

The Harvest Herald

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Presented by BLUE HILL CO-OP

Spring 2020



The First Quarter Numbers Are In



Kevin Gadsby
General Manager
Co-op Owner since 2016

Each year it feels that winter will never lose its grip. The days are dark and bitter cold. The salty cove freezes over. The icy wind whips up from the shore, snapping worn-out branches; snapping power lines. It feels oppressive and can often lead to seasonal depression. And just when the light returns today, the frost heaves and potholes leave one swearing while bounding and bouncing down salt-covered, beaten-up roads. Each year that passes, spring can never come too soon.

Whether you're a fan of springing time forward, or you feel your daily rhythm askew, I hope you would agree: The added daylight to our daily grind feels hopeful and brings with it a welcome anticipation of awakening.

Since the opening of our new storefront, we have waited, with mixed anticipation, for Quarter 1 of 2020. From August through December, many indicators were up: sales up nearly 40%, Ownership growth up to around 2,100 owners, with well over 40% fully vested. Also, up are total expenses. It takes a lot more of everything to run this new store. It is not unusual for expenses to be high at the beginning of a major shift such as this. As we navigate this new territory, with many new faces, we are continually looking at ways to improve: increase sales, increase Owner-participation, cut back on labor and operational expenses, cut back on waste, streamline operational systems. All



Spring Time at 70 South Street - Photo by Kipp Sienna Hopkins

while ensuring that we excel at fostering a welcoming, engaging environment for all of our Co-op shoppers.

Each year, Quarter 1 has been a time when the Co-op takes a step back. Sales in January have never been very strong. January sales growth averaged 4% from 2015 through 2019. We knew things would take a dip in the new year, but we weren't sure by how much. Some good news: January 2020 sales grew 43% over January 2019. Even better, February turned out sales 58% higher than February of 2019, reaching over \$276,000, an increase of over \$100,000 in sales. February is usually our slowest month. Average sales growth in February from 2015 through 2019 was

3%. And the first week of March kicked off strong with sales over 73% higher than the same period last year. With these in-

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dicators, we now anxiously anticipate a Summer season that will blow the charts off our projections. This growth comes at a good time, since we will begin principal and interest payments on our construction loan next month as well as look toward Phase 1 Preferred Share redemptions later in the year. (Yes, it will be three years in August since the first round of Owner investments.)

We're still young in our new store, only seven months in. There are new challenges each day, but we have a pretty solid team that works well together. This is truly something to be grateful for. Our motto ought to be "getting better all the time." On that note, we're looking forward to bringing some much-needed changes to our café service counter to continue the trend of making our café a place you can't stay away from. More good things on the way.

As the days grow brighter, we are reminded how grateful we are for our Solar array. Since installation, we have offset 26,771 lbs of CO2 Emissions. This is equivalent to planting over 674 trees. We love this.

Thank you to everyone that continues to support the Co-op as we continue to develop and grow. As always, we welcome your input, feedback, and suggestions. The best thing you can do to keep us strong: Shop your Co-op. It strengthens us; it nourishes you and builds a better local economy.

To peace and good health – Kevin
GM – Blue Hill Co-op



Mid March 2019, the floors were being installed in the Café - Photo by Tim Seabrook



Mid March 2020, Co-op customers enjoying our beautiful Café - Photo by Kipp Sienna Hopkins

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Board Meetings are held on the third Tuesday of every month at 6:30. They are held in the Blue Hill Co-op in the café. Meetings are open to all.

The Newsletter Team

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LETTERS TO THE EDITOR

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

DISCLAIMER

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



Save on Heating Oil with Co-op Partner



Jennifer Coolidge
Ownership Coordinator
Co-op Owner since 2012

Do you heat your house with oil?

Wardwell Oil, based in Sargentville, offers a great deal to Blue Hill Co-op Owners!

Tell them you're a Blue Hill Co-op Owner, then if you pay your heating oil bill within five days of delivery, they'll charge you 10¢ less per gallon.

Your savings from your first 200 gallons of heating oil purchased will pay for your \$20 Blue Hill Co-op yearly equity payment.

All the other benefits of Co-

op Ownership – 10% off during our monthly Full Moon Sales and our quarterly Love Local Sales, reduced prices for select items during our month-long Owner Bonus Buys, discounts on Pre-Orders, and others – will be yours as well.

Plus, you'll be supporting a local, family-owned business that's been around since 1960.



Alterations

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

Ownership at a Glance

NEW OWNERS
THIS QUARTER: 93

TOTAL ACTIVE OWNERS: 2069

EQUITY THIS QUARTER: \$9,300

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

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

Tariffs on European Imports



Robin Byrne
Cheese Manager
Co-op Owner since 2002

You may have been wondering about how and when tariffs would affect cheeses imported from European countries, and the answers are truly inconclusive. In October of 2019, a duty of 25% was imposed on a variety of foods worth \$7.5 billion in retaliation for the subsidies Europe provided to Airbus, an aircraft manufacturer who import products to the US from the United Kingdom, France, Germany and Spain, countries where Airbus planes are built. But American importers feel they are the ones suffering most from the hike. Having to increase prices by 25% would affect sales in most cases. This poses much concern for all of us, businesses, and consumers alike. The threat of a 100% increase in these tariffs due this past January has been put on hold. As this economy teeters on edge, we wait.

According to Marc of Nova Foods Inc, an Ellsworth based food purveyor, many importers were bracing for the cost increases by stockpiling cheeses and other food and beverages. The plan was to keep their prices down while selling through their backstock. At the same time, products "still on the water" would be coming in at pre-tariff prices as promised

by many European sellers. This is one reason we have not seen many increases. Another reason is that the tariffs targeted only a few random items. It's hard to know why only these few were raised.

Here at the Co-op, in the cheese case, a few European cheeses have been met by the tariff increase while one or two have gone up only from the cost of manufacturing.



Photo by Kipp Sienna Hopkins

We continue to seek out more Maine, and US-produced cheeses and specialty foods, but let's face it, there's no real substitute for Reggiano Parmesan!

So again, it's hard to say what is happening and what will happen to the prices of your favorite imported cheeses, wines, whiskeys, and other foods because we really just don't know yet. In the meantime, keep enjoying what is available, keep a positive outlook, and keep eating cheese!

Are you an Owner? Do you like to write?

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

ownership@bluehill.coop

Living Without Sugar



Kipp Sienna Hopkins
Marketing Manager
Co-op Owner since 2006

Three and a half years ago, I was diagnosed with a medical condition that plays havoc with my blood sugar. It came hand-in-hand with some really fun symptoms, including a higher risk of developing diabetes and other conditions. I had two options, go on a prescription drug that would mask some of my symptoms and treat none of the underlying causes, or try the natural approach, starting with cutting out all added sugars from my diet. I chose the latter.

I'm not going to lie, giving up sugar was hard. I have always had a sweet tooth and an addiction to sugar. When it comes to issues with blood-sugar, all added-sugars, including honey, maple syrup, date sugar, agave, and other common "processed sugar alternatives," are a no-no. And here's the thing, added sugars are in everything, no matter if they seem sweet or not—for example, marinara sauce, which has no business adding extra sugar into your life. Salad dressing, ketchup, crackers, bread, and jerky are other products that often have sugar.

And, of course, sugar is highly addictive, which makes kicking it even harder. Some studies claim it is as hard as breaking a drug habit. I can't attest to that, but I do know that I found some great ways to cope with cravings. I can also, one hundred percent, tell you that living a sugar-free life has become so much easier

than it was just three years ago.

There are two main reasons for this. First, keto has become trendy. This has inspired many new products and gives you an easy buzz word for searching out recipes and products. One important thing to keep in mind is that keto is a high fat, lower carb diet that cuts out grains. If you still eat grains or have a hard time processing fats, then not every recipe for keto food will suit you, but it's still a great resource.

When I first gave up sugar, keto was yet to go viral, though it's been around since the 1920s. Finding recipes for things like no-sugar-added desserts was a major headache. I made a lot of apple and peach pies, relying on the natural sugar content of the fruit. This actually works well, but relying on fruits to sweeten your food is very limiting. I got pretty tired of bananas, let me tell you. Now, you can make just about anything keto, from pecan pie to marshmallows. (See recipe for sugar-free chocolate chip cookies on page 12.)

How do they sweeten these keto desserts? Well, that's thanks to the other event that makes sugar-free living easier. In the last year, monk fruit has appeared on the market. This sugar alternative is made from a fruit that has been cultivated in Asia for centuries. Without getting too complicated, monk fruit gets its sweet flavor from a different chemical, which is calorie-free and doesn't affect blood sugar. Best of all, it's all-natural and, unlike stevia, doesn't have an aftertaste. Usually, monk fruit is mixed with erythritol, which is a natural sugar alcohol, that is also zero

calories and aftertaste-free. They do this to balance the monk fruit, which is naturally about three times as sweet as table sugar. Also, pure monk fruit is still pretty expensive, so mixing it with erythritol lowers the cost.

There are other natural sugar-free sweeteners. If you're curious, there's more technical info, we have a page on our website that talks about sweeteners: www.bluehill.coop/know-your-sweeteners.

If you're interested in saying goodbye to added-sugars, I've got some tips to help you on your journey. First and foremost, don't try to change anything else big in your diet at the same time. You might be planning on dropping both sugar and dairy, for instance,

but keep it at sugar for now. Later, when you've conquered your sugar cravings, you can tackle other aspects of your diet if needed. Like a smoker who turns to lollipops, I ate lots of cheese puffs while I detoxed off sugar, even though I intended to cut back on corn and dairy later.

If you're experiencing nasty cravings, I recommend taking a magnesium supplement. This helps curb cravings and does other great stuff for your health. Since most modern Americans don't get enough magnesium in their diets, it's generally a good idea to take it anyway.

Another critical step is to make sure you tell your family, friends, and coworkers what you're doing and why. You will encounter food-pushers. These generally well-meaning people will want you to enjoy sweets and treats, but you have to be firm with them. Let them know that giving up sugar is important to you. In this regard, I actually feel lucky that I had a specific medical reason for giving up sugar because it always moved food-pushers in a way that mere inclination wouldn't. People always expect me to fall into a seizure or break out in hives if I eat sugar. This isn't the case, but that's what they conjure up in their heads, and it makes them very accepting in a way that "accumulative effect" doesn't. Luckily, once you have a few sugar-free months or years under your belt, people get a lot less food-pushy. Nobody wants to be the one that got you to eat a brownie after six months sugar-free. (Although, you can make sugar-free brownies easily.)

Cleaning out the cupboards is also an excellent first step. This will depend on whether you live with other people, and if so, their plans regarding added-sugar. But, assuming you have the liberty to toss out anything with sugar in it, it's a good idea to do so. Remember, look out for both sweet foods like cookies and sneaky foods like salad dressings. Recently, the FDA changed the nutritional charts to specifically show added-sugar content, making it easier to locate these foods. But, depending on how old the food in your cupboard is, you might need to read the ingredients carefully. You can easily find lists of "added-sugars" online since there are a lot of names for them.

Next is the fun part, buy replacements for the food you got rid of. Thanks to those things I mentioned earlier, it's got-

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ten much easier to do this, and I have some recommendations, starting with the best. I cannot talk enough about Lily's Chocolate. It's sweetened with stevia and erythritol, and they've gotten the ratios perfect, so there isn't an aftertaste. We carry seven bars in milk and dark chocolate, as well as chocolate



covered almonds and peanuts, and peanut butter cups. We also have their baking chocolate and chocolate chips. This was a game-changer for me since before Lily's came on the market, I hadn't eaten any chocolate at all for two years. I call those the dark ages. I also love to follow Lily's on Instagram (@lilys_sweets), because they share great sugar-free recipes.

When I gave up sugar, I was fair to my family and told them they could eat sweet things in the house, so long as they weren't in my face about it. But, no one, under any circumstance, was allowed to bring ice cream into the house. I love ice cream and knew my resolve would crumble should I open the freezer and find a pint therein. Imagine my delight when in the new Co-op store, we started carrying Enlightened Ice Cream, which is sugar-free! It's sweetened with monk fruit and tastes just like the real thing. Right now, we

carry one flavor in a pint and two types of bars. Yum!

For snacking, I love Think Thin's energy bars. We have them in three flavors. I also love the Cacao with Goji Chunks of Energy, which we carry in Bulk. Those bad boys are just like eating a brownie.

Simply Delish has sugar-free jello that's great. We have it in strawberry and orange. Swerve makes a confectioners "sugar" with erythritol that is excellent for making frosting.

I've never been a big soda drinker, except for when I'm sick. That's when I usually drink ginger ale. Luckily, Reeds is now making a monk fruit sweetened ginger beer.

For breakfast, I love Nature's Path Fruit Juice Corn Flakes, though, as I stated earlier, I try to avoid corn in general. But as an occasional treat, it's terrific. But I rely heavily on Wallaby's no sugar added yogurt. We have it in three flavors, and I eat it almost every day.

As for those tricky condi-

ments and dressings, I recommend Primal Kitchen, which has a wide variety of salad dressings and marinades without sugar. Literally just this morning, I also discovered that they have sugar-free ketchup, steak sauce, and BBQ sauce—three things I said goodbye to three and a half years ago.

As more people break up with sugar, I'm hoping we get even more products to keep up with the demand. I have high hopes that in another three and a half years, being sugar-free will be just as common as veganism or gluten-free diets. By the way, after all this time sugar-free and with a few other natural remedies, I am now living almost symptom-free. Change is possible!



What is the Speed Limit?



Catherine Princell
Co-op Owner since 2006

After years of driving from Brooklin to Blue Hill, five days per week to work, one might assume that I would be very familiar with the speed limits on my daily drive. As I started to do research for this article, I soon realized that I had no idea! Now that the Co-op has arrived on South Street, those speed limits have become even more important

to follow. Though both Bay School and Harbor School should have made a difference in speed limit awareness for my daily drive, it seems that they did not.

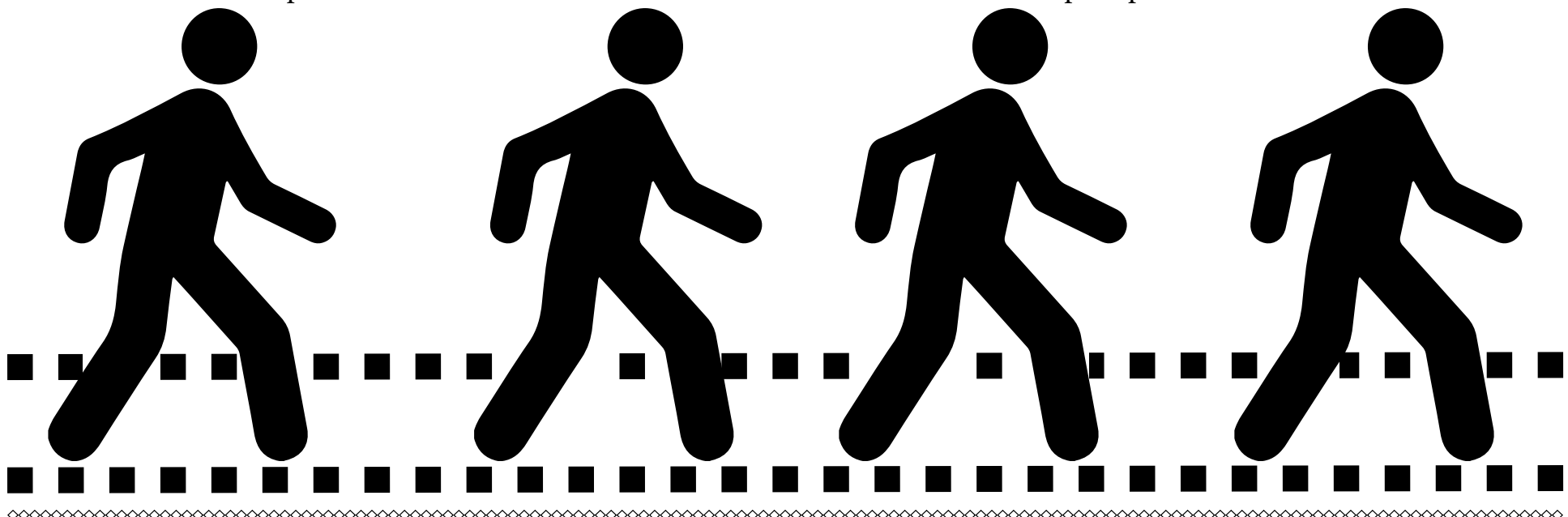
Let's review basic Maine speed limit guidelines first:

Unless otherwise posted, Maine's absolute speed limits are 45 miles per hour on all public ways, twenty-five miles per hour in business or resi-

dential districts, and 15 miles per hour when passing a school during recess or when students are going to or leaving school.

There is now a crosswalk on South Street, and that has changed the speed limit rules considerably. Though the limit is 50 MPH on route 175, it quickly turns to 35 MPH just past Barncastle going toward Blue Hill. As you approach the crosswalk, if the light is flashing, the speed limit drops to 15, so it is easier to stop for pe-

destrians in the crosswalk. The roundabout speed limit is also 15 MPH. So, we all have to pay more attention to the speedometer! One more time: driving through the business area where the Co-op now lives, the speed limit is 35 MPH unless the light is flashing for pedestrians, or when students are going to or are leaving school, then it changes to 15 MPH. Please follow the posted speed limits and stop for pedestrians.



Eating the Colors of the Rainbow



Kipp Sienna Hopkins
Marketing Manager
Co-op Owner since 2006

Have you ever heard the term “eat a rainbow of colors”? It’s a pleasant image and also sound advice, so long as the colors involved are natural, and not the artificial dyes of a certain candy that uses a similar slogan. Eating a rainbow of colors is a great way to ensure that you’re getting some terrific nutrients, and the hues give you a clue as to what they are. So here are the colors of food and what they hold within.

RED: Vegetables like radishes and fruits such as strawberries, are colored with lycopene. This powerful antioxidant may help reduce the risk of cancer and help promote heart health. Other red foods include rhubarb, tomatoes, raspberries, cherries, red grapes, watermelon, and red apples.

PURPLE & BLUE: Blueberries and beets spring to mind for this category, but “red” cabbages and “black”-berries are also tinted by the same pigment, anthocyanin. As well as reducing the risk of cancer and promoting heart health, anthocyanin may be useful in preventing strokes and cell damage. Other foods in this category include eggplant, purple asparagus, purple grapes, and plums.

ORANGE & YELLOW: It’s a pretty well-known fact that carrots, thanks to betacarotene,

are good for your eyes. This is the case because it converts into vitamin A in the body, and this helps with eye health and also with mucous membranes (which sound gross but are important). Another benefit of betacarotene is giving your skin a youthful glow, and



naturally protecting it from UV rays from the sun. Betacarotene (also found in sweet potatoes and pumpkin) is a carotenoid, a group of pigments that gives fruits and veggies a vibrant orange or yellow hue. Another carotenoid is lutein, which is stored in our eyes and can help prevent cataracts and age-related muscular degener-

ation, which can cause blindness. Other carotenoid-rich foods include lemons, pineapples, mangoes, corn, oranges, squash, peaches, nectarines, apricots, and grapefruits. Eating too much betacarotene can indeed cause carotenemia giving your skin a yellow-orange hue. However, you would need to be eating a diet unbalanced in favor of these foods, so as

long as you’re genuinely eating the rainbow, it shouldn’t be an issue. You would have to eat something like ten carrots a day for several weeks to develop this condition.

GREEN: People are always telling you to eat more leafy greens. And for a good reason, as leafy greens are generally bursting with vitamins, miner-

als, and fiber. They’re also low in calories, so you can safely gorge yourself. You might already know that the pigment responsible for turning plants green is chlorophyll. This green machine has been shown to do wonders for detoxing, actually binding to heavy metals and flushing them out. It also helps cleanse your liver, the body’s natural filter. Green veggies have a lot of phytochemicals, including carotenoids, indoles, and saponins. They have all been shown to help reduce the risk of cancer. Leafy greens also contain lots of folate, which has a great effect on the regulation of dopamine and serotonin. This makes it very useful for regulating stress. Good sources of green in your diet include spinach, asparagus, avocados, broccoli, peas, green apples, green grapes, limes, kale, kiwi fruit, green beans, lettuce, cabbage, celery, and cucumber.

BROWN & WHITE: Okay, these two colors may be left out of most rainbows, but their foods are still important. Brown fruits and veggies have lots of phytochemicals, such as allicin (found in garlic), which has antiviral and antibacterial properties. Potatoes and bananas are good sources of potassium. Other white and brown foods include cauliflower, brown pears, mushrooms, white peaches, dates, onions, ginger, parsnips, and turnips.

In conclusion, colors are more than just beautiful!

Blossom Studio & Gallery

58 Main Street (side entrance)

Facebook & Instagram BlossomStudioandGallery

Spring Hours: Tuesdays thru. Saturdays 10 to 3

Shop online: www.Etsy.com/shop/BlossomStudio

& www.Etsy.com/shop/TheMerryPumpkin

Traditional
Acupuncture

泰 Vicki Pollard 謙

Practicing in Blue Hill for 40 years

vicki@traditional-acupuncture.com

207/374-9963

Healthy Food On the Go

Let's all agree; it's easier to eat healthy when you've built a good routine. But once you're removed from that routine, it can be hard to keep to your good habits. Vacations and travel, while enriching the soul, can also wreak havoc on our healthful intensions. With summer just around the corner, many of us are planning get-aways. Here are some tips for eating healthy while on the move.

ROAD TRIPS:

Instead of loading up on junk food or stopping at a drive-thru, stock up on healthy snacks. Low sugar energy bars and jerky, vacuum-sealed olives, dried fruit, and roasted nuts and seeds are great for eating in the car and don't have to be kept cold. If you pack a small cooler, you can add fresh fruits and cut up veggies, cheese sticks, yogurt, hummus, and other easy-traveling perishables. When you run out, find a good natural food store in the area to replenish!



HOTEL STAYS:

Most hotels provide small fridges and a little counter space, so instead of eating out, you can store a few essentials. Milk or dairy alternatives and whole-grain cereal are great for hotel breakfasting, especially if you bring along a bowl. Bread, sliced meats, cheeses, and condiments are also useful for throwing sandwiches together. Fresh fruits and easy snacking veggies like carrots, peppers, and cherry tomatoes are also good.

EATING OUT:

It's a lot of fun to try out new foods while traveling. When you do opt for cafes and restaurants, be sure to pick places that have healthier food options. Many businesses have their menu posted online, so scoping out options before the commitment of walking in the door, is easy.

Making Your Own Healthy Road Trip Trail Mix

This is a great formula for making your own healthy trail mix that suits your personal tastes. Perfect for road trips, hiking, biking, and kayaking.

The best trail mixes have a mix of savory, salty, sweet, crunchy, and chewy ingredients. Therefore, there are five main groups, of which you will want to choose one or two elements, keeping in mind the mix of flavors.

Nuts: You can either choose plain, roasted and/or salted. Cashews, almonds, pistachios, pecans, and walnuts are all excellent choices.

Seeds: Like with nuts, you can also get roasted and/or salted. Pumpkin, sunflower, flax, and hemp seeds all work well.

Dried Fruit: Raisins, cranberries, blueberries, currants, dried apples, coconut smiles, and banana chips are great options.

Grains: This one is optional. Popcorn, granola, cereal, or pretzels can be fun additions.

Chocolate: Also optional, but a pity to leave out. Chocolate chips are perfect for trail mix, especially Lily's sugar-free chips (see page 4). Another good option is chocolate covered dried fruits or nuts.

Once you've picked your ingredients, mix them together, and keep the trail mix in a mason jar—snack as needed.

Art in the Café

<h3>DECEMBER</h3> <p>Lidsay Nevin</p> 	<h3>JANUARY</h3> <p>Lawrence Moffet</p> 	<h3>FEBRUARY</h3> <p>Margret Baldwin</p> 
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Interested in having your artwork exhibited at the Blue Hill Co-op?
Contact Kipp Hopkins at (207)-374-2165 or marketing@bluehill.coop

Meristem Herb Co. in the Garden



Rachel Randall
Co-owner Meristem Herb Co.
Co-op Owner since 2017

Herbalism gives one the opportunity to observe and experience the vast interconnectedness of all life. A fundamental principle of herbalism is the concept of wholism - the perspective that each organism or person operates as a complex system of interacting components, all of which are necessary for the organism to function toward well-being and not one of which will act in the same way if separated from the whole. In other words: The whole is greater than the sum of its parts. This theory is a guide that the clinical herbalist employs while finding the unique remedy best suited for a particular person when considering the many variables that influence the specific ways their symptoms may be manifesting.

Certainly, anyone who is in a practice of living naturally or pursuing alternative health in some way is likely to find themselves in a garden at one point or another. My own path toward community herbalism began in the garden twenty

years ago. A direct connection to the plants themselves has deepened my understanding of medicinal plants and has informed my work while teaching, creating products, helping customers, or giving herbal health consultations. Similarly to the way an herbal remedy is identified by looking at a person's specific environmental influences, we must consider the quality of medicinal plants when creating a remedy. In doing so, we recognize that a plant's health in the garden is directly reflected in its medicinal potency and its healing capacity.

Currently, Meristem Herb Co. gardens in Blue Hill are home to dozens of varieties of medicinal plants. Over the past three years, my partner Jason and I have been reclaiming old, overgrown pasture, improving the soils and cultivating herbs, flowers, fruits, trees, and vegetables. We are committed to stewarding the land and earth

by making choices to grow chemical-free gardens using less petroleum and with as small of a carbon footprint as possible. We are also very interested in preserving old skills and re-learning the ways of doing things by hand, slower, and with less mechanization resulting in more direct interaction with the land and soil.

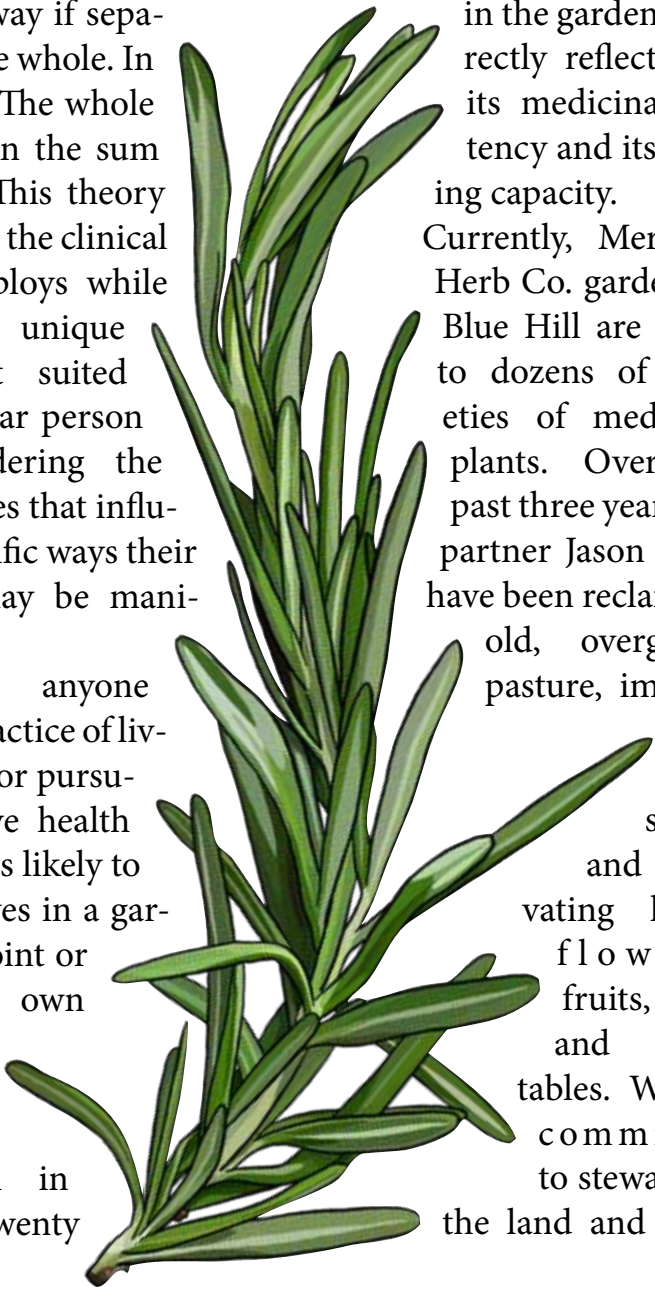
Each year we grow herbs to dry and process into teas, to tincture fresh or infused in oil. Last season we were able to produce about 25% of the herb material that went into teas, skin care products, infused honey, fire cider, and elderberry syrup. We have a goal of steadily increasing that percentage by slowly but surely growing more of what we can grow here in Maine. We have consistently found that the quality of what we can produce ourselves is far better than even the best large organic wholesale supplier. We believe small-scale, artisanal hand-crafting produces authentic products, and that is what we are going for.

Our two-acre land base contains several microclimates that allow us to grow all the classic Mediterranean sun-loving herbs such as lavender, sage, rosemary, and thyme, along with native

woodland, shade-dwellers like black cohosh and goldenseal, and the understory climber Schisandra. One of our favorites, Schisandra, is a perennial medicinal vine that produces beautiful clusters of adaptogenic red berries. It is one of the tangy flavors found in the 'Super-C Herbal Tea,' and we are expecting to see our first harvest this season. 'Cold Care Tea' features our own elecampane root and thyme. 'Women's Tea' and 'New Mom & Baby' contain our own motherwort, milky oats, and lemon balm. At this point, all of the herbal tea blends we are making contain at least one ingredient that we produced.

The moist wooded areas of the garden's edge are home to an ever-expanding patch of elderberries. We are growing both the indigenous *Sambucus canadensis* and the European *Sambucus nigra*. The antiviral berries from both of these species are combined with our own anise hyssop in the cold and flu tonic 'Sweet Elderberry Syrup.'

It is with great excitement in our hearts that we move toward spring, and with it, the beginning of another season in the herb gardens. Green Blessings!



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1/4 page portrait (7”h x 47/8”w).....\$65/issue•\$240/year

1/2 page (7”h x 10”w).....\$125/issue•\$480/year

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Slow Cooker Brisket Recipe

This is a very easy meal to put together. Like with many slow cooker recipes, it can be set up before going to work. You can then come home to a delicious meal. No fuss, no muss.

INGREDIENTS

- 1 large onion
- 2 large carrots
- 2 cloves of garlic
- 1 Thousand Hill Organic Brisket (4 lb.)
- 2-3 cups chicken broth
- 2 tbs chopped parsley
- Salt & Pepper to taste

Cut the onions and carrots. Place all the ingredients into a slow cooker; the brisket should be fat-side-up. Use enough broth to cover the veggies and meat. Cook on low for 8-10 hours. When the meat is nice and tender, remove it from the slow cooker and cut it against the grain. Leftovers will make a great soup or can be used to make sandwiches.



Local Pet Food Comes to the Meat Department



Kipp Hopkins
Marketing Manager
Co-op Owner since 2006

Big changes have come to the Meat and Seafood Department, as we welcome our new buyer, Lynn Arnold. This is essentially all new territory for the Co-op since the old store really only carried a few meat products. There has been a lot of experimentation as we hone in on what our customers will want and need from their Meat Department. We’ve brought in new products and new farms, and will most likely say good-bye to some as people use their purchases to vote.

One of the new farms we’ve welcomed in the last month is Pine Tree Poultry, a family farm in New Sharon. The birds are fed an all-vegetarian diet that’s free from artificial hormones or antibiotics. Their products include raw meats and premade turkey pot pies.

A Wee Bit Farm from Orland also joins us. They specialize in Highland beef, but also offer lamb and pork products. Their animals are free-range and grass-fed.

We love Tide Mill’s chicken and beef products. I’ve been told their maple sa-

sages are to die for! They’ve been with us for a while now, but we’re excited to start carrying their pet food. Made with ground chicken meat, bones, and organs, it comes in a one-pound bag, frozen and ready to thaw. Cook it and feed it to the doggos, or indeed, your cat. Coming in at the same price range as our canned pet foods, it’s a great option for feeding your animals the best meat possible.

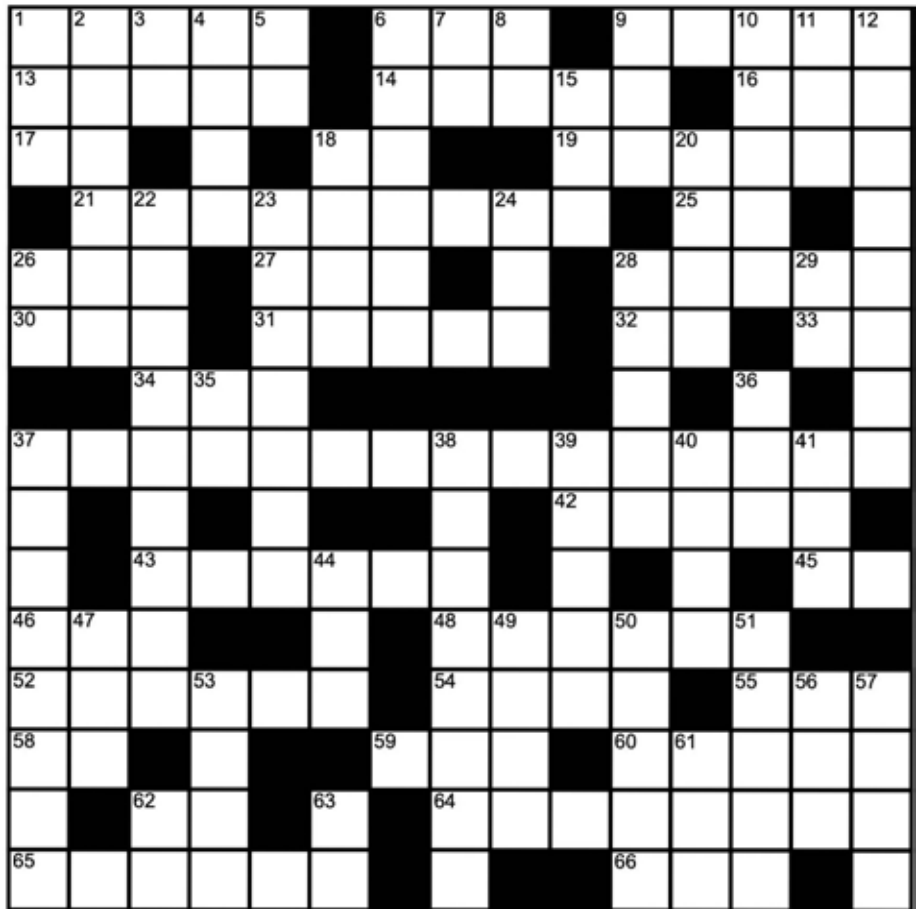


Photo by Kipp Sienna Hopkins

Next time you’re in the Co-op, check out what other changes have come to this fledgling department. And let us know what you think!

Blue Hill Co-op Spring Crossword

by Kipp Sienna Hopkins



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

Across

- 1 Soup base
- 6 Holy city of Iran
- 9 Grunge pattern
- 13 Earnest promises
- 14 An edict from 50 down
- 16 City of Papua New Guinea
- 17 “This is __ outrage!”
- 18 Fe, __, fo, fum
- 19 Pungent root vegetables
- 21 A group with commonality
- 25 One of the 13 Colonies (abbr.)
- 26 Currently
- 27 Kyushu volcano
- 28 Clustered fruit
- 30 Container for ashes
- 31 Having much substance
- 32 Romania’s Internet code
- 33 Atomic # 18 (abbr.)
- 34 Trees of Blue Hill
- 37 Our solar system reduces this
- 42 Japanese city famous for street food
- 43 A great Co-op lunch resource
- 45 Half a toy
- 46 __ et amo (expression of mixed feelings)
- 48 Virtual alter ego
- 52 As with a yawn
- 54 Train carriage
- 55 Historical Epoch
- 58 Ionizing radiation dose
- 59 Great boxing surname
- 60 International architectural firm
- 62 Beowulf’s script (abbr.)
- 64 “Star Trek” catchword
- 65 Fujis and Galas
- 66 Eco-roof material

Down

- 1 A constricting scarf
- 2 Fierce resentment
- 3 Part of a medical recovery team
- 4 Aramaic twin name
- 5 Teens go here every day (abbr.)
- 6 Ancient Andean grain
- 7 British empire
- 8 Laura’s mother
- 9 Sheep’s enclosure
- 10 Hello or goodbye
- 11 Author Fleming
- 12 Finales of feasts
- 15 Tofu source
- 18 Amalgamate
- 20 Japanese medicine chest
- 22 Our’s is over 2,000
- 23 Dutch heavy lifter
- 24 Poodle variety
- 26 Fraternity letter
- 28 Icky
- 29 Laura’s father
- 35 US weight
- 36 Tik-__ (“Land of Oz” series character)
- 37 Variegated beet
- 38 Inexplicable events
- 39 Green energy choice
- 40 UN nuclear watchdog
- 41 A Horse’s vote
- 44 Where the flowers grow
- 47 Planner page
- 49 Being too proud is useless
- 50 Bygone Russian rulers
- 51 Made again
- 53 Zester’s target
- 56 Tribe home, informally
- 57 Out trawling
- 61 Freud’s rational self
- 62 Photo __
- 63 Exists

Being and Staying Well In The Midst of Viral Fear and Uncertainty



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

We've been hearing a lot about the coronavirus. At the time of this writing, most of the world has been or is being rocked by its impact. This virus has gone viral in humans and on the internet! But let's take a slow breath, step back, and ponder, because stress, the immune system, the respiratory system, and how we breathe are all very closely related. They could have a substantial impact on staying well in the midst of all that is coming at us.

First, let's consider stress and how we breathe. Stress is increased when we don't breathe properly, and our immune system is negatively affected by chronic stress. Our entire system registers shallow and panicked breathing. So, being well and staying well is not the same but are connected.

To be well, we need to relax in the present moment, which requires of us the ability to sense feedback from our body as well as the rhythm of our breath, regularly and throughout the day. Draw a slow breath in, try to sense how your diaphragm is expanding slowly downward and outward. Then breathe out slowly. One way to slow your out-breath is by pursing your lips as if to whistle. You can also hold your breath in for several seconds before releasing it.

Stress hormones such as cortisol are decreased, and feel-good neurotransmitters such as GABA can be increased with a few rounds of conscious breathing. Immune function is enhanced when the adrenals are not over-producing due to stress that we aren't handling skillfully.

We can help protect the respiratory system, which is where viruses generally settle first.

I recently spoke about Elderberry Extract with Jade Alicandro, an Educator with Herb Pharm, a manufacturer of herbal extracts that the Co-op has carried for many years. Elderberry Extract is one of the most popular herbal supplement the Co-op sells, and for a good reason. The Elderberry plant has been used medicinally since at least biblical times, and there is modern science available to support its use.

"What we can say is that Elderberry has been shown to lessen the duration of the

flu," Jade told me during a recent visit to the Co-op. "We know the mechanism of action. It has been shown to prevent the virus from penetrating your cell walls, and that's how viruses work. They penetrate the cell membrane, and they tell your DNA to start replicating virus cells, instead of your own. It's crazy. Elderberry is like a boundary maintainer. We don't know exactly how it works, but we know this is what it does. It helps prevent viral replication. It is specific to the flu and has an affinity for the respiratory system, and flu viruses attack the respiratory system."



Elderberry botanical illustration

Herb Pharm's organically produced Elderberry Extract has no sugar content and a whopping 175 mg of active constituents per dropper dose. It should be noted that one of the great things about one-ounce extract bottles is their handy size--small enough to carry in purse or pocket and not to raise alarms when flying. This makes them versatile and more likely to be available when you need them. Avena, locally produced in Rockport, also produces a one-ounce Elderberry Elixir. In 4 oz and 8 oz bottles, the Co-op offers AnthroImmune out of Augusta, and MeriStem out of Brooksville. MeriStem includes in it other potent healing ingredients such as ginger, raw apple cider vinegar, anise hyssop flower, and lemon juice. Yet one of our biggest sellers is the national brand, Honey Gardens, which includes propolis, raw honey, and apple cider vinegar.

One of the keys to staying well is taking

action before viruses have had the opportunity to get well established within your system. The first warning signs could be fatigue, extra irritability, or sometimes hyperactivity. In this case the initial phase of your immune response may have kicked in to give that initial rush of at times more manic energy. Staying away from alcohol, sweet foods (particularly cold sugary foods such as ice cream), and overactivity is often crucial while drinking hot liquids and dosing heavily with Elderberry. Or perhaps Yin Ciao, a Chinese medicine, or Immune Boost from Avena, or Rapid Immune Response from Herb Pharm, or any number of other immune boosters, such as Echinacea or Echinacea and Goldenseal, for an extra-strong antibiotic punch. Rainbow Light offers Counter Attack, which contains an incredible array of immune boosters, as does Source Naturals Wellness Formula.

Jade also made the important point that mixing herbal extracts with a small amount of water increases the speed at which it is absorbed into the bloodstream, and decreases the sometimes disagreeable intensity when it is put directly under the tongue--a practice she discourages. You can also put your dose in a full water bottle for a more gradual uptake. For those who want certainty in what is being delivered in their tinctures, Herb Pharm uses chromatography to ensure that all extracts carry the full ratio of constituents that naturally occur in each type of plant, making them truly full-spectrum extracts. In addition, the glycerin used in their non-alcohol extracts is organic and imported from Europe.

There is, however, another powerful anti-viral and antibiotic that could be crucial to both preventing and turning sickness around to health. One that could be very relevant as antibiotics from the doctors become increasingly less effective as viruses, and bacteria get smarter. It is called colloidal silver. Some might know of it due to the infamous Blue-Man, who concocted his own solution and thousands of times beyond the recommended dosages, and famously turned his skin irreversibly blue.

This strange aberration should not deter us, as colloidal silver is one of the best anti-viral medications known. According

Continued on page 11

to literature provided by Silver Wings, historically, silver has been used by many cultures throughout the world. In fact, pioneers trekking across the West in the 1800s placed silver coins in their drinking casks to preserve their water supply and to prevent spoilage of milk. Today, silver purifiers made in Switzerland are used by many nations and airlines, and to purify water on spacecraft. Silver particles are placed in cutting boards, tabletops, and refrigerators to help protect against harmful food-borne organisms.

The Co-op carries several brands of colloidal silver (also known as “hydrosol” silver), and among those brands is Silver Wings which is” the oldest manufacturer of colloidal silver in America, founded in 1994 by Mark Smith, ND, Ph.D., MD[MA], and Liz Smith RN. “We specialize in offering the highest quality ingredients...that are safe, pharmaceutical grade, and completely backed by independent clinical, university and in-vitro studies, tested from qualified third-party laboratories...so that each lot number is a true colloidal silver,” states their literature.

The particle size of silver is relevant. Particles larger than 100 Nano-meters can potentially lodge in tissue. “Our mean silver particle size is guaranteed to range between 1-3 Nano-meters,” according to Silver Wing’s literature. Also relevant is the parts per million (PPM) of silver to purified wa-

ter. The Co-op currently sells several concentrations: Sovereign Silver is 30 PPM, Source Naturals is 10 PPM, and Silver Water is 3 PPM. Silver Wings varies from 50 PPM up to 500 PPM. The higher concentrations mean less is needed. A 50 PPM colloidal silver can be sprayed directly on the eye to help with pink eye or eye infections. In comparison, their 500 PPM, for instance, can be used short term to battle serious internal infections both viral and bacterial, without doing damage to healthy internal flora in the intestines--unlike most antibiotics.

Dr. Gordon Pedersen, Ph.D., of the Silver Institute writes that increasingly, “Silver will be used for bacteria, viruses and yeast infections... it will save the world from epidemic disease, reverse ... because of the billions of people that will use it to prevent staph, strep, e-coli, ebola, hepatitis, malaria and can do so without a prescription.” States Pedersen: “In medicine, silver is published in the most credible sources; the Physicians Desk Reference, The United States Pharmacopoeia and JAMA

monographs where there are at least 42 silver drugs reviewed and identified for physician use.

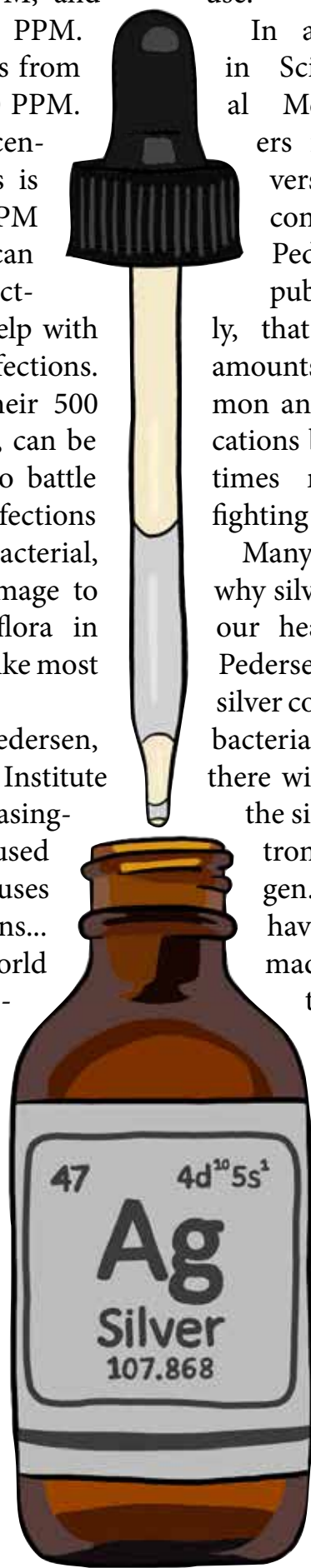
In a study published in Science Translational Medicine, researchers from Boston University and Harvard confirmed what Dr’s Pedersen and Leavitt published previously, that by adding trace amounts of silver to common antibiotics, the medications became up to 1,000 times more effective in fighting infections in mice.”

Many people wonder why silver does not destroy our healthy bacteria. Dr. Pedersen writes, “When silver comes in contact with bacteria, viruses, or yeast, there will be an attempt by the silver to steal an electron from the pathogen. Since pathogens have simple cell walls made of single electrons, when silver steals an electron, it ruptures the pathogens’ cell membrane, like puncturing a water balloon. This usually kills the pathogen. The reason that silver doesn’t kill healthy cells is because healthy cells have a lipid bilayer. So healthy cells have two layers made from lipids. The fact that there are two separate and distinct

layers means that the silver can only steal one electron, and this is not sufficient to rupture or damage the healthy cell walls. In addition, the lipids are fats, and silver is usually carried in a water-soluble form that cannot penetrate through the fat bilayers... another reason that silver doesn’t kill the good probiotic bacteria in the intestines is that the genus Lactobacillus is a unique healthy gut bacteria, in that it is the only classification of bacteria that secretes a coating onto its own outer cell wall. The coating is a kind of milk fat that water-soluble silver will not penetrate. This is why the structured silver does not destroy the good bacteria in the gut,” writes Pedersen.

Your gut health (microbiome) is, of course, essential to immune function. It is said approximately 80 percent of our immune function comes from our microbiome’s bacterial robustness. Probiotics are increasingly about strain diversity. In fact, the Co-op just put on its shelves Vital Flora’s 100 billion count 100 strain Ultra Flora, if you are compromised in your gut health through heavy antibiotic use, Lyme disease, or other gut issues.

So help ourselves to be well, let us breathe slowly and deeply and live as gratefully as possible in the present. To stay well, build a healthy immune system now, and keep on hand immune boosters that can be used short term to increase the chances for success in outsmarting opportunistic viruses and bacteria.





full moon sale


April 8th
May 7th
June 5th
August 3rd
September 2nd
October 1st
October 31st
November 30th
December 30th



Crossword on Page 9


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No-Sugar Chocolate Chip Cookies (with Grain-Free Option)

If you're a lover of cookies, but want to cut back on sugar, this recipe makes a yummy, cakey cookie that is completely sugar-free. It uses monk fruit and Lily's dark chocolate chips (see page 4), both of which are aftertaste-free. It also uses whole spelt flour, making them wheat-free. The grain-free option is basically the same, using a mix of almond flour and tapioca flour. This version is keto-friendly and also paleo and gluten-free. If you use flax eggs and vegan butter, they could both be made vegan.



REGULAR

- 1 cup softened butter (we like Kerry Gold)
- 1/2 cup Lakanto monk fruit sweetener
- 2 eggs
- 2 cups whole spelt flour
- 1 tsp vanilla extract
- 1/2 tsp sea salt or Himalayan salt
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 cup Lily's sugar-free baking chips
- 1/2 cup chopped walnuts
- (optional: you can also add more chocolate chips or chopped up Lily's baking chocolate)

DIRECTIONS

Cream the softened butter with the monk fruit. Add the vanilla and eggs. Mix the flour, salt, baking powder, and baking soda, then slowly incorporate it into the butter mixture. Finally, add the chocolate chips and chopped walnuts. Refrigerate for 30 minutes.

Preheat the oven to 410° and lay parchment paper down on a cookie sheet.

Scoop the dough into roughly two tablespoons sized cookies. Place them on the cookie sheet about two inches apart.

Bake the cookies for 15-20 minutes, until they are golden brown. Carefully remove the cookies from the sheet and cool on a rack for five minutes before enjoying.

Recipe makes roughly 26 cookies.

Approximately 128 calories each.



GRAIN-FREE

- 1 cup softened butter (we like Kerry Gold)
- 1/2 cup Lakanto monk fruit sweetener
- 2 eggs
- 1 cup almond flour
- 1 cup tapioca flour
- 1 tsp vanilla extract
- 1/2 tsp sea salt or Himalayan salt
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 cup Lily's sugar-free baking chips
- 1/2 cup chopped walnuts
- (optional: you can also add more chocolate chips or chopped up Lily's baking chocolate)

DIRECTIONS

Cream the softened butter with the monk fruit. Add the vanilla and eggs. Mix the flours, salt, baking powder, and baking soda, then slowly incorporate it into the butter mixture. Finally, add the chocolate chips and chopped walnuts. Refrigerate for 30 minutes.

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Best of #bluehillcoop

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