

# The Harvest Herald

FREE

Presented by BLUE HILL CO-OP  
AUTUMN 2022

## From the GM



Kevin Gadsby  
General Manager  
Co-op owner since 2016

If you've been to the co-op recently, you've likely noticed that we are presently short-staffed, the effects of which are felt throughout the store. It's a daily challenge and can be quite stressful for co-op workers. Thank you for being so patient as we navigate this peculiar time unlike any other most of us have seen in our lifetimes. I have been in the natural foods retail sector for over 25 years and have never seen anything like what we are experiencing. The labor crisis we face is not specific to Blue Hill Co-op. It is being felt on a statewide and national scale. Jobs are a plenty, but the workers are few. I have to admit, it is worrisome as I do my part each day to navigate this ship responsibly.

We just celebrated three years in our new storefront this August, our busiest month yet, just a day shy of \$1 million in sales. At our peak this summer, we had over 80 employees. It felt like we were unstoppable. Our café broke daily and weekly sales records one after another. After the summer swell, we are now down to just over 60 employees, with many high school and college-age staff returning to school over the past few weeks. There are gaps in every area of the store. I've received messages from concerned co-op owners with suggestions, recommendations, concerns, etc. The best way you can help us is by spreading the word that we are looking for people who can commit to working at the Co-op year-round and who can help us continue to grow this essential community business. The best outcome would be getting a few solid employees to carry us forward to the next level of growth. I often tell co-op members that the best thing they can do to support the



Photos by Kipp Hopkins

Co-op is by shopping here. (Now, I might add, have you considered working here?) The more you shop the Co-op, the more there is for us at the end of the day to pay down our debts, raise the bar on employee wages, and continue to grow the Maine food economy.

I've heard it said recently that one of the problems with the Co-op is that we don't show we care about our employees by raising wages. As long as I have served and wherever I have served in this capacity, I have been an advocate for raising the bar on wages, and I remain committed to doing so in Blue Hill. In the six years that I have served as GM of Blue Hill Co-op, we have moved the minimum wage from \$9/hr to \$14/hr, and we will soon take it further in step with the growth of the business. It might be easy to forget that we opened this beautiful new store only seven months before the pandemic struck, upending our operational routine like never before. As a result, it may seem that we are barely functioning, but we are certainly not broken. There remains a core group of staff who have weathered many storms from

the old store to the new. They are fixtures in our co-op community and carry the weight

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of keeping our doors open. I am incredibly grateful for their work and their commitment to the Co-op. There are several new employees too who have endured with us through tumultuous times. We just need more of them.

The current average wage in the co-op now stands at \$15.95/hour. 58% of co-op employees earn between \$16-27 per hour. 42% of employees make between \$14-16 per hour, many of whom are part-time. All employees receive a 20% discount on grocery items with few exceptions and a 25% discount on wellness products such as vitamins. All employees receive paid time off and a dental plan. Full-time employees receive all of the aforementioned in addition to a \$4,800/year health stipend in lieu of health insurance. We have made tremendous progress and have boosted base pay from \$12 per hour in Aug of 2019 to \$14 per hour for entry-level employees in Aug 2022, and if we continue to trend at our current growth rate, we will raise entry-level pay to at least \$15 per hour by Spring of 2023. I am grateful for the progress we've made and will continue to do my part toward the goal of raising wages and benefits for all co-op employees going forward. We are stretched, and we are stressed. We need more hands to carry the weight. Please bear with us. We may soon be re-opening our working-owner program. Please let us know if you're interested in supporting us by stocking and facing products, cleaning, and other duties.

We are not yet where we want to be, but we are making gains in the right direction. Thank you for your continued support.

*"Most people never run far enough on their first wind to find out they've got a second."*

-William James

## The first essentials

Though there were other cooperative groups before The Rochdale Society of Equitable Pioneers, it is the most famous early co-op because it laid down the seven principles that all modern cooperatives follow today:

1. Voluntary & Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy & Independence
5. Education, Training, and Information
6. Cooperation Among Cooperatives
7. Concern for Community

Formed in 1844 by impoverished mill workers, the cooperative came from a need to provide unadulterated, quality essentials to its members at a time when industrialization pushed tradespeople and their families into poverty. The twenty-eight original contributors each invested £1, often in installments. (That's roughly £95 or \$107 in modern currency.) With £28 of capital, they opened a store with a meager stock of 28 lb butter, 56 lb sugar, 600 lb flour, one sack of oatmeal, and a few candles. In a few months, they were able to add tea and tobacco. By the end of the year, their reputation for fairly priced, quality goods grew their membership to 80 members and £182 of capital. They would stand the test of time, and though operating under a different name, the original cooperative is alive and well today.

A need for the basic foodstuffs that kept a family fed in 1844 started a movement that would spread

around the globe. Butter, sugar, flour, and oatmeal. Those are still essential for many families today and some of our biggest sellers at the Blue Hill Co-op. In 2021 the bulk department sold 5,459.4 lbs of flour, 7,806.89 lbs of oats, and 2,133.33 lbs of sugar. The Co-op sold 3,895 lbs of butter (1,559 lbs of which were produced by cooperative farms).

Tallow candles were included in the original stock of The Rochdale Society of Equitable Pioneers because the gas company refused to sell gas for the lamps in their store. The cooperative bought bulk tallow candles to light the shop and offered the surplus for sale. Our co-op may not need to rely on candles for light, nor do our customers (unless the power goes out), but we do sell wax candles for recreational purposes. In 2021 we sold 7,237 candles!

As for the later additions, tea and tobacco, the bulk department sold 249.92 lbs of loose-leaf tea, not including herbal blends. That may sound like a smaller number, but consider the weight of tea relative to the volume. It's a great deal of tea in our more coffee-centric society. Of course, since subsequent centuries showed us that tobacco is not healthy, it's not on our shelves.

It's fascinating how these first commodities sold by the OG co-op are still such a fundamental part of our modern store today. And in response to evolving times, we now sell monkfruit sweetener, grain-free flours, and vegan butter, for example, as alternatives to sometime dietarily problematic staples.

## Ownership at a Glance

NEW OWNERS  
SINCE JUNE 1<sup>ST</sup>: 117

TOTAL ACTIVE OWNERS: 2,610



Did you know that 48% of our owners are fully vested? This means 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.

## Co-op Board Officers & Members

**President:** Jerome Lawther

**Vice President:** Aaron Dority

**Secretary:** Jen Traub

**Treasurer:** Tim Tunney

Deborah Evans  
Diane Bianco  
Jo Barrett  
Jenny Brillhart  
Anne Gilchrist

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

### When Are Board Meetings?

THE FOURTH THURSDAY OF EVERY MONTH AT 6:30PM

*Meetings are open and held in the cafe.  
Check our website for more info.*

## The Newsletter Team

**Managing Editor:** Kipp Hopkins  
[newsletter@bluehill.coop](mailto:newsletter@bluehill.coop)

**Art and Layout:** Kipp Hopkins  
**Advertisements:** Kipp Hopkins

**Contributors/Writers:** Co-op Staff & Working Owners

### 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](mailto: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.*



# Why I work at the Co-op



Cat McNeal  
Front End Manger  
Co-op owner since 2013

When I was a young'un, my sisters usually tried out the "healthy" lifestyle. By which, I mean carob chip cookies instead of chocolate chip, whole wheat pizza dough instead of white, and grain lentil/bean loaf instead of meat. You get the picture. I really wasn't keen on it.

As I got a little older, one of my sisters was all into the "health food stores." They may have been co-ops, or not, but they carried a lot of bulk items in wooden barrels. The spices and coffee beans scented all those stores wonderfully. The floors were usually dirty with the dust from the grain barrels, and the fruit always seemed to be just on the other side of ripe. That's when I fell in love with this type of store. There was one somewhere north of Augusta that made the best veggie/seitan burger with soy bacon, sprouts, and avocado that really made me a happy gal (my sister was just trying to get me off meat, I think).

Further down the road, I find myself in Michigan and at the downtown co-op. It's a sweet store with a coffee shop on one side of it. They have this fantastic small food bar that still manages to cover all the bases with deliciousness. The store side still had that spicy smell that I fell in love with long ago, but the fruit is in better shape at this store! Anyway, I then learned a little bit about co-ops, people pulling together to be able to afford better foodstuffs. Well, that's how I took it. I loved seeing all these brands that

I had never heard of before—seeing food I hadn't seen before, as well. All good stuff.

The people there were really neat, too. Riding bicycles to work, walking, or taking the bus, they all seemed to be very conscious of their carbon footprint and the packaging of whatever items they needed in their lives. They also seemed to be into some type of art, any type of art. I really liked them. And for any newbies to the scene, there wasn't any judgment or criticism of how they were living. Really just a lot of acceptance of "who/what" they "were/are" with some gentle guidance thrown in for good measure.



Photos by Kipp Hopkins

I invariably found myself shopping on delivery days when everyone was running around, tossing stuff this way and that. I can be a bit clueless and many times asked for

stuff that wasn't unloaded yet, but that always got unloaded when I asked for it. I feel like a heel now, but I was never made to feel like one then. I'm going to say that I think the people I interacted with thought of my shopping as a little break for them (I can hope anyway). I always enjoyed conversations, shared what I was cooking, and asked them what I should do with foods I hadn't seen nor cooked with before. Sometimes, I would just tell them how much I loved the store.

Now I find myself in this gorgeous store. Yes, it's much bigger than any of the other co-ops I've shopped at, but I still get the same feeling as being in those stores that were once really old houses. I get to work with a lot of neat people, artistic people. The whole co-op community has so much vibrancy. Do we sometimes frustrate and irritate each other here at work? Sure. But the great thing is that we can move on and get the job done and still share fun stuff with each other. Very much like a family. Community to me is what being at the co-op is all about (well, and the food!)

I love being able to teach the younger people a good work ethic as they start the journey to their working lives. I like to show them that they can have fun while working hard. I enjoy hearing about where they'll be going or just what they've been reading, studying or what they like to do for fun outside of work.

So, you may catch us in conversation up at the registers. Talking books, recipes, or about our pets, but we like to hear what our owners want to throw in, too. That community feeling is what keeps me here at the Co-op.

## There's more than one way to cook a turkey

**TRADITIONAL:** Slathered in butter and roasted without bells or whistles. The no fuss, no muss method.

**WET BRINED:** Soaked in salt water for a few days in the refrigerator. It requires space and time but boosts the amount of moisture in the bird.

**DRY BRINED:** Salt rubbed a few days ahead of time, left uncovered in the fridge, then roasted the day of. It's easy and gives you crispy skin.

**SPATCHCOCKED:** The backbone is removed, and the bird is laid flat to roast. This method cooks the turkey evenly and quickly. Plus, it's fun to say.

**DEEP FRIED:** It has to be done outside and very carefully. However, the result will be moist meat and crispy skin. Note: the bird should not be battered for frying.

**SMOKED:** Using a smoker, cook low and slow for a deep color and smoky flavor.

**BAGGED:** Baking a turkey in a brown paper bag helps to hold in the moisture, giving you a juicy and succulent bird. It also comes out perfectly

browned.

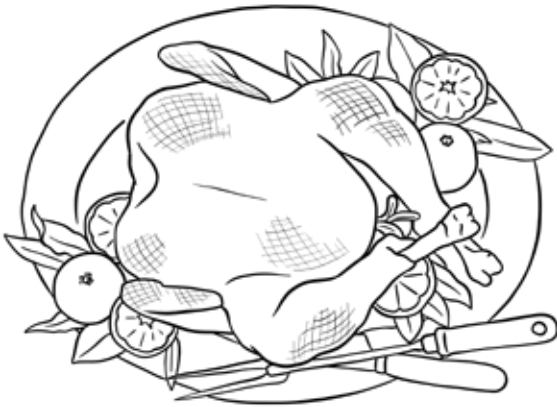
**WRAPPED UP:** Soak cheesecloth in white wine and melted butter, then cover the bird as you roast. Baste frequently, remove the wrap to brown the skin, or apply glaze shortly before the bird is finished.

**TURDUCKEN:** Stuff your turkey with a duck stuffed with a chicken. It requires deboning and careful cooking to ensure all the meat is thoroughly done.

**TURNED:** It may look a little funny, but some cooks swear by cooking the turkey backbone up, allowing the juices to sink into the dryer breast. Another variation is turning the bird at intervals, similar to rotisserie, but without special equipment.

**PEANUT BUTTER:** Yes, peanut butter (or any nut butter). This method may not produce the prettiest turkey in the flock, but it makes a moist bird and a delicious gravy. Slather the bird in a thick layer of peanut butter and roast. Only the outer layer and the gravy will taste like peanuts.

**GRILLED:** If you have good weather, grilling the



turkey frees up the oven. You will have to cut the bird into smaller sections, though.

**IN PIECES:** Though it excludes an intact turkey centerpiece, cooking the bird in pieces means each section cooks for the optimal amount of time. You can also buy the pieces separately, so you have the exact ratio of white and dark meat for your guests' preferences. And it's faster too!

**SLOW COOKER:** The slow cooker is another option that works for a bird in pieces. As you might expect, it takes a while, though it frees up your oven.



# Starting up the autumn fires



Robin Byrne  
Cheese Manager  
Co-op Owner since 2002

As the warm summer sun begins to wane and the cool autumn breezes build, we may start to think about sweaters, wool socks, and stacking wood. Along with that, the inspiration may lead to making soups, stews, and casseroles. If that's the case, well... let's top them with CHEESE!

The following dishes were previously published on our Food Blog, developed and written by our talented Marketing Manager, Kipp Hopkins.



Photo by Kipp Hopkins

Potato & Leek Gratin with Smoked Gouda, Cheddar, and Gruyere. We suggest the Castello smoked Gouda mini wheel for its not-too-overpowering smokiness, Pineland of Maine Sharp or 2-year-aged Cheddar for their rich tangy "cheddary" flavor, and Swiss imported Gruyere for its sweet, mellow nuttiness.



Photo by Kipp Hopkins

Kabocha Squash and Mushroom Casserole (does this say autumn or what?!). For this recipe, we love using that Swiss Gruyere because it's the perfect match for the dense sweetness of the winter squash and the earthiness of the mushrooms!



Haddock & Dairy Duet Casserole, a match made in Maine! The Dairy Duet is a Chevre and Bevre (goat and A2 cow) blend produced by York Hill Dairy, Washington, Maine. Try using either their Garlic Dill or Green Peppercorn Nutmeg varieties.



Photo by Kipp Hopkins

Classic French Onion Soup, perfect for warming your bones. Give it a go topped with a slice of baguette or local Tinder Hearth bread and European imported Swiss Cheese. Delicious! Recipe to the right.

You can find these recipes, and many others, on our website, under the "recipes" tab. On that page, you will need to scroll down to fall of 2021 to find these casseroles.

Besides these great recipes, keep in mind the many delectable cheesy meals it's possible to make for yourself, friends and family: Eggplant or Chicken Parmesan, Baked Macaroni and Cheese, Greek inspired Quiche with Feta, Manchego and Muenster Grilled Cheese, Burritos or Tacos topped with Pepper Jack, and of course the ever popular Pizza with Mozzarella, and any Pasta topped with a bit of grated Parmesan Reggiano.

Whatever you make, have fun and use lots of cheese!

SIDE NOTE: We want to bid a fond farewell to Neighborly Farms Organic Cheeses. They are entering a very well-deserved retirement after 32 years of fine cheese making. The dairy operation on the farm dates back to the 1920s! We will miss their colorful labels in the cheese case and their flavorful cheese on the palate. If any of their fans would like to send a card, you can mail it to:

1362 Curtis Road  
Randolph Center, VT 05061  
or email: [cheese@neighborlyfarms.com](mailto:cheese@neighborlyfarms.com)

## FRENCH ONION SOUP WITH SWISS



Photo by Kipp Hopkins

Onion soups have been a common dish since ancient times, often a meal for peasants as onions are easy to grow and plentiful. French Onion Soup was repopularized in the '60s and is one of the most famous versions onion soup today. Its sweet earthy flavor is perfect for chilly fall days!

### Ingredients

- 4 tbsp butter
- 3 large yellow onions (thinly sliced)
- 2 tsp sugar OR monkfruit sweetener
- 1 tsp salt
- 2 tbsp all-purpose flour
- 4 cups beef broth
- 1 cup mushroom broth
- 1/2 cup red wine
- 1 tbsp Worcestershire sauce
- 6 slices sourdough bread
- olive oil
- 3 cups shredded Swiss cheese

Melt the butter in a dutch oven or oven-safe soup pot over medium-low flame. Add the onions and cook low and slow, frequently stirring until the onions are caramelized (deep brown color and very soft). This process will take about 1 hour and 15 minutes.

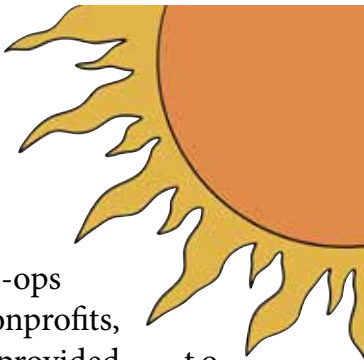
Once the onions are caramelized, add the flour and stir to combine thoroughly. Cook for 2 minutes while stirring. Stir in the beef broth, mushroom broth, wine, and Worcestershire sauce. Bring to a boil, then reduce to a simmer and cook for 10 minutes. Remove the soup from the heat.

Preheat the oven to 325° F. Arrange the bread slices on a baking sheet and brush with olive oil. Bake the slices for 10 minutes to lightly toast them. Remove from the oven and turn the heat up to 425° F.

When the oven reaches temperature, arrange the bread slices on top of the soup. Spread the shredded cheese over them and place the pot in the oven—Bake for 10 minutes until the cheese is melted and browning. Remove the soup and serve with a slice of the bread included in each bowl.



# Electric cooperatives: power to the people



Back in the 1930s, nine out of ten rural homes had no electricity. Farmers had to milk cows by hand with only lantern light to illuminate the barn, and women had to cook on wood stoves and do laundry with a washboard. Going without lights and electricity made for a life of drudgery. Rural areas desperately needed electricity, yet power companies ignored them because it wasn't deemed profitable to run electrical wire in areas with small populations.

Then in 1935, President Roosevelt signed the Rural Electrification Act, which helped provide federal assistance to achieve electrification in far-flung and less populous areas. This meant that newly formed electric cooperatives could borrow the money they needed to run lines. Rural electrification had a profound impact on the lives of millions in America, transforming the way people lived and worked every day. Electric co-ops are still responsible for a significant part of our nation's infrastructure, maintaining 42% of our country's electrical distribution lines.

Rural electrification is an American success story made possible through cooperation. People in rural communities made it happen by working together to gain this important necessity. Whereas, investor-driven utilities were spurred by a profit motive and saw rural electrification as unrealistic.



Electrical co-ops operate as nonprofits, where power is provided to members at the cost of providing the service. These co-ops are very invested in the communities they serve, giving their time, money and expertise to build local economies. Electrical co-ops are also leading the way in offering their members renewable energy options, as well as investing in conservation, research and technology development in solar, wind and bio-waste fuels. Any return on investment for these activities directly benefits electric co-op members with better service and low rates.

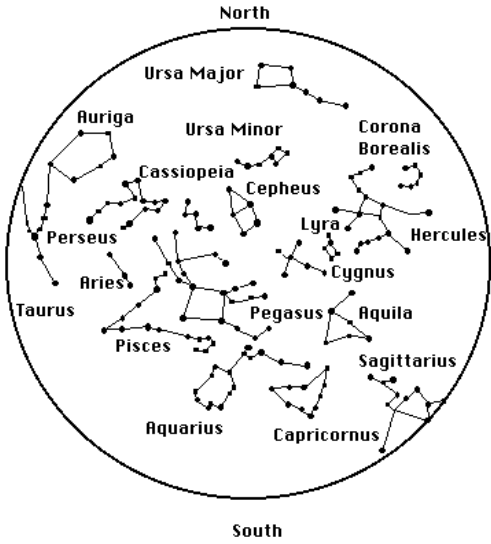
There are more than 900 electric co-ops spread across 47 states serving 42 million Americans. Many of those co-ops are members of the National Rural Electric Cooperative Association (NRECA)—which brands itself as Touchstone Energy—a trade group that provides services to electric co-ops, including investment, health insurance and retirement benefit options for over 70,000 employees. These co-ops prioritize taking care of everyone, from members to staff. It's a great example of how co-ops put people first.

Glenn English, the CEO of NRECA, said, "The bottom line is that co-op power empowers people and improves their quality of life. No one else in the electrical industry does all that. It's a heck of a good deal."

To find your nearest electrical co-op, go to [www.touchstoneenergy.com](http://www.touchstoneenergy.com).

*Original Article: <https://grocery.coop/voices-from-the-field/electric-cooperatives-power-to-the-people>*

# Autumn Stargazing



### Circumpolar Constellations:

- Cassiopeia
- Cepheus
- Draco
- Ursa Major
- Ursa Minor

### Autumn Constellations:

- Andromeda
- Aquarius
- Capricornus
- Pegasus
- Pisces

The autumn skies have many easy-to-spot constellations, as well as a few galaxies and nebulae.

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 Perseus as the hero who killed Medusa. Him proudly holding her severed head is the subject of many statues and paintings thereafter.

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 below 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.

It is also a good time of year to spot several zodiac formations, including Capricornus, Aquarius, and Pisces. Within Aquarius is the Helix Nebula, at 650 light years from Earth, it is one of the closest planetary nebulae. At a magnitude of 7.6, it is viewable with binoculars and small telescopes. It's also known as the Eye of God Nebula, because of its ocular appearance. Also within Aquarius is the Saturn Nebula, so named because of its resemblance to the ringed planet.

Pisces is home to the Phantom Galaxy, a spiral galaxy about 30 million light years from Earth. Though it is visible with large binoculars, it is difficult to make out as more than a faint patch of light, hence the name. With a larger telescope, you can actually see the spiral arms of the galaxy. Those arms extend around 1,000 light years from the center. They contain clusters of young blue stars and many starforming nebulae.

# New app makes finding food co-ops easy

Find a food co-op at your fingertips with the very first mobile app of its kind. The FOOD CO-OP FINDER is now available for those moments when you're traveling and searching for the foods you care about, or when you're hoping for a moment of the community connections that food co-ops are so good at providing.

The mobile app and its desktop version use geolocation to pinpoint the closest food co-ops to wherever you are. The directory is also fully searchable for those times when you'd like to plan ahead. Over 325 food co-ops in the USA (with a select number in Canada) are ready to be found.

The FOOD CO-OP FINDER mobile app is now available for free on Apple's App Store and Google Play Store.

<https://grocerystory.coop/food-co-op-directory>





# Gut health is the foundation of well-ness



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

“Loose junctures” is a key phrase to understand if you are to understand your gut health and disease. We’ve all probably heard of “leaky gut.” This phrase refers to the spaces between the cells in our gut lining, where the gut’s intelligence and ability to communicate with the rest of the body exists. “We are on the spectrum—mild (brain fog, indigestion, fatigue), moderate (heartburn, skin rashes, constipation, diarrhea, depression, anxiety, mood swings) to severe (auto-immune diseases and more). With leaky gut, we age faster,” to quote research by Ion Educator Wendy Gilker.

“Healthy Gut lining means our cells now communicate with one another, like the cell phone being again connected to the cell tower,” she writes. “Ion facilitates the repair of our leaky guts, creating a strong gut lining...the first line of defense, creating a healthy microbiome. We can’t have good health without a healthy microbiome.” The “Gut-Brain” between the cells of our one-cell thick intestinal lining is designed to communicate with the brain and the rest of our body and to constantly adapt to an ever-changing kaleidoscope of inputs. Between 90-96 percent of serotonin, an essential neurotransmitter that allows us to feel happiness, is generated in the gut, as one example of its role in our well-being.

The feedback I receive supporting the supplement called Ion mounts almost daily. One of many instances I will reference was an “older” man in his early 70s who told me how he started to have gut issues as soon as he began high blood pressure medication. “Then they wanted to put me on another medication,” he exclaimed. After trying Ion, he felt back to health within two days. One of the Co-op’s long-term Cafe employees told me how her profound fatigue after a bout with COVID later became chronic. Before this, using Ion, she had already stopped needing AntAcids (Proton-Pump Inhibitors) and had used it intermittently as symptoms arose. Having not used Ion for a few months, she started taking a teaspoon of this tasteless liquid humate once again and “quickly was energetic enough to work 8-hour days without fatigue,” she told me.

Two other customers, one diagnosed with Celiac disease and one with Crohn’s Disease, were thrilled with Ion’s impact on their very distressed intestines. “Everything I could have hoped for” was the phrase that really stuck in my mind. Crohn’s and Celiac Disease are among the most extreme kinds of gut maladies. These anecdotes are



Photo by Kipp Hopkins

important because when customers tell me what I learned in my training, bolstered by my deepened understanding of the power of our gut brain, my skepticism gives way to complete joy that there is a way to combat environmental toxicity on a very personal level. We need energy to help support the bigger changes that need to be made.

Our urge for wellness is universal. We seek it in both positive and negative ways, but the desire is there, even if we can be misguided at times in how we seek it. As our understanding of life, humans, and the greater web, grows and deepens, there has emerged in recent years an understanding that our well-being is based on a vast, intricate and messy interaction of bacteria, fungi, and viruses. These microorganisms have played off one another within the human and animal bodies for eons. We are who we are now largely because of this nearly unfathomable dance that is happening in this very moment in our body-mind and everywhere we can look.

Overwhelming? Exciting? Confusing? Yes. All of the above. Thus I am thankful for modern-day seers such as Zach Bush, MD, and Paul Stamentz, Ph.d. The former is the mind behind the gut health supplement Ion, and the latter is the brilliance behind mushroom/fungi purveyor Host Defense. How often will I return to the topic of gut health and overall immune health? As long as I am writing these columns. As the Ayurvedic masters have counseled for millennia, gut health is the most foundational aspect of our well-being. In the gut, raw material begins transforming into energy, mood, thought, joy, and almost everything else we know.

When it is working “good enough,” we go about our business. When it begins to fail, we complain, hoping our discomfort will pass soon and we can get on with our life. We often ignore early symptoms of digestive distress, thinking this is “just the way I am.”

This is my story, too. At 62, I feel a lot of gratitude for being in a context that supports learning about digestive health via training that is then supported by the many customers

who relate their tales of finding greater health through supplementation, and diet change, both of which relate, of course, to changing other unhealthy behaviors. Everything is interrelated. However, if you are like me, your natural skepticism, even cynicism, can affect your ability to see new possibilities clearly.

Why so much gut distress? The toxicity of glyphosate, intrinsic to herbicides like RoundUp, is proven. Yet even today, a quick google search will show that Agribusiness has been very good at “Search Optimization” to fend off negative science regarding glyphosate. Without minor digging on the internet, one would think it is perfectly safe for humans. (100 million tons were used as of 2009 in the United States annually). In 2009 we knew glyphosate was dangerous to humans, as this article from one of that year’s Scientific Americans attests: “Seralini’s team, however, did study multiple concentrations of Roundup. These ranged from the typical agricultural or lawn dose down to concentrations 100,000 times more dilute than the products sold on shelves. The researchers saw cell damage at all concentrations,” in an article titled, “Weed Whacking Herbicide Proves Deadly to Human Cells.” Ingredients in RoundUp called “inert” are now understood to synergistically increase glyphosate’s power to cause harm to our bodies.

This glyphosate, a patented antibiotic and other prescribed antibiotics, is something we cannot avoid because it exists in minute particle form in 75% percent of the air and soil, according to a study by the US Geological Survey. This information, from the Cornucopia Institute, helps put toxins like glyphosate in some perspective.

So, what is the toxicological significance of the discovery of glyphosate in most air samples tested? In August 2007, if you were breathing in the sampled air, you would be inhaling approximately 2.5 nanograms of glyphosate per cubic meter of air. It has been estimated that the average adult inhales approximately

*Continued on page 7*



# GIANT “DEEPER ‘N EVER” ROOT VEGGIE PIE

*This savory pie is the perfect meal for using the bounty of local root vegetables we have in autumn and winter. It was inspired by the “Deeper ‘n Ever Turnip ‘n Tater ‘n Beetroot Pie” from the Redwall series by Brian Jacques. The twenty two YA novels, centered on woodland animals living medieval adventures, are famed for their lavishly described feasts. The pie was often featured, a favorite of the vegetarian moles, baked in a huge dish and served with tomato chutney (page 10). This recipe is measured to make a giant pie baked in a 12” cast iron skillet. For a smaller pie, see footnote. For a vegan version, use the vegan version of the pie dough, replace the butter and milk with vegan alternatives, and skip the egg wash. Simple Pie Dough Recipe can be found at: [www.bluehill.coop/blog/2021/6/9/simple-pie-dough](http://www.bluehill.coop/blog/2021/6/9/simple-pie-dough)*

## INGREDIENTS

- 3 Simple Pie Doughs\*
- 2 lbs rutabaga
- 1 lb turnip
- 1 lb potato (any variety)
- 1 lb golden beets
- 1 lb carrot
- 1 lb green beans (chopped)
- 2 large yellow onions (diced)
- 3 cloves garlic (minced)
- 4 oz mushrooms (diced)
- 1 leek (finely chopped)
- 1/2 tsp dried parsley
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 1/4 cup butter OR vegan butter
- 1/2 cup all-purpose flour
- 4 cups milk OR dairy-free alternative
- 3 tsp salt
- 2 tsp black pepper
- 1 egg (optional)

Using our recipe for Simple Pie Dough, make three batches and combine two of them into one large ball. Wrap the large and small pie doughs in wax cloth or plastic wrap and place them in the refrigerator while you make the filling. Peel the root veggies and chop them into cubes (roughly 1/2 inch). Parboil each root veggie type, one at a time, until they are half cooked (you should be

able to pierce the cube partially, but not all the way through). Boiling time will vary depending on the veggie and will likely be between 3-10 minutes. We used the same big pot of boiling water for all the veggies, removing them in turn with a slotted spoon. When the veggies are out, rinse them under cold water to halt cooking from the residual heat. Set the parboiled veggies aside in a large mixing bowl and add the raw leek and green beans.

Melt the butter in a saucepot and add the garlic. Sauté on medium-low until the garlic becomes fragrant, stirring frequently. Add the onions and mushrooms and continue to sauté until the onions turn translucent. Add the flour and stir to coat the onions. Begin adding the milk a little at a time while stirring. Be careful not to let any lumps form, making a smooth sauce. Add the salt, pepper, and herbs. Simmer the sauce, stirring occasionally, until it thickens to the consistency of Alfredo sauce. Remove from the heat and let it cool down for about 15 minutes. Add the sauce to the vegetables and stir to combine.

Preheat the oven to 375° F. On a large work surface, generously sprinkle flour and roll out the large ball of dough into a giant circle about 1/16-inch thick. Carefully transfer the dough to your skillet, leaving a generous overhang. Fill the



*Photo by Kipp Hopkins*

skillet with the veggie mixture. Trim the dough, so you have only 2 inches overhang remaining. Roll out the rest of the dough and cover the top of the pie, leaving only a 1/2 inch overhang of the top dough. Roll up the extra dough to create the crust edge and crimp to seal. Beat the egg with a tbsp of water and brush the crust all over. Cut vents into the top. This pie is very heavy, so be careful lifting it into the oven. You may want two people! Bake for 35-45 minutes until the crust is golden brown.

Let the pie cool for a half-hour before slicing. Optionally, serve with slices of sharp cheddar and tomato chutney. Enjoy!

\*The Simple Pie Dough Recipe behaves best when made in single batches, meaning it is better to make three individule batches rather than to triple the repice. To make a smaller root veggie pie, halve the filling recipe and use use two Simple Pie Doughs, divided into thirds as described above.

## *Gut health: Continued from page 6*

388 cubic feet or 11 cubic meters of air per day, equaling 27.5 nanograms (billionths of a gram) of glyphosate a day. Of course, when one considers the presence of dozens of other agrichemicals found alongside glyphosate in these samples, the interactions between them are incalculably complex and produce far more harm together than glyphosate alone (i.e., synergistic toxicity). Also, now that recent cell research has shown that glyphosate may act as an endocrine disrupter exhibiting estrogenic-like carcinogenicity within the part-per-trillion range, there is all the more reason to raise the red flag of the precautionary principle—especially since inhaled toxicants evade the elaborate detoxification mechanisms of ingested toxicants which must pass through the microbiome, intestinal lining and liver before entering the blood and only a long time later the lung far downstream.

Now also on the shelves in the Co-op’s center Wellness aisle is Ion’s Skin Support. Our skin is our largest organ. It protects yet also allows certain nutrients into our cells, such as Vitamin D and magnesium. We decrease the healthy absorption of Vitamin D by layering on excessive sunscreen that often has ingredients that are not safe. We

swim less in ocean waters than we did in our earlier ancestral days, so we do not absorb the minerals through seawater that we once did, according to Dr. Zach Bush, a world-renowned Medical Scientist. Skin Support is similar to Ion Gut Support, with the addition of highly absorbable minerals in humic extract from ancient soil. When sprayed on the skin, its effect is both to nourish skin cells and tighten the cell junctures so they can support the skin’s overall role as a healthy barrier to the sun’s negative rays and pollutants. When the skin is optimally healthy, it can better protect us from the sun.

## **Fungi and Medicinal Mushrooms**

It turns out that fungi, a word that might make us want to turn and run, is essential to forests, plants, and even our gut health. Yes, too much of the wrong kind can make us very sick, just like too much of the wrong type of bacteria can, too. Yet fungi are perhaps the greatest communicators on Earth and, as mushrooms and mycelium, also incredible supporters of well-being. Their existence, as with bacteria and even yeasts, all contribute to well-being—assuming they are kept in balance. At the Co-op, we have been selling more Lion’s Mane, a mushroom known in Chinese Medicine to heal the brain and

nerves. As we get older, memory and overall brain health become more and more relevant. It turns out that medicinal mushrooms such as Lion’s Mane, herbs such as Bacopa and Gotu Kola, DHA, an Omega-3 oil, and Curcumin, the essential active component of Turmeric, can also play an important role in brain health.

The deep immune function differs from our ability to fight off daily viral assaults. My Community, a blend of 17 medicinal mushrooms from Host Defense, is for deep immune health. My understanding is that people with auto-immune issues can generally consume medicinal mushrooms because they are not immune system stimulants. Dr. Paul Anderson, a Naturopathic Medical Doctor (NMD), who has a focus on autoimmunity, chronic infections, and integrative cancer care, elucidated that using a broad spectrum of a blended mushroom products is something to consider when using mushrooms with auto-immune patients,” reads a piece written in Eastern Currents, by Naturopath and Medical Adviser, Dr. Mason Bresett, ND.

*When in doubt, always consult your physician or healthcare practitioner. This article is intended to provide you with information to maintain your health.*



# The dumpling lady is here



Rick Seeger  
Panda Kitchen Co-Owner  
*Co-op owner since 2022*

Jihong (“Gee-Hong”) Deng has a unique appreciation for Chinese cuisine. She was born in Zunyi City, Ghuizhou province, the youngest of four children before China’s one-child policy went into effect in 1980. Ghuizhou is a beautiful province with extensive caves, waterfalls, and vast mountain ranges, some forming the inspiration for the



Photo by Rick Seeger

movie “Avatar,” yet it is also one of the poorest. Zunyi City itself is famous for the meeting house where Mao Zedong was elected leader of the Communist Party during the “Long March,” thus marking the beginning of his rule in China. Ultimately, Mao’s bold policies would leave many families destitute, including Jihong’s. Growing up in her family, every piece of rice was sacred, and nothing was wasted. As children, Jihong and her older sister Jun would sometimes spend time catching dragonflies. “They made a good snack after removing the wings and adding some spices,” Jihong recalls, “We had an old tennis racket and would first swipe it through a spider web to make a trap. Then, we would go by the river and swing at the Dragonflies to catch them.” Jihong and her family somehow always managed to keep a positive attitude during this difficult time. Mao Zedong died in 1976 and was replaced by Deng Xiaoping, who introduced several reforms in China, including allowing individuals to establish their own businesses. This change inspired many Chinese people to become entrepreneurs overnight. Into the 80s, Jihong’s family made various widgets, including binders for school notebooks. Jihong herself was selling socks on the street as a child after purchasing them wholesale with her father. Jihong’s mother taught her how to cook healthy meals with basic ingredients from scratch, and she gained expertise at a



Photo by Kipp Hopkins

young age. As their family pulled themselves out of poverty, Jihong’s love for cooking never waned. She founded Panda Kitchen, LLC in 2022 after moving to Blue Hill. She started selling various foods to the Blue Hill Co-op, where they are available in the Grab & Go section, including Mushroom Dumplings, Liang Fen (high-protein mung bean noodles), Sweet and Sour soup, and Chinese Kimchi. Jihong has hosted some food tastings at the Co-op and notes, “The Kimchi is the most popular, but people get very excited about the dumplings.” Indeed, when Jihong arrives at the Co-op Cafe with a fresh delivery of Panda Kitchen products, a cafe employee will often notify the manager by excitedly calling out, “The dumpling lady is here!”

## Art in the Café

JULY: ANNE DEVEREAUX	AUGUST: GABBY GADSBY	SEPTEMBER: FRANÇOISE GERVAIS
<p>Upcoming: October - Diana Lee, November - Thor Recherche, December - Dan Ryan</p> <p>Interested in having your artwork exhibited at the Blue Hill Co-op?</p> <p>Contact Kipp Hopkins at: (207)374-2165 or marketing@bluehill.coop (We’re booking for 2023.)</p>		



# The spice of life: why do we love spiciness?



Kipp Hopkins  
Marketing  
Manager  
Co-op owner  
since 2006

In June, I attended Ellsworth Pride with a friend of mine. We were standing in line for some truly excellent tacos while chatting about my plans to move to the Southwest. When our names were called, we stepped up to the booth, and the person running the eatery asked if we wanted mild, medium, or hot salsa. Usually, being a self-proclaimed spice wimp, I would have gone with mild, but instead I said, “Well, I guess I should probably build up my spice tolerance a bit since I’m moving to New Mexico. Let’s go with medium” (baby steps). They laughed and told me that their partner used to live in New Mexico. “Though they’re famous for chili peppers, there’s plenty of mild food there too.”

But, I mean, they ARE famous for chili peppers. And I’m sort of famous for avoiding anything hotter than a shishito pepper. I am the sort of person who likes food culture and immersing myself in the food of a particular region. So, I’m not going to move to New Mexico and NOT eat chili peppers. After all, it is entirely possible to build up a higher tolerance to spiciness. I know a lot of people who love hot things. My brother-in-law, for instance, is all about hot sauce. One year for Christmas, I gave him a sample pack of hot sauces, each wrapped in paper with a fuse coming out of the top and all bound together like a dynamite bundle. Another sister’s boyfriend practically drowns all his food in hot sauce. I’m not sure he’s ever actually tasted any of the food I’ve made. And my best friend since childhood, who used to make me shudder with her tolerance for

cinnamon Altoids, is now obsessed with spicy Korean food. Surely, I too could acquire this superhuman tolerance for heat?

Until now, I never really saw the appeal of searing off your tastebuds while eating. But now that I’ve started the process, I kinda get it. It’s like weight lifting; there’s some profound sense of accomplishment when you eat something that makes other people shake.

But it’s not just the gloating points, of course. There are many reasons why people love spicy food. It actually makes your pituitary gland and hypothalamus produce endorphins. That’s right, the happiness chemical you can also get from exercise, dark chocolate, and laughing your tooshie off. And that’s not all; it can also help your body produce serotonin, helping you stave off depression and anxiety. People develop a love for spice because it’s practically a natural happiness booster, ...and of course, the bragging rights.

But why exactly are chili peppers so spicy? What is the evolutionary goal of making a fruit that’s so spicy the average animal won’t touch it? Simple, the pepper evolved to tempt a particular critter and deter all others. Those special, spice-loving animals? Birds. And they don’t love spice. Quite the opposite; they can’t taste it. You see, when most mammals, like humans, eat a pepper whole, they mash the seeds with their teeth, rendering them useless. In contrast, birds swallow the seeds whole and poop them out later, spreading the plants far and wide. So, peppers developed a way to deter mammals from eating them by triggering the brain’s pain receptors for extreme heat. That’s why chilis feel hot. It’s not in the flavor, it’s the chemicals,



specifically capsaicin, shooting “I’m on fire!” signals to the brain. The more capsaicin, the hotter the pepper. It’s just the chili’s good luck that humans love the endorphin rush so much that they’ve cultivated peppers into even greater evolutionary success!

A few years back, I created the pepper guide for the Co-op, which involved reading a lot about the scale of spiciness (Scoville Heat Units or SHU). In 1912, the American pharmacist Wilbur Scoville developed the method of dissolving the dried pepper in alcohol and extracting the capsaicinoids, the component that gives chilis their heat. These were then diluted in sugar and water until a majority of trained tasters could no longer detect heat. This method was obviously fraught with the potential for human error. However, since the 1980s, there have been many more accurate processes developed to measure the capsaicinoids in chilis.

Today, chili peppers are ranked by their SHU measurement. On the low end, bell peppers and pimentos are rated 0-100 SHU. Cayenne peppers have a medium spice at around 30,000-50,000 SHU. The hottest pepper on record is the Carolina Reaper, a staggering 2.2 million SHU. The Reaper and other extreme heat chilis, like the appropriately named Dragon Breath Pepper, are especially cultivated to break records and thus are not found in your average grocery cart.

If you don’t have the official SHU chart for reference and someone is offering you some chili peppers, a good way of gauging the potential heat is by size. Generally, the smaller the pepper, the greater the concentration of capsaicin, and the

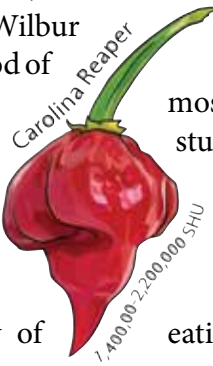
hotter the heat. The really gnarly ones look their part as they appear to be made of magma with bubbly, ripply skin. If the pepper looks like it came out of Satan’s vegetable garden, it’s not for the faint of heart.

Here are a few more points of interest and reasons you might consider building your spice tolerance. Eating spicy food may actually be quite beneficial to your health. Numerous studies have indicated that eating spicy food can speed up the metabolism. Capsaicin has been shown to potentially reduce cancer cell growth. And, perhaps most interestingly, a large 2015 study indicates that eating spicy food six or seven days a week lowered mortality rates by 14%.

These are all reasons to try eating spicier foods. However, excessive spiciness can also cause heartburn and digestive distress. So, be careful if you’re prone to these ailments.

Now that I’m working on spice training, I’ve started with a relatively medium pepper, the jalapeño. At 2,500-8,000 SHU, they’re an excellent place to jump into chili pepper heat. Recently I made candied jalapeños to go on a cajun chicken burger (recipe on the blog), and I loved them. A terrific balance of spicy and sweet that went perfectly with the cajun flavor. Later, I created a blueberry and jalapeño salsa for another blog recipe. I am learning the best methods for cutting chili peppers since the juice can irritate the skin rather badly. It’s a work in progress! I look forward to making greater strides once I settle in New Mexico.

Sources:  
•<https://www.snexplores.org/article/cool-science-hot-peppers>  
•<https://www.healthline.com/health/five-reasons-to-eat-spicy-foods>



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# Slow rise: return of the sourdough



Sarah Scamperle  
Co-op owner since 2022

My step-sister brought me “Seymour” as a gift from her home in Colorado a couple of years ago. The name serves as a whimsical reminder of the starter’s aliveness, and I’ve come to think of my sourdough starter as a beloved, low-maintenance pet. Sourdough is extremely versatile and can be used to make virtually any yeast-leavened recipe. We’ve enjoyed English muffins, waffles, pancakes, soft pretzels, pizza dough, bagels, cinnamon buns, focaccia, and many others!

Sourdough starters are composed primarily of wild yeasts and wild lactic acid bacteria, flour, and water. Yeast is a ubiquitous and naturally occurring fungus present in our bodies, in the air we breathe, and on the food we eat. Humans have captured wild yeasts and lactic acid bacteria and harnessed their fermentation power to make bread and beer since the rise of agriculture over 12,000 years ago. In fact, the yeasts used to start breads can also be used to start beer and vice versa! Prior to understanding the science behind this fermentation process, the word “yeast” was used to describe the visible act of fermentation (i.e. bubbles, frothing, and the rising of dough). It was not until the Industrial Revolution in the late 1800s that pure yeast became available as a baking ingredient. This technology cut bread production time by at least half and gave “rise” to a new era in the baking industry.

When flour is added to a sourdough starter, the yeasts set to work metabolizing sugars. The lactic acid bacteria also feed on sugars and will continue to feed the yeasts with fermentation byproducts, such as alcohol. The yeast produces carbon dioxide— which leavens the dough and gives baked goods texture and loft—and the alcohol evaporates during cooking. The bacteria produces lactic acid as a byproduct, which is what gives sourdough its distinctive sour flavor. The lactic acid increases the acidity of their environment to prevent the growth of other molds or bacteria, allowing the yeasts and lactic acid bacteria to dominate the starter long-term

without decomposing. The relationship between sourdough yeasts and lactic acid bacteria is a splendid example of biological mutualism; wherein simply by existing together, two species facilitate the growth and continuation of one another. The involvement of humans makes it an even more remarkable example of a third species participating in this mutualistic dynamic: we provide resources and conditions for these organisms to feed and reproduce, and, in turn, they provide food for us.

Wild yeasts vary greatly by location. Historically, this has given sourdough breads diverse and regionally unique qualities. In recent years, there has been renewed interest in sourdough’s significance to regional traditions and cultural heritages. In 2013, the Puratos Sourdough Library, dedicated to preserving old bread traditions, was launched in Brussels and houses the world’s most extensive collection of sourdough starters. Additionally, recent studies have found that owing to interactions between the microorganisms in sourdough starter and various enzymes in flour, sourdough bread may be more digestible and nutritious than bread products leavened with baker’s yeast or chemical agents (Rizzello 2019). This fact is of notable interest to consumers who have difficulty digesting bread products, myself included.

Sourdough starter can be acquired in a number of ways. The easiest method is to purchase a starter culture, such as the San Francisco Style Sourdough Starter Culture, sold here at the Blue Hill Co-op. You can also ask if friends or family have an active starter they’d share with you. These starter colonies are so prolific that it takes very little culture (even a spoonful is enough to get you going) to establish your own. You could also look for a starter by posting on the Co-op’s Community Bulletin. I have never met a sourdough enthusiast who wasn’t more than willing to share the wealth! If you’d like to try your hand at capturing wild yeast to establish your own unique sourdough culture, simply mix up 2 cups flour (any sort), 2 cups starchy water (leftover potato, corn, or pasta water), or plain non-chlorinated water, a few pieces of whole, organic fruit (such as grapes, plums or berries) to



introduce some yeasts, and cover securely with a breathable material (cloth or a coffee filter work well). Set it in a warm location and stir daily to distribute the yeasts. After a few days, you should notice yeast activity and tiny bubbles rising to the surface. Once your starter is active, strain out the fruit, add a couple more tablespoons of flour to the mixture daily for the next 3-4 days (adding water as needed to keep it liquid), and start baking! Starter can be stored in the refrigerator to slow yeast activity if you’re only baking once a week, or even frozen to suspend them for more extended periods of time. The starter will need to be fed a little flour and water daily if stored at room temperature. Remember to reserve at least a spoonful of starter from baking projects to keep your sourdough going. To replenish, add 1:1 flour and water and set aside in a warm place to bubble for 4-8 hours before baking again or refrigerating. For further reading and recipe ideas, check out Sandor Katz’s book *Wild Fermentation and Alaska Sourdough: The Real Stuff* by Ruth Allman.

#### Sources:

- Rizzello, Carlo Giuseppe, et al. “Sourdough Fermented Breads Are More Digestible than Those Started with Baker’s Yeast Alone: An in Vivo Challenge Dissecting Distinct Gastrointestinal Responses.” *Nutrients*, MDPI, 4 Dec. 2019
- Katz, Sandor Ellix. *Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods*. Chelsea Green Pub., 2016.

## TOMATO CHUTNEY

See more recipes online [www.bluehill.coop/blog](http://www.bluehill.coop/blog)

*This spicy and sweet chutney goes great with Giant Root Veggie Pie (pg 7), sourdough toast, breakfast eggs, or roasted meats. It also pairs well with sharp cheddar cheese!*

#### INGREDIENTS

- 2 1/2 lbs fresh tomatoes (diced)
- 1 lb red onion (diced)
- 2 cloves garlic (minced)
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper
- 1/2 tsp - 1 tsp mild cayenne pepper
- 3 tbsp balsamic vinegar
- 1/4 cup of brown sugar  
OR monkfruit sweetener
- 1/4 cup peach jam

Heat a saucepan over medium-low heat. Add olive oil and garlic, sautéing until the garlic becomes fragrant. Add the red onions, salt, and pepper, continuing to sauté until the onions turn translucent. Add the tomatoes, balsamic vinegar, sweetener, and peach jam. Add the cayenne pepper to taste. Continue to cook on medium-low until the chutney cooks down, no longer watery. Serve chilled atop your favorite savory foods.



Photo by Kipp Sienna Hopkins



## A large, empty pencil outline, oriented horizontally. It has a rounded eraser at the left end, a long central body, and a sharpened lead tip at the right end. The outline is simple, with no internal details or shading.

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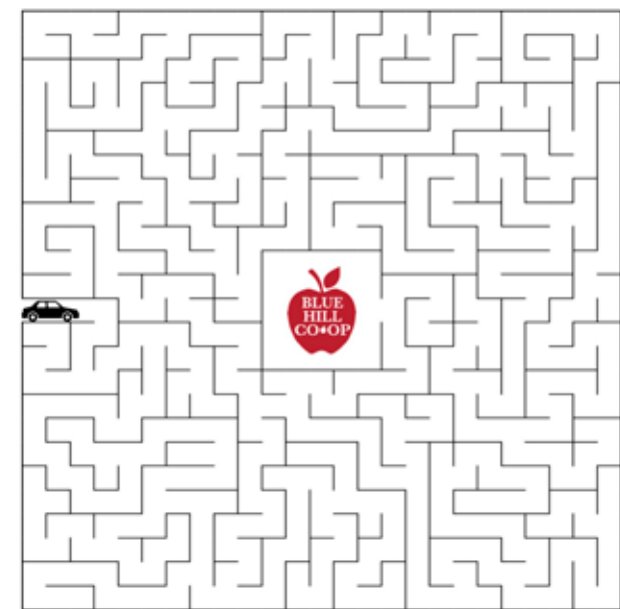
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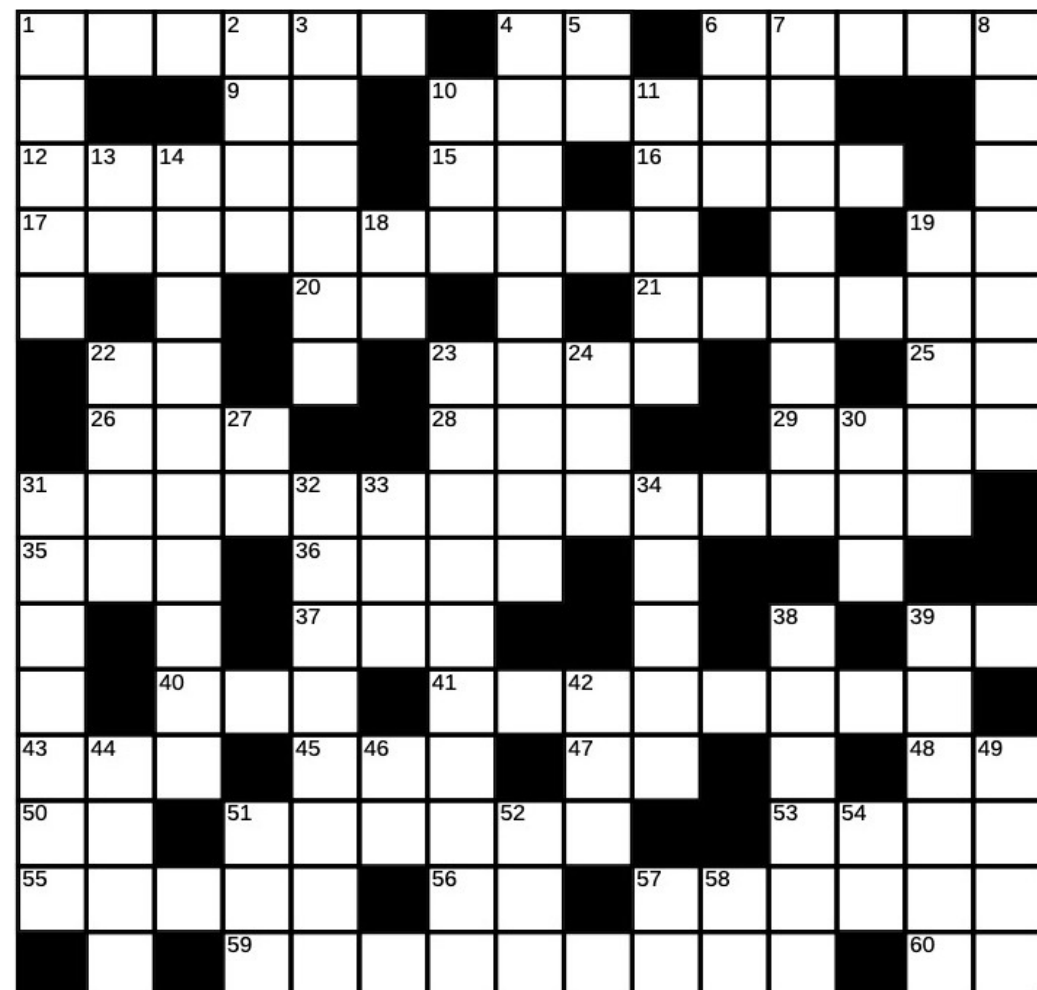
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CASCABEL	PIMIENTO
CAYENNE	POBLANO
CHIMAYO	REAPER
FRESNO	SCORPION
FUSHIMI	SCOTCHBONNET
GHOST	SERRANO
GUAJILLO	SHISHITO
HABANERO	TABASCO
HATCH	THAI
JALAPENO	WAX



- 1 Spiked food?
- 4 A single giggle
- 6 Alternative to trick
- 9 A note to follow so
- 10 Spicy Korean side dish
- 12 Cool bower
- 15 An ode on TikTok (abbr.)
- 16 Character journeys
- 17 Fermented cabbage
- 19 Liberal degree (abbr.)
- 20 Example (abbr.)
- 21 Willing betters
- 22 Position in time
- 23 Muffet's meal
- 25 Intensive care (abbr.)
- 26 Say I do to
- 28 Expose to public
- 29 Roman goddess queen
- 31 A sauce that's hard to spell

1 Baltic fermented beverage	27 Washington follower (abbr.)
2 Sunburn soother	30 Joe server
3 Pickle home	31 Time for leisure
4 Grilled on a hibachi	32 Pressure brewed
5 Kansas auntie	33 Yellow, Red, or Dead
6 By way of (abbr.)	34 Used to make 41 across
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11 Tom is so spiteful	44 They may perk up
13 Egyptian sun god	46 With Day, May 8, 1945
14 Biscuit ingredient	49 Hops or malt kiln
18 Kilogram (abbr.)	51 Goes with downs
19 A saline solution	52 Goddess of fate
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23 Fermented, carbonated beverage	57 Copper symbol
24 Make faux pas	58 "I see"



# Blue Hill C-op joins the Northeast Organic Family Farm Partnership

Last fall, 135 organic dairy family farms across Maine, New Hampshire, Vermont, and eastern New York received the sudden news that Horizon and Maple Hill Creamery, which produces a variety of dairy products, were terminating their purchase contracts, effective in early 2023. This news put these farms, many of whom have been in business for generations, at serious risk of closure unless they find alternate outlets. In early January, the Northeast Organic Family Farm Partnership, a first-of-its-kind campaign in partnership with the Maine Organic Farming and Gardening Association (MOFGA), was created to help solve the crisis of disappearing family farms in our region.

The Partnership, a collaboration of farmers, processors, retailers, activists, and government agencies, invites consumers to pledge to purchase at least one-fourth of their weekly organic dairy purchases from brands that have committed to sourcing their dairy from Northeast organic family farmers. A central goal of the effort is to increase demand for dairy produced in our region, creating market stability to help save at-risk farms and build greater food system resilience for the future.

Blue Hill Co-op is encouraging our owners and shoppers to become informed about the

Partnership and take the pledge to purchase 1/4 of your weekly dairy products from Brand Partners. When you commit to buying one-fourth of your weekly dairy items from the brands that support our region's organic family farms, you become a proud Consumer Partner with all of these farmers.

"The Northeast Organic Family Farm Partnership celebrates the fact that when it comes to supporting our region's organic family farmers, it really does take a village," said Gary Hirshberg, chair of the Partnership and co-founder of Stonyfield Organic. "Everyone has a stake in the long-term financial health of our region's farms and farm families. The simple act of pledging to purchase one-quarter of dairy items from the brands, processors, and farms that support these family farmers, can help to ensure that farms remain healthy, vibrant, financially viable, and environmentally and climate-positive parts of the northeast region for generations to come."

The decline in the number of small family farms is unfortunately not a new story, as the United States, and especially the northeast, has

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

seen drastic reductions in the number of both farms and acreage over the last decade. From 2012 to 2021 alone, Vermont has lost over 390 individual dairy farms as food production has largely been ceded away from small families, and into large, agri-business operations, through no fault of their own. However, organic family farmers are important contributors to a healthy environment and thriving rural life and are important players in the region's food system. Organic farms have been shown to be more profitable than conventional farms, promote sustainability, sequester more soil carbon, decrease harmful environmental impacts, and produce healthier livestock and higher milk quality.

The next time you shop in the dairy or cheese cases, look for the Northeast Organic Family Farm Seal to identify Partner Brands. You can feel good that you are taking a tangible step to ensure the long-term viability of our region's organic family farms.

For more information on the campaign, read more here: [www.saveorganicfamilyfarms.org](http://www.saveorganicfamilyfarms.org)

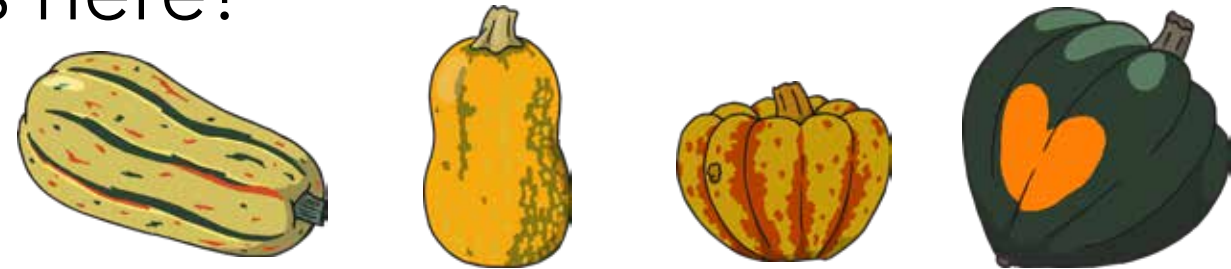


## Squash season is here!



Autumn Robbins  
Produce Manager

Hello from the produce department! It's hard to believe autumn is just around the corner, but the influx of squash and roots from our local farms tells me it's true. We've had a beautiful summer season, surrounded by the bright greens of lettuce and kale, vibrant red tomatoes, and an abundance of gorgeous flower bouquets from all over Maine that we've been so lucky to enjoy. Now, as the air cools down and crisps up, we can look forward to returning shades of the season and have new and different flavors to explore. On that note, when you stop in and visit with us in the coming months, you will find an assortment of squash suited for any recipe you may be looking to try out. The possibilities are boundless, from Acorn and Butternut, to Kabocha and Pumpkin, and all their varieties. Squash are also good sources of fiber, vitamins A and C, and potassium and magnesium, making them a healthful addition to any meal. If you're unsure where to begin, I've found a delicious recipe to inspire you!



### SQUASH COCONUT CURRY NOODLES

#### INGREDIENTS

- 2 tbsp canola or grape seed oil
- 1 garlic clove (thinly sliced into strips)
- 1 inch piece of ginger root (peeled and cut into matchsticks)
- 1 jalapeno pepper (deseeded and thinly sliced into strips)
- 1 large onion (halved and thinly sliced lengthwise)
- 1 Italian frying pepper (seeded and thinly sliced lengthwise)
- 1 (2 lb) butternut squash (deseeded, peeled and cut into 1-inch cubes)
- 1/2 tsp ground turmeric
- 1 tsp ground coriander
- 1/4 tsp ground cloves OR Chinese 5 spice powder
- 1/4 tsp cayenne, or to taste
- 14oz can regular or light coconut milk
- 1/2 cup water
- Salt to taste
- 1 to 2 tsp toasted sesame oil
- 8oz Thai rice noodles (cooked according to package instructions)
- 1/2 lime juiced
- 3 tbsp roughly chopped cilantro leaves
- 1 cup bean sprouts

Heat the oil in a wok or large skillet with a lid over medium-high heat. When oil starts to shimmer, add the garlic, ginger, and jalapeno. Stir-fry until the garlic starts to turn golden.

Add the onions and pepper and continue to stir fry until the onions begin to soften, but not brown.

Mix in the cubed squash. Cover and turn the heat down to medium. Cook for 5 minutes, stirring occasionally to make the sure vegetables do not stick to the bottom of the pan.

Uncover, turn the heat up to medium-high and add the turmeric, coriander, ground cloves, and cayenne to the pan. Mix well to coat the vegetables. Cook, stirring for 1 minute.

Add the coconut milk, water, salt, and sesame oil. Mix well.

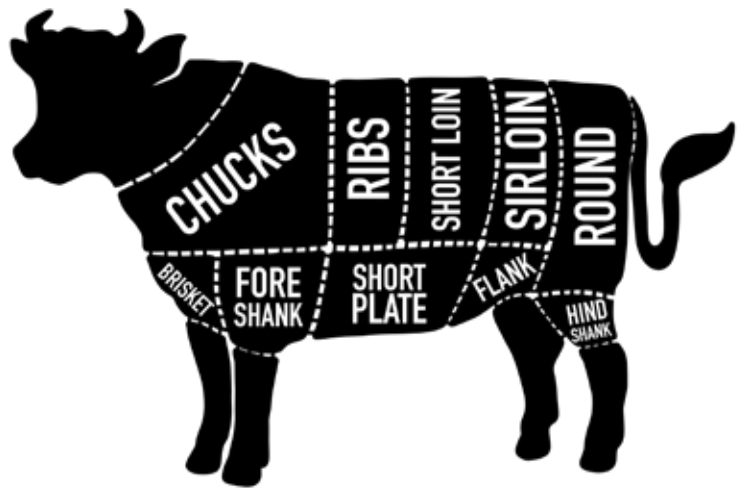
Bring the heat down to a simmer, cover and cook for about 10-15 minutes or until squash is tender, stirring occasionally. Add a little water if looks too dry; the curry should be saucy.

Once the sauce is tender, stir in the Thai rice noodles, lime juice, cilantro, and bean sprouts. Mix well. Cook through for 1 minute. Taste for seasonings, then serve.



# The steaks are high: decoding cuts of beef

Recently, the Co-op has been getting a great selection of locally raised beef. The new varieties and cuts even have some of our staff scratching their heads. So for those of us who want to be more informed about exactly what we're buying, here's a breakdown of the steaks most commonly found in our meat case.



### DENVER STEAK

The Denver steak is a cut taken from the shoulder area (chuck). It's an area under the shoulder blade that doesn't get used much by the animal, giving it a tender profile. Some call it a cross between a New York strip and a ribeye. Denver steak is typically sliced thin and served in a sandwich or over salad.

SEAR: med-high, 12-14 mins

GRILL: 400° F, 9-11 mins

(internal 145° F)

### CHUCK EYE STEAK

This cut is also known as a "poor man's ribeye," but don't let that name deter you. It's a delicious, tender, and flavorful cut. The chuck eye comes from the shoulder or chuck primal. It's best as a low-and-slow roast, using moist heat or braising.

SLOW COOKER: low, 7-8 hours

SEAR: med-high, 12-14 mins

(internal 145° F)

### COULOTTE STEAK

This boneless cut is taken from the sirloin tip, located at the top of the short loin. It has a long narrow shape and is tender, with a lot of flavor, while still being pretty lean. The average coulotte steak has around 210 calories.

SEAR: med-high, 8-10 mins

GRILL: 400° F, 8-10 mins

(internal 145° F)

### TOP SIRLOIN & BOTTOM SIRLOIN STEAK

These cuts are taken from the sirloin subprimal section. Top sirloin is cut from the upper section, and the bottom sirloin (usually simply labeled "sirloin steak") is from the lower. The top cut is considered the better of the two. The sirloin subprimal has less marbling than the tenderloin, making it moderately lean with a firmer texture. It is a versatile steak with a robust flavor and is often pan-fried and served with a mushroom, béarnaise, or peppercorn sauce.

SEAR: med-high, 8-11 mins

GRILL: 400° F, 11-13 mins

(internal 145° F)

### MERLOT STEAK

This small cut is a lesser-known cut that comes from the upper rear leg (back of the hind shank/round). Each animal only yields two, making it harder to find. It has a finer grain reminiscent of flank steak. Merlot steaks are dense and lean, best cooked hot and fast. It's also a good cut for marinating.

SEAR: med-high, 12 mins

(internal 120° F)

Rest 5-8 mins before serving

# What's new in grocery?



Chris Curro  
Grocery Manager

It is a rainy and cool morning—a transition day after so many warm weeks this summer. And what a summer it was! We were busy, busy, and busy people trying to keep up with the summer crowd and all the challenges of today's grocery world.

Yes, the supply chain continues to present issues—nothing new there. One Maine drink producer still cannot purchase its regular glass bottles. Labor shortages remain, so manufacturers continue discontinuing their "shoulder" varieties. Distributors continue to struggle with out-of-stocks; for example today's delivery status showed 46% of my order actually arriving. I had to guffaw when I saw one product declared an ETA of March 2023.

So what is new? Here are a few highlights:

Fresh salmon in the meat cooler—the same environmentally-friendly fish that the cafe bakes for grab & go portions, and highly praised by staff and customers for its clean taste and tender texture.

Gracefully Clean in the household section of aisle 3, produced in Belfast by Grace Montalbo: dish soap, glass cleaner, scrubbing powder, mold and mildew formula, and all-purpose cleaner to keep your house clean and healthy at the same time.

New sorbets from Stone Fox Farm Creamery in Searsport: blueberry, raspberry, strawberry, and mango, found in our freezer, of course.

Lots of new dairy-free, lactose-free, and organic sour creams, cream cheeses, cottage cheeses, and butter: Good Culture, Green Mountain, Daiya, Miyokos, and even more in the open cooler above the eggs.

An expanded line of Bixby chocolate bars and brittles, produced in Rockland, woman-owned and operated, and delicious, top-shelf products between registers 3 & 4.



Photo by Kipp Hopkins

BOGO sales: As a member of the national co-op of co-ops, NCG, we have a new benefit to offer our customers – Buy One, Get One Free sales on specific products during the Co-op Deals rotation. In July, we sold Endangered Species chocolate bars for two weeks on BOGO sale plus a 75-cent coupon. For two weeks in August, frozen So Delicious pints and Vita Coco 16.9 oz were on sale BOGO. Watch the sales fliers, especially the December version!

And so much more! If you see one of us in the aisle, just ask us: What's New?

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# The power of letting go: a journey to minimalism



Kipp Hopkins  
Marketing Manager  
*Co-op owner since 2006*

Over the last eighteen months or so, I have shed approximately 90% of my belongings. I don't know the weight of that (guessing it was a lot because there were quite a few books), but I do know that I feel lighter and freer than I have in years. Minimalism may not be for everyone but if you sometimes feel surrounded by chaos and clutter, stressed from the pressure to purchase nicer and better things, trapped by the sheer volume of possessions tying you down, or even simply want to live a less cluttered life, you might, like me, be ready to give minimalism a try.

My first flirtation with minimalism started six years ago. Before that, I had no real concept of minimalism besides societal jokes about it, such as television shows with people living in sterile, white studio apartments with nothing but white angular chairs and one bizarre sculpture. But I was in the process of moving from an apartment in Blue Hill back to the family farm (the migration of the millennial). I had already packed up most of my stuff in the apartment. But the space had also come with additional storage, both a blessing and a curse. This garage space had become packed with my stuff in the two years there.

It's incredible how much useless baggage you can acquire as a young adult. Most of it was things I had been given, like boxes of art supplies (mostly dried-up tubes of paint) that a coworker gave me when she moved, or piles of old magazines from the bookstore adjacent to the bakery where I worked. They thought I would like the articles. I never read the articles. I never pawed through the art supplies to find what was salvageable. But any time someone asked me if I wanted something, I took it. Add to that old pieces of furniture I had replaced, boxes of old homework, and I don't know what else, and over time a considerable amount of the garage filled up. Before I could move the things I actually wanted to keep to my mom's farm, I had to get rid of the chaff.

My mom pulled her truck up to the garage door, and I'm not sure what higher power took hold of me, but I just started chucking things into the back for a dump run. I had always been reluctant to throw things away before (what if I needed this dried tube of paint??), but in that moment, I became ruthless. My mother, who had encouraged me initially, kept asking, "are you sure?" Ultimately, I threw out or donated at least half of it. I remember having my first feelings of relief in relation to purging unnecessary baggage.

A few days later, in one of those strange coincidences that the universe sometimes throws at you, I heard an NPR story about Marie Kondo's book, *The Life-Changing Magic of Tidying Up*. Having just had a wonderful decluttering experience, I got the audiobook and was immediately enamored with her process. Of course, Marie Kondo is now almost a household name, either because people have actually read her book or learned about her famous KonMari

method through societal osmoses. After her Netflix series aired, there were many jokes about "sparking joy" and backlash about her comment on letting go of books after you read them (because people get very emotional about books). Many of these jokes came from a willful misunderstanding of her statements. Those of us who found her teachings inspirational know better.

But if you're unfamiliar, KonMari takes you through a process of decluttering where you get rid of anything that doesn't "spark joy" when interacting with it. Yes, you can keep essential paperwork and documents. But it's a fantastic way of rebooting the way that you think about possessions. The dress you used to wear that just doesn't do it anymore? Donated. That gravy boat your aunt gave you for Christmas that you've always hated? Gone. Surround yourself only with things that actually bring you joy.



*The only place I struggle with being minimal is my word count.*

Something in her method spoke to me, and I started to wish I had read the book before packing up my apartment and not after. However, I had a closet and dresser full of clothes yet to be tackled. Reading Marie Kondo made me realize I was probably wearing about 20% of the contents. Much of it was clothes that didn't fit or things my sister had given me that were not my style. I pulled everything out, held each item, and asked myself, does this spark joy? Everything else got donated. In the end, I had an empty closet and two drawers of clothes. And I've pretty much rolled that way ever since, at least in regards to clothing.

I never finished the process of KonMari. Life quickened after I finished moving, which was right around the time I started working at the Co-op and also when I got recruited to be on a Japanese television program. Also, moving to a multigenerational home, we had three people's households coming together. Many things I had packed from my apartment stayed boxed up and in our barn. I kept thinking, "I'll get back to this eventually." But I didn't.

KonMari is about decluttering and having a healthier relationship with belongings, but it isn't really about "minimalism," per se. That is, minimalism may end up being the future result, but it isn't presented through that lens. About a year and a half ago, through various

circumstances, my family and I decided it was time to move on from the family farm. In fact, we decided it was time to move from Maine altogether. Our reasons for this decision are manifold and would probably take an entire article to cover, which would be off point. However, the question remains, "how do you move three people, two poodles, and two cats across the country without spending a small fortune?" My sister had the solution, minimalism. She too had read Marie Kondo and had a similar conversion experience to mine, but she'd also read a few other books, specifically about minimalism. The documentary on Netflix, *The Minimalists: Less Is Now*, was where she pointed me to get me on board.

The thing about minimalism is it's not about having a fixed number of items. Some minimalists have enough stuff to fill a home comfortably, and others only have enough to fill a backpack. The idea is that becoming a minimalist is when you get rid of enough possessions to change your life and outlook. I watched the documentary, and I was sold. So was our mother. We decided that part of our new adventure would be letting go of everything from our old life here, only keeping a few things that meant something.

A lot of this was pretty easy. After having many of my possessions packed away in the barn for so long, I wasn't even sure what was there. I pulled a few things out, but the rest I let go of. The things our family had acquired over the years, from kid drawings to toys to fencing equipment, were gone through and recycled, donated, or tossed. A selection of the best drawings were scanned and digitized, as well as family photos. A barn full of memories, baggage, and junk was systematically gone through over a year and emptied. Every item removed was like a weight off us.

Reducing the personal belongings that I live with every day wasn't quite as easy. I had decided that after years of feeling a little trapped in my own life, I wanted to be one of those people who only had enough stuff to fit in a backpack. Or, at least, a large duffle. This decision was a big deal for me because I like to collect things. As in, I like collections. I have a shell collection, a coin collection, a manga (Japanese comic book) collection, a porcelain cat collection, etc. Not anymore, though. I've kept a few of my favorite shells, cats, and coins (the coins I didn't want, I put in a pirate map drawstring pouch with some strands of pearls I found and gave them to my honorary "niblings" earning myself best "pibling" of the year). The manga were harder to get rid of because they're a collection I've been growing since I was twelve. Over the first year of the pandemic, I had grown it quite a bit. But I had also started buying manga for my iPad and decided to switch to digital books only. The one collection I didn't whittle down to a few favorites was my enamel pin collection because pins are very small, and I love them all. There are still some things that I haven't thrown out, donated, or sold yet. They're waiting for our garage sale. But as our cross-country move comes ever closer as we wait for our farm to sell, the belongings I am bringing with me fit in a single box.

*Continued on page 15*









# SOURDOUGH CINNAMON ROLLS

FIND THIS RECIPE AND OTHERS ON THE CO-OP BLOG: [WWW.BLUEHILL.COOP/BLOG](http://WWW.BLUEHILL.COOP/BLOG)

*Are you looking for a show-stopping breakfast that treads the line between healthy and decadent? Look no further than these delicious sourdough cinnamon rolls. The slow-rise dough gives them a soft, pillowy texture, and the mild sourdough flavor compliments the cinnamon perfectly. To make these rolls a little healthier, use monkfruit sweetener instead of sugar!*



Photos by Kipp Hopkins

## DOUGH INGREDIENTS

- 1 cup active sourdough starter (100% hydration)
- 1/4 cup warm water
- 1 cup warm milk (110° F)
- 4 cups all-purpose flour
- 1/3 cup sugar OR monkfruit sweetener
- 1/4 cup butter (melted)
- 1 egg (room temp)
- 1 tsp salt

## FILLING INGREDIENTS

- 1/2 cup butter (melted)
- 1 cup brown sugar OR golden monkfruit sweetener
- 1 tbsp cinnamon

## ICING INGREDIENTS (OPTIONAL)

- 1 cup cream cheese (room temp)
- 1/2 cup confectioners sugar OR Swerve powdered sweetener (sifted)
- 1 tsp vanilla extract
- 1/4 cup milk (room temp)

Combine the starter, water, milk, and 2 cups of flour in a large mixing bowl. When you have a thick, wet batter, cover the bowl with a damp towel and let it sit for 30 minutes.

Add the sweetener, butter, egg, and salt. Use a standing mixer with a bread hook or mix by hand. Add the remaining flour 1/2 cup at a time. Knead until you have a soft, smooth, elastic dough. Lightly oil a mixing bowl and place the dough in it. Cover with a damp towel and let sit for 30 minutes. After this rest, uncover and pull



up one side of the dough, folding it back into the middle. Repeat with the other three sides, then flip over the dough ball. Cover and let sit for 30 minutes. Repeat the folding steps, let sit for 60 minutes, repeat the folding, and rest for a final 60 minutes. After this last rest, the dough should be lively, elastic, and airy. If it still seems sluggish, give it another hour.

Grease a 9x13" (or similarly sized) pan. Turn the dough onto a floured surface and roll the dough to an 18x16" rectangle. Generously brush the dough with some of the melted butter, leaving about half unused. Combine the sugar or monkfruit with the cinnamon, then coat the dough with the mixture. Working from the long side, tightly roll the dough into a log, pinching the edge to seal. Using a serrated knife, slice the log into 12 even buns (1.5" wide). Place the buns swirl side up in the prepared pan and brush the remaining butter over each one. Cover the buns with plastic wrap and put them in the refrigerator overnight.

In the morning, take the buns out of the refrigerator and allow them to proof at room temperature until they're puffy and filling the pan (about 1-2 hours). Preheat the oven to 375° F. Bake the buns until they're golden brown and the center is set, about 25-35 minutes.

If you're using icing, combine the ingredients together with a hand mixer until smooth and creamy. When the buns are done baking, let them cool for 5 minutes, then transfer to a serving plate. Cover with icing and enjoy!

## Best of #bluehillcoop

If you'd like 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 Café images. 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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