

The Harvest Herald

FREE

Presented by BLUE HILL CO-OP

Autumn 2021



The Busiest Summer Yet



Kevin Gadsby
General Manager
Co-op owner since 2016

I don't know about you, but I'm not yet ready to let go of summer. Truth be told, I never feel ready. I feel more alive in summer, more relaxed, but at the same time busier than ever. It's a good kind of busy. Working in the garden, mowing the lawn, daily walks along the cove and of course the weekly grind of the Co-op on the peninsula in summer. There is never a dull moment.

The staff at Blue Hill Co-op will attest, this summer was the busiest ever with June-August sales growth at 33% over the same period last year on top of 50% growth the summer before. We are currently trending in year two at projected sales for year 5. Total sales for the three-month period were just shy of \$2.5 million with August sales alone at \$929,000 with three weeks each coming in at well over \$200,000 each. To put this into perspective, we realized sales of \$954,000 during the entire first quarter (Jan-Mar) of 2020 at the onset of the COVID-19 pandemic when the retail grocery business went haywire. This summer each department realized growth from 5% to over 121%. The café climbed out of a difficult time compared to last year with sales growth at 109% and still not running at full capacity. In fact, it could be said that even with all this growth, the co-op as a whole is still not running at full capacity. The most challenging part of the past several months has been keeping up with this forward momentum while feeling a few steps behind for lack of help. One step forward, three steps back. I have never seen



A rare moment of peace, as our early morning staff begin to arrive at work. Photo by Kipp Hopkins

such a strong ebb and flow of employees in 20+ years. But despite these challenges, we still have numerous staff members who have been with the co-op 5+ years, even a few over 10 years. In addition, we have recently seen a spike of job applicants across departments, and we've been fortunate to hire some very talented folks with years of grocery retail and/or food co-op experience. Throughout the upheaval of the past 18+ months, it remains clear that Blue Hill Co-op continues to show incredible potential. Thank you, co-op staff, for keeping up and thank you co-op owners for all the ways you continue to show your support.

As we navigate this period of change and rapid growth, I have been working hard at homing in on two areas on the top of my priority list: wages and debt service. When a business grows quickly and sales appear to be off the charts, there are other

Continued on page 2

In this Issue:

- The Busiest Summer Yet pg 1 & 2
- New Dimensions In Guy Health pg 3
- Swiss Cheese, Is This Article Full of Holes? pg 4
- Swiss and Maitake Pizza pg 4
- The New EPR Bill pg 5
- EV Charging At The Co-op pg 5
- Turkey Time, What's in a Name? pg 6
- Honeynut Squash Stuffing pg 6
- Autumn Stargazing pg 6
- Online Classes? pg 7
- Translating Nutritional "Facts" pg 7
- The Golden Russet: A Brief History pg 8
- The Kitchen Is My Refuge: Cooking For Catharsis pg 9
- Just Some Thoughts pg 10
- Why Buy Local? pg 10
- The Puzzle Page pg 11
- Still Mulling It Over? pg 12
- Chocolate Mulled Wine Cake pg 12
- A Journey of 15,000 Step pg 13
- From Turnip to Pumpkin pg 13
- The Eleven Essential Flavor of Autumn pg 14
- Chai Spice Scones pg 14
- Mushroom & Queen of Smyrna Soup pg 14
- Co-op Voices pg 15
- New Program pg 15
- Coming Events pg 15
- Puzzle Answers pg 15
- Butternut Wellington pg 16
- Best of #bluehillcoop pg 16

Continued from page 1

things that grow along with it, namely payroll costs and other expenses. These expenses left unchecked have been the demise of many businesses. Growth is good, but responsible and purposeful growth is better. One of my chief goals is to grow wages and benefits and while this isn't happening as quickly as some wish, it is happening. I have been able to extend raises throughout the Co-op, pushing entry level pay from \$12.25 to \$13/hour. All employees that were over \$13/hour at that time also received a raise to help offset wage compression. To forge a path toward \$15/hour base pay, I have contracted with a co-op consultant and together we will create a multi-level plan with this goal in mind. More on that in the

coming months. During the busy months of summer, we were able to pay down our line of credit in full, replenish our member equity account and transfer a significant amount of cash to our savings account all of which will shore up our balance sheet and keep us afloat especially during the slower winter months. Over the past several weeks, I have been working with the finance committee on a Request for Proposal (RFP) to submit to area lenders in consideration of refinancing our commercial debt. Refinancing at current market rates could potentially save thousands in interest expenses and significantly reduce our monthly debt service. We submitted the RFP to eight area lenders, including our current



Photo by Kipp Hopkins



ReVision Energy team after installing the EV Chargers.
Photo by Brian Emerson

lenders, Coastal Enterprises (CEI) and Cooperative Fund of New England (CFNE). We expect to receive proposals within the next few weeks. By reducing our debt service and with continued growth, the Co-op will be in a better position to redeem owner investment as well as distribute annual investment dividends as planned.

Finally, after shipping delays and technical hiccups, we're happy to offer two Level 2 dual-point chargers for EV charging for a total of four charging points. Shout out to ReVision Energy for their work on this and to MDI's "A Climate to Thrive" for their generous grant that helped offset the cost and enabled us to install a 2nd dual port charger. An

additional USDA REAP grant for the solar installation contributed to reducing costs for the EV chargers. We remain incredibly grateful for the outpouring of support from our co-op community.

Wishing you all good health and wellness. Until next time.
-Kevin Gadsby

*"Winter is an etching,
spring a watercolor,
summer an oil painting
and autumn a mosaic
of them all."*
Stanley Horowitz

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For bios and photos, check out the Board of Directors page at:
www.bluehill.coop/board-of-directors

When Are Board Meetings?
THE FOURTH THURSDAY OF EVERY MONTH AT 6:30PM

*Meetings are held in the cafe or on Google Meets.
Check our website for more info.*

CHANGE FOR GOOD



2021 DONATIONS SO FAR

JANUARY - \$1,414.21 Frenchman Bay Conservancy	MAY - \$1,512.36 Racial Equity & Justice of Bangor
FEBRUARY - \$1,664.33 Blue Hill Halcyon Grange	JUNE - \$1,080.73 Community Compass
MARCH - \$2,197.80 Acadia Wildlife Center	JULY - \$1,589.01 The Simmering Pot
APRIL - \$1,514.26 Healthy Peninsula	AUGUST - \$1,352.63 Blue Hill Heritage Trust

New Dimensions In Gut Healing: ION Gut Health Helps “Tighten ” A Weakened Gut



David Walker
Health & Well-
ness Manager
*Co-op owner since
1989*

Gut illness and the resulting allergies, brain fog, indigestion, and chronic disease resulting from gut illness have become a national, if not worldwide, issue. To help its customers who need to heal their guts, the Blue Hill Co-op has very recently begun offering a cutting-edge supplement called IONBiome. It is a tasteless liquid that can radically improve gut function. Essentially, it “tightens” up damaged junctures that result in “leaky gut” syndrome. One teaspoon, taken three times daily, straight or in water (ideally 30 minutes before eating), is redefining health and wellbeing for thousands, according to testimonials that are echoing across the globe. These testimonials include dramatic statements from some parents whose once nonverbal autistic children begin to speak after ingesting IONBiome as part of their regular diet.

“ION Gut Health is a liquid, gut-brain health supplement that goes beyond probiotics, helping support tight junction integrity and diversify your microbiome the natural way,” writes Medical Research Scientist Zach Bush. “It is soil-derived, U.S. sourced,

and naturally rich in a variety of humate substances, trace minerals, and amino acids. ION Gut Health’s active ingredient, Terrahydrite, isn’t bacteria; it’s a family of molecules made by bacteria. ION Gut Health supports tight junction integrity at the gut lining, which protects the immune and neurologic systems and regulates the delivery of water and nutrients to the body.”

Did you know that the lining of your intestines is the thickness of one-half the diameter of a strand of hair? Yes, it is the thickness of one cell. Yet this extremely thin layer of internal skin, which is 150 times thinner than your external skin, can block undigested proteins from entering your bloodstream. Unfortunately, due to the great prevalence of toxins and undesirable antibiotics that exist in modern food and blow in modern winds, damage to the intestinal walls is common throughout our population. The micro-perforation that results from toxins such as the now infamous glyphosate causes illness. Glyphosate (patented by Monsanto) is one of the most damaging substances to our intestinal health. Sadly, it is estimated by research scientists to be in 75% percent of our air, wind, and soil.

When undigested proteins pass into our bloodstream, our body

reacts to them as invaders that need to be dealt with through its innate immune response. We are programmed to react to proteins that do not naturally occur in the bloodstream. What results are allergies and chronic diseases? Writes Bush, “As demonstrated in our peer reviewed articles, toxins like glyphosate and gluten can degrade tight junctions in the epithelial layer of the gut lining. ION Gut Health has been shown to promote the strengthening of this gut barrier, which supplies the first line of defense against everyday exposures to environmental and foodborne toxins. This in turn helps with inflammatory response, enhancing mental clarity, promoting immune function, supporting digestion, and alleviating gluten sensitivity.”

Dr. Zach Bush has spent many years investigating human health as it relates to the intestinal lining. A medical doctor with three board certifications to his credit, Bush ran a clinic in West Virginia. He introduced his patients to a plant-based diet. Their health improved dramatically, yet was not optimal, he realized, due to persistent gut damage. He writes, “Recent science has called the gut our second brain,” or the Enteric Nervous system (ENS). “It consists of two thin layers of more than 100 million nerve cells that line our gastrointestinal tract, from your sinuses all the

way to our rectum.

“We now know that the majority of neurotransmitters, such as serotonin and dopamine, are made in our gut lining, with very little being made in the brain. However, the production of these chemical messengers is dependent on the right bacteria, fungi, and even parasites and viruses, being present in our gut. Together, these make up our gut microbiome.” Bush has become a popular exponent of what has come to be known as Regenerative Farming, which does not use destructive pesticides and herbicides such as RoundUp, which contains glyphosate and becomes systemically contained in the plants on which it is sprayed. In fact, 100% of the profits from the sale of ION Biome are dedicated to the growing number of regenerative farmers, an age-old approach to farming that is organic and soil building, and that uses no substances that can compromise human health, such as those contained in pesticides and herbicides like RoundUp.

Educator Wendy Gilker will be at the Blue Hill Co-op for a three-hour talk this Fall. Check the website for details, and talk to Wellness Manager David Walker for more information about ION Gut Health, which is also available for pets and is safe for all ages, with no contraindications.

Ownership at a Glance

NEW OWNERS
SINCE JUNE 1ST: 140
TOTAL ACTIVE OWNERS: 2,458



Did you know that 48% of our owners are fully vested? This means that they have paid their full equity of \$200.
Wondering how much of your equity remains to be paid? Ask a cashier the next time you’re at the check-out.

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LETTERS TO THE EDITOR

We welcome input. Please mail 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 should be brief and may be edited for style, but not for content. 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 nor 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.

Swiss Cheese: Is This Article Full of Holes?



Robin Byrne
Cheese Manager
Co-op Owner since 2002

Okay, here's the big question: Why does Swiss cheese have holes?

Swiss cheese is a natural cheese made by adding a bacterial starter culture to cow's milk. The culture creates the cheese's delicious sweet, nutty flavor and produces carbon dioxide gas, forming the holes or "eyes" characteristic of Swiss cheese.

The size of the eyes is controlled by time, temperature, and acidity levels during the aging process. It does not affect the taste of the cheese.

You may have heard in the news recently about the mystery of the disappearing holes in Swiss cheese but, don't worry, those famous holes aren't going anywhere. The cheese-making process is an age-old science as well as an art, so those holes are sticking around!

Here's a little historical background on the golden stuff. We all call it Swiss cheese now, but it has been known by many other names over the years. When it was first manufactured in the 14th century, it was initially known as Emmental cheese. The name came from the Emme River valley (Emmental) in the canton of Bern in Switzerland. This delicious cheese was kept a special secret in the Emmental region for a long time because Swiss cheese didn't catch on to the rest of the world until the early 1800s. That's when the people of Emmental started making larger quantities of cheese to market outside of the area. To that, we extend much gratitude to the Emmenthalians!

It was only a matter of time before the delicious holey cheese made its presence known to the rest of the world. These days, we couldn't imagine life without Swiss cheese. It's a staple in many recipes, such as Cuban sandwiches (check out the tasty offering in The Cafe), fondue, chicken Cordon Bleu, and countless others.

Today the name "Swiss cheese" is used for any cheese that resembles Emmental (yellow, medium-hard cheese). It has its own classification; Swiss-type or Alpine cheese. Emmental or Emmenthaler is usually made with Alpine cow's milk. The same production process is followed outside of Switzerland to

give us similar types of cheese, most notably in Norway, where the Jarlsberg variety is the leader, and in the United States, for Swiss-style cheeses.

Swiss cheese is known for being among the healthiest of cheeses. It is an excellent source of protein and calcium. It has lower sodium than a lot of other cheese varieties and contains more phosphorus and vitamin B-12. Those are some great reasons to stay on the Swiss cheese track.

Side note: In most English-speaking countries such as the United States, Canada, Australia, and New Zealand, if you ask for Swiss cheese, you're likely to get the holey cheese you know and love. However, if you travel anywhere in Europe or the United Kingdom, you might want to refer to it as Emmental cheese, or people will wonder what you're talking about.

What are some of the cheeses you can use as a substitute for Swiss?

Fontina: This Italian-style cheese is made with fresh cow's milk in unpasteurized condition. It has small holes similar to Swiss cheese and a hint of nut and mushroom aroma. Its soft texture and buttery taste make it an ideal substitute for Swiss cheese in sandwiches and casseroles like Baked Mac-n-Cheese.

Gouda: Holland is the origin of this famous cheese, and it makes an excellent sub for Swiss. It's pale in color, has a mild flavor, and melts well.

Jarlsberg: This one comes from Norway. Although sometimes mistaken for a Swiss cheese, Jarlsberg is a mix between Gouda and Emmental.

In our specialty cheese case, you'll find the Swiss-made classics EMMENTAL and the ultimate LE GRUYERE. Also stocked regularly are German import SWISS and Italian import FONTINA. Don't forget the excellent substitute for Swiss, GOUDA, as we have several choices here!

Go explore, have fun and eat more cheese!

Fun Fact: According to The International Dairy Foods Association, the US consumes just over one pound of Swiss cheese a year per person (of those who eat cheese, that is!)

SWISS & MAITAKE PIZZA

See more recipes online www.bluehill.coop/blog



Photo by Kipp Sienna Hopkins

Our favorite way to prepare maitake mushrooms (AKA hen of the woods) is to make a pizza with Swiss cheese, caramelized onions, and green peppers. This combination also works well with crimini mushrooms. Pick your favorite pizza crust (we used Cappello's Almond Flour Crust). The volume of ingredients may vary depending on the size of your chosen crust.

INGREDIENTS

- 1 pizza crust
- 1/2 cup diced maitake mushrooms
- 1/2 cup diced yellow onion
- 1/2 cup diced green pepper
- 2 tsp dried basil
- 2 tbsp olive oil
- Salt and pepper to taste
- 1/2 cup grated Swiss cheese
- 1/4 cup grated mozzarella

Preheat oven to 450°. Unwrap your pizza crust and place it on a sheet (if using pizza dough, roll it to desired thickness). Drizzle half the olive oil over the crust and spread it across the surface. Use the rest of the oil to sauté the mushrooms, onions, and pepper. Salt and pepper to taste. Sprinkle the basil over the crust, then spread the mushroom mixture on top. Cover with the cheese and bake your pizza for 13-15 minutes or until your pizza top is browning. Serve hot!



The New EPR Bill & How to Reduce Plastic at Home



Robin Snyder-Drummond
Health & Wellness Assistant
Manager
Co-op owner since 2019

Watching the tide rolling in, the billowing clouds, the wide blue sky... and a seagull trying to fly with a plastic bag stuck on its leg. Distressing for the bird and for me to see. It's the pervasive problem of waste. This isn't the way life should be in Maine.

Tackling this problem requires several changes of habits and policies. The state of Maine has made important steps forward. Individual actions matter as well.

In July 2021, Maine became the first state in the nation to pass an Extended Producer Responsibility for Packaging law. There has been similar legislation in Maine, like the bottle bill and the plastic bag ban. The purpose is always to reduce trash.

Because recycling options are limited or non-existent, most products are disposed of by burning or landfill. Your tax dollars pay for waste disposal, \$16-17 million a year* That's just to handle waste from packaging.

The EPR law goes to the source. It requires producers to be responsible for product materials beyond the sale. Businesses will have to have a plan to:

- Reduce the amount of trash in the first place.
- Lower the toxicity in material
- Encourage reuse
- Use more post-consumer materials.
- Make the product "readily recyclable" and give accurate information on how to dispose of it.

The last point is key. Labeling something 'Recyclable' is inaccurate if there's no market for them. Those products are thrown in the trash and incinerated or remain as litter. The problem is not solved. We need less 'stuff,' and we need genuine markets for recycled

materials.

Maine Representative Nicole Grohoski, with Senator Rick Bennet, sponsored this EPR bill. With the support of the Maine Department of Environmental Protection, this forward-thinking legislation was passed into law. It takes effect in December 2023. Though seemingly a long time, the aim is to make enduring changes.

Meanwhile, each of us can be forward-thinking. When presented with an expansive selection of products, you can narrow your choices: organic, local, and more. Also, consider how much packaging is involved. Is that really necessary? See what you accumulate in one week and multiply that by 52. It adds up.

The first step is to Reduce then ReUse. While shopping at the Coop, you can:

- Choose items with minimal packaging and less plastic. Currently, most glass is incinerated. However, glass can be reused more often, and it does not leech toxins or degrade into microplastics.
- Reduce the array of plastic bottles in your bathroom.
 - ~ **Ancestral French Soap** hair shampoo. You might not even need a conditioner. Instead of two bottles, there's only a piece of paper. And it's local.
 - ~ **Just Soaps** has no packaging. Using pedal power to make the soap, his business has been run on solar energy since 2014. Also local.
 - ~ **Maine Island Soap** has unique scents and a small paper box. Made locally.
 - ~ **Borestone Soaps** uses oils, essential oils, and one small box. Local.
 - ~ **The Goat Project** supports a goat farm in Vermont. All-natural ingredients and one strip of paper.
 - ~ **Unpaste Tooth Tabs** come in a small paper bag. Fluoride or Fluoride-free.

- Reusable containers are on the shelves between the cheese and the salad bar. Use (and reuse) these for small servings instead of buying individual plastic servings.
- Buy in bulk! Reuse your containers and avoid the packaging.
- Milk and yogurt in glass containers that you can also reuse for bulk!
- Compostable bags require industrial-sized composters, a technology that most municipalities do not have. These bags get mixed with recyclables, contaminate that load, and become trash. Paper bags, cloth, or mesh bags are still the more effective choice.

The little things you do add up, or rather, the little things you do subtract. There is less plastic and trash in the water and air. Our own habits are one step in many necessary changes. Nonetheless, our actions make legislation (like the EPR bill) more effective.

The goal is less trash. Then we'll more fully enjoy blue skies, green trees, and birds flying free... the way life should be.

For clear information and details about the EPR bill, visit www.recyclingreform.org

According to the Maine Department of Environmental Protection, "Maine's taxpayers pay \$16-\$17.5 million per year to manage packaging waste either through recycling or disposal."

<https://www.nrcm.org/programs/sustainability/recycling-waste-management/recycling-reform-maine/>



Photo by Kipp Hopkins

EV Charging At The Co-op

The long-anticipated EV charging stations have been installed in the parking lot! You can now plug into either dual pedestal charger while you shop or eat in the cafe.

The charging pedestals (ChargePoint) were installed by ReVision Energy, whom you may remember are responsible for our beautiful solar array. The chargers were paid for in part by a USDA REAP Grant and by MDI's "A Climate to Thrive."

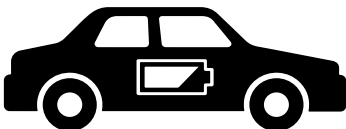
To offset some of the electrical costs, the Co-op is charging \$0.25 per kilowatt-hour. That's roughly equivalent to \$1.80 per gallon of gasoline.

Since installation in mid-August, the

chargers have offset 144kg of greenhouse gas emissions, that's like planting 4 trees and letting them grow for 10 years.

We're excited to provide these chargers to the community and hope that having a charging option in town will encourage more people to switch to EVs or plug-in hybrids in the future.

By the way, did you know that according to market research, by 2025, EVs should be about 9 percent of the U.S. market? How's that for positive change?



Turkey Time, What's In a Name?

Did you know turkeys ARE named after the country, but sort of by accident?

Ever wondered why the American bird, and symbol of Thanksgiving, is called a “turkey” just like the country? The truth is, it’s a little complicated and has a lot to do with another bird from a different far-flung location.

Back in the 14th century, new foods were coming to England from all over the world, especially the Americas, which had recently been “discovered” by Europeans. Many foods also came from the Ottoman Empire, which was a Turkish dynasty that ruled a large part of the Middle East for centuries. Though Turkey wasn’t officially founded until the Ottoman Empire fell after WWI, “Turkey” was often used to describe the region where the Turks ruled. The Ottomans were big traders and one of the things they brought to England was a “tasty, exotic bird from a faraway land.” These birds were called “Turkey cocks” or “Turkey hens” because they came via the Turks. Today we call these birds Guineafowl, not because they come from Papua New Guinea (which they don’t) but because the part of West Africa where the Ottomans found them was once called the Guinea Coast.

Okay, but what does that have to do with our turkeys? Well, when the Spanish learned of the already domesticated American bird now known as the turkey, they started importing them to the “Old World.” They reached jolly old England and since they were relatively similar to the already familiar Guineafowl, laypeople assumed they were the same bird. Today it’s easy to identify the origins of your food, with all the info on the internet and “product of” labels on many

foods. But in the Renaissance, you only had the word of the person selling the food, who probably had it wrong thanks a lengthy chain of communication, that probably had several language barriers. At that time, often it was assumed that new foods came from Turkey, which is why “maize,” or corn, was originally called “Turkish wheat” and pumpkins were “Turkish cucumbers” even though both were from America. Luckily, less confusing names for these foods emerged later on.

The bird became known to the English as the “turkey hen” and was eventually shortened to “turkey.” And even the colonists who became familiar with the wild birds in America (which they must have realized was not Turkey) still kept the name. Thus, the American icon of our beloved Thanksgiving holidays has a name as confusing and misinformed as much of our history.



→ Did you meet our visiting Guineafowl this summer? They could be spotted in the parking lot early in the morning.

HONEYNUT SQUASH STUFFING (GRAIN-FREE)

- INGREDIENTS
- 3 honeynut squash
 - olive oil
 - 1 onion (diced)
 - 3 stalks celery (diced)
 - 1 lb ground pork or sausage
 - 1 large apple (diced)
 - 1 tsp fresh thyme
 - 2 tsp fresh sage
 - 1 tsp fresh rosemary
 - 3/4 cup dried cranberries
 - 1 egg
 - salt and pepper to taste

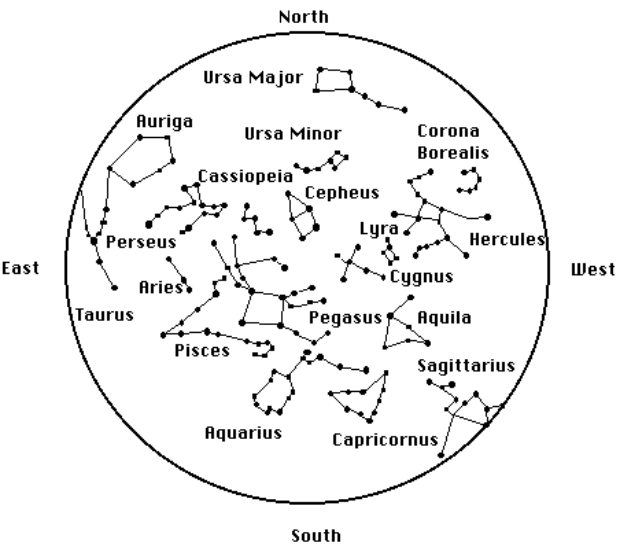
Peel and gut the honeynut squash, then cut into one inch cubes. Drizzle with olive oil and roast at 375° for 35 minutes, stirring halfway through. While the squash roasts, sauté the onion, celery, and garlic until onions begin to turn translucent. Add the pork and break it up with a spoon or spatula. When the pork is about half cooked, add the apple, herbs, salt

and pepper. Once the pork is cooked, add the cranberries and the roasted squash. Transfer to a casserole dish and pour the beaten egg over the top, partially mixing it in. Bake at 350° for 35 minutes and serve hot. This can also, obviously, be used as a stuffing for a chicken or turkey.



Photo by Kipp Hopkins

Autumn Stargazing



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

The autumn skies have many easy-to-spot constellations, as well as a few galaxies and nebulae. It’s also a good time of year to spot several zodiac formations, including Capricornus, Aquarius, and Pisces.

See if you can find all members of the Perseus Family, a group of constellations associated with the Perseus myth. These include Cassiopeia, Cepheus, Andromeda, Perseus, Pegasus, and Cetus. In Greek mythology, Perseus is the founder and king of Mycenae and the most accomplished slayer of monsters before Hercules came along. You may remember him as the hero who killed Medusa, showing off her severed head in many statues and paintings thereafter.



1825 star map from Urania's Mirror

Pegasus is the seventh-largest constellation and very easy to find, thanks to “the great square.” Pegasus also contains the star 51 Pegasi; the first Sun-like star discovered to have an orbiting planet.

You will find Andromeda (named for Perseus’s wife) between the northeastern tip of the great square and the “W” of Cassiopeia. Within this constellation is the Andromeda Galaxy, the nearest galaxy to our own and the farthest celestial object visible to the naked eye. Just under Andromeda is one of the smallest constellations, Triangulum, which contains another galaxy. It is more diffuse than the Andromeda Galaxy but can be observed with binoculars or a telescope.

Online Classes?



Jennifer Wahlquist Coolidge
Ownership Coordinator
Co-op owner since 2003

One of the many things that makes Cooperatives special is our focus on education, training, and information sharing. Out of the Seven Cooperative Principles, I'd like to see these things grow and develop at our store. With the pandemic, it makes it a little trickier as we navigate what is safe. Is meeting in-person safe? How many people gathered for a class in the cafe indoor seating area is considered safe? Is meeting outside safe? Do we need to be masked inside/outside? As things continue to shift, one avenue is consistently safe — online offerings, either by Zoom or FB Live.

How do you feel about on-line offerings?

- ___ They are super convenient for my life, and I enjoy having them available.
- ___ I have access to the internet to watch them, but I need something to really grab my attention for me to show up.
- ___ I have access, but I'm really done with online community offerings, especially those that are non-essential to my life.
- ___ I don't have access to the internet.

What general areas would you like offered?

- ___ Cooking classes.
- ___ Shopping at the co-op on a budget.
- ___ Movement practices that support health.
- ___ Navigating the supplement isle with ease.
- ___ Living in a more environmentally friendly way.
- ___ Local farm tours.
- ___ Skill sharing.
- ___ Book club featuring topics supporting co-op principles.
- ___ Other _____

I want to offer reciprocity for your time with the Working Owner discount. How comfortable are you teaching a class for our community, either in person or online?

- ___ I am super comfortable teaching a class! I'm all set with technology too. Sign me up!!!
- ___ I'm interested in teaching a class, but I'd need support in recording the class.
- ___ My interest is piqued, and I'm curious. How would this work?
- ___ I'm happy to lead an offering, but I'm only interested in something on-site.
- ___ I'm happy to lead an offering, but I'm only interested in something online.
- ___ Maybe someday, but not right now. Please keep me in mind for the future.
- ___ Not interested at all.

Co-ops don't just serve the community; we are the community. I'm eager to hear what the interests and skillsets are in abundance in our area. Feel free to leave a comment card answering these questions with your contact information or email me. I'd really love to hear from you. Jennifer Coolidge: ownership@bluehill.coop

Translating Nutritional "Facts"

Every well-informed shopper should be familiar with the ingredients and nutritional facts included by law on all packaged foods sold in the US. But the truth of the matter is that sometimes this information can be confusing or even misleading (whether on purpose or not). Just because something is marked "organic" or "all-natural," doesn't necessarily mean everything in it is good for you.

The first important thing to check is the "serving size," which rarely seems to correlate with what the average person actually eats in one sitting. Sometimes the serving is almost laughably small (who only eats half a cup of cereal for breakfast?). But, the serving size is the key to understanding the information in the nutritional facts. If you're going to be eating twice or three times the serving size, be sure to make adjustments to the other numbers.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Calories are usually the biggest number on the table and are one of the more common ways to keep track of daily dietary intake. One thing to note is calorie density, which is how many calories you're eating versus the volume of the food. Foods with low-calorie density fill you more without loading up your body with calories. For instance, grapes are 62 calories per cup (low-calorie density),

while raisins are 494 calories per cup (high-calorie density).

The nutrient section below calories will give you the grams of fat, carbohydrates, sodium, sugar, etc. It also tells you the daily value of these components based on a 2000 calorie per day diet. This number is the recommended daily intake for women in the US (for men, it's 2500 calories per day).

The great thing about nutritional facts is that they can give you greater context for understanding the ingredients list. For instance, you might be looking at two different versions of a similar product. They both have sugar in the ingredients, but one has ten grams of added sugar, while the other has twelve. Double-check they have the same serving size, and you'll know which product probably has less added sugar. We say "probably" because companies can get a little tricky about hiding ingredients that have bad reputations.

You probably know that the ingredient list is in descending order of predominance by weight. So if sugar is the third ingredient listed, you know it's the third-highest weight in the recipe. But, some loopholes can hide certain ingredients. For instance, you've probably seen "artificial flavors" or "spices" on ingredient lists before. That's because if an ingredient is considered "incidental," it doesn't have to be listed. An ingredient that is 2% or less of the weight is subject to fewer regulations. It might be listed at the end or with a symbol next to it.

One common thing to look out for, especially if you're concerned about sugar content, is that sometimes ingredients are listed with alternative names. Sometimes companies might list sugar by several different names, such as dextrose, sucrose, or maltose, splitting the weight up and lowering their ingredients' placement, making them seem less important.

Having more knowledge about the foods you're eating gives you more power over your health!

The Golden Russet: A Brief History



Ben Filippo
Produce Manager
Co-op Owner since 2021

Fall is around the corner, yet we're still awash with the beautiful fruits (and veggies) of peak summer here in the Blue Hill peninsula. Here in the Produce Department, we are immensely thankful for our deep relationships with (we're biased, sure) the best farmers in the country.

Soon enough, we'll be bringing in the bounty of fall here in Maine, and that means apples! As a major food history nerd, I thought I would take the time to delve into the history of one of my favorite heirloom apple varieties, the Russet, specifically the Golden Russet. There are many varieties of Russets found throughout New England and New York, with nearly every state and region laying claim to some specific type with its own story.

Golden Russets (aka Golden Russet of New York) come from a seedling originating in Burlington County, New Jersey, in the late 1700s. Although they share a name, this variety is distinct from the English Golden Russet. Bradford (1911) states, "the name 'Golden Russet' was used with such freedom that it is now impossible to separate the various varieties that were grown under that name and give an authentic account of each." It was first referenced in Maine in 1839. The flesh is white or cream-colored, fine-

grained, and very firm and crisp. This variety is appreciated for its complex flavors: It is sweet but with good acidity, slightly spicy, and has a hint of nuttiness. Some describe it as recalling the taste of pear, fig, or apricot, and the skin of unripe apples tastes of green pepper. In addition to eating it fresh, the Golden Russet is good for drying, cooking (it doesn't become mushy), and turning into sweet and hard cider.



Having recently moved from the south up to this beautiful corner of Maine, and having been out of New England since college, where I first encountered these apples, I am deeply excited about the prospect of them and all the other amazing heirloom varieties we'll have at our disposal this fall and winter. I am particularly fond of the near-savory

applications for apples like these, given their complex flavor profiles, and so here is a recipe for a beet-apple slaw that we love to make with our kids when apples start coming our way.

Beet & Apple Slaw

- INGREDIENTS
- 1 teaspoon grated fresh ginger
 - 1 pound local beets, peeled
 - 1 bulb local fennel, grated (optional)
 - 2 Golden Russet or other heirloom variety apples
 - 3 tablespoons sherry vinegar
 - 1/2 teaspoon coarse grain salt
 - 1/8 teaspoon cracked black pepper
 - 1 to 2 tablespoons extra-virgin olive oil

In a medium-sized salad bowl, using your microplane grater (or the smallest holes of a cheese grater), grate fresh ginger directly into a bowl, about one teaspoon. Grate beets and apples (fennel too if using), add them to the bowl with the ginger and toss until ginger is evenly distributed. Add sherry vinegar, salt, and pepper to bowl and toss to coat evenly. Add olive oil, stir to combine. Taste and adjust seasonings. Serve immediately or keep refrigerated.



Art in the Café

JULY: ROSE EDWARDS	AUGUST: THE BAGADUCE WATERSHED AMATEUR PHOTOGRAPHY CONTEST	SEPTEMBER: "INSIDE OUT" ART CREATED BY THE INMATES OF HANCOCK COUNTY JAIL
		
Upcoming Exhibitions: October Mary Beth Bowers, November Grace Konecny, December Sarah Scamperle		
Interested in having your artwork exhibited at the Blue Hill Co-op? Contact Kipp Hopkins at: (207)374-2165 or marketing@bluehill.coop		

The Kitchen Is My Refuge: Cooking For Catharsis



Kipp Sienna Hopkins
Marketing Manager
Co-op owner since 2006

Quick question, when the pandemic hit, did you find yourself in the kitchen more often? I don't mean hanging out of the refrigerator while stress eating (although that might depend on the day). I mean cooking, trying out new recipes, recreating comfort foods from your past, attempting projects more complicated than you usually would have attempted... that sort of thing. Early on in 2020, I found myself a member of a Facebook group called "Quarantine Culinary Diversions." It was dedicated to showing off the things you created while trapped at home. I saw some pretty cool stuff coming out of my friends' kitchens.



Southern-Style Buttermilk Biscuits (Recipe on Blog)

Judging by things like the flour and yeast shortages of the early pandemic, we were not the only people taking refuge in our kitchens. After all, we were home, stressed, and needed something to take our minds off things. My Pinterest board, where I keep track of recipes I want to try, exploded over the months of quarantine. I found myself making things like Swiss rolls (both keto and regular), shaobing (a Chinese street bread), ramen from scratch, and corning my own beef brisket.

If those things sound familiar, you've probably been keeping track of the recipes we've been posting on the Co-op website. That's right, nearly every recipe on there is one that I've turned out of my kitchen sometime after March 2020.

I really like to cook. I come from a long line of home cooks, both domestic housewives and women paid to cook for other families. I learned the basics pretty young, though I certainly had some failures (the first soup I ever made was a hotdog and carrot soup). With guidance from my mother, Meme, and older sisters, I think I turned out to be

a pretty creative and intuitive cook. Having health issues and dietary restrictions can be frustrating for someone who enjoys creative freedom. But, on the other hand, the challenge of figuring out how to make a sugar-free chocolate cake or grain-free spongecake is pretty rewarding.

I used to write a food blog as a hobby, but stopped doing so this year because it had kind of run its course. But, I liked the idea of providing recipes on the Co-op's website to highlight ingredients and inspire people to try new foods. Most of the recipes I make are things that I read about and then adapt to my personal taste/requirements or tailor to using ingredients I can get at the Co-op. I don't generally shop anywhere other than the Co-op, so I always know whatever I'm cooking can be made with Co-op ingredients.

So, I added the Co-op Blog to the website and generally post about one recipe per week, sometimes more if I hit on a theme (like the week I did four types of fancy pizza). You will probably notice a lot of Japanese recipes on there since that's my personal passion. But, I really like to do a variety of cooking, so it works out well.

For a while, I had only the engagement and click-rates to go by when judging if people were interested in the recipes. But after a while, I started hearing from owners letting me know how much they've enjoyed the recipes. Some tell me that they tried one and loved it. Others will say to me that they wrote down all the ingredients for their next shopping trip. Not everyone follows them to the letter, but that's just fine with me. After all, I rarely stick to a recipe myself. I'm just looking to inspire people to make exciting, delicious food that they're going to love. It doesn't have to be my food. What makes me sad is when people say that it looks delicious, but they don't cook. I know we don't all need the same things to feel fulfilled, but I can't imagine living a life without cooking.

A little while ago, I read some samples of *Better Nutrition Magazine*, deciding if we should offer it to our customers. (You'll be able to get free issues starting in October, by the way.) One issue contained an interview with the authors of *Steamed: A Catharsis Cookbook*. Rachel Levin and Tara Duggan wrote the whole cookbook with recipes tailored to help you destress, whether that's by tenderizing chicken breast by beating the heck out of it or smelling the calming scent of lavender blossoms. It's a brilliant take on an activity that many people use to relax. It got me thinking about all that time spent in the kitchen during this highly stressful pandemic. All those doughs kneaded, the many pounds of butter, and the old family recipe cards dusted off and revived.

One of my favorite things about the Co-op is that it's a place where kitchen inspiration begins. I love it when I'm standing in the produce department, and I hear someone asking their friend what they should do with garlic scapes (the answer is always pesto), or whether a Meyer lemon is really that much better than a regular one (it is), or the many millions of times I've had conversations with my coworkers about what we've been cooking. Working in a place with all the pillars of a delicious meal around you means that more times than not, the first thing on your mind is what you should try cooking next. For me, it's the mulled cider doughnut recipe that I've been thinking about ever since the Bulk Manager asked me to write an article about mulling spices (page 12). It's not quite cider season yet, so I'm still thinking about how to do it. Should I fry them or bake them? I know it will be sugar-free (because I can't eat sugar), but should I go grain-free too? Can you even fry grain-free doughnuts? I don't know. I'll have to poke around with some recipes to find out. If the recipe is a success, I'll definitely be sharing it on the blog.



Pan fried Shaobing (Recipe on Blog)

Hopefully, it goes better than the pumpkin swiss roll I tried to make last Sunday, which ended up being a jaggedly stacked tower of cake pieces and cream cheese frosting (it still tasted good, but I'm not about to share the recipe!). Hopefully, it comes out as good as the mulled wine chocolate cake I created to go with that article. I actually made that one with regular sugar, so I couldn't try it personally, but I have it on good authority from the trustworthy individuals I gave it to that it was a great success.

Surely, someday things will calm down, and we won't need quite so much kitchen stress management. But, whether or not you're trapped in a seemingly endless pandemic or just trying to make a weeknight dinner, I hope you find joy in your creations.

Just Some Thoughts

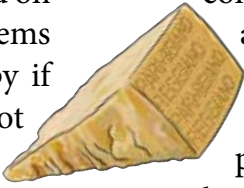
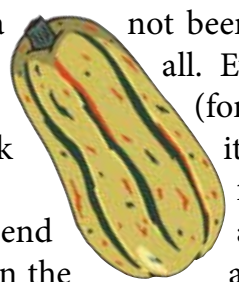


Cat McNeal
Front End Manger
Co-op owner since 2013

I have to express my gratitude to all our owners and customers for their patience this summer. You showed patience while waiting in long lines and were still able to smile and make a joke with us on the front end. I also want to thank all the younger folk who worked with us. These younger ones kept us going from cooking your food, stocking the shelves for your perusal, and ringing up your purchases. I know from my end, I asked them for extra hours that I'm sure they would have rather spent out with their friends, at a beach, climbing a mountain, anywhere else but at work. But they continued to show up on time and for those extra hours. I thank them profusely.

Now, let's get a little front end organization out of the way. Money on the moving belt easily gets lost in the belly of its moving parts. Yes, we can pull them out, but why not just use the platform with the card reader on it? That way saves anxiety and time. And I think you all know that lately time is flying along, seemingly faster since all businesses seem to be short-handed. Coffee, too, on the belt is not a happy thought. It so easily spills as the belt brings the items for purchase close to us cashiers for easy reach. Flowers can also easily get damaged on the belt. We want the blooms on their stems when you get them home. We are happy if you just alert us to these items that will not be placed on the belt but still need to be purchased. With these continuing stressful times, the tiny steps here can alleviate some of the pressure. Thank you.

I love the families I get to encounter here at the Co-op. I enjoy watching them grow and seeing what types of interests they have. I have had many a terrific conversation with young people. Now that I have two puppies, I am amazed at how calm and easy-going the parents of the young ones are. I realize that dogs and children are different! I've always had cats, but having dogs is a new experience. For me, it feels like I have children. My nerves are shot, and they are just turning five months old. I've already had a medical situation with one of them that just had my stomach in knots. I'm nervous that



I'm not taking good enough care of them. Are they growing acceptably? Am I giving them too many treats? Do they know I'm doing my best? I wonder if they are happy. I admit I am not all that calm on the inside, nor easy-going, but I try to hide it from Maggie and Bishop. I don't want them to get a complex because of me. I don't know how you parents do it while maintaining a calm presence. I hope to get to that point someday soon.

Now that I have the pups, I really have not been able to work on many projects at all. Even the rug I've been knitting on (forever!) hasn't gotten much done on it. I've been working on acceptance... for a long time. Just when I learn to accept one thing about myself, a new awareness pops up that I then have to learn to accept. You see, right now, I'm trying not to change things. I'm just working on accepting them. So far, acceptance is quite a job. My first instinct is not to accept and want to change or explain. Or, I just don't want to accept something about myself. Tell me I'm not the only one, please!

I accept that I can only handle the puppies right now. I accept that I need to be giving them my attention, just about constantly. I accept that I am not able to work on the ideas in my head, not yet. I accept that we are back to wearing masks in public again. I accept that we may be short-handed for some time yet. And with that...

To those many warm people who graciously share ideas, thoughts, and funny stories, to those that sing out loud with me, which always makes me sing more, I Thank You.

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



Why Buy Local?

Did you know that the Co-op currently carries products from more than 180 Maine vendors, including farmers, small business owners, artists, regional publications, suppliers, and more? In 2020, we purchased \$1,239,818 in local products, resulting in sales of around \$2,000,000. We love supporting and promoting our local food system! There are a lot of reasons to prioritize buying local, here are just a few:

IT KEEPS MONEY IN THE COMMUNITY
Shopping local means that your money isn't going to line the bank accounts of far-off corporations. It's going to your neighbors, who in turn spend those dollars right here in our community, at other local businesses and organizations and with their tax dollars contributing to our schools and infrastructure.

LOCAL MEANS SMALL CARBON FOOTPRINT!
Rather than being grown far away and shipped to our shelves, local products travel far fewer miles, cutting down on transportation emissions.

IT'S HEALTHIER
So, eating local foods is helping communities and the planet, but did you know that locally grown produce may actually be healthier for your body as well? Food shipped from farther distances often spends days or weeks in transit. Shorter travel time from closer farms means that local produce retains more of its nutrients.

IT TASTES BETTER
When fruits and vegetables are harvested far away from where they are sold, they're often picked before becoming fully ripe, so they won't spoil by the time they reach the shelf. Therefore, local food can have more flavor too.

We hope you enjoy these puzzles and brain teasers. All answers can be found on page 15.

Solve the scrambled words, then unscramble the final phrase using the circled letters. Clue is in the comic below.

RBRNEAUB

CMITONSH

RNDCOTLA

PREHCYSION

OAPL

WNALBDI

P E



"I thought that would be harder..."

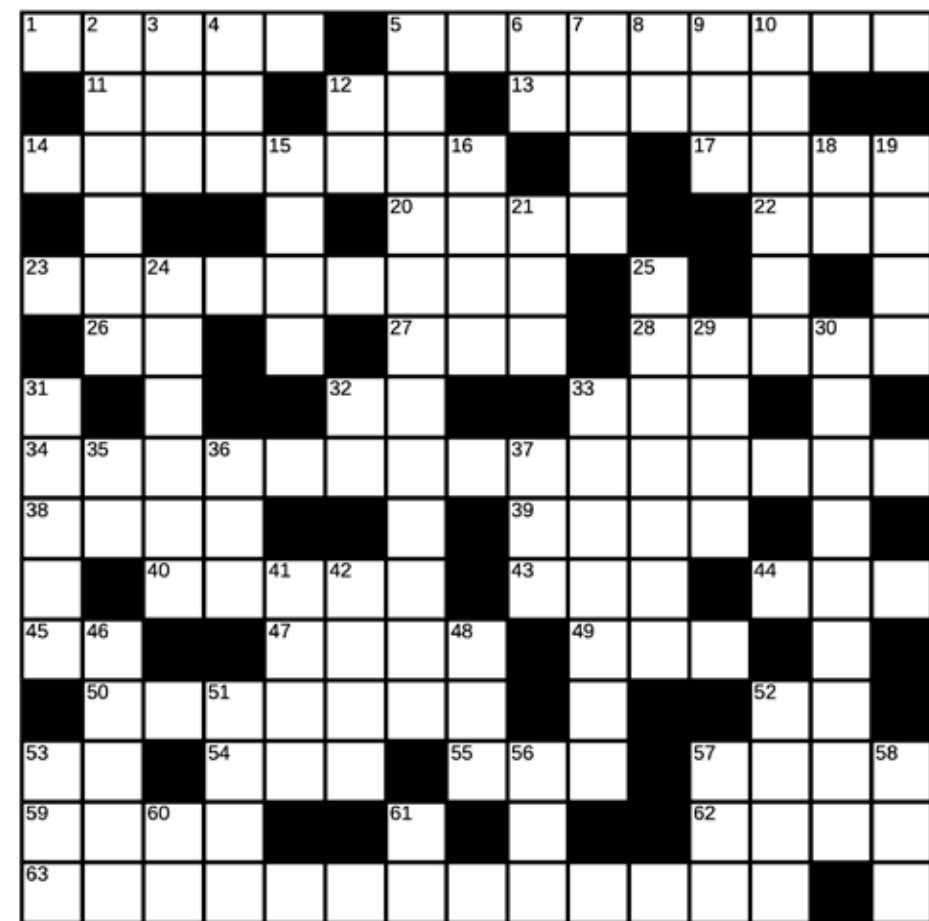


C	O	R	N	U	C	O	P	I	A	W	M	E	U	H
R	M	A	W	G	R	X	D	A	S	C	Z	H	S	Y
A	M	H	H	S	A	U	Q	S	O	K	G	I	X	B
F	P	P	H	T	N	C	S	R	V	X	L	H	R	P
C	G	P	Y	N	B	I	N	F	R	E	F	E	G	E
A	I	Z	L	W	E	B	T	O	R	R	A	C	I	C
G	A	D	Y	E	R	T	P	I	C	K	L	E	S	A
S	N	W	E	E	R	R	S	B	F	R	V	N	N	N
E	T	I	A	R	I	T	S	A	E	J	T	R	H	P
O	R	D	F	E	E	B	S	T	O	U	A	O	T	I
T	S	A	E	F	S	T	T	E	R	R	I	C	X	E
A	F	A	Z	N	U	U	I	K	V	G	T	P	Y	V
T	W	Y	Z	T	B	T	E	B	Z	R	K	O	P	X
O	C	R	E	A	M	Y	S	J	I	C	A	P	P	W
P	D	A	P	U	M	P	K	I	N	M	D	H	O	R

APPLE	GREENBEANS
BREAKFAST	HARVEST
BUTTER	PECANPIE
CARROT	PICKLES
CIDER	POPCORN
CORNBREAD	POTATOES
CORNONTHECOB	POTROAST
CORNUCOPIA	PUMPKIN
CRANBERRIES	RELISH
CREAM	SQUASH
FEAST	STUFFING
GINGERBREAD	TURKEY

**Enjoy the puzzles? Too hard, too easy?
Let us know: newsletter@bluehill.coop.**

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/our” it is referring to the Co-op.
To see the completed puzzle, go to pg 15

- 1 The objective on 10/31
- 5 Popular plant-based BBQ ingredient
- 11 Traveling by way of
- 12 Nickname for 4 down
- 13 Key worker at a hotel?
- 14 Paninis, subs, hoagies etc.
- 17 Where hens cooperate
- 20 City famed for its beef
- 22 Greek equivalent of F
- 23 A triple cream blue
- 26 The Ocean State
- 27 Illumination for the eco-conscious
- 28 Popular coffee alternative
- 32 The soul to 44 across
- 33 Life, briefly
- 34 Autumn flavor
- 38 Goat hair cord
- 39 Total sty
- 40 "Indeed, old chap"
- 43 Vietnamese comfort food
- 44 Famous Pharaoh's nickname
- 45 Spanish form of "be"
- 47 Achy or angry
- 49 Extreme petulance
- 50 Thinking of making yourself a hot drink?
- 52 The Hawkeye State
- 53 Fake smarts (abbr.)
- 54 Unagi
- 55 What I may stand for
- 57 Isn't just borrowing
- 59 Long, hard work
- 62 Where you don't want your chicken
- 63 AKA Maitake

- 2 A visual manifestation
- 3 "Downward Spiral" band abbr.
- 4 Kind of bod or joke
- 5 Vegetable light
- 6 Biography of past employment abbr.
- 7 Healthful green
- 8 The Sunshine State
- 9 Informal word before room or center
- 10 Paradise
- 12 Mathematician dessert?
- 15 Cashmere or mohair
- 16 Problem for a sock
- 18 A shocking state?
- 19 Rabbit's mouselike cousin
- 21 Rebuke to a dog
- 24 First Nations people of the Northeastern Woodlands
- 25 Half a cutting instrument
- 29 Flowers used in beer
- 30 Spicy Korean chili paste
- 31 Compost turner
- 32 Japanese vital energy force
- 33 Home sweet home?
- 35 Acronym for Undergraduate
- 36 Write it on a bulk container
- 37 Little prankster
- 41 Deer or au Haut
- 42 Arduous work
- 46 Upside-down frown
- 48 Pompous quality
- 51 Maker of many bricks
- 52 'As ____ saying ...': 2 wds.
- 53 Ending for fire
- 56 Hither to unknown
- 57 Anxious condition abbr.
- 58 Briny expanse
- 60 Switch word
- 61 Alkalinity measure

Still Mulling it Over?



Kipp Sienna Hopkins
Marketing Manager
Co-op owner since 2006

Last year we welcomed a new addition to the bulk spice shelf: mulling spices. They were a hit over the cold winter months. Now, as the weather is beginning to turn cooler and the evenings start earlier, I wanted to dive into the history and traditions of mulling and what it's used for.

The word's origin is lost to time, though some theorized it is from the archaic term "mulsed," which means mixed with honey. Mulled drinks come in many forms, but the consistent factors are that they are heated (perfect for cold autumn and winter nights) and spiced. Probably the most prevalent and familiar is mulled wine, popular in many European counties during the Christmas season.

As far as we can tell, people have been drinking mulled wine pretty much as long as they've been drinking regular wine. The Greeks used to make a drink called *hippocras*, where they mixed leftover wine with heaps of spices and heated it to keep it from spoiling. The Romans did the same. But mulled wine really took off in the medieval period.

As you probably know, most people drank beer or wine rather than water since it was a lot safer. But that didn't necessarily mean that it was awesome, high-quality stuff. Spices helped things taste better and were thought to be healthful as well. But, as the quality of wine grew in Europe, mulled wine's popularity died down, except in Sweden, where the tradition continued into the 1800's.

Two significant variations were popular in Sweden: *Claret*, made from wine, spices, sugar, and honey, and *Lutendrank*, made with wine, spices, and milk. Eventually, all hot spiced drinks became known as *glögg*. By the late 1800s, *glögg* was beginning to be strongly associated with Christmas, and Sweden started exporting bottles of it to Europe for the Christmas season, rekindling a love for mulled wine.

Now there are many different variations of mulled drinks, both alcoholic and non-alcoholic. Mulled cider is popular in autumn, a great option for gatherings with kids as well as adults. The name Wassail might sound

familiar to you from the term "wassailing" as in "*Here we go a-wassailing.*" Wassail is actually a type of mulled drink, usually made with cider, spices, and sometimes brandy. It was an integral part of the ancient English

Yuletide tradition of Wassailing. People would go door to door, spreading charity and good cheer while sharing bowls of Wassail, thus ensuring a bountiful apple harvest for the following year. In recent years, Wassail has been making a comeback as a spiced fruit punch (again sometimes with brandy).

Another old mulled drink, which really ought to get its own resurgence, is the Victorian "smoking bishop." It was made with port, red wine, caramelized lemons or oranges, spices, and sugar. It was so popular a Christmas drink that at the end of Charles Dickens's *A Christmas Carol*, Scrooge and Bob Cratchit sit down to share a bowl of smoking bishop.

Maybe one of the most well-known modern adaptations of mulled wine is *Glühwein*, enjoyed in German-speaking countries. It's served at the world-famous Christmas markets, along with all the fantastic variations of gingerbread they're also known for. Both mulled red wine and white wine can be found, though white is far less popular. If you're looking for something a little more unique, you can get *Glühwein* made with other types of wine besides grape, such as blueberry or elderberry. And for the kids, there's *Kinderpunsch*, a non-alcoholic mulled punch.

Many other countries have their own versions of mulled drinks. In the French Alps, they drink *Vin Chaud*, a mildly sweet red wine with honey, cinnamon, and oranges. In Latvia, they drink *Karstvēins*, made with grape or black currant juice mixed with *Riga Black Balsam* (a spiced herbal liquor). In both Moldova and Romania, they drink *Izvar*, made with red wine, black pepper, and honey. In Poland, as well as mulled wine, they drink *Grzane Piwo*, a mulled beer.

Mulling at home is easy! If you want to make mulled drinks, you can mix your own spices or used pre-mixed spices, such as those available in the bulk department. Our mix contains cassia cinnamon, oranges, allspice, orange peel, ginger root, cloves, and star anise.

MULLED WINE

INGREDIENTS

- 1 bottle of red wine
- 1/4 cup mulling spices
- 1/2-1 cup brown sugar (to preference)
- optional: 1 orange cut into slices

Combine wine, spices, sugar, and oranges (if using) in a medium saucepan. Heat over a medium-low burner until the wine barely begins to simmer. Turn off the heat and let it sit for fifteen minutes. Strain out the spices and orange slices (if using) and serve the mulled wine hot. Garnish with fresh orange slices.



Photo by Kipp Hopkins

CHOCOLATE MULLED WINE CAKE (VEGAN)

This recipe makes a delicious, moist cake, perfect for a chilly fall evening, or as a holiday dessert.

INGREDIENTS

- 1 1/2 cups mulled wine (made with vegan wine)
- 1 2/3 cup light brown sugar
- 2/3 cup safflower oil
- 2 tsp vanilla extract
- 1/2 tsp apple cider vinegar
- 2 cups + 2 tbsp all-purpose flour
- 2/3 cup cocoa powder
- 1 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt

Preheat oven to 350° and thoroughly grease a bundt pan. In a large bowl, whisk together the red wine, sugar, oil, vanilla, and vinegar. In a separate large bowl, sift together the flour, cocoa powder, baking powder, baking soda, and salt. Pour the wet ingredients into the dry and whisk only until there are no lumps.

Pour the batter into the prepared pan and bake for about 35 minutes until a skewer inserted into the centre comes out clean. Wait ten minutes before gently removing the cake from the pan.



Photo by Kipp Hopkins



A Journey of 15,000 Steps



Chris Bennett
Grocery Assistant

There is one guarantee for us grocery department employees on any given shift: a lot of walking. Looking back at my daily Fitbit logs, I tend to average 15,000 steps a day on days I work, most of which is from moving freight around. Even though my feet may feel sore every now and then, walking has proven to be a helpful factor in injury prevention when I exercise.

While in school, students (who make up the majority of grocery employees) are conditioned to sedentary days of minimal movement or exercise. As an athlete myself, I found it difficult to effectively prepare myself for the high-intensity practices expected of me after class, resulting in overcompensating and injury. After transitioning to college and going through a brief exercise hiatus, I found that I feel the most comfortable and effective when exercising the day after (or immediately after) I work a shift at the Blue Hill Co-op.



Over a year ago, my exercise routine felt limited because I was always negotiating with an old injury as to how much or how long I could run. With soccer as my sport of choice, I found that running was the closest thing I could get (and still enjoy) while trying to get through the past year and a half. I have found that simple and consistent exercise, such as walking, has drastically reduced my muscular problems. It was surprising to me how such a small change could radically

affect me in so short a time, and it led me to ask, “How else does general physical activity affect our lives?”

In an article comparing the health and economic effects of building walkable neighborhoods, researchers from Australia looked to see if there were significant benefits to be had from infrastructure that promotes physical activity. Using both an urban and suburban environment, the study simulated the likelihood that an adult would choose to walk to a destination rather than by another means. Then it used a health impact assessment model to determine the financial implications of having a more walkable environment.¹

Finding ways to reduce potential health risks like chronic disease can begin with incorporating a little bit of physical activity into our daily lives. As I had predicted, when done right, incorporating physical activity into our daily lives can have overall financial benefits. The results researchers found suggest that “Important health benefits from a reduction in the burden of chronic disease attributable to physical inactivity, representing approximately one extra month of life in full health and an economic benefit of [A]\$4500 per person over their life course.”

This finding undoubtedly varies in benefit from place to place. As much as my supervisors may like to think that working in the grocery department is the most important factor in a person’s overall health, coming to that conclusion is implausible. To me, having a job where I am on my feet all day is a blessing in disguise, as it has been able to help me in ways I had not considered. Walking all day is my reminder that my behavior and lifestyle are built up of complex factors and that I should try to find and be mindful of less obvious aids to staying fit and well.

¹“Physical activity-related health and economic benefits of building walkable neighborhoods,” published in *The International Journal of Behavioral Nutrition and Physical Activity*.



From Turnip to Pumpkin: The History of the Jack-o-Lantern

Our favorite symbol of Halloween originated hundreds of years ago in Ireland. The story goes that a wicked trickster of a man, Stingy Jack, tricked the devil into agreeing not to take his soul into hell. When he died, Jack found that he was barred from heaven and went to seek lodgings in hell. The devil was true to his promise, telling him to get lost. So, Jack was cursed to wander the world as a spirit, with nothing but an ember of hellfire in a hollowed-out turnip, to light his way. On Halloween, the Irish made lanterns out of turnips, rutabagas, potatoes, beets, and other vegetables, in the hopes of scaring away the ghost of Stingy Jack. Pumpkins, which are from the Americas, were not yet prevalent in Ireland, so it wasn’t until the waves of Irish immigrants reached North America that the more familiar Jack-o-lanterns appeared. Since pumpkins are larger and much easier to hollow out, the old turnip was discarded. One of our Co-op employees has tried a traditional Jack-o-lantern and assures us that, though it lasted a bit longer than a pumpkin, the act of scraping out the interior of a turnip was Herculean.



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The Eleven Essential Flavors of Autumn

APPLE: There's no denying that autumn in New England is the best time to enjoy apples. The local fruit are ready for picking and the variety of colors, textures, and tastes you can find is staggering. Apple pie is the classic option, but apples can add a fall-flare to so many dishes like salads, curries, stuffings, and more.



PUMPKIN OR SQUASH: Winter squash season is just getting started and we're excited to welcome back all our favorites, from pie pumpkins to the queen of Smyrna (our local heirloom). Squash and pumpkins are great for both savory and sweet cooking. With such a variety of types available, you can really dive into the flavor (and don't forget to roast the seeds!).



MAPLE: Sugar maple trees get tapped in late winter, but maple as a flavor definitely goes best with autumn. Is it because we associate it with the bright red leaves of the season? Or maybe it's because you can pair it so well with the other fall flavors like apple and squash.



HAZELNUT OR PEACAN: The rich nutty flavor of hazelnuts and pecans gives a special flare to many classic fall desserts (like pecan pie). They also go great in savory dishes like stuffing or salads.

PEAR: Another fruit harvest that New England can enjoy is the pear. If you want a softer, fancier

flavor than apples, pears make a great pie, crisp, cider, or sauce. Anything apples can do, pears can do too!

GINGER: Can you think of a more fall-like dessert than gingerbread, piled with whipped cream? This warming spice is also great as the weather turns colder!

CHAI: Speaking of warming spices, chai tea is a blend of cinnamon, cardamon, cloves, and sometimes other spices as well. It's an alternative to the controversial pumpkin spice, making a great flavor all on its own or used in baking!

COFFEE: Nothing is better than a hot cup of coffee on a cold fall morning. Can you say autumn comfort?

CANBERRIES: Everybody knows cranberry sauce season is almost here. Both fresh cranberries and dried make great additions to fall dishes. Their tart flavor complementing both savory and sweet dishes alike.

SWEET POTATOES: A hot baked sweet potato, fresh out of the oven, slathered with butter. That's fall right there!

PUMPKIN SPICE: Yes, we know, a lot of people think pumpkin spice is overdone but, whether you love it or hate it, pumpkin pie spice is pretty unavoidable this time of year. And it really does give an unmistakable autumn flavor to whatever food you're eating, pie or otherwise.



Photo by Kipp Hopkins

CHAI SPICE SCONES

INGREDIENTS

- 2 cup flour
- 1/4 cup sugar
- 1/2 tsp salt
- 1 tbs baking powder
- 1 tbs Assam tea leaves
- 1/2 tsp cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp cardamom
- 1/4 tsp black pepper
- Enough heavy cream to stick everything together. Roughly 1 1/2 cups

NEEDED EQUIPMENT

A clean coffee grinder or spice mill

Preheat oven to 350°. Using a coffee grinder or spice mill, grind the Assam leaves to a fine powder. Mix together the dry ingredients, then add enough heavy cream to stick the dough together. You don't want it to get too wet or the scones will spread too much. On a floured surface, form the dough into a large circle, about 2 inches high. Cut it into eight wedges and place them on a cookie sheet lined with parchment paper. Bake for 35-40 minutes. Until the scones are golden brown on top. Optional: make a glaze of powdered sugar and milk and glaze the scones once they've cooled to touch.



Photo by Kipp Hopkins

MUSHROOM & QUEEN OF SMYRNA SOUP

INGREDIENTS

- 3 shallots (diced)
- Olive oil for sautéing
- 3 stalks celery (chopped)
- 2 carrots (chopped)
- 2 cloves of garlic (minced)
- 1 tbsp fresh thyme
- 1 Queen of Smyrna squash (peeled and cubed)
- 6 cup veggie stock
- 1 bunch oyster mushrooms
- 1/2 lb shiitake mushrooms (remove the stems)
- 1 cup milk or dairy-free substitute
- 1/4 tsp nutmeg
- Salt and pepper to taste

Place a pot over medium heat and sauté the diced shallots until they begin to turn translucent. Add garlic, carrot, and celery. Sauté for another few minutes, then add the squash, thyme, salt, pepper, and veggie stock. Stir to combine and bring to a boil. Turn to a simmer and add the mushrooms, pulling the oyster mushrooms apart into single portions. Cook at a simmer until squash is tender. While stirring to be careful not break the oyster mushrooms. Turn the heat off and add the milk and nutmeg.





Blossom Studio

Lampwork Glass by Sihaya Hopkins



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Co-op Voices is a place for you to express yourself as a voice in our Co-op community and a place to submit articles of your own to The Harvest Herald, our quarterly newsletter. We hope to provide this platform for our community and we'd love to hear from you about your experiences with the Co-op.

I thought it was a chickadee
flying through the cedar tree
from the golden sky
this clear morning
By Martha E. Duncan

New Program



Jennifer Wahlquist Coolidge
Ownership Coordinator
Co-op owner since 2003

Our school teachers go above and beyond for the children and families of the Blue Hill Peninsula. It's not uncommon for teachers to pay out of pocket for classroom expenses. They spend countless hours outside of the regular work day not only creating lesson plans, but also in the face of Covid, they bend over backwards to make sure our children are safe and well cared for.

TEACHER

tuesdays

10% off lunch for teachers

In partnership with Penobscot Bay Teachers Association, the Blue Hill Co-op has something exciting to offer our teachers. Teacher Tuesdays at the Co-op will offer teachers 10% off their lunches.* It's something small we can do to show our teachers that their wellbeing matters and we are happy to offer healthier options for their lunches.
**Teachers receive 10% off their café items every Tuesday, \$20 transaction limit. They must inform the cashiers that they are a teacher to get their discount.*

Coming Events

Please note, event details are subject to change if it is deemed unsafe to continue.

BLUE HILL CO-OP 2020 ANNUAL MEETING

September 23
6:00pm, Blue Hill Co-op Cafe

Meet the board members, hear a summary of 2020, and cast your ballot for the 2021 Co-op Election. Annual Meeting begins at 6pm, followed by the usual board meeting. Owners are welcome to attend both.

LOCAL VENDORS FAIR

AN OUTDOOR EVENT

October 2 & 23
11am-2pm
Blue Hill Co-op, Southeast Sidewalk

Come to the Co-op and meet some of our local vendors. They will be set up on the sidewalk on the southeast side of the building (facing the parking lot). Sample products, ask questions, get to know the makers! Event takes place on both the 2nd and 23rd!

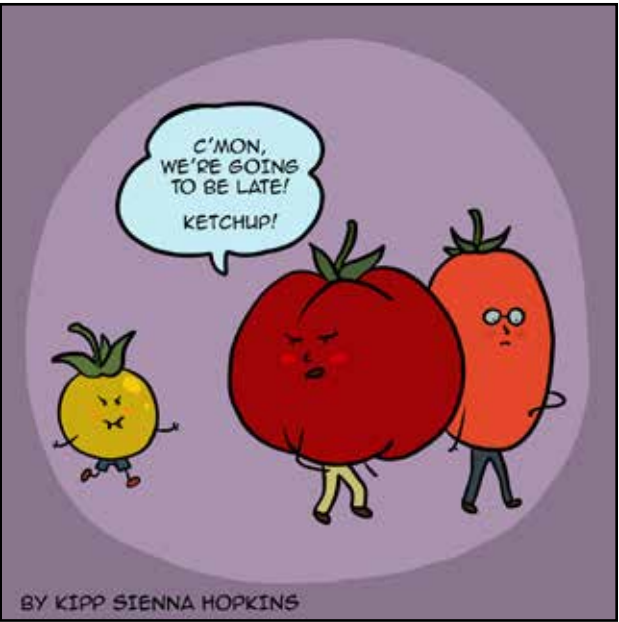
COMMUNITY CIDER PRESSING

BLUE HILL CO-OP & 5 STAR ORCHARD

October 10
morning pressing 9 - 11am
afternoon pressing 12 - 2pm

5 Star Orchard, Brooklin, ME
PRE-REGISTRATION REQUIRED!

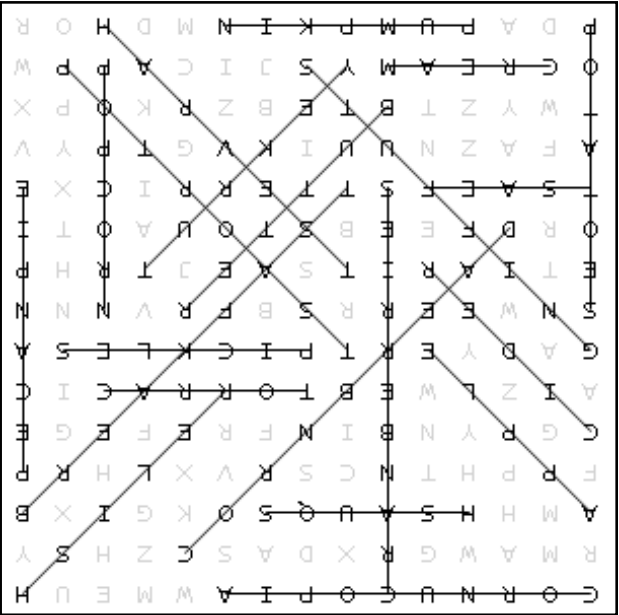
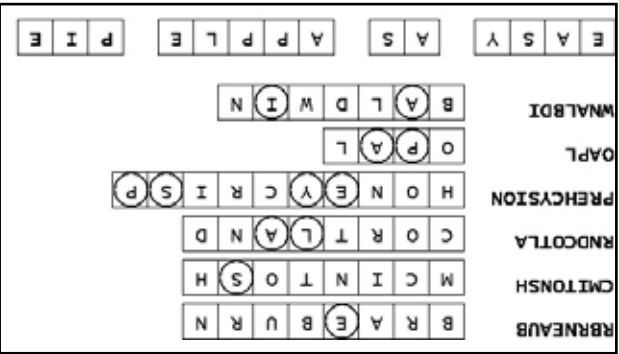
The community cider pressing is back! Join us at 5 Star Orchard, where we'll be pressing apples from everyone's harvests to make a diverse community cider. We have limited spots due to COVID precautions, so pre-registration is required. Register at the Co-op. You will receive empty bushel baskets to fill with apples from your own trees. No windfalls; they must be picked from the tree! After the pressing, you will get 3 gallons of cider for every bushel you bring (minimum 1 bushel, maximum 2 bushels). The only cost is the price of the gallon jugs (\$1 each) paid at time of registration.
Email ownership@bluehill.coop with any questions.



Puzzle Answers

see puzzle on pg. 11

Spot the 12 Differences
Crow, Hat, Jack-o-Lantern, Hay Stack,
Phone, Tomato/Pear, Trees, Chicken, Barn
Door, Mouse, Flowers, Corn





BUTTERNUT WELLINGTON: VEGETARIAN SHOWSTOPPER

FIND THIS RECIPE AND OTHERS ON THE CO-OP BLOG WWW.BLUEHILL.COOP/BLOG

Looking for a vegetarian showstopper for your holiday feast? Look no further than the Butternut Wellington, a vegetarian play on the traditional Beef Wellington. Roasted butternut squash, covered in a mushroom paste and wrapped in puff pastry! It's as delicious as it is exquisite!



- INGREDIENTS
- 1 butternut squash
 - 1/2 lb cremini mushrooms
 - 4 garlic cloves
 - 3 shallots
 - 1 tsp fresh thyme
 - 1 tbsp Soy sauce
 - salt and pepper to taste
 - olive oil
 - 1 puff pastry sheet
 - 1 tbsp milk

Cut a butternut in half lengthwise. Slice off the bulbous end and scoop out the guts and seeds. Place all the pieces cut side down on a baking sheet. Bake at 375° for 35-45 minutes, or until the squash is tender. Due to uneven thickness, the squash may cook unevenly. Be prepared to remove the thinner pieces first. While the squash is roasting, sauté the minced garlic and shallots in olive oil. Once the shallots begin to turn translucent, add in the chopped cremini mushrooms. Add the herbs, salt, pepper, and soy sauce. Cook

Photos by Kipp Hopkins

until the mushrooms are fully cooked. Using a food processor, combine the mushroom mixture and the squash from the bulbous end of the squash, making a chunky paste. Carefully cut thick skin off the neck of the squash. Lay out the puff pastry sheet and cut in half crosswise. Spread about a third of the mushroom paste in a strip on one side, about the width of your squash neck. Leaving around two inches of bare pastry dough around it. Place one of the squash pieces on top of the mushrooms. Cut another piece from the leftover squash to make up any length. Cover over the squash with the rest of the mushroom paste. Cover with the remaining pastry sheet and crimp the edges with a fork. Trim away any excess pastry (optional: use this to make decorative stars). Cut several slits in the top and brush the pastry with milk. Bake at 400° for 35-40 minutes (cover with foil if the pastry gets too dark). Serve hot.

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, or @the.coop.cafe for the Café. You can also tag us in Instagram stories and on Facebook. Here are a few of our favorites from this quarter!



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