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Summer 2019

Presented by **BLUE HILL CO-OP**

Relocation Update The Transformation



Kevin Gadsby
*General Manager
& Relocation Manager
Co-op Owner since 2016*

The progress on the new storefront is moving steadily along. So much happens in a week, it seems there is something new to see just about every day. In order to remain on schedule, many trades work side-by-side, in a coordinated effort. There are often days when there are dozens of people on-site: electricians, mechanical engineers, plumbers, painters, installers and more. It is very exciting to see the building transform and it will continue to do so rapidly over the course of the next month. In the coming weeks, the rest of our large equipment package will arrive, followed by center store millwork, shelving, check-out counters etc. Installers will be hard at work setting everything in place in order that all finishing touches can be applied. (With everyone hard at work, we ask, for your safety, that you do not wander onto the construction site. We know you're excited to get a look, but this will also help everyone stay on schedule too.) We are currently working on fine-tuning our merchandising plan, our interior paint scheme, and signage package. Once everything is set in place, we will then schedule the arrival of new inventory. The biggest challenge before us, is the fact that this move is set to land during the busiest time of the year for Blue Hill. It will take a very



Photo by Kevin Gadsby

coordinated effort to stock the new store and bring the current storefront to a close. Our main distribution company, UNFI,

It is very exciting to see the building transform and it will continue to do so rapidly over the course of the next month.

has offered support from their store set-up team. We will also have support from brand brokers as well as from our NCG corridor team. Other Maine Co-op's have offered to help as they're able, and we may look to Blue Hill Co-op Owners to lend a hand for this momentous occasion. Stay-tuned to see how you might be able to support the big move. It is a monumental chapter in the history of Blue Hill Co-op; something that has been in the planning phase for well over a decade. Through much hard work, careful planning, and

through the incredible support of Owner investments, the once far-off dream of a new Co-op storefront is coming to life.

If you have had the opportunity to see the new storefront, you have certainly noticed the huge, south facing roof. The roof is intentionally designed for solar photovoltaic panels. We received interest from highly qualified solar companies to perform the installation. After careful consideration, we chose to work with Revision Energy. While we had originally hoped the solar panels would be installed prior to the opening of the storefront, we had

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Co-op Quarterly

Business has been booming! Here are some of the numbers from our First Quarter (Jan-March).

FULL MOON SALE DISCOUNTED PURCHASES: 5515

BRING YOUR OWN BAG DISCOUNTS: 5412

BRING YOUR OWN COFFEE CUP DISCOUNTS: 330

BIG SIPPER FREE CUPS OF COFFEE/TEA: 64

FARM FRESH REWARDS COUPONS REDEEMED: 60

Ownership at a Glance

ACTIVE OWNERS: 1953(+/-)

FULLY VESTED: 839

NEW THIS YEAR: 114

**To be an active Owner you must have purchased something within the past 12 months and be up to date on your equity payments.*

Continued from page 1

to make the tough decision to remove the solar project due to budgetary constraints. It has been the plan all along to reintroduce this phase of the project at a later date. With things coming together as they have, and with the recently reduced cost of our solar project, it feels right that we would strive to have this installation completed sooner rather than later. I have received inquiries from a handful of Co-op Owners about how they can support this effort. We are currently looking into possible ways of financial support including applying for a USDA REAP Grant that would supply up to 25% of the cost of the project. More information will be known in the coming weeks.

Though we don't yet have a

specific date for opening the new Co-op, we can say it will be this Summer. We can also say we are planning a festive, Grand Opening Celebration once things become clearer. It will be a time to not only celebrate opening the doors of this beautiful new storefront, but also a time to celebrate the Blue Hill Peninsula, our incredibly supportive Owner-Investors and the amazing local foods community for which we are all grateful.

There's much more I could say, but little time to say it. I look forward to this great project coming to fruition, moving into the new space, and making it come alive.

Thank you all for your support. Until next time – Kevin.



Photos by Tim Seabrook

Want To See More Relocation Photos?

Check out our Construction Gallery:
BlueHill.Coop/Relocation-Pictures

Are you an Owner?
Do you like to write?

Article submissions by Owners can go towards Working Owner Hours. Contact Beth Dickens for more information.

ownership@bluehill.coop



Comments or Questions?

Introducing the Co-op Letter Box.

Fill out a card and drop it in the box by the register. It's that easy. We look forward to hearing from you!

Remembering the Original Superfood: Fiber



Sherene Cauley NBC-HWC, MA
Co-op Owner since 2018

Sometimes the answers are simple and straightforward. Sometimes the answers are right in front of us, and we keep looking anyway. Sometimes the simplest solutions are the hardest to implement. That's how fiber got forgotten. Fiber, synonymous with the start of the health food movement and which is easily accessible and inexpensive, is the most often forgotten superfood. Even by health-conscious consumers, fiber gets overlooked. Only about 5% of Americans appear to be getting enough fiber in their diets (Quagliani & Felt-Gunderson, 2017). And, fiber is the star of the show. Fiber is beautiful, rich, diverse, available, inexpensive, tasty, filling, and is supportive of a whole host of body processes. Fiber is the basis for a healthily functioning digestive system. More and more research shows that the digestive system holds the power to create health or disease in the brain, cardiovascular, and immune systems.

The more refined a food is, the less like the whole, unrefined food original form it becomes. Unrefined foods can meet the needs of the body most efficiently. In the digestive tract, unrefined carbohy-

drates will provide more fiber and starch than refined carbohydrates. Fiber and starch both play important roles in the digestive system.

The fiber in our foods has several valuable functions in the digestive tract. The first role fiber plays is creating a feeling of fullness and satiety. Consuming unrefined carbohydrates (generally higher in fiber) encourages proper weight management with this feeling of fullness. The fiber then begins to play a secondary role in the digestive tract as it slows digestion. Slowing of digestion allows nutrients to be processed and the rise of blood sugar to happen gradually. A low fiber meal will be digested more quickly, encouraging blood sugar rise and discouraging nutrient absorption and feelings of fullness.

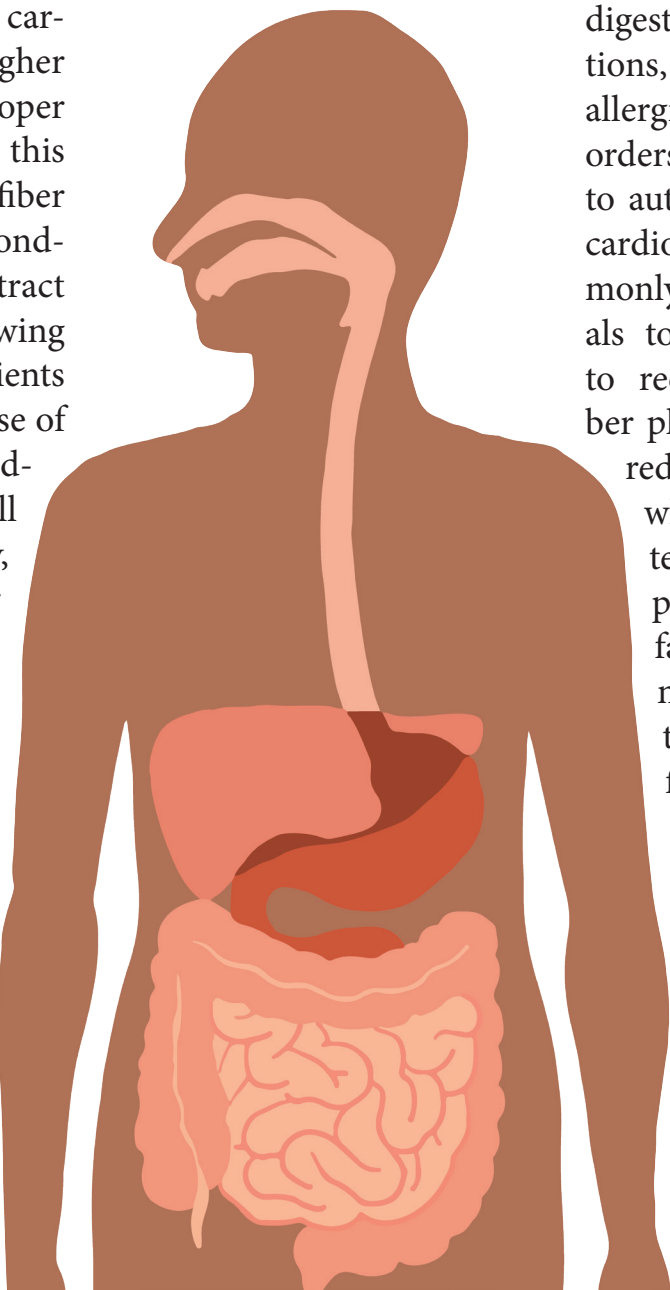
Indigestible carbohydrates (fiber and resistant starches) also have several important roles in the intestines. They feed intestinal bacteria (creating a balance of beneficial bacteria) and speeding movement through the intestines by attracting water and creating volume. This

added volume makes defecation easier and less painful as it relieves pressure (preventing conditions like hemorrhoids and diverticulitis). Short-chain fatty acids are formed as bacteria consume the indigestible carbohydrates. This process helps maintain proper balance of microflora in the colon. Consumption of probiotics and foods with beneficial

bacteria has been on the rise, but these bacteria need fiber in the digestive tract to feed them in order to be most beneficial to the body.

The role of fiber in relation to gut microbiota is an area of great interest to the biomedical, alternative medicine, and scientific research communities. Lack of proper microbiota is often cited as a concern for digestive issues, yeast infections, various skin conditions, allergies, and autoimmune disorders. Inflammation related to autoimmune disorders and cardiovascular health commonly encourages individuals to make dietary changes to reduce inflammation. Fiber plays a central role in the reduction of inflammation when it is digested by intestinal microbiota. In this process, the short-chain fatty acids created "communicate" with the brain to turn off overactive inflammatory responses. *"The bifidogenic effect of whole grain found in some studies suggested a role of the microbiota in triggering amelioration of gut and systemic inflammation, explaining some of the metabolic benefits attributed*

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Co-op Board Officers and Members

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Vice President: Jim Picariello
Secretary: Susan Snider
Treasurer: Tim Tunney
Diane Bianco
Jerome Lawther
Edie Dunham
Aaron Dority
Deborah Evans

Board Meetings are held on the third Tuesday of every month at 6:30. They are either at the Blue Hill Library in the Howard Room or at the Blue Hill Co-op in the cafe.

The Newsletter Team

Managing Editor: Beth Dickens newsletter@bluehill.coop
Art, Images, and Layout: Kipp Sienna Hopkins
Advertisements: Beth Dickens
Contributors/Writers: Co-op Staff

LETTERS TO THE EDITOR

We welcome input. Please send letters to: Letters to the Editor, Blue Hill Co-op, PO Box 1133, Blue Hill, ME 04642 or email them to newsletter@bluehill.coop. Letters may be edited for style, not for content, and should be brief. Please include your name, address, and phone number.

DISCLAIMER

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

Continued from page 3

to whole grain consumption.” (Vitaglione et al, 2015, p.252)

The digestive system uses the carbohydrates consumed as an aid in the digestive processes, both in their physical form (such as fiber) and as food for the various beneficial bacteria which we are just beginning to understand play essential roles in our health. Consuming quality fiber in unrefined forms (such as whole grains, whole nuts, whole seeds, and whole legumes) can be therapeutic and protective for various digestive and inflammatory conditions.

Adding even a little extra fiber to your diet has a big im-

pact. Luckily, adding fiber to our meals makes them more beautiful and interesting as well. Here are some tips for closing the fiber gap.



- Buy in Bulk. Those bulk bins filled with seeds, beans, grains, and nuts are synonymous with good health. Try taking home one new fiber source each week or month.

Place it in a pretty glass jar and set it somewhere you can see it every day. Soon your home will have a rich variety of easy access and beautiful fiber choices you can use every day.

- Make use of the crockpot. Dried beans can take a day to soak and another day to cook on the stove top. Meanwhile, just a few hours in the crockpot and beans are soft and ready to add to soups, salads, and wraps all week long.

- Get Creative. Restaurants and gourmet magazines are full of new textures and tastes. That creativity and diversity is what attracts us. So next time you take home a new grain, legume, nut or seed, play with it. Is it sweet or bitter, soft or

chewy? Where could it create interest on your plate? How can you use seasoning, other foods, or spices to create novelty?

- Try and try again. Making changes takes time. Try to add one significant source of fiber to every meal (whole grain, nut, legume, or seed) and if you don't succeed, just try again. Don't like a new fiber source, try a different one next time. Didn't enjoy that new recipe, try another. Each time you try, you learn something new about fiber, your schedule, or your preferences. You can use that information to make your next attempt more successful. Don't give up! Your health and wellness are too important.

Ownership Check-in

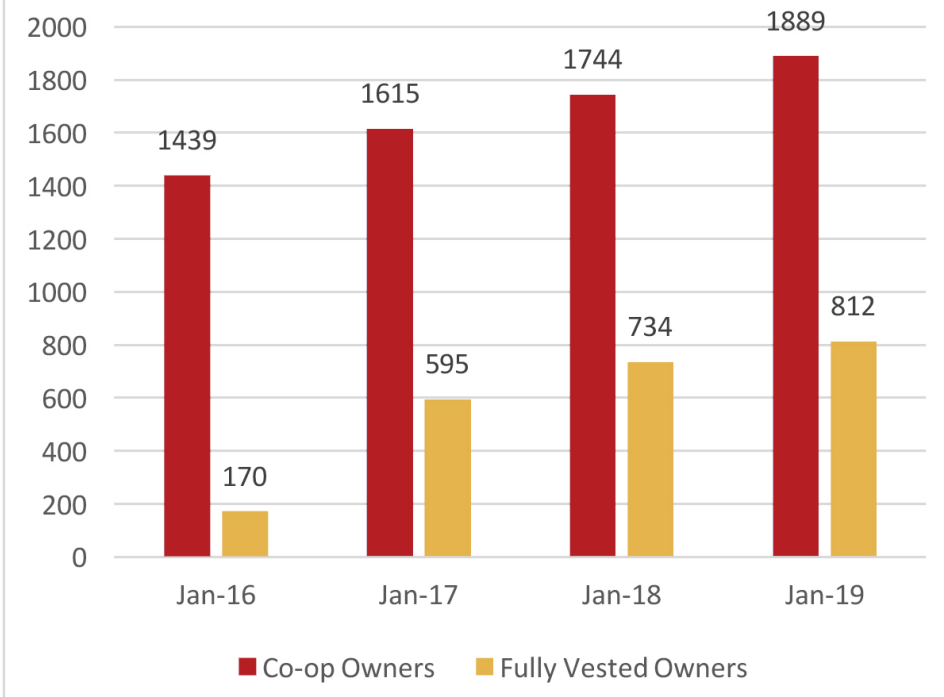


Beth Dickens
Ownership Coordinator
Co-op Owner since 2009

It's been a while since we've talked about Ownership numbers. Even longer since I've used any kind of graph or chart to convey data. So why not do both right here and now? While I can't vouch for our Co-op numbers prior to 2015, I can report, with a good degree of accuracy, our numbers since then. I am happy to report that we have consistently been on the up and up! In fact, as of writing this in mid-May, our numbers have continued to climb to 1953 Co-op Owners, 839 of which are Fully Vested (Representing over 42% of our Ownership, an increase

from 11% in 2016.) While anyone can shop here, it makes us proud to know that so many of you have chosen to go above and beyond by becoming Owners of the Blue Hill Co-op. Each of us has the power to "vote" with our dollars, and time and time again, you are choosing the local economy: the businesses, the farmers, your friends, and neighbors. Last year with your help, the Blue Hill Co-op funneled approximately \$1,659,000 into our local and state economies.

Also, another quick reminder to anyone who has an inactive Co-op Owner account, time is running out to reactivate that account before we



move to the new store. At that time inactive accounts will no longer be accessible at our reg-

isters. From then on, only new accounts with new numbers will be issued.

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Soap, Bugs, and CBD!



David Walker
Wellness Manager
Co-op Owner since 2006

I write this on one of the rare sunny days in months to grace the Maine mid-coast region. The front yard still squishes underfoot from saturation. Peach blossoms are just now bursting forth and the peas and arugula have begun to push through the richly composted soil. New growth, from the earth and for the Blue Hill Coop! Now on the verge of the grand opening of our new store, new products and possibilities await the Wellness department that are ethically based, local, and good for the planet.

We need to nourish our bodies, both inside and out. In that vein, we have a new and uplifting product at the Coop, French Ancestral Soaps. Locally made in Monroe, Maine, French Ancestral Soaps was created in response to the ecological crisis created by plastics. The organic hair soap Nancy Durant and her team creates, frees the user from buying yet another plastic shampoo bottle. According to Nancy, “A million plastic bottles are bought around the world every minute... On average we use 8 shampoo bottles per person each year.” One bar is the equivalent of up to 2.5 bottles of shampoo.

The best part for some might be how well the soap works. Made using organic extra virgin olive oil from a

16th century French formula, these soaps can also be used for shaving and general body cleansing. Olive oil is famous for being highly nourishing and regenerative for the skin. Almost strangely, regular use of the hair soap is said to make conditioner obsolete, as the scalp itself is stimulated to generate healthy and helpful oils. These oils augment the natural untangling and smoothing effects of the soap, so those plastic conditioner bottles may become obsolete too.



According to Nancy, “Our soaps were developed out of our search for a life that is sustainable, wise, pure, and has no impact on our sacred planet. For that reason, we choose a slow cold process that takes the time it needs to create a long lasting, beautiful, healthy, organic cleanser. Our soaps are made from the best olive oil, organic essential oil, and earth pigments. Simple. From our choice of recipes and distributors, to the way we wash our buckets and towels, we make sure your health and the environment are our first priority. That is why we do not use shortcuts or add any chemical ingredients to hasten the process.

“We use 100% organic, cold-pressed, extra virgin olive oil. We chose olive oil for its many positive qualities, a few of which are: producing long lasting hard soap bars; it is environmentally sustainable; and when combined with our oth-

er pure, organic ingredients it is biodegradable within three days.” Scents include rose, geranium, lavender, unscented, charcoal-clove, and orange. And the good news gets even better when we discover that these Monroe soap makers also have bar soaps good for kitchen and bathroom and pets. You may see these products in with general cleaning supplies in the new store. Be sure to mention to Michael, the Coop’s assistant manager, if you want them!

Ancestral French Soaps joins other great local soaps at the Coop, such as Brooksville’s Bagaduce Farm’s traditional organic saponified pork-fat based soaps, Bucksport’s Borestone Company, and Orono’s Holly Farms, the latter two using both olive, coconut, and palm oils, and essential oils.

Those Pesky Ticks, Mosquitoes, Blackflies and...

Now back on the shelf, a beloved bestseller Buggle! Originally created by Nina Fleming of East Blue Hill for her children, Buggle is probably the most pleasant-smelling bug dope available. Though not officially approved by the FDA, it has developed a devoted following due to its effectiveness with mosquitoes and black flies, and some have even found it seems to help with ticks too. Look for it in the blue-glass or aluminum bottles.

Last year Flick the Tick®, developed by sister team Crystal and Heather of Kent Hill, Maine, made its appearance at the Coop. The all-natural essential oil blend is rich in cedarwood, citronella, geranium, lemongrass, and rosemary oils, in a base of distilled water, vi-

tamin E and glycerin. Flick the Tick has been state approved. It is not safe for cats, as stated on their label.

CBD Products Now Fully Legal in Maine!

With Governor Janet Mills solidly supporting the passing of legislation that sailed through the Maine legislature this spring, hemp production and sales of medicinal hemp and CBD products are now full speed ahead. Customers continue to report to me their experiences of greater well-being on many levels. I continue to hear phrases such as “miraculous”, and “life changing.” While it is important to be wary of so-called snake oils,

all indications are that this is no such thing. The endocannabinoid system is the focus of ever-increasing scientific scrutiny, spurred on originally by profoundly positive responses in children who suffer from seizure disorders, and now spreading to all realms of mental and physical well-being.

Wild Folk Farm in Benton, Maine, has been doing a lot of developing, refining and innovating in the realm of full-spectrum CBD products. We now offer their 500 mg CBDA 1 oz tinc-

ture. CBDA is a cannabinoid, rich in beneficial acids that affect uptake to the brain and is demonstrating markedly enhanced support for mood and tumor shrinkage, according to research cited by Wild Folk producers. We offer many levels of concentration of full-spectrum CBD oil, as well as a wide variety of balms and creams of varying herbal content, and price range. Popularity increases by the day!



BLOSSOM STUDIO & GALLERY

New Location at 58.5 Main Street
Facebook.com/BlossomStudioandGallery/

Sprouting At Home



Kipp Hopkins
Marketing
Co-op Owner since
2006

When I was a little kid, I absolutely loved sprouts. We lived in the Alaskan Bush and only received floatplane deliveries with fresh produce once a month. One of the ways that my mother made certain everyone was getting their proper nutrients was by sprouting a variety of seeds on our kitchen windowsill. I can remember her lifting me up onto the counter to sit there and watch her filling the trays with water and draining them. Then she'd give me a bowl of fresh, crisp, green sprouts and I'd munch on them while she made dinner. I also delighted in having them in sandwiches and omelets. My mom always had at least two varieties of sprouts growing at a time. Most often they were the thick, crisp green pea sprouts and the crunchy sweet adzuki sprouts. I always called them "green jackets" and "red jackets," referring to the color of their seed base.

Sprouts are one of the easiest foods to grow on your own. They take very little space, require little maintenance, and grow in around 3-5 days.

They also take very little equipment, in fact, I bet you already have one of the key components in your kitchen. A wide mouth quart mason jar and a sprout sieve, that's it, though there are certainly fancier apparatuses available should you feel the need.

HOW TO SPROUT

1. Pick Your Seeds

The first thing you'll need to do is decide which seeds to sprout. In the Bulk Department we carry red clover, alfalfa, broccoli, and green pea sprouting seeds. If you can't decide, consider getting the Salad Mix, which has alfalfa, radish, and broccoli seeds. If none of these piques your interest, you can also sprout other seeds from the bulk department, like adzuki beans, mung beans, and fenugreek seeds.

Each of these seeds has its own flavor, crispiness, and other appealing qualities. For instance, broccoli sprouts are mildly spicy and nutty, while red clover are very crunchy and earthy. Green pea sprouts are very fresh, mildly bitter, and a little sweet. Radish sprouts are a tad spicy, very much like their grown-up counterparts. Fenugreek sprouts have a flavor reminiscent of maple syrup, while adzuki beans produce a



wonderful, sweet and nutty sprout with a hefty crunch. If you're not sure which sprouts are right for you, try starting with alfalfa, which is very mild and probably the type of sprouts known to most people. They're too delicate to cook with, unlike mung beans for example, but they're marvelous in salads or on sandwiches.

2. Soak Over Night

Now that you have picked your seeds, you'll want to put about three tablespoons of seeds into your quart jar. Instead of using a regular mason jar lid, use a sprout lid (available in our Bulk section) or spread a piece of cheese cloth across the mouth of the jar and secure with the screw-on ring.

Pour two cups of water through the screen of your lid and swirl the contents, then drain. Add three to four cups of water to the jar and leave it on your countertop overnight.

3. Drain and Rinse, Rinse and Drain

The next morning, drain the water and repeat the rinsing and drain process, swirling the water in the jar to hydrate the seeds. Once it's drained again, set your jar in a cloth lined bowl so that it is laying at an angle upside down with the sprout lid facing the bottom of the bowl. Leave it on your counter.

You'll want to repeat this process two to three times a

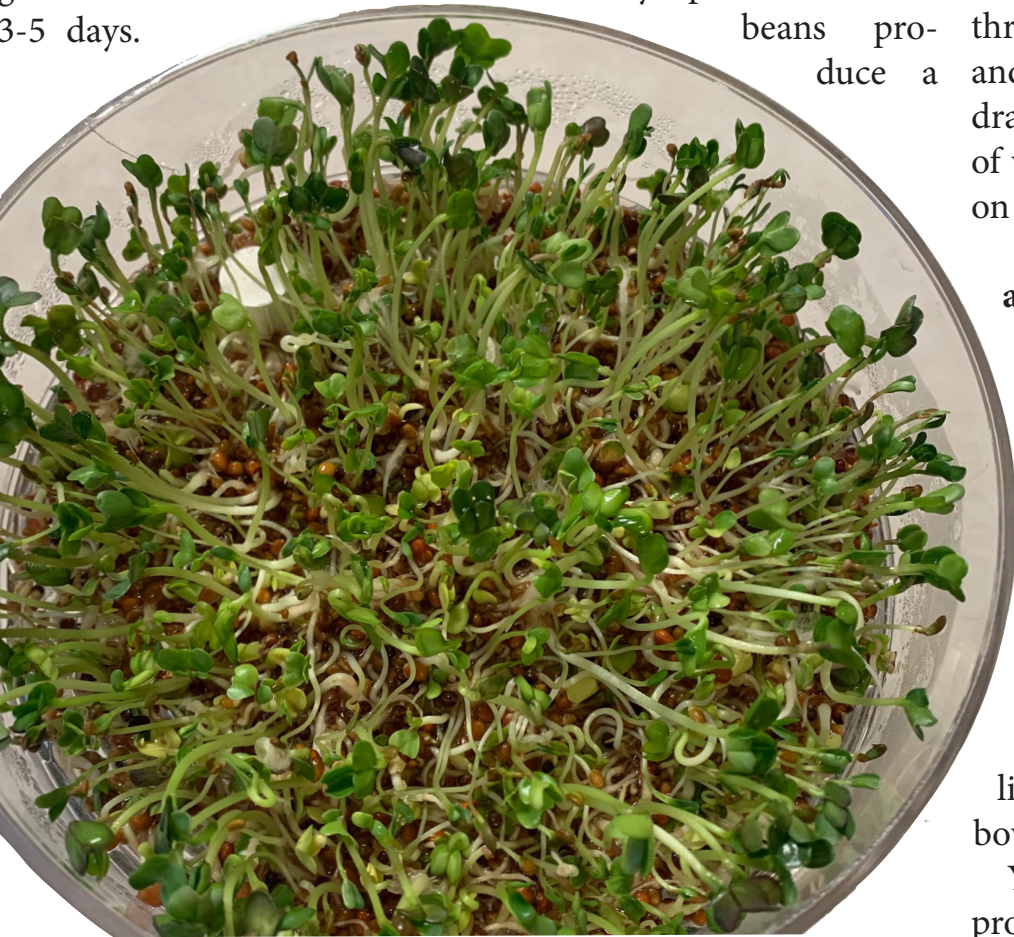
day for around three to five days, depending on the type of seed used. It's easy if you simply add it to your morning and evening routines. You'll see the sprouts grow until finally your jar will be filled with fresh green sprouts.

4. Storing Your Sprouts

Now that you've got a lovely jar full of fresh sprouts, you'll want to get them very dry. The reason for this is that you don't want them to grow any more, unless you're planning on planting them. They're also more likely to spoil if they're kept damp. So, store them at the end of a drying cycle and put them into a fresh container. Sprouts will keep in your fridge for five days. While you enjoy eating them, start another batch so you'll never be without fresh sprouts again!

Bonus Fact:

Do you know that the differences between sprouts and micro greens are? Microgreens are grown in soil instead of germinating in water. You eat the stem and leaf of a microgreen, not the seed, and they grow for 3 weeks rather than days. They have more flavor but less crunch.



Trailblaze this June with Change for Good



Beth Dickens
Ownership Coordinator
Co-op Owner since 2009

To date, you have helped us raise more than \$600 through our Change for Good register round-up program for area non-profits in 2019. We strive to find organizations that you find worthy and impactful to our communities.

This June we are collecting donations to help out in our very own back yard literally... or side yard as the case may be. We are very fortunate to have Blue Hill Heritage Trust (BHHT) working diligently to create, maintain, and improve trails all over the Blue Hill Peninsula. One such trail, the South Street to Parker Point Trail, runs right between Mainescap and the northwestern edge of our new Blue Hill Co-op property. This trail is on private property, but a public right of way is maintained by BHHT. Because of the scenic woods, stream and the historic (but no longer used) granite fountain and watering trough, this .5 mile trail is pretty enough to be its own destination, but is used by many as a connector trail to navigate through town. This trail is often subject to poor conditions, especially during our wet-rainy springs. Starting in mid-June BHHT will be working with a Maine Conservation Corp Field Team to address these issues.



Town fountain and watering trough, Blue Hill, ca. 1910 (Photo from Blue Hill Historical Society)

The planned improvements to the South Street to Parker Point trail include the addition of bridging, steps, and new surface like gravel and chips where needed. It will also have a new trail that branches off and connects to a trail that goes behind GSA's dorm and the Congo Church. (This portion of trail will have a hard-packed gravel surface, like the Carriage Trails, with benches along the way, making it accessible to people of all abilities.) These trail improvements will benefit young and old alike, whether you opt to use this trail to get to and from our new store, one of the South Street school campuses, the library, or just as a break from the hustle and bustle of town.

Grant money covers a portion, but not all of these trail improvements. It is our hope that the Owners and patrons of the Blue Hill Co-op will not only see value in the work being done by Blue Hill Heritage Trust but will see fit to round up their purchases as a show of support to get the job done.

Future Change for Good recipients include; the Tree of Life Food Pantry in July, the Island Food Panty (Stonington) in August, and Hancock County 4-H in September (remaining 2019 list on pg 9). This fall, we will be deciding which organizations to support in 2020. You can email suggestions to ownership@bluehill.com for consideration.

Art in the Café

MARCH
Kyle Chick



APRIL
Cynthia Winings



MAY
Gloria Gray



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

A Farewell to 4 Ellsworth Road



Kipp Hopkins
Marketing Manager
Co-op Owner since 2006

This is the last issue of The Harvest Herald that will be released in the old location. This summer, we'll be packing up and heading to South Street. It's incredibly exciting and long overdue, but for many people, 4 Ellsworth Road has been a big part of their lives. I have been shopping here since my family moved to the peninsula when I was six. This old building is as familiar to me as my own home, and not just because I work here. I'm sure that many of you feel the same.

It's okay to feel a little sad at saying goodbye to the old location, while still being excited about the new one. We moved into this building in 1993, and it was quite an improvement from the old Sedgwick Schoolhouse where we had been doing business for several years. I'm sure at the time, the new space, encompassing only the room where our grocery department and registers are now, seemed quite expansive. Over the years we knocked down walls, took over the other spaces, and even moved our offices into the basement apartment. And, when we couldn't grow anymore, we realized that 4 Ellsworth Road had reached its limit, but the Co-op hadn't.

For all its narrow aisles and quirky atmosphere, for every crack in the wall and dip in the floor, we love the old building. But, it's time to say goodbye and wish it well with whoever is lucky enough to move in after us. We look to the future, while still remembering the past.

While we've been preparing to move, filing cabinets and boxes are being gone through, looking for what can be let go of or recycled. One of the old documents unearthed was the original letter our Board of Directors sent out to our Ownership, in 1993, announcing the move to 4 Ellsworth Road.

This time capsule of a record delighted us. *"In October, 1991, on a wing and a prayer and a lot of sweat and determination, the Co-op took the plunge, and a storefront was opened in the old Sedgwick school. Today the store is open three days a week, serving over 100 households and the many visitors who are attracted by the aura of healthy food, ecologically sound products, and the community atmosphere which is the heart of our existence."*

"Well, it's time to plunge again. Blue Hill beckons... Energy is rising, and we're on the verge of making another big move. We're eighteen, and we're leaving our cozy home for a new one. The Co-op has signed a lease for space in the building located at Green's Hill. Our future is exhilarating!"

The optimism is infectious, isn't it? And the beautiful thing is, we can look back at this letter and know that we would go on to become a hub for anyone in the



Photo by Kipp Hopkins

community who loves good and healthy food. Our home here has made that possible, growing our business so much it can no longer hold us. For that, we are eternally grateful.

As for our new home at 70 South Street, our hopes for the future are very much the same as they were back in 1993.

"The possibilities arising out of this move will be limited only by our energy and imagination. Imagine the Co-op as an outlet for local produce or a center for social gatherings and educational activities. Imagine the community which could be built around a thriving store. Imagine the number of people who will be given the chance to take real steps to eat and shop for personal health and a healthy planet."

We did achieve those goals while operating here, and we can only hope to reach a greater number of people once we open the doors to our new home.

Annual Meeting & Board of Directors Elections Postponed

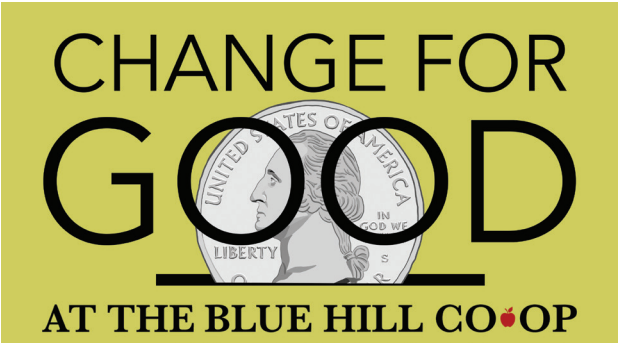
Dear Fellow Owners,
With our new Co-op store opening this summer, we have decided to move the date of our annual meeting to October 10th. We are looking to increase the size of our Board of Directors and will be electing two new members this fall! Are you interested in joining our dynamic group? We are seeking committed, community-minded individuals who wish to help foster the growth and sustainability of the Blue Hill Co-op.

Please give it some thought and consider talking with a current board mem-

ber today or contact me at framboise@msn.com. There will be Application Packets available at the Co-op in early July. Election Ballots will be sent out in the beginning of September, and during the month leading up to the meeting ballots can be either sent in or dropped off in our ballot box at the new store.

Best,
Edie Dunham,
Board Development Chair





Remaining 2019 Recipients
June- Blue Hill Heritage Trust
July- Tree of Life Food Pantry & Turn-Style
August- Island Food Pantry (Stonington)
September- Hancock County 4-H
October- Simmering Pot
November- New Surry Theatre
December- Brooksville Free Public Library



Upcoming
June 17
July 16
August 15

The Cheese Case Cometh



Robin Byrne
Cheese Buyer
Co-op Owner since 2009

Yup, you guessed it. There will be a really big cheese case at our new location. It's a free-standing 12'x6' open basin display with lots of room for the cheese to stretch out! Not only will there be a larger variety of cheese, but you'll also find more pickled items like olives, peppers, onions, beans, and cured meats - charcuterie. There will be an emphasis on more locally produced fresh and cured foods. And don't forget about the many cheeses and pickled items from all over the country and around the world! You may also find a few chilled beers and wines tucked in for pairing ideas.

It will be impressive, but please be patient... a great cheese case isn't built out in a day, week, or month. The sublime takes

time. Of course, we will be welcoming feedback, because it's you – the customers and Co-op Owners - who help keep us up



and running. Now keeping a big, beautiful cheese case full and current takes time and effort. At this time, we'd like to welcome back to the department Beth Dickens. Beth head-

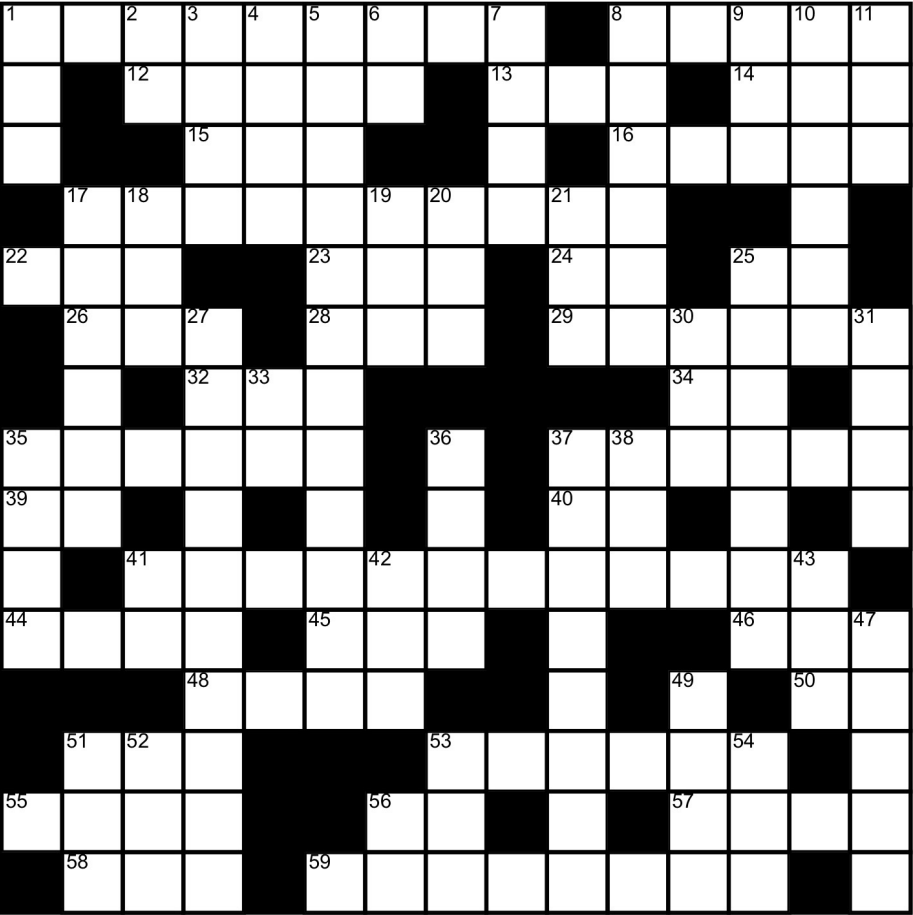
ed the cheese department a few years back and passed the baton to me – Robin Byrne – about 5 years ago when she took over as Ownership Coordinator. Well, there's always room to grow here at the Co-op, and Beth has worked in many departments and truly knows her way around. We are so happy to have her helping out in cheese. Don't fret, Beth will still be managing the Ownership aspects of the Co-op. You may even see her all around the store, helping in many departments. Variety is the spice of life!

It's not just the cheese case that will be growing. The whole operation is expanding too, as you have guessed. There will be room for more product promotions and samplings. We are even planning some wine, beer, and cheese pairing nights!

I'm so excited about moving to the new Co-op building. See you there!

Blue Hill Co-op Summer Crossword

by Kipp Sienna Hopkins



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

Across

- 1 Onion cousins
- 8 Lobsters' grippers
- 12 Part of a "little" word
- 13 Bien ____, Vietnam
- 14 Cod produce it
- 15 Ampersand alternative
- 16 St. ____ fire
- 17 Channel Island milk producers?
- 22 Landing site
- 23 Cause of insomnia for a Princess
- 24 Singular laugh
- 25 Prefix for use or vitalize
- 26 A summer chore
- 28 Finale
- 29 Musical instruments vital to life
- 32 Scottish for 'own'
- 34 A British interjection
- 35 Lured
- 37 Unexpected but appropriate
- 39 Completes either
- 40 ____habit
- 41 The Co-op will be having one
- 44 Space for movement
- 45 Beret, for one
- 46 Giant figure, a bit of a go-getter
- 48 New potato shoots
- 50 Fro's mate
- 51 Coconut and olive
- 53 French goat's product
- 55 Italian Hera
- 56 'I see'
- 57 Evil fairy tale beast
- 58 Old imperial heavy weight
- 59 Moving through water

Down

- 1 A piglet's role model
- 2 Express sympathy
- 3 Real mixed up King of Britain
- 4 Focusing device
- 5 Declaration of July 1776
- 6 Cry of dismay
- 7 "Scat, gnat!"
- 8 Goes with Rome and romaine
- 9 Where the humerus is
- 10 As a sheep
- 11 His, in French
- 17 Glass container
- 18 Tokyo pre-1868
- 19 Currency in 18 down
- 20 Despicable lowlife
- 21 Owl's query
- 25 Depositing cats and dogs?
- 27 Picnic fruit
- 30 Sticky or slimy stuff
- 31 What often seems to disappear in a dryer
- 33 That is to say
- 35 Husband of 1 down
- 36 We're one
- 37 Holler for this summer treat
- 38 Rowling redhead
- 41 Half a go-go
- 42 Crater on the moon
- 43 Popular tv drama (abbr.)
- 47 Pierced by a horn
- 49 Press pants
- 51 Gone for lunch, maybe
- 52 Odysseus' rescuer
- 53 X to 52 down
- 54 Before or after the chicken?
- 56 Ouch!

WANTED



Beth Dickens
Ownership Coordinator
Co-op Owner since 2009

We know you love your full moon discount, and for many of you 10% off purchases one day a month works, but did you know that if you participate in our Working Owner program, you could receive this discount every day? We can use your help in most departments stocking, cleaning, filling, and filing. This symbi-

otic relationship is good for everyone. It helps us keep the store's labor costs down, adds additional customer assistance on our sales floor (which is especially helpful during our busy summer months) and gives you the benefit of a register discount anytime.

So, is this program right for you? Here are some things that can help you decide. Depending on your household size, you work either 2 or 4 hours a month (Single adult households: 2 hours. Two or more adults: 4 hours.) You don't have to work all these hours is one shot. You can break up the time in 1-hour allotments. Sign-

ing up for the program is easy. It requires a quick intro to the program, and then you're good to go!

If you would like more information or just want that introduction and go, contact me, Beth, the Ownership Coordinator. With our move coming, we have lots of things to do. Let's talk about how you can help!



Maine Producer Spotlight: Brown's Family Farm



Allison Watters
Co-op Owner since 2006

Christopher Brown, who has been farming in the village of Otter Creek on Mount Desert Island for fifteen years, never dreamed he would find himself in his current profession. Traditionally trained as a registered respiratory therapist and speech-language pathologist, he found himself raising chickens and then pigs during Maine's transition into managed healthcare during the recession of 2008. Coincidentally, when grain prices doubled around the same time, he knew he had to find additional sound food sources to sustain his livestock. It was then he discovered the ancient agricultural art of gleaning.

Gleaning is the practice of retrieving a second harvest from fields after farmers have removed their crops. Chris revived this practice by gathering foodstuffs from farms, grocery purveyors, and food producers that would otherwise go to waste and reallocating them. These activities are currently supported by the Bill Emerson Food Act, which protects the gleaner and offers legal protections as they redistribute edible goods to be utilized by people, livestock, compost or fuel production, (e.g., grease oil into biodiesel fuel). The populari-

ty of gleaning has recently caught on and has expanded not only locally but nationally and even internationally. "It just makes sense," Chris says. "As a wealthy nation, we should be able to feed all the hungry and grow livestock with materials that are wholesome but no longer have commercial applications."

Chris quickly learned there were impressive quantities of usable materials for livestock feed. His animals thrived on these gleaned products, and this ample food source was shared with other farmers and the community at large. At the height of his gleaning efforts' productivity, and with the development of a soup kitchen model, Chris found himself providing over one hundred and fifty hot meals weekly in his community. In addition, he was able to sustainably grow twenty pigs, forty chickens, five cows, and a llama on the five to seven tons of food waste he was gathering each week.

However, moving so much food around was quite a logistical challenge. It was hard on his vehicles and his body and took an enormous amount of time as well. Furthermore, he soon found he was outgrowing his plot of land and realized he had to change how he operated. Chris believed that the sustainable model he developed was one that could be replicated, and he wanted

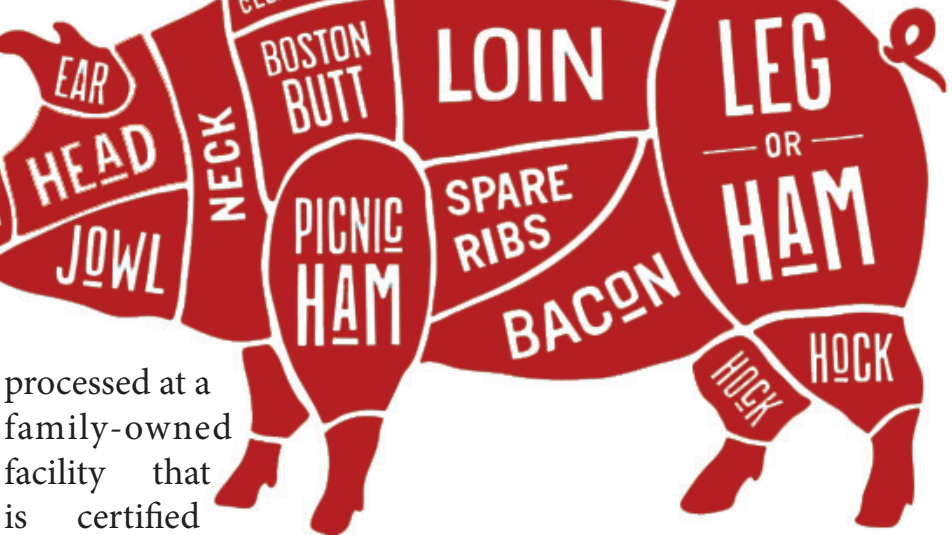
to share that knowledge with others.

Since he outgrew his home-
stead, Chris, with help from colleagues from area family farms, has focused his energy on producing all-Maine, all-natural farmed meats. This has opened the door to a new farming role for Chris in which he helps other farms around the state with the production of USDA-certified meats. Chris assists farms as far north as Limestone by teaching them how gleaning techniques can be used to raise a variety of different products such as beef, pork, lamb, goat, rabbit and fowl. He is able to ensure sound farming practices are used by participating farms and that they source their feed locally. Brown Family Farm ANP's goal is to oversee the production of food that is wholesome, never adulterated, minimally processed, humanely treated, and that includes no nitrates, nitrites, or fillers. All the products Chris sells are humanely

by USDA/MOFGA in central Maine.

Chris is currently one of the vendors who supply the Blue Hill Co-op Café with meat products. He connected with Café manager Savannah Jackson, and she reports that her customers have offered very positive feedback. For his part, Chris states that "we are so pleased to be able to keep it local, fresh and good." Although his products are available in retail format farmers' markets, and a few retail locations on MDI, he is not interested in competing with other area farmers for shelf space at the Co-op.

Next time you order a BLT for breakfast at the Café, perhaps you can feel good about the way your food was produced. Besides the sustainable and environmental benefits, you've helped Maine family farmers along the way!

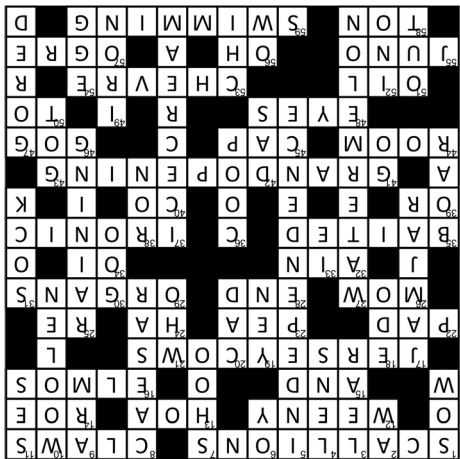


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Can't Wait For the Next
Issue of
The Harvest Herald?

Sign up to receive *Bits & Bites*, our bi-weekly e-blast (once every two weeks.) It's a great way to keep up with things like new products, staff picks, sale items, and other store information. But, it's also a great read, with brief articles, recipes galore, a bi-weekly poll, and fun facts. Past Issues are available in our archive. Catch up, sign up, and participate in the bi-weekly poll.
bluehill.coop/bits-and-bites



BLUE HILL COOP

NOW ACCEPTING APPLICATIONS
FOR NEW STOREFRONT
70 South Street
Opening Summer 2019

Blue Hill Co-op is pleased to announce that we are now accepting applications for employment in our new Co-op storefront at 70 South Street, scheduled to open this Summer.

We are looking to fill the following positions:

SHELF-STOCKERS
CASHIERS
CAFÉ WORKERS
DEPARTMENT BUYERS
GENERAL DEPARTMENT CUSTOMER SERVICE SUPPORT

A limited number of positions are available. **Applications are due by June 15.** Please send applications to Blue Hill Co-op, PO Box 1133, Blue Hill, ME 04614 or fill out **our online application at bluehill.coop/application**. Alternatively, if you're local, you may drop off your application at the cashier desk to Attn: General Manager or e-mail your application to: info@bluehill.coop.

The new storefront presents an exciting time for Blue Hill Co-op. It is something that has been anticipated for many years. The new space will allow us to better serve the greater Blue Hill Peninsula not only to the benefit of our many customers and member-owners, but will also allow us to foster the expansion of the growing number of local and regional Maine food producers.

Experience working in the natural and local food grocery business is preferred. Experience working in the cooperative sector is not required but also preferred. Full-time and part-time positions available. We offer full-time benefits, paid time off, and employee discount.

Radishes of Many Colors



Kipp Hopkins
Marketing Manager
Co-op Owner since 2006

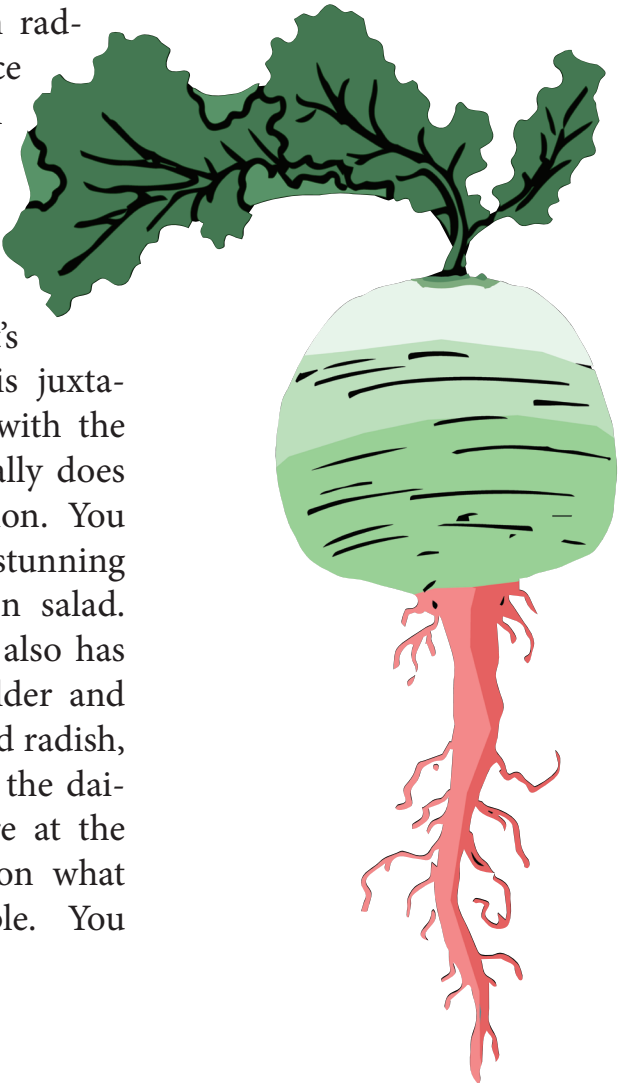
Summer is in the air, meaning that many of us are looking to include some summer vegetables in our rotation. For me, nothing says summer veg quite so much as radishes. There is something unbelievably refreshing in their crisp, juicy, spiciness. Personally, I like to slice the small red ones and sprinkle salt on them for a light afternoon snack.

If a common red radish is too intense for you, try daikon. These long, white or green radishes are a cultivar of Ja-

pan. They have all the crispness of the little reds but have less kick. There are a lot of different ways to enjoy daikon, like fresh salted pickles, thin slices in a salad, or cooked in a chicken soup. My favorite thing use for them is to make tentsuyu, a dipping sauce for oil foods like tempura. It's made with finely grated daikon, mixed with soy sauce, mirin, and dashi (a broth made from konbu and bonito flakes.) Tentsuyu is just about the tastiest thing on the planet when mixed with crispy, oily foods as the fresh, spicy daikon cuts through the grease like nobody's business.

Sometimes in the summer,

we get purple daikon radishes in the Produce Department, which are beautiful when spliced. But no vegetable can compare its beauty with the watermelon radish. It's pure white exterior is juxtaposed magnificently with the fuchsia interior. It really does look like a watermelon. You can't beat it for a stunning addition to any green salad. This heirloom radish also has a fantastic flavor, milder and less peppery than a red radish, though not as soft as the daikon. Next time you're at the Co-op keep an eye on what radishes are available. You won't be sorry!



Chickpea “Tuna” Salad

From the Co-op Cafe Kitchen



Photo by Kipp Hopkins

Chickpeas are a hearty legume that can make a great addition to any meal. They are both a good source of protein and fiber. Chickpeas are especially tasty in a mock “tuna” salad, made by mashing the chickpeas and mixing them with other ingredients to make a delicious snack reminiscent of tuna, popular with vegans and fish-eaters alike! Eaten plain, on a salad, or sandwich, we hope you like our chickpea “tuna” as much as we do. Co-op Café Chickpea “Tuna” Salad.

- INGREDIENTS
- 1 16oz can Chickpeas
 - 3 Dill Pickle Spears
 - 2 stalks Celery
 - ¼ Red Onion, diced small
 - ½ Cup Vegenaïse
 - 1 TBSP Lemon Juice
 - 1 TBSP Dill Weed, dried
 - 1 tsp Old Bay Seasoning
 - 1 clove Garlic, minced
 - 1 TBSP Dijon
 - Salt and Black Pepper to taste

- DIRECTIONS
- Drain and rinse your chickpeas well and place in a medium sized bowl. Mash thoroughly with a fork or potato masher –some chunks can be left if desired. Combine Vegenaïse, lemon, dill, Old Bay Seasoning, garlic, and salt and pepper in a small mixing bowl. Meanwhile, finely dice your pickles, celery, and onion and add to the bowl with chickpeas. Incorporate dressing and mix well, tasting to adjust seasonings. Enjoy on a large romaine leaf or your favorite bread. (We like Borealis sourdough!)



Joanne LaCarrubba Steenberg
the love card • educator • nutritional consultant • entrepreneur

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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. You can also tag us on Facebook. Here are a few of our favorites from this quarter!



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