

The Harvest Herald

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Presented by BLUE HILL CO-OP

Spring 2021



In Gratitude



Kevin Gadsby
General Manager
Co-op owner since 2016

Living on the Blue Hill Peninsula on the coast of Maine, we are surrounded by the gift of natural beauty. For the past several years, my wife and I have turned to each other almost ritually while soaking up the summer sun, reminding each other of why we live here. At that moment, with summer skin exposed to the welcome, warm evening breeze, everything feels right. But even in summer I start getting anxious about the imminent arrival of winter, when ice takes over the driveway and winter salt and rocks pile up on the road and into my car windshield. It is a dismal feeling when everything dries up, the garden looks barren, and the village harbor freezes over. But even in winter I start getting excited about the coming spring. For a while now I have been telling myself that spring cannot come soon enough. We need an awakening. And now that it is almost here, I can hardly believe it is March of 2021.



This past year is one for the history books, and I do not think I will be ready to read those chapters for a long time. I don't wish to recall how challenging it was. For now, I wish to fix my gaze on the bright side. It feels like the dark side gets all the attention these days. What I will say about this past year is how grateful I am for the Co-op community, for its workers and its owners. I am grateful to the many Co-op owner-investors who believed in the future of Blue Hill Co-op enough to give what they could to see this new store come to fruition. I am grateful for the incredibly hard-working staff, who proved themselves capable of surpassing all expectations with flexibility and resilience. I am grateful for the farmers and food producers of our region who pushed against all uncertainty and continued to provide beautiful, wholesome food to this community.

The combined efforts of all those mentioned above catapulted Blue Hill Co-op to finish the year with a growth rate of 59%, with total sales just shy of \$5.8 million versus \$3.6 million in 2019. The Grocery and Produce departments sold over \$1 million each. Out of 14



Photo by Kevin Gadsby

departments in the Co-op, four had sales near or over 100% growth, and four more had sales between 50%-75% growth. Every department realized growth over 2019. It goes without saying that Blue Hill Co-op would not be in this position if we had remained in the old location. This year-to-date, we are again at a current growth rate of 59% at what is typically the slowest time of the year. If this trend continues, we will surpass \$7 million in sales this year.

The growth of our Co-op is measured in more ways than just sales. One of the most important is growth in ownership, and in 2020 we welcomed 382 new owners. It is also important to measure our impact on the Maine food economy. In 2020 we purchased over \$1.2 million in Maine-produced food products, up significantly from the year before. More details will be available in the coming months

in our 2020 Annual Report. As we continue to fix our gaze on the bright side, just over the horizon better days are sure to come.

Kevin Gadsby
General Manager

"Life can only be understood backwards; but it must be lived forwards."

-Soren Kierkegaard

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Education



Jennifer Wahlquist Coolidge
Ownership Coordinator
Co-op owner since 2003

Education is one of the Seven Cooperative Principles. Owners come together not only to increase their buying power but also for skill and information sharing. Class content can include topics as diverse as greening your home, reducing your carbon footprint, products for supporting your immune system, movement practices for health, kitchen basics, stretching your dollar at the Co-op, ways to stay active in winter, meditation offerings, or DIY gift-giving from the bulk section.

The Co-op is still limited by needing to gather online for the time being. For our Facebook Live and Zoom class offerings, what kind of content would you like to see? How can the Co-op support your growing knowledge base? How can the Co-op help improve your level of health? Might you be interested in teaching a class? If Facebook and Zoom are intimidating, the Co-op can assist you through the process.

Please send your ideas and questions to Jennifer Wahlquist Coolidge via ownership@bluehill.coop.

What is a Co-op?

A cooperative, or co-op, is a type of business voluntarily owned by the people who use and operate it. In this way, resources can be pooled, and the community has a voice in the store's products and philosophies. Co-ops are democratically run, meaning owners can vote and/or be elected to the Co-op's Board of Directors. By becoming an owner, you contribute to the Co-op's financial stability by adding to the amount of owner equity we manage and hold in savings.

Co-ops are owned by their members, so many co-ops refer to their members as owners, promoting a sense of identity with ownership. To become an owner, one must invest in the Co-op by purchasing equity. One

does not need to be an owner to shop at the Co-op. Everyone is welcome at the Blue Hill Co-op, but our owners are our community's heart.

All cooperative businesses run on a set of agreed-upon principles set down by the original cooperatives of the 19th century.

SEVEN COOPERATIVE PRINCIPLES:

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



March 28 - April 3
April 25 - May 1
May 23 - May 29

Co-op Board Officers & Members

President: Diane Bianco

Vice President: Aaron Dority

Secretary: Jerome Lawther

Treasurer: Tim Tunney

Susan Snider

Deborah Evans

Martha Shepherd

Jen Traub

Cheryl Boulet

Jo Barrett

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

When Are Board Meetings?

THE FOURTH THURSDAY OF EVERY MONTH AT 6:30PM

Meeting will be online due to COVID-19 precautions. Email info@bluehill.coop to request the link.

Welcome to the Board Jo Barrett

Jo's introduction to the Co-op was via the loading platform and delivery door, through which she lugged thousands of pounds of King Hill Farm carrots and other veggies from the early 1990s through 2010. She became a Co-op owner in 2017 in order to be eligible to invest as an owner in the new store. She is excited and honored to serve on the Board of Directors and hopes to help support the Co-op's commitment to healthful food, local farmers and the community. Besides being a co-owner/-operator of King Hill Farm, Jo taught in public schools for fifteen years and at Liberty School for ten years. She has been a homesteader to greater and lesser degrees for over forty years. Jo currently serves on the Blue Hill Consolidated School Board

and as a volunteer at Blue Hill Heritage Trust where she consults on agricultural matters and is the trail steward of Penny's Preserve. Her favorite product at the Co-op is Alvarado St. Bakery sprouted wheat bagels. -OR- Organic Valley Butter. Who could choose between them?



Spring Arrival



Cat McNeal
Front End Manger
Co-op owner since 2013



What’s the first sign of spring for you? I just looked up the word spring, and the first word was “bouncing.” That has been my sign this year. A bounce, buoyancy, this inner exuberance bubbling up within. About a week ago, on a Saturday morning, my eyes popped open, and my brain came to full alert. It was the kind of waking where maybe you missed the alarm but still have time to get ready. A little anxious, I checked my alarm. I had woken up much earlier than I expected, a little over an hour early. I was stumped. Did I have extra stuff to do at work today? Had I planned on doing extra chores at home before work today? No and no. I was just wildly awake. It seemed wrong somehow that my mind was so ready to jump into the day when I had been so tired for quite some time. So I burrowed back under the nest of covers and tried to get more sleep. I couldn’t relax, I was too antsy, and so were

my cats. They were jumping all over the bed, meowing, “Get up, get up! We’re alive. You’re alive. Everything’s alive. Get up!”

The only “work” I’ve been doing is thinking about the items I want to work on and having more light with which to work. I haven’t actually started any new projects, nor have I finished any old projects. I have been sleeping better, deeper, and longer, though, so I think it’s only a matter of time before I actually let spring in to direct my steps.

I’ve decided to do some work planting flowers this year. I’ve gotten some seeds from owner Tara (thank you!) that she saved from her plants. I totally love the connection of the plants, the people, the seeds, and the sharing. And yes, I know that flowers can be medicine, but all I want from this year’s blooms is to see their beauty and to be able to smell their scent. That’s going to be enough for me. If the deer,

rabbits, or woodchucks eat some, well, I guess that’s going to be alright, too. I feel like I should be planting seeds for foodstuffs, but I just love to watch flowers grow. Plus, there’s plenty of food here at the Co-op! I feel like we’ve done an excellent job keeping local greens available— and, of course, local meat, eggs, cheese, pickled items, and root veg as well. I’m not going to worry about food; I have plenty here to choose from.

I’m sure you are all used to the Co-op’s routines by now. We try our best to sanitize between each customer, we have a place for the baskets you empty (on the floor at the start of the item belt), we ask you to put your bills and checks down on the shelf provided, and we sanitize our hands (or wear gloves) until we can take a break to wash them. You have all been wearing face coverings, which we appreciate. For those who cannot tolerate a covered face, we are happy to offer the WebCart on-

line service or even take an order over the phone. You can pick up outside the store, or we even offer delivery (in Blue Hill). We come face to face with many people all day, so taking the precaution of wearing a face covering is respectful of the work we do.

Even with vaccines currently being administered, it may still take through autumn (or longer) to reach herd immunity levels. That means that this will be our way of life for a bit longer, and “The Way Life Should Be” probably won’t be visible until the end of the year (or longer). So please continue to bear with us. The health of our community is our primary concern.

Get ready for only starting a fire at night, earlier and brighter mornings, listening to the birds building their nests, and the rains pounding away at the soil. And hey, plant a seed or two, just for the fun of it.



Ownership at a Glance

NEW OWNERS
SINCE JANUARY 1: 64

TOTAL ACTIVE OWNERS: 2,270

EQUITY PAID SINCE JANUSRY 1: \$6,715

Did you know that 48% of our owners are fully vested? This means that they have paid their full \$200 of equity.

Wondering how much of your equity remains to be paid? Ask a cashier the next time you’re at the check-out.

The Newsletter Team

Managing Editor: Kipp Sienna Hopkins
newsletter@bluehill.coop
Line Editing: Ulysses Lateiner
Art, Images, and Layout: Kipp Sienna Hopkins
Advertisements: Kipp Sienna Hopkins
Contributors/Writers: Co-op Staff & Working Owners

LETTERS TO THE EDITOR

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

DISCLAIMER

The Blue Hill Co-op serves a diverse community. It is within the vision of this co-op to strive to embrace diversity and to meet as many needs as possible. Opinions and viewpoints shared within this newsletter are neither endorsed 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.

And the Cheese Popularity Award goes to... CHEDDAR!



Robin Byrne
Cheese Manager
Co-op Owner since 2002

Clearly, the customers have spoken. Last year the Co-op sold a whopping 1,759.7 pounds of cheddar cheese! Yup, that's right—close to a ton of the salty, creamy, crumbly, tart, dense, and flavorful stuff!

Over the past 150 years, cheddar cheese has become one of the world's most widely produced dairy products. It has evolved in style, flavor, and process and is made in very different ways; clothbound, lard-sealed, wax-covered, and plastic-sealed wheels. Not to mention 640-pound monster blocks. Each style has its own flavor and texture profile, which makes defining "cheddar" tricky.

First developed in the town of Cheddar in southwestern England, "cheddar" means many things: it is a verb, a noun, and of course, a place. The history books tell us that piling slabs of curd on top of each other to make a long-lasting cheese is known as "cheddaring." Yet cheddar, even when it is not cheddared or from the town of Cheddar, can still be considered a cheddar.

Both large and small dairies in the UK, US, Ireland, Canada, New Zealand, and Australia are the biggest cheddar producers. It's the world's highest-yielding cheese.

Many factors affect cheddar's different profiles. For instance, New England block cheddar boasts a bitter-sharp flavor which lends itself to pairing with apple pie, beer, or pretzels (you get the picture). Wisconsin typically turns out a moist, sweeter, annatto-tinted (orangy in color) version. And UK "supermarket" cheddar tends to be tart, acidic, and crumbly. Of course, aging plays a major role as well. The shorter the aging time, the creamier and milder the flavor, while longer aging creates a drier, crumbly, and sharper product.

"Clothbound" or "bandage-wrapped" cheddar is the most traditional style available today: wheels of the cheese are wrapped in cheesecloth and sealed with butter or lard, which allows a firm natural rind to form. Clothbound produces a mild taste, while waxed or plastic-sealed cheddars can head toward the sharper. This is because the latter methods can age longer for more depth and sharpness in flavor. The cloth method does not allow for the extended aging periods common with block cheddar. This is not to say that clothbound cheddars lack flavor, as they can still produce deep and complex notes described as earthy, grassy, dank, and fruity.

A new cheddar style, a fusion, is becoming popular in the cheesemaking world by combining traditional bacterial cultures with those usually used in other cheeses. Cheesemakers are now using combinations to produce sweeter, more crystalline cheddars. Americans love sweetness, even in cheese. A great example of such a cheddar is one we carry at the Co-op, made by Cabot Cheese Co-op and aged at the Cellars at Jasper Hill Farm in Vermont – synergy. It has a nutty, tangy flavor with a slightly creamy and crystalline texture that some describe as a cross between cheddar and gruyere.

While I'm naming cheddars we regularly stock, here is the current list from the cheese case at the time of this writing:

Grafton Village (Vermont two-year and maple smoked cheddar), Pineland Farms (Maine sharp and smoked cheddar), Sonnetal Dairy (Maine raw milk six-year extra sharp cheddar), Neighborly Farm (Vermont mild, sharp and extra sharp cheddars), Plymouth (Vermont raw milk mild, classic, smoked, hunter, and pepper cheddars). And each one is so delicious!

Cheddar is maybe the only cheese that allows you to sample your way through the history of modern cheesemaking. That's just one of many reasons it's so easy to love!



Photo by Kipp Sienna Hopkins

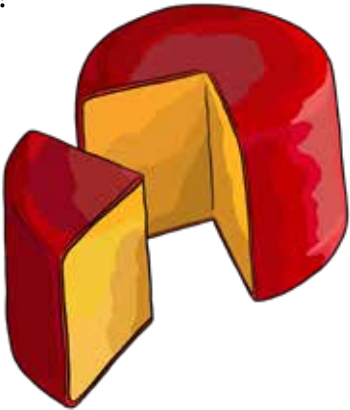
CHEDDAR AND BUTTERCUP SOUP

- INGREDIENTS
- 1 buttercup squash (peeled and cubed)
 - 2 shallots (diced)
 - 2 cloves garlic (minced)
 - 2 stalks celery (diced)
 - 4 cups vegetable or chicken stock
 - 1 tsp fresh thyme
 - 1 tsp fresh sage
 - 1 bay leaf
 - salt & pepper to taste
 - 6.5 oz Synergy Cheddar cheese (grated)

DIRECTIONS

Sauté the shallots and garlic in olive oil until the shallots begin to turn translucent. Add the celery and herbs. Sauté a few more minutes, then add the squash and stock. Bring to a boil, then reduce to simmer and cook until the squash is tender. Let the soup cool for a few minutes, remove the bay leaf, then purée using a countertop or immersion blender. Add the cheddar cheese once the soup is puréed. Serve hot!

Cheddar Pairings
Food: Apples, Grapes, Pears, Mustard, Hot Pepper Jelly
Wine: Cabernet Sauvignon
Beer: Bitter and Fruity Beers, Strong Pale Ale, Brown Ale, Stout
Other: Cider



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1/4 page portrait (7" h x 4.93" w).....\$65/issue•\$240/year
1/2 page (7" h x 10" w).....\$125/issue•\$480/year
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Traditional Acupuncture

Vicki Pollard

Blue Hill

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



The Safety of Herbal Supplements

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

Herbal supplements at Walgreens and GNC were recently pulled off the shelves because they were adulterated or misbranded. The Food and Drug Administration (FDA) took action, as they should. How can you tell whether your herbal supplements are safe?

Herbal supplements are regulated in several ways. The following are some guidelines that responsible companies follow.

- Good Manufacturing Practices (GMP): In accordance with these¹ FDA regulations, a company or practitioner has to assure the consistent quality of the product. With herbs, for example, the specific part used, when it was harvested, the cleanliness of the facility and other details.

All products, whether pharmaceutical or herbal, should have a number and date for each batch. If you have an adverse reaction, you can report the batch number and your reaction. A reputable company will refund you and take that information for their records.

- Dietary Supplement and Health Education Act (DSHEA)²

A person or company cannot prescribe, give medical advice or make medical claims for an herbal supplement. That's why you see the disclaimer "These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease." Stating that something 'Helps boost the immune system' is necessarily more general than claiming 'Cures Cancer'.

- USDA Certified Organic
Look for the official seal on the package and on the company's website. This certification is specifically more rigorous³ than 'Natural' and 'Organic'. For example, something organic, though not certified organic, could still be genetically engineered or use sewer sludge as fertilizer.
- Sustainably Harvested, Ethically Wildcrafted

A company that knows and respects plants also pays attention to how they're grown and collected. That means harvesting only what's needed, taking care that the environment is preserved in the process, leaving endangered plants to grow. Some companies are members of United Plant Savers.⁴ Their mission is "to protect native medicinal plants of the United States and Canada and their native habitat while ensuring an abundant renewable supply of medicinal plants for generations to

come."

When you're looking to purchase an herbal remedy, it's important to look for these standards for safety and quality. If your health problem is chronic or complicated, you'd benefit from consulting with a professional herbalist.⁵ You should also inform your Western Medicine doctor about what herbs you are taking to avoid contraindications with other medicines.

Herbs can provide safe and appropriate therapy. The bottom line is, read labels and websites. You will find businesses run by honest people who are knowledgeable about plants and who care about plants, the health of the planet, and the health of the people they meet.

¹www.fda.gov/Food/GuidanceRegulation/CGMP/ucm110858.htm#cons

²<https://www.fda.gov/food/dietary-supplements>

³www.ams.usda.gov/AMSv1.0/getfile?dDocName=STELDEV3004446

⁴www.unitedplantsavers.org/

⁵www.americanherbalistsguild.com/becoming-ahg-professional-member



The Kitchen as a Community



Max Mattes
Café Manager
Co-op owner since 2019

Who cooks your food? What mood are they in? Why does it matter?

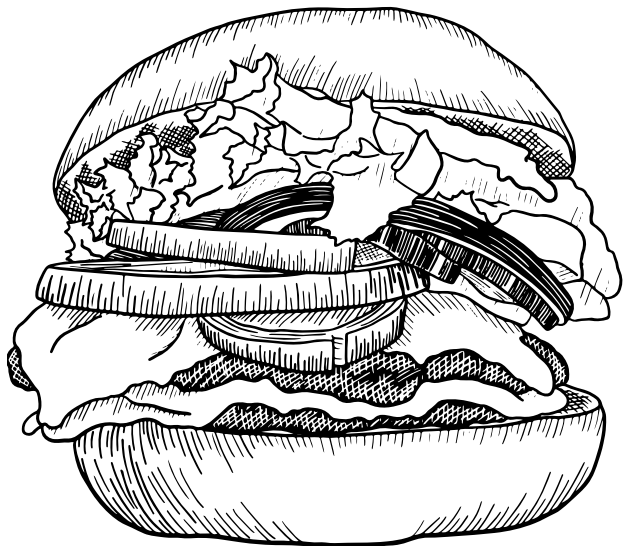
I have been cooking professionally for forty years, and I grow more and more convinced that the person who prepares your food matters as much as the ingredients, recipe, and technique. And what matters specifically is their intention, their mood, and the energy they bring to the task. It could be just a simple PB&J, but if they remember that you like the crusts cut off and the sandwich cut into triangles, then your meal is more satisfying. Preparing a meal and feeding it to someone is at its best an act of kindness. A professional environment's challenge is to take the love and care that a parent manifests in meal preparation and somehow mirror it. And this challenge can be enormous. The repetition and speed required in a commercial kitchen can strip the generative energy from the final product. The meal may meet all the necessary sanitation and culinary benchmarks yet still be flat and unexciting. Quality takes on an

expanded definition when looked at through this lens.

So how does the Café meet this challenge? First, the staff functions as an extension of existing communities; we have couples and family members who work here, also best friends, Dungeons & Dragons co-players, and so on. During the pandemic's height, my son, my daughter, and my daughter's partner all worked at the Café. Almost everyone on the staff has a connection to a coworker that carries over to outside the workplace. We come together in the common purpose of food preparation not just to earn a living but to laugh and share and connect as human beings. Second and just as important is the bond between staff members who met each other for the first time while on the clock. Work has been a primary social outlet during the COVID era, which has accelerated the bonding that coworkers experience.

There is a joy and lightness to the Café work environment that carries over to the food. Happy people make tastier food. In any work situation, there is an imperative to get the staff to "buy into" the process. A manager can teach skills or workflow patterns, but it is impossible to teach people how to care. The

Co-op has been fortunate to collect a talented group of eighteen individuals who show up daily ready to enjoy the process of food preparation and service. I hesitate to describe how cohesive the staff is, because I know how fragile such a thing can be, but I choose to celebrate this moment and to receive the blessing. There is no way to know how long the Café staff will continue to function at so high a level as a community. Still, there is gratification in experiencing the culture that this group has created and the food they prepare daily.



The Dogma of Diversity



Haleigh J. Paquette
Produce Manager

I find it marvelous to walk through the Produce Department and observe the great variety of foods we have available to us. Some two hundred distinct fruits and vegetables travel from near and far on any given week to tantalize our senses and fill our bellies. There is something, surely, for everyone. That funny-looking or even perfectly ordinary fruit you can't stand is the next person's favorite. And thanks to your husband's curious infatuation with ground cherries, or your picky kid's particularities, you are growing more varieties in your garden than you would for just yourself.

Now, of those two hundred types of fruits and vegetables on our shelves, there are far fewer unique species; my guess lands near sixty, with forty-five vegetables and fifteen fruits.¹ These numbers probably still outpace what you will go home with, but how do they compare to the total number of species cultivated around the world?² In 2018, Bioversity International, an outpost of a global organization researching food security, collaborated with the Food and Agriculture Organization to ask precisely that: how many vegetable species are cultivated worldwide? The precision of these matters is dubious, but the sense of scale is valuable nonetheless. The answer they found was 1,097 vegetables.³

How does that strike you?
While it renders our offerings

at the Co-op a pitiful lot, we seem to be right where one would expect. According to the researchers' findings, less than seven percent of those 1,097 species are familiar to the average marketplace shopper, the remainder are lying in the fields of traditional food systems. The human diet across the world has homogenized, and our farmlands along with it.



Take the infamous case of the banana, for instance, which is the world's most popular fruit. Tens of millions of metric tons are harvested every year, and just shy of fifty percent are of the Cavendish variety. We already know where this will likely lead: the Gros Michel banana variety formerly reigned supreme in the world food market, until a single

fungus decimated the variety in the 1950s. Monoculture is a risky business.

Have you ever had a funny-looking banana from a banana-growing region? They are far and away more delicious than our Cavendish imports.

So back to your picky child. In the simple act of having different tastes and trying new things, we promote more diverse agriculture. In turn, our farms are less susceptible to diseases, and microbial activity in the soil blooms, yielding more

might want to actively populate our farms and gardens with more diversity, too.

Plus, that other type of banana is joyously delicious! Here's to trying something new!

¹Many of the plant foods that we consider vegetables are actually fruits—that is, they are the swollen ovaries of a flower, and they bear seeds, e.g., tomatoes. For the purpose of this article, and, as far as I can tell, following the Bioversity International survey that I cite, I will observe our (inter)cultural definition of vegetable—that is, plant food that is more savory than sweet, used most commonly as part of the main course rather than dessert. Tomatoes are therefore considered vegetables.

²Taxonomy of fruits and vegetables can sometimes conflict with our everyday language and thus understanding. For example, *Brassica oleracea*, or broccoli, shares that very same classification with the following cultivar groups: cabbage, kale, collards, kohlrabi, Brussels sprouts, and kai-lan. (I have a feeling this list is not exhaustive). This is to say, they are the same species! Individual varieties within this group broaden the assortment even more, but Happy Rich broccoli is still the same species as Tendersweet cabbage.

³Meldrum, G., Padulosi, S., Lochetti, G., Robitaille, R., and Diulgheroff, S. (2018). *Issues and Prospects for the Sustainable Use and Conservation of Cultivated Vegetable Diversity for More Nutrition-Sensitive Agriculture*. *Agriculture* 8(7), 112.

Blossom Studio & Gallery

Exclusively online this year.



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It Was a Busy Winter for Grocery



Patrick Harris
Assistant Grocery
Manager

2021 has brought a pretty radical change to the way we're doing things in the Grocery Department. For the first time, we're now tracking our inventory entirely within the storewide data system, from the point when it's delivered to the moment it leaves the store. I'm told this has been a long-term goal since we moved into our new space, so helping to finally implement it has proven a challenging yet satisfying progression, working through one learning curve after another to build an accurate system. And we're already seeing early benefits, particularly for the customers and our neighbours in the WebCart Department, who can now tell what items we actually have on hand at the time of ordering, for the most part eliminating the extra step of potential substitutions later.

Meanwhile, I've also been assisting our department head John in the task of expanding our inventory via the Nation Co-op Grocers' "Core Sets" program, which has been regularly adding new items for our owners and shoppers to try since January. If you've been browsing in-store recently, you may have noticed a number of pink "New" tags popping up, and previously empty

corners of some shelves now filled out with an expanded roster of products. These are largely the result of this program (although John is always continuing to find new local suppliers as well). Most prominently, you'll see entirely new lines of vegetable medleys from Cascadian Farms in the frozen section, plus a greatly expanded selection of cereal bars and some interesting new flavors of Ithaca hummus. You may also notice our spice rack has been completely overhauled and filled out with a bunch of fresh products from Frontier, which were out of stock for much of last year. While not everything has been a hit (the sous vide "egg bites" will not be returning), we're pleased to see that many of these items are proving popular as folks discover them.

With so many moving parts readjusting across all our departments as we adapt to the new inventory system, the outside world has (for me) thankfully receded a bit. Still, we all remain acutely aware of the pandemic and how it continues to affect our workplace and our community. Everyone in the Co-op bubble has followed guidelines and remained healthy, and hopefully we are nearing the light at the end of the tunnel as more vaccines become available. The aim in all the internal improvements here is simply a better experience for anyone who shops with us,



inside the store or remotely, and in the not-too-distant future when everyone will feel safe returning to the building. There will be a more diverse and healthy variety of options available since our returning customers were last able to visit.

Radiant Sun and a Wellspring for Well-Being

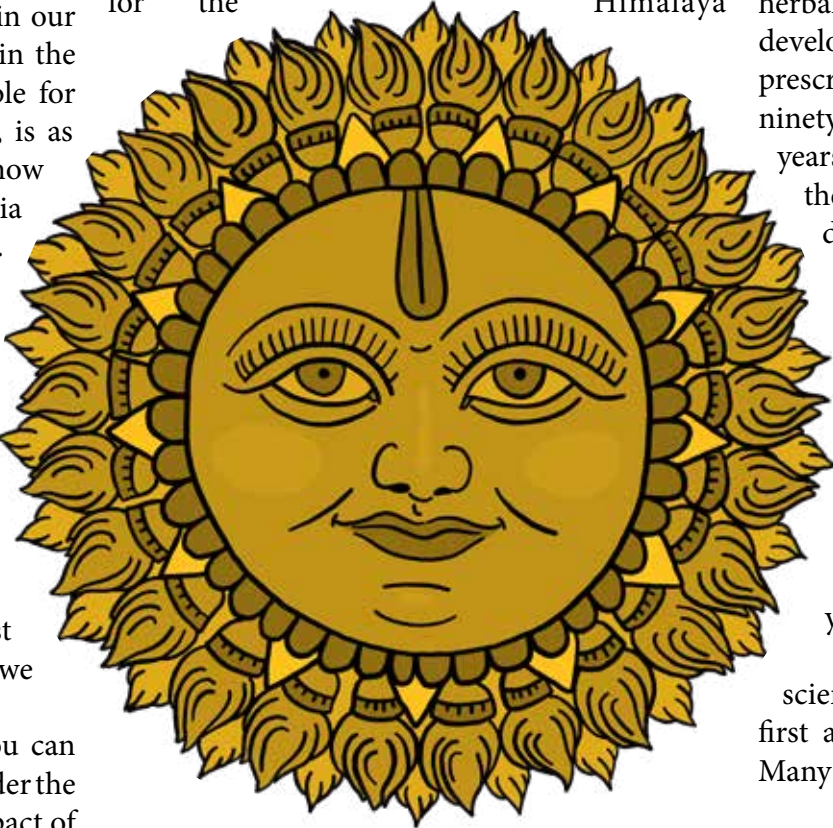


David Walker
Health & Wellness Manager
Co-op owner since 1989

Some energy is created so close to home, other energy so very far away. Our sun is about ninety-three million miles away. Yet, its energy is essential for life on this planet, allowing, among so much else, the synthesis of vitamin D in our skin and stimulation to the pineal gland in the center of your brain. Your gut, responsible for most energy produced within your body, is as close to home as it gets. Many of you know that you have ten times more gut bacteria than all other cells in your body combined. Trillions of bacteria reside in your microbiome. Most of us grow up clueless about how vital these microscopic organisms are to feeling good and being well. Some energy from so far away, and other energy from as close as can be. Well-being is all about the balance of both of these energies and, in fact, all energies. As we grow older, we realize it is balance that is perhaps ultimately our most precious quality. Wellness is indeed how we find balance within.

As you breathe in and breathe out, you can experience a balancing of energies. No wonder the ancient seers were so fascinated by the impact of

healthy breathing on well-being. All of this begs the question of, how do we maintain our sense of balance in the long term, in body, mind, and spirit, through all the "slings and arrows"? I love the idea that joy and sadness need each other, just as day needs night, in-breath needs out-breath, and so on. Sometimes it gets more complicated as we look at keeping our bodies in balance. I was once told by a knowledgeable sales representative for the Himalaya



Drug Company that buying formulations rather than single herbs is recommended as a first course of action when addressing imbalances, whether of the cardiovascular, respiratory, brain, musculoskeletal, or digestive systems. Himalaya is still family-owned after almost one hundred years in operation. Their products are developed in India in a facility that boasts some 250 medical doctors, Ayurvedic master herbalists, and scientists. Each "Care" product developed by Himalaya (for example LiverCare, prescribed by some 350,000 medical doctors in ninety-two countries!) represents at least twelve years of development and addresses not just the targeted system but the entire body. I was drawn to carry almost the whole Himalaya line of offerings many years ago when that same rep told me that people waiting for liver transplants commonly no longer need them after six months of taking two LiverCare capsules daily. These Ayurvedic formulas are designed to bring balance to the body, mind, and spirit, just as the ancient Ayurvedic physicians worked to do with their patients for thousands of years.

Ayurveda, the world's most ancient science of health and well-being, is concerned first and foremost with the health of the gut. Many of us need to care for this cauldron of

Continued on page 9

Appreciating the Changing Seasons

Reprinting From the Co-op Blog



Kipp Sienna Hopkins
Marketing Manager
Co-op owner since 2006

The other day I was standing at my kitchen window, washing my hands. My attention, unusually unoccupied, was caught by a repetitive drilling sound, coming through the glass from outside. We have several neighbors who love to use power tools, so at first I attributed the noise to one of these construction-minded individuals. But then I noticed an unobtrusive bird perched on the tin roof of our shed. I took him for a mourning dove until he turned his head, and I caught sight of his red crown—a woodpecker. Surely not, I thought, but yes, the woodpecker lowered his head and began to drill the tin roof with his beak. Normally I would have whipped out my phone to film such an odd occurrence, but my hands were lathered in soap. Instead, I watched him repeat the procedure three or four times, before swooping away into the tree cover. I felt privileged to have seen such a random event, and a little disappointed that no one was around to have witnessed it with me. Little did I know that over the following days I would hear the little bird at it again and again.

Finally, early one morning, I woke up to his assault on the tin. I quickly got up, opened my window, and listened. Far off in the distance, I could hear an answering call: another woodpecker, somewhere in the woods behind my neighbor’s house, beating on a tree, or perhaps on another manmade structure. This time I filmed the exchange, planning on sending the footage to my bird-enthusiast father, who later informed me that woodpeckers will find the most resonant tree around (or shed, as it were) and broadcast their beat to the local ladies. What I had been eavesdropping on was an annual mating ritual—one which I had missed every spring up to this point. And undoubtedly would have missed again, if I hadn’t been isolating at home. I haven’t heard from the avian Romeo in the last two days, so I must assume that he and his correspondent hit it off.

Several years ago, after my grandfather died, I heard a story from my father that struck me. My grandfather was an interesting individual who had dropped out of high school, taken up farming, and then became a self-educated engineer. He then began his own company, designing and building flume rides. You know: the ones where you sit in a small boat and fly down a waterslide. In fact, his company constructed Disneyland’s Splash Mountain, but that’s neither here nor there. One day, while driving home from

work, my grandfather noticed that the leaves were back, the grass was green, the birds were cavorting; in other words, spring had sprung. With alarm, he realized that he had been so wrapped up in a recent project that he had entirely missed the change from winter to spring. This must have been particularly startling, since his former career as a farmer had linked him intrinsically to every shift in the weather and world around him. On that drive home, he vowed that he would never let himself become so distracted by work that he wouldn’t notice the changing of the seasons. Presumably he kept to this pledge, as the man I knew as a child was always remarking on the goings-on of the animals and plant life that surrounded the home he lived in throughout his later life.

As I say, this story really hit me. Not being an engineer or running a company, I considered it unlikely that I would ever become so distracted by my work that I might fail to note the change of seasons. However, I too have made it a point ever since to pay attention to the changes in the natural world. Not just obvious things like the new leaves of spring, but that time of summer where the leaves slowly go from lighter, well-hydrated green, to the deeper, dryer tones of August. Or when the trees have shed their foliage, and you can suddenly see much farther into the woods. I was born in Alaska, where spring and fall are a lot shorter. The long, drawn-out seasons of New England still take me a little aback, giving plenty of time to note the nuances. I’m used to observing nature through the windshield on my daily eighteen-mile commute. This year I’m working from home, like so many others. I don’t know that I’ve ever enjoyed such an extended observation of the goings-on of my backyard since my childhood. I eagerly anticipate the buds on our apple trees, the evolution of the garden beds my mother tends so fondly, and the arrival of the pink blossoms of the wild cherry tree in our lower field. With our world steeped in so much anxiety and uncertainty, I’m finding it unbelievably comforting to watch the familiar, uninterrupted progression of Mother Nature.

My advice to those of us who are at home, whether working or not, is to enjoy as much of the coming spring as possible. If you’re lucky enough to have plenty of room to move around, like I do, living on twenty-four acres of land, it’s an excellent time to explore your own backyard. (Just watch out for ticks.) If you can’t do much more than open your windows, go ahead and feel the warmer breeze move through your house. Whatever you can do to feel the sun on your cheeks, or to watch the world steadily turning greener.



Word Search

- | | |
|--------------|-------------|
| APRICOT | GREENENERGY |
| ARTICHOKE | KOHLRABI |
| BURGER | LOCAL |
| CHEDDAR | ORGANIC |
| CHICKENSALAD | RADISH |
| COOPERATIVE | RAWMILK |
| EQUINOX | SOLAR |
| FAIRTRADE | SOURDOUGH |
| GRAPE | YOGURT |

Words may be diagonal, vertical, or horizontal. All are left to right.

To see the completed puzzle, go to pg 11

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

Continued from page 7

transformation far more carefully than we have been. There are ways now supported by science to do just that. Healing and optimizing how we digest and transform the food we eat increases our energy for enthusiasm, love, caring, joy, creativity, and communion with life and others.



Reducing not-so-good carbohydrates can be key. For some, eliminating gluten for at least a period during which they are healing their body can also be crucial. Simple things, like including Ceylon cinnamon (“true cinnamon”) in your smoothies, on your toast, or in your cereal, can help maintain your blood sugar levels, which are fundamental to balance. Eating prebiotics, so your “good” gut bacteria have the food they need to prosper, is essential. Bananas, raw honey, chicory root, Jerusalem artichoke, sweet potatoes—these are a few great foods that are also examples of healthy carbohydrates. They ferment in the colon to become small-chain fatty acids, which then become food for your probiotic bacteria. Yes, certain kinds

of fermentation in your body are necessary and good for your health. And yes, the “good” bacteria need some of the so-called “bad” bacteria for your gut to stay balanced.

Healing and Helping Your Gut and Immune System:

It turns out that so-called insoluble fiber is vital for your gut health. It is “known to absorb toxins and promote bowel regularity without the unwanted side effects, such as occasional gas and bloating that sometimes is produced by other fibers,” writes Brenda Watson, founder of Vital Planet and nationally known lecturer on gut health. Organic Vital Fiber, produced by Vital Planet, contains an all-organic blend of flaxseed, pea fiber, fennel seed, Triphala fruit extract, marshmallow root, slippery elm bark, and hemp protein. This blend is a quantum leap in fiber supplements, as it contains herbs that stimulate digestion, soothe and heal the intestinal walls and insoluble fiber that absorbs toxins without bloating.

Unfortunately, increased stress levels and an overly refined diet of genetically modified foods have damaged many an intestinal tract. Vital Planet’s Vital Gut Renew has proven helpful and soothing to many Co-op customers’ healing process. This powder, which dissolves in water, contains high levels of the amino acid L-glutamine, a key healer of damaged intestinal walls, whose microscopic cilia hairs become

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

compromised. Intestinal walls can become micro-perforated, allowing undigested proteins to cause allergic reactions and other issues. Combined with organic aloe and other key mucilaginous soothing herbs, twice-daily intake of Vital Gut Renew can be vital in bringing a compromised gut back into balance. Suppose you really want to treat your gut to a month-long healing protocol. In that case, you could try Vital Planet’s comprehensive program using their two-part Vital Detox, along with Vital Lax (if constipation is your issue), Vital Gut Renew, and Organic Vital Fiber. Adding one of the 60- or even 100-strain probiotics produced by Vital Planet would give your system the highest diversity of probiotic strains offered in the industry. And please note that, unlike most probiotic manufacturers, Vital Planet guarantees their probiotics’ potency at the time of expiration, not manufacture. In fact, their probiotics have twice the stated number of live cultures (120 billion instead of the stated 60 billion, for example) at the time of manufacture. Right now, the supplement we sell that I recommend most highly is Vital Flora Immune Biome Probiotic, which boasts a comprehensive

blend of organic mushrooms with mycelium and fruiting bodies combined with a 60-strain probiotic blend. The mushroom blend supports the healthy growth of probiotics! Instead of the “wet” heat used to process enteric-coated capsules, Vital Planet uses dry heat for a specialized encapsulation. It allows their probiotics to bypass stomach acids, so vital probiotics are deposited where they are most needed in your small intestine. If we think about what we spend on our cars, pleasure foods, and entertainment, investing a modest amount of money in a healthy gut for a few months revamp makes good sense on so many levels.

Keep moving, singing and chanting, turning upside down, working on your breathing practices, trying to see others as sensitive and vulnerable beings no different than you, and remembering that today is no guarantee of tomorrow. I wish you all strength, joy, and resilient being!

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

Blue Hill Co-op Spring Crossword
by Kipp Sienna Hopkins

1	2	3	4		5	6	7	8	9		10	11	12
	13				14		15				16		
17					18	19				20			
21					22				23		24	25	
26			27	28					29		30		31
	32	33							34				
35		36						37			38		
		39						40					
							41				42		43
44	45	46				47		48		49	50		
	51					52	53			54			
55			56	57	58			59	60				
61		62					63				64		65
	66					67				68		69	
70					71							72	

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 Fragrant bunch
5 Nibble
13 Apple pips
15 Akin to “zounds!”
16 Genre with feeling
17 Prima donna
18 When you gonna get here? abbr.
20 European Union abbr.
21 Rock rich in minerals
22 Holiday of eggs and bunnies
24 “Mayday!”
26 3.141...
27 Get hitched
29 Fish eggs
31 Saintry street? abbr.
32 The onion of spring
34 Occupational therapist abbr.
36 On location
37 Afterthought abbr.
38 Smoosh, cram, or rock out
39 Crunchy or smooth?
41 Knight’s prefix
42 Counterpart to lass
44 What goes around
48 Warm weather stove
51 A long, long time
52 What your phone runs
54 Twines around
55 Climate control abbr.
56 Glass bedroom?
61 Certain neopagan
63 “___ La La”
64 Essential of life
66 Nursery vessels
68 Pirate’s cry
69 Public relations abbr.
70 Name meaning ‘lion’
71 Rain may fall in them
72 Ingest

Down

2 Isis’s husband
3 Golfer Ballesteros
4 Or nay
6 Early greens
7 Movie rating
8 An impatient beaver?
9 Super Bowl goal abbr.
10 Thunderous god
11 Dorothy’s auntie
12 Sunday dinner
14 Babe in a nursery?
17 Empty nutshell
19 Thanks in Britain
23 A hen’s bedroom
25 Spring holiday for 61 across
27 For when 59 down won’t reach
28 Spanish article
30 “- tu, Brute?”
33 It’s worn jauntily?
35 Japanese breakfast soup
37 A cat’s laugh
38 Bread spreads
40 Sizable
43 Sweet ending
45 Instruction for a course?
46 Personal aroma abbr.
47 Handy farming tool
49 Critical hosp. section abbr.
50 Post-game moper
53 Sleepy sound
55 Express sympathy
57 Hurried or sped
58 Tree herders
59 Yard tube
60 “I see”
62 Apparel abbr.
65 Relaxing place
67 “What’d ya say?”
68 Whilst

How To Live With Restrictions



Kipp Sienna Hopkins
Marketing Manager
Co-op owner since 2006

You’ve heard of veganism, right? How about paleo? Low-carb, keto, gluten-free? These are all either household terms or well on their way to becoming one. I like to think I’m pretty abreast of the latest trends in dietary lifestyles. But when my friend mentioned that she was thinking of trying the low-FODMAP diet, I have to admit I was stumped. I gathered that she would have to give up certain foods, like legumes, avocados, some cheeses, and so on. Over time, observing how she felt, she would try adding things in again and thus learn which foods were hurting her health. I filed this away as an interesting fact and left it at that.

Then, a few weeks ago, I was informed by my mother that she, too, would be trying out this low-FODMAP diet. My heart sank. Why, you ask? Well, I live in a three-person household with my mother and older sister (plus two poodles and two cats). Each of us has a different set of dietary restrictions that we have to follow for various health reasons. Luckily some parts overlap, so we can still enjoy a family meal together, though usually one or more of us is skipping certain components.

The Venn diagram consists of three overlapping circles. The top circle is labeled 'Low-FODMAP Low-Lysine'. The bottom-left circle is labeled 'Low-Calorie No-Sugar'. The bottom-right circle is labeled 'Low-Carb Keto-ish'. The intersections are labeled as follows: Top and Bottom-Left: 'Low-FODMAP Low-Lysine Low-Calorie No-Sugar'. Top and Bottom-Right: 'Low-FODMAP Low-Lysine Low-Carb Keto-ish'. Bottom-Left and Bottom-Right: 'Low-Calorie No-Sugar Low-Carb Keto-ish'. The center intersection of all three circles is labeled 'Low-FODMAP Low-Lysine Low-Calorie No-Sugar Low-Carb Keto-ish'.

Hopkins-Jae Family Venn Diagram

It’s not so much an issue when my mother cooks dinner, because she follows the meat-and-several-cooked-vegetables formulae. I am a lover of the single-pot meal, specializing in casseroles, curries, Japanese-style stews, donburi, stir-fries, and the like. It’s already difficult enough to make three sets of diets work in a single pot. So you’ll understand why the idea of accommodating another restrictive set of dietary needs seemed daunting to me.

But, I had to remind myself that I had greatly inconvenienced my carnivorous family for the five years I was a vegetarian. Now it was my turn to make things work.

So, what exactly is the low-FODMAP diet? I’m still learning myself, so perhaps next

issue I’ll have more information for you. But basically, it is a relatively recent development in the world of digestive health that focuses on eliminating fermentable oligosaccharides, disaccharides, monosaccharides, and polyols (much more reasonably abbreviated as FODMAP). These are a type of carbohydrate found in fructose, lactose, fructans (found in many grains), galactans (found in legumes), and polyols (found in sugar alcohols).

My mother is now avoiding onions, garlic, apples, mango, regular milk, and a host of other foods. If anyone were allowed to enter our isolation bubble, they would see several handwritten pages of foods she no longer eats hanging on our refrigerator. It may sound unfortunate, but my mother, who has a number of allergies, knows how to roll with the punches. And the elevation of her symptoms that caused this experiment has only increased her fortitude.

As the person who handles almost all the grocery shopping and errand-running during the pandemic, I was sent to the Co-op with a list of foods to replace staples. Since mom could no longer have lactose in her morning coffee, I had to get lactose-free milk. It turns out that we also carry lactose-free half-and-half and yogurt. I had no idea before this experience. Next up, we had to switch from the Ezekiel:49 sprouted wheat bread that my family has been eating since the early 2000s to spelt sourdough from Berkshire Mountain Bakery. Knowing how much my mother likes toast, I went ahead and special-ordered a case through the Grocery Department.

Since cheddar cheese is pretty much lactose-free, I got to have fun shopping our wide cheddar selection (see Robin’s article on page 4). But I also had to remember to grab mozzarella for my sister, who is allergic to aged cheeses.

My sister lives a grain-free lifestyle and therefore relies on nut flours for anything baked. My mother can’t eat nuts, not because of FODMAP but for a different health reason. When we want cake in our house, we have to make two different recipes. Luckily, as long as it’s made without sugar (hello, my lovely monk fruit sweetener), I can eat either one. As you can imagine, we’re really excited about the flourless angel food cake recipe on the Co-op’s blog because it’s made with arrowroot, not nuts or grains. All three of us are free to enjoy. (Now we just need to figure out something to do with the leftover egg yolks.)

It’s true that it’s not always easy accommodating special diets. But I take comfort in knowing that the foods we’re enjoying also help to keep my loved ones healthier. And I’m endlessly grateful to have the Co-op here to support us in our never-ending effort to feed and nourish ourselves!



FLOURLESS ANGEL FOOD CAKE

This cake has a fantastic texture and is entirely grain-free.

- INGREDIENTS
- 12 large egg whites (at room temperature)
 - 1 tsp orange extract
 - 1 tsp vanilla extract
 - 1 tsp cream of tartar
 - 3/4 cup sugar (or monk fruit sweetener for keto)
 - 1 cup arrowroot starch

DIRECTIONS

Preheat oven to 350°. When you’re separating your eggs, be very careful not to get any yolk in them at all. We recommend using a small bowl to separate the whites one at a time, before adding them to the main bowl. Sift together the arrowroot with a 1/4 cup of sugar or monk fruit.

With a hand or countertop mixer, beat the egg white at medium-high for 30 seconds, should be frothy. Add the cream of tartar and extracts. Continue to beat until soft peaks form. Softly beat in the remaining 1/2 cup of sugar or monk fruit, 1 tablespoon at a time, until soft, glossy hills form. Slowly beat in the arrowroot mixture, a 1/4 cup at a time, at low speed until smooth. Pour the batter into an un-greased tube pan and bake for 35-45 minutes until the top is golden brown and it’s doubled in size.

Immediately turn the cake upside-down so air can circulate around the whole pan while it cools. You may have to prop it up so the cake is not touching the surface you set it on. Let the cake cool completely for 1 1/2 to 2 hours. Once cool, use a knife to separate the sides of the cake from the pan. Push up the pan interior and cut free the bottom and center piece. Once the cake is free, you can cut slices with a bread knife, using a gentle sawing motion.



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

Prompt: What's your favorite food from the Co-op Cafe?

If it is anywhere near a mealtime when I visit the Co-op (and fortunately, since I follow the Hobbit diet, that's pretty much anytime), I order the lamb kebab meal - made to order, with fresh naan on the side - and devour it outside on the patio, or in my car if my clothing choices don't match the weather. And what a delight! The kebab is grilled on the outside, tender and juicy within. The assortment of salads, each a tasty treat, is beautiful on the plate; a mound of slivered carrots, lusciously purple beets, multi-colored tabouli, and slick salty olives.



Photo by Mina Mattes

Dipping my fork into this and into that, all my senses engaged, I'd like to report being fully in the moment, but I'm not. The tastes, the scents, the beauty of simple foods elevated to culinary delights transports me to the memory of an adventure in the faraway (pre-COVID) land of New York City. There, my partner and I pulled a U-turn in the middle

of a busy thoroughfare into the parking lot of a sparkling new strip-mall kebab takeout restaurant. The owner was clearly proud of the assortment of accompaniments in his display case. He'd point to one; we'd nod. He'd point to another, and we'd nod again until the container was nearly overflowing, and with smiles and thanks, we left the shop. A spot in the park with a small table played host to our al fresco feast. One bite of the Co-op kebab platter and I am there again. That's the wonderful thing about the Co-op cafe: whether I'm perusing the menu at the counter or scanning the array of choices in the "grab & go" case, there's something there for me that either evokes the memory of a special meal or invites me to embark on a new adventure. May I have dessert? The chocolate mousse, please.

Kris Deveau
Co-op owner since 2020

FIVE HAIKU
By Martha E. Duncan

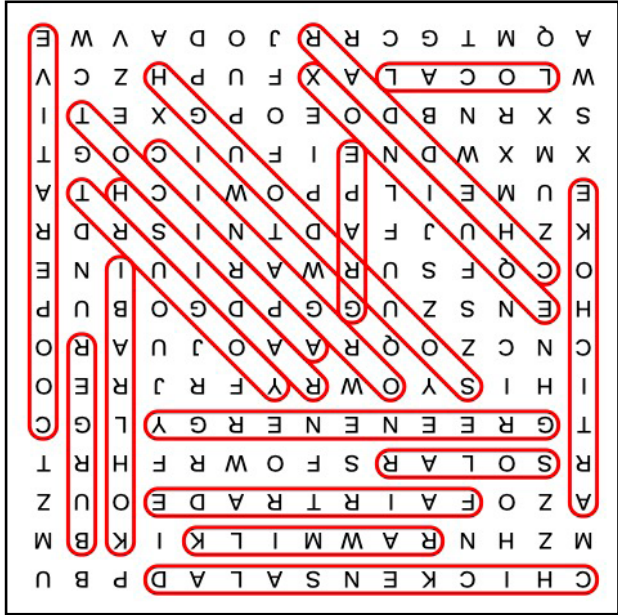
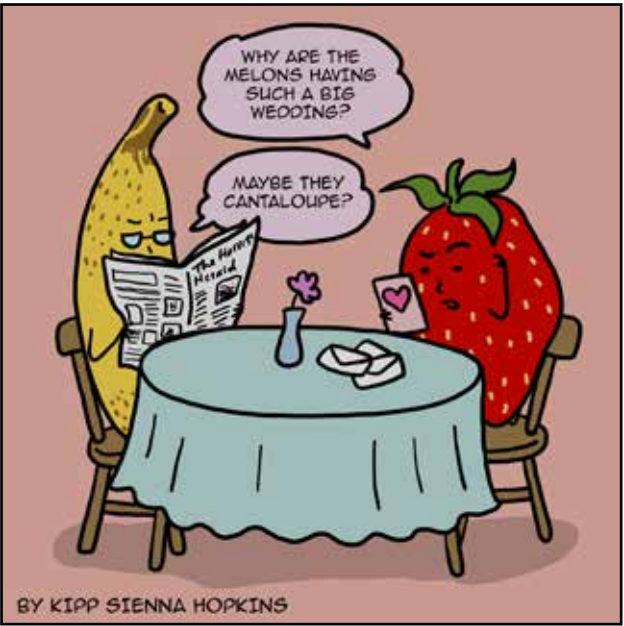
his morning I woke
the rain mingling with my tears
we circled the world

child holds his palms out
yarrow sticks red yellow blue
loose bundle on birch

hiding his short tail
why is bobcat fixing eye
on the house that way

earth sipping water
at shore, low tide; still green mounds
in new-spreading sun

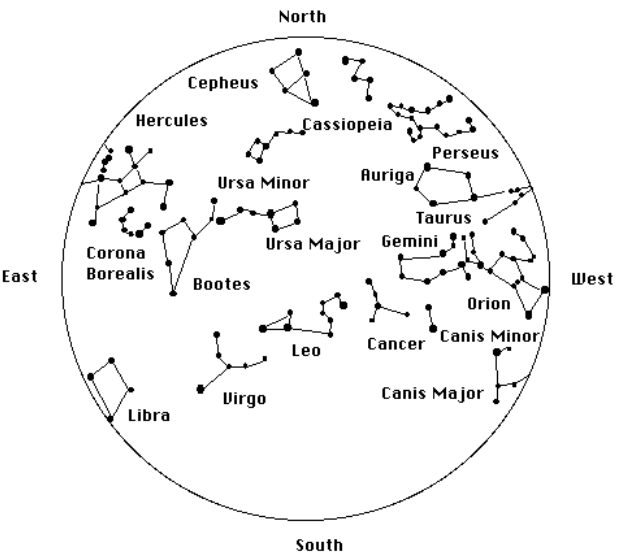
traceless face, jeweled tail
dragonly wings stretch and reach
star-paths fused with rain



Word search on Page 8

Spring Stargazing

As the weather gets warmer, sitting outside at night and watching the stars is a great pastime.



- | | |
|------------------------------------|-------------------------------|
| Circumpolar Constellations: | Winter Constellations: |
| Cassiopeia | Bootes |
| Cepheus | Cancer |
| Draco | Crater |
| Ursa Major | Hydra (not shown) |
| Ursa Minor | Leo |
| | Virgo |

Bootes contains the supergiant red star Arcturus. It's 37 light-years from Earth and is 20 times larger than our sun. Virgo has Spica, a star 260 light-years away from Earth. Spica is 100 times brighter than the sun. It is believed that Spica may actually consist of two stars orbiting each other closely. To find these two (or three) stars, imagine an arc connecting the big dipper's handle (Ursa Major), through Bootes, to the end of Virgo. Not shown on the chart above, Hydra is the largest constellation, containing 17 main stars and measuring 1303 square degrees. It stretches from below Cancer to below Virgo. In Greek mythology, defeating Hydra was one of the twelve labor of Hercules. For every head he sliced off, two more would grow. Hercules was only able to kill Hydra by cauterizing the wounds.



Crossword on Page 9



SOUFFLÉ PANCAKES TWO WAYS KETO & REGULAR

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

Have you seen those super fluffy soufflé pancakes that are all the rage in Japanese cafés? They're actually quite easy to make at home, with minimal ingredients and no special tools. You can have them plain or with toppings like fresh fruit, chocolate chips, whipped cream, or a home-made berry compote. The best thing is that this recipe can be made keto-friendly (grain-free and sugar-free) with two simple substitutions.



Regular Pancakes

DIRECTIONS

Separate your eggs into two medium mixing bowls. Combine the yolks, flour, milk, baking powder, and sugar. Beat the egg whites on high until stiff peaks form. Add the whites to the yolk mixture and carefully fold together using a rubber spatula. Do not over mix. Heat a warm skillet over low heat and coat in butter or vegetable oil. Scoop the batter into 3-4 pancakes, piling it high. Cover the pan and let them cook on low for 5-7 minutes. The pancakes will have expanded. If they're touching each other, separate with a spatula before flipping. Carefully flip the pancakes, cover, and cook another 5-7 minutes. Serve hot, with your choice of topping.

INGREDIENTS:
2 eggs (separated)
5 tbsp bread flour or almond flour for keto
2 tbsp milk
1 tsp baking powder
2 tbsp sugar or monkfruit sweetener for keto
butter or vegetable oil for the pan

POSSIBLE TOPPINGS:
fresh berries
whipped cream
chocolate chips
spiced bananas
berry compote
maple syrup
sugar-free syrup like Just Date Syrup



Keto Pancakes

Best of #bluehillcoop

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



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MAKE AT HOME