

The Harvest Herald

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Presented by BLUE HILL CO-OP
Winter 2020



Many Thanks to Everyone



Kevin Gadsby
General Manager
Co-op Owner since 2016

Sitting down to write for the Co-op newsletter, I find I am at a loss for words. So much attention has been given this year to COVID-19 that I hardly wish to give it more. But we have been consumed by it, stressed over it, and rearranged our lives around it. We all hoped it would be behind us by now, and but with 2020 ending, it seems this virus is not going to leave us any time soon. Our hearts go out to all those who have suffered loss during these unprecedented times.

Even with all the challenges thrown at us this year, the Co-op remained on a steady course of growth.

Despite the upheaval 2020 has brought upon us all, there are a few positive threads that remained constant throughout the year, two of which are at the forefront: our Co-op staff and our Co-op shoppers, both Owners and non-Owners.

First, I want to acknowledge the hardworking and talented staff



Photo by ReVision Energy

here at the Co-op, all of whom have risen and continue to rise to the challenge, facing many pressures and changes head-on, while remaining constant in serving the needs of our Co-op community. Even with all the challenges thrown at us this year, the Co-op remained on a steady course of growth, which enabled us to extend over \$30,000 in bonus pay to over 60 staff members. This would not be possible without the continued support of our Co-op Owners and shoppers. Thank you! Thank you for trusting us to provide for you. Thank you for enduring through all the COVID-19 restrictions, many of which are still in place. We hope to be able to loosen those restrictions in the coming months. Thank you for your patience while we learned new systems, and thank you to all those who now make regular use

of WebCart for curbside pickup. Your support of the Co-op this year generated record-breaking round-up donations that raised over \$10,000 for several area non-profits. In addition, the Co-op was able to give back to the community in greater ways than ever before with free meal vouchers for those in need and free soup distributed around the peninsula in partnership with the Magic Food Bus. We hope this trend continues.

We eagerly await the arrival of new horizons in 2021. Wishing peace, light, good health, and prosperity to the entire Blue Hill Co-op community both near and far. Cheers to new beginnings.

-Kevin

"Real change, enduring change, happens one step at a time."

-Ruth Bader Ginsburg

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Letter From the Board of Directors

The Blue Hill Co-op Board of Directors is democratically elected by the Co-op Owners and, as such, we represent the membership at large. It is our responsibility to help guide the progress of the Co-op and assure its success. Our fiduciary responsibility is to the Owners we represent and, therefore, we are responsible for providing both oversight and guidance to general management. At the same time, maintaining open communication with our Owners is paramount, as we are your representatives. Our duty is to keep the best interests of the Co-op as our guiding principle.

In accordance with the Co-op's bylaws, the Board is responsible for overseeing the operations of the Co-op, establishing policies to guide operations decisions, engaging a general manager, and monitoring and evaluating the general manager's performance. We are tasked with assuring that the purpose and policies of the Co-op are properly carried out.

When at all possible, Board decisions are made by consensus.

The Blue Hill Co-op Board's primary responsibility is to the Co-op's membership. At the same time, in keeping with universal cooperative principles, we operate with an overriding concern for the sustainable development of the communities we serve, those communities who support the Co-op. We establish a set of goals—Ends—that guide us in our decision and policymaking.

The Blue Hill Co-op exists to provide the Blue Hill Peninsula and beyond with:

1. A welcoming, vibrant community of Owners.
2. Healthful, honest food options.
3. Support for our local community.
4. Educational opportunities on food, environmental and social issues.
5. A business model based on cooperative principles.

Over the past year, the Board has reached out to our community on numerous issues, including social justice, food insecurity, and domestic violence. Please see our statement in support of the Black Lives Matter movement on the home page of the Co-op website, at bit.ly/2J7S8NF.

While the Co-op Board makes decisions key to the Co-op's current and future economic sustainability, we encourage our Owners to actively participate as well. There are several ways our Ownership can participate in this decision-making process. You can attend our monthly Board Meetings and give input and feedback during the "Open Owner" segment of the meeting. We also encourage Owners to consider running for director seats on the Board. We hold yearly elections, not only to fill vacated seats but also to consider re-election of current Board members.

If you have been a Co-op Owner for at least six months and are interested in joining the Board, please email board@bluehill.coop to receive an application.

Or call the Co-op at 207-374-2165 and ask for Jennifer Coolidge, Ownership & Outreach Coordinator. You can also go to our website, www.bluehill.coop. Under "Community," click on "Board of Directors" to find a job description and skills required.

Board meetings are held on the third Tuesday of every month starting at 6:30pm. During the pandemic, meetings are being held via Zoom. Email info@bluehill.coop to request the link. Our Owners are always welcome at these meetings, and we encourage you to attend!

Co-op Board Officers & Members

President: Diane Bianco
Vice President: Aaron Dority
Secretary: Jerome Lawther
Treasurer: Tim Tunney

Susan Snider
Edie Dunham
Deborah Evans
Jen Traub
Cheryl Boulet

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

When Are Board Meetings?
THE THIRD TUESDAY OF EVERY MONTH AT 6:30PM

Meeting will be online due to COVID-19 precautions. Email info@bluehill.coop to request the link.



Co-op Winter Haiku
By Kipp Sienna Hopkins

*Fresh dusting of snow
Now a gingerbread co-op
Frosted solar sweets*

CO-OP BOARD OF DIRECTORS 2020 ELECTIONS *Results*

Co-ops are amazing for many reasons, but one of the best reasons is that they are democratically run. We are equally owned and controlled by a members of our community. Each ownership number gets one vote in our annual Board of Directors Election. This year, two of our Board of Director members were up for renewal. Both Jerome Lawther and Jim Picariello were resoundingly re-elected to serve on the Blue Hill Co-op's Board of Directors for another three-year term. All ballots

received or postmarked by November 10th were counted, and accounted for 11.7% of the Co-op's active ownership. We thank you for your participation in this democratically run organization.

This month, long-time Board member and one-time General Manager Jim Picariello stepped down from the Co-op Board. Jim has helped the Board navigate the relocation process, beginning with site selection, and contributed to discussions on design, layout, financing, and many others. We appreciate Jim's quick wit and valuable insight, and we thank him for a decade of service on the Board.

There are several possible ways to replace a Board member who steps down. At the December Board Meeting, the Board decided to appoint a new member to fill the vacant seat. They will begin to review possible candidates at the next meeting.

True Well-Being Takes Total Commitment



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

I recently watched a very moving Ted talk, by world-renowned mycologist, mushroom scientist, and entrepreneur, Paul Stamets, founder of Host Defense, which makes medicinal mushroom tinctures, capsules, and powders. The Blue Hill Co-op has carried this line for many years. In his Ted talk, Stamets describes with solid scientific information a few of the many wonders of mushrooms. He speaks of the amadou mushroom (great anti-inflammatory properties, and hollowed out, can contain a fire for days), agarikon mushroom (anti-viral, oldest known and rarest), and turkey tails mushrooms (immunologically potent). Knowledge of the importance of mushrooms to well-being has been with us for a very long time. The Greek physician Hippocrates first spoke of the healing powers of agarikon, in the fifth century BCE.



Turkey Tail Mushroom

Paul Stamets is known as a visionary in his field. After a few interesting minutes of his TED talk, Stamets told a story of a call he received from his mother, who was 84 at the time. She told her son the sad news that she had discovered lumps in an extremely enlarged breast. She later learned from her oncologist that she had stage 4 cancer and about three months to live. She was told she was too old for radiation, and that her cancer had metastasized into her liver and elsewhere. Yet she was surprised that her doctor recommended she consume turkey tails medicinal mushrooms, as an adjunct treatment to chemotherapy. Stamets recommended that his mother take eight capsules daily of this mushroom. Well, at the end of his TED talk, after the audience learned that Stamets' mother no longer had any detectable tumors in her body, he invited her onto the stage. What a beautiful embrace. Paul was wearing his signature hat, made from boiled amadou mushroom felt. If you'd like to watch Paul's Ted talk, here is the link: <http://tinyurl.com/StametsTEDMED>.

Mushrooms weren't even consumed in the United States as a culinary treat until the 1960s. Thankfully, now we can buy once-unheard-of mushrooms that are grown locally and are available in the Co-op's Produce section. Lion's mane is one of these, and it looks remarkably like a brain—which is what it is famous for healing and supporting. I was standing once in the Co-op aisle talking with a customer who was having nerve pain when another customer who had overheard our conversation remarked that taking lion's mane capsules

almost immediately healed chronic nerve pain that he had suffered from. It is part of Host Defense's Brain formulation, for cognitive support. Hot water extraction is the oldest method for making the therapeutic properties of mushrooms bioavailable to our cells. Naysayers about natural medicine should know that even today, 75% of pharmaceutical drugs are derived from naturally occurring plants and mushrooms. Though we should not underestimate the power of the right encapsulated medicine, I would like to also state what is obvious to many. Popping pills is not the only way to wellness.

That said, supplements do figure strongly in my existence. But my primary nutrition is food, walks, relationships (pets included), music, and yoga—not necessarily in that order. As I've aged, at times my food has become more medicinal in nature. This morning I made a smoothie for breakfast containing distilled water, 6 oz of yogurt, an organic banana and apple, local organic blueberries, 1 tablespoon of various concentrated and powdered greens, 1/2 teaspoon of Ceylon cinnamon (blood sugar regulation), 2 tablespoons of chia seeds (loaded with omega-3 oil, nutrients, and gut-soothing mucilaginous qualities—great for most people's digestive health), 1/4 cup of raw pumpkin seeds (prostate health), and one scoop of MCT powder (brain health) —blended in a Vitamix. That was 20 oz of delicious food, and all I consumed until 1:30 pm.

Health is wealth, say the yogis. And now at sixty, I agree more than ever (although

Continued on page 4

Ownership at a Glance

NEW OWNERS
SINCE OCTOBER 1ST: 80

TOTAL ACTIVE OWNERS: 2,219

EQUITY PAID SINCE OCTOBER 1ST:
\$10,300

Did you know that 47% of our Owners are fully vested? This means that they have paid their full \$200 of equity.

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

The Newsletter Team

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Advertisements: Kipp Sienna Hopkins

Contributors/Writers: Co-op Staff & Working Owners

LETTERS TO THE EDITOR

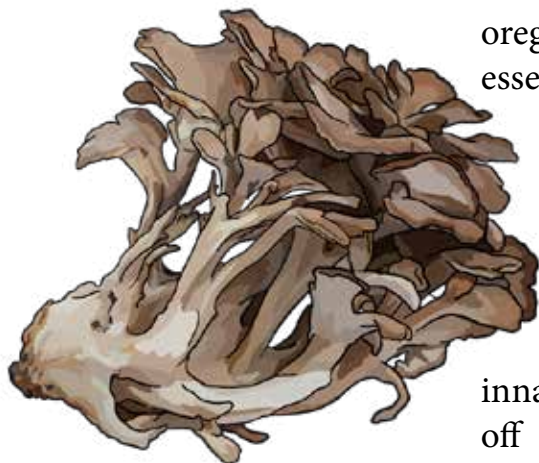
We welcome input. Please send letters to: Letters to the Editor, Blue Hill Co-op, 70 South Street, Blue Hill, ME 04614 or email them to newsletter@bluehill.coop. Letters should be brief and may be edited for style, but not for content. Please include your name, address, and phone number.

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 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.

other forms of wealth sure can help the equation of our lives). Now that we are masked so often, perhaps isolated too often, and unable to attend concerts and other events surrounded by like-minded enthusiasts, we have an opportunity to dig deeper into perennial teachings to sustain ourselves. Sometimes plain old renunciation is the best gift we can give ourselves. Just say no to the notion that something outside yourself or something you put in your mouth is what you need to feel happy. Smile within and rest in your breath, at least for a few minutes. You may want to take this attitude while lying on your back, with your legs draped up your couch or bent over your bed. You could even do your breathing practices in this position. I could spend a long time discussing the benefits of inverted positions.

I am sometimes asked what supplements I take. I currently take these potent little gems: fish oil from sustainably harvested fish (rich in omega-3 oils, crucial for brain health, gut health, anti-inflammatory, mood supporting); Nutrigold Men's 55+ Multi Gold (an Ayurvedically oriented, plant-based multivitamin that is a whole food, with a remarkable antioxidant called astaxanthin, a kind of red algae); ashwagandha, pure and organic and compressed into a "caplet" that I choose to chew before swallowing, to release more of its natural goodness. Ashwagandha is one of the most prized herbs used in Ayurvedic medicine



Maitake Mushroom

and is supportive of both steady energy and also sleep. Himalaya concentrates 4,600 mg of powder into one caplet. I also take 5,000 mg of vitamin D3 at least every other day. Now we know that D3 is one of the most important vitamins for immune health. One study of two hundred people who contracted COVID-19 revealed that 80% had very low vitamin D levels. I also take Curcumin Complete, made by Himalaya, which has not only turmeric with concentrated curcumin (the active constituent of turmeric), but also great herbs to nourish the joints. Most days I take Himalaya MindCare, for general brain health, memory, and focus support. If you are suffering from chronic depression and are more agitated than you know is healthy, you may want to consider a pharmaceutical, at least for a period of time. We need to stay flexible, and it is true that there is a place in some people's lives for pharmaceutical support.

If I am feeling sickness encroaching, I will most likely first take a dropperful of Herb Pharm's Rapid Immune alcohol-based tincture under my tongue three times in a six-hour period (or thereabouts). You may want to add it to tea or water to escape the intensity that I don't mind. I will add in an extra dropperful of goldenseal if things are really starting to feel dire. Goldenseal is one of nature's most potent antibiotics, but it won't wreak havoc on your good gut bacteria. I keep a small spray bottle of XLearn Rescue on hand at home. The alkalizing base of saline and xylitol also has oregano, tea tree, and parsley essential oils in it, which will take care of budding bacterial invaders. The Co-op has many immune formulas, and they all offer great support to your body's innate intelligence to ward off foreign invaders. Then there are those pills that I take

Alterations

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



Turmeric Root

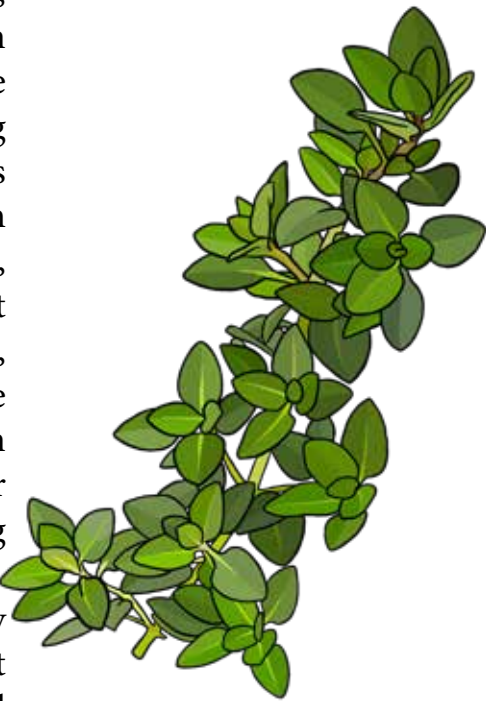
sporadically. Probiotics are in that category. Something like 85% of your immune function derives from your microbiome, so care for it skillfully. Vital Planet's Vital Flora Immune Biome combines seven key mushrooms with sixty different strains of probiotics and a sixty-billion live culture count. If your gut lining is compromised, soothe and heal it with Vital Gut, also by Vital Planet, which is rich in L-glutamine, aloe, licorice, and other gut-supportive herbs.

The Co-op is now carrying three new products from Gaia Herbs: Everyday Immune (combining chaga, reishi, cordyceps, and maitake mushrooms with astragalus, turmeric and schisandra); Turmeric Supreme Sinus Support (combining turmeric with a proprietary blend of stinging nettle, feverfew, quercetin, and goldenseal root) and finally Mighty Lungs (combining olive leaf with a blend of marshmallow root, mullein and plantain leaf, elecampane, redroot, hawthorn berry, and schisandra). The body is a self-balancing synergism of feedback loops that is interdependent with food, water, society, bioregion, culture, family, and spirit. Trust the process, but by all means, take an active and caring role in that process of your own well-being. Happiness is your true state. Keep remembering that.

There are a great many superb concoctions to support our health. They are all adjuncts to breathing well,

thinking positively, creating good relationships, serving in some capacity or another, and sometimes having a good cry, because restricting your grief is, though essential at times, ultimately bad for your health if done for too long. Most of us have grief to release. Broken Heart Remedy from Avena Botanicals can help if you are processing a lot of grief.

Realizing our interdependency is always important, even when it comes to those supplements we usually toss unconsciously into our mouths. A suggestion: sometimes, as you take your capsule or tincture, or swallow that morsel of tasty food, remember the countless generations of Beings who were involved in discovering, researching, growing, extracting, bottling, testing, marketing, distributing, etc. what you are consuming. This practice helps your heart and soul stay healthy.



Oregano

Sashiko Helps



Cat McNeal
Front End Manger
Co-op Owner since 2013

I got tested for Covid-19 this week. For the second time. I felt quite silly because growing up in the County, a person would need a compound fracture before going to the doctor for any kind of testing. I was feeling a little warm, was sneezing and coughing a bit, but what really sent me over the edge was the fact that I couldn't taste my chocolate milk (yes, it's the White Orchard chocolate milk). I knew something was very wrong. I started sniffing around to see if I could still smell, anything. I wasn't sure. I thought, this is it, I've got Covid. Since I did finally get some flavor, I figured I was probably all right. But I did feel a little warm, was I getting a fever? No, of course not. I'm starting to get a headache, oh, that's a symptom, too. Wow, I'm really sneezing a lot this morning. No, I'm fine, just a little worn out. I am so tired. Isn't that on the list of symptoms, too? By this time I was at work getting out of my truck wondering if I should enter the building. If someone is not feeling well and is having Covid symptoms, that someone should get tested before coming back to work (with a negative test, of course!). After speaking with Kevin (our GM), I knew that I needed to get tested, again.

So, instead of going to work on Monday, I ended up at the drive-thru testing site at the Blue Hill Hospital. It's so easy now to get tested. Now that they have a drive-thru building for the testing, it's even easier, for them as well. The testing isn't/wasn't the hardest part. The hard part came after. The questions I was asking myself, worrying if I actually did have Covid. For me, the part that brought me the most stress was thinking



Photo by Kipp Sienna Hopkins

that I could have been spreading the virus to the Co-op community. Since my sister also works at the Co-op, I would be giving it to her and my nephew, too. I was really stressing myself out. So I slept. A lot. For two days. Then, I called the hospital to get the results. It had been 24 hours, so I was really hoping that the results were completed. They were! I was Covid negative. All of a sudden, I wasn't so tired anymore. The sneezing had definitely stopped, along with the coughing. Obviously to me all those symptoms I was having were probably more about me being tired of the Covid routine, not being able to see people at the store, and being really nervous about catching it and spreading it to our community. I've since determined to just do the bare minimum as to going out of the house. I miss going to my knitting group. I

miss the secondhand stores. But I was getting stressed out about giving/getting the virus. So the choice has been made, go to work, get pay at the pump gas, curbside pick-up from the library, and go home. That's just how it's got to be, for now. As to my sanity. . .

What to do? I've been reading about Sashiko and other books on making your clothes last through mending. Well, a lovely Owner had some scrap fabric and gave me a box of it. Thank you, Lynda! I was pretty pumped after getting my negative Covid results and pretty tired of sleeping off and on all day. I also have been meaning to mend my grey Blue Hill Co-op hoodie. This was the time. I got out my embroidery floss, although I ended up using just some regular thread, got my box of pins and Sashiko needles and the box of fabric scraps. With my headlamp snug against my head, I emptied the box of scraps and let my creative eyes have their fill. I found some lovely yellow/bronzey aged cotton fabric that really caught my eye. I started playing around with it and just started to sew up my pocket that had got torn off. The fabric worked! There was a hole on the back so I took another piece of the fabric and stitched right over it. My hoodie is even cooler, now!

I definitely have the mindset of mending my clothes for as long as possible (or living with the holes and snags, quite honestly). Working with fabric that someone gave me, fixing my hoodie that I've been meaning to fix for a few months, at least, getting to practice with my special needles made me forget all the mess of the virus for a bit. I'll keep practicing making my stitches the size of a grain of rice and just enjoy working with such pretty fabrics. I haven't started with the actual Sashiko designs, just give me time.

Change For Good 2021 Recipients



Thanks to all of our Owners' suggestions, here are the following local organizations to be recipients of our Change for Good program in 2021.

JANUARY: Frenchman Bay Conservancy
www.frenchmanbay.org

FEBRUARY: Blue Hill Halcyon Grange
www.halcyongrange.org

MARCH: Acadia Wildlife Center
www.acadiawildlife.org

APRIL: Healthy Peninsula
www.healthypeninsula.org

MAY: Racial Equity & Justice of Bangor
www.racialequityandjustice.org

JUNE: Community Compass
www.communitycompassdowneast.org

JULY: Simmering Pot
www.penobscotbaypress.com/news/2020/jan/10/whats-cooking-at-simmering-pot-friends-food-and-co/#.X8Uk3M1KiUk

AUGUST: Blue Hill Heritage Trust
www.bluehillheritagetrust.org

SEPTEMBER: Blue Hill Public Library
www.bhpl.net

OCTOBER: Next Step Domestic Violence Project
www.nextstepdvproject.org

NOVEMBER: Wabanaki Public Health
www.wabanakipublichealth.org

DECEMBER: Dolly Fisher Fund
www.bluehillcongregational.org/outreach

Chocolate: It's Not Just a Treat



Kipp Sienna Hopkins
Marketing Manager
Co-op Owner since 2006

Who doesn't love chocolate? I mean, probably a few people, but in general, it's pretty much a universally accepted fact that chocolate is the best. It's pretty delicious all on its own, but a perfect accompaniment to nuts, fruit, cheese, spices, and a million other things. I even put cocoa powder in my Japanese curry. But, because it's so rich and luxurious, chocolate can often be relegated to the world of "treats" and "cheats." Well, I'm here to tell you that there nothing wrong with indulging in some good quality chocolate. I do it all the time. And I don't even eat sugar.

There are all kinds of proven health benefits to eating dark chocolate. For instance, did you know that chocolate is actually very nutritious? A 100-gram bar of dark chocolate with 70-85% cocoa contains something like 11 grams of fiber, 67% of the RDI for iron, 58% of the RDI for magnesium, 89% of the RDI for copper, 98% of the RDI for manganese. It also has plenty of potassium, phosphorus, zinc, and selenium.

Chocolate is also a powerful antioxidant,

filled with organic compounds like polyphenols, flavanols, and catechins. Some studies are showing that chocolate may help improve blood flow and lower blood pressure. There's also a possibility that it reduces the risk of heart disease. Heck, dark chocolate might even make you smarter because cocoa contains stimulant substances like caffeine and theobromine, which can improve brain function in the short term. For more health info go to: www.healthline.com/nutrition/7-health-benefits-dark-chocolate#TOC_TITLE_HDR_8

So, should you should be eating a whole bar of chocolate every day? Probably not. With chocolate, the trick is in quality and moderation. A few squares (or pips as they're known by chocolatiers) of high-quality dark chocolate is a good addition to your daily routines. But, if it's every so often, indulging in a little bit more, accompanied by other not-entirely-healthy ingredients can be just the ticket.

As you can imagine, the Co-op carries a lot of good quality chocolates. Personally, since I can't eat sugar, I like Lily's Chocolate, which is sweetened with stevia. I also love Chocolove's new sugar-free bars. And taking away the sugar can only make it that much more healthy, right?



VEGAN PERUVIAN HOT CHOCOLATE

This version of hot cocoa is thick, spiced, and sweet. It's perfect for cozy winter evenings by the fire, or after a warm in the cold winter weather.



INGREDIENTS

- 1/4 cup sugar
- 1/4 cup dark cocoa powder
- 1/4 tsp chipotle pepper powder
- 1/2 tsp ground cloves
- 4 cups almond milk
- 1 can coconut cream
- 1 can coconut milk
- 1/2 cup dark chocolate chips
- 1 tbs cornstarch or potato starch
- Optional toppings: whipped cream or whipped coconut cream and cinnamon

DIRECTIONS

Add the almond milk and sugar to a medium saucepan and heat over medium heat until boiling, stirring frequently. Add coconut cream and milk. Stir to combine and simmer on medium heat for 2 mins. Add the chocolate chips, cocoa, chipotle pepper powder, and cloves to the pot of milk and heat on low for an additional 5 mins., stirring to melt chocolate. Dissolve the cornstarch in 1/4 cup water. Add mixture to milk and chocolate, stirring continuously. Heat on low for 2 more mins. Remove from heat, pour into mugs and add optional toppings.

Blossom Studio & Gallery
Exclusively online this year.



www.Etsy.com/shop/BlossomStudio
www.Etsy.com/shop/TheMerryPumpkin
Facebook & Instagram @BlossomStudioandGallery

Traditional Acupuncture

Vicki Pollard

Blue Hill

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



PLEASE PASS THE CREAM!



Robin Byrne
Cheese Manager
Co-op Owner since 2002

Cream, it's what all cheese dreams are made of. So let's take a look at a few cream-rich cheeses perfect for celebrating the winter holidays. I'm talking double-cream and triple-cream cheese because they seem the most festive and fancy to me!



Photo by Kipp Sienna Hopkins

The terms “double-cream” and “triple-cream” are common cheese lingo. You may have a general idea of what they mean in terms of texture (creamy, spreadable!) and flavor (buttery, lactic!) for a cheese, but the terms have specific meanings. Both double and triple-cream cheeses have

extra cream added before the curd is formed. And, at least according to French law, a double-cream cheese has between 60-75% butterfat. Cheeses that fall into this category are, for example, brie, Camembert, and Fromager D’Affinois (a double cream that thinks it’s a triple!). The first-ever double-cream cheese was made in Normandy in 1850 and was called Petit Suisse. According to Steve Jenkins, author of Cheese Primer, the name of the cheesemaker is lost to history—all we know is that, per the name of the cheese, he was a small fellow of Swiss extraction!

Triple-cream cheeses showed up around seventy-five years after Petit Suisse was introduced. These even creamier cheeses were also created in Normandy. Made by the Dubuc family, the first triple-cream is the ancestor of today’s favorite Brillat-Savarin.* All triple-cream cheeses are required to have a butterfat content of 75% or more.

Don’t freak out when you hear 70% fat or higher. It pertains to the percentage of fat in the dry matter of the cheese and double and triple-cream cheeses are in most cases fairly young and have high levels of moisture and they can still be made up of 50% water. So, for example, the brie that we generally have at the Co-op contains 60% butterfat but if you take the cheese as a whole (i.e. including the water content), 31% of it is fat. So now Brillat-Savarin has “75% fat in dry matter” and “39% total fat.” As a point of reference, butter generally contains between 80-86% total fat (80% is the legal minimum for butter in the US).

Just because the mouthfeel of these luscious beauties seems decadent, think again. If you are looking at a cheese like Parmigiano Reggiano, cheddar, or gouda, there is a lot more “dry matter” packed into every square inch of that cheese than in younger, moister, spreadable cheeses like Brie or Brillat-Savarin. So, when you are enjoying that parmesan even though it is partially made with skim milk, you are getting more dry matter than

you would with a square inch of brie. Harder cheeses like parmesan have more protein than the soft cheeses, so not all of that extra matter is fat (on average, parm is 30% moisture, 33% protein, and 28% total fat).

Phew! Ok, enough of the technical stuff! Now, what to serve with double and triple-cream cheeses. It’s nice to serve something bubbly that will balance the smooth mild flavors of these delights like Champagne, Cava, Prosecco, particularly with the triple-creams. Think about pairing these cheeses with fresh fruits—like raspberries, mango, or strawberries and with brie and other double-cream cheeses, fresh grapes are a frequent go-to. I love the Divina Orange Fig Spread we stock and some great crackers or fantastic fresh bread made locally as well. But have some fun with it, you really can’t go wrong!

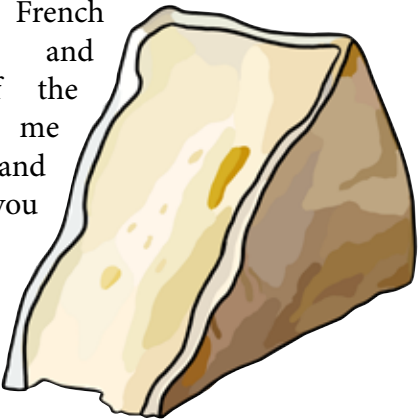
Please enjoy the double and triple-creams we stock at the Co-op:

Double: French Brie, Bally Hoo Brie (Plymouth Vermont), and Fromager d’Affinois (France). Also, Marscapone (Italy) & Creme Fraiche (Vermont) both sold in the dairy case.

Triple: Brillat- Savarin (France), Springdale Farm Triple Cream (Waldo Maine), and Cambozola (Germany).

Gotta love that cheese. Happy Winter! And PLEASE let’s have a happier New Year!

*A little cheese trivia: Brillat-Savarin is named after Jean Anthelme Brillat-Savarin, the famous French gourmand, and originator of the phrase: “Tell me what you eat, and I will tell you what you are.”



MUSHROOM & QUEEN OF SMYRNA SOUP

AS SEEN IN OUR ZOOM CLASS “THE WONDERFUL WORLD OF PUMPKINS & SQUASH” See the recording at www.bluehill.coop/zoom-classes

A delicious soup that utilizes local mushrooms and Maine’s own Queen of Smyrna squash.



Photo by Kipp Sienna Hopkins

- INGREDIENTS
- 3 shallots (diced)
 - Olive oil for sautéing
 - 3 stalks celery (chopped)
 - 2 carrots (chopped)
 - 2 cloves of garlic (minced)
 - 1 tbsp fresh thyme
 - 1 Queen of Smyrna squash (peeled and cubed)
 - 6 cup veggie stock
 - 1 bunch oyster mushrooms
 - 1/2 lb shiitake mushrooms (remove the stems)
 - 1 cup milk or dairy-free substitute
 - 1/4 tsp nutmeg
 - Salt and pepper to taste



DIRECTIONS

Heat a pot over medium heat and sauté the diced shallots until they begin to turn translucent. Add garlic, carrot, and celery. Sauté for another few minutes, then add the squash, thyme, salt, pepper, and veggie stock. Stir to combine and bring to a boil. Turn to a simmer and add the mushrooms, pulling the oyster mushrooms apart into single portions. Cook at a simmer until squash is tender. Be careful while stirring to not break the oyster mushrooms. Turn the heat off and add the milk and nutmeg.



Good Humans Are All Around Us



Jennifer Wahlquist Coolidge
Ownership Coordinator
Co-op Owner since 2003

Last year a Co-op Owner approached me with a request during the Fall Holiday Food Drive. She wanted to give a significant gift to the Food Pantry but was unsure of what was really needed. She asked me to shop as a proxy for her within a certain budget. We were able to fill two whole shopping carts with her generosity!

This year, she approached me again during our Holiday Food Drive. Unfortunately, due to Covid-related issues, she lost her job in 2020 and finances were not what they were last year. When her vehicle recently experienced difficulty and a much-needed repair was necessary, she knew there was only one option, but to sell one of her beloved antique saxophones. From the sale, she was able to repair the vehicle and had \$100 leftover. With that money, she came into the Co-op and asked me again to shop as her

proxy for the Tree of Life Food Pantry. She expressed wishing it were more, but it was all she could do this year. I am so warmed by not only her generosity but also her humility. And, as you might imagine, she's also doing this anonymously which makes the giving even sweeter, in my opinion.

With her \$100 we were able to fill a cart with...

- 2 cans of organic diced tomatoes
- 8 cans of organic tomato sauce
- 2 cans of organic pizza sauce
- 1 can of wild-caught tuna
- 4 cans organic tomato paste
- 7 cans of organic cranberry sauce
- 1 box of corn flakes cereal
- 5 containers of organic chicken stock
- 3 boxes of Toasted O's cereal
- 2 boxes of Annie's Mac and Cheese
- 3 boxes of Graham Crunch cereal

She is an example of good humans in our community. In witnessing her choices in the world, I ask myself... how can I do more to serve others? And also, how can I enhance my giving when combining



Last year's Donation: Photo by Kipp Hopkins
efforts with others?

Thank you for being a good human in our community and all YOU do to make this part of the world a little better!

The Jade Tree



Patrick Harris
Grocery Department
Co-op Owner since

When I joined the Co-op's grocery department this August after many months of lockdown, its new space had already become cemented in my mind as a place of warmth and comfort. As my mother was in the final stage of a terminal illness the previous fall, a friend who lived out-of-state had sent me a generous gift card so that I might be reminded to feed myself while navigating a pretty challenging life event. I remember coming into the store then to discover it had transformed into an open and vibrant community center, and meals from the hot bar and Alden's ice cream sandwiches became little moments of respite during some very long days during a very long year.

Since that time my days have shrunk back to normal proportions, but in many ways, it feels that long year just continues. The "new normal" is still hovering intangibly out there on the horizon as the world at large remains perpetually unsettled. But, in response to that, my immediate life has grown smaller, simpler, more focused... and this I feel has been

a net positive. In my experience thus far, the Co-op not only operates in a close-knit and responsible bubble between our staff and shoppers but also continues its role as a nexus for local producers to sustain their farms and businesses and help nourish the collective within that bubble. In my time here I've discovered the small-but-significant pleasures of Fin & Fern pasta from Stonington, Colvard & Co. sausages from MDI, Milkweed & Monarch pastries from Deer Isle, Fogtown beer from Ellsworth, and the list goes on. Plus I find I am gradually rejoining a local community of co-workers and customers in the wake of a series of life events that had proven somewhat isolating. Ironical that this should transpire in the midst of the pandemic.

While the store itself was open again by the time I came aboard, it's also been encouraging to see its careful-but-steady expansion back towards its full role. In the grocery department, we're still experiencing periodic shortages but are continuing to expand our range of products, having now enrolled in programs to bring new items into the store regularly throughout 2021. We sold what I'm told is a record one-hundred-and-thirty-plus regional farm-raised turkeys this Thanksgiving. Produce always seems vibrant and fully stocked, and the bulk

department is still putting in the extra work to keep everything available via pre-packaged quantities for safe handling. The hot bar remains closed, but the Café has expanded its menu nonetheless. And while our indoor seating area remains roped off, some weekend mornings I stop by the coffee counter and see the winter light hitting the jade tree in the corner, and I note that while it's quiet in there, it's far from lifeless. Every little leaf on that massive thing has the potential to become another tree, and while there is doubtless another long dark season ahead, the thaw this year should be monumental. However long this endless year has been (twelve... eighteen... forty-eight months?), there is far less of it ahead than behind us.



Mama Jade: Photo by Kipp Sienna Hopkins

Recollections of an Amateur Crossword Creator



Kipp Sienna Hopkins
Marketing Manager
Co-op Owner since 2006

I love words. That’s right, I’m a certified logophile. That’s a fancy word for a person who loves words, by the way. Well, maybe I’m not exactly “certified” since I’m also an autodidact, or self-educated person (can I certify myself?). I attribute this love of words to spending a lot of my childhood listening to my mother and older sister reading novels aloud. Many of which were well above what would be considered my age level. I also loved J.R.R. Tolkien and would pretty much continuously listen to The Lord of the Rings on cassette. It’s not possible to avoid a love of words when you grow up on Tolkien (possibly history’s greatest logophile).

My first exposure to crossword puzzles was my Meme. She always started her day with breakfast and the crossword. And from ages seven to thirteen, I pretty much always did too. At first, I didn’t really get the appeal. Probably because as a seven-year-old, most, if not all, the clues went right over my tiny head.

But, that didn’t stop my Meme from reading each clue out loud and asking me if I could figure it out. When I inevitably came up with zilch, she would tell me the answer and then explain it so I understood. It didn’t take me long to realize how cool the whole concept was. The way the words fit together, the sneakiness of the clues, and the perfect balance of the grid. After a little while, I was able to work out some of the clues myself. Because my Meme was pretty much the best person I’ve ever know, she would always act

amazed by my incredible intellect. Just before I started high school my Meme moved to my uncle’s house in Massachusetts to be closer to a medical facility. I didn’t keep up with crosswords after she moved. But, whenever I visited Meme at my uncle’s house, we would sit down at the table and work our way through the crossword.

It wasn’t until just after my Meme passed away that I completed my first solo crossword. It was in the back of an issue of National Geographic that I was reading. That was the winter when I lived alone in quite possibly the draftiest house in New England. I was camped out in my living room, about as close as I could safely get to the woodstove. Loath to get up from my cozy location, I decided to kill some time on the puzzle. And, of course, it made me feel closer to my Meme, who I was missing so much.

After that, I did any crossword puzzle that came under my view (some with better success than others). I got a book of crosswords for Christmas and carried it in my purse so I could do them whenever there was a lull. Then, I got with the times and downloaded a crossword app. But, that app, and all the others since, leave something to be desired. Maybe there’s something about folding a newspaper into quarters so only the puzzle is visible and penciling in the squares (erasing and filing them in again).

My journey as an amateur crossword creator began when I found a simplistic online program for building them. That year, every one of my family members got a personalized crossword for their birthday. The answers and clues were tailored to their interests and were packed with inside jokes.

When I became part of the editors of The

Harvest Herald, one of my first acts was to make a crossword puzzle for the Co-op. Because papers need puzzles, obviously.

I use a slightly more sophisticated program to make the Co-op Crossword. I usually begin with a list of co-op-eque words that are seasonally appropriate. Then, after they’re fit into place, I fill in the rest of the puzzle around them. To be clear, this is an amateur way of doing things. Real, professional puzzles have a lot of rules, like no words with less than three letters, which I break all the time. They’re also supposed to be symmetrical, so that no matter which way you turn it, the unfilled-in puzzle will look the same. It’s also generally accepted that the puzzle should have no more than seventy-eight, or so, words.

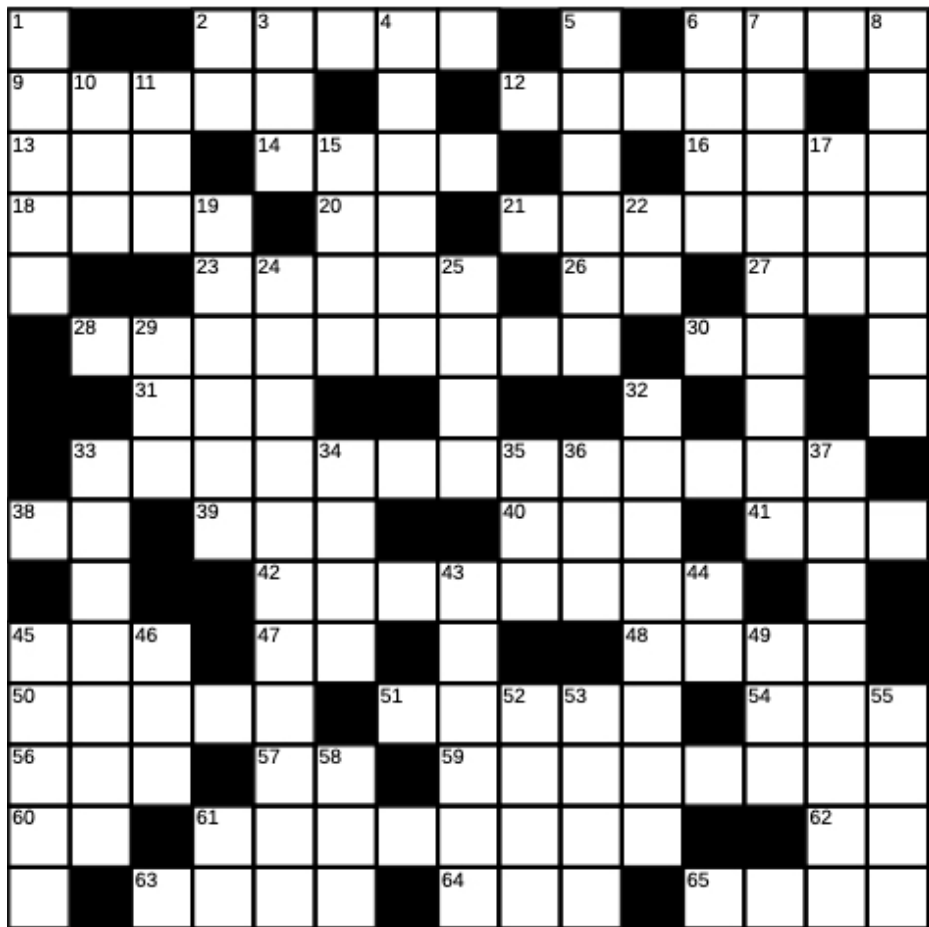
As you can probably imagine, that is a lot more complex of a process to build. In fact, almost all crossword puzzle creators use a fancy computer program to fill in their puzzles. The creativity is in the themed answers and in crafting a good clue. I definitely would love to graduate to the big girl’s program, but the initial monetary investment has prevented the move. Still, I like my amateur crosswords, with their lopsided appearance and occasional two-letter-words. I get really delighted when I can fit in a particularly good word. Like “Queqecoise” in the last issue (that one was for you Meme). I won’t spoil it, but I also love 21 across in this edition.

I hope that the Co-op Crossword brings some diversion to my fellow puzzle lovers and logophiles. I’d like to bring you many more, and increasingly better, examples in the future.

By the way, my favorite word is chimerical, existing only as of the product of unchecked imagination. I’m sure you were all dying to know.

Blue Hill Co-op Winter Crossword

by Kipp Sienna Hopkins



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

Across

- 2 Natural sweetener
- 6 The body’s bandage
- 9 Coming up
- 12 A Scottish Stone-Age tower
- 13 Kiwi’s late giant kin
- 14 Ten grams
- 16 Tourist’s printed guide
- 18 Pile of snow
- 20 Not out
- 21 Worshipping 25 down
- 23 Ice house
- 26 While
- 27 Egyptian earth god
- 28 The day after x-mas
- 30 Information technology abbr.
- 31 British trash can
- 33 Christmas carol monarch
- 38 Adoring exclamation
- 39 Prefix for earth
- 40 Expression
- 41 Caspian or Arabian
- 42 Pair with parsley, sage, and thyme
- 45 Most common draw in Scrabble
- 47 Type of degree
- 48 Retirement assistants
- 50 City on Turkey’s Aegean coast
- 51 Moved stealthily
- 54 A bathroom in Britain
- 56 Common breakfast grain
- 57 European Union abbr.
- 59 Choosing by vote
- 60 A note to follow so?
- 61 Festival of Lights
- 62 Cry of the pirate
- 63 This scholar was venerable
- 64 Enquire
- 65 Pagan solstice

Down

- 1 Famous deer (not Rudolf)
- 2 Expression of scepticism
- 3 A little weird
- 4 Holiday drink
- 5 Freya’s day
- 6 Read over hastily
- 7 Yuletide
- 8 Shrub or brush
- 10 Gardening tool
- 11 Hearsay about some corn?
- 15 Hot spot for pots
- 17 The compass point midway between east and southeast
- 19 Hobnobbing
- 22 In being
- 24 Witch’s building material
- 25 King of Asgard
- 29 Japanese kimono sash
- 32 Flightless but a great runner
- 33 Pan-African celebration
- 34 Oak, for example
- 35 Video recorder for short
- 36 Epoch
- 37 Like holiday chocolate
- 43 Victory cry
- 44 Twelve month abbr.
- 45 Garlic mayonnaise
- 46 First responder abbr.
- 49 Late great ring king
- 52 Large antlered animals
- 53 Summit
- 55 Fairytale giant
- 58 Comes before deux
- 61 Masculine pronoun



In the last issue of The Harvest Herald, we announced the new section Co-op Voices, a place for you to express yourself as a voice in our Co-op community. It will be a special place for our Co-op community to submit articles of their own. We hope to provide a platform for community to express themselves. We'd love to hear from

you about your experience with the Co-op. Please send your submissions to newsletter@bluehill.coop by Tuesday November 10th. Articles should be no longer than 400 words and may be edited for readability and grammar, not content. Depending on space, it is possible that not every submission will be published.

Prompt:
What's your favorite Co-op memory?

For a time during 1972-74, very early in the Co-op's life when those of us in the Co-op ordered together in bulk, we broke down the orders at the woodworking shop where I lived with my first husband, Jay Peters. This breakdown site preceded the Co-op's move to Barncastle, a location many remember. The shop was a huge, shingled building behind Main Street in downtown Blue Hill, behind Merrill and Hinckley, and across from the house and big garage where Murray and Thelma Tapley lived, and from Gad Robertson's house. The shop is long gone, and George Stevens Academy's white "new" classroom building is close to the site where it was. The shop was near the brook, on the town side, though Doug Stover's family's house was between it and the brook. The shop had formerly been a housepainter's shop. Every month, the truck arrived and we unloaded and had a group break-down, dishing out oil and peanut butter and honey as well as myriad organic dry grains and beans that we couldn't buy locally. The shop was heated by a woodstove that we stoked to its gills in the winter to make the space work. The breakdown was a social event for many of us 20-somethings from away, too. I remember it as organized but less hectic and directed than the breakdowns became as we all developed professions and our time became more limited. At that time, Jay and I lived in two small rooms built on the back and heated them with a wood cookstove. Our plumbing consisted of an outhouse! In all, it was a location that was a far cry from the Covid-responsible, sanitary new Co-op.

Robin Alden

Having watched the co-op grow since 1985 when I started cohabitating with Deborah Wiggs, I can only say, "Look at you now, Blue Hill Co-op! Who would of thunk it! And speaking as a former president-of-the-board, (yes, it's true... not the most successful presidency ever... but we won't get into that) I would say that you've surprised me and you've surprised everyone. Way to go, Blue Hill Co-op!" Deborah also was president-of-the-board at one time. A quite successful presidency, I might add. We watched the co-op go from a monthly preorder co-op in downtown Sedgwick across from the Baptist Church to two pickup locations, the other one at the North Blue Hill Grange, to the first storefront which opened in the old schoolhouse near Scott Pusey's house in Sedgwick, with odd and inconsistent open hours, to the ice cream shop at Greene's Hill Place. That last move was a good move. The co-op grew in leaps and bounds and took over the shop next door and then the doctor's office next door to that and then the basement. And still, it was too small and cramped with a minuscule parking lot. "And look at you now, Deah. Bedecked and arrayed." We graduated from being gardeners to farmers in the early 1990s and sold apples and lettuce to the co-op back then. I remember bringing in two bushels of organic sweetcorn which vanished into shoppers' carts right before my eyes. I was stunned. It was too fast. All my beautiful ears had disappeared precipitously down the hungry maw of the co-op. Was I charging too little? We still sell veggies to the co-op, mostly greens and garlic, under the name of Clayfield Farm. We expect that the young people who

will take over the farm, as we retire into our dotage, will continue to do business with the produce department. Deborah, who really does have a green thumb, will continue to take care of the house plants at the co-op and I will get over there and tune the piano when this pandemic finally recedes into the distance and we can open the cafe again...

Phil Norris

When I moved to Blue Hill in June of 2016, it was a big change. I finished graduate school, left my job, packed my things, moved up from Boston, and started my new job at the Blue Hill Library all in a matter of a week or so. Getting a membership at the Co-op was one of the first things I did to feel like I was settling into my new life. You can imagine my surprise when, on only my third week of living here, I won the Full Moon raffle! Receiving a delicious collection of cheeses was an amazing way to feel like I was welcome and belonged in this community. It was just another sense in which I felt, and still feel, incredibly lucky to be here.

Hannah Cyrus

This summer was full of important Co-op memories for me. The Co-op was one of the only places my family felt safe "dining out" with friends, and it also provided me with a safe and convenient place for work meetings over coffee or lunch. Several times I would meet up with someone on Main St., hike up the newly renovated trail, have a great lunch or hot beverage on the Co-op patio, and hike back down. We are grateful for that space to have safe social interactions with friends and colleagues. It was a real gift this year especially.

Chrissy Allen

Continued on page 11

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The Full Moon Sale is a time-honored tradition at the Co-op. A monthly sale where our Co-op Owners can save 10% on their shopping.* We're excited to be switching to a Full Moon Sale Week, where each Owner can choose one transaction to receive their 10% discount during the week of the full moon. We hope that this will enable more people to take advantage of the sale, fitting it into their schedule.

Continued from page 10

HOUSE WREN RESCUE
By Martha E. Duncan

You come in from work.
I'm making split pea soup,
cutting vegetables for salad,
when a bird hits the glass on the door.

You raise your chin and
take the room in four steps.
The bird is down on the deck.
I stand at the door,

spoon in hand, and see
the bird opening and closing its beak,
as it lets itself settle on the deck table.
You're easing away, bending

to see its face. It seems to
hunker down and go to sleep.
We're listening to the radio
while the soup simmers.

Tributes to Ruth Bader Ginsburg.
For a while, nothing; next, one eye open.
A rag blanket to warm it.
Then a small green cup of water

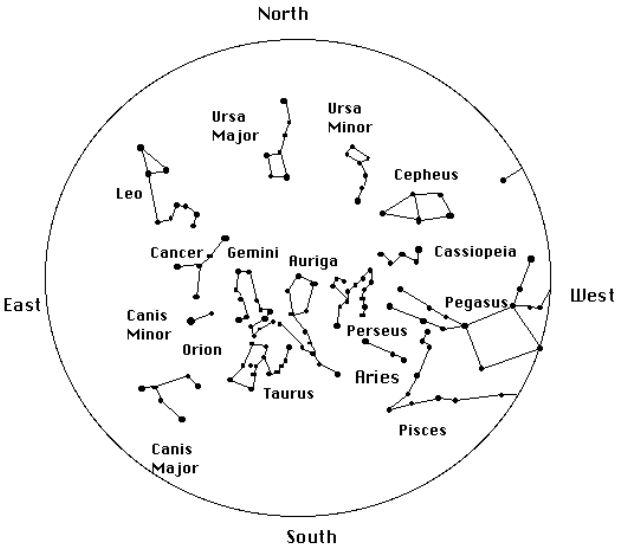
set in front of its beak.
Still, neither of us can eat the soup.
Then, just as Nina Totenberg says
reading Ginsburg's briefs filled her with
so much information she "felt like a
goose whose innards were ready for foie
gras,"
we look up and see
the House Wren fly away.



"Marsh Wren" by Kipp Sienna Hopkins

Winter Stargazing

Do you have loved ones who you have to stay distant from? It can be hard to come up with things to do safely. Bundle up, bring some blankets, several thermoses of hot cocoa (no sharing), and observe the winter skies together.



- Circumpolar Constellations:**

 - Cassiopeia
 - Cepheus
 - Draco
 - Ursa Major
 - Ursa Minor
- Winter Constellations:**

 - Canis Major
 - Cetus
 - Eridanus
 - Gemini
 - Orion
 - Perseus
 - Taurus

Orion is maybe the most famous of the winter constellations because it's the brightest and easiest to recognize. South of Orion's belt is one of the brightest nebulae and is visible to the naked eye. Canis Major is named after one of Orion's hunting dogs and contains Sirius, the brightest star in the sky.



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Crossword on Page 9

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SHUTOREN (JAPANESE STOLLEN)

AS SEEN IN OUR ZOOM CLASS “TRADITIONAL HOLIDAY FOODS OF THE WORLD”
See the recording at www.bluehill.coop/zoom-classes

There’s a new rising star in Japan during the holiday season. Stollen, the German Christmas bread, made with dried fruits, nuts, and marzipan, is gaining popularity. It may be because it’s easy to make at home, or because it’s hardy nature makes it an easily giftable food. Whatever the reason, stollen (or shutoren) is well on its way to joining Christmas Cake and fried chicken as an essential part of a Japanese Christmas. The following recipe was translated and adapted from a Japanese recipe from Tomiz, a Japanese dry goods company. It’s very easy to make at home and the soft texture and mildly sweet, spiced flavor is sure to delight. Even after the Christmas season, stollen is an excellent wintery treat! *Recipe from WashokuDay.com*



- INGREDIENTS
- First dough:**
- 50g flour
 - 3g instant yeast
 - 40 ml milk
- Second dough:**
- 100g flour
 - 20g sugar
 - 2g salt
 - 20g almond flour
 - 1/2 tsp cinnamon
 - 1/4 tsp cardamom
 - 25g egg
 - 50g butter (room temp)
 - 200g mixed fruit
 - 20g almonds
- Finish:**
- 60g butter
 - 50g confectioners’ sugar

DIRECTIONS

Step one: Chop up the almonds and toast the almonds at 375 for 12 minutes. Mix with the dried fruits.

Step two: Warm the milk, then mix together the first dough’s ingredients. Knead for about 5 minutes. Put in a greased bowl, cover, and let rise for about 30 minutes.

Step three: 10 minutes before the first dough is done rising, start the second. Cream the butter with the sugar and salt. Add the egg little by little, then the almond flour and spices. Finally, add the flour and mix to combine.

Step four: Tear up the first dough and knead it together with the second. Knead for 3-5 minutes, until fully incorporated. Then, fold in the almonds and mixed

dried fruit.

Step five: When the ingredients are all mixed together, put the dough in a greased bowl and cover. Let rise for 30-40 minutes.

Step six: Divide the dough into two equal portions. Form into balls then let rest for ten minutes. Roll each ball into an oval, roughly 4.5x7”. Fold so that it’s about 1.5 inches from the edge. Place on a baking sheet and let rise for another 30 minutes.

Step seven: Bake at 350 for 30-40 minutes. Once it’s out, spread the remaining butter over the entire loaf, including the bottom. Dust with sugar. When the loaf is cooled completely, dust with powdered sugar.

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!



@jvanheim



@wholesomelivingbylauren



@xanafood.healthyandsustainable