

The Harvest Herald

Presented by BLUE HILL CO-OP
Summer 2022

FREE

From the GM



Kevin Gadsby
General Manager
Co-op owner since 2016

Having lived along Maine's ragged coast for over ten years now, I have come to appreciate summer more than any other season. It's when life seems fullest, the air seems sweetest, and the sun the most radiant. It's the time of year we can shed our garments, step lighter, and feel freer. It's also that time of year on the Blue Hill Peninsula when there's more traffic around town with summer folks from far and wide. All indicators point to this summer being busier than we've seen since before the pandemic. The good thing for most local establishments and for us is that more traffic brings more people, and with more people comes more business. It's the high season for us, and we need it to carry us through the lean times.

Speaking of lean times, we recently experienced a downturn in business in the first quarter at a rate not seen since 2017. Inclement weather forced us to close several times in January and February. With a COVID surge early in the year, business took a hit, with January being the first month in years that we've seen a sales decline. We've been fortunate the past two years with unprecedented growth at 64% in 1Q2020 and 50% in 1Q2021. January 2021 brought a mild winter with zero closures and a growth rate of 68%. When you put that into perspective, we're still doing well. We managed to finish off 1Q2022 with growth at 2.2%. Year-to-date (Jan-May) bumped growth to 2.6%, some of which is likely attributed to inflation hitting the grocery industry hard. The other factor attributing to storewide growth is the result of our hard-working café team. The co-op café is on the rebound and is the only department in the store showing double-digit percentage growth so far this year. With rising costs and wage increases, the net result was far less than projected, but we are already seeing a turnaround, especially from May into June.

The effects of COVID-19 continue to ripple



Photo by Kipp Hopkins

through the grocery industry with supply-chain disruptions, rising costs, and labor shortages. Despite these circumstances, our co-op team remains willing and able to meet the challenges before us.

We are continually grateful for the support of our co-op community: from our member-owners who regularly shop the co-op, to our local and regional farmers and food producers who produce beautiful, healthy foods that nourish us, and to our owner investors who were instrumental in helping us create a vibrant community food hub. We would not be here without your contributions.

After a successful refinance of our commercial loan debt early in the year, I am pleased to announce that we are now able to redeem 3-year term owner investments made in 2017 and 2018, totaling \$66,100. If you are among those who made an A-1 series preferred share investment, you will receive an email letter with instructions on how to redeem your shares. Thank you again for your kind support.

These are indeed tough times. But at least we have summer in Maine to look forward to.

Happy Summer – Kevin

"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer."
—F. Scott Fitzgerald

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Three years later



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

On August 10, we'll be celebrating our third anniversary of the Grand Opening of 70 South Street. In a lot of ways, it feels like the opening was only yesterday. But it also feels like it's been a very long time. I know that's a cliché, but it can't be helped. This duality is only exacerbated by two-plus years of a pandemic, which has further warped our perception of time. I often think, "thank goodness we moved when we did." Because, in the old building, there's simply no way we could have stayed open through the pandemic. We wouldn't even have been able to have enough employees in that tiny building to keep it running as a curbside business. Our new, spacious, airy building is ideally suited to social distancing. In fact, when we first moved, I heard more than once people remark that they missed the old, homey, rustic space. I haven't heard that in quite a while!

I remember quite well the first time I actually came up to South Street to see the new building in progress. I'd been the Marketing Manager for several months by then, though I'd worked in various departments before that. I had been meaning to come to check it out but was a little hesitant to take the plunge. So my friend Savannah, the cafe manager at the time, and I decided to come up together on a weekend when the builders weren't around. The building was pretty much together at that point: the outer walls, the roof, the front entrance (though, no doors yet). But everything inside was just a shell. Open framing gave us a rough idea of where interior walls would stand. Savannah had looked at the floor plan before we got there, and we walked around while she pointed, "I think that's the kitchen... This must be a bathroom... I think the offices are over here." I remember standing in the spot where registers would be and trying to visualize

the space. But it felt more like I was standing in one of my dad's boat storage buildings than in a grocery store.

Over the next several months, the interior took shape. Any time a staff member stopped by to check out the new building, they'd say, "the walls are up. You can really get a feel for the space now." or "Even with the shelves in place, it looks so huge!" On moving day, everything was still pretty rough. They were installing our hanging signs, packing shelves, and installing the sinks in the bathrooms. I think I was the first person to move in, because my desk was there, the internet was running, and I had stuff to do. So I loaded up my car and drove over. Weaving my way through the back hallway to the new office, between ladders and workers doing who-knew-what up in the ceiling, I got set up, and from that moment on, I was in the new building.

The rest of the move felt like a week, pushed into a few days. I can't even really remember what was happening; it was chaotic, but stuff was getting done. Everyone worked so late, and we would never have managed it without the amazing efforts of our staff, working-owners, and all the various builders, electricians, plumbers, movers, consultants, and everyone else who worked together—a real community effort. One might even call it cooperative.

Then came the soft opening, and the doors were opened for the first time. I remember just before Kevin unlocked them, we had one of those huddle-ups where we all put our hands together and shouted something. No idea what it was, maybe "yay, team," or "we did it!" Someone took a picture of our hands in the huddle. It was a moment of pure joy and relief that we had done the seemingly impossible. Customers streamed in. Everyone was so excited. Shortly after, our cashiers started noticing that some items weren't scanning. And that's when the bubble burst. We learned that there had been a serious error when data was transferred from the old store.

If you were a customer during those first several weeks, you might recall the semi-controlled chaos while we corrected the system. We actually had to have extra staff members on the ready to run over to the shelves to check prices when something didn't scan. It was like those people in tennis games who fetch the balls. Not ideal. This is why there are soft and grand openings; you need the soft ones to work out the bugs. And boy, did we work them out—emphasis on the WORK.



The weeks between the soft and grand opening were a total whirlwind. I barely remember them, though I remember working until dark most nights and coming back first thing in the morning. I recall someone commenting on it, and I joked, "Oh, you haven't heard. I live here now."

My sister came up from Texas for a visit a few days before the Grand Opening, and the most time I had to spend with her was late one night when she helped me stick address labels on over nine hundred special opening day newsletters.

Looking back now, I can hardly believe what we accomplished. It's easy to forget, but it really was amazing. I reminded my officemate about it a few months ago when some error in the POS system was giving her a hard time. "Yeah, but remember when we moved in?" She groaned and put her head in her hands. That will put any minor glitch into perspective.

Running the new co-op was like a completely different business from the old. It's really an entirely different beast. I remember saying to someone in the back stock area, which is essentially bigger than the old retail space, "Do you feel like you suddenly work at a grocery store?" But, that being said, the heart of the Co-op hasn't changed: the community at its center, the fundamentals at its core. I love the cooperative model and can't imagine working in the food industry without these guiding principles. In a world where mega grocery corporations do everything they can to put profits over farmers, workers, customers, and the environment, I'm proud to work somewhere like the Blue Hill Co-op.

We're a pretty smooth-running operation three years later, with the occasional hiccup, like a global pandemic, for instance. But cooperatives, and cooperators, are nothing if not resilient. Another three years, a decade, twenty,... who knows what the universe will bring us? I hope that Blue Hill will still be thriving and that the Co-op will still be at its center, providing good food and community.

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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.

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In praise of summer



Chris Curro
Grocery
Manager

Summer means different things to different folks. For some, summer starts with the solstice in June and ends with the equinox in September. Others talk about meteorological summer, the year's quarter with the warmest temperatures or the longest daylight hours, peaking with the solstice as its midpoint. Culturally and especially locally, our unofficial summer begins with Memorial Day. One friend told me her perspective; summer starts on the first day of shorts and sandals.

I propose a toast to summer. No matter your measure, summer is worth praising. Summer means a fundamental shift for the Blue Hill community and our co-op. Folks return to open up their summer camps and summer homes. Shutters come down, and screens go up. Hikers and bikers are more numerous and

visible. The shoreline water warms enough for dogs and people. Flowers bloom, trees green, and lawns grow.

And we see charcoal in the Co-op after a long winter's stay away. Yes, because it is Maine, we have ice cubes for sale upon request and ice melt on the shelf at the same time. One of the best things about summer is when the Co-op's increased foot traffic allows us to try new products and bring back



Photo by Kipp Hopkins

seasonal favorites. We recently brought in Cocomune and Seed to Spoon yogurts to see how they appeal to all our customers. Fresh pasta and sauces from Fin & Fern return to our cooler with the increase in the entertaining season. Island Girl Pastas, fresh-frozen and yummy, are new to our freezer near the new, local, and delicious pizza, SLAB. We now have mango salsa from Sister's Salsa on a seasonal basis. A new cheese from Shovel and Spoon, Labneh, is staff-tested and approved. Of course, summer means frozen treats: Gelato Fiasco is back, and so are Wicked Maine Pops! We also have new So Delicious non-dairy cones. Our margarita and Bloody Mary mixes from Qdrinks and Axe Women of Maine are on the top shelf, close to the new wine cooler in aisle 4. And, of course, we have the meats and veggies galore! Grilling season, salad season, and rhubarb pie season have all begun! So raise a glass to summer, my current favorite season of the year!

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

When Are Board Meetings?
THE FOURTH THURSDAY
OF EVERY MONTH
AT 6:30PM

Meetings are open and held in the cafe. Check our website for more info.

The new SHARE program



Jennifer Wahlquist Coolidge
Ownership Coordinator
Co-op owner since 2003

In the Northeast, the relative cost of high-nutrition, less processed foods is among the highest in the country compared to low-nutrition, highly processed foods. Additionally, childhood obesity rates are higher in many parts of the region than the national average. Some people in our community struggle to provide for themselves and their families.

Food co-ops in the Northeast have always been pioneers and innovators in food security. Some date back to the Great Depression, while others were founded in the 1970s and 80s, emerging as community-based responses to the limited access to healthy, affordable food. A new wave of food co-ops has emerged in recent years, reflecting a growing interest in local foods and democratic ownership. Rooted in their communities, food co-ops are an effective tool for building healthy food access, stable markets for local producers, and sustainable jobs.

As food security has again emerged as an urgent issue in our region, Blue Hill Co-op has been working to develop solutions that balance financial sustainability with offering healthy, affordable food, supporting local

economies, and building fair relationships with workers and producers. While we have been studying and borrowing many aspects of food access programs from other co-ops in the Northeast, Rising Tide Co-op in Damariscotta has given us the inspiration for the name of our program: SHARE. Thank you, Rising Tide!



To help more households in our community have access to healthy, affordable food, we're happy to introduce the SHARE program (Supporting Households Reaching Everyone). We hope this will help offset the rising food costs for those in our community who are facing significant economic hardship. Those enrolled in the SHARE program will receive 10% off storewide every day. The

program is for co-op owners who are enrolled in a qualifying benefit program, such as EBT, SNAP, or Maine Head Start. For a complete list of all qualifying programs (11 total), go to: www.bluehill.coop/share-program

Participation in the SHARE program requires:

- Active co-op ownership.
- Completed SHARE application.
- A Photocopy of qualifying government assistance programs documents.
- Photo I.D.
- Bring all of the above documents to any cashier or the Ownership Coordinator for processing.

Once the application is processed, the SHARE discount will be linked to your owner account and automatically applied to all your purchases. In order to access the discount, please be sure to give the cashier your owner information every time you shop. Cashiers can access your account with your owner number, last name, or owner tag. SHARE participants must reapply annually.



Diversity inside and out: thoughts to grow on



Torsten Peterson
Cafe Department
Co-op Owner since 2012

This summer, we would like to call on people to consider growth and change. Many Co-op owners wonder what they need to know about gender diversity as they encounter transgender people in our community. Some may uncover prejudices they may or may not like to uproot, and others have been working on new growth for a while. Some are trying to reconcile their religion with understanding transgender and gender-variant people. We would like to invite people to acknowledge that understanding may take time, but being compassionate, respectful, and humble does not need to wait. Have the curiosity of an opening leaf bud, and reach towards the challenge without prejudice. A good starting point could be to ask everyone you meet what their pronouns are and share your own when you give your name. We also invite people to ask questions and discuss with other allies the process of understanding. The conversation does not need to happen behind closed doors.

Outdoors, many people are tending gardens and observing plants in the wild. We are watching seasons change as always, but many of us are looking deeper at the natural world, learning to identify plants using the vast amount of knowledge at our fingertips, thanks to the internet. Such is our ability to grow and change. Many people find themselves confused when juxtaposing trans lives against what they know about the natural world. They ask themselves, why does everything need to be so confusing? The answer to that lies not in trans lives conflicting with natural laws but in the failing of much of humanity to see the true diversity in nature. In our gardens, we see dioecious plants such

as wintergreen and asparagus, with generally distinct male and female plants. However, we also see many monoecious plants, such as corn, producing two types of flowers on the same plant, and perfect monoecious plants like lilies, magnolia, and hibiscus, having everything they need sexually within one kind of flower and plant. Such is the diversity that has long existed in nature. Of course, humans are not plants, but this knowledge can help open one's eyes.



Photo by Kipp Hopkins

However, this is not new to the human world either. On this continent, many indigenous peoples have honored intersex, gender variant, and transgender people. Often these people have traditionally held spiritual leadership. However, due to genocide, much of this cultural heritage has been destroyed. Today, non-binary indigenous people, who often refer to themselves as Two Spirit, are

rediscovering this cultural identity. While the Two Spirit identity is unique to the First Peoples of this continent, it is not the only example of gender diversity throughout millennia. European settlers had forgotten much of the history of their own ancestors as well. Seven genders are frequently mentioned in the Jewish Talmud - Zachar, Nekevah, Androgynos, Tumtum, Ay'lonit, Saris hamah, and Saris Adam. In Phrygia, Anatolia, and the Greco-Roman empire, the ancient goddess Kybele was widely worshiped. Her highly respected Priestesses were all trans women and inviolable, meaning that the smallest act of violence against them was a crime against the State. These Priestesses lived alongside Early Christians for a thousand years after the death of Christ, and their care was the responsibility of the community. These are just a few examples of many around the world.

This respect for the safety and lives of transgender and gender-variant people has been forgotten in our culture for a long time. However, today a cultural remembrance is taking place. This wisdom is not new; it is ancient. Transgender people are not lost; they have found themselves. The Blue Hill Co-op unequivocally stands in solidarity and support of transgender employees and community members. We will respond to any issues that arise in accordance with these values. We have a responsibility to stand in the way of violence against our community members, including trans people, who are especially exposed to violence of all kinds. Just as the Blue Hill Co-op does not tolerate sexual harassment of employees, this extends to the rights against harassment based on personal gender details. We invite our community to join in the peace that comes from accepting people's individuality and personal sovereignty.

OLD-FASHIONED DATE STUFFED DOUGHNUTS

This recipe comes from one of our staff members, passed down from their great-grandmother. It's a simple and delicious dessert, with a crispy outside and chewy interior wrapped around a sweet date.

INGREDIENTS

- 1 egg
- 1/2 cup sugar OR 2/3 cup monkfruit sweetener
- 1 tbsp butter (melted)
- 1/2 cup milk
- 1/4 tsp salt
- 1/4 tsp cinnamon
- 2 1/2 cups all-purpose flour
- 2 tsp baking powder
- 9 deglet pitted dates (sliced in half lengthwise)
- vegetable or coconut oil for frying
- powdered sugar
- or Swerve powdered sweetener for dusting

Beat together the egg and sugar (or monkfruit), then add the melted butter and milk. In a separate bowl, sift together the flour, salt,

nutmeg, cinnamon, and baking powder. Add the dry ingredients to the wet and combine until you have a slightly sticky dough (if your dough seems to be too dry, you can add a little more milk). Take around 3 tbsp of the dough and form it into an oval disk. Place a half date in the middle and fold in the edges, creating an egg shaped ball with the date in the center. Repeat with the remaining dough (you should have about 18 doughnuts). Put 2-inches of oil into a thick bottomed, tall-sided pot and heat to 365° F. Fry the doughnuts in batches until golden brown (about 3-4 minutes). Set the hot doughnuts on a brown paper bag or paper towel to absorb any extra oil. Serve warm, dusted with powdered sugar or Swerve sweetener.



Photo by Kipp Hopkins

A crash course in pronouns

This month, the Co-op is introducing new employee name tags that display pronouns. We are also hanging a few posters in the store, reminding our community about the importance of respecting pronouns. We understand that not everyone has a full and complete knowledge of this topic. It may be intimidating to start if you've never had to change pronouns for a loved one. But it's actually much easier than you may think.

First, remember that everyone uses pronouns. Pronouns are a normal part of speech, like adjectives and nouns. You already know how to use them and probably do it without thinking in most cases. Typically "she/her" pronouns are used by women, "he/him" by men, and "they/them" by nonbinary and gender nonconforming people. But that might not be true for everyone. You can't tell a person's pronouns by the way they look. Trans people are not obligated to present in a way that aligns with cultural perceptions of gender. Some trans folks can't currently present as their true gender for various reasons (financial, logistical, social, etc.). Others do not choose to.

Pronouns are very important to trans people because of how intertwined with gender they are in our society. Using the correct pronouns is a great way to show your support and respect. Honestly, this is true for anyone, even if they are not transgender. Imagine how upsetting it would be to you if someone consistently used the wrong pronouns to refer to you. If that's difficult to imagine, another good analogy is someone repeatedly mispronouncing your name, even when corrected.

Many people are changing the way they introduce themselves in this era of gender-diversity. When meeting someone, you can ask what pronouns they use and offer yours. If you forget, you can simply say, "Sorry, what were your pronouns again?" If you didn't ask in the first place, you can say, "Hey, I didn't get your pronouns earlier," exactly like you would with a name. Of course, not every

person you meet is transgender, non-binary, or gender-nonconformer but this practice helps normalize the action, making trans people's lives a lot better in the future. Also, remember, many well-meaning people refer to "preferred pronouns," but pronouns aren't "preferred," they just are. Instead, ask, "what pronouns do you use?" or, "What are your pronouns?"

One of the most intimidating parts of using people's pronouns correctly is the fear of messing up. It's totally going to happen, but it's okay. It's the same as if you got their name wrong. Correct yourself as soon as possible and apologize as briefly as possible. Usually, it was just a brain fart, and profusely apologizing puts pressure on the trans person to make you feel better for your mistake. Practice makes perfect, and the more you work, the fewer mistakes you'll make. (If you use the wrong pronoun, one good way of to practice is to use the right one silently three times in your head. "He is so nice. I like his shoes. He's got a great outlook.")

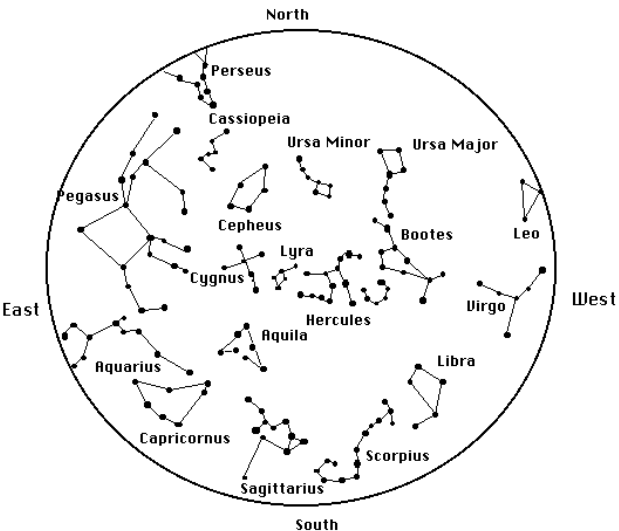
Some folks, especially non-binary or gender nonconforming people, feel that their gender can't be adequately described by she/her, he/him, or they/them. They might use a combination (e.g., they/he) or what is called a neopronoun, like fae/faer, xe/xim, or ze/zir. These pronouns may take a little more practice, but this is all about respecting someone's identity. Follow the same rules as with other pronouns. Ask, correct yourself, and keep apologies brief. Trans people can see and appreciate when you're making an effort. Respect goes a long way.

Normalizing good pronoun etiquette is a worthy goal for today and a better future. Here are some ways you can help:

- Put your own pronouns in your bio on social media and your email signature.
- Ask for pronouns when meeting someone and introduce yourself with yours.
- Practice using unfamiliar pronouns.
- Politely correct other people when they make mistakes.



Summer Stargazing



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

One of the most recognizable summer constellations is Cygnus, the Swan, also known as "the Northern Cross." The swan's tail is marked by Deneb, one of the brightest northern stars. It's found approximately 3,550 light-years from Earth. In contrast, "the beak star," Albireo, Beta Cygni, is just 415 light-years from Earth but appears much dimmer due to its magnitude. Albireo is a binary system popular among amateur astronomers. At the center of the cross is Sadr, Gamma Cygni, a star surrounded by a diffuse nebula.

Other notable nebulae located in Cygnus are the Pelican Nebula and Witch's Broom Nebula. The latter is also more blandly known as the veil nebula, and it constitutes the visible parts of the Cygnus Loop, a supernova remnant inside the constellation. Between the constellations Cygnus and Cepheus lays the Fireworks Galaxy. It is one of the nearest spiral galaxies to our solar system at approximately 25.2 million light-years away.

Another constellation home to several interesting celestial objects is Draco, the dragon. The Cat's Eye Nebula is one of the most structurally complex nebulae known. It was formed around 1,000 years ago when a hot, bright central star expelled its outer envelope. The name comes from its appearance, a diffuse blue-green disk crossed by an s-shaped brown curve, with an intricate circular structure in the inner region. Also found in Draco is the Spindle Galaxy, an edge-on lenticular galaxy estimated to have around 100 billion stars within it.

If you're interested in galaxies, don't miss the constellation Hercules, which is home to the Hercules Cluster, made up of around 200 galaxies! Hercules and Draco are two enormous constellations (the eighth and fifth-largest, respectively), named for heroic and legendary figures. Nearby is the far smaller and less illustrious Corona Borealis, a constellation representing a crown. Within this small but recognizable constellation is Blaze Star, a recurrent nova, which has had major observed outbursts: in 1866 going from 10.8 magnitudes to 3, and in 1946 brightening to magnitude 2.

Summer sipping '22: pure pleasure on the peninsula



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

It's time to celebrate summer and all the beautiful edible bounty that the Blue Hill peninsula and surrounding ocean supply us with. I can't think of a better way to celebrate all that's edible than with all that's drinkable and deliciously so!

The Co-op offers a huge array of regular and adult beverages to complement summer's easy and al fresco lifestyle. And so, I'd like to highlight some of our wine offerings found on aisle 4 to make your summer quaffing memorable.

Food and wine. Summer and food and wine. Think bright, thirst-quenching flavors that satisfy and pair nicely grilled meats, fish, and garden delights while adding to your relaxation quota on land or out on the water. The best wines to complement summer will have higher acidity and lower tannins and can be white, rosé, red, or orange.

FOR WHITES THINK

Pinot Gris/Grigio: Pinot Gris with lemon, lime, green apple, and pear flavor profile is crisp, light, and dry. We offer many choices, from the organic bottling of Perlage from the Venetian region of Italy with flavors of melon and citrus to the elegant organic and sustainable Redentore with pear and nut flavors.

Sauvignon Blanc: The quintessential sipper, sauvignon blanc is made in different regions throughout the world and known for its crisp profile and flavors from sour citrus to apple to gooseberry to boxwood to freshly mown grass. Versatile with anything you might squeeze a lemon on. Try one of our many choices, from the affordable Lobetia from Spain to Les Vendanges de Francoise Chidaine from the Touraine region of the Loire Valley. Flavors of grapefruit, sage, and white flowers in one sip. Sublime.

Melon de Bourgogne: Better known as Muscadet de Sevre et Maine, Melon de Bourgogne grows in the Loire region of France along the Nantes River within reach of the Atlantic. The clean and light lemony/lime flavor with a touch of saline brininess is the perfect pairing with oysters. Look for Domaine de La Pepiere's Merci with all of its classic flavors and minerality screaming out for some shellfish.

Chardonnay: There's a reason it's the most popular white wine in the world, with a spectrum of flavors from tropical fruits like mango and passionfruit to orchard fruits like peaches, apricots, and apples, depending on where it's grown and the winemaking style. It's a

cinch to match with summer fare and loves both chicken and fish. For full-on thirst-quenching winners, let me point you in the direction of the Macon in Southern Burgundy. With the elegance and supreme quaffability of ultra-expensive Burgundies but with less oak aging to make them more approachable earlier, the expressive flavors of green apple and pear in Chene, Macon La Roche Vineuse and Talmard, Macon Uchizy, are thrilling. For a great west coast version, snap up a bottle of Diatom by famed Santa Barbara winemaker Greg Brewer. Aromas of citrus blossom and wet sand followed by flavors of zippy lemon and white peach. Yum.

Riesling: AKA the chameleon grape. Many equate Riesling with sweetness, but that's just one of the possible profiles of this multitasking grape. We have two drier versions on the shelf. HD or High Definition is medium-dry with aromas and flavors of orange blossom, apple, and mineral. Gunther Steinmetz is a classic German wine from the Mosel with aromas of chalk, flowers, citrus, and herb and opulent flavors of honeydew melon, lime, peach, and salty minerals. Great for pairing with Asian food and barbecued veggies.

made from the Catarratto grape with bright tropical fruit flavors.

ORANGE WINES

White wines where the skins and seeds are left in contact with the fermenting juice for extended periods render a fuller, deeper orange-colored wine that usually has few, if any, additives. Rich and bold and bright and flavorful. Try Programma Agricolo, Dinamo Nucleo X from Umbria. A natural wine made from the Trebbiano grape in a traditional method without additives and with unique flavors of blood orange, salted pineapple, and almond. For an entry-level into the world of orange, try Oeno Skin Contact wine. A blend of mostly Chardonnay with a small amount of Pinot Noir yielding flavors of stone fruits, white flowers, and citrus.

IN THE PINK

Although it's an excellent quaff year-round, summer and Rosé go hand in hand. We feature a number of rosés on the shelf and in the cooler, and as some become unavailable, others in a myriad of shades and flavor profiles will replace them. Think red berry fruits and cherries with citrus and melon notes and a touch of salinity to keep it dry. Rosé is made by either blending red and white together or by drawing off juice early from grapes destined to become red wine before the skins have deepened their color, known as the Saignee method or Direct Press, which allows the grape juice to be in contact with the skins as it is pressed which imparts color.

Some of our summer superstars include:

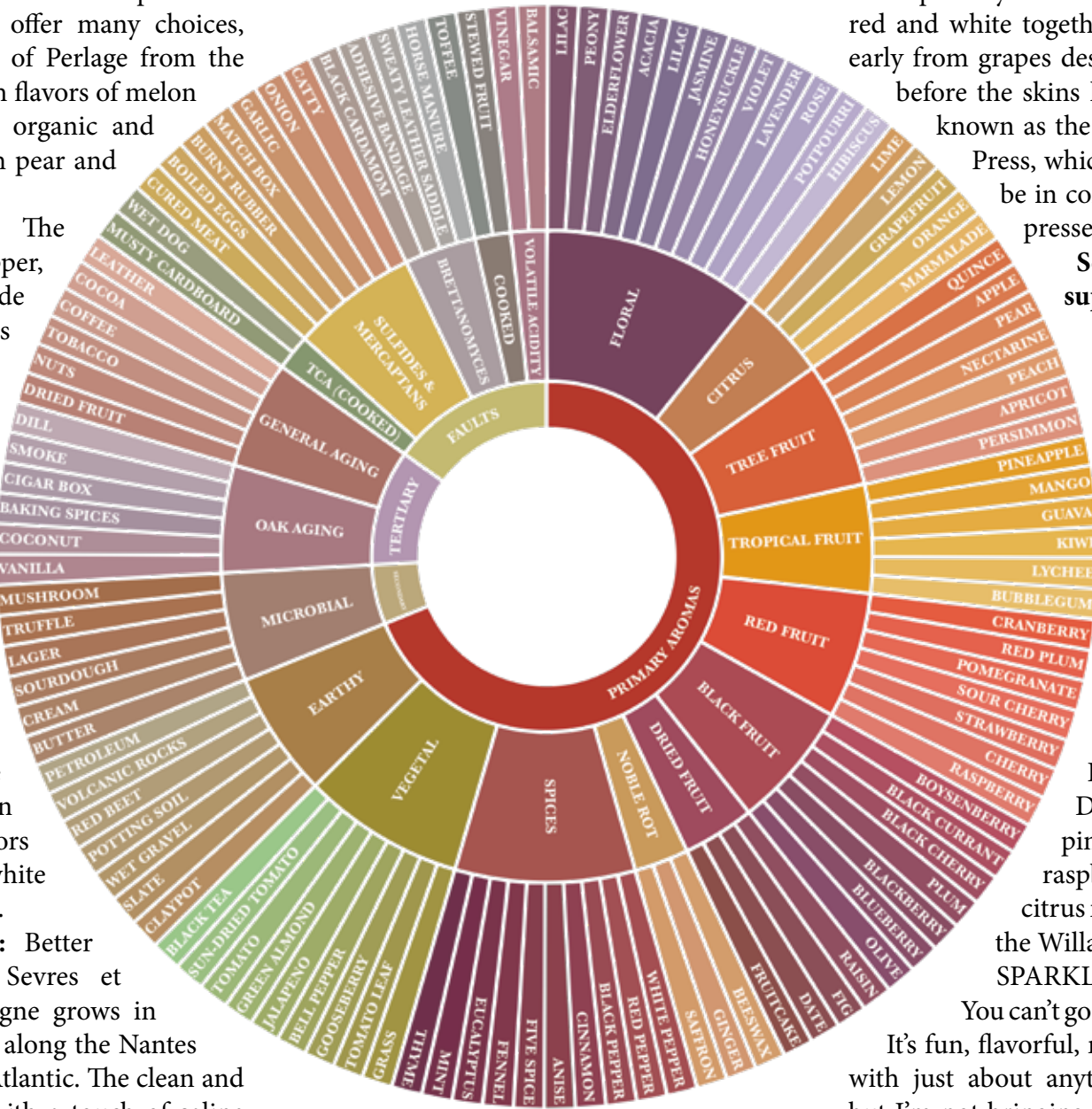
Pratsch is an organic Austrian rosé made from the indigenous Zweigelt grape with delicate flavors of wild strawberry and raspberry. Le Fraghe, from the Bardolino region on Lake Garda in northwest Italy, where rosé is known as Chiaretto. Domaine de Fenouillet from Ventoux in the Provence region of France. A summer classic. Day's Lemonade is a juicy pink with flavors of sour raspberry, strawberry, and citrus made from Pinot Noir from the Willamette Valley of Oregon.

SPARKLERS

You can't go wrong with sparkling wine.

It's fun, flavorful, mouth cleansing, and pairs with just about anything! Champagne? Sorry, but I'm not bringing it in at this time because I find it shockingly expensive, even for mediocre versions. There is way too much good bubbly made in other regions in France and throughout the world to give up precious shelf space to a less than stellar version of Champagne.

For example, take Amirault's "Les Quarterons" from the Loire Valley made from Chenin Blanc grapes. It's elegant with effusive yet diminutive bubbles, age-worthy, dry, delicious, and



Well, halloumi there



Robin Byrne
Cheese Manager
Co-op Owner since 2002

Halloumi cheese and summer go great together on the grill. Wait, did we say GRILL?

Yup, you can actually grill halloumi cheese! And I don't mean in a standard grilled cheese sandwich, either. (However, you can grill it and put it in your sandwich!)



Photo by Kipp Hopkins

Summer sipping, Continued from page 6
affordable.

Azimut is an organic Cava from Spain that will probably, unfortunately, succumb to the addition of orange juice because of its low price but is superb on its own!

You MUST try Limo d'Anes in the Grolsch top bottles with the bright yellow label. Biodynamically grown old vine Carignan grapes vinified with zero additives in a pet-nat style. Literally EXPLOSIVE in both bubbles and flavor! (Editor's note: he means figuratively.)

Want red in a bubbly and fun format? Lambrusco! Our Lambrusco, Cantina di Sorbara is GULPABLE with floral notes and flavors of cherries, violets, raspberries, and orange peel. Bring on the barbecue for this one!

And don't forget about our very own Bluet made with Maine blueberries. What's a summer in Maine without blueberries?

SUMMER REDS

There is absolutely no reason not to drink reds in the summer—maybe not heavier styles with high alcohol and massive tannins that will lose their flavor profile when chilled, but certainly reds with higher acidity that can be chilled to pair with grilled dishes and party foods.

Gamay: The grape of Beaujolais loves to be served chilled, and our Jean-Michel Dupre Glou Glou is a perfect wine for pairing with food or quaffing on its own. Be careful, it goes down quite easily!

Pinot Noir: This wine takes a chilling and won't stop killing you with constant charm and bright

flavors. Try affordable Ramsay or the surprisingly delicious Lovely Lilly from Germany. Of course, you can't go wrong with Pinot from Burgundy, and Domaine Grisy is perfect chilled for summer with its soft and light style.

How does that work, you say?

Halloumi is a versatile, unique cheese that is perfect for summertime food festivities. It hails from the Mediterranean island of Cyprus. This rich, delicious cheese is made from sheep milk and has been described as having a texture that's a mix of mozzarella and feta. At the Co-op, we stock Atalanta Halloumi, which is briny and seasoned with mint leaves (a Mediterranean staple). This halloumi is made with vegetable microbial, making it an excellent choice for vegetarians and meat-eaters alike.

What makes halloumi so unique is its "squeaky" mouth feel, hearty taste, and the fact that it doesn't melt when cooked. But don't just stop at grilling it; think fried, sautéed, baked, and even crumbled into your salad. You can use it much like another vegetarian staple, tofu.

Some favorite ways to eat halloumi are baked as high-protein, low-carb croutons, as a vegetarian burger, on pesto sandwiches, fried and glazed with honey, baked in a tomato sauce, or cut into strips and fried!

Nutritional facts for a 1" cube: 90 Calories, 8g total fat, 20 mg cholesterol, 297mg sodium, 0g carbohydrates, 6g protein, and 200mg calcium.

So let's get to exploring this fascinating and flavorful cheese!

Cabernet Franc: The grape of the Loire Valley. Known for its dark fruit flavors and earthy spicy undertones, try Gaspard from the Touraine, slightly chilled with rustic grilled meats, pates, cheeses, and vegetables. A perfect pairing.

Grenache: The bright hidden magic in Cotes du Rhone wines is great all year long. Throw it in the fridge for an hour, serve it with barbecued foods, and watch your fan club membership blossom. Try Les Dauphins with 60% Grenache. From Spain, where it is known as Garnacha, try Aragus from the Campo de Borja region. Bright with flavors of strawberry, raspberry, and plum with the added bonus of being both organic and sustainable.

Bobal: BoWHO?? One of the most widely planted grapes in Spain yet primarily used in blends, so you've never heard of it. These old vine grapes in the hands of a very talented winemaker are, so far, my favorite red of summer. Vera de Estenas Bobal is divine, with flavors of bright black and red fruit, spice, mineral, and earth. Try it. You'll like it...

Wined out yet? Don't forget our ever-growing beer selection with mostly Maine beers in all styles and flavors. It wouldn't be summer without beer! Prost!

HALLOUMI KEBABS

See more recipes online www.bluehill.coop/blog



Photo by Kipp Hopkins

These kebabs are delicious, with the orange marinade complementing the salty cheese to perfection!

INGREDIENTS

- 1/2 cup olive oil
- 1/2 an orange (juice and zest)
- 4 tbsp minced parsley
- 1 tsp black sesame seeds
- 1/2 tsp black pepper
- pinch of salt
- 2 packages of halloumi cheese
- 1 orange bell pepper
- 12 grape tomatoes
- 1 red onion

Mix together the onion, orange juice, zest, parsley, sesame seeds, black pepper, and salt. Cut open the packages of halloumi and drain the brine. Cut each block of cheese into six cubes and place them in a container. Pour the marinade over the halloumi and let it marinate for 30 minutes.

If you're using bamboo skewers, soak six of them in water for at least 20 minutes.

Chop the bell pepper and onion into large pieces (about 1.5"). When the halloumi is done marinating, begin assembling the kebabs, with two of each ingredient on each skewer, alternating. Drizzle the marinade over the kebabs.

Grill the skewers, turning occasionally, until the veggies are tender and the cheese is golden brown. The cooking time will vary depending on your grill. Serve hot and enjoy! (These kebabs go great with our Fresh Summer Slaw on pg. 15.)



Photo by Kipp Hopkins

Animals, plants, and people



Cat McNeal
Front End Manger
Co-op owner since 2013

You’ve probably noticed a few new faces on the Front End. I’m hoping you’ll be seeing a few more, as well. My goal (dream?) is to have plenty of coverage this summer. Let’s say that I would prefer to have faster moving, but still accurate, lines. I’m sure you would, too. So far, it’s looking good. If you haven’t met any of the new cashiers yet, then step right up and say hello. Learning is still underway, so bear with us. We all want to do our best to make sure you can be on your way, either to work or Summer adventures.

I’ve joined the neighborhood gardening wars. Not that I wanted to, but I was pushed to it. I will admit I am very slow when deciding what to do and pretty slow in getting it done, as well. But when a neighbor said that she would plant in my basket if I wasn’t going to, that lit a fire under me. Now, being the stinker you know I can be, I really wanted to just clean out all the mishmash from the wooden planter, make the soil look really good, and say that I was waiting for the seeds to sprout. Knowing full well that I hadn’t planted a thing. Naughty right? (Hey, I did say gardening Wars.)

But I had really looked forward to heading over to Mainescape to see what would catch my eye to fill the planter. I can’t even tell you everything I got. I shop for plants spontaneously. Is it a perennial for our area?

How tall will it get? What color, etc. I picked out a silver leafy plant, some violas, and some type of dwarf sunflower. I also got another plant that apparently is very fragrant. I cannot attest to that yet, but will keep you updated. I’m already watching the plantings every day. I’m really excited to see all the plants fill in the space.

As for the puppies,... they are growing up. They are just over a year old, and while still playful, they have also settled down a bit at times. I figured it was time to stop hand feeding them (well, mostly Maggie). Bishop likes a couple nibbles out of my hand but then happily chows down all on his own. Maggie, however, needs the extra attention. I like to think she just really likes our special time. But honestly, I don’t think that’s it. I think she likes having me do her bidding. Well, no more, mostly. I tried having her go cold turkey, just putting her bowl down and letting her eat (or not). She would sit just out of reach of her bowl and look at me and my hand and then back at me and at my hand. The eyes would soften a bit, and an expression of “I’m so hungry. Why aren’t you feeding me?” would creep onto her face, and still, she wouldn’t eat. After a few days and four uneaten meals, I gave in.

Since it’s all about having them grow up and grow healthy, I started once again to take the hand-feeding away. This time I decided it was important to do it slowly. I would start off by giving her pieces of chicken—a real pleaser for both Maggie and Bishop. Then, a



Photo by Cat McNeal

piece of kibble here and there. Maybe some carrot. Slowly, I was able to lure her closer to her bowl. I would only put one piece of kibble on my palm and give it to her very slowly. By this time, she was tired of waiting for me to feed her. She wanted some kibble, chicken, and carrots all in one bite. Finally, she eats on her own! I still start her off, but I start Bishop off too, so we are A-OK.

The cats have enjoyed the windows being open and listening to the birds and all the different songs we get to hear. They’ve been enjoying the Junebug’s buzzing and smacking into the screens. They have fun chasing the ants and moths around the house. They even have fun stalking Bishop, and he loves it when Fraggles chases him.

May you be healthy, may your plants grow beautifully, and may the animals bring you joy. Amen.

Art in the Café

APRIL: CAROLINE SULZER	MAY: VINCENT BARBATO	JUNE: JORDIE JENNINGS
Upcoming: July - Anne Devereaux, August - Gabby Gadsby, September - Françoise Gervais		
Interested in having your artwork exhibited at the Blue Hill Co-op?		
Contact Kipp Hopkins at: (207)374-2165 or marketing@bluehill.coop (We’re booking for 2023.)		

Microgreens, macro-potential



Kipp Hopkins
Marketing Manager
Co-op owner since 2006

While perusing the produce department, you may have noticed that the local microgreen scene has really boomed. We have a considerable selection of all kinds: spicy, mild, radish, basil, etc. We get them from Tilth & Timber (Castine), Northern Bay (Penobscot), Ironwood Farm (Albion), Mason Hill Farm (Jackson), and Villageside Farm (Freedom). If you haven't tried any yet, I'm here to tell you why you should jump on the microgreen bandwagon!

Before last summer, I didn't think much about microgreens, one way or the other. I'd seen them; I might have had them sprinkled atop a dish at a restaurant, but I had never purchased any. I really love sprouts, and microgreens seemed a bit like a flimsier version without the crisp crunch. However, my mind was rather radically changed by a visit to Tilth & Timber in Castine. I went there to take the portrait of farmers Troy and Cindy (plus baby) that now hangs in



Photo by Kipp Hopkins

the produce department. While I was there, they showed me around their beautiful farm, including the greenhouse where they were growing their many varieties of microgreens which formed a beautiful patchwork of thick, brightly colored little seedlings. I felt like I was in an airplane, looking down at acres of farmland.

Troy and Cindy told me all about how they got into growing microgreens and about the different types. I'd only really seen packs of generic microgreens, mixes of various mild or spicy plants in tiny incarnations. Hearing about specific varieties, like broccoli, kale, or radish, was eye-opening. One of them was cilantro microgreens, which piqued my interest, especially when Cindy told me how delicious they were and said that even people who don't like cilantro say they're great. I actually like cilantro a lot, but I felt like tasting the difference between the full-grown herb and the microgreen would be interesting. So the next time I went shopping, I grabbed a pack. And boy, they did not disappoint. The wonderful, feathery leaves were milder than the larger version, but the fresh flavor was divine. From then on, I was hooked.

The next one I tried was basil, which was deeply satisfying. I had them sprinkled on a ricotta and peach pizza (recipe on our blog). Since then, I've eaten a lot of different types, but I have to say my favorite was scallion microgreens, which I had with temaki (sushi cones).

Microgreens are a great addition to your table for many reasons. For one, they're beautiful little things. They immediately up the wow factor on whatever dish you're serving, giving it a fancy, fine-dining boost. As already stated, the flavor is exquisite. For such small things, microgreens can pack a lot of flavor, often just as strong as the mature plant. And the texture they add to a dish often provides a wonderful, fresh, crisp accent. I really love pairing them with rich or creamy foods like coconut curry, pasta dishes, and cheese omelets.

But they aren't just delicious and pretty. Microgreens have a lot of nutritional value



Tilth & Timber microgreen beds.
Photo by Kipp Hopkins

in their tiny leaves. Studies have shown that the minuscule plants have tons of nutrients like vitamins C, E, and K, lutein, and beta-carotene, much more than the mature versions of the plants, because of their concentrated nature. However, don't go too crazy and replace all veggies with micro versions. They definitely don't provide enough fiber on their own. As with all things, seek balance.

Some of my favorite dishes to top with microgreens are stir-fries, avocado toast, bagels and lox, eggs (especially eggs Benedict), pizza (as aforementioned), spicy Korean beef, and nachos. They're also a great addition to a salad, either a chopped green salad or a pasta or potato salad. But my number one favorite thing to eat with microgreens is Dressed Up Hummus with Roasted Chickpeas. You can find the recipe on page 15!

If you haven't yet dived into the world of microgreens, I hope this article encourages you to try them! If you'd like to try some of the other recipes where we've used microgreens, go to our blog page (www.bluehill.coop/blog) and search "microgreens."

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Works by Glass
& Jewelry Artisan
Sihaya Hopkins



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body
focused
designs

Foundational paths to better health



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

As the Wellness Manager at the Blue Hill Co-op these past 15 years, I have seen a lot of people and a lot of supplements. What are the most important supplements to invest in? Over these many years, I have become interested in those supplements that do the greatest good for the entire system, supplements to help keep our channels of cognitive, digestive, energetic, nervous, and musculoskeletal systems working efficiently to keep us well.

Supplements that work at a foundational level, such as gut health, are particularly important in this regard. Our systems are more challenged than ever due to chemicals like glyphosate, which is also a patented antibiotic and is contained in pesticides and herbicides such as RoundUp. This article is dedicated mainly to systemic support to help your body cope with chemicals such as glyphosate that we now know circulate in the air and dust and are absorbed into plants, especially non-organically farmed plants. It also contains information on one herb that is my favorite for overall support.

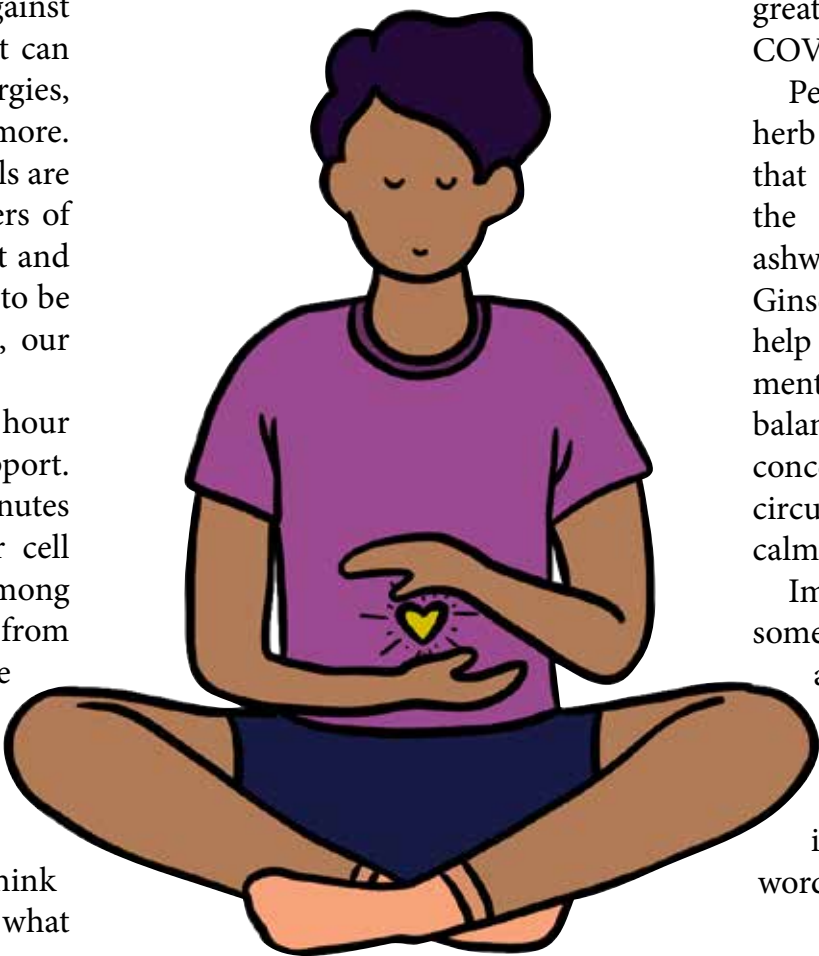
I've written in past issues about a supplement called Ion Biome, a tasteless liquid humate containing 60 million-year-old terrahydrate molecules derived from ancient soil. These amazing molecules trigger a tightening of the vital junctions in the cell wall of one's intestinal lining and one's nasal and sinus cell walls. You might already know that the lining of your intestinal walls is only one cell thick (1/1,000 of an inch). This lining is the barrier that allows the absorption of nutrients into your body and protects against an invasion of undigested proteins that can lead to autoimmune diseases like allergies, arthritis, brain fog, chronic fatigue, and more. The microscopic gaps between these cells are now understood by pioneering explorers of the microbiome (like Research Scientist and Triple Board Certified MD Zach Bush) to be crucial to our immune health, indeed, our total health.

One teaspoon of Ion Biome has a 6-8 hour period of efficacy on tight junction support. Three daily is optimal, preferably 30 minutes before a meal. If you could see your cell walls microscopically, and you are among the 80 percent of people who suffer from compromised gut health, you would see that there exist abnormally large gaps between the cells. These are the gaps that need tightening. When these cell-wall gaps are tightened, your gut digests better, fends off disease better, you think more clearly, you want to eat less, and what

you eat nourishes you more deeply. The same principle applies to your nasal passages. Ion Biome Nasal spray increases the protective barrier to disease in the membranes of the nose and sinuses, tissue similar to that of the digestive system.

Another supplement that has been on the Co-op's shelves since I have managed them is called Super Silica. Produced by a company called Positive Nutrition, Super Silica is also a liquid, and this liquid is equally vital to health, especially in people as they age. The French have long known the importance of silica to bone health, the story goes, but in the United States, the mantra has often been Calcium, Calcium. Too much Calcium taken in means deposits of unwanted and unneeded calcium throughout the body, and often bones that are actually too brittle. Silica is essential, but we don't produce it ourselves, and deficiency is very common as we get older. Silica is foundational to bone health.

Post-COVID symptoms can include hair loss and heart palpitations. Silica is fundamental to cellular communication, and some report palpitations cease with an increase in silica levels. Because Super Silica is an ionic liquid form of silica, its molecular size is so small that it is very easily absorbed. In fact, this form of silica is 200 times more absorbable than most other forms of silica on the market due to its ionic state. Silica is also beneficial for cognition and is credited with supporting people with early Alzheimer's issues to help with memory loss. In spray form, Super Silica softens skin and reduces brown spots while reducing pain in joints, especially if people are deficient in their silica levels.



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

One of the great things about both Ion Biome and Super Silica is that they are not pills but rather liquids that can be taken either straight (Ion Biome) or diluted with water, which is essential for ingestion of Super Silica (1 drop in every 2 ounces of water (most optimally distilled, but good clean water is fine. 34 drops per day is considered a therapeutic dose). Super Silica can be rubbed directly without dilution on joints and absorbed quickly through the skin.

Also produced by Positive Nutrition is a liquid called Cell Power, which is also diluted in water (4 drops in 16 ounces of water). Cell Power, which is actually the base of Super Silica, is a very high energy clear liquid that increases the oxygen levels in the body's tissues and alkalizes the "clear" liquids of the body (all liquids excluding blood). Diseased or inflamed body tissue is always overly acidic. Cancer and arthritis thrive in acidic environments. Alkalization of body tissues is fundamental to their well-being. A therapeutic dosage level of Cell Power means 30 drops daily in 120 ounces of water. That dosage should be gradually reached, and lower levels can undoubtedly positively affect it.

People report higher energy levels, and the body works at detoxification more efficiently as intracellular metabolism is enhanced. The spray version of Cell Power also works well as a mosquito deterrent, an underarm deodorant, and a general tonic for skin health. Pure Cell Power, placed directly and carefully on pre-cancerous skin issues, will cause scabbing and then healing. (Avoid getting Cell Power on clothes!) COVID reduces oxygen levels in the body, so using Cell Power can be a great adjunct to one's general recovery from COVID.

Perhaps my favorite overall adaptogenic herb (an adaptogen is a class of super herbs that help your body up or down-regulate the body's response to stress) is called ashwagandha, otherwise known as Indian Ginseng. This amazing herb is known to help you feel energized but not jittery, boost mental resilience, reduce cortisol levels and balance stress hormones, sharpen focus and concentration, help you adapt to changing circumstances more easily, and allow you to calm down and relax.

Impossible that one herb could do all this, some might exclaim. Welcome to the world of adaptogens. Its Latin name is *Withania somnifera*, and it is perhaps the most highly valued adaptogen in Ayurvedic medicine, which has been practiced in India for more than 5,000 years. "The word ashwagandha comes from the Sanskrit

Continued on page 12

The Puzzle Page

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

Double Scramble

“You’re a Smart Cookie”

Solve the scrambled words, then unscramble the final phrase using the circled letters.

KCDRELONEDIS ☐☐☐☒☒☐☐☐☐☐☐☒☒

OTMLAEA ☐☐☒☐☐☐☐

THSERODARB ☐☒☐☐☐☒☐☒☐☐

CTSITBI ☐☐☐☒☒☒☐☐

RACOAMN ☒☒☒☐☐☐☒☐

NIGSARGENP ☐☒☐☐☐☒☐☒☐☐☐

☐☐☐ ☐W☐Y ☐☐H☐☐ ☐☐☐☐☐☐

☐☐☐U☐☐☐☐☐☐

Spot the 12 Differences

“The Knitting Shepherd”



Art based on "The Knitting Shepherdess" by Raffaello Sorbi

“Herbal-List” Word Search

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

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

- | | |
|------------|----------|
| BASIL | MINT |
| BAY | NETTLES |
| CATNIP | OREGANO |
| CHAMOMILE | PARSLEY |
| CILANTRO | ROSEMARY |
| CLOVER | SAGE |
| COMFREY | SAVORY |
| DANDELION | SHISO |
| ECHINACEA | TARRAGON |
| GOLDENSEAL | THISTLE |
| JUNIPER | THYME |
| LAVENDER | VALERIAN |
| MARJORAM | YARROW |

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

Co-op Nonogram

Use numbers to create a pattern of filled-in squares in the empty grid to make the picture appear. Each number on the lines outside the grid represents a block of squares to be blacked out in that row or column. A break in numbers indicates at least one blank square between black.

[illegible]

Summer Breeze Crossword

by Kipp 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							

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 Brook or rainbow
- 6 Seoul food
- 12 Osprey or owl
- 13 Famous stuffed animal
- 14 Short slumber
- 15 Expression of disgust
- 16 Vegetable used in sweet pies
- 18 Employ, in a way
- 20 Venerator's verse
- 21 Our bi-weekly sales
- 23 Racing helmsman
- 24 Creature said to be wise
- 25 Don't buy one in a poke
- 27 Cheesy fish sandwich
- 30 Classic Maine lunch
- 34 Opposite of NW
- 35 Chief Babylonian god
- 36 Cold brew option
- 38 To kiss in the UK
- 41 Sonar operator?
- 43 Caesar's 57
- 44 Potential pickles
- 46 Worn-out mount
- 48 Interstate highway, abbr.
- 49 Olive or coconut
- 51 Be a couch potato, say
- 53 Crenshaw's cousin
- 55 One, in Edinburgh
- 56 13th letter
- 57 A creek
- 58 Refine like blue cheese
- 59 Snacked
- 60 One who tells tales?

Down

- 1 Sticky syrup
2 Like tartare and sashimi
3 Operations
4 The Beehive State
5 Plant-based canines
6 Speed over the border
7 Lender's receipt
8 Throng, horde, and flock
9 Summer fuel
10 Where e-mail lands
11 Craving for dinner
16 True, genuine
17 Organic matter breaking down
19 Get busy with a needle
22 Sharp, tart
26 Western European peninsula
27 A cudgel or cosh
28 Word of refusal
29 Metric liquid measure
31 Educator's helper
32 Following as a result
33 Spice things up
37 Hospital drip
39 Where, in French
40 General Manager abbr.
41 Dude's bud
42 Zesty Italian cheese
45 Make teary
47 Clarified butter
50 Wolfish grin
52 Angry
54 In-favour vote
58 Position in time

Continued from page 10

word used to describe the essence of a horse, referring to the scent of the plant's roots after harvesting, and also the feeling of strength and vitality that all those who use the herb experienced as well," states the literature provided by Europharma (otherwise known as Terry Naturally).

One study referenced by Europharma shows ashwagandha helps regulate how much cortisol and DHEA that we produce in response to stress through the HPA Axis (Hypothalamic-Pituitary-Adrenal).

This legendary herb is also a powerful antioxidant, which helps balance the oxidative damage from free radicals. Additionally, ashwagandha is a powerful anti-inflammatory. Inflammation and oxidation are two major causes of stress, depression, and many chronic illnesses. Finally, ashwagandha influences GABA (an amino acid crucial to our sense of well-being) and serotonin activity.

Endurance levels of 40 elite cyclists, 20 male and 20 females, showed that the group using ashwagandha was boosted in every parameter. Tested were

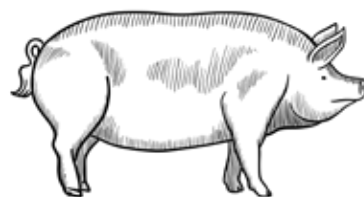
maximal aerobic capacity (rate of oxygen uptake), a respiratory exchange rate (oxygen inhaled versus carbon dioxide exhaled), and total time taken to reach a point of exhaustion.

Finally, and perhaps most importantly, is how we choose to breathe. Yes, how we breathe can be a choice! This is a simple practice that I highly recommend, twice daily: Sitting upright or lying down, breathe in slowly through your nose, then hold that breath in for about a count of 7, then exhale through pursed lips, as if to whistle, about a count of eight. Do this four times in succession every morning and evening or whenever you are in a safe and private space. Keep your tongue gently pressed against the roof of your mouth while practicing this technique. For an excellent and inspiring read on this topic of breath, I heartily recommend the book titled *Breath* by James Nestor.

When in doubt, always consult your physician or healthcare practitioner. This article is intended to provide you with information to maintain your health.

About the cafe's protein selections

MEATS



A Wee Bit Farm Orland, ME

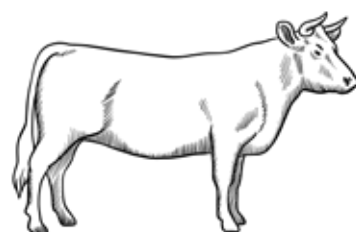
These locally raised animals are pastured on 7 sites in Maine. The cafe's pork comes from Yorkshire and Berkshire Sows and Landrace Boars.



A Wee Bit Farm pigs are free-range with hut sheds for shelter. Their diet is supplemented with hay and potato waste as needed. The cafe's lamb comes from a crossbreed of Katahdin and Icelandic Lambs. A Wee Bit Farm lambs are free-range with hut sheds for shelter. Their diet is supplemented with haylage (12% protein).

Bell & Evans 100% Organic Chicken

These chickens are 100% antibiotic-free from the embryo to harvest. They're 100% air chilled (no chlorinated water chill). Bell & Evans is committed to minimizing stress from hatch to harvest, with all employees trained and certified in humane chicken handling. More info: www.bellandevans.com



Thousand Hills 100% Grass Fed Beef

Thousand Hills uses regenerative agriculture practices to support biological diversity, natural resources, native wildlife habitat, and soil fertility. No grains, grain byproducts, antibiotics, or hormones are ever given to their cattle. For more info: thousandhillslifetimegrazed.com

Farmers & Cooks

Craft Meats

For our sandwich deli meats, we use roasts from Farmer's & Cooks. They roast single cuts of meat one-by-one, family-style, like people do at home. Never processed and formed, their roasts are all different shapes and sizes. No antibiotics, added hormones, artificial ingredients, nitrates, or nitrites. Small-batch, Craft-Roasted, Vegetarian Fed, and Gluten-Free. More info: farmersandcooksdeli.com

SEAFOOD



Wester Ross

Artisan Scottish Salmon &

Highland Blue

Sashimi Grade Scottish Salmon
Raised with no antibiotics, no growth promoters, and no GMOs. Slowly hand-reared on organic fish meal produced from trimmings of fish destined for human consumption. Wrasse is used for sea lice control. All-natural net cleaning and traditionally dried in the sun for a safe and clean protected environment. RSPCA Freedom Food approved guaranteeing excellent salmon welfare. More info: www.wrs.co.uk



Natural Sea

Yellowfin Tuna

Wild Caught, Dolphin Safe, and No FADs.
more info: naturalsea.com

PLANT-BASED

Heiwa Tofu Rockport, ME

USDA and MOFGA certified Organic. Made from non-GMO soybeans in small batches. More info: heiwatofu.com.



Lightlife Tempeh

This organic tempeh is made with non-GMO soybeans from a certified carbon neutral company. More info: lightlife.com



SUMMER EVENT CALENDAR AT SMITHEREEN FARM

JULY

8-21 / YURT BUILDING WITH MIKE IACONA
10-23 / KROKA KAYAK EXPEDITION
30 / HISTORIC FRATERNAL REGALIA ON DISPLAY AT LIBERTY HALL

AUGUST

6-7 / MAINE WILD BLUEBERRY WEEKEND
12-13 / WILD FORAGING AND COOKING WITH RACHEL ALEXANDROU
13-14 / BEACH TRASH PUPPETS WITH LUBEC ART COOP

SEPTEMBER

9-10 / INTRO TO BIODYNAMICS
17-19 / MEET THE FUNGI TRIFECTA WITH SUE VAN HOOK
18 / INDIE SONGSTRESS DIANE CLUCK IN CONCERT AT REVERSING HALL.

MOST EVENTS IN PEMBROKE, ME, WAY DOWNEAST!
FOR MORE INFO AND TO REGISTER FOR EVENTS AND CAMPING, VISIT WWW.GREENHORNS.ORG

Chickadee Compost collects food scraps across the peninsula



Kate Tomkins
Chickadee
Compost Owner

SURRY – Chickadee Compost, a new business on the Blue Hill peninsula, is collecting food scraps from businesses, schools, and households and turning those scraps into high-quality compost for use on local gardens and farms. Composting is one of the easiest ways to reduce local greenhouse gas emissions, as the process of composting greatly reduces the amount of methane released when food is landfilled. Compost can also act as a carbon sink, returning carbon to the soil, along with beneficial microbes, fungi, and nutrients. Almost 40% of all solid waste in Maine is compostable, yet very few communities have access to municipal composting, particularly for composting food scraps.

Energized by this challenge and opportunity, Chickadee Compost has set out to help the Blue Hill peninsula be a leader in developing a community compost system that works in rural settings in Maine, and which could be applied to other rural areas across the country. While some compost collection services can go door-to-door in urban and suburban settings, doing so in this part of Maine is not feasible, economical, or efficient, due to the long distances that need to be traveled between our homes. To solve this problem, Chickadee Compost has devised a system of distributed “Compost Swap Sheds” around the peninsula. There are currently four Compost Swap Sheds in place: one in Surry close to the compost site, one at Roaring Lion Farm, which mainly serves residents of Brooksville and Sedgwick, one at Eggmoggin Country Store, which serves residents of Deer Isle

and Sedgwick, and one very busy shed at the Blue Hill Co-op, which serves folks from all corners of the peninsula. Additional sheds will be added to the network later this year. The Swap Sheds offer Chickadee Compost subscribers clean four-gallon compost buckets with lids. Subscribers fill their buckets on their own schedule, drop their full buckets off anytime at any shed location, and swap them for clean buckets. Recognizing that this paid service is not accessible to everyone, Chickadee Compost has begun collecting food scraps from their Surry Swap Shed for free as of June 1st. To use this free swap shed, Chickadee Compost asks that users bring their own compost buckets and dump them into the bins provided in that shed. Next time you are at the Co-op, check out the Chickadee Compost Swap Shed! It is partnerships like the one between the Co-op

and Chickadee Compost that work together to build a shared circular economy, so that we can and do have meaningful impacts on our community: by reducing waste, improving soils, and doing our small part in the fight against climate change. For more information, check out: www.chickadeecompost.com



Photo by Kipp Hopkins

Our favorite eco-tips from Earth Month

This April, we celebrated Earth Month at the Co-op, with Climate Classroom from ReVision Energy, Roadside Cleanup, and a week-long sale event. We also posted daily featured eco-friendly products and eco-tips. Here are some of our favorite eco-tips from the month.

Store Food Optimally to Prevent Spoilage & Waste: Keep your veggies fresh in the fridge by keeping them hydrated! Herbs, celery, and broccoli can be stored with their ends in water, like flower bouquets. Leafy greens like kale can be wrapped in damp towels. Carrots can be submerged entirely in water! Did you know that the average American family of four throws away around \$1,500 worth of food every year? It's easy to see how it happens. Veggies hidden at the back of the fridge wilt, or things don't get eaten fast enough. Learning the best ways to prolong the life of our produce can help us all reduce our food waste. Other things that can help are meal planning, freezing leftovers, and having a weekly “clean out the fridge” meal like soup or stir fry.

Fill Your Garden With Indigenous Plants: Keep your

flowerbeds eco-friendly by planting indigenous plants. They're already adapted to this environment, so they often need little to no pest control and fertilizer. They also require less water and provide food and shelter for indigenous wildlife. Plants not adapted to the local environment have a more challenging time thriving. In some instances, they can even be harmful to the local ecosystem. By sticking to Maine plants (or plants from your home area), your local wildlife and pollinators will thank you too!

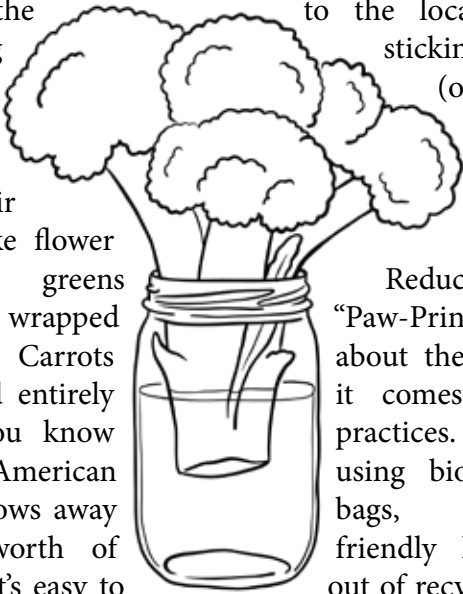
Reduce Your Carbon “Paw-Print”: Don't forget about the fur babies when it comes to eco-friendly practices. Small steps like using biodegradable poop bags, environmentally-friendly litter, toys made out of recycled material, and pet food made with responsibly sourced ingredients help. Some other tips are recycling, repurposing, or donating unwanted pet items (like toys, carriers, dishes, etc.); avoiding single-use items like cheap animal costumes; examining the ingredients in new pet foods (avoid high-impact ingredients like beef and corn); using eco-friendly grooming

products; and using topical or oral tick and flea repellent rather than the collars.

Try Meatless Monday: Meat production uses a lot of resources and causes a lot of greenhouse gas emissions. If you don't want to, or are unable to go totally meat-free, you can still reduce your footprint by forgoing meat at least once a week. Many people enjoy Meatless Mondays, a global movement to encourage people to reduce their meat consumption for the betterment of the planet! It's simply an easy way to remember to skip meat once a week to reduce your carbon footprint. Research has found that marking out Monday helps put a cue in your mind and encourages you to make more healthy choices throughout the week. It can also be fun, as you find new recipes and plant-based dishes to try.

Fall In Love With Baking Soda: Chemical cleaners are nothing to baking soda. Baking soda, or

sodium bicarbonate, is a type of salt that is, chemically speaking, basic (the opposite of acidic). This fact makes it an excellent cleaner because it does things like absorb odors (which are usually acidic). It also has a chemical reaction with vinegar (remember the volcano?) which can unclog drains or break down baked-on oven grease. It's slightly abrasive, which makes it good for scouring. When heated over 300° F, baking soda releases gas (that's how it makes baked goods rise). This aspect makes it the only effective way to extinguish a grease fire (so you should keep a box by the stove) because when it hits the heat, the influx of carbon dioxide cuts off the oxygen fueling the flames. You can also use baking soda as safe, non-toxic pest control for getting rid of cockroaches or other insects, as it causes gas to build up in their bodies which then causes organ failure. Much safer than poisons! Other ways to use baking soda include shining stainless steel; polishing silver; deodorizing refrigerators, washers, and drains; cleaning carpet stains; scrubbing nasty grout; and much more!



Putting the “social” in “social media”



Kipp Hopkins
Marketing Manager
Co-op owner since 2006

This spring was the fourth anniversary of my taking over the marketing department for Blue Hill Co-op. When I started, I believe the co-op’s Instagram following was somewhere in the 200s. As of the writing of this article, it’s 2,859. That’s pretty good for a relatively small food cooperative in a rural town.

I make a point of posting at least once every weekday. We do a mix of product recommendations, co-op life photos, store announcements, and the weekly recipe. Every so often, we also post videos, like our series Amber Bakes, Vendor Visits, and Farm visits. These require much more coordination, not to mention people willing to be filmed, so they’re a bit more rare.

I enjoy running the store’s Instagram account, which is a little more creatively fulfilling than Facebook. But it also requires some strategy to make sure our followers are getting to see our posts. The thing about social media giants like Instagram and Facebook is that there is so much content uploaded that there’s no way a person can take in everything, not even just what their friends and pages they follow post. The systems work with algorithms that rely on a user’s habits to show them only what the program thinks will be most interesting. Ever wonder why you see a ton of posts from one friend but not another? Likely, over time you liked or otherwise reacted to more of their posts, and the algorithm decided you wanted more of what they were sharing.

These algorithms are being tweaked all the time, meaning content creators need to stay on top of things. Personally, I’m on the mailing list for a marketing consultant who does webinars to go over the changes any time Facebook or Instagram updates the algorithms in a big way. Sometimes they’re significant changes. For instance, it used to be common practice to put your hashtags in a comment rather than your caption, but now that’s a big no-no. Hashtags only really count if they’re in the caption. Other times it might be a small change, for example making sure that you don’t write, “like this post,” which will cause to get you less reach because the platforms don’t like people fishing. Content needs to inspire people to interact with it, without being told to do so.



That’s where the creativity of the content creator becomes all-important.

Over the years, I’ve noticed some patterns in our followers. People tend to really like pictures with our employees in them. I think it’s the human connection element. Of course, many people don’t want to have their picture taken (myself included!), and I like to respect my coworkers’ boundaries, so they’re more rare. Our followers also love photos of the new building. Any time I can get a new and exciting picture of the Co-op, I’m pretty sure it will get three times as many likes as other posts. For obvious reasons, local cut flowers are hugely popular, as are seasonal produce, like fiddleheads or local blueberries. Sometimes a post will take me by surprise with the reactions, like a relatively boring picture of a bag of frozen pizza dough, which got so many likes I was almost tempted to set that doughball up as an influencer!

Recently, I’ve been trying out some posts to see if we can get more of a community interactive feel to our social media. First, we introduced Furbaby Friday, which currently happens every other week. On this day, we post a graphic on

Facebook encouraging our followers to share pictures of their pets in the comments. It’s great because people love to A) show off their pets and B) look at pictures of other people’s pets. Plus, as a bonus, it means that my day is peppered with adorable animal pictures. Another interactive post we do is Community Food Chats, posted on both Facebook and Instagram on Tuesdays. It starts with a question, like “Who is your biggest inspiration in the kitchen?” or “Do you still eat the way you did growing up?” The goal is to get a conversation rolling with our community members about their experiences with food. The answers we’ve been getting have been quite interesting.

One more recent change you may have noticed with our posts is the addition of a photo description or ID. If you haven’t seen these before, they’re exactly what they sound like, a written description of what is depicted in the photo. If you do a quick google search, you’ll find they’re usually said to help visually impaired people engage with social media. However, the audience of people who benefit from photo descriptions is much broader than you might realize. People with visual processing differences, diverse learning styles, different ways of relating to the world, and some suffering from chronic illnesses are just a few examples. Basically, it’s an easy way of making social media more accessible for everyone. I’ve found that writing them is quite a brain exercise, but it gets easier over time as you get used to writing out the key features and details of your image. It’s actually pretty fun, and I find it changes my experience with my own photographs. If you’re interested in learning more about it, I recommend checking out: <https://fashionjournal.com.au/life/what-are-image-descriptions>

Here are a few tips to make sure you aren’t missing any of our posts on Facebook and Instagram:

- Make sure you follow us on whichever platform you use (@bluehillcoop).
- On Facebook, click the three dots next to the messages icon at the top of the page. Hit “following” and make sure we’re favorited, so you see our new posts first.
- Like our posts so the algorithm knows our content is important to you.
- Not only do we love reading your comments, but they also help the algorithm prioritize our content.

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SUMMER SLAW

See more recipes online www.bluehill.coop/blog



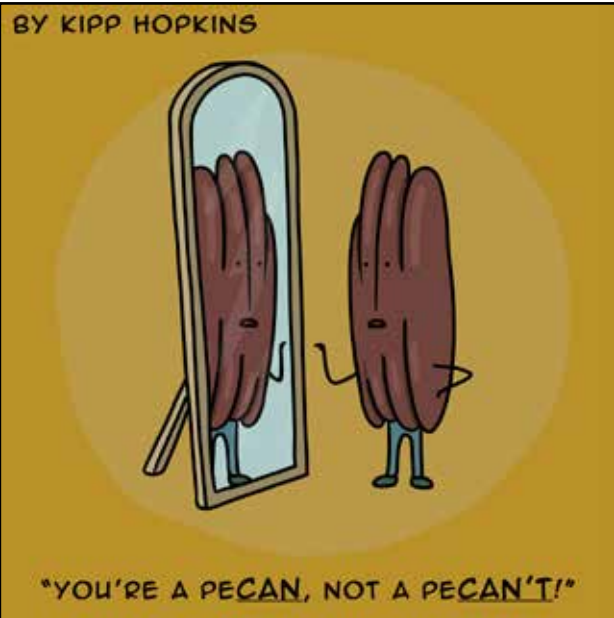
Photo by Kipp Sienna Hopkins

Crisp, fresh, with hints of sweet apple. The perfect summer side!

INGREDIENTS

- 1 egg yolk (as fresh as possible)
- 1 tsp white vinegar
- roughly 3/4 cup extra virgin olive oil
- 1/2 tsp dijon mustard
- 2 tsp black sesame seeds
- 1 tsp sugar or monkfruit sweetener
- 1 tsp salt
- 1/2 cup parsley (chopped)
- 1 cup green cabbage (thinly chopped)
- 2 cups purple cabbage (thinly chopped)
- 1 large carrot (grated)
- 1 scallion (finely chopped)
- 1 gala apple (sliced into matchsticks)

To make the mayonnaise, it's helpful to have two people, one to pour the oil and one to whisk. The secret to a good mayo is a fresh egg yolk, a thin stream of oil, and a vigorous whisk. Put the egg yolk and vinegar in a clean, dry bowl. Begin to whisk vigorously while a thin, steady stream (just a drizzle) of oil is poured into the bowl. It will take about a minute before you can tell if the mayo is emulsifying and thickening the way it should. If it's still soupy after a minute, it will not emulsify properly, and you should start over. If it is thickening correctly, continue to drizzle the oil while whisking until you have about a cup of mayonnaise. Add the mustard, sesame seeds, sweetener, and salt. Mix the dressing with the veggies and serve.



DRESSED UP HUMMUS WITH ROASTED CHICKPEAS



Photo by Kipp Sienna Hopkins

It's great to use packaged appetizers, like hummus, when you're in a hurry. But, you can easily dress them up and take pre-made to the next level! This recipe is quick and easy.

INGREDIENTS

- 10oz hummus (we used Ithaca lemon dill)
- 1 cucumber
- 1 pint cherry tomatoes
- 15oz can garbanzo beans (chickpeas)
- 1 tsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/4 tsp salt
- package of microgreens (we used local basil microgreens)
- crackers to serve

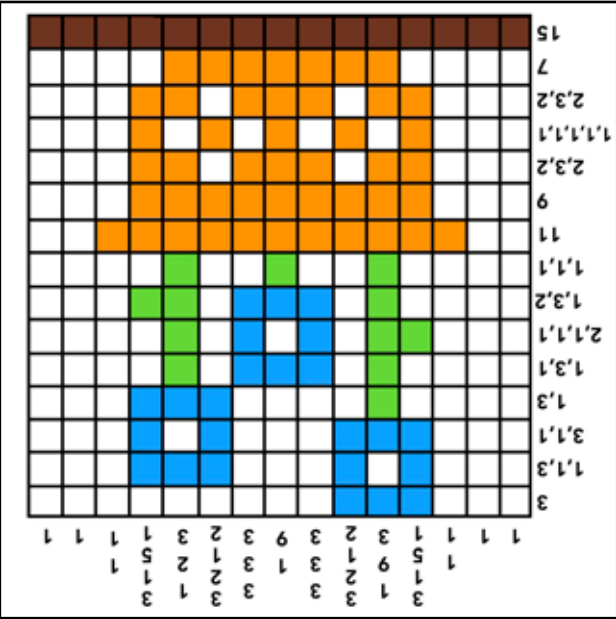
Preheat oven to 350° F. Drain the chickpeas and rinse them. Mix with olive oil, smoked paprika, garlic powder, and salt. Spread them on a baking sheet and bake for 25 minutes until they are golden brown and crispy. Chop the cucumber and tomatoes into bite-sized pieces. Spread the hummus out in a large circle on a serving plate, leaving enough room around the edge to hold your crackers. Attractively pile the cucumbers, tomatoes, and chickpeas on top of the hummus. Garnish lavishly with microgreens. Finally, make a ring of crackers around the edge of the plate. Serve and enjoy! You can also prepare ahead of time and refrigerate, leaving the crackers and chickpeas off until you're ready to serve.



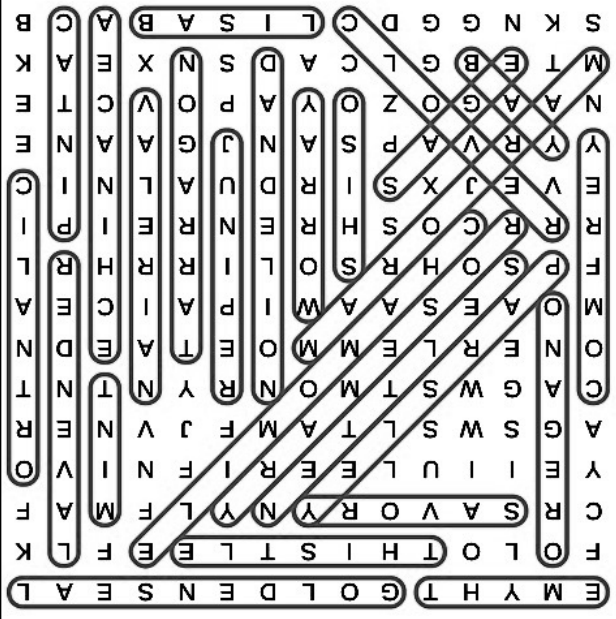
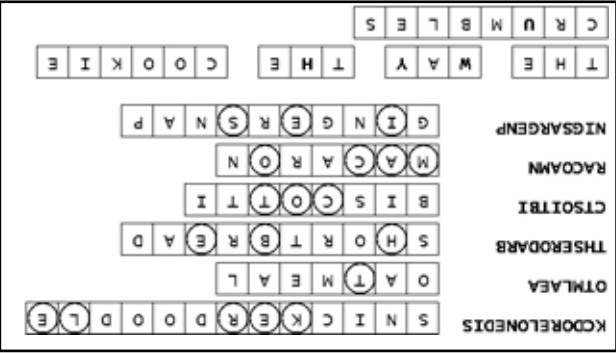
Puzzle Answers

see puzzles on pg. 11

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



the Sky, Mountain, Tennis Ball, Tail
Bell, Hair Style, Knitting, Dandelions, Song
Bird, Pockets, Yarn Ball, Tire Swing, Bird in





GYROS WITH TZATZIKI

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

Gyros (pronounced Yi-ros) are a delicious Greek dish consisting of a meat filling, fresh veggies, and tzatziki wrapped in pita bread. The flavorful meat perfectly pairs with the crisp veggies and the tangy tzatziki. Gyros are actually surprisingly easy to make at home too! If you'd like a vegetarian version, you can roast chickpeas seasoned with the herbs and spices of the meat. For vegan, use a dairy-free yogurt substitute.



Photos by Kipp Hopkins

TZATZIKI INGREDIENTS

- 2 cups greek yogurt (plain)
- 1 English cucumber
- 1 tsp salt
- 1 clove of garlic (minced)
- 1 lemon (zest and juice)
- 2 tbsp fresh dill
- 1/2 tsp black pepper

GYRO MEAT INGREDIENTS

- 1 lb ground beef
- 1 lb ground lamb
- 1 egg
- 1 medium onion (finely chopped)
- 6 cloves of garlic (minced)
- 3 tsp salt
- 2 tsp black pepper
- 2 tsp dried oregano
- 1/2 tsp dried rosemary
- 1 tsp dried thyme
- 2 tsp dried cumin
- 1 tsp dried marjoram

OTHER INGREDIENTS

- 1 red onion (thinly sliced)
- 2-3 tomatoes (thinly sliced)
- 1-2 cucumbers
- 10 pita breads
- fresh dill sprigs

Start with making the tzatziki so that it can sit and the flavors can ruminate. Peel the cucumber and



slice it in half lengthwise. Use a spoon to scrape out the seeds (feel free to snack on them). Finely chop the cucumber into small pieces and place them in a bowl. Sprinkle with the salt and stir to distribute evenly. Let this sit for ten minutes, then use your hands to squeeze out the excess liquid from the cucumber (discard the liquid). Mix together the cucumber, yogurt, garlic, lemon zest, lemon juice, dill, and black pepper. Cover the bowl and set in the refrigerator while preparing the rest of the ingredients. Preheat the oven to 350° F and line a cookie sheet with parchment paper. Combine the gyro meat ingredients in a large bowl and use your hands to combine thoroughly. Since you're using two different types of ground meat, you'll want to mix it very well, so the flavors meld. Divide the meat mixture into ten servings and form them into flat oval patties. Line them up on the cookie sheet and bake for 20 minutes until cooked through. While the meat cooks, prepare the other ingredients, slicing the onions, tomatoes, and cucumbers. Heat a dry skillet over medium flame. Heat each pita bread on the skillet for about 2 minutes on each side to warm it and make it more pliable. When the meat is done, slice each patty lengthwise. To assemble, spread about a 1/4 cup of tzatziki on the pita bread and lay each half of the patty on top. Add cucumber, tomato, and onion slices down the center and garnish with some fresh dill. To eat, fold the pita up around the fillings! You may want to add more tzatziki on top!

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 Café images. You can also tag us in Instagram stories and on Facebook. Here are a few of our favorites from this quarter!



@66squarefeet

Marie Viljoen

Marie shared the recipe for this gorgeous chicken, from her book, *Forage, Harvest, Feast - A Wild-Inspired Cuisine* (Chelsea Green Publishing). "This beautifully dressed Tide Mill Farm bird is roasted with thyme and native bayberry with onion and white wine for extra fragrance. Once it's in the oven you can forget about it for an hour - no basting, and a beautifully brown, crisp skin."

INGREDIENTS

- 1 small red onion, thinly sliced
- 1 Tide Mill Farm young chicken [2.8lbs]
- 5 thyme branches
- 1/4 cup fresh young bayberry leaves
- 1 cup white wine (or white vermouth, or water)
- 1 tbsp oil or melted butter
- 1 tsp Ramp Leaf Salt* (subst. 1/4 tsp sea salt)
- Black pepper
- Squeeze of lemon juice (about 1 tbsp)

Preheat the oven to 425°F. Scatter the onion slices in a skillet, and place the chicken on top. Stuff the bird's cavity with the thyme and bayberry. Tuck the drumsticks back into the flap of skin [per Tide Mill Farm's way of the dressing]. Pour the wine into the skillet. Rub the chicken's skin with the oil or butter, and then season with the salt and as much pepper as you like. Slide into the hot oven and roast for 1 hour. (A skewer inserted into the meat between thigh and drumstick should draw clear juice.) Remove from the oven and place the chicken on a large plate to rest for 5 minutes. If there is still a lot of liquid in the skillet, place the skillet over high heat and bring the pan juices to a boil. Add the lemon juice, and taste. Adjust the seasoning with more salt, if necessary. Carve the chicken into joints and breasts and cut any remaining meat off. Place all the pieces in the hot skillet atop the pan juices.