

# The Harvest Herald

Presented by BLUE HILL CO-OP  
Summer 2021



## Growth in Hardship



Kevin Gadsby  
General Manager  
Co-op owner since 2016

Back in January, when winter held its frozen grip, June could not come soon enough. Now that it has arrived, with bees busily buzzing over blooming lilacs and with colorful and statuesque lupine reminding us of just how busy Miss Rumphius was at making the world more beautiful, it feels like it came on too suddenly. There's a hurried energy in the air as seasonal residents return and year-rounders emerge from a peculiar year that left us all feeling uncomfortably isolated. Change is in the air. We feel this energy at the Co-op as the business continues to grow at a robust rate of 55% over the same period last year. This continued trend has us moving in a favorable direction. Current budget projections have us finishing off 2021 with sales of over \$7.6 million at an assumed growth rate of 32%. If the current growth trend of 50% carries through the rest of the year, we will end with well over \$8 million in sales, which would put us at year five projections at the completion of year two. This is exciting for us as it strengthens our financial position in ways that will help us



Photo by Kevin Gadsby

make progress in other essential areas such as covering our debt service, redeeming owner investments, increasing wages and benefits, and ultimately paying patronage dividends as we increase in profitability. Sales alone will not increase profitability. It takes increased efficiency, managing expenses, and paying down debt. We are making progress in these areas, but to reach these goals, there are other challenges to face.

As I monitor our financial condition and plan for the future, there are expenses that stand out that require attention. One such area is our owner discount program. One of the most popular sale events is our Full Moon Sale. We have been fortunate to maintain the Full Moon Sale for many years. This sale was historically held on the day of the full moon each month. Over the last few years, we received feedback from co-op owners who found it challenging to make it to the one-day-only sale event. We listened to our co-op community and subsequently changed the sale from a one-day-only event to a week-long Full Moon Sale where co-op owners could choose which day during the full moon week to apply their discount, making the event more convenient to more people. This change has been wildly successful. So much so that total Full Moon Sale discounts grew during the last fiscal year from \$28,500 to \$79,700. Total sales discounts grew during the same period from \$72,300 to \$130,825. During the Full Moon Sale, co-op owners receive a 10% discount on purchases throughout the store, with few exceptions. As we continue to grow and more people become owners, these discounts will also grow. We've added nearly 750 new owners since opening the South Street storefront. Discounts to owners are a benefit that we are happy to give, but it feels like offering these discounts at the gate, and so commonly, is putting the cart before the



Photo by Robin Byrne

horse. One might argue that keeping these sales events helps increase total sales. While this is true to a certain extent, if we overextend ourselves with discounts, our margin shrinks to unsustainable levels, the result of which could hinder our ability to meet pressing financial obligations such as satisfying the debt service coverage ratio (DSCR) per the liquidity covenant on our commercial loans. Without satisfying the DSCR, we are unable to pay owner investor dividends or redeem principal investments.

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One of the 7 Co-op Principles recognized by the International Cooperative Alliance is Member Economic Participation. Such participation allows for owners to not only share in profits during years of plenty by way of patronage dividends but to also carry the burden of the co-op during times of need, such as when hundreds of co-op owners stepped forward with investments and donations toward the building of this amazing new store. According to our bylaws, it could also mean sharing in the loss of the business by way of deferred patronage dividends or a reduction of patronage dividends carried forward that would offset losses from the prior year(s). I appreciate the incredible support from our co-op community and remain grateful for the progress we have made. It would be a shame if we somehow did not capitalize on the growth we're experiencing by making it a priority to pay off our debt and redeem owner investments as soon as possible. The sooner we can pay down our debt, the greater our financial impact will be on this community.

In consideration of the greater picture, our current needs, and for planning ahead, we will be changing the Full Moon Sale from a monthly sale event to a quarterly sale event during the seasonal times of the Solstice and Equinox. The first sales event will be held the week of the Summer Solstice from Sunday, June 20 through Saturday, June 26. The Summer Solstice Sale will be followed by sales events in celebration of the Autumn Equinox during the week of Wednesday, September 22, Winter Solstice during the week of Tuesday, December 21, followed by the Spring Equinox during the week of March 20, 2022, and so on. The quarterly sales event will be a week-long event just as the Full Moon Sale, during which member-owners can select which transaction to apply their 10% discount. We hope that you will continue to support your

community co-op and continue to grow with us. As I've told many co-op owner investors who questioned the future viability of our growth projections: "If you want to be sure we are financially sound, shop the co-op." By shopping at the Co-op, you help foster the growth of a community-owned organization. By shopping at the Co-op, you ensure a sound financial future that will further contribute economically to the Blue Hill Peninsula and beyond by supporting and fostering the continued growth of a local and regional independent food economy. Your Co-op shopping dollars ensure that we can increase wages and benefits for our hard-working employees and enables us to give back to area businesses and non-profits. And ultimately, shopping your local co-op puts money back



## SUMMER SOLSTICE SALE WEEK

in your pocket by way of patronage dividends when the Co-op is profitable. Together, we share in the Co-op's success, and we hope that you will continue to see the value of supporting the Blue Hill Co-op both for the present and future generations.

In closing, I want to express a deep-hearted thank you to our entire Co-op community for supporting us during what has surely been one of the most challenging years to

work in a retail grocery environment. We had to make many quick and sometimes unwelcome decisions this past year, and your overwhelming support helped carry us through. As you are now aware, we adjusted our COVID-19 mask mandate to support guidance of the Maine CDC that no longer requires mask-wearing in public places. Some in our Co-op community were offended by this decision since they felt it undermines the safe space we created since COVID-19 began. Others have praised us for allowing our people the freedom to choose what is best for them and their loved ones. We do not take the care and safety of our Co-op community lightly. This is precisely why we implemented such strict policies from the onset of the pandemic. As it is now, most of our shoppers and all Co-op staff continue to wear face masks on the retail floor. Our signs have been changed to say Face Masks Recommended instead of Required. We will not ostracize you or drive you out of the store if you choose to go mask-free. We are trusting our Co-op community to use common sense. If you are ill or have a known COVID-19 diagnosis, please use our online ordering system, WebCart, instead of shopping in person. All tourism and travel indicators point toward a very busy summer season. We will continue to monitor the situation and pay close attention to Maine CDC guidance. If COVID-19 starts to rise again and further compromises the safety and health of our community, we will adjust and turn toward policies that mitigate exposure just as before. Of course, we hope that we have turned a corner for good, and the world of COVID-19 will be forever behind us.

Feel free to reach out to me with any questions, comments, or concerns. I welcome your feedback.

In the spirit of cooperation,  
-Kevin

### Co-op Board Officers & Members

**President:** Diane Bianco

**Vice President:** Aaron Dority

**Secretary:** Jerome Lawther

**Treasurer:** Tim Tunney

Deborah Evans

Martha Shepherd

Jen Traub

Cheryl Boulet

Jo Barrett

Jenny Brillhart

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

### When Are Board Meetings?

THE FOURTH THURSDAY OF  
EVERY MONTH AT 6:30PM

Meetings will be online due to  
COVID-19 precautions. Email:  
[info@bluehill.coop](mailto:info@bluehill.coop) to request the link.

## Welcome to the Board Jenny Brillhart

We're happy to welcome Jenny Brillhart to the Blue Hill Co-op Board of Directors.

"I've been an owner for five years. After vacationing in Stonington early in life, I began returning seasonally with my family in 2010. In 2016, we moved here full-time from Miami, FL, and now live in Blue Hill. I work as a painter and graphic designer. I also volunteer at our children's school, teach art, and enjoy getting outside. I love the Co-op and hope to help expand its community reach. My favorite foods are the homemade chili con carne and the cacao/nut/acaí energy squares. My kids dig the chocolate mousse."

— Jenny Brillhart





# Goat & Sheep; the Other Cheese



Robin Byrne  
Cheese Manager  
Co-op Owner since 2002

Whether you avoid, are allergic, or just don't care for cows' milk cheese, goat and sheeps' milk cheeses offer a wide variety of flavors, textures, and types, either fresh or aged. Let's take a closer look.

### GOAT

Dating back to the 8th century in the Loire Valley of France, goat cheese, also known by its French name, Chèvre, has a long history. It can be any cheese made entirely from goats' milk. Because goats' milk is low in a protein called casein, it produces very small, soft curds that crumble easily. Young or fresh goat cheese tends to be soft, spreadable, and tangy, while aged goat cheese can be chalky, crumbly, and earthy. High levels of vitamin A give goat cheeses their bright white color, and the cheeses are also excellent sources of vitamins E, K, B6, and B3 (niacin).

What gives goat cheeses their well-known aroma or "goatiness"? It's a high concentration of medium-chain fatty acids called caproic, caprylic, or capric acid. These fatty acids are also what make the tangy flavor and creamy texture. Goats' milk is the most digestible and is a top choice for those who love cheese but cannot tolerate cows' milk.

Contrary to popular belief, goats don't just eat garbage and tin cans. They seek out the highest and most tender leaves when they graze, stripping bark from trees and going after the tallest, sweetest grasses. This preference in their diet creates that bright, "goatyy" flavor in the cheese.

### SHEEP

Sheeps' milk is higher in fat and protein than goats' milk, meaning that less milk is required to make sheep cheese. It also gives

sheeps' milk cheese a buttery, rich, nutty flavor. Even though sheeps' milk is high in fat, its fat molecules are relatively small, making sheeps' milk cheese even easier to digest than goats' milk cheese.

To what does all of this amount? Because sheeps' milk actually contains almost twice the fat and protein of goats' milk, we get more FLAVOR! That higher protein content is important too. Goats' milk is lower in casein, the protein that curdles, so it produces a more crumbly curd, while the high protein in sheeps' milk generally creates a more dense or creamy cheese. In comparison, sheep cheese is also higher in carbohydrates, vitamin C, vitamin B12, folate, calcium, and magnesium than goat cheese.



Photo by Kipp Sienna Hopkins

Sheep will primarily eat only the tender, sweet top blade grass. It is said that a grazing herd of sheep, left long enough in a pasture, will leave the field closely clipped and trimmed! It's the sheeps' grazing preferences

that make the cheeses rich, buttery, and usually less intense in flavor. These higher fat and protein levels also mean that sheeps' milk has the most solid content, so it actually takes less sheeps' milk to make cheese than either cows' or goats' milk. Other typical sheeps' milk cheese flavors are nutty and, in non-aged varieties, have a slightly barnyard-like taste.

♥ **Pair with Sweet Flavors:** Goat and sheep cheeses are often enjoyed with honey, jam, fruit, and other sweet condiments. The balance of sweet-tart-salty-savory creates a flavor explosion in your mouth and is a fantastic way to grow your appreciation of these special cheeses!

In the specialty cheese case at the Co-op, you'll find:

The aged goat cheeses: *Cablanca* gouda, *LaClare Family* aged cheddar and *Blue Ledge Farm* la luna and crotina (aged brie-like buttons).

The chevre or fresh, soft goat cheeses: *Seal Cove* (Maine) classic and herb, *Montchevre* varieties, *Vermont Creamery* plain and herb, *Blue Ledge Farm* marinated, maple, honey orange, and herbal and *LaClare Family* goat feta and goat mozzarella. Just for the fun of it, we have what is known as dairy duet from *York Hill Farm* (Maine) – a delightful combination of goat and cow making a chevre-bevre garlic dill roll for those of us not needing or wanting to cut out the cow!

The aged sheep cheeses: Spanish import manchego, Italian import pecorino romano, French import societe roquefort.

The fresh-pressed sheep cheese: French import valbrso feta and Greek import atalanta halloumi (the grilling cheese).

If you haven't tried any of these offerings and are curious, go for it! It's only cheese!

## Ownership at a Glance

NEW OWNERS  
SINCE APRIL 1: 71

TOTAL ACTIVE OWNERS: 2,353



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

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

## The Newsletter Team

Managing Editor: Kipp Sienna Hopkins  
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Line Editing: Jennifer Laphem

Advertisements: Kipp Sienna Hopkins  
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.



How to Create Your Own Keto-Friendly Baking Recipes

KETO CHEESE-CAKE BROWNIES

See more recipes online [www.bluehill.coop/blog](http://www.bluehill.coop/blog)

Let's start by stating that keto-friendly baking is not necessarily straightforward, just substitute this-for-that process. It takes some experimentation, failures, and inspiration. It's easier to use other people's recipes since they've already done the hard work (we have quite a few recipes on our blog). But for those of us who enjoy a challenge, creating your own low-carb, keto, and diabetic-friendly recipes can be a fun adventure. We hope these tips and basics will give you a good step up so you can avoid some of the common mistakes.

GET A FEEL FOR KETO BAKING

The first tip is to get your feet wet by baking some keto recipes developed by others. In this way, you can get a feel for how these special ingredients interact with each other and the textures you're likely to encounter. If you already have experience in baking without grains or sugars, then you might already have a grasp of what you're going for.

KNOW YOUR FLOURS

If you've ever done gluten-free baking, you'll know how important gluten is to achieving the familiar texture of baked goods. You'll have the same challenge with keto, plus grain-free flours have their own quirks to work with. We recommend two flours: almond flour and coconut flour. Almond flour is our first choice because coconut flour can have a strong coconut flavor that doesn't always work.

Unfortunately, it's not as easy as a simple 1:1 ratio switch. Almond flour is moister, higher in fat, heavier, and coarser than wheat flour. But, thanks to its high-fat content, almond flour makes moist baked goods. You can improve the texture of your almond flour by sifting before use. Finally, since almond

flour is denser than wheat flour, going by weight rather than volume can help you convert your recipes.

Coconut flour is more difficult to work with than almond flour, but it's handy for people allergic to tree nuts. It also has a great coconut flavor that pairs well with fresh fruit, whipped cream, pineapple, and chocolate. But, coconut flour is dry and very absorbent, so getting the ratio of coconut flour to liquid is tricky. You definitely can't substitute coconut flour in the recipes you've already created with almond flour because they do not behave in the same way.

REPLACING SUGAR

To sweeten your baked goods, we recommend Lakanto Monk Fruit Sweetener, which comes in white and golden (brown) granulated, or Swerve, which comes in white and brown granulated and confectioners. Monk fruit is a natural sugar alternative derived from a plant, while Swerve is made with erythritol, a natural sugar alcohol. Both are zero-glycemic, zero-calorie, and have little to no aftertaste. Though both are supposedly 1:1 replacements for sugar, we recommend starting by using half the amount of monk fruit or Swerve and then sweetening by taste until you reach your preference. Another option for sweetening is stevia. Some people find that stevia has a strong aftertaste, so it may not be the best option for you. If you are using stevia, know that it is far sweeter than sugar and should be adjusted accordingly.

BAKING WITHOUT GLUTEN OR STARCH

Gluten-free and starch are both no-goes for keto-friendly baking, which can really affect your textures. There are a few ways you can combat this, including adding whey protein, a binder like psyllium powder, xanthan gum, or cream cheese, or adding additional eggs. The method may depend on what makes sense for the recipe. Because baking powder has about one carb per 1/4 teaspoon, you may want to replace it with a mixture of equal parts baking soda, cream of tartar, and inulin.

GENERAL BAKING TIPS

Working with ingredients that are room temperature is very important for keto baking, so things blend well. When converting a recipe, replace whole milk with almond or coconut milk to reduce the carbohydrate count, or use half heavy cream and half water. To counteract your heavier flours, add an extra 1/4 teaspoon of your baking powder mixture per teaspoon of called for baking powder. It's usually a good idea to double the eggs as well.

And most importantly, remember to have fun and not be put off by early failures.



Photo by Kipp Sienna Hopkins

Goopy brownies, creamy cheesecake, and none of the guilt! This recipe will make you forget it has no sugar or flour.

INGREDIENTS

- 2 eggs
- 3/4 cup almond flour
- 1/3 cup cocoa powder (sifted)
- 1/8 tsp salt
- 3/4 tsp baking soda
- 1/4 cup warm water
- 1/4 cup + 2 tbsp monk fruit sweetener
- 2 tsps vanilla (divided)
- 1/2 cup Lily's sugar-free baking chips
- 6 oz cream cheese (softened)

Preheat oven to 325° and line a 9x9" baking pan with parchment. Whisk together 1 whole egg and 1 egg yolk (reserve the other white). Add the water, the 1/4 cup of monk fruit sweetener, and 1 tsp of vanilla. In a separate bowl, mix the almond flour, cocoa powder, salt, and baking soda. Combine the egg, wet, and dry mixtures. Fold in the chocolate chips. Pour the batter into the pan.

Mix the softened cream cheese with the remaining egg white, vanilla, and monk fruit sweetener. Pour the mixture over the brownie batter and marbleize with a toothpick. Bake until a toothpick inserted comes out clean, about 30 minutes. Allow to cool for 30 minutes before cutting the brownies.



Keto Pistachio Muffins (recipe on [www.bluehill.coop/blog](http://www.bluehill.coop/blog)) Photo by Kipp Sienna Hopkins





# Herbal Friends



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

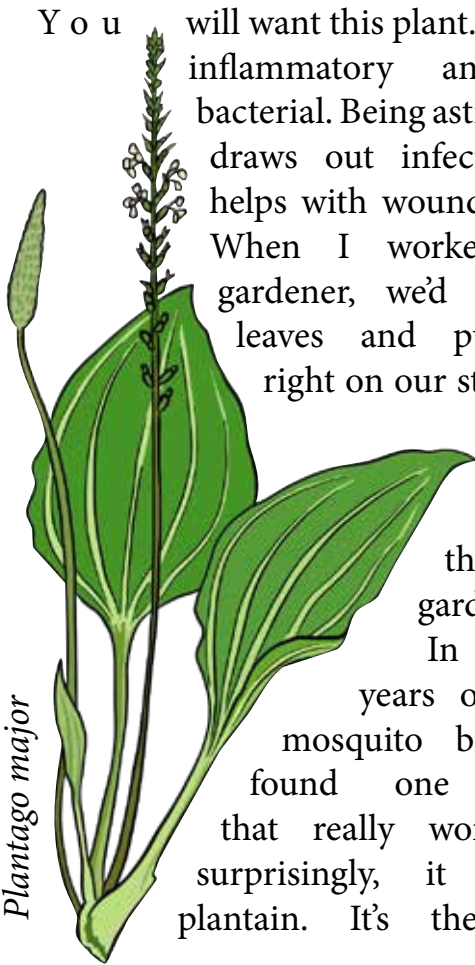
In summer, we are gifted with clear blue skies, brilliant cumulus clouds over the ocean, and, yes, biting bugs that interrupt our reveries. Nature also gifts us with helpful plants to counteract those bug bites.

Here are four herbs that will be helpful in the summer (and beyond). Most of them you can find in your yard or nearby. They can help with pain, inflammation and be calming.

Plantain *Plantago major* is a weed you probably have in your yard. Though I have to ask, what is a weed? It is defined as “a wild plant growing where it is not allowed and in competition with cultivated plants.”

You will want this plant. It is anti-inflammatory and anti-bacterial. Being astringent, it draws out infection and helps with wound healing. When I worked as a gardener, we’d pick the leaves and put them right on our stings. The remedy was right there in the garden.

In many years of getting mosquito bites, I’ve found one remedy that really works. Not surprisingly, it contains plantain. It’s the Indian



Plantago major

Hypericum perforatum



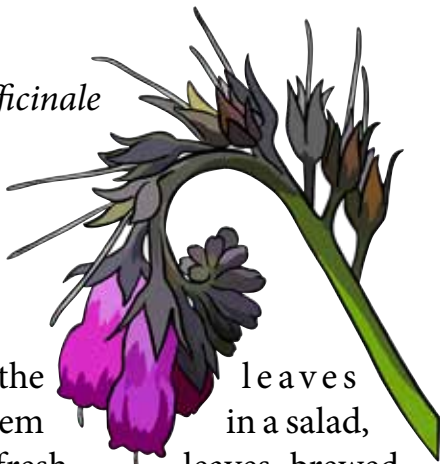
Meadow Bite Balm, available in one-ounce jars in case you don’t find plantain on your hikes.

Comfrey is another good herb to have around, and it may even have settled into your garden. It tends to spread, so harvest it and keep the rest in a container. Like Plantain, Comfrey *Symphytum officinale* is also an anti-inflammatory. It has long been used to help with achy, sore muscles, bruises, and even broken bones. There is some concern about the alkaloids in the plant, though it is also used as a tea and even in soups, much the same way as spinach. However, to be sure, you can limit it only to external use.

I first used comfrey as a poultice. I took several comfrey tea bags, moistened them with very warm water, wrapped them in a cloth, and put the warm herb-soak on my neck. It worked wonders. Another less messy option is to buy a comfrey cream called Traumaplant. It works well, and you can keep a small tube in your backpack.

I’d like to recognize one of my favorite herbs, Lemon Balm. This plant is like a good friend. It’s a steady presence in the garden, growing in a rich green mound without much fuss. I cut it back to harvest it for the winter, and it is lush again in the spring. The two main features of Lemon Balm, *Melissa officinalis*, are its properties as an anti-viral and a calmate. If you are already on sedative medication or other central nervous system depressants (alcohol, barbiturates), you should probably avoid using much of this herb.

Symphytum officinale



Pick the leaves and use them in a salad, or use fresh leaves brewed as tea. It has a light lemon scent and taste. A cup or two in the evening can help you sleep better. I harvest Lemon Balm in the late summer or early fall and have a stash of the dry herb for the winter.

St. John’s Wort, *Hypericum perforatum*, is another lovely summer herb. I have noticed it growing abundantly on its own in vacant lots and on railroad tracks. This plant is another used for calming and improving mood. Drinking it as a tea or using a tincture can mitigate depression and blues. A caution: St. John’s Wort can make you more sensitive to the sun. Protect yourself from too much sun exposure if you’re taking this regularly.

Nature provides us with what we need. There are leaves that heal bug bites and wounds. Some plants can brighten your summer days and your grey winters, too.

With this brief introduction to four herbs, I hope you will more fully appreciate some of the wonderful things summer has to offer.



Melissa officinalis

## We Can Hardly Contain Ourselves



Kipp Sienna Hopkins  
Marketing Manager  
Co-op owner since 2006

One of the biggest advantages of shopping in the bulk department is that you get to reduce your waste from packaged food. Sadly, during the early days of the pandemic, we had to err on the side of caution and ask our shoppers not to bring in their own containers. But, as of the beginning of April, we’re happy to say that reusable containers are allowed again!

That being said, we still ask you not to

bring in used plastic bags, only glass or plastic containers. And please make sure that your containers are properly sanitized before you bring them in. Use the scale in the bulk area to take down the weight of your container so the cashier can subtract it.

Because of the pandemic, the bulk and cheese departments increased the number of prepackaged offers, which was a lot of packing for their small team. Wrists and hands were cramping up! That’s why we’ve switched to sealing the prepackaged bags with tape. It’s streamlined the packing process so we can get more products out for the customers.

### How to Remove the Tape

Many of you have asked for the best way to open the pre-bagged bulk and cheese items now that we are using the tape closures. We have found the easiest way is to use scissors or a sharp knife, place it as close to the bag where the tape is attached, cut the tape off and pull the bag open. If you like to re-use the bag please feel free to take a few twist ties to use at home. We hope this is helpful to you.  
Thank you!



EASY PIE CRUST RECIPE

A delicious flaky pie crust, which can be combined with your favorite filling.

INGREDIENTS

1 1/2 cups flour

1 stick of butter (cold)

1/4 cup or less cold water

1/4 tsp salt



Cut the butter into small pieces and add to the flour. Add salt. Using your hands, mix together the butter and flour until you have crumbles the size of peas. Add the water a few tablespoons at a time until the dough is just sticking together. Do not overwork the dough. Refrigerate the pie dough until ready to use.

MAINE BLUEBERRY PIE



*Photo by Kipp Sienna Hopkins*

Blueberry pie is a Maine summertime favorite. This recipe uses less sugar, allowing you to savor the natural flavor of the berries. Serve with whipped cream or vanilla ice cream.

INGREDIENTS

2 batches of pie dough

1/2 cup sugar or monk fruit sweetener

1/4 cup cornstarch

2 tsp lemon zest

1/8 tsp ground allspice

1/8 tsp ground cinnamon

1/8 tsp salt

2 lb fresh Maine blueberries

1 tbsp butter (cut into small squares)

1 egg white

Preheat your oven to 400°F.

On a lightly floured surface, roll out your first pie dough and place it in a 9-inch pie dish. Mix together the sugar, cornstarch, zest, spice, and salt. Add the berries and toss to coat. Fill the shell with your berries and distribute your squares of butter over them. Roll out your second dough and either cover the pie with the whole dough, or cut it into strips and form a lattice. Trim the dough edges so you have an inch of overhang. Roll the overhang into a crust edge and crimp it. If you did not make a lattice, slit the top of the pie to allow it to vent. Brush the pie top with your egg white. Place the pie pan on a baking sheet to catch any drips and bake for around 1 hour, or until the filling is bubbling at the edges. You may want to cover the pie with tinfoil after it browns so the pie doesn't get too dark.



NO-CAN CHERRY PIE



*Photo by Kipp Sienna Hopkins*

A classic cherry pie, made from scratch, like Grandma makes! Serve with whipped cream or vanilla ice cream.

INGREDIENTS

2 batches of pie dough

4 lbs red cherries (halved and pitted)

1/4 cup butter

1 cup sugar or 3/4 cup monk fruit sweetener

1/4 cup lemon juice

2 tbsp cornstarch

1/4 cup cold water

1 egg white

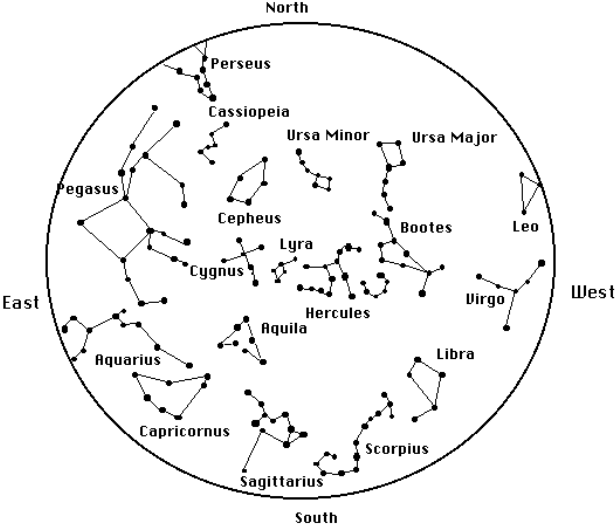
Make your pie crust and refrigerate until ready to use.

Place your cherries in a large sauce pot over medium-low heat. Add the butter, sugar, and lemon juice. Cook until soft, stirring occasionally. Make a slurry with the cornstarch and water, and add to the cherries. Continue cooking, stirring occasionally, until the mixture is thickened. Take off the heat and allow to cool completely.

Preheat your oven to 400°F.

On a lightly floured surface, roll out your first pie dough and place it in a 9-inch pie dish. Fill the shell with your cherry filling. Roll out your second dough and either cover the pie with the whole dough, or cut it into strips and form a lattice. Trim the dough edges so you have an inch of overhang. Roll the overhang into a crust edge and crimp it. If you did not make a lattice, slit the top of the pie to allow it to vent. Brush the pie top with your egg white. Place the pie pan on a baking sheet to catch any drips and bake for around 1 hour, or until the filling is bubbling at the edges. You may want to cover the pie with tinfoil after it browns so the pie doesn't get too dark.

Summer Stargazing



<b>Circumpolar Constellations:</b>	<b>Summer Constellations:</b>
Cassiopeia	Aquila
Cepheus	Cygnus
Draco	Hercules
Ursa Major	Lyra
Ursa Minor	Ophiuchus
	Sagittarius
	Scorpius

The summer sky features some very bright stars making up the “summer triangle.” The star Deneb is part of the constellation Cygnus (the swan). Deneb is the 19th brightest star to Earth. Altair is the 12th brightest star and sits in the constellation Aquila (the eagle). Vega, the 5th brightest star, is part of Lyra. Vega is 26 light-years away and is twice the size of our sun.

Another feature of the constellation Lyra is the annual meteor shower that appears to shoot out of Lyra. It's known as the Lyrid Meteor Shower and happens around April 16-25.

In Greek tradition, Lyra represents the lyre of Orpheus, but many other cultures have their own constellation featuring the star Vega. In Wales, it is called King Arthur's Harp. To the Boorong people of Australia, it is the Malleefowl. For the ancient Inca, it was Urcuchillay, a llama deity who watched over animals.



*1825 star map from Urania's Mirror*

The constellation Scorpius includes the bright, reddish star Antares. It's also one of the constellations that truly resembles its symbol, the scorpion. You can clearly see the curled tail in the line of stars.

To the east of Scorpius, you will find Sagittarius, the centaur. Sagittarius features several celestial objects, including globular clusters.



# Peel Appeal



Sarah Scamperle  
Co-op Shopper/Former  
Employee

The visual appeal of produce varies widely, from brightly colored fruits to winter squash encased in drab, resinous rinds. Skins are packed with flavor, texture, and nutrients and should be included whenever possible.

Generally, compared to the flesh, the peel contains a higher concentration of vitamins and minerals, such as Vitamin C, Potassium, Phosphorous, Folate, Iron, B-complex, Calcium, Selenium, Manganese, and Zinc. Additionally, antioxidants are 330x more concentrated in skins than compared to flesh. These compounds can help fight disease-causing free radicals in our bodies.

Most skins contain an impressive quantity of insoluble fiber (triple the amount as produce eaten peeled), which adds bulk to the diet. Insoluble fiber promotes digestive regularity, satiety, and healthy gut bacteria. It also binds to toxins in food, which protects the mucus membranes of the gut and may reduce the risk of cancer, and lowers LDL cholesterol levels. Phytochemicals are responsible for the colorful pigments in fruit and vegetable skins and help the plant to resist infection and disease. Still, studies have found that many of these chemicals may also have a range of positive health benefits for us.

Although they are undeniably healthful, there are some considerations to keep in mind when consuming peels. Industrially grown organic produce is still sprayed with USDA-approved pesticides, so consuming the peels of these products comes with the risk of consuming trace amounts of these residues. The FDA recommends washing all fruits and vegetables with skin before cutting,

peeling, or eating them. For susceptible or immune-compromised individuals, this may outweigh nutritional benefits. Simply washing produce for a few minutes in water has been proven to remove 41% of surface residues as well as most dirt and bacteria, but peeling is the most effective way to avoid chemicals. Use a vegetable brush (such as the Full Circle Vegetable Brush sold at the Blue Hill Co-op!) to scrub firmer vegetables prior to eating. Wax-coated produce should always be peeled before consumption.

Harmful molds, yeasts, and bacteria can also contaminate skins. Mycotoxins from mold can cause allergic reactions and respiratory problems in some people. A good rule of thumb is to avoid bruised or visibly moldy produce and cut off at least 1-inch around and below moldy spots on hard fruits and vegetables (such as cabbage, peppers, carrots,

perk up tired fruits and vegetables. Soaking in a saltwater solution (1tsp salt:1cp water) for 2 minutes or a vinegar solution (½ cp white vinegar:2cps water) for 5-15 minutes can effectively remove a majority of chemical residues and bacteria from skins. Bear in mind that although effective, vinegar soaking can also affect the texture and taste of some produce. A hydrogen peroxide solution may also be used as a rinse (1 tbsp:1 gallon water) as well as Dr. Bronners Castille soap. Fill a bowl of water and add a squirt of Castille soap or Sal Suds; dunk, gently wash, and rinse your produce before eating. Citrus essential oils contain enzymes that dissolve and remove petroleum-based pesticides but must be added to Castille soap (1 tsp Castille:7 drops citrus essential oil:1 gallon water). Commercial fruit and vegetable washes are also available. Still, a recent study at the University of Maine Orono found that water was equally if not more effective at removing microbes from the fruit as leading brands. Many of these washes leave residues themselves that have not been tested or standardized, so sometimes simpler is better.

Commonly found edible skins include apples, carrots, apricots, asparagus, berries, citrus (grated or cooked), cucumber, eggplant, grapes, kiwi, mushrooms, nectarine, parsnip, peach, pear, pea, pepper, plum, potato (unless green), and squash (cooked).

Inedible skins include most tropical fruits (such as lychee, papaya, and pineapple), garlic, melons, bananas, onions and celeriac. Some skins should not be consumed raw but may be eaten after cooking, such as pumpkin and winter squash.

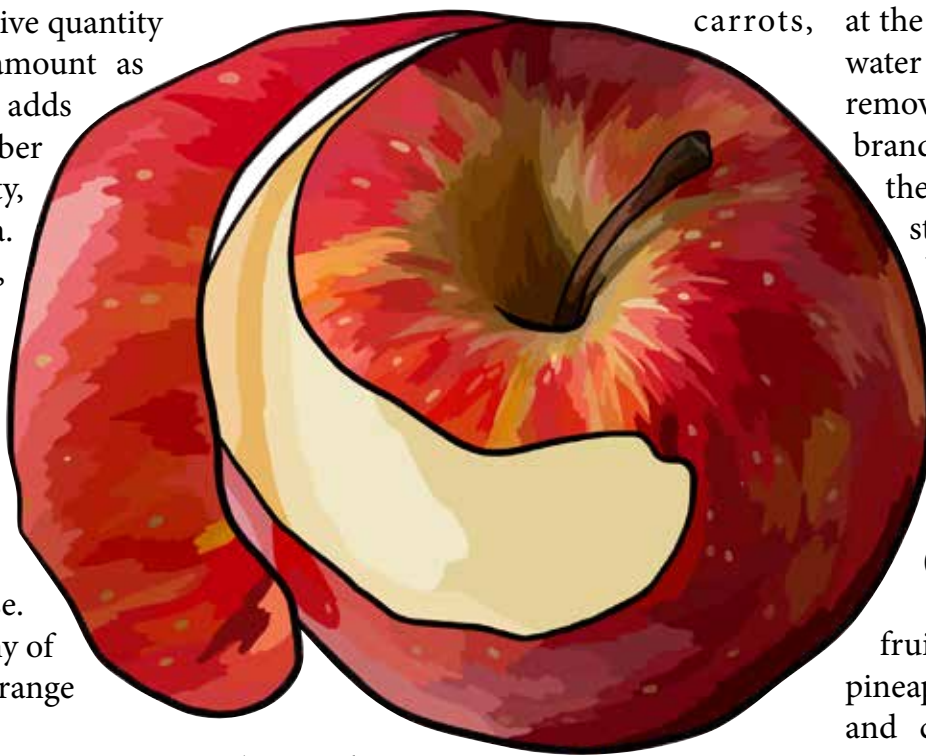
Be sure to check out the EWG's "Dirty Dozen" Guide to Pesticides in Produce at [ewg.org](http://ewg.org)!

Sources:

[Fsis.usda.gov](http://Fsis.usda.gov)

[berkeleywellness.com](http://berkeleywellness.com)

[dontwastethecrumbs.com](http://dontwastethecrumbs.com)



etc.). It is best to discard fruits and vegetables with higher water content (such as cucumbers, peaches, tomatoes, etc.) as bacteria and mold can more easily penetrate below the surface and contaminate the whole piece.

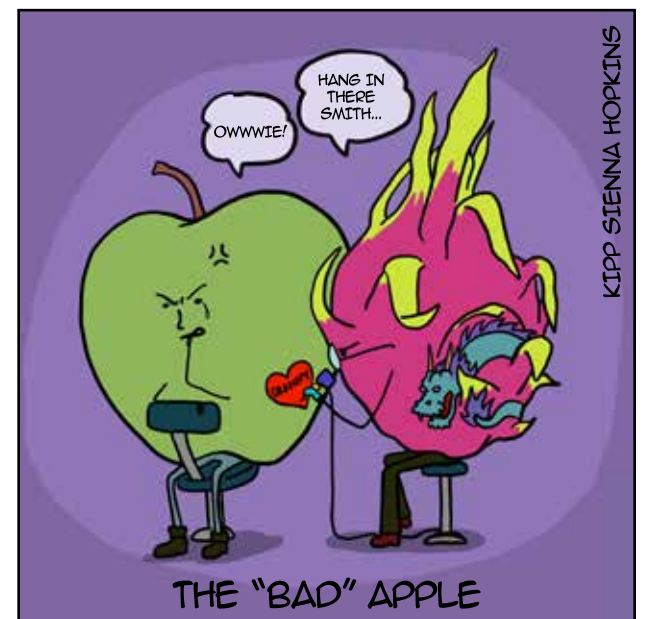
Soaking produce with lots of nooks and crannies for 1-2 minutes in water helps to dislodge dirt and microbes and can also help

## Plant-Based vs Vegan

Two buzzwords you have probably heard in the health food world are "plant-based" and "vegan." But what's the difference between a plant-based diet and a vegan one? They're essentially the same thing in many ways, though some following a plant-based diet may eat some animal products on occasion. The big difference is that vegans tend to extend their practices beyond what they eat, making sure not to exploit animals in their clothing, makeup and toiletries, medications, and more. The degree of this

philosophy varies from person to person, but most vegans see it as a lifestyle rather than a diet.

Another term you may hear is "wholefood plant-based," which refers to people who eat plant-based and also avoid oils and highly processed foods.



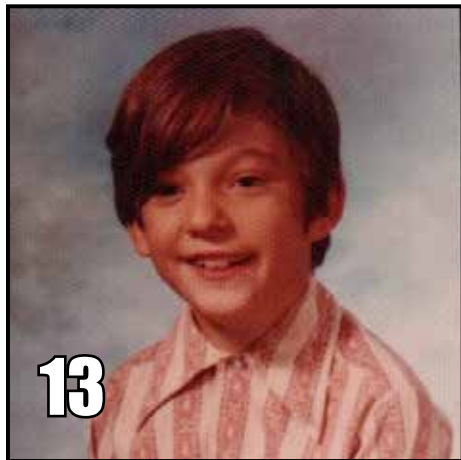




PRESENTING  
FOURTEEN  
CO-OP STAFF  
MEMBERS AS  
KIDS



Can You  
Guess Who's  
Who?



STAFF INCLUDED: Brian Emerson, Cat McNeal, Chris Ramsay, Christina Leaf, David Walker, Jaci Emerson, Jennifer Coolidge, Kipp Hopkins, Lynn Arnold, Martha Shepherd, Rachael Birch, Robin Byrne, Robin Snyder-Drummond, Stan Richie. Answers below.

# Art Shows Return to the Cafe!

From July 2019-March 2020, we had eight shows by local artists displaying their fantastic artwork at the Co-op. This lineup included established artists, hobbyists, and art students. Unfortunately, the program had to be suspended when the pandemic began, and the seating area closed. For the staff, it was sad to see the display wall blank and empty for that extended period.

We are now happy to bring the art shows back to our reopened

dining area. The artists who had been scheduled last year patiently waited on standby for nearly a year and a half! Our first show, running in June, is Laurie Coleman, with her enchanting, colorful paintings. If you haven't had a chance to see them yet, stop in before June 31. In July, we have Rose Edwards, a former cafe employee, in July. We're excited to exhibit the Bagaduce Watershed Photo Contest, co-hosted by Blue Hill Heritage Trust and the Bagaduce Watershed

Association, in August.

The rest of 2020 is booked with various local artists and exhibitions, which will be announced soon.

We're now accepting artists for 2022. If you're interested in having your own art show at the Blue Hill Co-op, please email our show coordinator, Kipp Sienna Hopkins, at [marketing@bluehill.coop](mailto:marketing@bluehill.coop). Please include 3-4 examples of your artwork.



Laurie Coleman, our first returning artist! Photo by Kipp Hopkins

ANSWER: 1. Jennifer Coolidge, 2. Jaci Emerson, 3. Stan Richie, 4. Christina Leaf, 5. Martha Shepherd, 6. Robin Byrne, 7. Kipp Hopkins, 8. Lynn Arnold, 9. Robin Snyder-Drummond, 10. Cat McNeal, 11. David Walker, 12. Chris Ramsay, 13. Brian Emerson, 14. Rachael Birch



# Backyard Composting: How To Start

Adding compost to garden soil improves soil health by providing food for the organisms in the soil that help release nutrients to plants. Organic matter also makes sandy soil hold water better, helps clay soil drain water faster, and buffers soil pH levels.

Although you can add organic matter to the soil in its raw form, such as grass clippings, chopped leaves, hay, straw, pine needles, and peat moss, it's best to compost it first. Finished compost is organic matter that has decomposed into a dark, rich, earthy-smelling material. Use it to mulch trees and shrubs, top-dress the lawn, build up the vegetable or annual flower garden beds, or improve the soil around perennial flowers.

You can buy bulk and bagged compost in many localities, but why not make your own? You can recycle organic yard waste, such as grass clippings and dried leaves, save on the amount of material you send to the landfill, and save money. If you build the pile properly, the soil bacteria go into a feeding frenzy, and the pile heats up. The end result is rich compost.

## BUILDING A COMPOST PILE

You can build a compost pile in a variety of ways. The simplest technique is to buy or build a 3-4 foot wide container. The bins are more visually attractive than large, open piles, and they often compost faster. If you have the space, you can build a free-form pile or series of piles to make lots of fresh compost. Whichever method you choose, the process is the same. You'll be mixing carbon- and nitrogen-rich organic materials with some water to make it heat up and break down. Here are the steps you should follow.

### ADD A BROWN LAYER.

Start by adding a 4- 6 inch layer of dry materials on the bottom of the container. Good brown materials include dried leaves, hay, and straw.

### ADD A GREEN LAYER

Add a 2-4 inch layer of green (moist, nitrogen-rich) materials on top of the brown. Green materials include fresh grass clippings, vegetable kitchen scraps, and manure. Avoid using any herbicide-treated grass clippings. If you don't have enough green materials on hand, add a cup or two of a granular, high-nitrogen fertilizer, such as alfalfa meal or blood meal.

### MOISTEN

Wet each layer as you build the pile to accelerate the composting process. Add enough water for the layers to be moist but not soggy.

### ALTERNATE LAYERS

Alternate the layers of brown and green materials until you fill the container or bin.

### COVER IT UP

Cover the container with a lid or tarp. The cover keeps animals and rain out of the compost. If the pile gets too wet, it won't heat up and break down properly.

### TURN IT

Depending on the weather and season, after a week or two the pile should heat up. The heat indicates that soil microorganisms are breaking down the organic matter in the pile. Once the center of the pile cools, move the outside materials into the center of the pile and the center materials to the outside of the pile with a shovel or garden fork. The pile should heat up again. Continue turning every few weeks.

After a few months, you should have finished compost with a dark color, earthy smell, loose and crumbly texture, and little of the original organic materials visible.

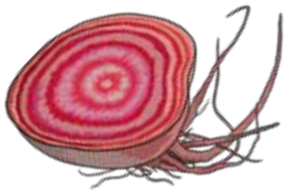
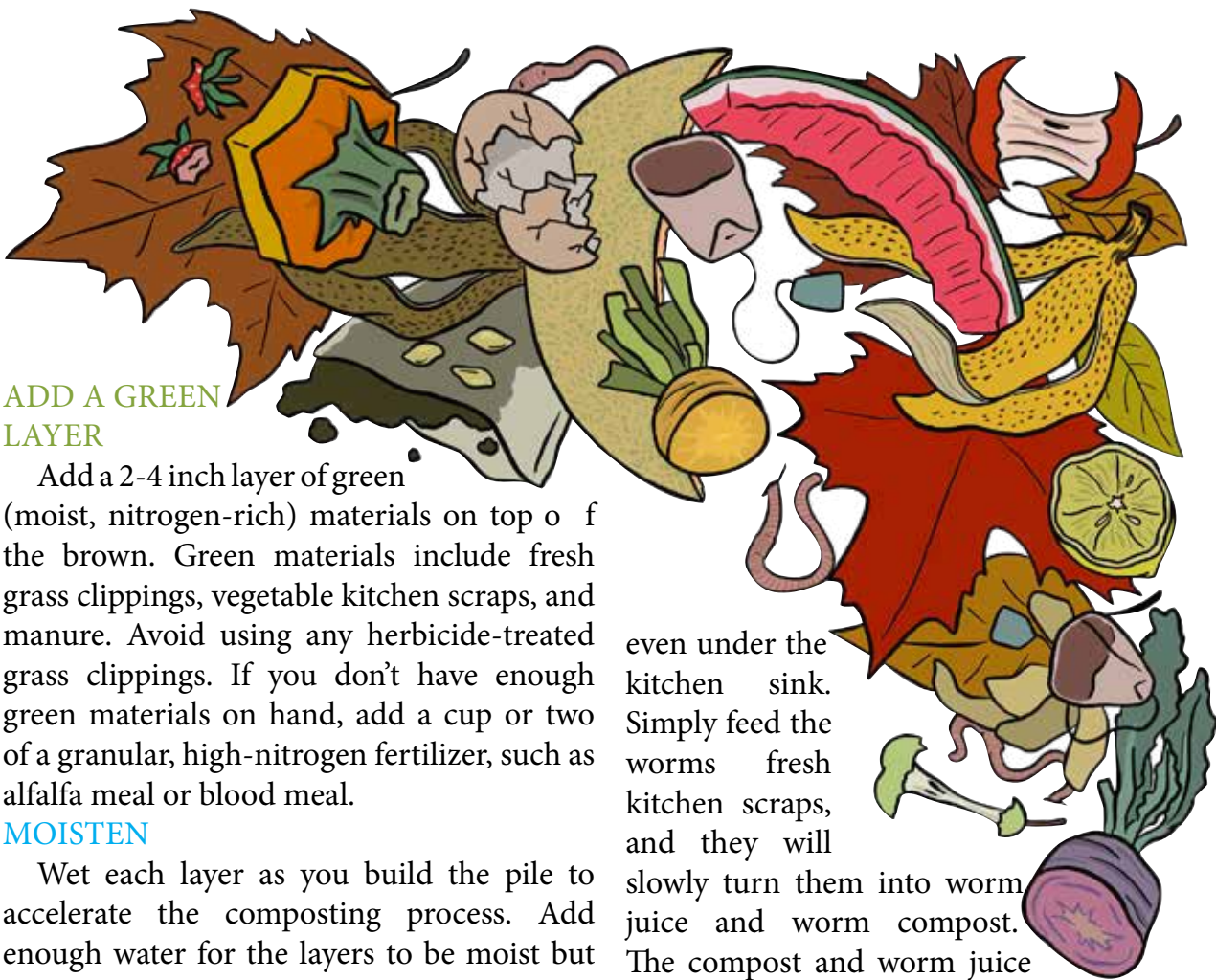
If you want to compost kitchen scraps in winter in a cold climate, try setting up a worm bin composting system. You can place worm bin composters in the basement or

even under the kitchen sink. Simply feed the worms fresh kitchen scraps, and they will slowly turn them into worm juice and worm compost. The compost and worm juice (liquid from the compost) are great additions to houseplants and container plants. You can also make your own compost tea from finished compost.

### HOW MUCH TO USE?

Once you've created your compost, you'll need to spread it. How much you use depends on the type of garden. For a new vegetable garden on poor soil, add a 4- 6 inch layer and fold it into the existing soil before planting. For established vegetable or annual flower gardens, add a 1-3 inch layer every spring. Around trees and shrubs, add a 3 inch layer around or beyond the drip line of the plant each spring. On lawns, top-dress with a 1/2 inch layer of compost in fall. Rake it in with an iron rake. While most container gardens use potting soil exclusively, you can add one-quarter compost by volume to add more fertility to the pot.

Information courtesy of the National Gardening Association, [www.garden.org](http://www.garden.org).



### Blossom Studio & Gallery

Exclusively online this season.



Lampwork Glass by Sihaya Hopkins

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Facebook & Instagram @BlossomStudioandGallery

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Summer 2021 The Harvest Herald 9



# Welcome to the Community



Kipp Sienna Hopkins  
Marketing Manager  
*Co-op owner since 2006*

Is it just me, or is our community growing? With the housing market blowing up and more and more people moving north, it must be. I've said all along that more people would want to move here because of the town having such a lovely co-op, plus four stellar schools, a new fitness center, unbeatable views, and our proximity to Acadia. Most importantly, let's not forget this remarkable community.



The other day, I talked to my sister, who lives in Rockport, and she told me a story about a friend of hers who was lucky enough to buy property in the Blue Hill area recently. According to my sister, this friend and her husband had just been to see their new plot of land and were headed out of town when they drove past the new co-op and decided to check it out. She couldn't say enough about how much they loved the Co-op and how excited they were to have it in their new community. They spent several hours there, shopping, chatting, and grabbing lunch on the patio. After her friend finished the story, my sister happily informed her that I was the marketing manager and graphic designer, making me responsible for most of the branding. "I know all about the Co-op," said my sister. "I've been shopping there since the

parking was bad." I really got a kick out of this story, and not only because it was quite flattering to me personally. It was great to hear about how, as we draw closer to the second anniversary of our grand opening, our family keeps growing. I've always felt a certain amount of possessiveness towards the Co-op. Not just because I work here now, but because, as my sister said, "I've been shopping here since the parking was bad." That is to say, I grew up eating the food from the Co-op. We moved here in 1997 when the Co-op was yet to expand into the second half of 4 Ellsworth Road. It was one heck of a small natural food store with no credit card machine and cramped shelves. I remember when it expanded into the office space next door, making the cafe seating area. It was like a whole new world. I knew the Co-op like the back of my hand long before I started working there as a cashier five years ago. And with the Co-op now in its 46th year, I'm somewhat of a late arrival. We still have quite a few owners who have been here since day one.

But whether you discovered the Co-op forty years ago or forty minutes ago, you're still an essential part of the community. It's a community I'm proud to be a part of. One that cares deeply about food and the environment, about our local economy, and supporting Maine farmers and producers. And above all else, one that takes care of its members. That's always important, but it was especially so last year when the world turned upside down, and it's going to keep being vital as we move forward. So to everyone, young and old, newcomer or long time shopper, resident or just passing through, thank you for making this cooperative the fantastic place it is.

This summer edition of the Harvest Herald marks the fourth issue I've edited from home. When I started doing my job remotely, I was just putting the finishing touches on the Spring Edition for 2020. In fact, I submitted it to the printer from the office and then put the

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

shipping labels on it a few days later, sitting on my bed, my first at-home task. Last year's Summer Edition was put together entirely in my home office, and my editorial was all about what it was like to work at home. At the time, I had no idea that three more quarterly newsletters would be produced off-site. I'm happy to say that if all goes to plan, I'll be back in the office before this final draft heads off to the printer because I'm counting down the days to the two-week anniversary of my second vaccination. Yay!

I think we're all looking forward to summer this year because we're eager for things to get back to normal. We want to see our friends, go to barbecues, and eat at our favorite restaurants (like The Co-op Cafe). If you're a summer resident or visitor, you might not have been able to make it up last year, in which case, I bet you're excited to come to Maine again. But, as much as we all want to move on with our lives and get back to business as usual, in my opinion, we're not really out of the woods yet. Many people aren't vaccinated, and immunocompromised individuals may not have the best immunity even when fully vaccinated. And, of course, it may not be full steam ahead for families with children who can't have the vaccine yet. And we will need to keep up with events as they unfold because if this past year and a half taught us anything, it's who knows what the future holds.

But surely we can strike a balance between enjoying ourselves and being careful. Luckily, summertime is full of things to do outdoors, from hiking to boating to grilling in the backyard. I'm hoping for a summer with great weather, so we can all enjoy this beautiful state together.



### Advertise in *The Harvest Herald*

1/8 page (3" h x 4.93" w).....	\$35/issue•\$120/year(4 Quarterly Newsletters)
1/4 page portrait (7" h x 4.93" w).....	\$65/issue•\$240/year
1/2 page (7" h x 10" w).....	\$125/issue•\$480/year

Ad Creation: free of charge

**Terms & Regulations:** All ads are accepted subject to approval by the Newsletter Team. The Newsletter Team reserves the right to refuse any ad at any time. The Harvest Herald assumes liability for errors in ads only to the extent that it will publish, at no charge, a corrected version of the ad in the next issue. All ads must be prepaid. Make check payable to the Blue Hill Co-op. Send payment & info to Kipp Hopkins 70 South Street, Blue Hill, ME 04614. Send digital ads to [marketing@bluehill.coop](mailto:marketing@bluehill.coop).

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

### The Co-op Cryptogram “Bee With US”

Each letter in the phrase has been replaced with a random number. Try to decode the it.

A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
				24				
S	T	U	V	W	X	Y	Z	
19				26				

S W												S W												
23	25	17	19	26	17	17	23	15	20	05	23	01	19	26	25	20	23							
S												W WO O												
25	20	15	15	17	10	19	26	25	17	10	26	17	26	24	05	02	23	24	22	17	23	25	17	05

### Summer Word Search

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

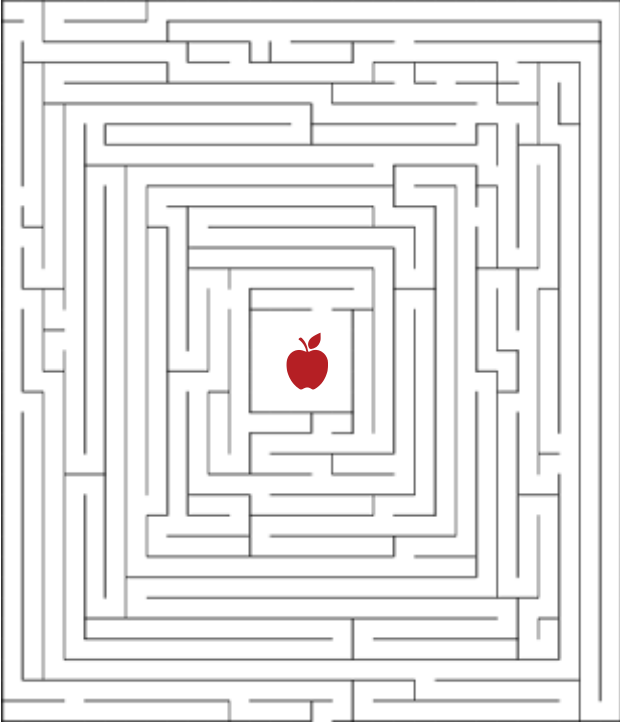
### Coffee Pot Tongue Twister

All I want is a proper cup of coffee,  
Made in a proper copper coffee pot  
I may be off my dot  
But I want a cup of coffee  
From a proper coffee pot.  
Tin coffee pots and iron coffee pots  
They’re no use to me –  
If I can’t have a proper cup of coffee  
In a proper copper coffee pot  
I’ll have a cup of tea.



### The Co-op Maze

Help the organic apple find its basket.



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

- BEAN  
BEER  
BEET  
CABBAGE  
CAULIFLOWER  
COFFEE BEANS  
CURRY  
FAIRTRADE  
GINGER  
GRAPE  
GREEN  
HONEY
- MUFFIN  
MUFFULETTA  
OLIVE OIL  
PANINI  
PEANUT BUTTER  
PISTACHIO  
RASPBERRIES  
SCALLION  
SOLAR  
TZATZIKI  
WATERMELON  
WHEATGRASS

Enjoy the puzzles? Too hard, too easy? Let us know [newsletter@bluehill.coop](mailto:newsletter@bluehill.coop).

### “You Say Tomato” Co-op Crossword

by Kipp Sienna Hopkins

1	2	3		4	5	6	7	8	9			10		11	12
13			14								15		16		
17			18							19		20			
		21		22						23	24				
25	26						27		28			29		30	
31				32		33		34			35				
36			37					38			39			40	
		41			42		43			44					
45	46				47					48					
49		50						51			52	53			
54					55					56					
	57		58			59			60				61	62	
63				64				65			66				
67						68									
69			70								71			72	
73			74				75				76				

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

#### Across

- 1 Full of kernels
- 4 Known as “Garden Rocket” outside US
- 11 Roughly 0.39 of an inch abbr.
- 13 A surrealistic environment
- 15 Comforting beverage
- 17 Vague object
- 18 Renovated or restored
- 20 Jr’s namesake abbr.
- 22 Neptunium abbr.
- 23 Time and a half abbr.
- 25 Lumberjack’s favorite kind of beer?
- 27 Fuzzless fruit
- 31 To do it is human
- 32 River of eastern France
- 34 Acidity factor abbr.
- 35 A fashionable spice?
- 36 Banana castoff
- 38 The Hawkeye State, abbr.
- 39 An iPhone’s software
- 41 Toward
- 42 Known as a Jacket Potato in Britain
- 45 Advanced Placement abbr.
- 47 Hoppy drink abbr.
- 48 Host abbr.
- 49 Direction of summer residents
- 52 Jammed idlers?
- 54 Cycles starter
- 55 Strike down a dragon
- 57 Basic biological molecule (abbr.)
- 59 Two in Rome
- 60 Molasses, to Brits
- 63 What we call a cookie
- 66 Put in place, as bricks
- 67 Adoration in verse
- 68 Eggplants outside the US
- 69 Utah city near the Great Salt Lake
- 71 The soul to 4 down
- 73 Compass point abbr.
- 74 Utilise
- 75 Grayish, like cinders
- 76 Trees of Blue Hill

#### Down

- 1 Vegetable, fruit, and herb
- 2 Serious hangups?
- 3 Email response
- 4 Chief deity of Ancient Egypt
- 5 Will you be there? abbr.
- 6 A fiddler with a huge claw
- 7 Slangy leg
- 8 American dessert staple
- 9 Sheltered side of a yacht
- 10 Greek Goddess of the dawn
- 11 Together prefix
- 12 Corn outside the US
- 14 Pirate’s call
- 16 Flaky moon
- 19 Morse element
- 21 Winged white wader
- 24 A popular pudding
- 26 You \_\_ what you eat
- 28 Country south of Libya
- 29 Beet or ginger
- 30 The Granite State, abbr.
- 33 Three toned dessert
- 37 Treasure
- 40 Fluffy sweet
- 42 Lobster fashions
- 43 Home to Waimea Canyon State Park
- 44 Post-meridiem
- 46 Oatmeal in the UK
- 50 Washed off suds
- 51 The Empire State abbr.
- 53 Dissimilar
- 56 Complex embroidery
- 58 Cooling unit abbr.
- 61 Artificial waterway
- 62 Sounds like a false solution?
- 63 A gift or favor
- 64 Coffee vessels
- 65 Like 21 down but with a curved beak
- 70 European Union abbr.
- 72 Me and you



# To Nitrate or to Celery, That is the Question



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

It's a given that many folks enjoy sliced salami, pepperoni, sausages, and similar products, but perhaps most of all, they like their bacon.

What meat-eater doesn't enjoy a morning breakfast of bacon and eggs, bacon sprinkled on their lunch salad or a yummy BLT?

Recently a question regarding the use of nitrates and celery powder to preserve bacon came up. This question prompted me to research the two additives. I looked at all our bacon products and then began my research.

Like me, you may need a refresher course on why we have these additives in the first place. Both cured and uncured bacon require a form of nitrates. It is used for food preservation, inhibiting bacterial growth, and enhancing color. Cured bacon is preserved with sodium nitrate. Uncured bacon is preserved with a form of celery, most likely a powder or juice. This fact is listed on the product labels.

Now I'm wondering what the big deal is? I'm going to buy organic bacon preserved with celery, of course! Not so fast. Apparently, bacon can be genuinely cured without any form of nitrates. The product may look less appealing because it will not be the classic red color but pale or grayish. It is my understanding that not only is the color different but the flavor is as well.



Photo by Kipp Sienna Hopkins

Choices are good, right? One of our farm suppliers uses this option. I had an interesting and lengthy conversation with the proprietor from ASMALLGOOD because his "Proper Bacon" has nitrates listed. He said the amount of nitrates in his bacon is less than ten parts

per million. He further went on to say that he had tried celery powder, but he had to use so much more for the same result. He told me that back in the '70s, sodium nitrate was not regulated, but now it is. And as of today, there is no regulation on the amount of celery added to bacon products.

Since celery juice produces nitrates chemically, his question was, "Is the celery juice or celery powder just a marketing ploy for companies like Applegate to get around regulations?" A valid question.

Wikipedia states;  
"In the U.S., celery powder is sometimes used as a food preservative in organic meat products, which is allowed per USDA regulations because the nitrate/nitrite is naturally occurring." "USDA regulations do not allow artificially added nitrates or nitrites to be used directly in organic food products."

It also states that "celery powder prepared from celery juice has been shown to have a nitrate content of approximately 2.75%." What does that mean?

The American Institute for Cancer Research states, "Manufacturers can claim their meat products has no nitrates or nitrites added except for those naturally occurring. Celery is naturally high in nitrates, so adding powder is another way of providing nitrates. In passing from mouth to stomach, nitrates get converted to nitrite."

My research has told me that nitrite can be converted to nitrosamines-compounds widely agreed to be carcinogens under certain conditions like high heat.

Jesse Hirsh from the Counter Website states that celery is an actively misleading ingredient. Hirsh cited Tamar Haspel's article The Uncured Bacon Illusion. She states that nitrates from sodium or potassium are regulated while there are no limits for nitrates from celery powder. Hirsh also says that in 2019 the National Standards Board voted overwhelmingly to keep celery powder on the list of acceptable organic ingredients.

I hope this has been informative. I encourage all the bacon consumers to delve into doing their own research on this confusing issue.

I leave you with this - Darivish Mozaflarian, Dean of the Friedman School of Nutrition and science and Policy at Tufts University, states;

"There is little evidence that preserving meats using celery is any healthier than other added nitrites. Until industry provides strong evidence that nitrites in celery juice have different biologic effects than nitrites from other sources, it's very misleading to label these products as nitrite-free or to consider such processed meats as being healthier."

# Grass-Fed vs Pasture-Raised

Labeling on meat can be confusing, especially when you hear things like "grass-fed" and "pasture-raised," which honestly sound like the same thing. But there is a difference, and that's whether or not the animal in question has eaten any grain in its lifetime. This distinction can make a big difference for people with severe gluten intolerance or mold allergies.

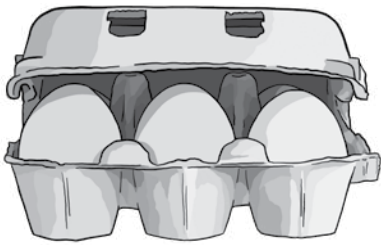


If your meat is marked "pastured" or "pasture-raised," it means they can go outside onto the pasture all year long. But much pasture-raised meat is finished with grain.

Grass-fed animals both roam the pastures as they please and are fed only grass in the summer and hay in the winter, making them grain-free. Check out our page [www.bluehill.coop/meat](http://www.bluehill.coop/meat) to see which farms offer which types of meat.

# Cage-Free vs Free-Range

Chickens and eggs can be labeled cage-free or free-range, which again sounds like the same thing. Cage-free sounds great because who wants to cage a bird? But it only means that the chicken has at least 1 square foot of roaming space. It doesn't regulate their feed or how often they can roam.



Chickens who are free-range have access to the great outdoors. However, the amount of time they spend outside is not regulated. An unregulated term you'll often see with chicken or eggs is "fed a vegetarian diet" or "veggie fed." This means that any food given to the chickens by their keepers is free of any animal byproducts. The chickens will, of course, eat insects and sometimes other small animals on their own. Another common label is "soy free," meaning the grain feed was non soy-based, incredibly important for people with soy allergies.



# In Limbo



Cat McNeal  
Front End Manger  
Co-op owner since 2013

Limbo as defined by Merriam-Webster:  
“a place or state of restraint or confinement  
a place or state of neglect or oblivion an  
intermediate or transitional place or state a  
state of uncertainty...”

It feels as if the last 14 months have been a place of confinement and uncertainty. Even though I’ve been getting to work, most of my life is being at home. And that has definitely been confining. Spring is nearing its end, and summer is on the way. The mask restriction has been lifted. It seems the daily numbers of those contracting the virus have started to go down, and fifty percent of the Mainers have gotten vaccinated (apparently, the percentage of 12-plus year olds is at about seventy percent vaccinated). Positive steps, it would seem. I feel like I should be excited and light and hyper and ready to take on my world.

I’m not.  
I’m feeling more like there is no air in my balloon. It has all seeped out. Crazy enough, it doesn’t feel like negativity, just a state of oblivion. Just simply no knowing. I guess that’s an okay place to be, but I don’t want to be here anymore. It’s been more than a year, and while I had some enthusiasms along the way, I’ve mostly just been plodding along.

I want that spring to bounce back.  
So, I cleaned up a piece of the garden for the wildflower seeds and sprinkled ‘em around the soil. I put some Teddy Bear sunflowers in with them. I even managed to water them a couple of times. I also cleaned up another bed that my sister and nephew had arranged years previously. I took special care of this space. I got all the green growing things out that I didn’t want there, fluffed up what soil I had, added a bit of peat moss, laid down old paper bags, and topped them with straw. It’s in this bed that I planted the dwarf tomatoes (thank you, Kevin) and the Red Oak Leaf lettuce and one other veggie that I can’t even remember; the oblivion has gotten me good. The goal was for the paper to keep down any extra plants that want to grow in this space and keep in the moisture on the rare times I’m up for watering the plants (I’m thankful this week we are getting lots of rain). I’m hoping the picking of the straw will irritate the rabbits (and maybe the groundhog) and keep those bandits away from the goods. We’ll see how that works out.

After all that planting, I figured I was done. Not so. I talked to an owner on an early weekend in May, and he told me he just planted his corn seeds. Well, I remembered getting some corn seeds, so I was determined to grow those, too. Sure enough, another bag of seeds (again from owner Kevin). These seeds looked a little small for corn, but corn they were, so I plopped their seeds where I had put potatoes last year (they didn’t turn

out so well). I had added a little extra soil and peat moss and gave it a watering. I’ve yet to cover it up with straw. I have also recently found out that the corn I planted is for popcorn. So that was a fun surprise. I’m picturing it staying on the cob and popping on it, too—an ear of popped corn. I don’t know if that will work, but my spirit has been raised with the thought. Seeds worked for a bit, but the balloon didn’t stay inflated.

I needed a new plan. My sister Donna helped with this part.  
After four years of my sister keeping her dogs apart, this year, they had eight puppies. Oh, giddiness! I have always wanted a dog. I just love their joy. I also love taking walks with a dog, the BEST. So, the new plan states: “Stop waiting for tomorrow to get your dog. The time is nigh. No more excuses.” How could I not listen? The time now is actually next week. I am pushing myself out of oblivion and into action.

To love, play with and take care of my dogs.



# Cool Off With Herbs



Martina Dittmar  
Co-op Shopper

If you are anything like me, summer is enjoyable to a certain degree. It’s all wonderful until there is no way to escape from the heat. You could get overheated easily, be prone to rashes, feelings of anger, or experience heartburn. Luckily for you, herbs and spices can be an excellent way to cool down.

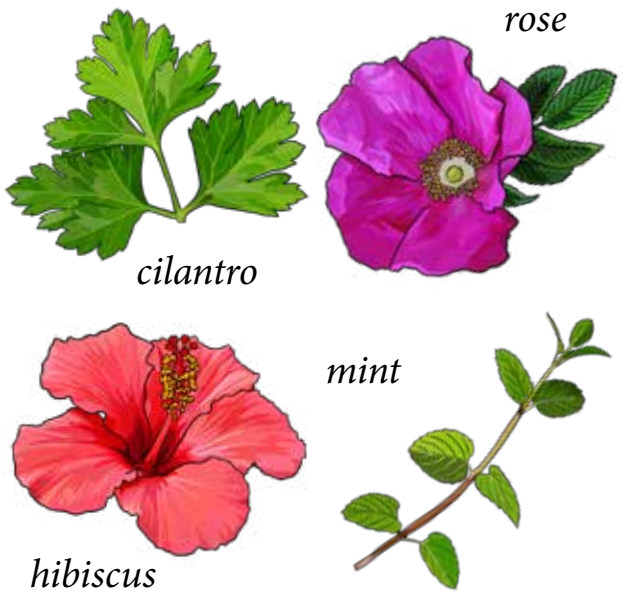
In Ayurveda, the 5000-year-old science of medicine and longevity, taste is one way to bring balance to the body. The six tastes are: salty, sour, sweet, pungent, astringent, and bitter. Herbs and spices are the most potent way to make changes in our diet and balance our body using the six tastes. The three tastes that cool the body are sweet, astringent, and bitter. Four herbs that are cooling are coriander/cilantro, rose, hibiscus, and mint. Using these in your diet this summer will provide you some cool and calm energy.

Coriander seed/cilantro (the same plant) is my favorite fresh herb and spice for cooling heat. I use coriander in teas, spice mixes, and soups. Fresh cilantro can be used to make a chutney when mixed with apples and lime juice. A cooling beverage that I really enjoy making is sun tea with coriander seeds and raisins. Coriander is excellent for settling indigestion and calming gas and stomach

upset.  
Hibiscus is a cooling and beautiful ingredient used to make delicious summer beverages. Use ½ ounce of the flowers in 1 pint of water to make a gorgeous red sun tea. Hibiscus is said to promote wisdom and aid in the spiritual and physical health of the heart. It is also said to help with clearing the skin and promoting hair growth.

Who can resist the aroma and beauty of roses? Rose lifts the spirit, opens the heart, and calms our nerves. It is also helpful in calming heat headaches, heartburn, and skin rashes. Use rose by spritzing your face with some rosewater on a hot summer day. Or make rose petal jam for a special cooling treat.

Mint is a popular cooling tea. It can also be added to food, like watermelon or rice. Mint is great for calming headaches, healing digestion, calming the nerves, and clearing the mind. One of my favorite cooling beverages is an agua fresca made by soaking freshly sliced cucumbers and chopped mint in water.





# Beer Cheat Sheet

Beer is a fermented, alcoholic beverage made from cereal grains, most commonly malted barley. It is the most popular drink in the world after water and tea. Between porters and pilsners, ales and lagers, it can be a little confusing what to pick for the uninitiated. We hope this cheat sheet can help you pick the best summer brew.

**ALE:** As the oldest type of beer, people have been drinking ale since antiquity. Ale uses a warm-temperature fermentation that takes a relatively short period to brew. It also uses top-fermenting yeasts.

**B** **LONDE ALE:** A favorite summertime thirst quencher, blonde ales tend to be crisp and dry. They have a pale color, clear body, and light malt sweetness with traces of hops.

**B** **BROWN ALE:** The flavor and aroma of brown ale can vary greatly based on the country of origin and the malts used. They tend to have chocolate, citrus, caramel, or nutty notes. Color ranges from amber to dark brown.

**P** **ALE ALE:** Noted for its fruity scent and coppery hue, pale ale is a traditional English brew. However, APA or American Pale Ale is also popular, featuring two-row malt and a hoppier flavor.

**S** **OUR ALE:** Like sourdough, sour ales are made with wild yeasts, giving them a tart, tangy flavor. They pair well with fruits and spices, giving us lambic (Belgian ale with fruit) and goeses (German ale with coriander and salt).

**I** **PA:** Originally, IPA was a British ale that used extra hops to make the brew stable enough to endure the journey to India, thus the name India Pale Ale. The extra hops give it a more bitter flavor, though it may

also have a fruit-forward, citrus, or pine and resin flavor.

**P** **ORTER:** Another type of ale, porter is usually dark black in color with a roasted malt aroma. Depending on the variety of malt used, porter may be fruity or dry.

**S** **TOUT:** Less sweet than porter, stout is another dark, roasted ale. It often has a bitter, coffee-like taste and is known for its thick, creamy head. It's popular in Britain and Ireland. Guinness is maybe the best-known stout.

**L** **AGER:** This newer style of beer differs from ale in that it uses low-temperatures and bottom-fermenting yeasts. It is a popular style in Germany, the Netherlands, and Canada, making up half of all beer sales there.

**P** **ILSNER:** A variety of lager, pilsner is a hop-heavy beer with a dry, slightly bitter flavor. Generally, pilsner has a light golden color and clear body. Due to the crisp finish, pilsner is a popular summer drink.

**W** **HEAT:** This style is a top-fermented beer that is, as the name suggests, made with a higher wheat ratio relative to the malted barley. It's generally a light beer with a soft, smooth flavor. It's common for wheat beers to have citrus or spiced flavor. Hefeweizen, an unfiltered wheat beer, is one of the most common styles.



**BREWING:** After boiling the wort for about 2 hours, the grains give up their color, flavor, and aroma.

**COOLING:** The wort is then filtered so the solid materials can be removed and then cooled immediately to give yeast room to survive into the fermentation stage.

**FERMENTATION:** The cold wort is then saturated with enough oxygen and added to the fermentation tank. Yeast works on this product for about ten days.

**MATURING:** After fermentation, the beer is put into a conditioning tank to age.

**PACKAGING:** And, when the beer is ready, it is filtered, carbonated, and bottled.



## BEEF WITH AMBER ALE GRAVY

This recipe takes a classic British dish, steak and ale pie, and makes it crustless. It's quick, easy, and goes well served over mashed potatoes or mashed rutabagas. This is one of our favorite recipes to make with Thousand Hills stew beef.

### INGREDIENTS

- 1 lb stew beef
- 1 tbsp olive oil
- 2 cloves of garlic (minced)
- 1 large yellow onion (chopped)
- 3 large carrots (peeled and chopped)
- 1 celery stalks (chopped)
- 2 bay leafs
- 3 sprigs of fresh thyme
- 1 sprig of fresh rosemary
- 2 cups of beef stock
- 2 cups amber ale
- 1 tbsp potato starch
- 1 tbsp tomato paste
- 1 lb crimini mushrooms
- salt and pepper to taste
- Optional: mashed potatoes or rutabagas to accompany

Heat a large skillet over medium heat and add olive oil. Add the onion, celery, and garlic and sauté for a few minutes until the onions begin to soften. Add the carrots, mushrooms, and herbs and sauté for another couple of minutes. Add the amber ale and tomato paste, stirring to mix them thoroughly—salt and pepper to taste.

Add the beef and beef broth. Make a slurry with the potato starch and a little water or broth. Add it to the mixture. Simmer for 15-20 minutes, or until the carrots are tender. Serve over mashed potatoes or rutabagas.

## How Beer is Made

**MALTING:** The barley is soaked in water and left to sprout or germinate. It is then dried up in a kiln.

**MILLING:** The dried-up malta grains are ground to a fine consistency. The fine flour is then mixed with water.

**MASHING:** The mixture's fine grounds are pulverized to convert the few remaining starches to sugar.

**HEATING:** The mixture is then heated to about 167°F. Then the mash tun produced is filtered into a wort (the sweet infusion of ground malt or other grain before fermentation).





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

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

I am grateful for the larger parking lot! Ease of access was always an issue for me at the old store. Summer traffic would fly by me on that steep hill while I waited for a chance to escape onto the small patch of pavement. Then once I had passed that test, it was a matter of trying to find an open space to wiggle into. Later, once you had gone and bought what you'd been waiting for, you'd have to avoid scraping by the other cars crammed together, and then pull off into traffic. For young drivers, it was not an appealing ordeal.

Over the past year, being employed at the new Co-op has proven how these concerns were attended to and solved. Whether I am pulling into a sparse parking lot in the morning, or a crowded lunchtime rush, I no longer need to worry about such a trivial thing as finding an accessible parking spot.

I now find myself running to the store for a quick meal multiple times a week outside of work, because of how smooth it is to pick up a sandwich or a smoothie. It may not be the most significant change made, but it certainly is the most influential change for myself.

Chris Bennett  
Co-op owner



Photo by Kipp Sienna Hopkins

I'm new here (moved to Cape Rosier a year ago.) So I've been having fun exploring and getting to know all the good things about the Blue Hill Peninsula and Deer Isle. I like the energy of being in a good co-op space.

I left the Hunger Mountain Co-op behind in Montpelier, Vermont last year. Another wonderful co-op and community. So I love having BHC nearby to enjoy, and get to know. Perhaps I'll get to play that old upright in the cafe, as we feel safer gathering indoors. Let's take our time and do it right, and carefully, to take good care of each other. I just read another newsletter message from the Green Mt. Cross Fit Community in the Montpelier area. My daughter's family is very active there. They were all celebrating how well their community had taken care of each other during this long pandemic. They're still doing this carefully, and that's why they had no incidents of transmission or illness within their community. I tell you, we of a more socialistic nature, a community minded nature, know how important it is to take care of each other. The counter-culture, spawned in the 60-70's, (of which I was an active part), came up with so many good ideas and changes. Food co-ops was one of them!

Islene Runningdeer  
Co-op owner

**A CHILD'S DAY**  
By Martha E. Duncan

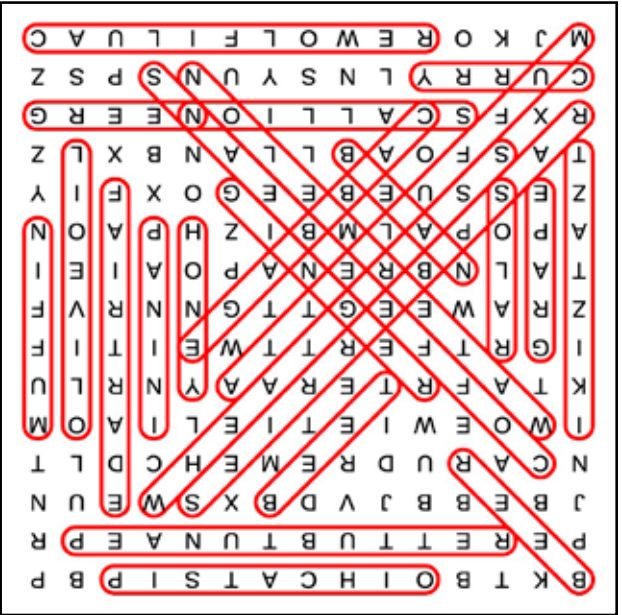
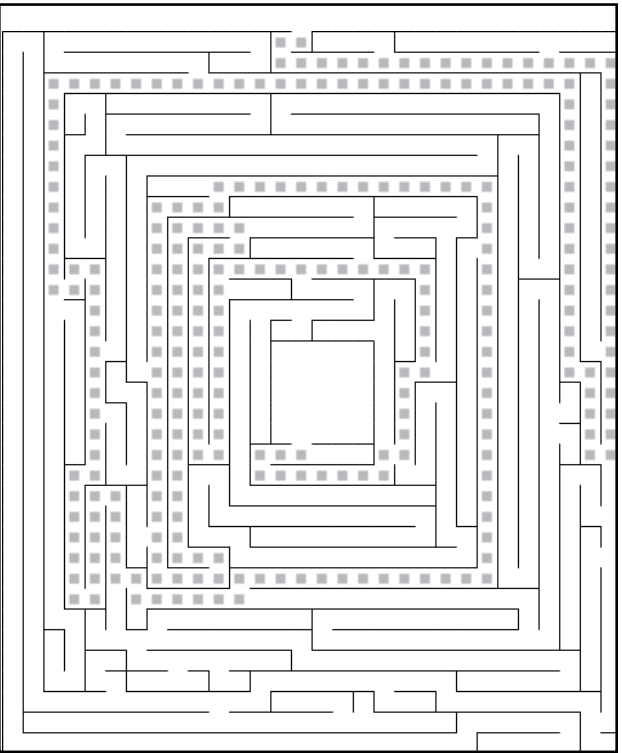
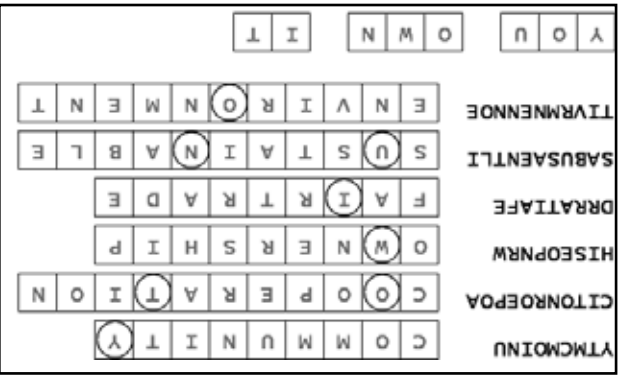
At ten, walking rubber-soled  
down the dead-end road,  
the cloud tower over the field,  
I laughed. High and bold,  
the hot dust flying, gritting  
between my fingers,  
a stirring under my skin,  
I felt sun within  
and a portent of thunder.

Hours in the field I rambled  
among the beetles and the weeds,  
chips of quartz and chalky rock,  
maple leaves blown from distant trees,  
sorting these like threads, then,  
jumping to run on sight  
of a bulbous hairy spider  
dropping, huge, on a thin clear strand.

This, till evening the shepherd's face  
in the moon appeared,  
distinct as if painted there  
by my Biblical great-aunt,  
yet too far away and glowing dreamward  
in the deepest blue before black.  
Slow and meek I gazed  
into the down-turned graceful face  
too clear to question.  
Then the moon again, then the sun.

**Puzzle Answers**  
see puzzle on pg. 11

The Co-op Cryptogram "Bee With US"  
"The sweet part is what happens when  
we work together."







## Best of #bluehillcoop

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

# STRAWBERRY RHUBARB CRISP KETO OR GLUTEN-FREE

FIND THIS RECIPE AND OTHERS ON THE CO-OP BLOG [WWW.BLUEHILL.COOP/BLOG](http://WWW.BLUEHILL.COOP/BLOG)

*Strawberry rhubarb is a classic summer combination! You can make this recipe keto (grain-free, sugar-free) or gluten-free. When we made it, we did a sugar-free filling with a half keto and half gluten-free topping. We loved both!*



Filling Ingredients:  
2 cups fresh strawberries (chopped)  
2 cups rhubarb (cut to 1-inch pieces)  
5 tbsp brown sugar or golden monk fruit sweetener for keto  
2 tbsp arrowroot starch  
2 tsp lemon juice

Keto Crisp Top Ingredients:  
1 1/4 cups almond flour  
1/2 cup coconut flakes (optional)  
1/3 cup pecans (chopped)  
1/4 cup sliced almonds  
1/2 cup butter (room temp) or melted coconut oil for vegan  
1/4 cup golden monk fruit sweetener  
1 tsp vanilla extract  
1/2 tsp cinnamon

Gluten-Free Top Ingredients:  
2 cup gluten-free oats  
1/2 cup butter (room temp) or melted coconut oil for vegan  
1/4 brown sugar (or golden monk fruit sweetener)  
1 tsp cinnamon  
1 tsp vanilla extract



Preheat the oven to 350° and lightly grease a 9x9” baking dish. Toss together the filling ingredients and put them into the baking dish.

Mix together the ingredients for your chosen topping. The best way to do this is with your hands, smooshing the ingredients until you have a cookie batter-like consistency. Crumble the topping over the strawberries and rhubarb, covering them in a nice thick layer. Bake for 30-35 minutes, or until the sides are bubbling and the crisp is golden brown. Serve while hot, by itself or with vanilla ice cream.



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