTS

- 1 lb unagi eel fillets
- 1/2 cup soy sauce
- 1/2 cup mirin
- 1 tbsp sake
- 1/2 cup rice vinegar
- 1/3 cup brown sugar
- Sesame seeds and green onion garnish

DIRECTIONS

Use a pound of unagi fillet, which should serve four. Divide it into four portions and set it on a rack over a tin foil lined cookie sheet. In a small pot, combine soy sauce, mirin, sake, rice vinegar, and brown sugar. Alternatively use a quarter cup of monk fruit sweetener with a tsp of potato starch mixed in. Over low heat, reduce the sauce

while stirring. It should take five minutes at a simmer. The sauce should be roughly the consistency of Worcestershire or a little thicker.

Use a cooling rack over a foil-lined cookie sheet. Brush the sauce on both sides of the eel fillets and turn the broiler on high. Cook the unagi for three minutes, remove from the heat and brush it again, flip and brush. Return to broiler and cook for three minutes. Repeat five to six times until the fillets are cooked through, with slightly crispy edges. Sprinkle with sesame seeds and garnish with green onion. Serve on top of rice for unadon. Serve on its own plate as an accompaniment to a Japanese style dinner.

Journeying Through The Wellness Department



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

Wellness is a word that carries a lot of meaning. When I took over as this department's Manager some 14 years ago, the word was not in the job description. Instead, the name was HABA Manager. I had never heard the phrase before, but soon learned it was an industry "insider" term, an acronym that stands for Health And Beauty Aides. I quickly asked to have my title changed to "Wellness Manager," which I thought most customers could relate to more easily. I had no desk and no computer for the first year. A lot has changed since then, sometimes very slowly, sometimes overnight.

Talk of moving to a new location floated through the Co-op almost immediately. Then it became a very distant dream. Fast forward to today, and department sales have at least tripled since those earlier days. I am happy to say I have learned a few things about the power of the right supplement or topical salve, gel, or cream to help people feel better. Now, my assistant manager, Martha Shephard, does most of the purchasing of body creams, shampoos, etc., and provides invaluable support in getting products from box to shelf while

guiding customers to products (in addition to her work as General Merchandise and Chocolate Buyer). As of August of this year, all Co-op products can now be located as to aisle, section, and shelf by going to the Co-op's online WebCart shop. The Blue Hill Co-op is a leader among co-ops in this respect. Also online, Co-op customers will increasingly discover 250-character descriptions for all supplements, along with the photographs that currently accompany all Wellness products in the sold at the Co-op.

There are particular supplements that I remember being on our shelves from day one. One example is the locally produced ArthriSea. Blue Hill Chiropractor, Dr. Michael Aker, began giving it to patients who had trouble moving their hands due to arthritis. Researcher Pete Collin discovered the bioavailability of chondroitin found in sea cucumbers harvested off the Maine coast, as well as their anti-inflammatory compounds, and created ArthriSea. Collin, who founded Coastside Bio in Deer Isle, told me of hearing stories of dramatic increases in mobility and decreased pain. The Coastside products continue to be some of the Blue Hill Co-op's biggest sellers.

"If I take my four capsules daily, my knees don't hurt," is a statement I have repeatedly heard. ArthriSea combines glucosamine with chondroitin, which seems to feed joints with crucial nutrients while reducing inflammation. Coastside's SeaCuMax offers a high dose of pure chondroitin also extracted from sea cucumbers.

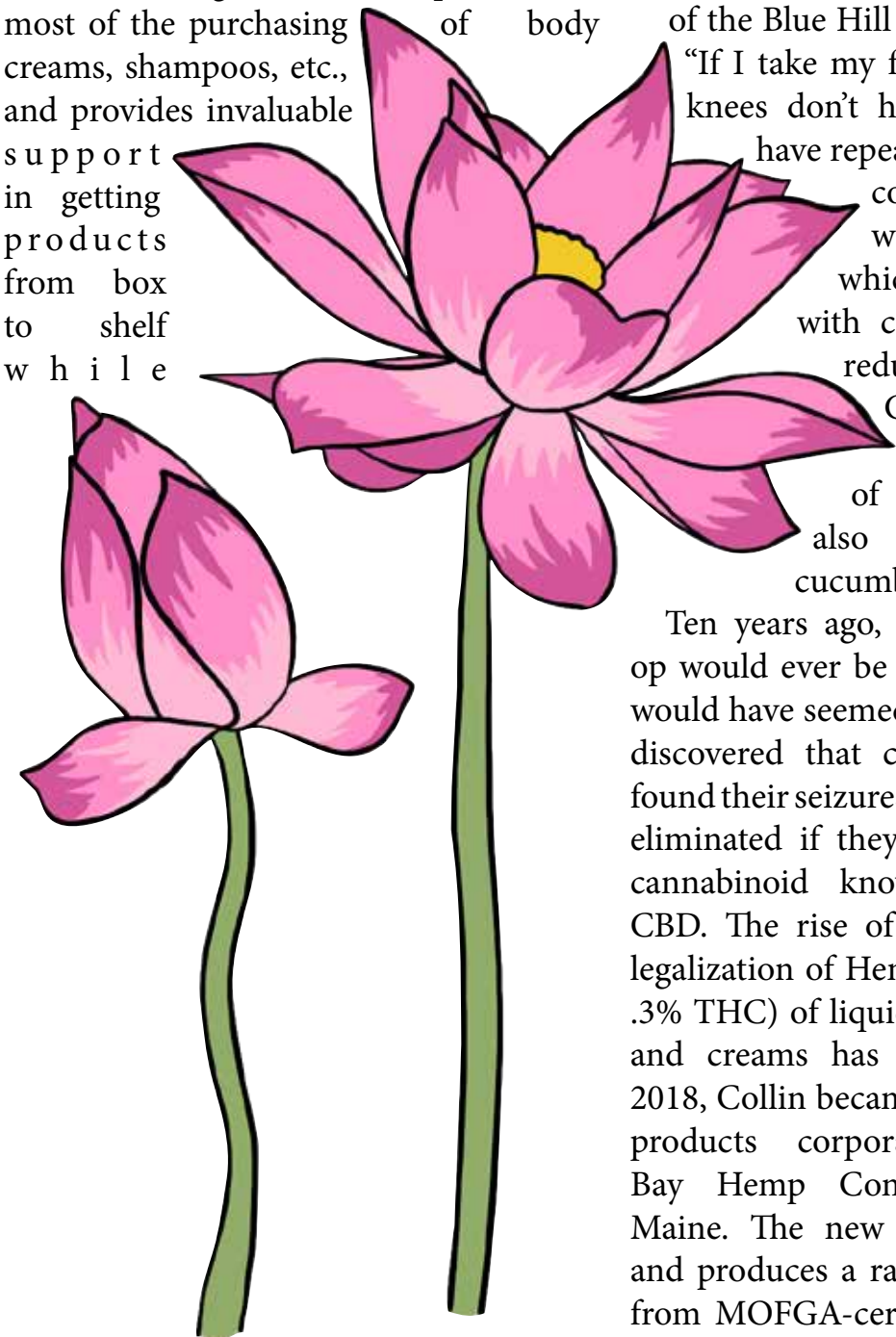
Ten years ago, the idea that the Co-op would ever be selling hemp products would have seemed a fantasy. Then it was discovered that children with epilepsy found their seizures reduced or completely eliminated if they ingested a particular cannabinoid known by its acronym CBD. The rise of popularity (since the legalization of Hemp sales with less than .3% THC) of liquid extracts, topical gels, and creams has been exponential. In 2018, Collin became co-owner of a hemp products corporation, MerryMeeting Bay Hemp Company, in mid-coast Maine. The new company now grows and produces a range of hemp products from MOFGA-certified hemp, including

tinctures, salves, and moisturizers. One of our regular customers who has been dealing with joint pain for years, told me two days before this writing that when he switched from a 600 mg to a 1,200 mg MerryMeeting Bay tincture, he felt a big reduction in pain levels and better mobility. Another regular customer told me it was "miraculous" how much better she felt, and could now bend over and get in and out of her car without pain, after taking a full-spectrum tincture (from Colorado-based Fountain of Health) that is a 1,000 mg concentration of CBD per ounce -- another big seller at the Co-op.

On another day, a customer, who could not lift one of her arms for shoulder pain, applied some gel from MerryMeeting Bay tester of their Muscle and Joint Gel, and 10 minutes later exclaimed to me, "I can now lift my arm without pain!" And of course, unlike Non-Steroidal Anti-Inflammatory Drugs (NSAIDS) such as aspirin, Tylenol, or Advil, there are no dangerous side effects like bleeding ulcers, or liver damage. (Turns out, we now know a healthy Endocannabinoid system is fundamental to our sense of well-being, with receptors laced throughout the brain and body that coordinate systemic responses to pain, anxiety, and well-being in general.) The Co-op also sells many different concentrations of full-spectrum CBD extracts and salves from Wild Folk Farm, located in Benton, Maine. And most recently, Maine Downeast has opened its doors in a newly built facility across from the Fairgrounds in Blue Hill. It supplies the Co-op with pure CBD isolate tinctures in various flavors (important for those who cannot have even trace amounts of THC in their blood), as well as Full-spectrum (containing 85-90 different types of cannabinoids) tinctures.

Co-op customers who have been helped by supplements they have discovered here at the Co-op make my job truly meaningful. Just recently, a woman told me that, "whatever it was that I recommended years ago," had removed the Keloid scar bundles that had "been on her shoulder" for some 30 years. What could that supplement have been, I wondered? Systemic enzymes -- which dissolve the fibrin that is the structure within scar tissue. She said the scar tissue on and within her shoulder was so great that it rose above her skin level very

Continued on page 11



Continued from page 10
noticeably and had caused decades of restriction and pain. Now, that scarring was all but gone, and so was the pain. She recognized the distinctive Vitalzym in its aluminum bottles -- systemic enzymes produced in Japan by World Nutrition, using specialized turbine encapsulation that preserves the enzymes' potency. In Europe, systemic enzymes are also used to dissolve sclerotic buildup in arteries and veins, where fibrin forms the latticework on which things like excess calcium and fats accumulate and can lead to ischemic disease. Serrapeptase, one of the key enzymes, is routinely injected into injured persons admitted in trauma wards throughout Asia and Europe, and greatly aids the healing process in people with severe injury. Systemic enzymes also cleanse the blood of foreign proteins and reduce inflammation throughout the body.

Of course, we sell a lot of basic vitamins like Vitamin D-3, now recognized for its powerful immune-supportive

properties in addition to bone and mood support, and all the B vitamins, and of course, Vitamin C, and many Elderberry and many other immune-supporting formulas. Now the brilliance of Medicinal Mushrooms, long known by the Chinese, is well known. Paul Stametz and his company Host Defense (which makes a 17- mushroom blend called MyCommunity) has helped many achieve strong and resilient immune systems. People undergoing chemo and radiation for cancer use Coriolus (Turkey Tail) to greatly reduce side effects. Agarikon is considered the best antiviral medicinal mushroom. Not a mushroom, but another potent healer called Andrographis, is an herb long used in India and known in Ayurvedic Medicine as the "King of the Bitters." I had never heard of it until a Science teacher at George Stevens Academy in Blue Hill told me she never gets the flu or colds, "if she takes her Andrographis." These days I am having trouble stocking it, as the word is out on a national level. Neither Herb Pharm nor

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

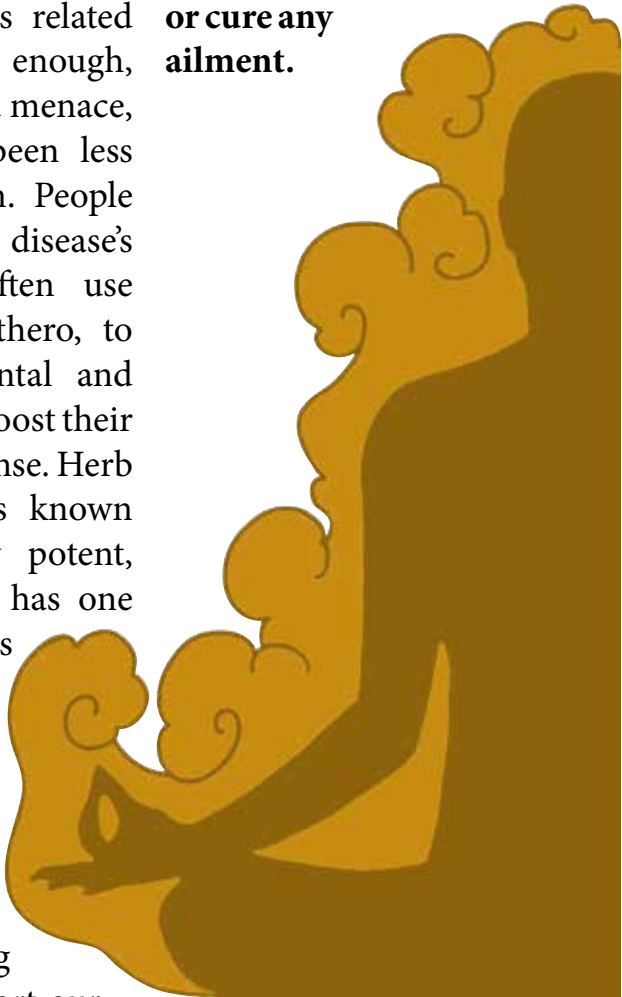
Now has had it to sell recently, though we do have it as part of a mixture of Echinacea and Pelargonium (Umcka) from Terry Naturally.

It goes on and on, and every day there is something new to learn. As if concerns related to COVID-19 aren't enough, Lyme Disease is still a menace, even if ticks have been less prevalent this season. People suffering from Lyme disease's long-term effects often use the adaptogen, Eleuthero, to give themselves mental and physical energy and boost their body's immune response. Herb Pharm's Eleuthero is known for being especially potent, and the Co-op now has one and 4-ounce bottles available in a base glycerite or alcohol. (See page 6 for more information on what you can do if you're bit by a tick.)

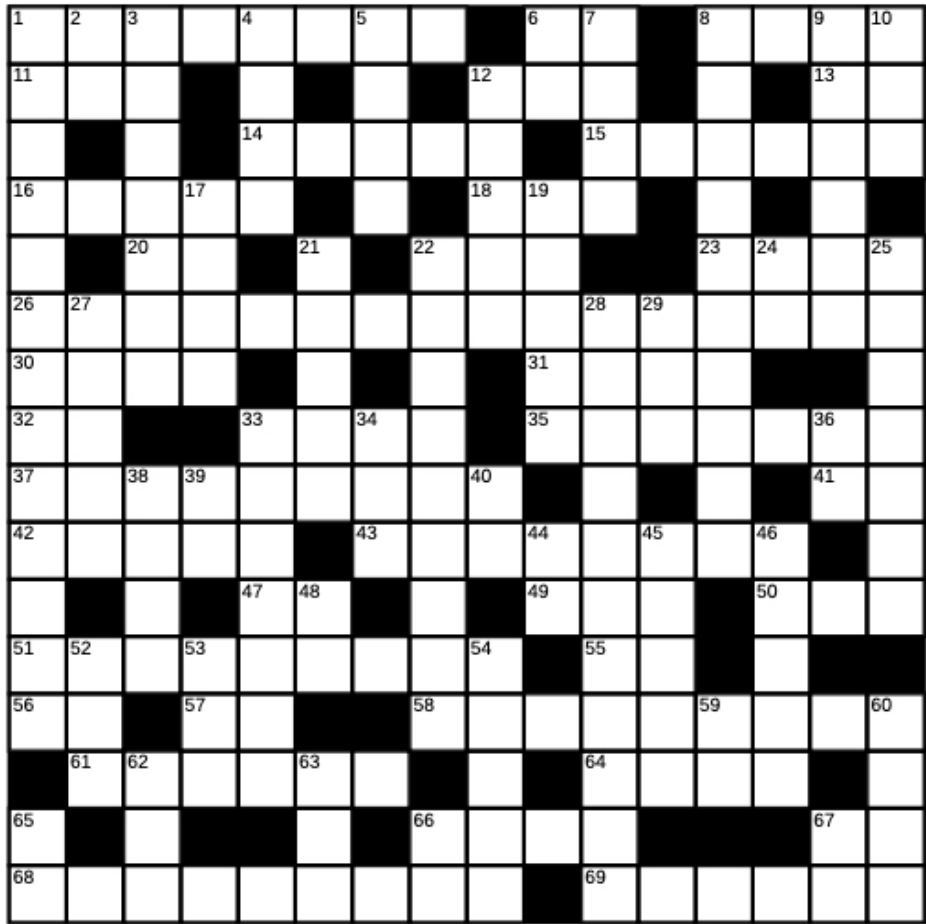
Let's keep exploring natural ways to support our

body's health. I am happy to help support you in any way I can and learn from you.

Please Note: the remedies mentions are only recommendations and are not meant to diagnose, treat or cure any ailment.



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 13

Across

- 1 "Everything's okay"
- 6 Our state abbr.
- 8 Raise on a farm
- 11 Harper or Stan
- 12 To catch
- 13 Old English abbr.
- 14 Mushrooms, for one
- 15 Flaxen
- 16 Neigh sayer?
- 18 Belonging to him
- 20 Farm State abbr.
- 22 Swindle, informally
- 23 Munch or crunch
- 26 Type of cheesy squash
- 30 Toboggan sport
- 31 Aphrodite's son
- 32 Magical land
- 33 Scandinavian greeting
- 35 Yellowish
- 37 With the setting sun
- 41 British 'thank you'
- 42 A weaver's reed
- 43 Apple from New Zealand
- 47 What was that?
- 49 Currency in 21 down
- 50 Can be cut, rolled, or milked
- 51 Family trips
- 55 The Ocean State abbr.
- 56 Trauma site
- 57 Circle ratio
- 58 One of five flavors
- 61 Coarse woolens
- 64 Bit of land off the coast
- 66 Cheese with a soft rind
- 67 God to 46 down
- 68 North American Francophone
- 69 Visitor on 1 down

Down

- 1 Old timey Halloween
- 2 French article
- 3 Ogling
- 4 A spouse
- 5 Singluar
- 6 The Bay State abbr.
- 7 Recedes
- 8 Orange colored English cheese
- 9 Lots and lots
- 10 Quite small
- 12 Japan's name for itself
- 17 A wise person's favorite herb
- 19 Alphabetical catalogue
- 21 Japan's third largest city
- 22 Witch's kitchen equipment
- 24 Masculine pronoun
- 25 Our online shopping platform
- 27 Common black European thrush
- 28 Holiday season fruits
- 29 Term of endearment
- 33 Beau or boo
- 34 Sphere to a poet
- 36 That thing
- 38 Levantine ketch
- 39 Musical note
- 40 South America abbr.
- 44 Suffix variant of "y"
- 45 Pounds and parsecs
- 46 Scandinavian, once
- 48 Informal greeting
- 52 Expression
- 53 Our closest relative
- 54 Flies
- 59 Aluminum abbr.
- 60 Where the sun rises
- 62 Sorrow
- 63 Informal phisician
- 65 Measure of intelligence
- 66 In two ways
- 67 Smart tech

Cheese Now & Always



Robin Byrne
Cheese Manager
Co-op Owner since 2002

When I first laid eyes on the new cheese case, I thought, “Oh no! How am I ever going to fill this monster or at least make it look full and inviting?” Well, it took some work, I’ll admit, but I think I met my goal.

Over the past year, there have been a few changes, to say the least, and I’m speaking of cheese, not politics and pandemic. A few cheese options have gone by the wayside due to import tariffs, local availability, and popularity. In their places, I have strived to listen to customer requests, find new and exciting options as well as seek out products from Maine, New England, and points beyond.

Maine producers. There are also a few New England dairies that have held the tried and true status. Don’t overlook Plymouth wax-covered Cheddar in five varieties, Neighborly Farms aged and flavored Cheddar, Smith’s Country Farm Cheddar, Gouda, and Havarti in a variety of styles, Maplebrook Farms fresh Mozzarella, and of course Blue Ledge Farm’s delightful Chevre choices and Blue Cheese. I mention all of these as I did in the last newsletter because I love supporting our region’s dairies.

That said, you will find the choices you have enjoyed from other parts of the country and world. A couple of newcomers



Photo by Robin Byrne

The next time you’re in shopping, take a look through the case. Balfour Farm in Pittsfield has a few new delights. Silvery Moon Creamery is back in rotation, Sonnentäl Dairy continues to bring us their aged Cheddar and Gouda. York Hill Farm has restarted their production of Dairy Duet. State of Maine Cheese, Kennebec Cheesery, along with Springdale Farm are new to the offerings – all

are the Goat Feta from Wisconsin and Ricotta Salata from Italy. Oh, and don’t pass by all of those sumptuous olives, pickles, and beans! So Happy Anniversary to us all! I hope I have served the community well from this new cheese case. I will continue to seek more tasty possibilities in the future. It’s a big cheese world and a big cheese case. Sending you my best and eat more cheese!

Coming Events

Find out more at facebook.com/bluehillcoop or bluehill.coop/zoom-classes

Tea 101: Drinking and Cooking With Tea **ZOOM CLASS**

Wednesday, October 7, 2020
4:00 PM - 5:30 PM
Register to receive link www.bluehill.coop/registration

Introduction to Qi Gong: Movement Class **ZOOM CLASS**

Thursday, October 15, 2020
12 PM - 1 PM
Register to receive link www.bluehill.coop/registration

Local Band “The Counting Club” **ZOOM LIVE STREAM FROM THE CAFÉ**

Saturday, October 24, 2020
4 PM - 6 PM
Email ownership@bluehill.coop to receive link

The Wonderful World of Pumpkin & Squash **ZOOM CLASS**

Wednesday, October 28, 2020
4:00 PM - 5:30 PM
Register to receive link www.bluehill.coop/registration

Halloween Costum Give Away Saturday, October 31, 2020 **Co-op shoppers in costum get a surprise gift!**

Annual Meeting **ZOOM MEETING**

Tuesday, November 10, 2020
6:00 PM - 7:30 PM
Email ownership@bluehill.coop to receive link

Curries of the World **ZOOM CLASS**

Wednesday, November 18, 2020
4:00 PM - 5:30 PM
Register to receive link www.bluehill.coop/registration

Traditional Holiday Foods of the World **ZOOM CLASS**

Wednesday, December 9, 2020
4:00 PM - 5:30 PM
Register to receive link www.bluehill.coop/registration

SEEKING TEACHERS

At the Blue Hill Co-op we are committed to healthy living. In an effort to support the wholistic health of our community, we would like to offer free healthy movement classes once a week to our Owners over Zoom. Are you a Co-op Owner and teacher of yoga/dance/tai chi/or other movement practice? We can provide the space and technology to stream a class from you for our Co-op Owner base. For your time and talent, we will offer you one month 10% off Working Owner discount. Please send your contact information to Jennifer Wahlquist Coolidge 207-374-2165 or email ownership@bluehill.coop.

Comfort Foods



Max Mattes
Café Manager
Co-op Owner since 2019

As the days shorten and the air chills, comfort food becomes an even more important part of our daily routine. There is so much we can't count on but sharing a meal with friends and family is a reliable source of joy and nourishment, for the body and the soul. When we feed ourselves, and when we feed each other, it is more than fuel for the body. The exchange that takes place at the dinner table is the foundation of civilization. I know that is a strong statement, but I believe it to be true. Giving and receiving, caring for the young and the old, and the infirm, sharing the day's bounty with one another, creates connections and reinforces bonds. The act of breaking bread together is fundamental



The new Co-op Café logo!

to what is to be human and humane. Sitting together and eating together and talking with one another is not only where civilization starts, but it is where it is passed on generation to generation. Recipes and traditions are made manifest and explained and experienced. The day's events are contextualized and debated. Behavior is modeled and copied. For better or worse, we create and define ourselves in each other's presence. And all of this takes place around a shared table.

So how does all this translate to our Co-op Café? Our goal is not just to feed people but to feed them in a way that goes beyond basic nutrition. Perhaps you have allergies or specific medical requirements; maybe you have philosophical or religious parameters. Perhaps you are just in the mood for something new and exciting. Everyone who comes to the Café and peers into the case or up at a menu is looking for more than just calories. That daily question of "What's for Lunch/Dinner" can be answered in so many different ways, and we strive to provide that something extra that starts the process rolling where eating becomes something larger.

Maybe you decided to bring home some bone broth for that stew you want to make. Perhaps you grabbed a big slice of Muffaletta that will feed two; maybe it's the kale salad that will be a side dish to one of your own recipes. It could be a vegan version of an old favorite that catches your eye, or maybe you have no time at all to cook, and those complete dinners that can be heated in the package you bought them in are what fits the bill today. All of what we prepare is designed to meet more

than just a need to eat. Food is love; food is comfort; food is part of what brings us together and creates community.

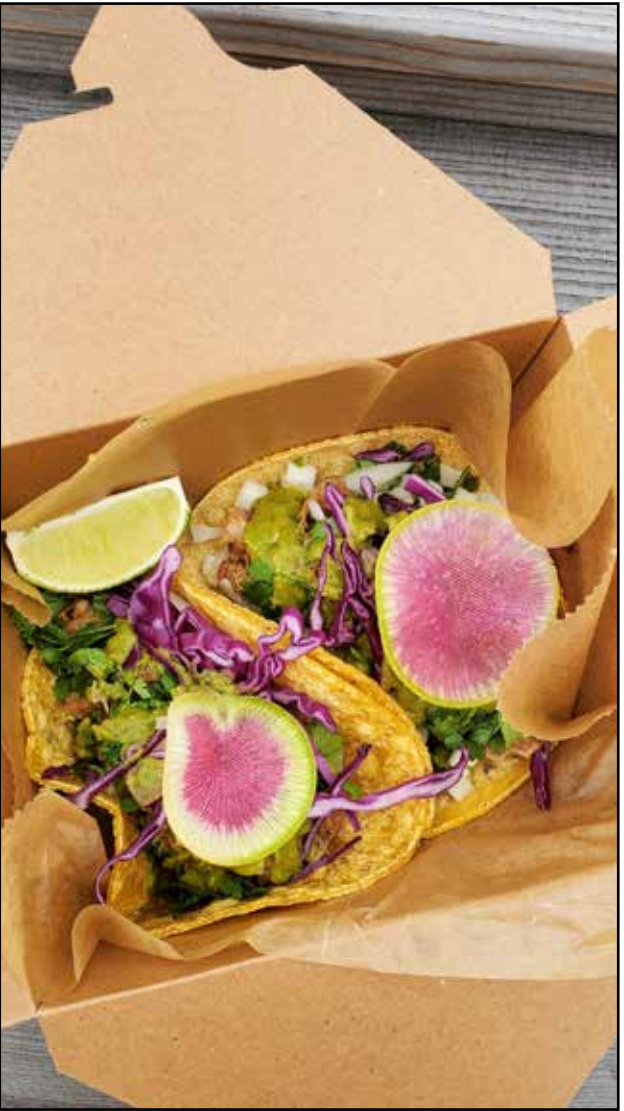
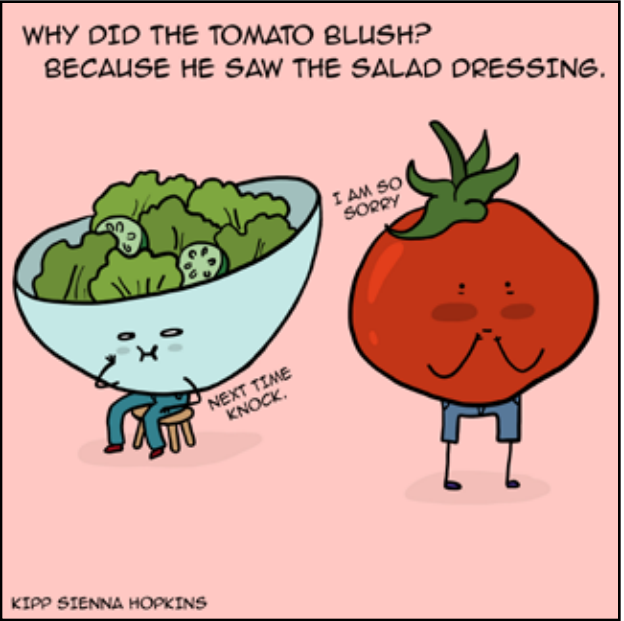


Photo by Philomina Mattes



Crossword on Page 11

full moon sale

Week

SEPT 27 - OCT 3

OCT 25 - OCT 31

NOV 29 - DEC 5

DEC 27 - JAN 2

The Full Moon Sale is a time-honored tradition at the Co-op. A monthly sale where our Co-op Owners can save 10% on their shopping.* We're excited to be switching to a Full Moon Sale Week, where each Owner can choose one transaction to receive their 10% discount during the week of the full moon. We hope that this will enable more people to take advantage of the sale, fitting it into their schedule.

COOP



BOARD OF DIRECTORS 2020 ELECTIONS

*your co-op
your vote*

BALLOTS ARE ABOUT TO BE MAILED TO OUR OWNERS.

IF YOU DO NOT REVIEW ONE, MORE WILL BE AVAILABLE AT THE CUSTOMER SERVICE DESK, WHICH IS ALSO WHERE YOU'LL FIND THE BALLOT BOX.

CANDIDATE BIOS

Two candidates for two seats



JIM PICARIELLO is a screenwriter and award-winning filmmaker who has been on the Blue Hill Co-op board for 9 years. He lives in Brooksville with his wife, Jill Day, and daughters Lucena and Isla.



JEROME LAWThER has been a board member for nearly a decade. He was involved in the initial decision to move from the Main Street location and served through its completion. As a result, he has a great understanding of the fiduciary, operations, and board management procedures and policies and other working documents. He has thoroughly enjoyed being on the board and would like to continue offering his experience to the board for another term and help guide its new identity on the peninsula. He lives in Blue Hill with his wife and two children and teaches high school in Bucksport.

CO-OP BOARD OFFICERS & MEMBERS

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

The Next Board Meeting

TUESDAY, OCTOBER 20, 6:30 PM

THE ANNUAL MEETING IS

TUESDAY, NOV 10 AT 6PM

Meetings will be online due to COVID precautions. Email info@bluehill.coop to request the link.

Nine Reasons Why Co-ops Are Totally Amazing!

1 CO-OP'S ARE DEMOCRATIC!

Businesses and organizations that use the co-operative approach are equally owned and controlled by a community of people. One member has one vote.

2 CO-OPERATIVES KEEP MONEY & JOBS IN THE COMMUNITY

Instead of being owned by a far off corporation, co-ops are owned by the people who use them, which keeps resources in the community.

3 THERE ARE MANY KINDS OF CO-OPS

This model isn't just for "food co-ops." Other types include farmer, worker, artist, & homeowner co-ops. Credit unions & mutual insurance are also co-operatives!

4 WE'RE IN THIS TOGETHER!

Members/Owners of the co-operatives equally share the burden in hard times and the benefits in good times.

5 CO-OPS ARE MORE RESILIENT

When hard times do come around, Co-operatives pull together to make it through economic downturns. They're also more successful in impoverished communities.

6 THEY ARE POPULAR

Did you know that one out of every three Americans is a member of a co-op or credit union? It's not surprising as there are over 40,000 cooperatively owned businesses in the US.

7 CO-OPS HELP POWER THE US ECONOMY!

Nationwide, cooperatives create 2.1 million jobs and generate more than \$650 billion in sales and other revenue annually.

8 WE SUPPORT EACH OTHER

There are many cooperatively run organizations, like NCG, that help support and promote co-ops around the country. These co-ops' members are other co-operatives.

9 ANY SHAPE OR SIZE IS OKAY!

Co-ops can have thousands of members or just a few. There's no right way to be a co-operative. They're flexible enough to fit different needs.



In the last issue of The Harvest Herald, we announced the new section Co-op Voices, a place for you to express yourself as a voice in our Co-op community. It will be a special place for our Co-op community to submit articles of their own. We hope to provide a platform for community to express themselves. We'd love to hear from you about your experience with the Co-op.

First Prompt:
How long have you been a Co-op Owner?
Why did you join?

I became a Co-Op Owner back in 2013 and I was very happy to pay my monetary share to do so. Living in Blue Hill means taking part in our diverse, coastal community - and the Blue Hill Co-Op embodies the best of who we are! The access to local farm-fresh produce is truly amazing, and there are so many thoughtfully curated products that reflect my personal values of respecting our beautiful, precious planet. I am confident the Co-Op carefully sources all it's products and ingredients to be the most responsible choices while limiting environmental impacts, and it's a true community gathering place (appropriately physically distanced of course) - there is a sense of belonging and connection to each other and the Earth, especially important during this very challenging time in history.
Maria Kolenda

We joined the Blue Hill Co-op in 1989 when it was operating out of the building which is currently the Sedgwick Redemption Center. At that time we were building our new home and were encouraged to join by our friends, Bob and Annie Poole. We felt good about getting involved in our new local community in this way. Some of our best memories include cutting huge wheels of cheese into smaller wedges while chatting with friends doing the same work.
Meredith Eley

Conversation at the Produce Bins
Gracefully awkward, the tall woman tucked her hair into a gold-and-yellow wool hat and turned over the small and large zucchini. I balanced a bunch of broccoli on one hand and ripped a plastic bag from the roll. I noticed how easy it was to open and mentioned it. She knew at once what I meant about those hard-to-open bags that people say will open if you snap them between your fingers, but they don't. We laughed, and all the time we talked I was struggling to fit the head of broccoli into the bag. We saw this at the same time and laughed again, saying how it was like the rest of life. She told me her friends were worried about her because she can't take anything seriously. I told her the only way I can live is by remembering that everything is vitally important and nothing matters at all. She thanked me. There were more words. I wish I could remember them. When our carts almost collided in the check-out line, she thanked me again.
Martha E. Duncan

Please send your submissions to newsletter@bluehill.coop by Tuesday November 10th. Articles should be no longer than 400 words and may be edited for readability and grammar, not content. Depending on space, it is possible that not every submission will be published.

Trick or Treat?

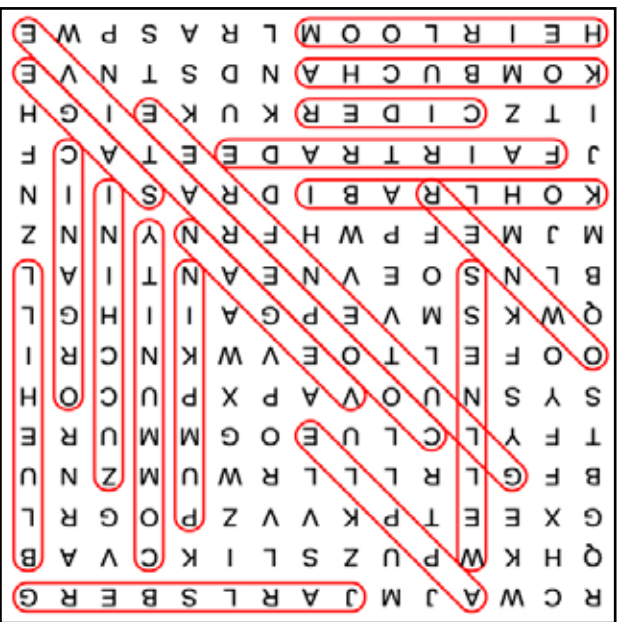
We love halloween! This year, shoppers wearing costume will get a special suprise at checkout! Come in and join the fun!



Halloween 2018 Photo by Kipp Sienna Hopkins



Halloween 2019 Photo by Kipp Sienna Hopkins



Word Search on Page 6

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WASHOKU DAY

Exploring Japanese Food & Culture

MAPO TOFU

AS SEEN IN OUR ZOOM CLASS BASIC OF JAPANESE COOKING
See the recording at www.bluehill.coop/zoom-classes

Mapo Tofu is a dish that originated in China, but has gained a huge amount of popularity in Japan as an easy weeknight dinner. It has a mildly spicy, earthy flavor. It can either be made with a combination of ground pork and silken tofu or if you're vegan you can use shiitake mushrooms and black or adzuki beans. This meal is served over hot rice, donburi (rice bowl) style. *Recipe from WashokuDay.com*



INGREDIENTS

- 1 box silken tofu
- 1 lb. ground pork
- 2 green onions
- 2 1/2 tbsp go-chu-jang sauce
- 1 tbsp red miso
- 1 tbsp oyster sauce or hoisin
- 2 tbsp mirin
- 1/2 tbsp soy sauce
- 2 cloves garlic
- 1 inch piece ginger
- 1 tbsp and one tsp sesame oil
- 1 tbsp potato starch
- Serve with hot short grain rice
- Vegan Option:
Replace pork with 1 lb of shiitake mushrooms
Can add black beans or adzuki beans

DIRECTIONS

Mix together go-chu-jang, mirin, red miso, oyster sauce or hoisin, soy sauce, one tsp sesame oil, potato starch, and four tablespoons of water. Dice an inch long piece of ginger root and two cloves of garlic. Slice two green onions. Cut one box of silken tofu into 3/4 inch cubes. If using shiitake mushrooms instead of ground pork, cut off the stocks and rice the mushrooms into small pieces. Using a large frying pan or wok, heat to medium and add a tablespoon of sesame oil. Add the ginger

and garlic and sauté until fragrant, which will only take a minute. Stir continuously so they don't burn. Add the ground pork or shiitake mushrooms if vegetarian. Break the pork up with a spoon as it is cooking. Once it's almost cooked, add the sauce mixture. Stir it together and cook for a minute, until the meat is cooked. Add the tofu and carefully stir, so the cubes remain more or less intact. Add the green onions and turn the heat off. Serve over hot rice, or cauliflower rice if grain-free.

The Co-op Café now has its own social media accounts!
Follow us on FaceBook and Instagram
Instagram: @the.coop.café
Facebook: @thecoopcafé.bluehill

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 a few of our favorites from this quarter!



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