The Harvest Herald

Presented by **BLUE HILL CO*OP**

Spring 2022

Spring comes again



Kevin Gadsby General Manager Co-op owner since 2016

s we head toward brighter, warmer days, I Aam reminded that winter, even though it has felt unending this year, lasts only for a season. Thankfully, we will soon be liberated from its cold, dark grip and feel the revivification of spring. Co-op staff today showed clear signs of feeling liberated from having to wear face masks while at work as we have officially lifted the mask mandate for all staff and moved toward a maskoptional policy. It's great to see so many smiling faces. We will respect and give space to those who wish to continue to wear face coverings by choice. We hope this comes to you as a welcome change. Moving forward, we will continue to monitor guidelines as established by the CDC/ Maine CDC and revise the policy if needed. But we hope that this direction lasts beyond a season.

And, just when things have started to look more hopeful regarding the COVID-19 pandemic, we are now faced with additional worrisome uncertainties in our world as we navigate our emotional and moral response to war and injustice. And to make matters worse, inflation has hit us at a level not seen in years. It's particularly painful at the gas pump. If you heat your home with an oil-burning furnace, you've noticed the price of heating oil too has recently spiked higher than we've seen in our lifetime—even more reason to welcome the warmer days of spring.

Unfortunately, the co-op is not immune to this economic instability. There is not an invoice that lands on our collective desk without changes in cost. Department managers and buyers work very hard to keep prices down, but much of this is beyond our control, and the inevitable result of higher costs to us means higher prices on the shelf. It is especially at times like this that we are grateful to be a part of National Co-op Grocers (NCG). Our membership with NCG allows us to remain competitive in an increasingly stressed



Photo by Kipp Hopkins

retail environment. Programs such as Co-op Deals, Bonus Buys, and Core Sets (formerly Co-op Basics) allow us to offer popular, highquality organic and natural foods at affordable prices. The bi-monthly cycle of the Co-op Deals program provides a new and diverse selection of sale items every two weeks for savvy co-op shoppers to take full advantage of. The benefits of these sale programs are the direct result of retail cooperatives joining together to produce a shared benefit for the greater cooperative community of which we are grateful to be a part. A primary slogan of NCG over the years has been "Co-ops Stronger Together." The effect of this alliance helps to generate and sustain vibrant local communities even in times of uncertainty. When you shop your community-owned food co-op, you are an active participant in the future sustainability of your local food economy.

Please visit the following website: www.grocery.coop/article/you-are-co-op-difference for more information on how your regular support of Blue Hill Co-op makes a difference.

Shout out to our co-op community for your continued support during these challenging times. We have been strengthened because of you.

— Kevin Gadsby

"I wanted a perfect ending. Now I've learned, the hard way, that some poems don't rhyme, and some stories don't have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious Ambiguity."

~ Gilda Radner ~

"If uncertainty is unacceptable to you, it turns into fear. If it is perfectly acceptable, it turns into increased aliveness, alertness, and creativity."

~ Eckhart Tolle ~

In this Issue:
Spring comes again pg 1
15 Minutes for well-being pg 2
Ownership at a Glance pg 2
Support your local food system pg 3
Change for Good pg 3
Fresh and aged cheeses pg 4
Recipe: Cream Cheese from Scratch pg 4
What's in my glass pg 5
Pysanky and Krashanky pg 6
Spring Stargazing pg 6
What's new in grocery? pg 7

Pomelos (citrus maximus) pg 8 Art in the Café pg 8 How African Market Baskets are made pg 9

Don't forget your containers! pg 7

The great escah'pay pg 10 Recipe: Vegan Dumplings from Scratch pg 10

The Puzzle Page pg 11

What is well-being pg 12

12 Ways to reduce household waste pg 13

Sign up to compost pg 13

Food of our people pg 14 Recipe: Poutines à Trou pg 15

Co-op Voices pg 16

Recipe: Breakfast Timpano pg 16

Best of #bluehillcoop pg 16

15 Minutes for well-being



Jennifer Wahlquist Coolidge Ownership Coordinator *Co-op owner since 2003*

ow would you like the Co-op to support your health & well-being? For the past few months, I've been sending welcome postcards to new owners, asking them this question. One particular response stood out to me, "I think just being in the co-op environment will be immensely good for me." This new owner's answer gave me an opportunity to evaluate my own experience. I wondered what I could do to experience more health and well-being while part of the coop environment.

Broadcast all over the Co-op magazine rack, I regularly see the importance of mediation for supporting health and wellbeing. Meditation is a well-documented tool for raising one's health and well-being on physical, psychological, and emotional levels. A quick Google search can bring up a multitude of scientific studies that show how meditation may:

- Improve blood circulation
- Lower the heart rate
- Improve immune system functions
- Reduce cortisol production
- Contribute to longer and more restful sleep
- Lower blood pressure
- Improve brain function and decelerate memory loss
- Enhance mental agility and alertness
- Reduces menstrual pain
- Increases emotional resilience

As a Mom of four and a fulltime employee, finding time for mediation has felt like an impossible task, no matter how beneficial it might be. Many recommend starting or ending the day with meditation, but there's just no getting up earlier or going to bed later when it feels as though I'm constantly running on empty and always behind.

That said, I have recently started a new practice that doesn't require adding extra hours to my day or taking away from my sleep but rather utilizing the time I do have already. It's working really well for me, and I share it here in case it might help others struggling to find a way to incorporate meditation into their busy lives. After I drop off the kids at their schools, I go to work, but instead of rushing inside to clock in for the day, I spend 15 minutes in my car to be silent with myself. I focus on the sound of my breath. I watch the trees and try to tune into their respiration then quiet my mind. Thoughts do come, and I try just to notice them and let them fall away. I remind myself that this is my time not to think about anything. This is my quiet time to reset.

Who benefits from this practice of mediation? I do. I'm noticing positive physical, psychological,

who else benefits from my practice of mediation? My co-workers, customers, and family benefit from me practicing this centering and grounding. I'm not perfect, but I am a little calmer, more creative, and more patient on

and more patient on the days I make time to meditate. This is one small thing (although it sometimes

feels like a big thing) that I can do for myself and others to support health and well-being.

I invite you to try it next time you're at the co-op getting ready to grocery shop. It doesn't need to be 15 minutes – even 5 minutes of quiet can go a long way in transitioning from driving to more peaceful grocery shopping.

- How do you incorporate meditation into your life?
- How would you like the Coop to support your health and well-being?

I'd love to hear from you.

Co-op Board Officers & Members

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

When Are Board Meetings?

THE FOURTH THURSDAY OF EVERY MONTH AT 6:30PM

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

Ownership at a Glance

NEW OWNERS SINCE JANUARY 1ST: 56

TOTAL ACTIVE OWNERS: 2,501



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

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

The Newsletter Team

Managing Editor: Kipp Hopkins
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Contributors/Writers: Co-op Staff & Working Owners

LETTERS TO THE EDITOR

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

DISCLAIMER

The Blue Hill Co-op serves a diverse community. It is within the vision of this co-op to strive to embrace diversity and to meet as many needs as possible. Opinions and viewpoints shared within this newsletter are neither endorsed nor disregarded. Editorial content is intended for informational purposes only and is not intended to diagnose, prescribe, recommend, or offer medical advice. Newsletter articles do not necessarily reflect the opinions of the Board, staff, management, or Newsletter Team. Advertisements will be sold at the discretion of the Advertising Coordinator, who reserves the right to refuse and edit submissions.

Support your local food system



In the summer of last year, our general merchandise buyer Martha and I discussed designing a new sweatshirt for the winter. I was in favor. I pretty much live in my sweatshirts, one of which is a super old, snuggly Co-op sweatshirt. We decided to go for it, and Martha gave me the go-ahead to spread my creative wings on the design.

Inspired by the shirts and sweatshirts popular in my home state, which say "Alaska Grown," I knew I wanted to focus on local. The Alaska Division of Agriculture created these to bring awareness to the food and products produced in that state. Awhile back, when I was visiting my friends there, everyone was wearing them. Being Alaskan grown myself, so to speak, I was thrilled to be presented with one of my very own. Unfortunately, I lost the shirt while moving, but before that, loved wearing it to show my state pride and support of the local agriculture.

So, I decided to highlight the Maine theme for our new sweatshirts, hoping to capture some of that same feeling of pride and support. After all, we have a really amazing community of farmers, producers, vendors, and retailers here. I'm constantly blown away by the people who dedicate their lives to keeping this community's food system vibrant and alive.



Model: Robin Byrne, photo: Kipp Hopkins

Last year I drove around the state, visiting some of our biggest producing farms, and photographing them and their families for our farmer portraits in the Produce Department. Later, I would do the same for a few of the local bakers we carry. Since I'm not



Design by Kipp Hopkins

a department buyer, I don't always personally get to know the producers behind our food. It was an absolute joy to meet and talk with them. Most of the time, the conversations rolled around to them saying how much they appreciated the Co-op for carrying their produce, then I would say that it was us who should be thankful to them.

Did you know that the Co-op carries products from over 250 Maine businesses? And that number is growing every week. We're always looking for new local producers to bring on board, and new businesses are springing up every day. Despite the difficult times we have been living in, local families are proving their talent and ingenuity in a myriad of ways.

With these things in mind, I created the design for the new sweatshirts to showcase the state of Maine, made up of some of the foods produced here. You'll see blueberries, apples, mushrooms, peppers, corn, zucchini, pickles, eggs, milk, cheese, crab, honey, bread, meat, and more. It was a lot of fun building the shape and fitting it all together.

The sweatshirts themselves are made of 100% recycled material and printed locally by Woodland Studio in Ellsworth. It's a different sweatshirt than the one we used last time, which was comfy but expensive. I was happy when they arrived and coul feel how soft the material is. It's a good weight too, warm enough for winter but also a suitable thickness for spring and fall. I would call it an all-season sweatshirt!

As with many things recently, we had to wait longer than expected to get our hands on them, as the supplier was out of stock until January. We didn't get them here for Christmas, but they're here now, and I've already seen people walking around in them! They join our shirts with the bee design on the back, the Cafe shirts in long and short sleeves, and the Co-op Chicks shirt (featuring baby chicks).

CHANGE FOR GOOD

Thank you to everyone who has rounded up their purchases in 2021. Together we raised \$17,361.02 for local organizations. We can see the total donations for 2021's recipients on the display screen at customer service and on our website. On average, we raised \$1,447 of contributions each month (with the highest being \$2,197.80 for Acadia Wildlife Center). The following are the recipients for 2022. Don't forget to round up at the register. Your small change can help make big change!

JAN: FARM FRESH REWARDS is a program where shoppers using SNAP/EBT can earn bonus dollars for Maine-grown fruit and vegetables. Maine Farmland Trust runs the program. The Co-op is 1 of 19 participating stores. $\sim \$547.29$ raised

FEB: WINDOWDRESSERS brings community volunteers together to improve the warmth and comfort of interior spaces, lower heating costs, and reduce carbon dioxide pollution by producing low-cost insulating window inserts. \sim \$367.26 raised

MAR: DOWNEAST AUDUBON's mission is to educate and engage the people of Hancock County, focusing on birds, other wildlife, and their habitats for the benefit of local communities and their natural environment.

APRIL: HANCOCK COUNTY FOOD DRIVE/HEALTHY ACADIA's mission is to empower people and organizations as we build healthy communities together. They address the critical health challenges our communities face and make it possible for all people to lead healthier lives throughout Hancock and Washington counties and across Maine.

MAY: PENINSULA AMBULANCE CORPS recognizes the changing needs of the community and is dedicated to providing the highest quality ambulance and related health care services to the residents of Blue Hill, Brooklin, Brooksville, Castine, Penobscot, Sedgwick, and Surry, Maine, as well as the larger EMS community.

JUNE: CAMP CAPELLA is a lakefront summer camp in Dedham, Maine, that provides diverse recreational and educational opportunities for individuals with disabilities. Camp CaPella is for campers, regardless of ability, to be afforded an opportunity to enjoy a summer program.

JULY: BAGADUCE RIVER EQUINE RESCUE provides food, shelter, farrier, and veterinary care to horses and donkeys in need and finds safe, knowledgeable homes after rehabilitation.

AUG: ALLIED WHALE is run by College of the Atlantic. "On a tiny, remote island in the Gulf of Maine, student researchers make science history watching whales... Allied Whale has been using photographic identification (photo-ID) techniques to study humpback and finback whales for over 40 years."

SEPT: BAGADUCE WATERSHED ASSOCIATION's mission is to protect and promote the diverse ecosystem and environmental health of the Bagaduce River through community awareness and involvement.

OCT: WABANAKI REACH supports the self-determination of Wabanaki people through education, truth-telling, restorative justice, and restorative practices in Wabanaki and Maine communities. They design Their structures and processes to be responsive to Wabanaki communities and beneficial to Wabanaki people.

NOV: HOSPICE VOLUNTEERS OF HANCOCK COUNTY seeks to enhance the lives of those experiencing life-limiting illness and grief and loss by providing quality, cost-free compassionate support, and comfort. Their guiding values are: dedication to the preservation of individual choice, dignity, and quality of life; support for volunteers and the hospice team; hospice education, advocacy, and community engagement.

DECEMBER: MOFGA promotes organic agriculture through education, training, and advocacy. The Maine Organic Farmers and Gardeners Association is creating a food system that is healthy and fair for all of us, but we can't do it alone.

Fresh and aged cheeses



of "fresh" are sought out for their simple but satisfying flavors and textures: tangy, salty, smooth, and creamy. Fluffy ricotta, creamy goat cheese, soft mozzarella, crumbly feta... these are all great examples of fresh cheeses.

There is minimal aging, if any, for fresh cheeses, and they do not have a rind or natural covering. The textures range from creamy

and spreadable to soft, pliable, or crumbly. It is most common to find these cheeses at markets and stores sold in containers of some sort. We stock great examples at the Co-op: goat chèvres in many flavors, feta packed in brine, fresh balls of mozzarella packed in water, crème fraîche, ricotta, and cream cheese. Halloumi is also a fresh cheese even though it is known

for its firm, rubbery texture which does not melt (making it great for frying and grilling).

Cheese-making begins with adding a "starter" to the milk to "ripen" it. A few different bacteria cultures cause the proper acidity reaction in milk to bring out the ripeness before turning it into curds and whey. There are several different strains used depending on the cheese in production. These

cultures convert the milk sugar (lactose) into lactic acid, which thickens the milk. Rennet is also added to create fuller, thicker curds. Once the curds form, they are strained from the whey (liquid), and the cheese-making process

continues onto the different varieties.

Aged cheeses, of course, take more time to make than fresh ones. While they are in their cheese caves (special temperature and humidity controlled vaults designed for this purpose), aging times vary considerably. There are younger-aged cheeses like cheddar, romano, manchego, or gouda that need only a few months, while others take a longer route of 1-8 years! You will commonly find parmesan and several highly sought-after cheddar aged two years or more.

Many aged cheeses lose moisture and get harder as they ripen. Hard cheeses we stock at the Co-op like parmesan, aged cheddar,

Fresh cheese is the youngest, purest form of cheese. Cheeses that falls into the category comparison, semi-hard cheeses like Jarlsberg, gouda, and Havarti can be sliced or grated. These cheeses are delicious on their own, but don't rule them out for sandwiches, additions to charcuterie boards, or as ingredients to many dishes.

> Blue cheese is an aged cheese where the bacterium Brevibacterium linens (B. linens) is stirred into the milk during the

> > cheese-making process.

provide the B. linens with the oxygen it needs to grow, cheesemakers push needles through the curd as the milk sets, creating the iconic blue-green veins throughout the cheese. As the cheese ripens for several

weeks or months, it develops the sharp, robust, and tangy flavors that many cheese lovers covet in blue cheese varieties like Roquefort and cambozola, along with many other blue cheeses.

The double cream and triple cream cheeses are also considered aged as they need time to build and grow their distinctive "live rind." These cheeses are inoculated with the B. Linens bacterium like the blues. The bacteria sometimes cause a rust or pinkish growth on the outside rind. This growth is safe to eat though maybe not so appetizing to look

> Nutritionally speaking, all cheeses, whether made from cow, sheep, or goat milk, are excellent sources of calcium, fat, protein, phosphorus, Vitamin B12, and Vitamin

A. Keep in mind that aged cheeses have less moisture and are more concentrated than their fresh relations, so their

nutrition levels by weight can be deceiving.

Of course, there are so many different types of cheese from all over the world as well as right here in Maine. It's hard to imagine one single place where they can all be found. We do have fun seeking out new types and flavors while still offering the "old favorites!" If you are a cheese lover, you know what we

Keep checking in to see what's in the store, and keep loving up your cheese!

CREAM CHEESE FROM SCRATCH

See more recipes online www.bluehill.coop/blog



Photo by Kipp Hopkins

If you want to try your hand at making cheese at home, cream cheese is one of the easiest starting points! Smooth, creamy cheese that takes no aging, perfect to spread on your bagels!

INGREDIENTS 1 cup whole milk 1 cup half and half 2 cups heavy cream 5 tbsp lemon juice 1/2 tsp sea salt

EQUIPMENT large stainless steel pot cheese cloth colander cooking thermometer

Line a colander with a large cheesecloth and position over the sink. Be sure that your cheesecloth hangs quite a bit over the edges of the colander.

Rinse a large pot with cold water. Add the dairy and salt to the pot and heat over a medium flame to approximately 165°-170° F.

Stir in the lemon juice and continue to heat for another minute or two. Curds will begin to form and float to the top and the dairy will begin to simmer, with a gentle foam forming on top as more soft, cloudy curds continue to form. Once you see the curds, turn off heat and let the pan sit for another minute before removing from the burner.

Then let sit for another 2 minutes before slowly and gently pouring the contents of the pan into the cheesecloth. Gather edges of the cheesecloth and suspend over kitchen faucet or just let drain in the cheesecloth lined colander. You can give the wrapped cheesecloth a gentle squeeze to release some of the whey. Let it drain for 1-4 hours, based on desired consistency.

Gently open cheesecloth and turn cheese into an airtight container. If it still seems a little loose, that's ok, it will thicken in the fridge as it chills. Let cool in the fridge for at least 2-4 hours before serving.

Store in fridge for about a week or in freezer for up to 2 months. Note: freezing will change the texture, making it less spreadable, but good for

What's in my glass? Organic, biodynamic, sustainable, and natural wine production explained



John McClement Beer & Wine Department Co-op owner since 2018

Thile observing owner buying habits over the last few months, I've noticed a large percentage of wine purchasers drawn to wines labeled organic. It makes sense—organic coop = organic wines. Amazingly, organic wine sales accounted for only 3.6% of global wine consumption last year, and while it certainly does simplify the process of choosing a wine because it's organic, I thought I'd try to shed some light on the winemaking process as well as the reasoning behind many producer's farming and processing techniques. I'll also try to highlight some of the hidden merits of the myriad of wines not labeled

First, let's define wine production in the simplest of terms according to the "rules and regulations" in place:

Organic: Per the USDA, organic wine is a wine that has been produced from organically grown grapes.

Biodynamic: Wine from grapes grown following the biodynamic principles of Austrian philosopher Rudolf Steiner. The focus is on organic farming methods achieving holistic balance and equilibrium throughout the entire vineyard. Organic plus, if you will.

Sustainable: Wine produced by incorporating ecologically and environmentally sound practices and addressing social equity issues. This method allows a winemaker flexibility to adjust the process as nature, circumstances, and economics

Natural: AKA Low Intervention, Naked, or Raw wines. In their simplest form, Natural wines are organically produced using no pesticides, herbicides, or additives and made using native yeasts and no filtration.

Confused yet? Hold on to your spectacles because it gets far more technical and headscratching from here!



ORGANIC

In the US, certified organic wine must be made with 100% organic grapes, and all additives (sulfur, yeast, egg whites, oak chips, citric

acid, and many many more) must be organic and certified by an accredited organic certifying agent. Certified organic wines must also have less than ten parts per million of sulfites which occur naturally in all wines. Less than 3% of wineries in the US are certified organic. Many more are practicing organic and say they would join if the certification process wasn't time-consuming and costly.



MADE WITH ORGANIC GRAPES

The next level of US classification is wines that "made with organic grapes" written on the label. The significant difference here is the amount of sulfites allowed is higher, up to 100 parts per million. Sulfites in wine have gained a bad reputation as the cause of hangovers, but this theory is now being widely debunked by a host of new studies. Sulfites stabilize the wine and keep it as the winemaker intended during the bottling, shipping, and marketing process. Furthermore, there are far more sulfites in bottled juices, packaged meats, commercial soups, sauerkraut, and dried fruit (up to 2000 ppm in dried fruit!). For reference, 100 parts per million is 0.01% of the total liquid. This is the equivalent of 10 drops in a 55-gallon barrel. Conventional wines are allowed up to 350 parts per million.



EU ORGANIC

The EU organic certification is a bit more lenient and similar to the US "made

with organic grapes" classification. Wines must be made with organically grown grapes. All additives must be organic, and sulfate levels are allowed up to 100ppm for red wines and 150 ppm for whites and rosé wines, which have less naturally occurring preservatives than reds.



BIODYNAMIC

Based on soil health planned planting, maintenance, and harvesting practices arranged around the moon's phases, biodynamic

wines are certified by two international certifiers, Demeter and Biodyvin. All grapes are organic, and the winemaking process is usually as handsoff as possible, reflecting the holistic health of the entire vineyard operation. Some very unconventional and not based on science soil additions such as ground animal bones, organs, and herbs (definitely not vegan!) are included in biodynamic practices. Still, the proponents say the health of their soil and the entire vineyard eco-system is unsurpassed.



SUSTAINABLE

Sustainability in terms of wine is basically managing environmental and human responsibility in the wine and producing

process. As the world experiences more of the effects of global warming, sustainability is becoming an integral part of wineries worldwide. Reducing environmental waste, water use, energy use, greenhouse gas emissions, and nitrogen use are just some of the issues focused on when creating a sustainable environment. There are many sustainability certifications and rating programs throughout the wine world, each focusing on the unique environmental stresses of the region. Many programs include worker health, economics, and social equity as part of their certification.



NATURAL

Interchangeably called "low intervention," "naked," or "raw wines," the natural wine movement has existed for about twenty years and

is gaining market share and new converts daily. Beyond organic, natural wines strive to be a more pure form of wine without ANY additives in the winemaking process and zero use of pesticides, herbicides, or sprays. Naturally occurring native yeasts are employed for fermentation, no fining (substances for clarification) or filtering, and a minimal amount of sulfites (SO2) used for stability in bottles. Essentially it is the fermented juice of grapes. Wine in its purest form as it was made before quality safeguarding additives were first invented 100 years ago. If Natural wines have a drawback, it is that they must be continually scrutinized throughout the winemaking, storage, and shipping process to avoid issues such as second fermentation in the bottle, brettanomyces (overly heavy barnyard smells and flavors), mousiness (the aroma of caged mice), over oxidation, and cider-like acidity and flavors. However, when the wines are sound, they soar with alive and fresh flavors.

So how do you find that perfect wine that will see you through both good times and bad and not fill you with additives you'd prefer not to drink? The answer is EXPERIMENTATION! Everyone's palate is different. A wine that I find extraordinary, you might just say, "HUH?" Through an old governmental loophole, and unlike most other consumable products, wine does not have to list all its ingredients on the label. It's tricky. I try to vet every new wine I bring in to ensure it's not filled with lots of additives that may fall under the organic acceptance list but aren't something you'd choose to have in your glass, but it is not always easy. The harder it is to discover the winemaking process, the more suspect one gets towards the purity of the wine. Winemaking is not an inexpensive process, and for the most part, winemakers want to offer you their artistry in its purest form. Still, sometimes Mother Nature hands us situations that could quickly cause financial ruin to a vineyard owner, and they must use the tools available to see them through any hardships thrown their way. The consequences of global warming have given us much more frequent storm conditions where rain, hail, wind, and heat can wipe out an entire vineyard crop in a matter of hours. It's a big risk. The end rewards in the glass are in large part due to the Herculean efforts of the winemaker to make sure that every step from vineyard to bottle goes as smoothly as possible.

What's the takeaway from all this confusing information? Awareness. Step out of your comfort zone and try different things. Don't be an "I don't like X wines" person or an "I only like X wines" person. Ask questions, experiment, compare. Most of all, have fun! The benefits of wine far outweigh the negatives. Enjoy! After all, it's just fermented grape juice!

Pysanky and Krashanky: traditional Ukrainian Easter eggs

This time of year, many Americans are pulling out their plastic eggs preparing for egg hunts on Easter morning (April 17). But plastic eggs are hardly the most environmentally friendly holiday accourrements and are far from the beautiful folk art that helped inspire them. Many cultures have used eggs as a symbol for spring and have dyed and decorated them during vernal celebrations. Perhaps the most recognizable tradition is the Ukrainian Pysanky, the beautifully intricate dyed eggs covered in designs.

Pysanky are made by drawing designs on the eggshell with hot wax. A special stylus tool called a pysachok is used to lay down the fine lines. Once the lines are drawn, the egg is submerged in dye. Any areas covered with wax will retain the color underneath. Thus, wax can be applied between dyings, allowing for multicolored intricate art pieces. After the dyeing is complete, the wax is heated with a candle and carefully wiped away, revealing the colors beneath. Traditionally, the eggs are raw, and as time passes, the contents will dry, leaving them preserved, though still fragile. Another preservation method is to

make a hole on either end of the egg

and blow out the whites and yolk.

A Pysanka will last as long as the shell remains un-damaged, and

many families have eggs made

by past generations of family

members.

It is believed that Pysanky pre-date Christianity. Pre-Christian Ukrainian people believed the egg was the origin of all and viewed its components as symbols for the world: the shell as sky, the white as water, and the yolk as earth. We also know that the traditional patterns and motifs that are still being used today have been a part of Ukrainian folk art

of Christianity, though the symbolism has since evolved to take on Christian meaning.

since long before the introduction

No Pysanky have survived from ancient times, eggshells are one of the most fragile mediums, so this is perhaps not surprising. But many ceramic eggs have been found in burial sites, mhim though they are smaller than chicken eggs and less intricately decorated. It is believed they were used as symbolic stand-ins for the more fragile Pysanky. The oldest surviving Pysanka is 500 years old and was discovered during the excavation of a 15th-16th century rainwater collection system in Lviv. Though the original color of the dye is not distinguishable, it is clearly

decorated with a wave pattern.

The art form was almost eradicated during the 20th century when the Soviet regime forbade making Pysanky since it was viewed as a religious practice. Tragically, many museum collections of the eggs were destroyed during this time, and the practice was almost forgotten. Though in some rural areas of Ukraine, individual women continued to quietly make their Pysanky and preserve the traditions and symbols for future generations. The practice

also arrived in other parts of the world with Ukrainian immigrants and quickly gainined recognition and

popularity everywhere but in its homeland, where it was still forbidden. After Ukraine won independence in 1991, the folk art was revitalized. To find out more about the fascinating history of Pysanky, check out: www.pysanky.info.

If you're interested in making Pysanky at home, there are many YouTube tutorials to watch, but you will need some special tools, like a *pysachok*. If you're looking for another traditional

Ukrainian egg that is a little easier to make, you can try Krashanky. These dyed eggs are solid colors, usually made with vegetable dyes. Unlike Pysanky, they are boiled first and used to decorate the Easter table.

Then, traditionally, the two youngest children bash two eggs together, and whoever holds the most intact egg is the winner. The eggs are blessed and eaten.

It's easy to make your own dyes using ingredients you probably already have at home. Different foods will create different colors:

• Pink - 3 cups beets

• Light blue - 3 cups purple cabbage

• Dark blue - 3 cups blueberries

• Green - 3 cups spinach

• Purple - 1/2 cup beets + 1/2 cup purple cabbage

• Orange - 4 cups yellow onion skin

• Yellow - 2 tbsp turmeric

• Brown - 1 cup ground coffee

• Black - 2 cups walnuts

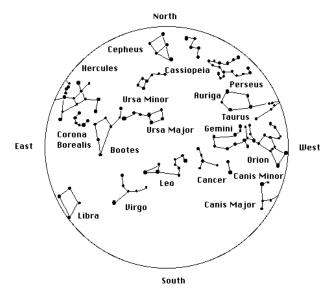
To make the dye, chop the ingredients for your chosen color and simmer them in 2 cups of water with 1 tbsp of white vinegar for 1 hour. Submerge the

Spring 2022

hard-boiled eggs in the dye for 30 minutes for light hues and 1 hour for more vibrant hues. Pat the eggs dry.

Rathan than buying more plastic eggs for Easter, one of our employees recommends hiding these Krashanky instead, then trading them for

Spring Stargazing



Circumpolar Winter Constellations:

Constellations:BootesCassiopeiaCancerCepheusCrater

Draco Hydra (not shown)

Ursa Major Leo Ursa Minor Virgo

This time of year we can see many bright stars in the spring constellations. 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 that 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.

A region of space known as the Bootes Void is very close to these extra bright constellations. This approximately spherical area contains very few galaxies. It's colloquially referred to as the Great Nothing.

Another constellation known for its bright stars is Leo the Lion. The constellation represents the Nemean Lion, who Hercules fought as one of his Twelve Labors. Leo contains Regulus, one of the brightest stars in the night sky. Regulus looks like a singular star to us, but it is actually a star system composed of four stars that are organized into two pairs. With a good pair of binoculars, you might be able to distinguish the two systems, but probably not all four stars.

Leo contains many celestial objects of interest, which will not be visible to the naked eye but inspire the imagination nonetheless. The Leo Triplet is a group of spiral galaxies found within the Leo constellation. They are about 35 million light-years away from us. The Leo Ring is a cloud of hydrogen and helium gas, orbiting two galaxies. The Cosmic Horseshoe is a gravitationally lensed system of another two galaxies. Lensed galaxies are created when two galaxies align in our line of sight. The background galaxy's light is lensed by the warped spacetime environment of the foreground galaxy, thus giving the background galaxy a warped appearance. In this case, the foreground galaxy, LRG 3-757, is an extremely rare luminous red galaxy, with a mass a hundred times that of our galaxy. Unlike other lensed galaxies, the background galaxy here appears as a horseshoe shape. This phenomenon has been studied with the Hubble Space Telescope.

What's new in grocery?



hat's new?" may be a casual question between busy friends, but shoppers browsing our grocery aisles might notice that the answer is "lots!"

Nearly every part of the store has been touched by changes in location and the addition of new products.

Where are the drinks? Aisle 4 is now serving drinks beginning with the grab-and-go drink cooler, followed by the very updated wine and beer area, with sodas, seltzers, and juices leading the curious shopper to the back cooler.

Where are the crackers? Oils? Bread? The crackers now live beside the chips and salsas in Aisle 2. The oils have joined the flours and other baking ingredients, also in Aisle 2. These movements all started because we wanted to bring bread to the front of the store, where you will find it starting off aisle one.

Speaking of bread, we have a new fresh, local bread: Brazen is a delicious sandwich loaf freshly baked by Jeff and Lisa in Rockport, arriving every Friday.

Another new product with lots of flavor is Graze, a fully organic cold-pressed juice and smoothie made by Kate on her farm in Northport. The blends change seasonally with six combinations at present: Graze

Grass, Lean+Green, Kickstart, Pom Punch, Celery, and Forbidden. Graze can also be found in the produce cooler near their fresh fruit and veggie ingredients.

The savory sauces have stayed in aisle one, with a new addition being the Axe Women of Maine's line of hot sauces. You will also find their two new bloody mary mixes in aisle four

On the shelves beneath the bulk coffees, you will find another recent addition: Precipice Coffee's whole beans in a bag from Bill and Maggie's zero-emissions electric roaster in Ellsworth, delivering a very smooth cup of brew.



Photo by Kipp Hopkins

In the open cooler every Wednesday, a new local egg rolls into our basket, freshly delivered from Countryside, an Amish farm in Palmrya.

Fin & Fern is back! Andrew's fresh noodles and pasta sauces stand bright and tall in the closed cooler near the yogurts, delivered weekly from Stonington.

We have a few absolutely delicious new sweet options. Opening freezer door number 14, you will find SoCo's ice creams, made at a small scoop shop in Great Barrington, MA, using milk from a single fifth generation Vermont farm. A few spoonfuls of SoCo Salted Carmel every so often might be advisable. Yet, I write this having just enjoyed another new frozen treat: a Van Leeuwen Raspberry Cheesecake French Ice Cream Bar, found in freezer door 13. Van Leeuwen's vegan Oat Milk Chocolate Cookie Dough Chunk with Honeycomb (found in freezer door 14) sampled by our staff earned a unanimous thumbs-up for flavor and creamy richness.

In a never-ending effort to bring eating joy to all, our young shoppers can find some toddler snacks from Lesser Evil at the end of aisle flour, including clean ingredient Mini Cookies* (Birthday Cake stands out) and Lil' Puffs Sweet–Potato Apple or Strawberry Beet.

As a new season begins, I hope you enjoy the newness!

*Note from the editor: though Chris has described them as a toddler snack (and toddlers can certainly enjoy them) the Mini Cookies are more specifically a keto cookie, which can be enjoyed by people of all ages. This editor has been waiting for a yummy, packaged keto cookie for a long time and is delighted to have them at last.

Don't forget your containers!

What's an easy way you can reduce your household waste? Shopping the bulk department with reusable containers! We love to see people using mason jars, glass bottles, drawstring bags, and other reusable containers to carry their bulk purchases. As long as they're clean (and leakproof for liquid bulk), they a better option than single-use packaging.

Of course, there will likely be times when you forget to bring the containers with you. We suggest that when you run out of the item in question, you wash the container and put it in the same place you keep your reusable grocery bags. African Market Baskets work really well for transporting empty containers along with your bags.

Using containers for your bulk items also helps keep them organized at home. If you have jars or tins for things like flour, oatmeal, sugar, or spices, they can double as your shopping containers. Just be sure the vessel in question is always:

- thoroughly clean
- free of other UPC codes (cross out with marker)
- write down the weight (tare) of the EMPTY container so your cashier can subtract that weight from the total

TARE IT UP

Please remember: your cashier needs only pieces of information—the weight of the EMPTY container and the PLU number for your item.



WEIGH YOUR CONTAINER

If your container weighs more than a plastic bag, put it on the scale (located by wet bulk) and write the EMPTY weight on a sticker or twist tie, along with the word "tare" or "T."

FILL IT UP

Fill container with desired bulk item. Note, you do not need to write the cost per pound or total weight on your sticker/twist tie; this will be calculated at the register.

WRITE DOWN THE 4-DIGIT PLU

The most important part is writing the bulk item's 4-digit PLU number on the label/twist tie. This is how the cashier will run it through the register.

DOUBLE CHECK

Make sure that you have the correct PLU and tare. Relax, you did great!











Pomelos (citrus maximus)



Heather McNeil Produce Quality Assurance Specialist

Taking a look at this monstrous, pale yellow-I green citrus, one might mistakingly see it as just an oversized sour grapefruit. What do you do with it? How does it taste? Where did it come from? Who buys this thing?

Pomelos are the largest of the citrus family and are actually the ancestor of grapefruit, mandarins, common oranges, sweet and bitter oranges, tangelos, kumquats, and citron. A nonhybrid plant itself, pomelos have been cross-bred with other citruses to give us the many varieties we commonly eat here in the West.

Originating from Southeast Asia and Malaysia, pomelos came to US shores in the 17th century. Today they are grown in California and Florida for US enjoyment, and while not as popular here, they are a very common fruit in all of Asia. In fact, pomelos are celebrated as gifts of good luck and prosperity in China.

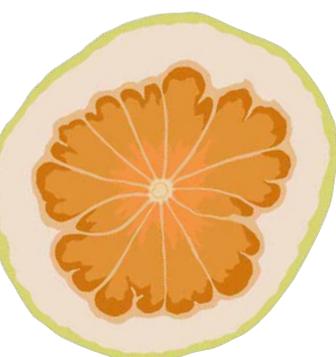
So what do they taste like? The flesh is reminiscent a sweet grapefruit, yet the easily peeled thick rind and pith are very bitter. If you peel these bitter wrappings away, exposing the juicy segments, you will be rewarded with a delicious, refreshingly sweet flavor. Some pomelos are more pale yellow, while others are darker pink to red.

What can you do with pomelo? Pomelos can simply be segmented and eaten alone, or cut into salads, dipped in chocolate, made into marmalade, or used in marinades. In Asian cultures, pomelos are often peeled, sliced, and sprinkled with sugar or salt as a dessert. In Brazil, the thick rinds are made into a sweet conserve,

whereas in the Philippines, it is juiced into a pink beverage mixed with pineapple juice.

What are some of the benefits of eating pomelos? They're high in Vitamin C and a are good source of potassium, fiber, and some antioxidants. Pomelos have been shown to help lower cholesterol, support anti-aging effects, and support heart health. They are also high in lycopene, similar to tomatoes, which is a potent anti-inflammatory antioxidant. One thing to note is that, like grapefruits, they contains constituents that interfere some prescription medications like anti-depressants, anti-hypertensives, and anticoagulants through inhibiting cytochrome-P450 mediating pathways.

So, could pomelo now be in your future repertoire of newfound citrus favorites? Or simply glanced over for its many progenies? Try one and let us know!



CHILI LIME POMELO SALAD

INGREDIENTS

2 tablespoons coconut sugar or monkfruit 2 red or green Thai chiles (finely chopped) 2 garlic cloves (finely chopped)

1/4 cup fresh lime juice

3 tablespoons fish sauce

salt to taste

1/2 cup unsweetened shredded coconut

1/2 cup vegetable oil

2 shallots (thinly sliced, divided)

1/4 cup peanuts

2 pomelos or 3 ruby red grapefruit

3/4 cup cilantro leaves

In a medium bowl, whisk coconut sugar or monkfruit with 1 tbsp water until the sweetener dissolves. Then whisk in chiles, garlic, lime juice, and fish sauce; season with salt.

Toast coconut in a small dry saucepan over medium-high heat, stirring occasionally, until golden brown, about 4 minutes. Transfer to a small bowl.

Heat oil in same saucepan. Add half the shallots and fry, swirling, until golden brown and crisp, about 3 minutes. Transfer to paper towels with a slotted spoon to drain; season with salt.

Cook peanuts in shallot oil until golden brown, about 2 minutes. Transfer to paper towels to drain; season with salt.

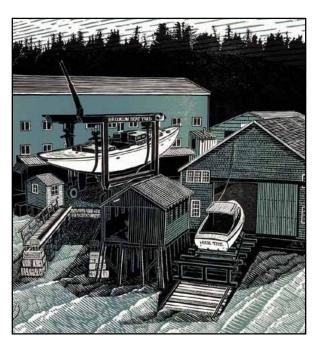
Remove peel and white pith from pomelos. Tear membrane off and pull segments into large pieces, transferring to a large bowl as you go. Add cilantro, remaining shallots, and half of dressing and toss to coat. Add coconut and peanuts, toss again. Divide among 4 plates, drizzle with remaining dressing, and top with fried shallots.

<u>Art in the Café</u>

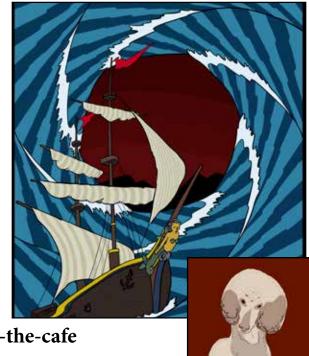
JANUARY: REBECCA POOLE-HEYNE



FEBRUARY: JAMES DODDS



MARCH: KIPP HOPKINS & SIHAYA HOPKINS



For upcoming exhibitions check the website: www.bluehill.coop/art-in-the-cafe

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

How African Market Baskets are made



Kipp Hopkins Marketing Manager Co-op owner since

ike many of our community members, I have several African Market Baskets at home and have given them as gifts to many people. I admire the beautiful colors, patterns, and shapes, and it's always fun to watch the new order of baskets arrive. Martha, our General Merchandise buyer, wheels them into the break room and uses the sink to wash them and press them back into their intended shape after the squish of transit. It makes the whole room smell like wet straw. Inevitably, staff members will filter in, looking at the designs available this time around because every basket is different.

It takes a lot of time and skill to bring a basket to life. They're handwoven by women in Bolgatanga, Ghana, and the weaving is a craft handed down from generation to generation. You can see the whole process on their website: www.africanmarketbaskets.com, including a sped-up video of a weaver making one from start to finish.

The baskets are woven from Veta Vera, a river grass that grows throughout the equatorial band of Africa wherever there is sufficient water. It can grow up to twelve feet high and is very tough and robust, with a powerful root system. The grass is harvested in a sustainable practice that ensures the plant can continue to thrive.

Once the grass is harvested, it is dried and sold at large grass markets. Weavers select the best



Photo from African Market Baskets specimens, with preferences of the individual weaver playing into the variations in the baskets.

Women and children form a community of artisans and a cooperative as they work together in large groups to make the baskets. The first step for preparing the dried grass is to split the strands of straw which the weavers do with their teeth. Then the straw is twisted by rolling it against a leg or a flip flop.



Photo from African Market Baskets

Next comes the dyeing. Achieving all the beautiful, vibrant colors is a specialized skill. Dyers will start with a light color bath, then add more dye with each batch, producing bundles of increasingly dark colors from the same dye bath.

Baskets are woven from the

bottom up, creating a solid base handed off to the leatherworkers, and building row by row. Weavers who will cover the handles in goat leather. This material is also made right in Bolgatanga. Goat the patterns. Each basket takes is a main staple of the local diet and nothing goes to waste. The attention to detail.



Photo from African Market Baskets

Once the basket's bottom and sides are created, the top edge is formed, giving the basket stability. The handles are tightly woven into place around the edge. Sometimes, the weaver will attach "ears" to the handle. These woven loops are intended to be ornamental, not functional. So if you purchase a basket with ears, you should refrain from using them to hang the basket.

At this point, the weaver's work is done, and the baskets go to market. African Market Baskets purchases them for top dollar to ensure the highest quality baskets and ensure the weavers are paid a fair wage for their extraordinary work. Transporting enormous loads of baskets from the market to the warehouse involves piling them atop motorcycle trucks or into carts drawn by donkeys.



Photo from African Market Baskets

The finished baskets are

who will cover the handles in goat leather. This material is also made right in Bolgatanga. Goat is a main staple of the local diet and nothing goes to waste. The goat skins are purchased from local butchers and tanned and colored using natural materials. The skins are soaked in an ash bath for three days, then shaved. Special seeds are crushed and used as a tannin treatment to soften the leather. Then, the red millet is used to dye the leather its distinctive red color. Twenty full-time leather workers wrap the handles of an endless supply of baskets.



Photo from African Market Baskets

Getting the baskets from Africa to the US is an adventure. I highly recommend you check out the photo galleries on their website. From Ghana to our Coop, these baskets have an amazing story. The next time you're using your basket to pack groceries, carry your lunch and wallet into work, or transport yarn to your knitting group, consider the weavers who put such loving skill into their baskets and know vou're connected no matter the many miles between Bolgatanga and Blue Hill.





The great escah'pay



Cat McNeal Front End Manger Co-op owner since 2013

Well, it's happened. Maggie jumped the fence. Bishop did his best to stay behind with me, running between me and Maggie (I was trying to get him into the house, so I would be free to go after Maggie), but he just couldn't hold himself back, and off he went to see what Maggie was up to. I was, quite frankly, freaking out. This adventure was during a time of much ice, thick ice everywhere. I had to go back through the house and out the front door to get to the area where I had last seen them. I was sliding all over the place; I even fell and all the treats flew out of my pocket. Of course, as I was gathering them up, that's when a few cars came on by. Finally, I could see the pups instead of just hearing them panting. How excited they were to see me! So excited, in fact, they didn't want me to put on their leashes but wanted instead to leap around me and off the snowbank into the road. Now I'm really worried because I hear more cars coming. I got Bishop leashed, and all I could do before the cars got to us was grab Maggie, hold on for dear life and plop down in the snow. I'm sure it was quite a show. Oh well, at least the cars slowed way down. Then Maggie bolted off down the road to our front door, looking back at me like "I'm waiting...." (Princess Bride-style) like it was just an ordinary day in her world.

That would normally be enough to rattle my nerves (actually, it takes even less than that), but after the great escape, I had to try

to break down the ice. So, I got an ice cruncher that weighs 16lbs and an ice scraper. As it's only 16lbs, I figured I'd get the whole dog area done. Then began the muscle test. I used that ice cruncher until I couldn't lift it anymore. Seriously, I couldn't lift it. It was a workout, just dragging it back to the house. Then I grabbed the lighter tool, the scraper, and went to work scraping away the ice that was crushed. I didn't get very far nor very deep, so I was still worried about Maggie and Bishop jumping out again. So, not only

going to escape again.

It's taken a couple of weeks, but thanks to
Jennifer L's suggestion, I was able to raise the
fence a couple of feet. It's foiled them so far,

am I mentally whooped, but physically, too.

At least my shoulders and upper back were

done in with pins and needles from shoulders

to fingers, AND I'm worried that the pups are

Alterations

Alterations, repairs.

I make almost any clothing.

Anne Walker 374-5749

but they keep looking at the top, trying to figure out how to jump that high. I'm keeping my eyes open and my legs ready to run. With all the ice crushing, scraping, salting, wood carrying, and fence-mending, my mental and physical nerves had been shot. You've heard the expression, "I have one nerve left..."? Well, that's about where I was when I remembered a great nerve help. I used it during the move to the house but had forgotten all about it.

Relax and Restore from Maine Medicinals. It comes in three forms that I know of. I started off with the alcohol-free tincture; I am now using the Elixir and both can be found in the HABA aisle. It actually knocked my anxiety down a notch or two. It was very subtle, but I noticed a difference in my worrying. I was having an easier time letting go, doing my best, and moving on. I also noticed that I wasn't waking up every night in pain with numb shoulder blades and hands. Yes, even though I had numbness, I was also in quite a bit of pain. I am not an herbalist. I've taken no classes on the subject. I just know the results I got from using this stuff. It's got Skullcap, Passionflower, Schisandra berries, Holy basil, and Lemon balm. I like my body to try to kick in and manage on its own at times. But, I like knowing that should an issue arise that I need help with, I can usually find something natural at the Co-op to help me out.

VEGAN DUMPLINGS FROM SCRATCH

This recipe makes it easy to tackle dumplings from scratch, wrappers and all. For pork dumplings, check out the original recipe post on our blog www.bluehill.coop/blog

INGREDIENTS

250g all-purpose flour (roughly 2 cups)

1/2 cup water

5oz firm tofu

2 cups shredded cabbage

1 tsp salt

1 small carrot (finely grated)

2 scallions (minced)

1 clove garlic (grated)

1-inch piece ginger (grated)

1 tbsp potato starch

1 tsp sesame oil

2 tsp hoisin sauce

1/4 tsp black pepper

extra flour for dusting

sesame oil for the pan

soy sauce for dipping

Weigh out the flour and place it in a mixing bowl. You can measure the flour in cups, but know that it will not be as accurate as weighing, and you may need to adjust the amount of water to get the right consistency. Add the water a little at a time while stirring the flour with a wooden spoon. When you have a clumpy dry dough, use your hands to knead it until it comes together in a tight ball. Cover the dough and let it rest for 15 minutes. Then, knead the dough for another minute until you have a smooth texture.

Cover the dough and let it rest for 30-60 minutes. While the dough is resting, make your filling. Put the shredded cabbage into a mixing bowl and sprinkle the salt over it. Use your fingers to rub the salt into the leaves, wilting them. Leave the cabbage to rest for ten minutes. The salt will have pulled some of the moisture from the leaves. You can use your hands to squeeze out the extra moisture. Crumble the firm tofu into the cabbage and add the rest of the ingredients, thoroughly combining them. Set the filling in the refrigerator until you are done making the wrappers.

When the dough is done resting, poke a hole in the center of the ball to create a bagel shape. Slice the bagel into quarters and place three of the sections under a damp towel while you work on the fourth. Make it into a six-inch rope and slice the rope into six pieces. Use the palm of your hand to flatten each piece into a flat disk. Dust disks with flour and use a rolling pin to roll each one into a thin circle, about 3" in diameter. Dust the wrappers with flour so they don't stick together, and stack them as you continue this process until all the dough is transformed into 24 wrappers.

Get a small bowl of water and your filling. Begin assembling the dumplings. Place about 2 tbsp of filling in the center of a wrapper. Dip a finger in the water and dampen the edge of the wrapper.



Photo by Kipp Hopkins

Dry your hands and fold the wrapper in half, crimping the edges that meetby making little folds. Gently press the folds with your fingers to seal. Set each dumpling to the side as you continue to assemble all 24 dumplings.

Make the dumplings in 2 batches of 12. Heat a skillet over a medium flame and grease the pan with sesame oil. Arrange the dumplings so the crimped edge is facing upwards, and cook for 3-5 minutes until the bottoms of the dumplings are golden brown and crispy. Pour about a cup of water into the pan and cover with a lid. Continue to steam the dumplings for another 8-10 minutes. Serve hot with soy sauce for dipping.

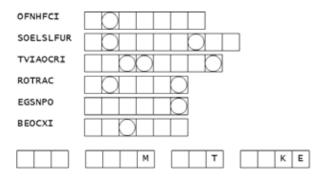
The Puzzle Page



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

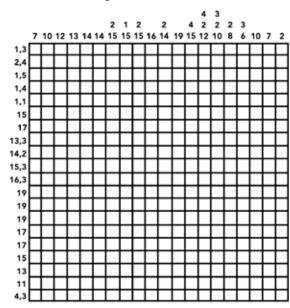
Double Scramble "Any Way You Slice It"

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



Co-op Nonogram

Colour the whole grid in to black and white squares to reveal a picture. The numbers list the lengths of the runs of black squares on that row.



Spot the 12 Differences "Kid Doing Chores"





Art based on "A Young Girl Feeds Poultry" by Francois Boucher

"A Saucy" Word Search



Words may be diagonal, vertical, or horizontal and backwards or forwards.

ALFREDO HOISIN BARBECUE HOLLANDAISE BEARNAISE HORSERADISH BECHAMEL MARINARA BOLOGNESE PESTO BUFFALO PONZU CHIMICHURRI PUTANESCA CHOCOLATE SRIRACHA COCKTAIL **TABASCO TAMARI CRANBERRY DEMIGLACE** TERIYAKI **ENCHILADA** VELOUTE **ESPAGNOLE** WORCESTERSHIRE

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

"Hopping Mad" Crossword by Kipp Hopkins

1	П	Т	2	3	4	Π		5	6	7	Т	8	9	10	11	12
			13	\vdash	\vdash		14		15	\vdash		16	\vdash	\top	\top	T
	17	18	┱	\vdash	\vdash		┪	19	┖	\vdash	20	┱	\vdash		21	T
22	┪	\top					23	\vdash	\vdash	\vdash	\vdash		24	25	┖	T
26	\vdash		27	┱		28	┪	Н					29	\top	\top	\top
30	\vdash		١.						31	32	┪		г			
33	t		34	┪		┪	35	36	┪	\vdash	\vdash	37	1	38	П	┪
39	\vdash					40	\vdash	\vdash	\vdash	\vdash		41	42	┪		
	43	44		┱	45	┪	Н			46	47	┪	\vdash	\top	48	┪
	49	\top			50	\vdash	\vdash	51		52	\vdash	\vdash	\vdash		53	T
54	┖	\top	55		г			56	57	┱	\vdash	\vdash		58	┖	T
59	\vdash	\top	\vdash	60	┪	61	62		63	\vdash			64	┱		
						65	\vdash	66	┪	\vdash	67	68	┱	\top	69	1
70	71	┪	▝	١.	72	┪		73	\vdash		74	\vdash		75	T	76
77	\vdash			78		\vdash	79			80		81		┪	+	+
82	\vdash		83	┪	\vdash		Н		84						85	+
86	\vdash		┡	+	+		\vdash		\vdash			87				+

This puzzle has a lot of Co-op themed answers but also some other stuff. When a clue has "we/us/our" it is referring to the Co-op. To see the completed puzzle, go to pg 15

Accross

- 1 Send to cloud nine
- 5 Emerging from sleep
- 13 Muesli morsel cohort? 15 Suffix for teach or preach
- 16 Italy's chief seaport
- 17 Easter sweets
- 21 Short title
- 22 Hopped-up refreshment?
- 23 Dashboard detector
- 24 Garden amphibian
- 26 Perform an action 27 Home to 68 down
- 29 Load freight
- 30 Creeping plant 31 Koko, for example
- 33 Suffix for adopt or
- address
- 34 Bulk Easter candy

Down

- 1 Alternative
- 2 Kanga's little one
- 3 Antlered hopper 4 Oklahoma First Nation
- 6 Gardener's foe
- 7 Word before "rug" or
- "code" 8 Found in 76 down
- 9 Snuggle down
- 10 Part of the crowd
- 11 Roving person
- 12 Outdoor social
- 14 Notoriously fast starter
- 17 Lucky highway
- interchange 18 Masc. pronoun
- 19 Sun-kissed
- 20 Spring hue

- 38 Software program, in brief
- 39 Biblical Sumerian city
- 40 Potato soup staples
- 41 Partner of "abet"
- 43 A "hairy" youth?
- 46 Water that can tickle your
- nose
- 49 Per unit abbr.
- 50 Like sun-baked land
- 52 Is behind, maybe
- 53 70 South
- 54 Food starch, for short 56 Dwellers in Middle-earth
- 58 Blue crow cousin
- 59 No longer a rumor
- 63 Old English abbr.
- 64 Atomic gold

- 22 Farewell to Quebec
- 25 On or About
- 28 Rotating paintbrush 31 Athen's sports club
- 32 Springtime feast
- 35 Abominable creature
- 36 To occupy
- 37 Saving events
- 38 Wood shaving tool
- 42 Belonging to a thing
- 44 Dressing down
- 45Spring harvest in India
- 47 Woolly female
- 48 That in Spain
- 51 Coup _ grace
- 54 Soil builder
- 55 In two ways
- 57 God of mischief
- 87 Dough riser

86 Baking measurement

84 Sign of what is to happen

65 North American long-

73 Man-made thinker abbr.

74 Vietnamese currency

78 Scrappy dog breed

81 Feminine nibling

82 Older namesake 83 Moroccan city

eared hopper

75 Bean vessel

77 Affirmative

85 A bone

70 Axis end 72 Arts degree abbr.

- 58 Sweet breakfast drink 60 Prefix for doing together
- 61 Greek hero of Trojan war
- 62 A note to follow so 64 Type of blood
- 66 Caboose
- 67 Woodsman's tool 68 Easter critter
- 69 Tuesday favorites
- 71 Cajun stew ingredient
- 72 Meeting caller
- 76 Feathery abode
- 78 Busy pollinator
- 79 Narcissist's flaw
- 80 First twelve
- 83 The Sunshine State 84 Broadcasting

What is well-being? New products in the wellness department



As I write on this last day of February, I see snow on the ground, and the temperature this morning when setting off from home was 10 degrees. As you read this, I hope you are enjoying Spring-like warmth and feeling the promise of new growth all around you and within. Spring is a powerful time of transformation, and not always easy, as the body, mind, and psyche need to regroup and gear up for change and growth.

Adaptogenic herbs such as Ginseng, Maca, Ashwagandha, Rhodiola, and Eleuthero (to name the major players) can help with the natural stresses of our adaptation to new seasons and new endeavors. (More on adaptogens later.) First, however, allowing the body to slough off the old with cleansing herbs is very important. Avena Botanicals, a beloved local producer of biodynamically farmed herbs, turned into liquid extracts, offers a wonderful Spring and Fall Tonic. This product is an excellent example of system-wide cleansing and support, which contains fresh Burdock root, dandelion leaf, root and flower, fresh stinging nettle, and fresh yellow dock root.

This cleansing process can rightfully include getting your gut health up to a more optimal level of performance. Vital Planet, the brainchild of nationally renowned gut-health expert Brenda Watson, offers a complete protocol that can begin with their Vital Lax, a gentle formula for occasional constipation. If that is not an issue, moving right into the two-stage Vital Detox is recommended. Detox I includes Choline and Selenium, an amino-acid complex, and an herbal support complex with Milk Thistle Seed (80% Silymarin), Quercetin, Green Tea Extract, Artichoke Extract, and Dandelion leaf. Detox 2 is an intestinal bacteria-balancing formula that includes Oregano, Thyme and Black Seed Oils, and Cinnamon Leaf Oil. "Too much bad bacteria can lead to occasional gas, bloating, and other abdominal discomforts," counsels Watson in her literature.

Ion Biome continues to support those who have digestive issues, damaged gut walls, or diverticulitis. A Co-op customer diagnosed with Celiac Disease told me that Ion Biome "has been everything I had hoped it would be." To hear a remark like this from someone who has one of the more extreme gut maladies was as powerful a testimony for Ion Biome as I could have hoped for. The Terrahydrite family of molecules contained in this liquid humate supplement stimulates a tightening of cell junctions that are crucial to the proper functioning of the gut lining (that is only one-cell wall in width). Undigested proteins that cause allergies and autoimmune issues pass through a gut lining that does not have the proper cohesion of cells. The way the gut communicates with the brain is via the

intelligence held within the junctions between cell walls, an intelligence that is enhanced through proper nourishment. Glyphosate, contained in pesticides and herbicides, has infiltrated much of our soil, air, and water. Destructive chemicals such as glyphosate are linked to damaged gut lining.

My initial mention of Adaptogens is for a good reason. These plants, which have been revered in ancient cultures for centuries, help our bodies regulate cortisol levels, tonify organs, and provide our immune system with needed nutrients. One of the most well-known formulas to support the body's response to stress is Gaia's Adrenal Health. With their patented liquid Phyto caps, two capsules of this formula deliver 120 mg of Siberian Rhodiola, along with a 520 mg proprietary Extract blend of Organic Oats Milky Seed, Organic Holy Basil, Schisandra, and Ashwagandha.



Photo by Kipp Hopkins

I am also a fan of MegaFood's Multivitamin for Daily Energy. In two tablets, you would receive highly bioavailable (fermented, organic, and food-based) vitamins and minerals, along with a 400 mg blend of Organic Eleuthero Root and Maca Root. Also included is a significant dose of antioxidant-rich, highly concentrated foods that include wild blueberries and cabbage, cranberry, and broccoli. The advantage of this multivitamin is that you provide your body with key vitamins and minerals (including B Vitamins, D3, and Chromium for blood sugar regulation) while also supporting the body with prized adaptogens.

Adaptogenic Gummy? Yes! Gaia has now produced a very easy to ingest Ashwagandha gummy that (with a serving size of 3) will put 600 mg of organic Ashwagandha root in your system. These gummies are sweetened with organic fruit juice concentrates and include ginger and cinnamon as well. This adaptogenic herb is symbolized by a stallion in Indian texts and is one of the most revered herbs in Ayurvedic health care science.

A NEW MACA ARRIVES

I am happy to announce a new and exciting arrival to the Co-op: Sol Raiz Organics Single Plantation Chacon Maca. An heirloom variety of Maca, Sol Raiz offers only 100% organic Lepidium Peruvianum Chacon, which is sourced from "the highest plantation at 14,500 feet on the Junin Plateau." The amazing height of this ancient growing ground of one of the world's great adaptogens "eliminates the chance of cross-contamination with maca of lesser quality grown at lower elevations." In keeping with the Blue Hill Co-op's commitment to seeking out ethically sourced, organically grown products, this Maca stands alone as supreme among Maca products.

Sol Raiz organically cultivates their Maca without the use of tractors, herbicides, pesticides, fillers, or chemicals. It is hand-selected. There is much to know about Maca. My conversations with the owner of Sol Raiz were eye-opening. Ken told me he works "with Peruvians who trace their lineage as Maca producers back through countless generations." He explained that his company is backed by Peru's President of Ecological and Organic Maca and Dr. Gloria Chacon, a researcher and scientific expert on Maca.

"This relationship has solidified our spot in the Health and Wellness space as the best Maca available in the world. No fillers, no sourcing from various farmers. Just 100% Chacon Maca from the original Maca fields with a history that traces back to Pre-Incan culture," writes the company's founder. The ancient process of gelatinization that liberates the nutrients for easy digestion is still alive in this product, which is dried naturally in the sun, then freezedried at night when temperatures drop below zero.

Both Sam, my assistant, and I can attest to the delicious, rich, and nutty flavor of this Maca, considered the "only true Maca produced in the world," according to Sol Raiz's founder. Farmed in the Patcha region, close to Cutopuqio in Peru, in the same way it has been cultivated for 4,000 years, Sol Raiz Organics combines the red, black, purple, and yellow varieties of this variety of Maca prized for its vast array of medicinal properties. Notably, the price is reasonable, at close to \$22 for 45 servings. Maca is known for its perfect balance of vitamins and minerals, as an adaptogen that helps the body resist stress, anxiety, and body fatigue, for its support of the endocrine and glandular function and immune system, and more.

Spring, here we come!



12 Ways to reduce household waste

BRING YOUR REUSABLE BAGS: Do you often forget to bring your bags to the store with you? Be sure to have lots of bags and keep them in your car, purse, by the front door, clipped to your bicycle basket, or anywhere else you find helpful. The most important thing is putting them back when you've unpacked your groceries! Up your reusable bag game by having bags for your produce as well.



Just 1
reusable
bag can
save 783
plastic bags
in a year.

2 ITEMS: When something comes from far away, more energy is used to get it to you. It's simple math. When you go local, not only are you reducing waste, but you are supporting your local economy and often small farms and businesses.

3 SHOP FROM THE BULK DEPARTMENT: Buying from Bulk doesn't mean purchasing huge quantities. In fact, you can buy any amount you need. This means that excess food won't spoil and go to waste. Also, the bulk department lets you use your reuseable containers, meaning you use less plastic, paper, and other disposable packaging. You'll also save money!

4 & THERMOS: It's important to stay hydrated throughout the busy day, but those plastic bottles and coffee cups are so bad for the environment! Get a reusable water bottle and a thermos, or several. Then carry, drink, refill, and repeat. If you've forgotten them at home, buy beverages in glass or other recyclable containers.

5 WHILE YOU'RE AT IT, CARRY CUTLERY: Before you leave the house, grab a metal fork and spoon, wrap them in a cloth napkin, and throw them into your bag. You'll be cutting down on your daily waste by saying goodbye to single-use cutlery and paper napkins.

6 EMBRACE THE REUSABLE: Reusable bags, glass jars and bottles, cloth napkins and rags, metal straws, and lunch boxes! If it's something you can use only once, see if you can find a reusable alternative.

7 Empty jelly jar? Wash it out and use it for spices. Glass bottle with a screw-on cap? Now it's a vessel for bulk tamari. Before you recycle or, heaven forbid, throw a glass container away, try to think of how you might reuse it.



A reusable thermos can save 1,256 disposable cups in a year.

B DON'T DESPAIR, REPAIR: So you ripped your shirt. Instead of throwing it in the trash, try stitching it up. Now the leg has fallen off your kitchen chair. Before sending it to the landfill, try some wood glue. If it's broken, fix it. Can't fix it? Try recycling.

9 COMPOST YOUR FOOD WASTE: We get it; you can't eat everything. Orange peels taste terrible, and don't even get us started on eggshells. And that last piece of casserole hidden in the back of the fridge is getting fuzzy, so you really shouldn't eat it. Instead of throwing inedible food in the trash, start a compost pile. It's easy, and even if you don't have a lot of room, you can

get compact composters for your yard or kitchen. Or, you can sign up with Chickadee Composting and drop off your compost in the designated shed at the Co-op.

10 LEARN TO RECYCLE: The fact is, recycling isn't always straightforward. You've gotta learn the where's, how's, and what's for your area. Once you know what's available, make a plan. Print a list of what your recycling center takes and stick it to your fridge. Remember to rinse out containers before throwing them in your recycling bin. This keeps them from getting tossed at the center and also keeps your house from getting stinky.

PLAN YOUR MEALS: Making a meal plan will help reduce waste because you'll do less blind shopping. Ever get home from the store only to realize you already have onions? You either have to make a French onion soup or watch the excess spoil while you encourage your family members to skip the apple and give the onion a try. If you plan out the week's meals, you will know exactly what you need. Plus, if you plan your trip to the grocery store, you're less likely to forget your bags!

12 SHOP FOR ITEMS THAT USE LESS PLASTIC: When you're shopping, scrutinize the packaging. Is it cardboard? Easily recyclable. Plastic? Not so much. Choose items that are already in better packaging whenever possible. And remember, check the Bulk Department, because if it's available there, you can use your reusable container!



A reusable water bottle can save 83 plastic bottles in a year.



Sign up to compost your food scraps with Chickadee Compost

The easiest way to compost! This plan allows you to swap unlimited buckets of food scraps at any of the conveniently located swap sheds across the peninsula. Upon sign-up, you will receive an email with your PIN code to get into any of our sheds where you can pick-up your first bucket.

When your bucket is full of food scraps, you can swap it out for a clean, empty bucket and you're on your way - no mess no fuss. We'll turn your food scraps into beautiful compost and make sure you've always got a sparkling clean bucket.

Shed locations you can NOW use include:

- Chickadee Headquarters, Surry
- Blue Hill Co-op, Blue Hill
- Roaring Lion Farm, Sedgwick
- Eggemoggin Country Store, Sargentville

With more shed locations to come! Sign up with chickadee Compost at www. chickadeecompost.com.

Blue Hill Co-op currently composts our kitchen scraps and produce waste through Chickadee Compost.

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Traditional Acupuncture



Blue Hill

Vicki Pollard



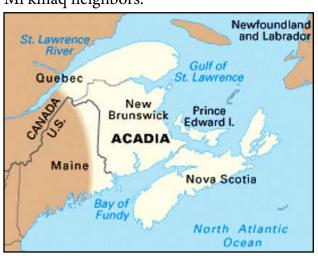
vicki@traditional-acupuncture.com Practicing for almost 40 years 207/374-9963

Food of our people



Tlive in a multigenerational household $oldsymbol{1}$ (Hi, I'm a millennial), lucky enough to frequently dine on my mother's delicious cooking. Though changing dietary needs have transformed the family cuisine over the years, we still eat many of the same things that we had growing up. Like me, my mother has always been an adventuresome cook, picking up techniques from various places, like my best friend's mother, who is Thai, and the Louisianan oil workers who came up to Alaska while we were living there. But laced in with her less conventional dishes are a lot of selections she learned from my Meme and Big Meme (that's what we called my grandmother and great grandmother respectively).

As the nickname indicates, my mom's family is French Canadian, specifically Acadian, from New Brunswick. For those of you who don't know what that means, the Acadian people were French emigrants who came to North America in the 17th and 18th centuries in the region formerly called Acadia. That's present-day New Brunswick, Nova Scotia, PEI, and parts of Quebec and Maine. Some of them, my family included, made the journey because of religious and ethnic persecution they faced at home. Of course, that doesn't excuse the whole colonizing, land stealing aspect of their settlement. Acadia was already the home of the Mi'kmaq people. For a time, the Mi'kmaq and Acadians cohabitated in the area pretty peacefully. Traditional Acadian cuisine was born from 16th-century French foods combined with indigenous ingredients and techniques taught to the Acadians by their Mi'kmaq neighbors.



The region was smack dab between the British colonized areas of New England and the French-occupied territories of New France (Canada), which meant they were often involved in fighting with the British and First Nation peoples allied to the British. In fact, over a 74-year period, six wars were fought by the Acadians and Mi'kmaq. This conflict all came to a head in 1755 when

approximately 11,500 Acadians were expelled from Nova Scotia by the British. That was somewhere around three-quarters of the Acadian population. Where did the exiled Acadians go? Families were separated, lands confiscated, and homes burned to the ground. Many Acadians were put into forced labor or prison, and some were deported back to France. Then, because the Spanish colonists were eager to populate their new colony in Louisianna with Catholics, thousands of Acadians were transported from Britany back to North America, where their descendants make up the Cajun people of Louisiana. This is why there are a lot of similarities between Cajun and Acadian food.



The Deportation of Acadians by Henri Beau

But, as I mentioned, a quarter of the Acadian population managed to stay, though smaller expulsions occurred over the years, with many Acadians heading down to Louisianna. Later, after Britain had lost interest in the smaller settlements of Acadia, going to Quebec instead, some Acadians were able to come back to their old home. However, Acadia would never be what it once was. Today, the descendants of the returned Acadians mostly live in the coastal regions of New Brunswick, which is where my Meme's family can now be found.

So, what is the foundation of Acadian cuisine? Common ingredients include seafood, thanks to the coastal nature of Acadia and the riverways. Trout, lobster, Atlantic herring, crab, mussels, mackerel, salmon, scallops, and smelt (a favorite of Meme's). Pork is the most common type of meat, followed by chicken, then beef. For vegetables, Acadians preferred things that could sustain them through the long Canadian winters. Potato, onion, carrot, turnip, legume, beet, squash, and corn are featured heavily in Acadian dishes. Fruits like blueberries, strawberries, raspberries, blackberries, cranberries, apples, plums, and pears are popular. And, of course, maple syrup. Whenever we make food in our family that uses these sorts of ingredients, inevitably, one of us will say, "food of our people." As a family, we seem to have a genetic memory of the comforting food of home.

Some of these foods are Acadian recipes that my Meme frequently made. The family

favorite is probably *Fricot*, a pretty basic soup made with potatoes, onions, and chicken, with dumplings on top, characterized by heavy amounts of black pepper and summer savory. You can't beat it. One of my favorites was Tourtière, a meat pie made with potatoes, pork, and apples (my family's recipe is available on the Co-op's blog). Meme always made them as little hand pies for family gatherings, and I would stuff myself with them. I could never pronounce Tourtière and instead called them "turtles." Unfortunately, though my grandmother spoke fluent French, she never taught it to her kids because my Grandfather was prejudiced against French Canadians. He was very proud to be German, though he wasn't really German, as my mother discovered years after his death while doing genealogy. When his family emigrated to America, they came from, wait for it, Quebec. They were French Canadians who were so tired of being persecuted for their Frenchness that they changed their last name from Progin (French) to Progen (German). They camouflaged themselves so well that my Grandfather would spend his whole life unaware of his true origins. That's just a twist for you.

Other delicious Acadian recipes are *Bouilli Acadien* (boiled dinner), *Coques Frites* (fried clams), *Croquettes de Poisson* (fish cakes), *Ploye* (buckwheat pancakes), *Poutine Râpée* (potato and pork dumplings), *Poutine à Trou* (baked apple dumplings), and *Tchaude* (fish chowder). As Meme would say, c'est très délicieux!

As I mentioned, many Acadians ended up in Louisianna and developed into the Cajun population there. Cajun cuisine is a mixture of Acadian, West African, Spanish, and Native American food traditions. When my family lived in Alaska, many Louisianan oil workers traveled there to deal with the aftermath of the 1989 Exxon Valdez oil spill. We had a family friend who also worked on the cleanup, and she became friends with the Louisianans, compiling a binder with recipes they shared with her. Once back home, she formed a weekly Cajun night tradition with my family and other friends. The Jambalaya recipe on the Co-op's blog is the same one my mom learned during that time, and we still eat it pretty frequently. The much more involved and lengthy recipe for Gumbo is a family favorite but only comes around once every couple of years. We also love Shrimp Etouffee. Because of the similarities to Acadian cuisine and the family connection (we still have relatives living there), Cajun food also often gets labeled in our house as "food of our people."

Is there a food from your family's background that hits you in a similar way? What's the food of your people?

POUTINES À TROU

See more recipes online www.bluehill.coop/blog

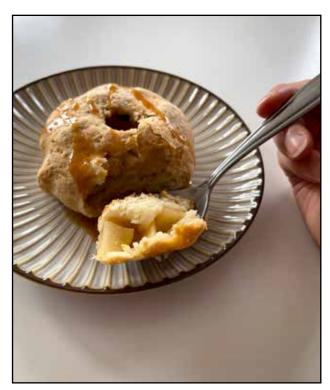


Photo by Kipp Sienna Hopkins

This is a classic Acadian dessert, usually translated in English to "baked apple dumplings." They're circular apple pastries with a hole at the top (trou means hole), in which you pour a sugar syrup after they're done baking.

INGREDIENTS

2 1/2 cups all-purpose flour 4 tsp baking powder 2 tbsp sugar 1/2 tsp salt 1/2 cup butter 3/4 cup milk 4 apples 1/2 cup raisins 1/2 cup dried cranberries

Preheat the oven to 375° F.

1 cup brown sugar

3/4 cup water

Sift together the flour, baking powder, salt, and sugar. Cut in the butter, working it into the flour until it's the texture of course cornmeal. Add the milk and mix the dough well. Divide the dough into 12 pieces and roll into balls. Roll each piece into a circle that is 5-6 inches in diameter.

Peel the apples and cut them into small pieces. Place the apple pieces, raisins, and cranberries in the centre of each circle of dough. Moisten the edge of the dough with milk or water, and roll the dough around the ingredients so as to form a ball. Carefully close the opening and place the poutine upside down on a pan. Make a hole of about 1/2 inch in diameter on top of each poutine. Bake for 30 minutes.

Prepare the syrup by mixing the sugar and water then boil for 5 minutes.

When the poutines are ready, remove them from the oven and pour the syrup into the hole on the top of each poutine. Serve cold or hot.



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

If You Are Looking

Go get the dreams.
They might tell you.
Let the tiny green spider body fall from the bunch of dried
Sweet Annie you pinned to the cover of the book of dreams.
Ask for

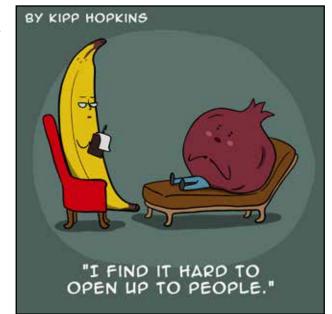
the one where your mother gives you a gift: an aquarium full of water with no fish in it.

the one where your father talks business with someone your mind can't see.

the one where your belongings disappear from the house you thought was empty.

the one that tells the way you found the nest of hummingbirds.

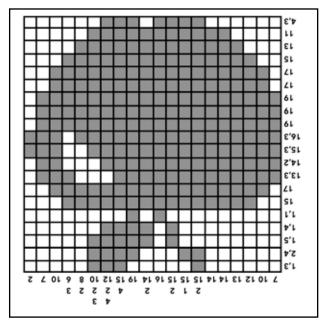
By Martha E. Duncan



Puzzle Answers

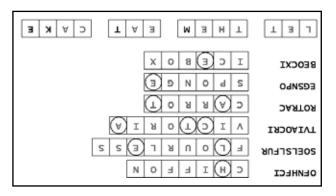
see puzzle on pg. 11

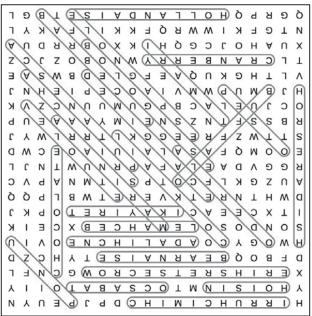
Enjoy the puzzles? Too hard, too easy? Let us know: newsletter@bluehill.coop.



Road, Log End, Cat Stripes, Power Lines, Shoes, Chick, Nest, Flying Bird, Squirrel, Braid, Mouse, Hen's Wings

Spot the 12 Differences









BREAKFAST TIMPANO

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

Timpano is a delicious baked dish from Italy, consisting of a crisp shell and potatoes, pasta, or rice, layered with other tasty ingredients. This version combines the best parts of breakfast: potatoes, scrambled eggs, bacon, sausage, and sauteed veggies. You can easily replace the eggs with Just Egg and the sausages and bacon with plant-based alternatives if you're vegan.



Photos by Kipp Hopkins

DOUGH INGREDIENTS
3 1/2 cups all-purpose flour
1 tsp salt
1 1/4 cups water

FILLING INGREDIENTS olive oil for pan

5 tbsp olive oil

1 medium golden potato
(chopped into bite-sized pieces)

1 medium sweet potato
(chopped into bite-sized pieces)

3 yellow onions (chopped) 2 red peppers (chopped)

2 cloves garlic (minced)

1/2 lb bacon

12 oz of breakfast sausage

12 eggs

salt and pepper to taste

4 cups shredded cheddar cheese

Sauté the potatoes and sweet potatoes over medium-low heat, stirring regularly—salt and pepper to taste. You could use the the white potatoes and sweet potatoes sperately or mix them. You can use them together, if you prefer. Sauté the onions over medium-low heat, seasoned with salt and pepper. When they begin to turn translucent, add the peppers. Continue to sauté until the onions



are brown and soft. Remove from heat. Cook the sausages and bacon. Beat the twelve eggs in a bowl, then salt and pepper to taste. Scramble the eggs until they are still wet but clumping together. Remove from the pan and set them aside.

Preheat the oven to 425° F. Sift the flour into a mixing bowl and stir in the salt. Combine the water and olive oil and pour it into the flour. Using your hands, mix until combined into a sticky dough, then knead, adding a little flour as needed, until you have a smooth, springy dough. Cover with a damp towel and let rest for five minutes. Turn the dough onto a floured surface and roll out to 1/6-inch thickness.

Carefully transfer the dough to a large dutch oven, arranging it to line the interior and hang a bit over the edges. Layer your ingredients like so: potatoes and sweet potatoes, half the cheese, onions and peppers, bacon, eggs, the rest of the cheese, and finally the sausage. Fold the edges over the top, sealing in the layers. Bake uncovered for 45 minutes until the top is golden brown. Remove from the oven and let cool for 30 minutes. Run a knife around the edge of the timpano and turn it out onto a plate. Wait 5 minutes more, then slice into wedges and serve.

Best of #bluehillcoop

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Here are a few of our favorites from this quarter!



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