

The Harvest Herald

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Presented by **BLUE HILL COOP**
Summer 2020



Co-op Principles



Kevin Gadsby
General Manager
Co-op Owner since 2016

Dear Blue Hill Co-op Community,

I know I am not alone when I say I can hardly believe we are nearly halfway through the year 2020. Today, I was reminded that it was September 2018 when we broke ground on the new South Street Co-op. We will soon come upon the one-year anniversary of our grand opening on August 10. It is hard to grapple with how different life has felt during the past several months. Like navigating through layers of fog, it's difficult to find our way. In the midst of it all, many folks are finding their way back to the Blue Hill Peninsula and eventually to the Co-op. To all of our summer and seasonal residents, we welcome you! If you have recently returned to the area from out of state, we ask that you make use of our new WebCart online ordering system for curbside pickup during the recommended two-week quarantine. Please visit the Co-op website for more details. We are glad to offer this service and will continue to make it available indefinitely. Our online ordering team has processed over \$130,000 in WebCart orders since mid-April. Thanks to our supportive Co-op community for your patience as we evolve to meet your needs.

Blue Hill Co-op acknowledges the tragic events occurring throughout our country. Societal issues of racial discrimination, inequality, and injustice are not new and cer-

tainly not foreign to the history of Maine. We stand in solidarity with the Black Lives Matter movement. We support the voices in our communities and throughout our nation that are peacefully protesting, educating the public, and demanding change. At Blue Hill Co-op, we strive to maintain our position as an equitable and just organization, one that truly welcomes all and works toward fostering a healthy and vibrant local community. As we consider our place and purpose in this world, I want to draw attention to the foundation of the Co-op and to the guiding principles upon which Blue Hill Co-op was formed. Co-ops are based on values similar to those we subscribe to individually, including self-responsibility, democracy, equality, honesty, and social responsibility. In addition to these personal values are seven cooperative principles recognized internationally and adopted by Blue Hill Co-op as guidelines for providing a more democratic structure that differentiates us from other business models. Of the seven cooperative principles, there is one that rises above all the others at this time: Concern for Community. The seven principles are:

- **Voluntary & Open Membership:** Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without



Photo by Kevin Gadsby

- gender, social, racial, political or religious discrimination.
- **Democratic Member Control:** Cooperatives are democratic organizations controlled by their members, who actively participate in setting their policies and decision-making.
- **Member Economic Participation:** Members contribute equitably to, and democratically control, the capital of their cooperative. At least part of that

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capital is usually the common property of the cooperative.

- **Autonomy & Independence:** Cooperatives are autonomous organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.
- **Education, Training & Information:** Cooperatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperatives.
- **Co-operation Among Cooperatives:** Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures.
- **Concern for Community:** Cooperatives work for the sustainable development of their communities through policies approved by their members.

Several Co-op members have asked how the Co-op is performing financially in light of the uncertain times we're experiencing. With the exception of a 10-day period in April when we closed to the public, sales have exceeded expectations during this time. Our 2020 sales forecast projects fiscal year sales at over \$5.2 million. The first quarter of every year is usually our weakest. Being so new, it was difficult to know what to expect and even more so with the grocery sector upended by the COVID-19 crisis. An unexpected surge in March resulted in a 91% growth rate causing us to exceed budget expectations for the month by 34%. Total Q1 sales were 15% over budget. Q1 gross profit was 4.5% over budget, with payroll coming in at roughly 1.5% under budget. These are good indicators. April and May's sales were 6% over budget with June to-date coming in at one of our strongest months on record. With the times as uncertain as they are, it remains a challenge to budget for the unknown. With a new finance committee in place, I am confident that we will be able to provide prudent guidelines keeping in mind the goal of financial solvency.

Co-op Board Officers & Members

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

The Next Board Meeting

TUESDAY, JULY 21 AT 6:30PM

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



Co-op staff filling WebCart orders
Photo by Robin Bryne & Sheila

We are coming up on the 3-year maturity of the first round of A-1 series Owner investments. If you made a 3-year term investment in the new co-op project in 2016/17, please stay tuned for guidance on redemption options available per the investment offering agreement. We will be sending out a letter sometime in July.

As some of you may have read, we will be changing our Full Moon Sale event to a weeklong Full Moon Sale, where Owners may select to use their Full Moon Sale discount for one purchase during the week. The discount can be applied to in-store shopping as well as WebCart online ordering. This change allows Owners to make use of the monthly discount more conveniently. I'm happy to report that our first Full Moon Sale "week" in June was a huge success resulting in the 5th highest week in sales since opening our doors last summer.

In other financial news, we received a Payroll Protection Program forgivable loan. At least 75% of the loan funds will go toward payroll and benefits. The remaining 25% will be allocated to utilities, interest, and lease payments. The loan funds have allowed us to rehire staff who were furloughed and have boosted our cash position during these turbulent times and will allow us to offer additional incentives to staff that have given above and beyond. In addition, we received a \$17,114 grant that will help offset the costs associated with our solar project. These funds, along with other member donations, allow us to explore the possibility of installing electric car charging stations in the near future.

In closing, I want to give a shout out to my entire staff for keeping your heads up, smiling through your face masks, and for your incredibly



Olivia filling a WebCart order
Photo by Kipp Sienna Hopkins

supportive and flexible attitudes as we've met the present challenges head-on. And finally, many thanks to our Co-op Owners that donated over \$9,200 out of gratitude for our efforts. Your continued support allows us to improve our service to you on so many levels. Thank you. -Kevin

"True peace is not merely the absence of tension: it is the presence of justice." Martin Luther King, Jr.

INTRO TO CO-OP VOICES

In light of current events creating a lot of unrest in our world, staff members have been inspired to use their voices in response to these challenging times. Some Co-op members have expressed concerns over previous articles posted by the Co-op and have suggested we have become too political and veered off the path of selling food. Our main focus is and will always be our belief in the importance of healthful, honest food options and in supporting and fostering the growth of a vibrant and resilient local foods economy. But part of the mission statement of the Co-op is to provide education not only on food, but also on environmental and social issues. As the Co-op continues to grow and attract people from varied demographics, some of the issues we present might spark controversy. In light of this, some might rather us focus solely on food. Given the times we are now living in are unlike any most of us have ever experienced, it would seem irresponsible of us to quell the human voice of our Co-op community. Staff members that have contributed to this edition of the newsletter submitted their articles for review. I must admit, it is challenging to know how to most effectively communicate and to gauge when and if we've said too much or if we've said too little. It is impossible to please everyone. So, rather than tell my staff that their voices are not relevant, or that the Co-op newsletter is not the place to voice Concern for Community (one of the 7 Co-op principles) or to express grievances, angst, or even hope or encouragement about solutions for social justice matters, we have decided that from this point on we will feature a section in the newsletter called Co-op Voices. In future editions of the Harvest Herald, we will be asking our Co-op members to submit articles of their own. From time to time we might ask for articles on specific topics such as: What is your favorite thing about Blue Hill Co-op? How long have you been a Co-op member-owner and what prompted you to become a member-owner? What does the Co-op mean to you? What is your go-to for COVID-19 stress relief? On the other hand, we will never ask you what political party you're affiliated with or who you voted for or what your favorite news station is. The Blue Hill Co-op has historically been neutral ground, where we steer clear of the great political divide. We will however keep our focus on issues surrounding concern for community, fostering the growth of the local economy by providing our people with wholesome, responsibly-sourced foods, and on the 3 P's: People, Planet, Profit; a full-circle approach to business where profits go back to the people and toward creating a healthier planet for us and future generations. Thank you for reading the Harvest Herald, and perhaps you will consider offering your own voice to future editions.

Deadline for the Autumn Newsletter is September 2nd, 2020.

Working From Home: A Quaratine Story



Kipp Sienna Hopkins
Marketing Manager
Co-op Owner since 2006

I just called the Co-op a few minutes ago and was greeted by the familiar voice of my office-mate. “I just noticed your calendar is still on March,” she informed me. This is not surprising, since I’ve only been in the store a handful of times since early March. This was right around the time that COVID-19 started shutting down Boston. We were pretty sure that it was only a matter of time before it would reach our community. This impacted everyone, of course, but I especially felt the need to protect myself. You see, I live in a multi-generational home, and my fellow inmates are all extremely high-risk.

In fact, my sister and I quickly made the decision to close our Main Street gallery, Blossom Studio, and move our business online. It’s simply not safe for my sister or mother to be out of the house until the crisis has passed. I work at the coolest place ever, and I have a job that can pretty easily be done from anywhere my computer is. Unlike my sister’s boyfriend, whose essential job makes it impossible for him to

social distance, causing him to temporarily move out.

So, I got my boss and coworkers’ blessings, filled up two flashdrives with my files, and temporarily said goodbye to the office where I’ve been happily housed since our move. Luckily for me, I have pretty much the exact same computer at home, and a killer new office that I set up in the cottage where my grandmother used to live. I still have a commute, but it’s a minute long trek across my backyard. I could do it in my slippers. Although I don’t, because here’s the thing, working from home is hard. There isn’t much of a line between when you’re working and when you’re relaxing, an issue I struggle with at the best of times. It almost feels like you’re always on call. Like the time that I had to pause my walk and sit on the edge of a hilltop for a half an hour to help walk a customer through opening a WebCart account.

I’ve had to learn some tricks to deal with this new work-life balance. First, no jammies to work. You would think this was the main perk to working at home, but it’s not. I did it for the first week (yes, I changed

pajamas daily), but it made me feel very sleepy and unmotivated. So I went back to wearing my everyday clothes, complete with the running sneakers that are my preferred footwear. The second trick is sticking to a schedule. I still do my best to work the same hours that I’ve held since I started this position two years ago. It’s not uncommon for my family to hear me say, “Oh, I’m running late for work!”

There are so many things that I miss about being at the Co-op in person. First and foremost, I miss my coworkers. They assure me that I am also missed. I miss interacting with the customers and Owners. I

miss seeing people shopping, socializing, eating, and working at the Co-op. I miss being able to keep abreast of the new products, the daily changes, and the life of the place.

I really miss the freedom of moving around the aisles, taking photographs for our social media accounts. Usually, 99% of the photos that come out of the Co-op are taken by yours-truly. I’ve made up for this by taking pictures of the items that I buy with WebCart. Or with special photo shoots, like the puppy bathtime I captured using Ancestral French Soap’s pet soap. I also have

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Ownership at a Glance

NEW OWNERS
THIS QUARTER: 49

TOTAL ACTIVE OWNERS: 2,112

EQUITY THIS QUARTER: \$7,060

Did you know that 56% of our Owners are fully vested? This means that they have paid their full \$200 of equity.

Wondering how much of your equity is left? Ask a cashier the next time you’re at the check-out.

The Newsletter Team

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LETTERS TO THE EDITOR

We welcome input. Please send letters to: Letters to the Editor, Blue Hill Co-op, 70 South Street, Blue Hill, ME 04614 or email them to newsletter@bluehill.coop. Letters may be edited for style, not for content, and should be brief. Please include your name, address, and phone number.

DISCLAIMER

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

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a massive archive of over four thousand pictures I've taken over the last two years. Photos are the one thing I have come into the store for, going in every couple weeks to get more material. I've also been relying on my coworkers to send me new material.



Puppy bathtime with Ancestral French Soap

I'm especially grateful for Robin, who receives odd requests from me, such as "Can you take a picture of Martha's Vineyard Sea Salt's display?" or "Here's a list of the Full Moon Raffle items, can you please gather them and take a picture on the picnic table?" She always goes above and beyond to accommodate me.

I also want to give a shout out to Chris, who will often put paper into my printer at work so I can remote in to my office computer and print tags on the right paper. She's also been known to dig through my papers to find phone numbers or todo lists that I left behind. And, of course, all

my other coworkers who have dropped what they were doing in order to be my surrogate or help me out.

But, of course, there are a few things that are nice about working from home. First of all, when I take a break, I get to snuggle with my cat (he can't wait for quarantine to end). If you're used to seeing me at the Co-op (I'm the tall lady with the short-short hair and glasses), you might notice that I always have a pair of headphones hanging over my shoulders. This is because I generally go bananas if I'm not listening to something while I work. It's usually music, but if I'm doing something that doesn't require a lot of brain power, like graphic design or laminating tags, I'll listen to an audiobook or NPR. I never put both earbuds in, keeping one ear free so I can hear when the phone rings or someone talks to me. And, of course, I never keep them in while I'm outside of my office, 'cause that's just rude. Now, working from home, I actually get to listen without the hard piece of plastic jammed into my ear. In fact, at this time I'm not even sure where my headphones are.

What's one thing that hasn't changed at all? I'm well known at work for eating the exact same thing for every lunch. I prefer to eat standing at my desk, leaving my break for taking a walk or reviewing kanji (I'm teaching myself Japanese). So I always eat Dr. McDougal's Pad Thai instant soup cups. Now that I'm at home, where there's a kitchen and a refrigerator full of food I'm eating... soup cups! I've been preordering them three cases at a time.

There are a lot of things I'll be excited

to get back to when the health crisis is passed. Seeing my friends, meeting my niece who was born in quarantine, worrying less about the three branches of my immediate family who live far away or out of state (all of whom work in health care or have a spouse who does). I might be loath to wear earbuds again, or give up my breaktime kitty snuggles, but I will be so happy to get back to the Co-op.

Before I sign off, I feel I have to acknowledge the feelings I've had during the recent protests. Like many people who have been kept at home, it's felt wrong to not being joining in and adding my voice and presence to the cause. It's frustrating and sad. If you've been feeling this way to, I highly recommend spending some time reading about the issues, donate to organizations when able, and sharing resources and news. Support black-owned businesses and artists, and listen to stories from black people. I especially say this to my fellow caucians, as we've often been able to get through life without putting a lot of thought into this subject. Use this time for some self reflection and education. I've been listening to the audiobook of White Fragility: Why It's So Hard For White People To Talk About Racism by Robin DiAngelo. It's a very powerful read. If you're able to go to a protest, please stay as safe as possible.



Tales From the Meat Department



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

It is truly great to be back working at the Blue Hill Co-op after over a twenty-year absence. I feel privileged to be part of the team. Everyone is so kind, supportive, and helpful. GO TEAM! We work the co-operative spirit well.

In the beginning, taking on the fledgling meat department was a bit of a challenge and a bit daunting. Fortunately, John was my ally and right-hand-man. I want to thank him for his patience, advice, help, and a good sense of humor. Especially his humor. Perhaps the most significant change I made was moving the retail frozen meat section next door to the

retail fresh meat products. Now meat is with meat, all together for better visibility and ease of shopping for our consumers.

Just as I was organizing and thinking of more future department improvements like arranging for more farm information with possible farm pictures, the pandemic more seriously swept into Maine. This has, of course, impacted everyone in varying degrees and ways.

Purchasing meat took on a totally new adventure due to product uncertainty and questionable availability. Getting meats in on a consistent basis became a challenge. I have been juggling orders and products and searching out more ways to supply a variety of meat for everyone, both local and non-local. For example, we may have one sliced ham one week and another brand of sliced ham the next to keep the

product available.

I would like to thank our Co-op shoppers for going with the flow. It seems this current life situation is teaching us many things; patience and understanding, to name two.

So thank you all.
With gratitude, Lynn



Wild About Local



Sarah Scamperle
Co-op Shopper/Former
Employee

I was on a woodland walk with a dear friend last week when we discovered a shady grove bursting with clintonia, flowering bunchberry, Indian cucumber, and wintergreen. We shared in a childlike sense of wonder as we nibbled on a delicate cucumber-flavored clintonia leaf and reveled in the refreshing scent of a crushed sprig of wintergreen passed between us. The path continued past a small colony of red trillium before opening up into a beautiful meadow abloom with ox-eye daisies and clover. Within a few hundred meters, we had encountered more than half a dozen edible species. Earlier this season, this same friend delivered a gift of fiddleheads that she and her mother had harvested from a secret local patch. The gathering of ephemerals like fiddleheads (as well as ramps and the occasional trout lily) are joyous pastimes for young and old alike. It is New England traditions such as these that help keep us tethered to a sense of place, of gratitude, and of self-sufficiency.



I studied Sustainable Food Systems in college and have been considering the nature of local food systems for nearly 15 years. I am enchanted by the life histories of plants, their response to environmental pressures in our changing world, the evolution of our relationship to them over time, and especially by their wordless wisdom. To me, they are magical. The study and ethical practice of foraging for wild edibles seems to represent an umbilical connection to the land. I have found that food gathered in this way satisfies a deep physical, spiritual and emotional hunger

within me as a human animal. Additionally, many of these species have flavors so distinct and unusual that they can hardly be described or compared to!

Throughout history, reverting to eating wild plants has often been associated with hard economic times. The tenacity and exceptional nutrient content of “weeds” has saved the lives of many. For example, following a series of devastating famines in Japan in the 18th century, a Samurai Lord named Uesugi Yozan noticed that most wild edibles continued to thrive even when cultivars were failing. He ordered a manual titled Provisions to be compiled and widely distributed. It contained profiles of 82 different wild vegetables of Japan, which included identification, toxic lookalikes, and preparation guidelines. Thanks to this guide, the later 19th century Japanese famine resulted in few deaths. Many Japanese citizens have carried on the tradition of gathering wild edibles to this day.

Learning about local wild edibles is not only a wonderful excuse to get outdoors, but could prove very useful information to have. The garden is an excellent place to try your hand at foraging and explore some new flavors in a more controlled manner. Chances are you’ve already become familiar with some choice edibles whilst weeding. A number of underappreciated edible species such as garlic mustard, dandelion, plantain, nettles, lady’s thumb, chickweed, purslane and lamb’s quarters often crop up in the gardens but are cast aside as nuisances. According to a 2018 study conducted by the University of California Berkeley, edible weeds are packed with nutritional value in concentrations which often rival and exceed those of garden variety vegetables (Open Source Food, Stark et al, 2018).

It is important to proceed with caution when learning to identify and forage for wild edibles but it is truly a wonderful and rewarding pursuit. Some things to always bear in mind are proper identification and possible toxic lookalikes, the location in which you are harvesting (steer clear of roadways, factories, dumps, or forested areas, lawns, or foundations where pollutants can accumulate or chemical pesticides, fungicides or herbicides may have been applied), harvesting ethics, and proper preparation. Some excellent guides are *Wild Plants of Maine* and *Foraging New England* by Tom Seymour and *Gath-*



er Ye Wild Things by Susan Tyler Hitchcock. Peterson has issued helpful field guides to Wild Edibles, Medicinal Plants and Herbs, and Wildflowers of Eastern North America. “Wildman Steve Brill” has a tremendous website (www.wildmanstevebrill.com) which is chock full of identification and preparation tips. There are also a number of plant identification apps available to get you started - such as PlantNet, iNaturalist, and Plant Snap - but I would not recommend relying on these too heavily. There is no substitute or safer method than checking with a seasoned forager before consuming any unfamiliar plant. In the wise words of Wendell Berry, “The idea that we live in something called ‘the environment’ is utterly preposterous. The world that environs us, that is around us, is also within us. We are made of it; we eat, drink and breathe it; it is bone of our bone and flesh of our flesh.” Be safe out there but go wild!

Stark, Philip B. et al. “Open-Source Food: Nutrition, Toxicology, and Availability of Wild Edible Greens in the East Bay.” PLOS ONE. August 2018.



The Café Has a Bright Future



Max Mattes
Café Manager
Co-op Owner since
2019

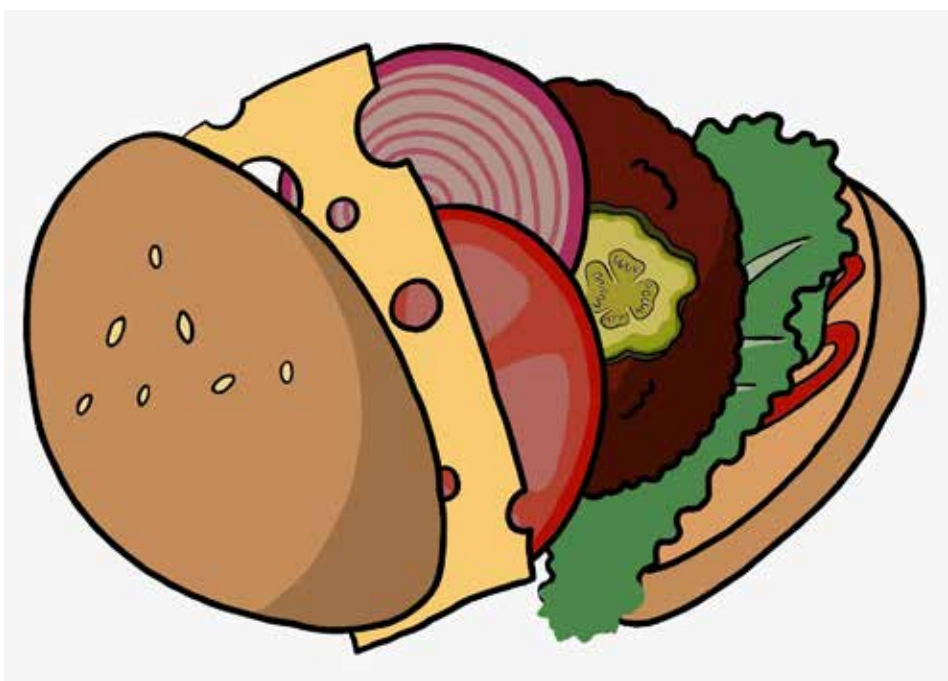
Now is an exciting time for The Café as we stand poised to join the Blue Hill restaurant community. With our new grill, our new fryolator, and our new tap system, we will soon offer grass-fed beef burgers, vegan burgers, wild sustainably caught haddock fish and chips, vegan falafel, grilled lamb kabobs; as well as four different draft beers and four choices of draft wine. The weather has warmed, and our outdoor patio allows for on-site dining with plenty of room for social distancing.

We look forward to being a regular choice for those looking for a new sit-down or takeaway dinner option in Blue Hill.

In other news, given the uncertain and constantly changing land-

scape, we find ourselves in The Café in a continual reinvention process. With so many folks working from home or not working at all, the demand for lunch eaten in public has greatly diminished. In response, The Café has started offering a rotating selection of individually packaged complete meals. We always have at least five options (two of which are vegan), including Fried chicken with coleslaw and pickles, Lieutenant Tso Tempeh with short-grain rice, Quinoa tabbouleh with vegetable sides, Enchiladas and Flautas. It has been creatively inspiring to respond to the new dining patterns. In an effort to address the exacerbated food insecurity in our community, we have donated 100 of these meals to the Tree of Life Pantry through a voucher program that will continue on for at least 200 more and hopefully becomes a regular part of The Café routine.

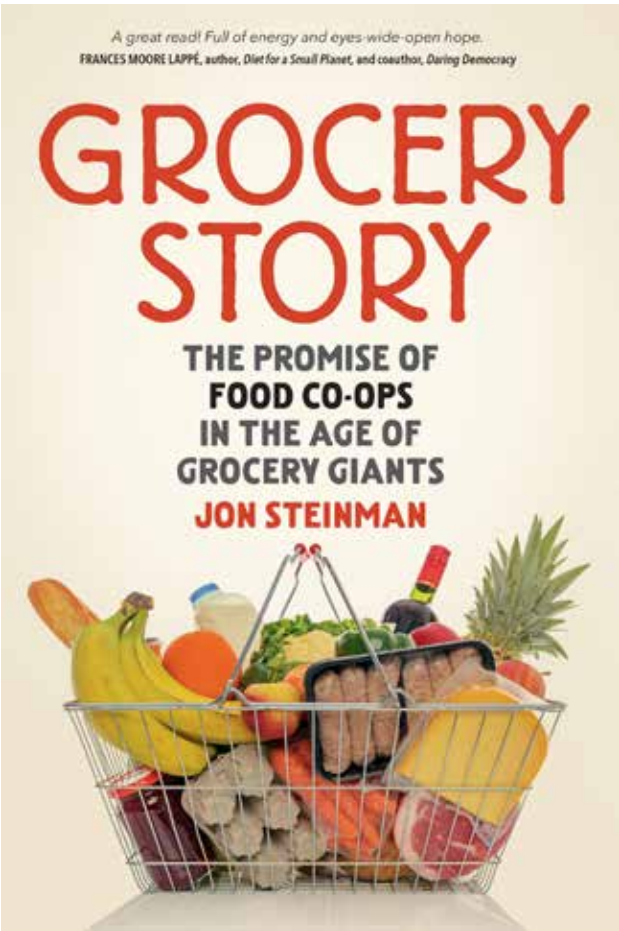
We are also fortunate to have in-



creased our partnerships with prepared food producers. In addition to Little Lad fruit tarts and Chow Maine packaged meals, we are pleased to have started stocking a wide selection of baked goods from Milkweed & Monarch. This Deer Isle team makes absolutely first-rate

hand pies, as well as fruit galettes, maple “pop tarts,” and cinnamon rolls that are not to be missed.

We all have to eat every day, and we here at The Café are pleased and honored to be a part of how this community chooses to do so.



Co-op Recommends: Grocery Story by Jon Steinman

Hungry for change? Put the power of food co-ops on your plate and grow your local food economy.

Food has become ground-zero in our efforts to increase awareness of how our choices impact the world. Yet while we have begun to transform our communities and dinner plates, the most authoritative strand of the food web has received surprisingly little attention: The grocery store - the epicenter of our food-gathering ritual.

Through penetrating analysis and inspiring stories and examples of American and Canadian food co-ops, *Grocery Story* makes a compelling case for the transformation of the grocery store aisles as the emerging frontier in the local and good food movements. Author Jon Steinman:

- Deconstructs the food retail sector and the

shadows cast by corporate giants

- Makes the case for food co-ops as an alternative
- Shows how co-ops spur the creation of local food-based economies and enhance low-income food access.

Grocery Story is for everyone who eats. Whether you strive to eat more local and sustainable food, or are in support of community economic development, *Grocery Story* will leave you hungry to join the food co-op movement in your own community.

Blossom Studio & Gallery
Exclusively online this year.



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

Traditional Acupuncture

Vicki Pollard

Blue Hill

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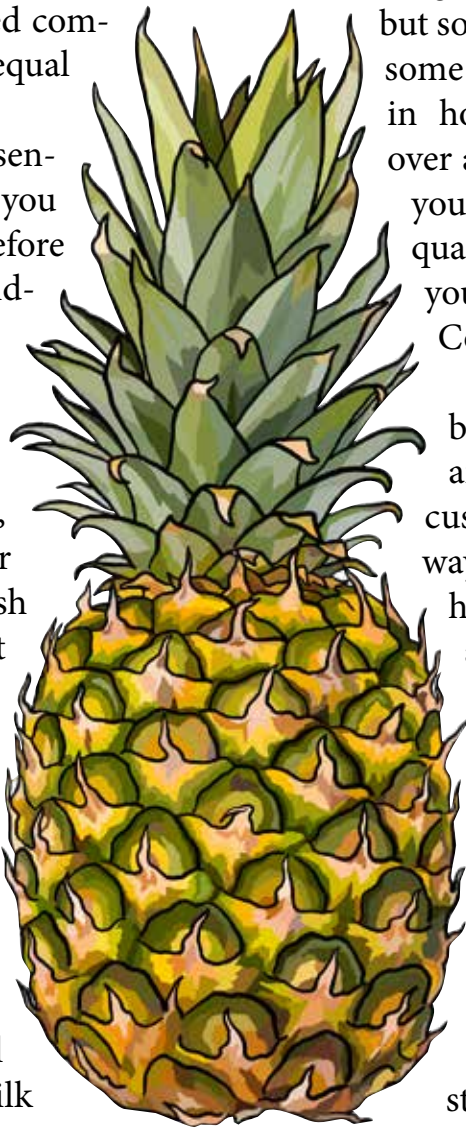
For Whom the Smoothie Blends: An Article Not by Ernest Hemingway



Olivia Zubrowski
Cashier/Kitchen Worker

A new interdepartmental coalition has formed over the past few months, dubbing themselves “The Smoothie Gang.” Nearly every morning this spring, they have gathered in the break room and delivered delicious, nourishing smoothies, blending up tried and trued combos and intuitive creations in equal turn.

What are some of the essential tenets of Smoothieism, you ask? First, humble yourself before the altar of the Almighty Blender. You are playing with some of the most fearsome jaws and power in the appliance kingdom! Like a lion-tamer, you must be slow, offering, and building trust with your blender over time. Do not rush this bonding process. A great way to get started with a simple, delicious smoothie is a fruity-bonanza (banan-za, if you will?) Plop in a fresh or frozen banana (great use for your overripe bananas!) with a heap of frozen strawberries/blueberries/raspberries/peaches/acai, maybe a handful of leafy greens, pour in the milk



to cover the solids. You can use any type of milk you like, of course! We love cashew milk, but one day we took a risk and used canned coconut milk in combo with frozen strawberries. It was like ice cream!

Add any powders or additional sweeteners you like. We love a lil’ spike of Maca powder--that stuff keeps you focused and energized the whole day! We often find it’s sweet enough with just the banana,

but sometimes we like to add some honey or a pitted date in homage to our friends over at the Café. (If you and your blender are having a quarrel, always remember you can rely on our Café Comrades!)

Now that you and your blender are acquainted, and the blender is accustomed to your human ways, why not try a more hearty smoothie? We are huge chocolate lovers, and often combine our favorite nut butter with a healthy pour of cocoa powder. (We tend to go for our own freshly ground almond butter in Bulk!) To ensure you are truly full and stay energized through-

out the day, we recommend a supplemental fatty element to the nut-butter: we have come to love the stable, filling energy of MCT oil in our smoothies, combined with Cat’s delicious homemade yogurt. Sometimes we add a lil’ scoop of chia seeds for an extra protein punch! Our vegan smoothie-tarians like adding a plop of Hemp Yeah! protein powder on occasion (also a great protein-packed alternative to a nut-butter).

Remember those heavenly few weeks when we had fresh tangerine juice?! That was a morning that will live in Smoothie Gang infamy. Want to try it for yourself?

- 1 banana, fresh or frozen
- 1 cup or so of frozen strawberries
- Splash of pineapple juice/half a cup of frozen pineapple chunks
- A couple handfuls of baby spinach
- A healthy nub of ginger/a splash of ginger juice
- About a cup of tangerine/orange juice
- About a cup of dairy/nondairy yogurt



Art in the Café

MARCH 2019 SUMMER SEASON DRAWING WORKSHOP AT MORGAN BAY ZENDO



Cheryl Coffin



Steve Collier



Victorina
Peterson



Karen Suma



Anne Walker

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

Unfortunately, due to COVID-19, we’ve had to suspend the Art program. We hope to return art to the Café seating area soon.

Outer Skin Inner Skin: evanhealy and Vital Gut Renew Arrive at the Co-op



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

Remarkable times! In so many ways, we are all redefining and relearning how to do and to be. Nurturing the body and mind is an integral part of this equation. First, let's look at the subject of skin, which is the largest organ in our body, and the meeting place between the external and internal worlds. We are so aware of our skin. Very often, we observe it as one indicator of our well-being. Later in this article, I will introduce an important product for the health of your internal, or what could be called your intestinal skin.

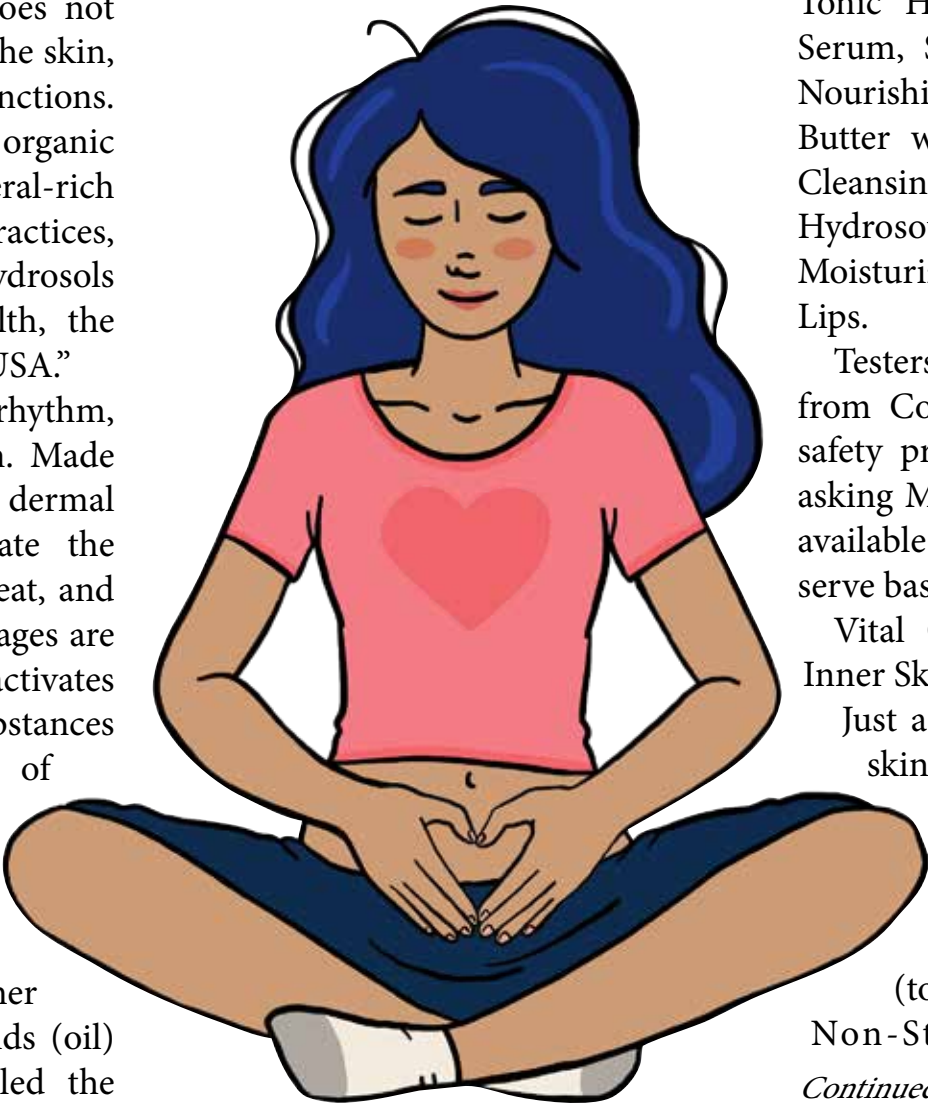
The Blue Hill Co-op is now carrying one of the purest and high-integrity skincare lines available on the market today. The company's name is evanhealy. (This company does not capitalize its name). You will recognize it if you look immediately to the right as you enter the center aisle at the Co-op. Packaged in humbly and tastefully recycled brown cardboard, you will see a shelf-length display of a remarkable story of profound caring about plant intelligence and human connection to the plant world -- as well as ethical sourcing, spiritual depth, and utmost purity of purpose. Unlike many skin care products, evanhealy does not use synthetics that coat or cover the skin, interfering with its own natural functions. The company uses only certified organic and wild-crafted plants, mineral-rich clays, and sustainable harvesting practices, with all its oil and serums and hydrosols certified organic by Oregon Tilth, the "foremost certifying body in the USA."

Our skin breathes, with a rhythm, an inhalation, and an exhalation. Made up of literally millions of tiny dermal passages, these channels regulate the inward movement of air, fluid, heat, and light. "In healthy skin, these passages are unobstructed, and each breath activates the absorption of nutritive substances and stimulates vital functions of a restorative nature," to quote evanhealy.

It is fascinating to remember that our skin's sweat glands and sebaceous glands work together to produce a thin coating of lipids (oil) and perspiration (water) -- called the

acid mantle. The acid mantle is the skin's protective barrier against disease. When the delicate balance of acidity and alkalinity that makes up the acid mantle is disrupted, the skin's ability to protect is weakened.

How to maintain the health of the skin is related deeply to what we eat. But in a very real sense, what we put on our skin is also part of what we eat, because what we put on our skin enters our body, too. As evanhealy draws in its literature, some remarkable parallels between the skin of our body and the skin of the earth, or soil: "Both skin and soil have three layers and a protective top layer. Each is home to a rich microbiome, and each exchanges nutrients and gasses with the outside world. Beyond the striking similarities of structure and function, we see that modern skincare treatments reflect the practices of modern agriculture. Current commonly accepted agricultural practices take little consideration of the long-term health of the soil. Mono-cropping, pesticides, and overworking of fields leaves the soil stripped of its nutrients and life force. In a similar manner, overuse of invasive skin care treatments, exfoliants, and prescription medications leave the skin overworked, stripped and sterilized."



Argan oil figures large in evanhealy's line of products, and to obtain that argan oil, the company is committed to working with the women's cooperative Al Amal in Morocco -- recently funding the planting of 400 argan trees. Certified USDA organic, the argan tree fruit is harvested between June and September, and the dried fruit used to make the oil is stored, with oil pressed as needed to ensure freshness. Most argan oil sold on the market today is taken from the dung of goats that climb the argan trees and consume the argan fruit. The processing required to sterilize and isolate the oil from the goat dung also strips out much of the oils' vitality.

The evanhealy products are contained in clear glass bottles, and very simple in their ingredients. Only essential oils containing the full-spectrum of plant compounds and flower essences, including the energetic imprint of particular flowers, are used. All evanhealy's hydrosols are distilled in copper at low temperatures, "which offer significantly more benefit and value to the skin than by-product hydrosols." Included in the evanhealy product line that the Blue Hill Co-op now offers is Rose Cleansing Milk, Rose Geranium Facial Tonic Hydrosol, Rosehip Treatment Facial Serum, Rose Vetiver Day Moisturizer, French Rose Clay, Lemon Thyme Facial Tonic HydroSoul, Pomegranate Repair Serum, Sea Algae Serum, Wild Carrot Nourishing Eye Balm, Whipped Shea Butter with Olive Leaf, Blue Lavender Cleansing Milk, Lavender Facial Tonic Hydrosoul, Blue Chamomile Day Moisturizer, and Whipped Shea Butter for Lips.

Testers, though currently removed from Co-op shelves due to COVID-19 safety precautions, may be available by asking Martha or David. Samples will be available on a limited first-come, first-serve basis.

Vital Gut Renew and Healing Your Inner Skinwalls

Just as we need to care for our outer skin, perhaps even more important is how healthy our internal skin is. The intestinal walls commonly become compromised due to unhealthy eating patterns (too few vegetables), the use of Non-Steroidal-Anti-Inflammatory

Continued on page 9

Continued from page 8

Drugs (NSAIDS), overuse of antibiotics, and ingestion of the Monsanto-patented antibiotic called glyphosate (that is in the pesticide RoundUp). Sprayed on non-organic and GMO crops, glyphosate is taken in systemically by these plants. It ends up in our intestines, causing problems with our microbiome and the balance of beneficial and antagonistic bacteria, trillions of which exist in your gut.

Our outer skin shows evidence of what is commonly called Leaky Gut Syndrome. Proteins and bacteria that should not be getting into our bloodstream result in compromised skin, allergies, and auto-immune disorders. The good news is that it is possible to regenerate healthy gut walls, and a new product takes that healing process to another level. Vital Gut Renew is one of Vital Planet's most recently released products. Its' first ingredient is absolutely essential to rebuilding the mucosal lining and is an amino acid called L-Glutamine, and it contains a whopping 6,000

mg. It also contains vegan and fermented N-Acetyl D-Glucosamine, which rebuilds mucus that helps heal and tighten the space between the villi--the tiny cilia that line our intestinal walls. It contains 50 mg of Organic Aloe Vera from a 200:1 extract (equivalent to 10,000 mg of pure aloe vera gel). Aloe contains compounds that soothe and heal the tissues of the gut. DGL (Deglycyrrhizinated Licorice) extract is included to soothe the esophagus and allow damaged tissues to heal. Organic Ginger Root stimulates digestive enzyme production, improves gastric motility, and reduces gas. Finally, organic Marshmallow Root produces a natural mucilaginous substance to support and soothe and moisten the mucosal membranes of the Gastrointestinal tract. Developed by Brenda Watson, founder of Vital Planet and a nationally known lecturer on gut health, Vital Gut Renew is also helpful for people with IBS (Intestinal Bowel Syndrome).



Why Creating an Account is Important

If you've been using WebCart to shop the Co-op, you're probably aware that you can either create an account or check out as a guest. Accounts are just for Co-op Owners, but as time goes on, we've noticed a lot of Owners are shopping WebCart without creating an account. We want to urge all our Owners to create WebCart accounts, both for our sake and theirs.

First, we must mention that it makes our jobs a lot easier. Processing WebCart orders is a serious endeavor. We've pretty much created a new department for the whole operation. Manually looking up people's Owner numbers is an extra step that could be cut out.

More importantly, there are all kinds of perks for the shopper. You can look up order statuses, see past items, and find

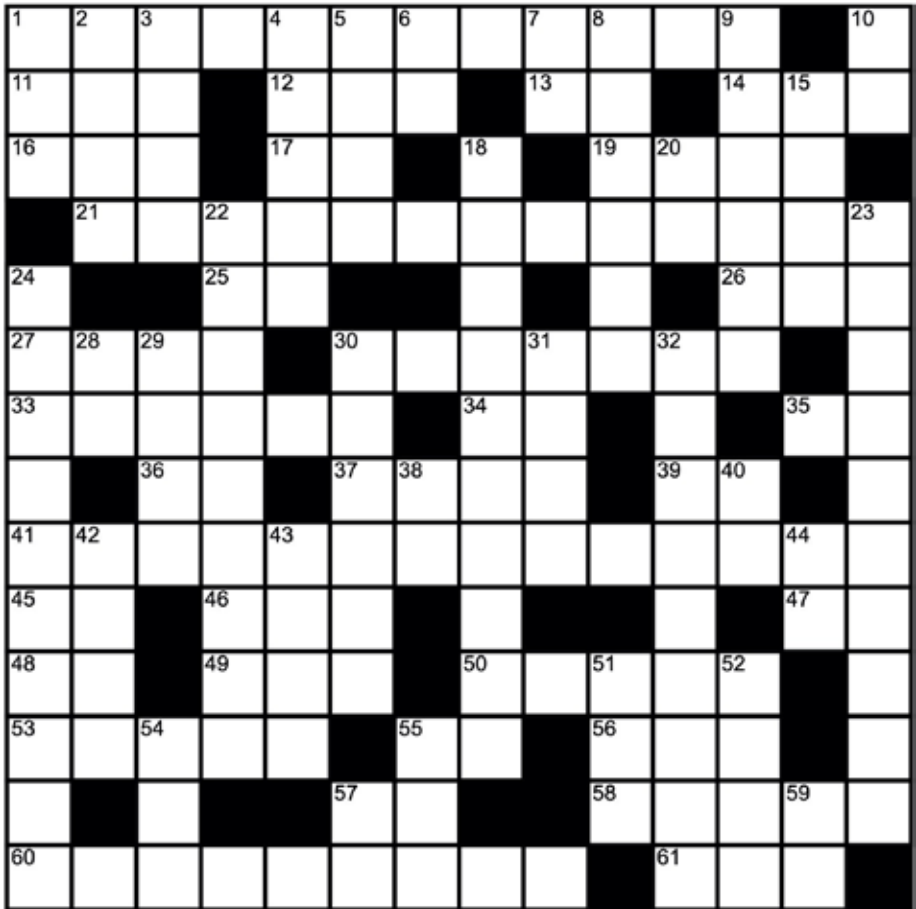
your receipt. You can see prior purchases from WebCart and in-store, save your payment information, and create shopping lists. Most importantly, if it's the Full Moon Sale Week, you can only apply your discount if you're signed in to your account.

It's easy to set up an account. We have full instructions, including a tutorial video at www.bluehill.coop/account-creation. The only difficulty would be if you have outdated contact info on your Ownership account, but that is easily mended by sending us an email or calling. Once your account is created, you'll never have to worry about it again.

We also have a full FAQ section as well as more tutorial videos available at www.bluehill.coop/webcart.

Blue Hill Co-op Summer Crossword

by Kipp Sienna Hopkins



This puzzle has a lot of Co-op themed answers but also some other stuff. When a clue has "we, us, or our" it is referring to the Co-op. To see the completed puzzle, go to pg 11

Across

- 1 American Breakfast
- 11 Nigerian dialect
- 12 Andean root veggie
- 13 Vietnamese Money
- 14 Looped in on an email abbr.
- 16 Dude's pal
- 17 Messaging format
- 19 Lady's man
- 21 Fruit baked in dough
- 25 Whilst
- 26 Sound receiver
- 27 On the vertex
- 30 Topsy-turvy
- 33 A type of seaweed
- 34 Inherent character in 56 across
- 35 Not off
- 36 Trauma center
- 37 Shakespeare's you
- 39 Natural soap company
- 41 Limited contact service
- 45 Used before a vowel
- 46 G.I. mail info
- 47 Charles Ingles
- 48 __ tu Brute?
- 49 Preserve
- 50 Two of the same
- 53 Some are red?
- 55 Dentist's office word
- 56 Chinese path or way
- 57 The "B" of LGBTQ
- 58 Bother or vex
- 60 A delicious fruit or a gross sound
- 61 Down in spirits

Down

- 1 Maine summer fashion accessory
- 2 Spell starter
- 3 A group with a common goal pooling resources
- 4 Shreds of wool
- 5 Pinnacle
- 6 Sodium
- 7 Former partner
- 8 Guzzled
- 9 Divined by gazing into crystals
- 10 Ego's other half
- 15 Single-stranded DNA
- 18 Holiday celebrating emancipation
- 20 "___" Man River
- 22 Softbound
- 23 Folksy Grandfather
- 24 Our imperial salad
- 28 Bye
- 29 To one's home
- 30 The act of burning
- 31 Scottish name for a turnip
- 32 They happen in November
- 38 High definition abbr.
- 40 All good
- 42 Proposition of yore
- 43 Refreshing places
- 44 Opposite of down
- 51 ___ loss for words
- 52 Counterpart of 23 down
- 54 Someone whose gender identity matches sex assigned at birth
- 55 Requirement for breathing
- 57 Exist
- 59 Over dose abbr.

A New England Summer



Robin Byrne
Cheese Manager
Co-op Owner since 2002

New England is the perfect place to spend the summer, and there are so many wonderful dairies and cheesemakers producing products in the region. In the year of distancing and heightened health protection, I'd like to bring into focus local distance in terms of the cheese we stock in our Cheese Island. Let's take a look at the great cheeses produced not only in Maine but our neighbors in Massachusetts, Vermont, and New Hampshire.

Our closest neighbor is SEAL COVE FARM from Seal Cove in Lamoine Maine. Seal Cove Farm's owner Barbara Brooks was trained in France in the traditional methods of French cheese making. With fresh milk collected from her herd of dairy goats, Barbara crafts cheeses that rival the balanced flavor and texture of French goat cheese. Our favorite varieties from Seal Cove are the Chevres: Classic, Herbed, Blueberry, and Feta.



Photo by Kipp Sienna Hopkins

Next, we have the Award-winning BALFOUR FARM in Pittsfield, Maine. Heather and Doug Donahue, raise Normande and Normande Cross cow on their organic farm. The cheeses they produce in their small MOFGA-certified organic dairy are raw, aged, and fresh as well. Because the cattle are pasture-raised, the breed produces a milk rich in butterfat, and we all know that means great flavor and texture. We love Balfours'

aged Smoky Ghost, Cider Washed Live Rind Gouda, Hay Maker Cheddar, Flavored Bevre (cow Chevre), and Marinated Feta packaged in glass jars.

Centered in Bangor is PINELAND FARMS. In 2017, the Pineland Farms Dairy Company purchased the former Grant's Dairy plant in Bangor, Maine, when they moved from New Gloucester Maine. The fully remodeled facility allows Pineland Farms to continue making its award-winning cheeses while increasing production capacity and allowing for milk processing on site. This means they are closer to the Maine dairies from whom they collect milk. That equals less travel, smaller footprint, and fresher cheeses! Check out their, Sharp Cheddar, Smoked Cheddar, Monterey Jack, and Pepper Jack.

Moving on to New Hampshire, we have the newly represented BOGGY MEADOW, which is located on the Connecticut River in Walpole. The business has been family owned since 1812. At present, we are stocking their Fiddlehead Tomme, a natural-rind cheese, aged for over six months to create a semi-hard texture. Also Smoked Baby Swiss a moist short aged cheese with a light smoke that goes great with the sweet, nutty flavor of the Swiss.

Massachusetts offers us a variety of Gouda, Cheddar, and Havarti from the solar-powered Smith Country Cheese. This is another family-owned farm and dairy that creates products very popular with our customers. Besides making great cheeses, the family has committed to reducing their carbon footprint by cutting power consumption by 50% through a combination of photovoltaics and conservation. Their new grid-tied photovoltaic solar system is the latest technology in power management and monitoring. Be sure to try their delicious Havarti flavors, Gouda flavors, and of course, the great Cheddars!

Last but not least, in any way are the cheeses from Vermont.

The first stop is Award-Winning PLYMOUTH CHEESE of Plymouth Vermont. They are a family-run cheese factory (there seems to be a theme here) in Plymouth, Vermont crafting heritage raw milk cheddar with quite the array of distinctive artisanal flavors. If you have been a Co-op shopper for any amount of time, you will recognize the beautiful, colorful wax-dipped cheddars in our case. Their East Meadow – mild, Original, Smoked, Hunter, and Garlic Peppercorn are not to be missed on your list. They also have Bally

Hoo Brie, an age ripened, creamy, nicely salted brie with a fresh flavored bloomy rind. Fun fact: Plymouth is the second oldest cheese factory in the US and was founded by Colonel John Coolidge, father of President Calvin Coolidge!



Photo by Kipp Sienna Hopkins

Award-Winning NEIGHBORLY FARM is next in Randolph Center Vermont. These folks take great care with their animals and cheese making, as all of our cheese vendors do. They have always been super sweet to talk to on the phone while placing orders. Set on 210 acres loaded with Holstein cows, the farm has been in operation since the 1920s. We love their organic raw milk Cheddar in the mild, sharp, and extra sharp varieties along with their organic pasteurized flavored Cheddars and Colby.

And our final stop is Award-Winning BLUE LEDGE FARM in Salisbury Vermont. Hannah, Greg, and their two children have a farm of goats. They produce our favorite award-winning Chevre varieties of Herbal, Maple, Marinated (double yum!), aged Crotina buttons, ash layered Lake's Edge, and aged La Luna. New to our line up is their 60 days aged Middlebury Blue made with cows milk from the farm next door. Is it also award-winning? You better believe it! Smooth, a bit crumbly and perfectly salty, you'll find it a winner too.

Yes, we still have all of your other favorites from around the country and around the world. We aim to cheese...er, uhh...please!

Advertise in *The Harvest Herald*

1/8 page (3" h x 4 7/8" w).....\$35/issue•\$120/year(4 Quarterly Newsletters)

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Civil Justice & Food Justice



From Haleigh J
Paquette
Produce Manager

I sit down to write and am at once despairing and inspired by all that is wrong and coming to bare. Our country is on fire. Black Americans are rising to liberate themselves from the knee of systemic oppression and institutionalized racism that has pressed into their necks for four hundred years. Children are in cages on our southern border. Corona virus is upending all of our lives, causing fear and suffering and exposing deep social and economic inequities. The climate crisis and diversity loss are progressing, while it feels like time



has stopped as we are stunned by the events of the moment. And food, our precious nutrient, is related to all of it.

It is a difficult fact that agriculture in this country is imbued with harm and injustice. From the theft of Native American land to the building of an empire on the backs of Africans, the systematic dispossession and disenfranchisement of Native Americans, African Americans, and other people of color still shape reality today. With the precedent slavery set for cheap and exploitable farm labor, along with ingrained prejudice and racism, immigrant and guest laborers—primarily Latinxs—are mistreated and undervalued today, too. And, like the slaves of yesterday, they are absolutely foundational to our food system. They grow our food.

As food-policy directors Eric Holt-Giménez and Breeze Harper write in their 2016 essay Food—Systems—Racism: From Mistreatment to Transformation, “The food system is unjust and unsustainable, but it is not broken—it functions precisely as the capitalist food

Are you an Owner?
Do you like to write?

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

ownership@bluehill.coop

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

system has always worked; concentrating power in the hands of a privileged minority and passing off the social and environmental ‘externalities’ disproportionately on to racially stigmatized groups.”

So, a new framework is offered: we don’t need to fix the food system, we need to remodel its structure, its principles, and its power from the ground up.

It just so happens that growing from the ground up is the work of agriculture; and in that regard, we are well endowed here on the Peninsula and throughout Maine. We have fertile soil and skilled hands to make things grow. Beautiful and nutritious things. But it goes beyond that. Thanks to

our farmers, we can, to varying degrees, divest our community of the modern agriculture paradigm that exploits and pollutes. We can realize a new kind of food system where the work is fair, the wages are livable, the food doesn’t drain the wallet. We can demonstrate just how good a robust, resilient local food economy is.

Hard work and innovation lie ahead. One action we can take right here, right now in solidarity with the fight against racism, inequality, and environmental degradation is to buy food grown by our local farmers and suppliers. I, like the market, will respond to your demand.

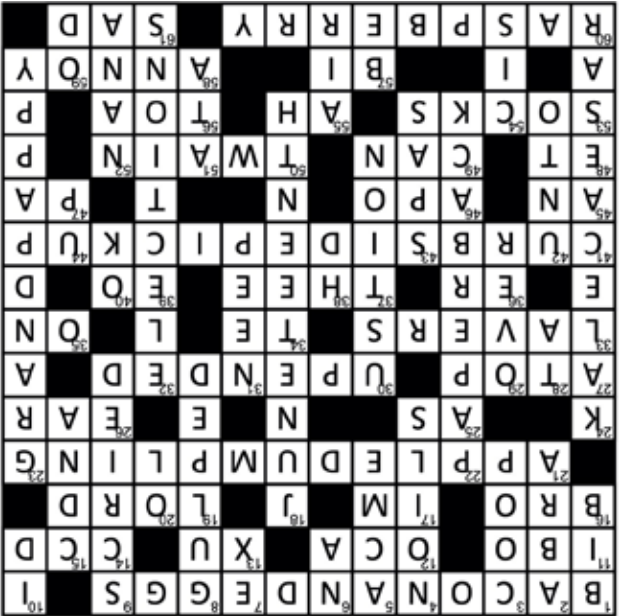
In cooperation, in solidarity,
Haleigh J Paquette

full moon sale

JULY 5 - JULY 11
AUG 2 - AUG 8
AUG 30 - SEPT 5
SEPT 27 - OCT 3
OCT 25 - OCT 31
NOV 29 - DEC 5
DEC 27 - JAN 2

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

Our first Full Moon Sale Week, held in June, was a great success. We look forward to future events.



Crossword on Page 9



Japanese Curry

Curry has a thousand different variations. Many countries and cultures have their own take on it, from India's original spiced curries to the coconut-based Thai dishes. In Japan, curry is a popular weeknight dinner, a thick stew sweetened with apples. Most people cook it using a curry roux, which is a packaged block of reduced sauce. However, the same dish can be made from scratch and boasts an incredible flavor.

Recipe from WashokuDay.com



INGREDIENTS

- 3 sweet apples (chopped)
- 1 lb skinless chicken thighs (bite-sized)
- salt & pepper
- 1 tbsp safflower oil
- 2 cloves garlic (minced)
- 1 inch fresh ginger (minced)
- 2 yellow onions (chopped)
- 5 tbsp curry powder
- 2 tbsp cocoa powder (unsweetened)
- 2 tbsp tomato paste
- 2 tbsp Worcestershire sauce
- 1 bay leaf
- 4 cups chicken stock
- 3 carrots (peeled & chopped)
- 4 tbsp potato starch (or cornstarch)
- 1 Japanese yam (peeled and chopped)
- 2 cups frozen green peas
- Serve with hot short-grain rice

DIRECTIONS

Before you start, take into account it will take roughly 40-50 minutes to cook the curry. Depending on your cooking method, you will have to judge when to start the rice, so they are done at the same time. Make an apple sauce by cooking the apples in a pot with a minimal amount of water. When the apples are cooked, mash them and set aside. In a large stew pot, add the oil and cook the chicken until browned. Scoop out the chicken and set aside. With the oil left in the pot, sautee the garlic and ginger for a minute, stirring to prevent burning. Add the onions and a 1/2 cup of the chicken stock. Cook until the onions are translucent.

Put the chicken back into the pot, season with salt and pepper. Add the curry powder, cocoa, tomato paste, bay leaf, and Worcestershire. Stir well. Pour in the remaining chicken stock and add the carrots, yam, and apple sauce. Using a sieve, add the potato starch to the stew and stir in. Bring to a boil and then turn to medium-low, letting it simmer for twenty minutes, or until the carrots and yam are tender. Add the frozen peas and let them heat up for a few minutes. In a large soup bowl or pasta dish, put around a cup of hot short-grain rice to one side. Ladle a generous portion of the curry on the other side of the bowl. Enjoy!

Best of #bluehillcoop

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



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social media accounts!
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