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Spring 2019

Presented by **BLUE HILL CO-OP**

Relocation Update



Kevin Gadsby
*General Manager
& Relocation Manager*

If you're a Blue Hill Peninsula area local and have been past the new Co-op site on South Street, then you've seen the amazing progress on the new building. A Co-op member-owner recently said it was "otherworldly and inspiring" to see the building go up. If you've been out of town, then I hope you've at least had an opportunity to follow some of the progress on our website or through Bits & Bites e-news. The building is now almost completely buttoned up and protected from the elements. Our contractors will soon be pouring the concrete slab once the interior ground can be thawed. None of this would be possible without our incredibly supportive and generous Blue Hill Co-op

A Co-op member-owner recently said it was "otherworldly and inspiring" to see the building go up.

member-owners that have contributed over \$1,850,000, over \$350,000 of which was by way of cash donations.

One of the more recent cash donations came by way of a \$250,000 grant from the Anahata Foundation. The foundation was created with a focus on supporting



education, the environment, and sustainability. The directors of the foundation recognized our project for the conscious effort toward preserving our environment through the use of sustainable building design and utilization of what would otherwise be wasted energy and acknowledged our efforts as something they could excitedly stand behind. The generous grant will go toward energy-efficient components of the new Co-op space such as the fresh air/heat exchange and refrigeration waste heat recovery system that is designed to provide heating and cooling for the building space as well as generate hot water from the waste heat produced by the refrigeration equipment. Many thanks to the Anahata Foundation.

Several Co-op members have commented on the size of the roof. It is indeed expansive. The pitch and south-facing design are intended for a solar photovoltaic array that will power up this beautiful new Co-op space. We have had inquiries from Co-op members on how they can support this aspect of the project. Budgetary constraints forced solar off the punch list for

now, but not off the table. We hope to have the rooftop solar and electric car charging station(s) completed in early 2020.

On behalf of all of us here at Blue Hill Co-op, I want to again thank the over 300 Co-op member-owners that have either purchased preferred shares or given cash donations. Your support for this exciting project is so highly appreciated. We look forward with excitement to better serving your needs at our beautiful new Co-op.

As of this writing, we now have only 54/\$5,400 preferred shares remaining. By the time you receive this newsletter, we hope our fundraising campaign will

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Co-op Quarterly

Business has been booming! Here are some of the numbers from our fourth quarter (Sep-Dec).

4,335 CUPS OF COFFEE
2,781 POUNDS LOCAL CARROTS
1,757 TINDER HEARTH BAKED
GOODS
1,735 BOWLS/CUPS OF SOUP
1,195 LOCAL POTATOES SOLD

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be complete as we are set to close on our project loan of \$3,965,000 on March 4. The wrapping up of our fundraising campaign is a huge milestone.

Other milestones for the Co-op are that we reached \$3 million in sales in the fiscal year 2018, growing at around 6% compared to the previous year, and we continue to see record-setting membership growth. A huge thank you again to our devoted Co-op staff that remains the steady, quiet engine in the background that keeps this place humming right along.

There is still much work ahead of us as we fine-tune our equipment package, tweak the interior design, select colors, bring in equipment for installation, hire new staff, & finally set the shelves full of all the things you've come to love about Blue Hill Co-op and more.

Looking forward to the grand opening this summer.

With gratitude,
Kevin Gadsby
General Manager
Relocation Manager

Ownership at a Glance

ACTIVE OWNERS: 1900 (+/-)*
FULLY VESTED OWNERS: 820
PEOPLE WHO HAVE JOINED
SINCE 2019: 41

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



Photo by Tim Seabrook



Photo by Tim Seabrook

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Vicki Pollard

Blue Hill

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Are you an Owner?
Do you like to write?

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

ownership@bluehill.coop

What's in a Number?



Beth Dickens
Ownership Coordinator
Co-op Owner since 2009

We are on track to move into our new store this year! As with any move, it is an opportunity to take stock of what we have collected, sift through things, and discard the “stuff” that has been long since forgotten about. Over the years the Blue Hill Co-op has created a fair number of owner accounts, more than 3,500. Today, roughly 1,900 of those accounts are still active. Some folks are now only with us in memory, having passed. Others have moved, consolidated accounts with spouses, or for one reason or another have opted to let their ownerships lapse.

Moving forward, once at the new store, the Blue Hill Co-op will only be keeping the active Owner account records in our point of sale (POS) system. What does this mean? Well, mainly that the method of looking up Owners by either account number or name, when at the registers, will be limited to those persons whose accounts are active at the time of our move. Active accounts are those that are up to date on their annual equity payments or those that have already paid their equity in full (\$200). In-

active Owner accounts will no longer be accessible at the registers for any reason.

This does not mean that the discarded account info will be lost forever. The Ownership Department (me) will be able to look up older account info, including the names assigned to each account and the equity previously paid on these accounts. Should a previously active owner want to re-activate their ownership at that point, equity from the discarded, inactive account can be moved to a new account (where applicable), BUT the old number will remain inactive- lost forever. For many, this is no big deal. However, if you are one of the “original” Owners of the Blue Hill Co-op (having been here for many of the momentous “steps” in our Co-ops 40+ year life-span) and are proud of your 1, 2, or 3-digit Owner number (compared to my lengthy 4-digits), you run the risk of losing that distinction forever if your account isn't active when we move.

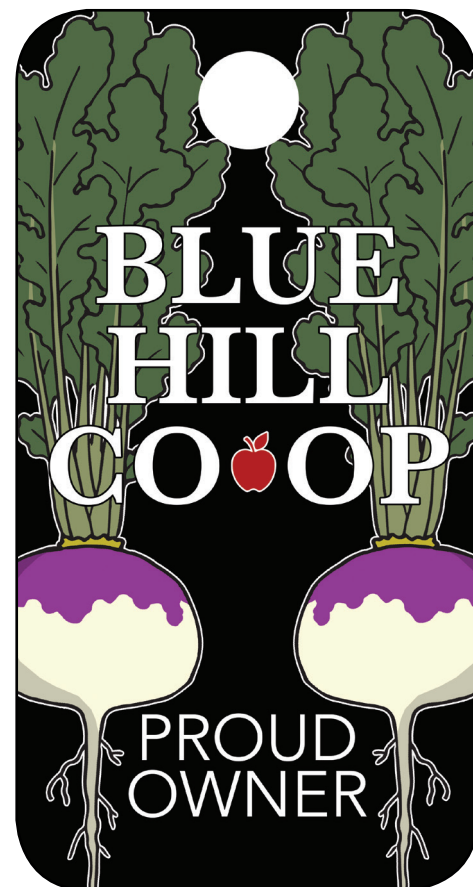
It's my hope, with this advanced notice, that everyone will bring their accounts, new or old, up to date. After the move to our new store, I will be unable to resurrect old Own-

er account numbers. Chances are, if you are reading this article, your account is currently active. So, pass the word on to friends and family. And as always, feel free to contact me with questions or concerns.

A Bit of Maintenance

Is your Ownership account information up to date? It's important to provide us with an accurate mailing address, phone number, and the names of all additional users in your household (spouses, partners, and children residing under the same roof.) We will rarely contact you, but if the need arises this info is essential. This info is used to send out annual voting ballots and even validate raffle winners.

It's also been a while since I've asked if you're interested in receiving this newsletter digitally. If you are currently reading this from your computer or phone, then chances are you have signed up for our e-news. It is the same newsletter that is sent in the mail: text, photos and all. If you have a paper copy in your hands, you have another option. E-news is easy, you're sent an email with a link to our newsletter which will download to your device. Even better, you can also go back through older issues. We keep them all archived online... Want to look up that recipe we posted a



New ownership tags will be released in the new store to newly opened accounts

while back for Rhubarb-Ginger Jam (a personal favorite of mine) simply look in the archives (Summer 2016). Current and archived newsletters may be accessed by going to our website, placing your cursor over “Co-op Community” located at the top of the page and clicking on “The Harvest Herald” in the menu. Opting to receive the newsletter electronically does have advantages. It saves paper, and printing/ mailing costs, not to mention it is available to you at any time without having to save stacks of old newsprint. To sign up for

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Co-op Board Officers and Members

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

The Newsletter Team

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

LETTERS TO THE EDITOR

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

DISCLAIMER

The Blue Hill Co-op serves a diverse community. It is within the vision of this co-op to strive to embrace diversity and to meet as many needs as possible. Opinions and viewpoints shared within this newsletter are neither endorsed or disregarded. Editorial content is intended for informational purposes only and is not intended to diagnose, prescribe, recommend or offer medical advice. Newsletter articles do not necessarily reflect the opinions of the board, staff, management, or Newsletter Team. Advertisements will be sold at the discretion of the Advertising Coordinator who reserves the right to refuse and edit submissions.

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e-news, just let me know either in person or through an email at ownership@bluehill.coop. All we need is a valid email address. However you choose to receive the Harvest Herald, we want to make sure you are up to date on all issues Co-op. In this exciting and fast-paced year, we want to make sure you stay in the know.

Maybe the Best for Last

Many of our regular cof-

fee and tea customers know keeping track of your Blue Hill Co-op Coffee Cards can be a challenge. (I have several mangled discount cards in the back of my wallet, that will eventually get tossed. How 'bout you?) We are excited to announce that our coffee card program has gone digital! Co-op Owners can sign up at the register. Our POS system will keep track of your coffee, tea, and cocoa purchases for you, and will give you your 9th cup

Alterations

Alterations, repairs.
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Anne Walker 374-5749

FREE every time! All you need is a valid email address when signing up.

Not a Co-op Owner yet? Don't worry, you can still use your coffee card. But, did you know that if you earn only one free cup of coffee a month, you will completely offset the cost of a Co-op Annual Equi-

ty Payment (\$20)? You could have the benefits of being an Owner and a simple way to earn free drinks! Signing up for our digital coffee rewards and becoming a Co-op Owner are both easy. Our cashiers can help you with both the next time you're here.

Exercise: A Prescription For Life Physical Activity Guidelines For Americans



Catherine Princell RN MS
Co-op Owner since 2006

The evidence about the health benefits of regular physical activity is well established, and though this is not a new idea, it seems that the concept needs to be visited regularly and reviewed, just to remind us of how important it is to exercise! Regular physical activity is one of the most important actions that people of all ages can take to maintain and improve their health. Exercise is vital for normal growth and development. It can make people feel better, function better, sleep better, and reduce the risk of many chronic diseases. Health benefits start immediately after exercising, and even short episodes of physical activity are beneficial. Research shows that just about everyone gains benefits: men and wom-

en of all races and ethnicities, young children to older adults, women who are pregnant or postpartum (first year after delivery), people living with a chronic condition or a disability, and people who want to reduce their risk of chronic disease.

Over the years many recommendations for how much exercise and what kind of exercise have been published, and it has been confusing. Often, we are told just to get more exercise, but again, what does that mean? The second edition of Physical Activity Guidelines for Americans has come out, and it provides very clear guidelines for all age levels as well as people who have disabilities. It provides science-based guidance to help people ages 3 years and older improve their health through participation

in regular physical activity. It also reflects the extensive amount of new knowledge gained since the publication of the first Physical Activity Guidelines for Americans, released in 2008. This newer second edition published in 2018 discusses the proven benefits of physical activity and outlines the amounts and types of physical activity recommended for different ages and populations. The Physical Activity Guidelines for Americans is issued by the U.S. Department of Health and Human Services (HHS) and is generally written for professional audiences. However, the Move Your Way campaign was created in conjunction with these guidelines and recommendations to make them more user-friendly for you and me: to promote the health benefits of

meeting the recommendations and provide tips for how they can be achieved.

Move Your Way Campaign resources, including interactive tools, fact sheets, videos, and graphics, are available at health.gov/PAGuidelines/.

I highly recommend reviewing the guidelines and developing a regular physical activity plan for yourself and your family, it works!



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BLUE HILL CO-OP'S
BITS & BITES
 A Bi-Weekly e-Blast

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

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

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

Past Issues are available in our archive.

Catch up, sign up, and participate in the bi-weekly poll.

bluehill.coop/bits-and-bites

Comments or Questions?

Introducing the Co-op Letter Box.

Fill out a card and drop it in the box by the register. It's that easy.

We look forward to hearing from you!



Specialty Cheese Vendor Highlight



Robin Byrne
Cheese Buyer
Co-op Owner since 2009

In the rolling hills of Randolph Center Vermont, you'll find a family farm dating back to the 1920s, *Neighborly Farms of Vermont*, owned by Rob and Linda Demmick. Rob and Linda took over the farm in 1990 from Rob's parents and transitioned to organic practices shortly thereafter.

Today, their son Bobby and his wife, Brooke, continue the tradition of family farming. There are 210 acres of cropland and grazing fields. Their Holstein cows graze freely in the warm months, and the fields provide hay during Vermont's cold winters. Holstein cows are known for their high milk production and their ability to

adapt to a wide range of environments. So hot summers and cold winters in the Vermont fields create few problems for these gentle giants!

Neighborly Farms is organic and solar-powered, uses no antibiotics, no hormones, and no commercial fertilizers. They have chosen to use sustainable practices that best care for the earth, their cows, and their community. "Our little farm, surrounded by a neighborhood of family and friends, symbolizes rural living at its very best." The result? Wholesome, chemical-free milk used to craft amazing, delicious cheese that is consistent – we can count on loving every package stocked at the Co-op!

The Co-op currently stocks Neighborly Farms Organic Raw Milk Mild and Sharp



Cheddars as well as their Colby and Green Onion Cheddar. The farm produces 11 varieties of Cheddars, Jacks, Colby and Feta. We plan of bringing in several more of their wonderful cheeses once our display

space expands in our new location. This holds true for many of our other regional and local cheese producers. These are exciting times in cheese!

So stay hungry, ask questions and eat more cheese!

Healing, Spring, and Walking Well Again



David Walker
Wellness Manager
Co-op Owner Since 2006

I write this article having had my left hip joint replaced five days ago. Outside, the wind whips the trees against a clear blue February sky. I feel and hear the energy of Nature beyond my cozy enclave. As I write I am reminded of the crucible of the chrysalis and the miraculous emergence of one of Nature's greatest beauties, the butterfly. I have felt my body attempting to continue the far less awesome transformation induced by my surgeon, Dr. George Babikian, such a short time ago. I am thankful for my body's progress thus far in its attempt to make itself whole and functional, having been asked to accept the hardware he surgically implanted. I can feel the power of transformation working within, my increasing drive and desire to feel whole again. I am relearning something as simple as walking. This morning I learned that it is much harder to walk very slowly and carefully than it is to let go into the momentum of small quicker steps, and far less painful too.

Prior to surgery, I was reminded that milk thistle would be a good idea to take following an operation, to help aid my liver's efforts to purge the drugs taken prior, during and after the procedure. Now I am thankful to have a bottle of Oregon's Wild Harvest organic and biodynamically grown

milk thistle on hand. Knowing I would want to avoid taking the oxycodone I was prescribed for pain, while also being ready to take it if necessary, I kept in mind the Zyflamend by New Chapter that has been a staple supplement on the Blue Hill Coop's shelves for decades. I had taken this remarkable and completely natural and organic anti-inflammatory for the pain I had endured off and

I can feel the power of transformation working within, my increasing drive and desire to feel whole again...

on for years prior to surgery, but knew it too would be an ally after surgery. Though no comparison to oxycodone in its effects, Zyflamend's anti-inflammatory effect can have a marked impact on pain.

After talking with my rep at Oregon's Wild Harvest about ideas for helping bring back my energy levels, mood, and general sense of well-being after surgery, we agreed that American Ginseng would be a good adaptogenic herb proven by countless centuries of use. More cooling and balanced than its Chinese counterpart, American Ginseng is actually

coveted in China as a supreme tonic.

Amazing is the severity of the warnings that came with my Big Pharma Meds issued to coincide with my release from Maine Medical: Lyrica is used for seizures, painful nerve diseases, and fibromyalgia, and side effects can include severe allergies, suicidal thoughts, aggression, insomnia. The Celecoxib, a non-steroidal anti-inflammatory drug (NSAID) that takes down inflammation, can cause high blood pressure, heart failure, liver problems including liver failure, life-threatening skin reactions.... And the oxycodone, an opioid (narcotic) now famous for its addictive properties, comes with warnings that include possible death. High dose Tylenol, also prescribed, challenges the liver and at levels even 25 percent above prescribed limits, can be dangerously toxic to the liver.

That said, I took all of these as prescribed initially, though stopped the oxycodone almost immediately. These highly targeted molecularly manip-

ulated medicines serve an important purpose and allow the literal sawing of bone one day, and a stroll that very same day down the hospital corridor, albeit assisted with a walker and a physical therapist. Knowing that one is dealing with such intense drugs makes their use more daunting but also less likely to be overused or abused. Knowing how to wean off them as quickly as possible is where natural medicine becomes relevant.

Before and after surgery, I was dosed with intravenous antibiotics, which I had hoped would not affect my gut health, as they were not put into the gut initially. The nurse I asked said this was the case. Upon later investigation, I discovered gut health is affected by intravenous antibiotics, news I found corroborated by my own intense levels of abdominal gas and bloating and diarrhea. Thankfully, I had at home one of Renew Life's newest probiotics, called Strong and Ready, which also has in it the

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Inner Sense Connection

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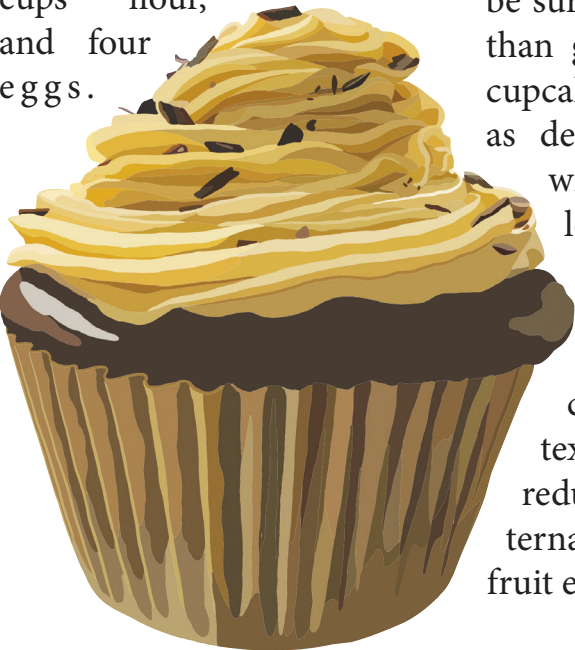
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Crazy Cupcakes



Savannah Jackson
Café Manager
Co-op Owner since
2017

You may have noticed an abundance of a particular bakery item in the Café in the past few weeks - CUPCAKES! Recorded in history as early as 1796 in American Cookery by Amelia Simmons, cupcakes are a decadent treat enjoyed by many. Cupcakes were originally referred to as “number” cakes, or “1, 2, 3, 4” cakes, an aid for remembering ingredient measurements: one cup butter, two cups sugar, three cups flour, and four eggs.



(There was a shift from weighing out ingredients when baking to measuring them as a time saver in the kitchen.)

Typically, cupcakes are made with butter, milk, eggs, sugar, and wheat, but at the Co-op, we try to indulge- without going overboard. The popularity of our vegan and gluten-free varieties show that you do too! Cupcakes are also some of the easiest desserts to master. Have a favorite cake recipe? Adjust the cook time and portion into mini muffin tins, and you can bake cupcakes at home. If using a gluten-free flour blend, be sure to remember the xanthan gum for perfectly risen cupcakes. Vegan cakes are just as delectable as ones laden with butter and eggs, so long as you don't forget the apple cider vinegar - it reacts with the baking soda, giving the cupcakes an airy, moist texture. If you're looking to reduce your sugar intake, alternatives like stevia or monk fruit extract are great options.

While our cupcakes aren't exactly a healthy treat, they're a bit better than a traditional cupcake or name brand snack cake. Don't let the added guilt of unnecessary plastic packaging get you down either - our cupcakes are lined with a biodegradable paper liners, and lovingly portioned into plant-based, compostable containers! All the more reason to stop by the Café and buy one for yourself.

Chocolate-raspberry, gingerbread-eggnog, espresso, and coconut are just a few flavors we've been experimenting with. The possibilities are endless when it comes to cake flavors and types of frosting. Buttercream, cream cheese, meringue, royal, ganache, whipped cream - there's a frosting out there for every palette. Cupcakes allow a lot of freedom when decorating as well; you're only confined by your own creativity.

Looking forward to Spring, light flavor combina-

tions are what come to mind - bright citrus with meringue frosting, subtle raspberry, and buttercream, tropical coconut pineapple, fresh mint with a vanilla cake base. While any cupcake is a good one, rising temperatures and sunnier days call for a different type of dessert - heavier flavors like dark chocolate, peanut butter, and mocha are a Winter comfort. Cupcakes can be made both delicious and able to satisfy almost any dietary restriction, and the combinations are endless. If you love cupcakes as much as we do, come and see us for a sweet treat!



Art in the Café

DECEMBER
Penny Wall



JANUARY
Kipp Sienna Hopkins



FEBUARY
The Surry Gatherings Art Group



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

crucial prebiotics that helps the healthy gut bacteria survive. One capsule each day solved my intestinal malaise. I also ate bacteria-rich Bubbies sauerkraut and good quality yogurt.

For management of wellness over the years of our changing health needs, certainly a good balance of allopathic and natural healing knowledge and action is crucial. Not knowing about an impending health crisis is not wellness, though maybe needing to know too much is its own kind of sickness. Taking action when important is part of wellness, also.

I was anticipating CBD rich medicinal hemp oil would be a great ally as my healing continued over months. But on the way down to Portland for surgery, I was stunned to hear on the radio that Maine's Department of Human Health Services had ruled that sales of CBD, a cannabinoid derived from Hemp, would no longer be legal as a so-called edible in Maine,

based on the fact the FDA and thus the Drug Enforcement Agency still classify this completely non-psychotropic compound as a Schedule One Drug, right up there with heroin and narcotic opioids like oxycodone mentioned earlier. Aghast, I wrote to my friend Ben who runs Wild Folk Farm, one of Maine's many producers of medicinal hemp products and supplier to the Blue Hill Co-op. He linked me to some potentially good news from those currently invested in this quickly emerging industry.

CBD both pure and in a substrate of full-spectrum medicinal hemp has been a crucial and hugely expanding source of pain-relief, anxiety relief, insomnia relief, and Post Traumatic Stress Disorder relief, in Maine and throughout the United States. Hemp is now federally legalized. Maine has been at the forefront of legalization. And many Maine farmers have begun growing hemp. Its processing and the extraction process for CBD has be-

come very big business. Perhaps by the time this article is published, the crisis will be over, as already Maine legislators have introduced emergency legislation legalizing CBD sales in Maine, effective immediately upon passage.

Though more research is needed, thus far no serious side effects from the medicinal use of CBD products has become known, though their use can interfere with some pharmaceutical drugs. They have been a godsend to people suffering seizure disorders, particular children but pets as well. Many customers at the Blue Hill Co-op now swear by their use. People who have been addicted to opioids now use medicinal hemp products containing CBD as a crucial part of their rehabilitation. Let us hope Maine legislative action supports full legalization of a natural medicine used for millennia that is also now permanently legal at the federal level.



Asparagus Asparagus



Jennifer W. Coolidge
Produce

One of the things I most look forward to with the arrival of spring is fresh asparagus. Not only is it an iconic Easter dinner dish, but it can also be a versatile component to everyday meals for breakfast, lunch, dinner, and snack time. While asparagus is one of those produce items that we can source most of the year, eating it while in season and locally available offers even more substantial benefits.

Baking, roasting, or steaming asparagus, and serving with garlic, lemon, and light seasoning can be all you need for a lovely spring dish. Personally, I like to err on the side of underdone versus overdone. While I prefer them delicate and thin, there are just as many people who prefer the thicker, stout spears. It doesn't take

much culinary effort to make an outstanding asparagus dish, just watch your timing. Keeping that beautiful spring green color, even after cooking, ensures the highest nutrient content. If you've tried asparagus before and it was bitter or sour, it could be because the asparagus was past its prime or overcooked. Try adding asparagus to your morning quiche, blend it with other spring veggies for a delicious warming soup, dice it up in a fantastic salad with spring greens, throw some into a veggie bread loaf, or even bake as fries. It is so satisfying to find new ways of enjoying asparagus.

Delicious asparagus is fantastic spring support for the entire body with a number of healthy attributes. It is low in calories, high in water and rich in fiber. It's a great source of antioxidants, including vitamins C and E, polyphenols, and

flavonoids, such as quercetin, isorhamnetin and kaempferol. (These substances may lower blood pressure and have anti-inflammatory, antiviral and anticancer effects.) Asparagus is also an excellent source of essential vitamins and minerals -- vitamins A and K, and folate (vitamin B9) an important nutrient that can reduce the risk of neural tube defects during pregnancy. It also contains potassium, a mineral that can help lower high blood pressure. As a good source of fiber, such as inulin- a natural prebiotic fiber, asparagus promotes regularity and digestive health. It may help reduce the risks of heart disease, high blood pressure, and diabetes. Lastly, this wonderful vegetable helps the body get rid of excess waste and toxins, acting as a natural diuretic.

Here are some reasons you may want to enjoy asparagus (or any produce for that rea-

son) when in season locally. Number one -- high nutrient value: from the moment produce is picked, its nutrient value starts to diminish. When imported fruits and vegetables are available, it typically means they have shipped from far-away locations, taking longer to get from the farm to your plate. Number two -- best flavor: when fruits and vegetables are in season, they tend to taste their best. I find fresh, local asparagus to have a much nuttier flavor. Number three -- lower cost: when produce is in season, there is usually more supply available, which can decrease demand and lower prices.

Three cheers for Local, fresh spring Asparagus! Let us know your favorite way to enjoy it.

Fun Fact: *Asparagus officinalis* is a member of the lily family

Local Wheat Berries



Carrie Gray
Bulk Buyer
Co-op Owner since
2015

Remember the local bread flour we used to carry?

This is a question I have gotten from many of our co-op Owners and customers. I am delighted to inform you that after being out of stock for several months, Aurora Mills Local Organic Bread Flour is back in stock in the bulk department. I am also happy to announce that we are now carrying Aurora Mills Local Organic (Hardy Red Spring) Wheat Berries. Wheat berries are high in protein, low in fat, high in dietary fiber and contain many other essential nutrients including iron, calcium, and vitamin E. With a sweet, nutty flavor and

a slightly chewy texture this whole grain has a wide variety of uses including soups, grain salads, and breakfast cereals. Use the recipe on page 12 as an introduction.

Aurora Mills and Farm is a family-owned business, located in Linneus, Maine in Aroostook County. They are devoted to providing 100% certified organic grains and flours to bakeries, restaurants, breweries, and co-ops throughout Maine. Owners Matt and Linda Williams say, "Growing an extraordinary product takes time, passion and dedication. Our commitment to you and ourselves is to always farm sustainably. Preserving the land is how we repay Mother Nature for delivering such delicious crops."

See Wheat Berry Recipe Page 12

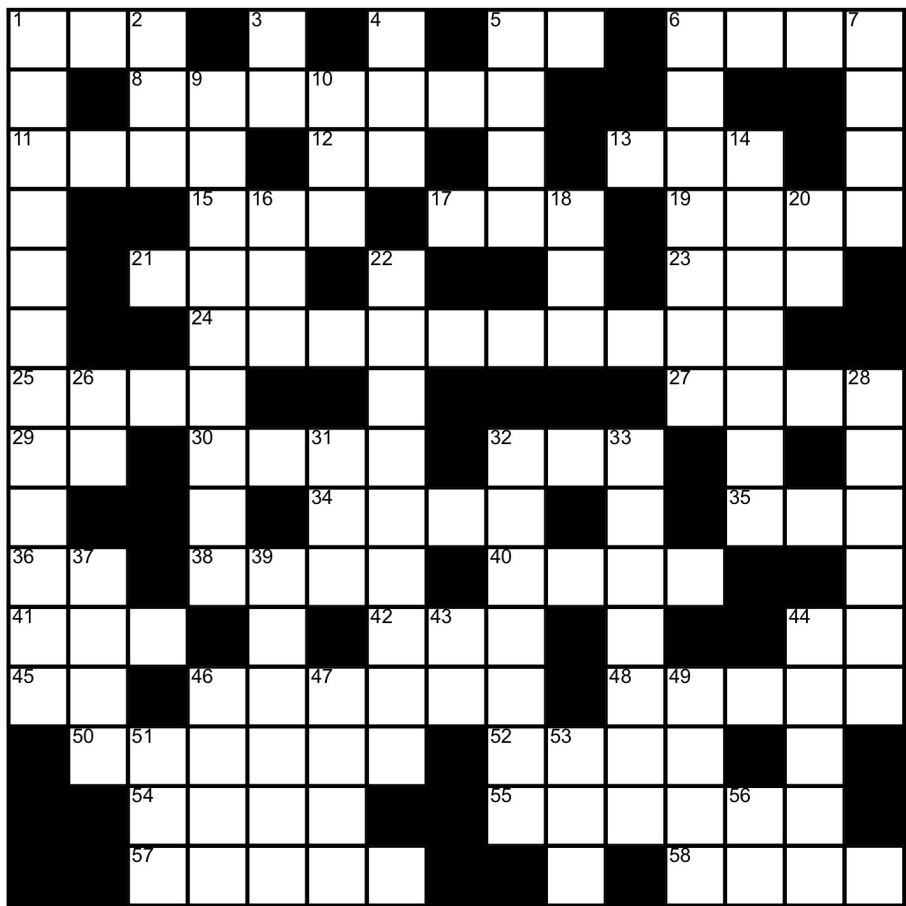


Upcoming Full Moon Sale Dates

March 20th
April 19th
May 18th

Blue Hill Co-op Spring Crossword

by Kipp Sienna Hopkins



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



The Co-op is happy to announce that from now on our *Round Up @ the Register* program will be called *Change For Good*. Nothing else is changing, it will still be just as easy to round up your total at check out, and the additional change will still be donated to worthy causes in our community. We're just re-branding!

2019 Change For Good Recipients

- March- Community Radio WERU 89.9 FM
- April- Cottontail Cottage Rabbit Rescue
- May- The American Legion, Duffy Wescott Post 85
- June- Blue Hill Heritage Trust
- July- Tree of Life Food Pantry & Turn-Style Thrift Shop
- August- Island Food Pantry (Stonington)
- September- Hancock County 4-H
- October- Simmering Pot
- November- The New Surry Theatre
- December- Brooksville Free Public Library

Across

- 1 Pod legume
- 5 Friendly alien
- 6 Use a whistle
- 8 Reproducing, of ewes
- 11 The 15th of March
- 12 Aloft
- 13 Plant some seed
- 15 He had pipes and horns
- 17 One who does: suffix
- 19 Bird's food
- 21 Stereotypical witch
- 23 A tool with sharp teeth
- 24 Our summer event
- 25 Gone with the Wind plantation
- 27 Chinese era of note
- 29 Him
- 30 Sullenly silent
- 32 Close to the floor
- 34 Commercial button
- 35 One kind of rummy
- 36 Competes "either"
- 38 Graceful swimming bird
- 40 Type of cutlet
- 41 Music genre
- 42 "Now ___ got you!"
- 44 Email response
- 45 Young adult
- 46 Egg time
- 48 Any optimist
- 50 Second viewing
- 52 Word before "after"
- 54 Film roll
- 55 Round root vegetable
- 57 He told a hare-racing tale
- 58 Our coast

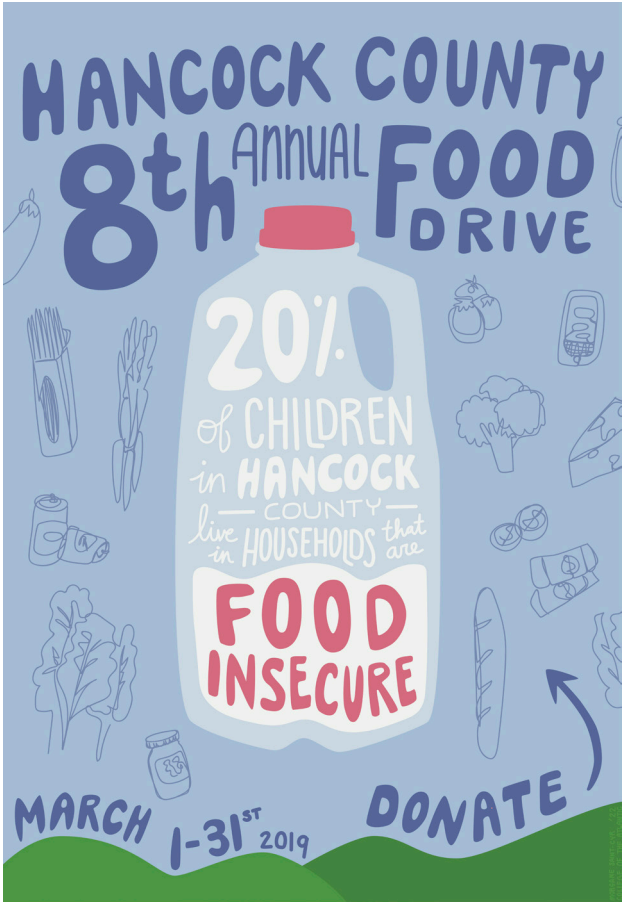
Down

- 1 Generous deeds
- 2 Goes with ginger
- 3 A mystic syllable
- 4 Canoe mishap
- 5 Easter Bunny's cargo
- 6 Sign of spring
- 7 Kite driving force
- 9 Green veggie in spears
- 10 Sticky or hot-cross
- 14 Gradually withdrawing
- 16 Cheese factor
- 18 Pre-K student
- 20 Reaction to seeing something icky
- 22 Fellowship
- 26 Scottish for "one"
- 28 Root spice
- 31 Local university (abbr)
- 32 Young boulder
- 33 Sun or rain
- 37 Lionish laugh
- 39 Creatures in a pod
- 43 ___ - ___ Day; May 8
- 44 Brings in the crops
- 46 Kin of foil and saber
- 47 Eastern European pork fat dish
- 49 Birthplace of Camembert cheese
- 51 Time to mark
- 53 French sight
- 56 The Hawkeye State (abbr)

Co-op Joins the Hancock Country Food Drive

The 8th Annual Hancock County Food Drive is a month-long food collection and fundraising project that happens in March and directly supports food pantries, free community meals, and school backpack programs across the county. The Food Drive was started in 2012 to address the high rate of food insecurity our community faces during later winter and early spring. Members of the Hancock County Food Security Network work together throughout the month of March to raise funds and collect food, providing crucial assistance for our neighbors during a time of year when resources are needed more than ever. This year, seventeen food security organizations are working together to

raise \$25,000. The Food Drive is kicking off with a multi-site, county-wide collection event on Saturday, March 2nd, in which grocers, retailers, and downtown businesses will host food drive volunteers to collect food and raise funds for participating food security organizations. Month-long food collections and fundraising events will take place throughout March. Find out about these events and other ways that you can support the Food Drive on Facebook. For more information, contact Rachel Emus at rachel@healthyacadia.org or 667-7171. In addition to being a food collection site, the Blue Hill Co-op will donate \$1 for every food item collected at out store, up to \$300.



Co-op Radio



Kipp Sienna Hopkins
Marketing Manager
Co-op Owner since 2006

Of all the elements that make up the overall experience of shopping or working at the Co-op, the background soundtrack is probably the most taken for granted and the most likely to elicit scorn. As the curator of the music, I am well aware of the fact that there is no such thing as “neutral music.” Tastes vary widely, and everything is relative to each person. With hundreds of people passing through the store every day and thirty staff members spending as much as 40 hours a week here, it would be hard to find something that suits all ears.

The easiest way to tackle this job is to try to play a little of everything, but that doesn’t really work for a retail space. Imagine buying eggs while electro dance music is beating in the background, maybe that’s your thing, but a lot of people would find it a trifle distracting. In all the options for genres and sub-genres, there is a lot of music that will affect people this way.

Another problem we’ve had

in the past with streaming services that pick songs for you, in your specified genre, is that they tend to play the same songs over and over again. They do this because

certain songs cost them more to play than others, so it only makes sense to play the cheaper ones more frequently. When I worked in the Co-op kitchen, there were many times when I would turn to a coworker and say, “didn’t we hear this song twice already?” Another problem is if the streaming service is choosing the songs for you, they’re bound to play a few that are mildly, to extremely, inappropriate for a retail store. Unless someone is keeping an ear pricked and can run to the computer to give the song a “thumbs down,” it might play again and again.

The solution for this was for me, the new marketing person, to take on the curating of our playlists, building them song by song. The ultimate goal being, to have seven playlists that

play for six and a half hours each, twice a week. There are no overlapping songs, so theoretically, any given track will only play twice a week. I was well suited for this task as I am a very musically inclined person who enjoys a wide range of genres. I also happen to love building playlists recreationally. But even for me, putting together

forty-five and a half hours of appropriate retail music was a serious task. Each playlist took me around eight to ten hours to create, as I had to screen each song. Since I had lots of other work to do, I tended to work on it in stints.

We have had the seven lists playing since September, but we had a setback when we decided to switch from Spotify to Amazon Music a month ago. This meant everything had to be manually transferred over. But it was worth it. I decided to take the opportunity to create seven more lists. That’s right, ninety-one hours of music, with no overlapping tracks, that is all retail appropriate. In

this way, I hope to be able to switch the music entirely every three months. Luckily for me, there’s a lot of music out there.

Our current playlists span several genres. First, we have the playlist which covers contemporary and vintage R&B, with artists like Leon Bridges and Sam Cooke. Next is a mix of sleepy/dreamy indie pop, like Yumi Zouma and TOPS. One list plays Indie Folk like the Decemberists and Fleet Foxes, while another plays less-folksy indie like The Shins and Day Wave. There is a separate one for mostly acoustic Indie. We have a playlist of music from the 1960s and 70s, though we have to be careful not to do anything either too “rock and roll” or songs typically overplayed. Thus the playlist focuses on Motown and mellower classics from The Beach Boys and such. Lastly, we have classic folk music, like Joni Mitchell and Bob Dylan. The second batch will cover the same areas but with all different songs.

These playlists were all created on Amazon music and are available to anyone with an Unlimited Account. So if you can’t stop tapping your foot while picking out your groceries, you can check them out at bluehill.coop/co-op-radio.

Springtime on the Farm



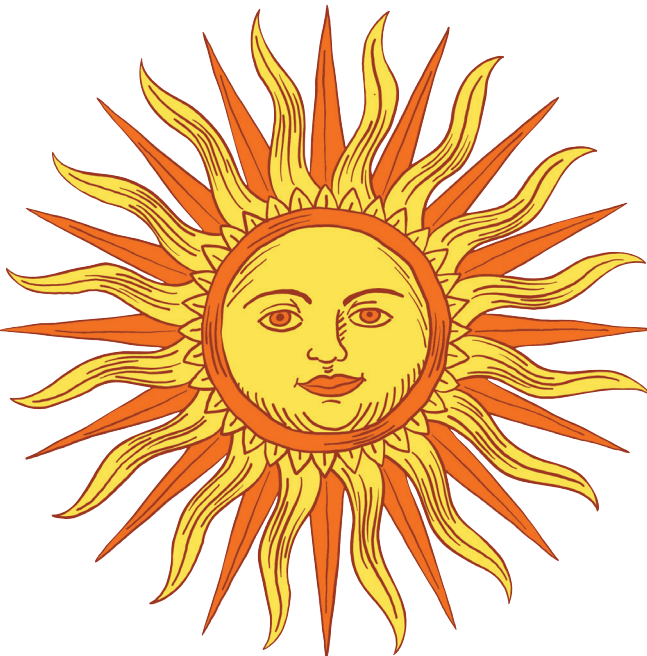
Allison Watters
Co-op Owner since 2006

Though it's still technically winter and we're bound to have at least one decent storm before we bid the snowy season adieu, the days are getting longer, and most of us are dreaming of springtime and warmer days ahead. While we gaze longingly at seed catalogs, our local farmers have already gotten a jump on the growing season. They are on the cusp of their busy time when they will work hard to ensure that all of us get to enjoy a cornucopia of delicious fruits and vegetables throughout the spring, summer, and fall.

On Horsepower Farm, Donna and Andy Birdsall have already inventoried their seeds and put in their seed orders for spring. These days they are thinking about soil amendments, fertilizers, and mapping out the gardens for the upcoming season. They spend quite a lot of time gazing at their fields and, armed with the results of soil tests, deciding what will be planted where. Donna balances her time outside planning with that in front of a computer where she stays occupied reading MOF-GA (Maine Organic Farmers and Gardeners Association) apprenticeship applications, filling out organic certification paperwork and preparing the taxes for the farm. Andy busies himself clearing fence lines and turning downed trees into firewood. They have some greenhouse greens already planted, and if the earth's turning toward the light is gentle and biting winds are kept at bay, we may get to benefit from some second growth of Swiss chard early in the season.

Mark and Renata Scarano of Blue Zee

Farm are keeping busy this winter designing and preparing to build a new barn. Much of the lumber is from wood Mark felled and had milled for the project. However, they're already seeing their first seedlings sprout by the wood stove in their cozy home. Soon these will be transferred into the heated propagation greenhouse so you can eat your local greens early in the season. Come April they will sow early potatoes, tomatoes, and peppers under two different movable greenhouses. In this way, we will see these local crops ear-



lier than we might otherwise. Springtime is also the season for flail mowing about half of their blueberries, ensuring a robust crop of this favorite Maine fruit for the next season.

Amanda Provencher of King Hill Farm has already started alliums such as leeks, scallions, shallots, and onions. Next will come parsley, celery, herbs and other greens that will need to be transplanted. Amanda and her family prepare their greenhouse in early March so they can plant their first crop of carrots by the

end of the month. These beauties will be ready in early June if the weather cooperates. King Hill Farm also looks forward to selling more early greens to the Co-op this season such as spinach, lettuce, Asian greens, Swiss chard, and beet greens. As spring progresses, the farmers will get out on the fields in mid-April and begin direct sowing seeds by the first of May. Amanda would like to remind people that now is the perfect time to sign up for the farm's summer CSA (community supported agriculture) program. In this model, the customer pays up front for a weekly share of whatever the harvest brings from June to September.

What can YOU do to start the gardening season off as soon as possible? There is usually some cleaning up of dead material that can be cleared to make way for the new green growth to come. Donna encourages people to start cool-loving crops such as lettuce and spinach that can be planted as soon as the soil can be worked in spring, the seeds waiting patiently in the earth for warmer temperatures to arrive. However, don't be too surprised if these tender shoots can't withstand the occasional freeze that can occur any time before the end of May.

Starting your own seedlings brings some joy into the sunny rooms of your house as you watch the tiny seeds turn into robust plants. Mark cautions people not to start their own seedlings too soon, however, as the plants like to develop at a steady pace and not have their growth encumbered. Luckily if your own efforts aren't as fruitful, there are always farmers who will be selling their own hearty seedlings for transplant into your garden.

Coming Events This Quarter

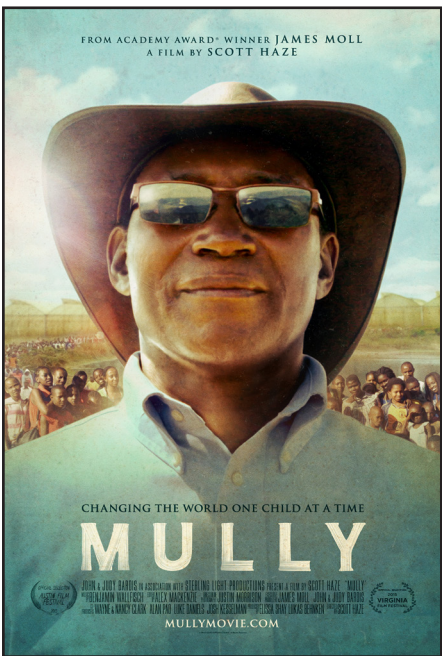
Co-op Movie Series- *Mully*

Friday, March 8th, 2019

7:00 PM 8:45 PM

Blue Hill Public Library

MULLY: The World's Largest Family (2017) MULLY is no ordinary rags-to-riches tale. It's the true story of Charles Mully, whose unlikely stratospheric rise to wealth and power leaves him questioning his own existence, searching for meaning in life. Against the better judgment of family and community, Mully sets out to enrich the fate of orphaned children across Kenya. Jeopardizing his own life and the security of his family, Charles Mully risks everything and sets in motion a series of events that is nothing short of astonishing. Runtime: 1hr, 21 mins.



HOP! Egg Hunt & Spring Carnival

Saturday, April 20th
10 AM

Blue Hill Town Park

The Blue Hill Co-op will be hopping along at the 4th Annual HOP! Egg Hunt & Spring Carnival. Bring the kiddos to the town park and spend the morning searching for eggs and reveling in the spring. The Blue Hill Co-op will be there serving hot cocoa and coffee!





Wheat Berry Salad with Apples and Cranberries

By: Chew Out Loud www.chewoutloud.com

If you haven't tried wheat berries, you're in for a treat. This Wheat Berry Salad with Apples and Cranberries is toothsome, flavorful, and healthy. You'll create serious lunch envy with this recipe.

INGREDIENTS

For the Salad:

- 1 cup whole wheat berries, dry
- 1 large apple, chopped
- 1 orange, peeled and segmented
- 1/2 cup dried cranberries
- 2 stalks green onion, thinly sliced
- 1 cup baby kale leaves
- 1 cup toasted pecans, chopped

For the Dressing:

- 3 TB extra virgin olive oil
- 3 TB pure honey
- 1 TB apple cider vinegar
- 1 TB freshly squeezed lemon juice
- 1/8 tsp table salt
- 1/4 tsp freshly ground black pepper

INSTRUCTIONS

Do ahead: Make the dressing by combining all dressing ingredients in a bowl, whisking to combine well, and keep covered/chilled until ready to use.

In a large heavy pot, cook wheat berries according to package directions (bring to a boil in water that's 2 inches above the wheat berries and boil uncovered for one hour, or to your desired level of tenderness.) Drain and cool. If desired, run it under cold water to help cool faster. Be sure to drain well.

In a large bowl, combine the cooked wheat berries with apples, orange segments, cranberries, green onions, and baby kale. Toss well with prepared dressing. Season with additional salt and pepper, as needed. Sprinkle toasted pecans into the salad right before serving.

Best of #bluehillcoop

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



@rockpapersunshine



@mistybrookfarmme



@thefoodstudy

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