

The Harvest Herald

Presented by **BLUE HILL CO-OP**
Winter 2021

FREE



Updates From The GM



Kevin Gadsby
General Manager
Co-op owner since 2016

I hope this newsletter produces in you a measure of gratitude that you are part of a vibrant and growing community-owned food hub. As we continue to navigate the challenges before us, we seek to further excel in the many ways we serve the Blue Hill Peninsula. We've had some obstacles thrown at us along the way, but through it all, we've managed to continue to land on our feet. I often remind myself how far we've come in just two and a half years since moving from our Ellsworth Road location. COVID-19, which quickly upended the retail sector, hit us only seven months in. These effects steadily rippled throughout the grocery industry with labor shortages, supply-chain issues, and the never-ending concern over making sure we're doing all we can to keep our people safe and healthy. It is a very stressful environment to live in day after day, and it's easy to become almost callous with COVID-fatigue setting in. We all need a good break from this pandemic world so we can live life in its fullness. We hope that 2022 brings much-needed relief, allowing us to give more attention to our



Photo by Kipp Sienna Hopkins



Photo by Kipp Sienna Hopkins

co-op organization's continued development and growth to better serve our community's needs.

I remain very grateful for my staff and the steadfast leadership of my management team. Much care goes into the work they do, and I am confident that our co-op would not have managed as well as it has thus far had it not been for the many devoted and talented employees whose work keeps us running strong. One of those employees is John McClement, who came to us at the old location looking for part-time work after moving from a career in NYC to settle down along the salty coast and take up farming. John came to us at a critical time, and when the Grocery Dept Manager position became available soon after we moved to the new store, I seized the moment. John was willing and jumped in headfirst and only recently

came up for air. John recently stepped down as Grocery Dept Manager and, after a much-needed break, has returned to wow us with his expertise in wine. He will work with John Broeksmit in Beer & Wine, curating the most excellent wine collection. Thank you, John M, for the countless hours you gave us at a critical time of growth. À votre santé!

As John M steps aside, we welcome Chris Curro as our new Grocery Dept Manager. Chris comes to us with years of co-op experience, most recently serving as GM of Good Tern Co-op in Rockland, ME. Thanks for jumping on board, Chris. You've quickly become one of us.

In other news, I am happy to report that the Finance Committee and I have been hard at work over the past few months with the process of refinancing our commercial loans. After sending out a Request for

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Proposal (RFP) to area lenders, we successfully negotiated better terms with our current lenders, Coastal Enterprises Inc. (CEI) and the Cooperative Fund of New England (CFNE). Each will share an equal position in the new loan with a lower interest rate, minimal closing costs, no

a pitch from me about Giving Tuesday. The impetus behind this fundraising effort was brought to me by co-op owners whose goal is to pay down our mortgage debt to further strengthen the Co-op's financial solvency. Paying down our commercial loans will create a path toward timely member-investment redemption and ultimately allow the Co-op



Photo by Kipp Hopkins

loan covenant restrictions, and no prepayment penalty. The loan will close next month, and we expect to save nearly \$100,000 per year in interest alone. The new loan terms will allow the Board of Directors more discretion on member-investment redemption and dividend distribution based on an annual assessment of the Co-op's financial performance. The refinancing comes at a good time as I have been working with a co-op consultant on creating a new wage structure for the Co-op that charts a path toward providing a livable wage for all employees. We are moving in that direction and will implement a new wage plan after the new year that will increase entry-level pay and provide additional leadership roles to strengthen our administration team.

You may have recently seen

to continue developing a more comprehensive and competitive wage and benefits package for our hardworking employees. The Co-op has welcomed nearly 900 new owners since opening the South Street store in August 2019, many of whom missed the opportunity to contribute to the fundraising campaign that brought us into our new location. If you are one of our new owners and would like to contribute to help pay down our debt and ensure the continued success of our co-op, please consider a year-end donation. Tax-deductible donations are made possible in partnership with Eastern Maine Development Corp. (EMDC). Please reach out to me with any questions.

Good health, prosperity, and healing to all in the coming year.
-Kevin Gadsby, GM

Co-op Board Officers & Members

- President:** Jerome Lawther
Vice President: Aaron Dority
Secretary: Jen Traub
Treasurer: Tim Tunney
Deborah Evans
Diane Bianco
Cheryl Boulet
Jo Barrett
Jenny Brillhart

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

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

*Meetings are held in the cafe or on Google Meets.
Check our website for more info.*

COOP

BOARD OF DIRECTORS 2021 ELECTIONS

2021 Annual Meeting Election Results
Annual Meeting Date: Sept. 23, 2021

Board Development & Election Committee: Deborah Evans, Jo Barrett
Votes Counted: October 6, 2021
Election Tabulation Committee: Deborah Evans, Jo Barrett, Jennifer Coolidge, Jen Traub, Diane Messex

Election of Directors Results:
AARON DORITY - reelected for a three-year term
JENNY BRILLHART - elected for a three year term

Bylaw Changes:
Article III, Meetings of Owners Section 3.1, Annual Meeting:
Passed: 200 yes / 9 no
Article III, Meetings of Owners Section 3.8, Balloting By Mail:
Passed: - 199 yes / 10 no
Article IV, Board of Directors Section 4.2, Number & Qualifications:
Passed: 163 yes / 41 no
Article V, Meetings of the Board Section 5.5, Decision Making:
Passe: 189 yes / 15 no

A total of 224 ballots were received.

To see the updated Bylaws, go to bluehill.coop/board-of-directors



2021 DONATIONS SO FAR

- JANUARY - \$1,414.21**
Frenchman Bay Conservancy
FEBRUARY - \$1,664.33
Blue Hill Halcyon Grange
MARCH - \$2,197.80
Acadia Wildlife Center
APRIL - \$1,514.26
Healthy Peninsula

- MAY - \$1,512.36**
Racial Equity & Justise of Bangor
JUNE - \$1,080.73
Community Compass
JULY - \$1,589.01
The Simmering Pot
AUGUST - \$1,352.63
Blue Hill Heritage Trust

- SEPTEMBER - \$1,454.49**
Blue Hill Public Library
OCTOBER - \$1,466.72
Next Step Domestic Violence Project
NOVEMBER - \$1,108.51
Wabanaki Public Health
DECEMBER - TBA
The Dolly Fisher Fund

When There Are Gaps In The Supply Chain



Chris Curro
Grocery Manager



Just five months after Blue Hill Co-op opened with a bigger space to serve a much broader food community, the pandemic brought the supply chain conversation from back rooms and delivery docks to the store floor and to our homes.*

We all know that the flow of people and products has been disrupted, and we are experiencing the effects. Raw materials are in short supply. Packaging materials are not all available. Labor shortages exist for many farms and production facilities. Transportation networks are logjammed beyond our borders and within our nation. The interconnected challenges of our larger economy have led many to narrow production, reduce quantities of some varieties and eliminate others entirely.

These changes have affected nearly every food producer: family-owned companies such as Nature’s Path and GTS; farmer-owned cooperatives like Organic Valley and Cabot; employee-owned companies such as Bob’s Red Mill and King Arthur.

We purchase lots of food directly from local producers in this rich and varied foodshed, but our local producers have not been exempt from the

disruptions. One local pasta maker has experienced delays in the arrival of a primary ingredient, flour, resulting in a temporary production pause. One local dairy could not access its usual glass containers causing a short-term broken connection from cow to Co-op. The replacement containers are more expensive, and new labels had to be designed at an additional cost. Another local dairy farmer spoke of 60% increases in grain costs. And these days, hiring new workers to respond to the new burdens and higher demand has presented its own difficulties.

Most stores and food producers rely upon various distributors to provide a service and do the hard work of logistics: picking up, aggregating, and transporting food from various producers to many stores. These distributors play a central link in the supply chain. And our team of buyers utilizes a number of distributors, near and away, to carefully create a beautiful store like a puzzle with fresh, frozen, and packaged pieces coming from various distributors, with each distributor experiencing their own challenges along the way.

In October, our largest distributor let us know that labor

shortages at the New Hampshire warehouse were slowing its ability to deliver the increasingly large orders to organic and natural foods stores. To ensure it could deliver products to every store, it announced that it would temporarily “smooth” or flatten the number of cases delivered to each store based on order size and labor availability, evaluated daily. In a nutshell, our grocery orders might be anywhere from 100% to 40% fulfilled, not counting manufacturer out-of-stocks.

Between the manufacturer out-of-stocks and the distribution issues, our grocery deliveries have been as high as 75% of our original orders and as low as 25% of our requests. You have seen the ripple effect in every department—produce, meats, cheese, bulk, the café, and every grocery aisle, refrigerator, and freezer.

I feel lucky to be part of such a strong Blue Hill Co-op team who continues to respond to these challenges with thoughtful, mission-driven creativity and hard work, purchasing locally as much as is feasible, looking regionally for other options, and seeking out new quality brands to fulfill our common goals and fulfill each person’s food needs.

Blue Hill Co-op also benefits

from the advocacy of National Cooperative Grocers (NCG), our co-op of co-ops, to keep broader prices as low as practicable and ensure we receive delivery and service at the highest levels possible.

We also appreciate the patience of our kind and understanding customers, who recognize our efforts to offer a great shopping experience.

We notice the empty spots, “holes” on our shelves. The resilience of our supply chain is being tested. Yet as I walked the store on the Wednesday before Thanksgiving, just as “smoothing” was taking full effect, a customer voiced another perspective: how privileged we are to have so much good food available to us.

*Huge props to the whole team for amazing work guiding the Co-op through the past two years’ challenges from store opening through the pandemic. I want to single out my predecessor, John McClement, for his hard work, dedication, intelligence, and humor in leading the Grocery Department. John is now working in the Beer and Wine Department (see page 13).

Ownership at a Glance

NEW OWNERS
SINCE OCTOBER 1ST: 74

TOTAL ACTIVE OWNERS: 2472



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

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

The Newsletter Team

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

LETTERS TO THE EDITOR

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

DISCLAIMER

The Blue Hill Co-op serves a diverse community. It is within the vision of this co-op to strive to embrace diversity and to meet as many needs as possible. Opinions and viewpoints shared within this newsletter are neither endorsed nor disregarded. Editorial content is intended for informational purposes only and is not intended to diagnose, prescribe, recommend, or offer medical advice. Newsletter articles do not necessarily reflect the opinions of the Board, staff, management, or Newsletter Team. Advertisements will be sold at the discretion of the Advertising Coordinator, who reserves the right to refuse and edit submissions.

The ICE Age Is Ending — Electric Vehicles Are Here!



Ulysses Lateiner
Co-op Owner since 2020

When our trusty 2004 Honda Civic perished unexpectedly in May from a terminal case of malignant chassis rust, my wife and I experienced the full Five Stages of Grief: Denial (*The car can't be dead, the engine still runs fine!*), Anger (*Thousands of older Civics are still on the road, it's not fair!*), Bargaining (*If we ask enough mechanics, maybe we can find one willing to reinforce the body with Play-Doh and bungee cords?*), Depression (*It was such a cheap and reliable car... no other car can ever replace it!*), and finally Acceptance (*I guess we should quit feeling sorry for ourselves and think about what to replace it with*).

As we considered our options, one of the non-negotiable requirements was that our next car have better fuel efficiency than our late great Civic, a gas-electric hybrid that got 45 highway miles per gallon (mpg).

It's common knowledge that electric vehicles (EVs) are cleaner and more efficient than internal combustion engine (ICE) vehicles, but we were wary about EVs at first: like most people accustomed to the convenience of pulling into the nearest gas station and driving away with a full tank two minutes later, thinking about EVs gave us "range anxiety": the fear that your vehicle has insufficient energy to cover the distance to its intended destination. We live in Massachusetts but make multiple lengthy visits to the Blue Hill/Deer Isle area every year, and reliable charging infrastructure for EVs doesn't exist outside of major metro areas like Boston, right?

Wrong! It turns out that 2021 was a turning point for EVs in Maine. A number of EV fast charging stations came online along I-95 in the first half of the year, and more are under construction in Belfast, Ellsworth, and Bangor as I write this. So much for our worries about fast charging on long-distance trips, but what about routine charging needs? When we were asking ourselves this question in May, the total count of publicly available medium-speed ("Level 2") chargers between Blue Hill and Stonington was a whopping three: one at the Blue Hill Tradewinds, and two in a Stonington public parking lot.

But when we learned that the Co-op was installing four Level 2 chargers, this helped push us over the finish line: between the fast chargers along I-95 and the expansion of Level 2 charging in Blue Hill thanks to the Co-op-- not to mention that EVs can always be charged at home on a humble 120V outlet-- we finally were ready to let go of our range anxiety. We leased a 2021 Hyundai Kona EV, which has a range of 250-300 miles per charge and a fuel efficiency rating of 120 mpg-equivalent. We have already made two lengthy round trips from Massachusetts to Deer Isle, with zero range-related complications of any kind.



Photo by Kipp Sienna Hopkins

For those unfazed by range anxiety but suffering from wallet anxiety: Did you know the federal government offers a \$7,500 tax credit on purchases and leases of most EVs? When you combine the federal credit with state-level EV credits and rebates, the effective purchase/lease price of an EV drops by almost \$10,000. Need another argument in favor of EVs? EVs are mechanically simpler and lower-wearing than ICE vehicles, which means you won't need to worry about replacing spark plugs, fan belts, oil and air filters, etc.

I am grateful to the Co-op for making a bold investment in bringing the EV revolution to the Blue Hill/Deer Isle area. Now that I have made the leap to EVs, I have no intention of going back to the ICE age!

KETO SPITZBUBEN

See more recipes online www.bluehill.coop/blog



Photo by Kipp Sienna Hopkins

Spitzbuben are a Christmas cookie hailing from Switzerland. They're crisp, buttery, and filled with jam. The name is derived from spitzbub, which means "mischievous boy," and originally little faces were cut into the top cookie. This version is keto-friendly and nut-free!

INGREDIENTS

- 1 cup arrowroot flour
- 1/2 cup tapioca flour
- 1/2 cup coconut flour
- 1 pinch sea salt
- 1/4 cup monkfruit sweetener
- 1/4 cup butter (room temperature)
- 5 tbsp coconut oil
- 1 tbsp Bionaturae peach fruit spread (no-sugar-added)
- 3 tsp vanilla extract
- 1 egg
- 1 cup Bionaturae strawberry fruit spread (no-sugar-added)
- Swerve powdered sweetener


Preheat the oven to 350° F.

Whisk together the flours, salt, and monkfruit sweetener. Set aside.

In a standing mixer, beat the butter, coconut oil, and peach fruit spread until creamy. Add the vanilla and egg and beat until fully incorporated. Add the dry ingredients 1/4 cup at a time, beating on low speed. The dough will be dry but will stick together when you form it into a ball.

Divide the dough into two balls. Roll out the first ball between 2 sheets of parchment paper to 1/8-inch thickness. Cut out the cookie base using a 2.5-inch shape or a similarly sized cutter. Bake for 8-10 minutes on a lightly greased sheet until the cookies are light golden brown. Meanwhile, roll out the second ball, again between parchment, and cut more cookies of the same shape, this time cutting out a smaller shape in the center. Keep track of how many bottoms and tops you have so the number matches. When all your cookies are baked and cooled, spread about a tsp of fruit spread on the bottom layer and sandwich them—dust with the powdered sweetener.

You can now plug into either dual pedestal charger while you shop or eat in the cafe. The cost is \$0.25 per kilowatt-hour. That's roughly equivalent to \$1.80 per gallon of gasoline.



Getting Creative With Celeriac



Autumn Robbins
Produce Manager

Hello from the Produce Department! We want to share some ideas to help you branch out with your root vegetable selection and shine some light on a lesser-known ingredient, Celeriac. Offered by many of our fine farmer friends and also called celery root, Celeriac is a hearty and versatile vegetable that can be used raw or cooked. It originated in the Mediterranean Basin, earning it an honorable mention in Homer’s Illiad and Odyssey. A particular variety of celery that is cultivated primarily for its the edible root, Celeriac has an impressive shelf life, allowing it to last six to eight months with proper storage! A slightly starchy root, Celeriac is popular for use in soups and casseroles and can be cooked by roasting, blanching, stewing, and even mashing. While its Mandrake-like appearance can be a bit intimidating to some at first glance, we want to share some recipes to inspire you to embrace this delicious and economical wintertime treat. We’re wishing you a most wonderful Holiday Season!

CELERIAC AND BEETROOT SALAD

INGREDIENTS

- 6 medium beets (trimmed, leaving 1 inch of stems attached)
- 1 (1-lb) celeriac
- 2 tbsp + 2 tsp fresh lemon juice (plus additional to taste)
- 2 tbsp minced shallot
- 1/4 cup olive oil
- 3/4 tsp salt
- 1/2 cup chopped walnuts (toasted & cooled)

- Step 1: Put oven rack in middle position and preheat oven to 425° F.
- Step 2: Wrap beets tightly in foil to make 2 packages (3 beets in each) and roast until tender, about 1 1/4 hours.
- Step 3: While beets roast, peel celery root with a sharp knife and cut into 1/8-inch-thick matchsticks. Whisk together lemon juice, shallot, oil, salt, and pepper to taste in a large bowl until well combined, then add celery root and toss until coated. Keep at room temperature, covered, until ready to add beets.
- Step 4: Carefully unwrap beets and slip off skins and remove stems when just cool enough to handle. Cut beets into 1/8-inch-thick matchsticks and toss with celery root.
- Step 5: Let salad stand, covered, at room temperature 1 hour. Taste salad and season with more lemon juice and salt if necessary, then toss with walnuts. Enjoy!

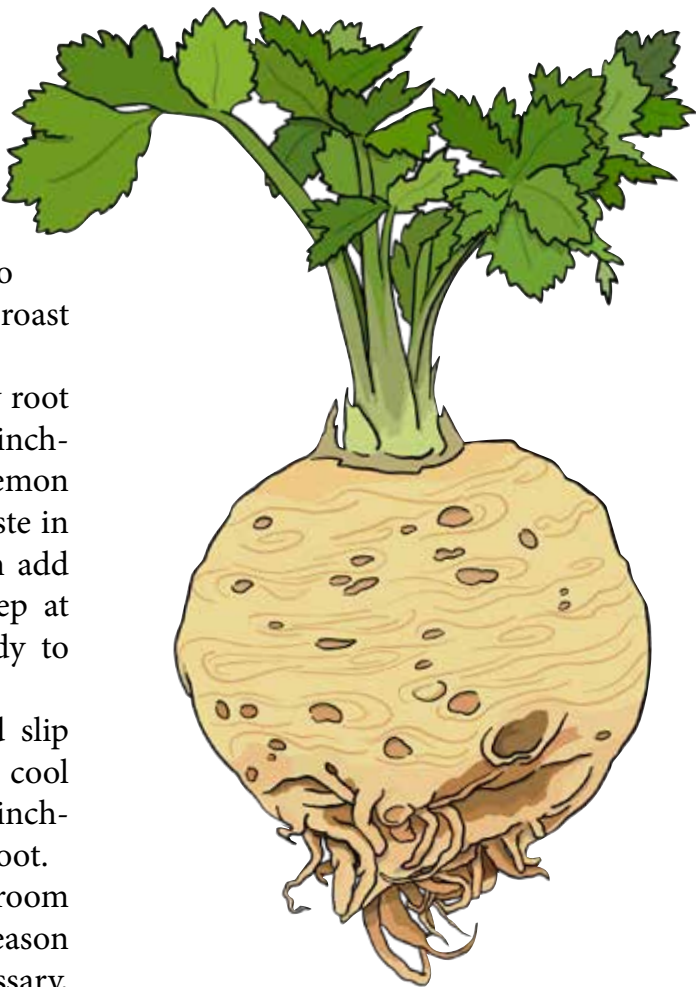
STEAMED MUSSELS WITH PERNOD, CELERIAC, AND SAFFRON AIOLI

FOR AIOLI

- 1 tbsp hot water
- Pinch of saffron threads (crumbled)
- 2/3 cup low-fat mayonnaise
- 2 garlic cloves, minced

FOR MUSSELS

- 2 tbsp olive oil
- 1 large celeriac (peeled and finely chopped)
- 1 large leek (white and pale green parts only, thinly sliced)
- 2 carrots (peeled and finely chopped)
- 2 celery stalks (finely chopped)
- 6 tbsp fresh parsley (finely chopped)
- 4 garlic cloves (minced)
- 4 1/2 lb mussels (scrubbed and debearded)
- 1 1/2 cups dry white wine
- 1/3 cup Pernod or other anise-flavored liqueur



- Step 1: Combine 1 tablespoon hot water and saffron in a medium bowl. Let stand 5 minutes. Whisk in mayonnaise and garlic—season to taste with salt. (Can be prepared 1 day ahead. Cover and refrigerate.)
- Step 2: Heat 2 tablespoons olive oil in a heavy large pot over medium heat. Add celery root, leek, carrots, chopped celery, and 4 tablespoons parsley. Stir to coat. Cover pot and cook until vegetables are tender, stirring occasionally, about 15 minutes. Add garlic and sauté 1 minute. Add mussels, wine and Pernod. Increase heat to high. Cover and cook until mussels open, stirring occasionally, about 6 minutes (discard any mussels that do not open). Remove from heat—season cooking liquid to taste with salt and pepper.
- Step 3: Whisk 1/2 cup cooking liquid into aioli to make a thin sauce. Ladle the mussels and remaining cooking liquid into 6 bowls. Drizzle each serving with some aioli. Sprinkle with the remaining 2 tablespoons parsley. Serve mussels, passing remaining aioli separately.

Vendor Visit Saturdays: Meet the Makers!



Jennifer Wahlquist Coolidge
Ownership Coordinator
Co-op owner since 2003

At the Co-op we define “local” as anything grown or produced in Maine. Currently, we have over 250+ growers and producers from Maine on our shelves. Salves, lettuce, butter, bread, teas, cheese—the list of what we carry from Maine businesses goes on and on. We are excited to offer weekly Vendor Visits featuring a Maine producer each Saturdays. These visits are your opportunity to try new products and meet the people who make them. It’s really fun to learn the story behind the businesses and products.

For our Farm Fresh Rewards customers, purchasing local food products is a great way to earn and redeem vouchers. You can find local foods more easily by looking for the blue “Local Maine” shelf tags. If you would like to learn more about Farm Fresh Rewards, ask your cashier. We are lucky to have such diversity and quality in our local Maine products. Come and visit with our local Maine vendors on Saturdays, 11am-2pm.



Gina from Clayfield Farm
Photo by Jennifer Wahlquist Coolidge

CHEESE – It’s Not Just Good, It’s Good For You!



Robin Byrne
Cheese Manager
Co-op Owner since 2002

If you love (or even just like) cheese, you’ll love this fact; cheese has many health benefits! In this article, we’ll take a look at some of the excellent attributes of cheese.

1. Bone health

Cheese is a rich source of calcium, protein, magnesium, zinc, and vitamins A, D, and K, which help contribute to healthy bone development in children and young adults. Vitamins A, D, and K are particularly helpful this time of year in boosting the body’s immune system to fight off and heal from viruses and mood swings. They are also great guards against osteoporosis.

2. Dental health

The calcium in cheese plays an essential role in tooth formation. It has been found that eating cheese (and other sugar-free dairy products) can raise the pH level in dental plaque, which offers protection against dental cavities.

3. Blood pressure

Even though many kinds of cheese are high in fat and sodium (not bad words), they don’t always lead to high blood pressure. In fact, many cheese eaters have low blood pressure, and it is believed that the calcium and magnesium content contributes to this. Calcium can help reduce blood pressure. But if you are looking for a few low-fat cheese offerings, enjoy Swiss, parmesan, feta, chevre goat cheese, and ricotta. These are all delicious on their own and are excellent ingredients for creating tasty dishes.

Personally, I am not a fan of “low fat,” “reduced fat,” or “fat-free” cheeses. They are highly processed and fragmented. I just don’t see the point, plus how can they possibly taste good? (My opinion, not proven fact.)

4. Healthy blood vessels

Some cheeses contain high cholesterol and sodium levels, suggesting that they can lead to cardiovascular problems. However, researchers have found that dairy products could be a good source of the antioxidant glutathione. This antioxidant is crucial for brain health and for preventing age-related neurodegeneration. Cholesterol helps with brain function.

Other studies show that the antioxidant properties of cheese may protect, in the short term, against the negative effects of sodium.

Do you see how it all works together?

5. Gut microbiota and cholesterol

As a fermented food, cheese may help boost healthy gut bacteria. This could positively affect blood cholesterol levels, especially if you have chosen raw milk cheese because they tend to have higher probiotic properties.

6. A healthy weight

I’ll say it again - CALCIUM! Since cheese is a good source of calcium, there may be benefits for people working on trimming a few pounds. Calcium provides small increases in thermogenesis, the body’s core temperature. This attribute may boost metabolism, which can prompt our bodies to burn fat. If weight loss is your goal, keep on enjoying cheese, just not too much. Three servings a day might help you hit your mark.

7. Omega-3 fatty acids

These have been found in some types of cheese, especially those made from milk produced by grass-fed cows. Omega-3 fatty acids are believed to benefit the cardiovascular system and the brain.

8. Healthy cells

Cells need protein for building and repair. One ounce of cheddar cheese, for instance, can offer 7 g of protein, aiding in cell health and healing. Please keep in mind that the amount of protein recommended for each person depends on their age, size, and activity level.

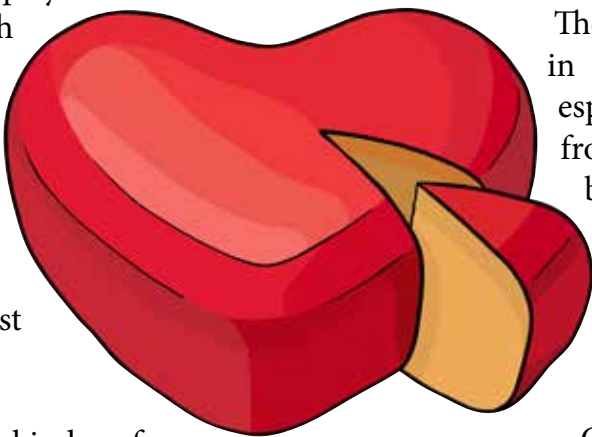
Here’s a little factoid for you to put on a cracker; on average one ounce (28 g) cheddar cheese has:

- 120 calories
- 10 g of fat, including 6 g of saturated fatty acids
- 0 g of carbohydrate
- 7 g of protein
- 200 mg of calcium
- 400 international units (IU) of vitamin A
- 30 mg of cholesterol
- 190 mg of sodium

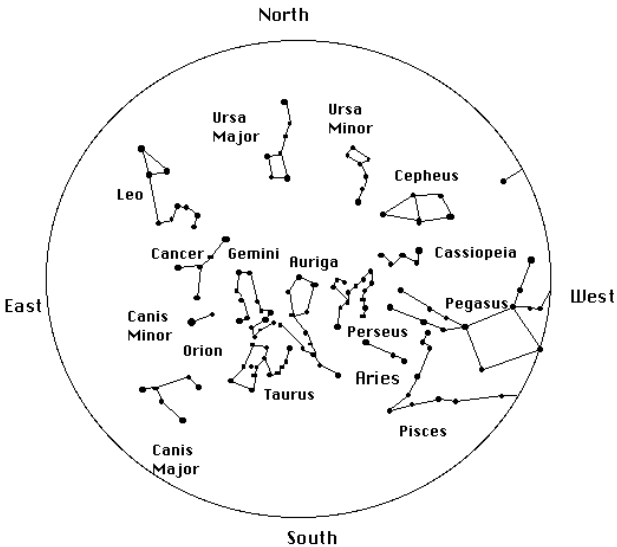
Of course, if you have specific allergies to cow milk, many options offer excellent digestibility, such as goat and sheep milk cheeses as well as vegan nut cheeses. Be adventuresome! Stay curious, and by all means, remember the most important health benefit of all: If it makes you happy, EAT MORE CHEESE! Happy new year!

For more info check out:

<https://doctor.ndtv.com/living-healthy/cheese-8-amazing-health-benefits-1890823>



Winter Stargazing



Circumpolar Constellations:

Cassiopeia
Cepheus
Draco
Ursa Major
Ursa Minor

Winter Constellations:

Canis Major
Cetus
Eridanus
Gemini
Orion
Perseus
Taurus

Orion, the hunter, is maybe the most famous of the winter constellations because it’s the brightest and easiest to recognize. Its distinctive hourglass shape is easy to spot. South of Orion’s belt is one of the brightest nebulae, the Orion Nebula, sometimes called Orion’s sword. Canis Major and Canis Minor, Orion’s hunting dogs, flank him to the north and south. Canis Major contains Sirius, the brightest star in the sky. In artwork depicting the constellations, Orion is often shown as either fighting Taurus, the bull just to his west, or hunting Lepus, the hare to the east.

In Greek mythology, Orion was the son of the sea god Poseidon and the Gorgon Euryale. He was gigantic and had superhuman strength. At one point, he was poisoned by a scorpion and nearly died. This myth is supposedly why the constellations of Scorpius and Orion are never in the sky at the same time.



1825 star map from Urania’s Mirror

In the northwest of the constellation Taurus, you can find Pleaides, the Seven Sisters. This asterism is one of the closest star clusters to Earth. The name Pleaides probably comes from the Ancient Greek word “plein” which means “to sail” because the sailing season in the Mediterranean started when the cluster appeared on the horizon. Other cultures have their own names and traditions for Pleaides, including Japan, where it’s known as Subaru (a six-star cluster). The automobile company, Subaru, is named for this group, and that’s why their logo is six stars.

What Is Wellbeing? New Products In The Wellness Department



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

What is wellbeing? The answer to this question no doubt changes as we journey through life. The enthusiasm we feel for life, or don't, is a barometer of our wellbeing. When our chemistry goes even a little haywire, our fundamental enthusiasm for life often becomes compromised, confused, and depressed. Yes, our spiritual practices, whatever they may be, can be essential to remain resilient and connected to a sense of wellbeing. Yet, we know that how well our body performs its fundamental functions is foundational to our ability to embrace and adapt to life.

Gut chemistry translates directly into energy levels and levels of enthusiasm itself. When I last wrote for *The Harvest Herald*, we had just introduced Ion Gut Health to the shelves of the Co-op's Wellness Department. Now, several months later, I have begun to hear reports from many customers and staff who are taking this "aqueous humate" nutritional supplement. Almost universally, the reports coming in have been very positive, even enthusiastic! Before I write about those reports, I will say that perhaps I did not recommend strongly enough to one of our owners to start with very small doses of Ion Gut Health. This is important if the gut is very disturbed, even if most individuals find the teaspoon serving works fine.

One Co-op staff member who had to use a proton pump inhibitor due to acid reflux issues told me excitedly, "I am off my medicine and feel better than I have in a long time." Another Co-op shopper shared with me that she had discovered Ion Gut Health more than a year ago and that it "changed her life," as she had dealt with intolerance to a variety of foods and autoimmune issues.

She also shared that Ion Biome's skin spray has proved remarkably helpful to her skin health. This product is one the Co-op may be carrying by the time you read this. Ion Gut Health works by triggering the cells in the gut lining to tighten and communicate more effectively with the rest of the body's systems, thus preventing toxins from entering our bloodstream and enhancing the dynamic synergy of brain-gut communication.

In other Wellness Department news, you may notice that we

have literally elevated the status of Natural Factor's remarkable line of Whole Earth and Sea Multivitamins. I decided to move them above New Chapter's offerings for a few reasons. Though New Chapter (owned by Procter and Gamble) offers a very good multivitamin using fermentation and organic ingredients, Natural Factors is a family-owned Canadian company that owns its own land in Western Canada, where it oversees its organic farms. In this respect, it is a "vertically integrated" company, also doing all its own manufacturing according to the highest standards of purity in the world. These ISURA standards require verified and independent testing for more than 600 toxins, heavy metals, insecticides, pesticides, fungicides, and other undesirable substances. The final testing is carried out by a completely independent facility using state-of-the-art "mass spectrometry" to test for substances at the molecular—even atomic—level.

Gut chemistry translates directly into energy levels and levels of enthusiasm itself.

Whole Earth and Sea Multivitamins are also fermented. Organically grown plants are concentrated to a 200:1 ratio, only using isolates of vitamins and minerals when their testing shows that their levels have dropped from levels that comply with the company's labeling. Natural Factors farms are harvested at their peak and immediately raw processed at their own facilities, using a proprietary EnviroSimplex method to retain the vital bioenergetic vitamins, minerals, enzymes, phytonutrients, and antioxidants. Suitable for vegans, these products are also certified Non-GMO and produced in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada. One of the truly remarkable things about the Whole Earth and Sea Multivitamins is that each bottle begins with 200 grams (200,000 mg) of

fresh raw produce!

Though challenging to negotiate what companies to work with as the industry keeps morphing, as a "buyer" of the many different lines carried in the Wellness Department, I keep an eye toward supporting family-owned, independent companies. Many good companies have been purchased in the last decade by transnational conglomerates. Natural Factors, like NutriGold and Now, are still independent. Many Co-op shoppers like to support these independent companies. You may have noticed we carry Ener-C, which is similar to the Pfizer-owned Emergen-C, but unlike the latter, a Non-GMO certified product, and independently owned and produced. Another good, independent company is North American Herb and Spice, specializing in a particular strain of wild oregano known as P73. According to the company, this strain is the most potent herbal extract known and "grows in the wild in the Mediterranean mountains as high as 12,000 feet above sea level." Handpicked and steam distilled, then emulsified in extra virgin olive oil, Oreganol P73 is highly versatile to support overall health. Supporting the health of all cells, two drops under the tongue provide overall body support and maintenance.

Oreganol is a powerful antimicrobial, antioxidant, and antifungal. It is also a digestive. A drop can be taken prior to meals for proper digestion. Drops can also be used as an aromatic and to invigorate:

Rub Oreganol on the body daily to help stimulate the immune system—shins, bottoms of feet, and breastbone. Dilute with extra virgin olive oil when rubbing on larger areas of the body or sensitive areas. Oreganol oil can also be rubbed on joints as a topical pain reliever and anti-inflammatory. Also wonderful and entirely new for the Blue Hill Co-op is NAHS's drinkable mouthwash, which does double duty as excellent oral support and becomes medicinal for the entire system when swallowed!

Be sure to check out our display by the cash registers. Information on the many uses is with our display. Before we know it, the light will be increasing! Let us practice gratitude and conscious breathing as we negotiate our way through these current days of darkness. This act most certainly will help your wellbeing.

The Bakery Blossoms!



Max Mattes
Café Manager
Co-op owner since 2019

What is happening right now in the Baked Goods section at the Coop is so extraordinary that this entire article will be a shout-out to the amazingly dedicated group of individuals who are collaborating to fill the shelves every day. We are experiencing a confluence of talent that puts the Blue Hill Coop in a class of its own.

Our resident bakers, Amber and Kate, start their days at 2 am when most of us are still sleeping. The selection of delicious goodies made in-house keeps increasing, from rustic Italian bread that we use to make our sandwiches (some two hundred a day at our peak) to the staggering variety of cookies wick include gluten-free and vegan options, home-style cakes, lovingly crafted tarts that change seasonally, old school madeleines, Buches de Noel, which will help celebrate the coming season, the list goes on and on. Most mornings, I find a sample of the day's new item that needs a label and space in our new bakery case. There is usually a story connected to the confection. Perhaps it's an old family recipe, maybe something Kate was inspired by from her years at Chase's Daily in Belfast. Maybe it's a new item that Amber has figured out how to adapt to our clientele, so that it meets their dietary restrictions. Each item has thought, care, and skill behind it.

And that is just the start of what we are able to offer. Tim and Lydia from Tinder

Heath drop off an abundance of Sourdough loaves, Pain au Chocolate, Almond Croissant, and Cinnamon Buns twice a week. Their creations are of such high quality that they deservedly contribute to Tinder Hearth's growing regional and national reputation as artisanal bakers of the highest level. We are so fortunate to be one of the very few locations that can stock these products, and the collaboration is one that we value very much. The question "Is Tinder Hearth here yet?" is one that we never tire of hearing because it reminds us of how in demand these items are and how lucky we are to be able to respond in the affirmative.

As if that were not enough, we also stock the goods from the astoundingly prolific Kim and Charlie of Milkweed & Monarch. That the two of them can bring to market what a team three times the size would be proud to call a day's work continues to impress. And it's certainly not just the volume of goods but the quality and variety of each handmade item that earns them a place on our shelves. Never content to just reproduce a known winner, they are forever adjusting each recipe to utilize what is in season or to tweak just a little more flavor or improved texture to the different doughs they use to wrap hand pies or fold into galettes or form the base for focaccia. These two honor us with the way they personally challenge themselves to constantly increase the already high level of what they create.

The gift of talent does not end there. Matthew and Veronica of Soul Thyme have



Photos by Kipp Sienna Hopkins (Soul Thyme not pictured)

an abundance of it and use it to create their own lane. The devotion they bring to sourcing locally and organically, the use of sourdough starter in their Breakfast Hand Pies and Boston Cream Doughnuts, the layers they put into the lamination of their Chocolate Babka (where else can you find these?) makes them a welcome addition to our already burgeoning shelves. They represent the ideals of the Co-op mission in the best way.

All of this has allowed our bakery case to become a central focal point for the Co-op Cafe. We couldn't be more proud or delighted to offer the products this talented and dedicated group creates daily for our sustenance and pleasure.

Art in the Café

OCTOBER: MARY BETH BOWER	NOVEMBER: GRACE KONECNY & ALYSSA CHESNEY GARZA	DECEMBER: SARAH SCAMPERLE
		

For upcoming exhibitions check the website: www.bluehill.coop/art-in-the-cafe

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

Ramen, How I Love Thee!



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

It is no secret that I love Japanese food. Anyone who pays attention to the Co-op's weekly recipes will probably have noticed a disproportionate amount of Japanese food on the blog. That's because I've been studying Japanese cuisine for over a decade. I've blogged about it, taught classes (one through the Co-op), catered dinner parties, and even appeared on a Japanese television program. For a while, I even considered opening my own eatery in Blue Hill but decided against it because I prefer cooking for myself, where there's less at stake. But without a doubt, I am a Japanese food enthusiast!



Ramen I made for a dinner party I catered

If someone were to ask me what my favorite type of Japanese food is, I would have a hard time narrowing it down. It's hard to choose between such varying dishes as tempura, unadon, and okonomiyaki. But, even though it's a bit of a cliché, I have to say, ramen is right up there in the top

rankings. If you're thinking of instant ramen, the notoriously cheap food of college dorm life, think again. I'm talking the rich, flavorful broth with juicy pork, perfectly boiled eggs, crisp veggies, and yellow, chewy Chinese-style noodles. I'm talking authentic, made from scratch, ramen.

Apart from sushi, it's hard to think of a more well-known Japanese dish outside the country itself. Inside Japan, ramen has been hugely popular since after WWII when American wheat was brought into the country to supplement a terrible rice harvest and food shortages. Before that, ramen had been a relatively obscure dish, originating in Yokohama's Chinatown in the late 1800s. Ramen was cheap to make and could be easily produced on the move, with a *yatai*, a type of wheeled cart/mobile restaurant. This made it a popular feature in the thousands of black markets springing up in Occupied Japan. Because of strict rationing and a ban on outdoor food vending, selling bowls of ramen was more or less illegal. But thanks to the yakuza gangs who ran the black markets, the American GIs who supplied the rations and made tons of money off the markets, the immigrants from formerly occupied mainland Asia who worked many of the stalls, and hungry citizens who gladly consumed the cheap and filling dish, ramen thrived.

Today, there are fourteen formally recognized categories of ramen, from the broth types (salt, soy, miso, and tonkotsu) to the toppings and noodle types. When I was in Japan in 2017, my first bowl of ramen was in a famous

chain restaurant in the Fukuoka airport. My interpreter and the TV show producer guided me through using the electronic menu outside to pick out any extra toppings and preferences I might want. Fukuoka specializes in tonkotsu ramen, a rich, milky broth made with pork and chicken bones. Their ramen noodles are also thin and wavy. I would eat more ramen in Tokyo, where shoyu (soy sauce) ramen is the most popular. But, with somewhere between six and ten thousand ramen restaurants in Tokyo, you can pretty much find any style of ramen you want.



The first bowl of ramen I had in Japan

Since my trip, I have become a little obsessed with making ramen at home. I've made the noodles from scratch a few times, but now I don't need to because the Co-op carries authentic, fresh ramen noodles from Nona Lim in the freezer section. My favorite type of ramen to make at home is Hokkaido-style, which has a miso broth and is topped with a stir-fry of cabbage and corn (two big crops on Hokkaido). And, of course, always remember the seven-minute boiled egg on top with plenty of scallions. There's a recipe on the Co-op's blog, and it consistently makes it onto our popular hits on the site's analytics. We also have a recipe for Tokyo-

Style ramen. But, ramen is not the only delicious way to use these noodles. One of my favorite dishes is yakisoba, stir-fried ramen noodles. You might have tried it back in the old store when I was a cook in the cafe. I would sometimes make it as the special on Mondays. Yakisoba is a popular food in Japan and is sold at street stalls during festivals. But, as much as I love yakisoba, I have to say my favorite use of ramen noodles, other than ramen proper, is Hiroshima-style okonomiyaki. These are a little hard to describe, but they're essentially a pancake made of layers of stir-fried noodles, cabbage and mung beans, pork, a thin crepe, and a fried egg with a sweet and savory sauce and usually some *aonori* (seaweed powder) or bonito flakes on top. Despite not going to Hiroshima, I managed to randomly stumble upon a restaurant that makes them at the top of a multi-level department store in Asakusa, Tokyo. Even though I had already eaten a bowl of ramen about two hours before, I just had to eat one. It ended up being my favorite meal. I love to make them at home and have put my recipe on the Co-op's blog.

I had been meaning to try out Tan Tan Ramen, a type of spicy ramen. I thought I might as well make it before producing this edition because I knew I wanted to write this article. I am now completely in love with Tan Tan Ramen, which is easy to make and a fantastic meal for a cold winter day. Check out the recipe on the back page! (Next, I'll be figuring out how to make a yummy vegan ramen...)

Blossom Studio

Lampwork Glass by Sihaya Hopkins

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Giving Thanks, Life & Dogs



Cat McNeal
Front End Manger
Co-op owner since 2013

We have just passed the Thanksgiving season and will soon be moving on to all the wintry holidays. I'm still in the giving-of-thanks mode. I am so glad I have such a comfortable place to work and that I get to work with people who may be different from me or have different interests, but that we can still get along and help each other when needed at work. I am very thankful to have people who have stayed all through the first days in this store, through the start of the virus, and continuing on until now.

The changes may now not be so apparent because we've become more adept at handling them with a little more ease. We'll keep on cleaning, training, and doing whatever we can to make shopping here enjoyable and safe.

I've noticed that most people have become used to the way life is going these days. I would like to say that I'm used to it, and it's all good and I'm fine and everything is alright. I mean, everything is basically all right. However, I don't want to get used to it. But, I've got other things on my mind, and hips, and back, and ears, and my heart; the DOGS! They do like a good tackle at times.

Two weeks ago, I got this fortune at knitting. I am definitely in transition, sort of. I am in a new place, haven't been back to stay at the old home, so I don't know if that's still considered in transition or not. But I still feel out of sorts. I haven't gotten the new place up

to speed. It doesn't really have a homey feel to it yet. But I have all my creatures, and that's the important thing. That's the only part of me that doesn't feel in transition. I still take care of the cats and dogs. That's an ever-changing action. It seems the dogs act pretty much the same for a while, and when they see I've gotten into a groove, they go ahead and change something up. They are teaching me about going with the flow.



Maggie, Photo by Cat McNeal

The pups have been adjusting pretty well to the new place. They had quite a few accidents when we first moved in, but that's easing up now. So either Maggie has learned to read, or she can read my mind (knowing her, probably both!). I picked up another training book

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

from Mike's Market across the way (his dog has been trained very well) and found some pretty interesting information regarding the training of dogs. When I came across feeding them out of my hand to help the bonding process and so that they would know that I am their food source, I figured that was something I didn't need to do. I mean, they see me take their bowls and put their food into the bowls. They watch me cook or warm up whatever I'm adding to the dry stuff, and I even let them lick the spoon. They see me carry their bowls into their crates. They know I'm the bearer of food and treats, too, actually. I put the hand-feeding business out of mind, mostly. I mean, I did think about it every so often.

Well, last week, Maggie wouldn't get into her crate to eat. She also wouldn't eat when I put her bowl in front of her crate. I got down on my knees beside her, which made her very excited and waggy-tailed. But she was still looking at me kind of weird and looking at her food, too. So I picked up a piece of the crunchy stuff, and she ate it, but she wouldn't start eating anymore on her own. I figured, oh well, let's see what happens. I dug my hand into the warm mushy eggs and crunchies and held it out to Maggie. She's been happily eating out of my hand for each meal now.

Even Bishop has joined in on the fun. He'll eat a few of my handfuls and then just finish off his bowl on his own.

I guess all really is well. I have running water and electricity. And I have the dogs eating out of my hand.

Ready To Try Something New?



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

Meat product availability continues to be a huge challenge, and simultaneously, so is keeping the meat case full and well-stocked. Often, products coming in from our suppliers are short-dated, limiting their shelf life. You might have noticed we created a SALE basket in the meat freezer. When a product's shelf life is nearly up, I put it on sale and in this basket for shoppers. It's a great way to try something new at a reduced price!

Anyway, the dance of improvising and substituting products feels like a slow late-night last waltz. The positive note to this dance is that new and different products may come in. With substitutions comes the opportunity to explore new items. I view this

as an exciting opportunity. Try something new! Take a dance chance!

A Wee Bit Farm was unavailable for many weeks. I was able to get Niman Ranch smoked uncured ham steaks to substitute the ham steaks that Dan from A Wee Bit provides. Until recently, I was also able to get Niman Ranch pork tenderloins to cover A Wee Bit's missing tenderloins. I brought in Bilinski's classic sage breakfast sausage to replace Dan's breakfast sausages. These are just a few of the ongoing substitutions. The excellent news is that Dan from A Wee Bit Farm is back up and restarting his deliveries. Once again, he's alternating his delivery with Caldwell Farms.

More exciting meat news is that we are now carrying Milkhouse Farms organic, pasture-raised ground beef and ground lamb.

For the holiday season we have two new salamis: Salami Picante and Cerveza Seca.



Photo by Kipp Hopkins

And to add to your holiday spread, we have Pate de Campagne, a country brand pork pate which just happens to be a favorite our very own Kipp. Look for them in the meat case during this holiday season.

Thank you for your ongoing support, understanding, and patience.

"Do a little jig, do a little dance" and enjoy the holiday times.

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

Solve the scrambled words, then unscramble the final phrase using the circled letters.
Clue is in the comic below.

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

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

CHAGA	LOOSE LEAF
CIDER	MATCHA
COFFEE	MULLED WINE
CREAM	OOLONG
DECAF	PEPPERMINT
EARL GREY	ROOIBOS
EGGNOG	SUGAR
ESPRESSO	SUMATRA
FRENCH ROAST	TEA
HONEY	WASSAIL
HOT CHOCOLATE	YERBA MATE
JASMINE	

1. Not born, but from a Mother's body drawn, I
hang until half of me is gone.
I sleep in a cave until I grow old, then valued for
my hardened gold.
What am I?

2. A little pool with two layers of wall around it. One white and soft and the other dark and hard, amidst a light brown grassy lawn with an outline of a green grass.
What am I?

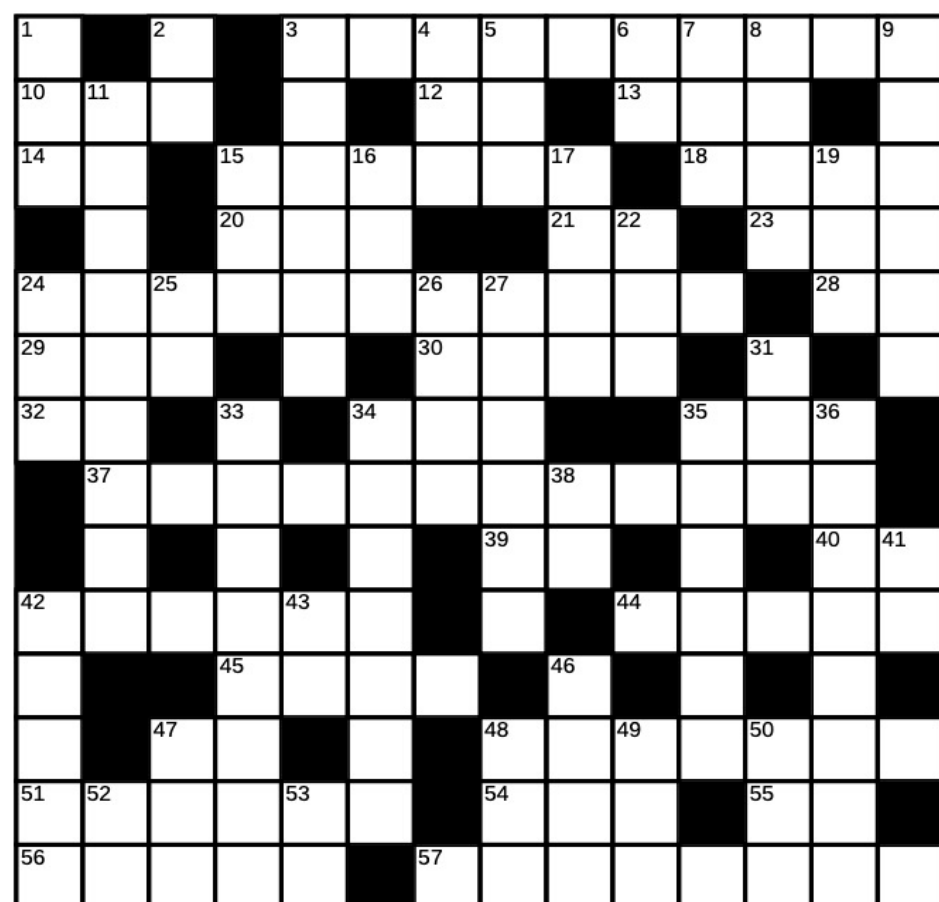
3. What fruit loves to go crazy and go wild?

4. What kind of cup doesn't hold water?



Art based on “The Harvest Pantry” by Tasha Tudor

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/our” it is referring to the Co-op.
To see the completed puzzle, go to pg 15

Across

- 3 Apple juicer
10 Toggle option
12 The language of Beowulf, abbr.
13 She/____
14 Original namesake
15 Large citrus
18 Veiled language
20 The day before
21 The Green Mountain State
23 Slippery winter sport
24 Sweet building material
28 One thousandth of a gram, abbr.
29 A pig's abode
30 Major currency
32 Cooling unit, abbr.
34 Cash roll
35 A bough
37 Millennial breakfast
39 "___ and behold"
40 The Last Frontier
42 One of our made to order foods
44 Former emperors
45 Add on for 42 across
47 Identifying card
48 Week-long year-end celebration
51 Make an urgent request
54 Massive lexicon, abbr.
55 Where lions, tigers, and bears
cohabitate
56 One's private book
57 Greens in winter

Down

- 1 Goddess of the dawn
- 2 On condition that
- 3 Ingredient of 33 down
- 4 Mommy deer
- 5 Italian X-mas Eve fish
- 6 Alkalinity measure
- 7 A camera's red button
- 8 God of love
- 9 Ride guided by 27 down
- 11 Often unpopular Christmas confection
- 15 It can hold a hat
- 16 Big bleu expanse?
- 17 End of transmission
- 19 "I'm sorry, but ..." in texts, abbr.
- 22 The way, per Lao- tzu
- 24 Local high school
- 25 The Empire State
- 26 Item strung on a necklace
- 27 Reject of the Reindeer Games
- 31 Bro's sib, maybe
- 33 Studded orange
- 34 Spiced cider drink
- 35 Shriveled fruit
- 36 Practice astronomy
- 38 Partner for fro
- 41 The Sunflower State
- 42 Work the dough
- 43 Liberal degree, abbr.
- 46 Night stand jug
- 47 Brewpub initials, abbr.
- 48 Ornamental swimmers
- 49 Air Data Tester, abbr.
- 50 Tutu-wearing muppet
- 52 A mathematical constant
- 53 Pro vote

To See Things In The Seed



Sarah Scamperle
Co-op Shopper

The ancient practice of seed saving has profoundly influenced the course of human history and continues to affect our daily lives. Early humans began the process of domesticating plants by selectively saving seeds to promote desired traits in wild plant species. Over millennia, this behavior has resulted in countless specialized cultivars. A cultivar is a plant variety produced in cultivation by selective breeding. When utilizing traditional practices, this selective breeding process took the effort of generations to perfect. Heirloom seeds are species with a “heritage” whose genetics have been preserved by careful breeding to retain consistent traits passed down through generations within a family or community.

Since the rise of industrial agriculture in the 1900s and the trend toward larger-scale farm systems growing fewer species, there has been a sharp decline in cultivar diversity worldwide, including precious heirloom varieties. Losing diversity in our food system not only wastes the patient effort of generations but also limits our ecological and social resilience and adaptability. By choosing to purchase seed from local or regional suppliers, we can support our local economy and elect to diversify our own backyards with a whole host of different varieties, including hundreds of imperiled heirloom species. Buying local seeds and saving your own seeds promotes food sovereignty, strengthens communities, and is a fun and educational pursuit, to boot!

If you are interested in seed saving, it is usually best to start with a few easy plants to become familiar with the process. Some easy species to begin with are tomatoes; beans and peas; corn; cucumbers; melons; pumpkins; squash; annual herbs such as cilantro, basil, and dill; biennial herbs such as celery, fennel, and parsley; lettuce; eggplant, tomatillo and ground cherries; peppers; as well as spinach and other annual greens. You will get the best results if you choose to save seeds from individuals which display ideal traits for their particular species. These are generally generously-sized and colorful specimens, flavorful, vigorous, disease and insect-resistant, late to bolt, early-bearing, weather tolerant, and aromatic. Sometimes it’s difficult to sacrifice the earliest, prized fruits and vegetables, but these are often the ones that will contain the best seed for saving. Without using more advanced seed saving techniques (such as isolation distancing species to keep varieties pure), you will likely start to see interesting varieties of adaptivars emerge

from some of your saved seeds. Adaptivars are combinations of several varieties of cross-pollinating species which produce plants with lots of genetic variation. Their traits aren’t especially uniform or stable, but they will be a unique product of your garden conditions and also tend to be vigorous and flavorful plants. In contrast, pure varieties are very consistent but often less resilient. It is helpful to research species ahead of time to determine which ones require isolation distancing if you are interested in maintaining varietal integrity.

Seeds can be processed in a few different ways depending on the species. “Dry” seed saving is when the seeds are allowed to dry down on the plant and must then remain dry until they are sown. Lettuce, leafy greens, broccoli, onions, beets, carrots, celery, beans and peas, cucumbers, as well as many annual and biennial herbs are species that may be dry saved. Once the plant has died back and dried out, the seed stalk is harvested, then thrashed and winnowed to separate the seed from the plant material and chaff. “Wet” seed saving is a technique used for garden fruit seeds. Some examples of these species are melons, peppers, eggplant, tomatillo, and squashes. The seeds are separated from the flesh of the fruit in water, rinsed, and then promptly dried completely. “Fermentation” seed saving can also be used for garden fruits and is a helpful technique for species with germination inhibitors surrounding the seed (such as the gel sac around tomato seeds). The seeds and juices are allowed to ferment for a few days in some water before being strained and thoroughly dried.

Once processed, seeds should be left to dry for a few days to get good and crispy. They can be spread out on window screens, cookie sheets, or plates to maximize airflow. It is important to keep them out of direct sunlight during this time, as extreme temperature variations can easily cook and kill them. A dehydrator may be used for larger seeds, provided it is kept below 100 degrees. Proper storage conditions are just as necessary as the seeds you select to save. The storage environment should be very dry, with ideal moisture levels ranging between 8-15%. Silica gel packets inside your storage vessels can be helpful, but as long as the container is airtight and your seeds are dried thoroughly, gel packets shouldn’t be necessary. Seeds can be stored in any airtight container, but



Ziplocs and glass jars are commonly used. Be sure to label and date your

container’s contents! Masking tape and sharpies are a reliable system. Alternatively, labels written on a piece of dry, crispy paper can be placed inside the container and will act as a useful desiccant. If you find the paper is no longer crispy when removed, you know that your seed hasn’t been adequately dry. Containers may be stored in cool, cold, or frozen temperatures. The coolest room in the house, the basement, or a garage will work fine. Only freeze your seeds if you are sure they are completely dry, as damp seeds will die if frozen. Upon removing containers from frozen storage, always wait until they have reached room temperature before opening them to avoid moisture contamination. Even if you don’t plan to freeze seeds long-term, freezing for three days is good practice to kill seed-eating bugs, especially for larger seeds like corn, beans, and peas. When properly stored, most seeds are good for one year and may remain viable for 2-5 years before the germination rate declines. Some seeds can last for decades, but this is very conditional and depends on the species.

Be sure to check out these resources for a deeper dig into seed saving!:

- *Saving Seeds* by Marc Rogers
- *Seed to Seed* by Suzanne Ashworth.
- The Wild Seed Project
wildseedproject.net (Portland, ME)
- The Scatterseed Project
scatterseedproject.org (Industry, ME)
- MOFGA’s Annual Seed Swap and Scion Exchange mofga.org (Unity, ME)
- Fedco Seed Company
fedcoseeds.com (Clinton, ME)
- Johnny’s Selected Seed Company
johnnyseeds.com (Fairfield, ME)
- The Seed Saver’s Exchange
seedsavers.org (Decorah, IA)
- High Mowing Seed Company
highmowingseeds.com (Hyde Park, VT)

Sources: Kleeger and Still. “A Guide to Seed Saving” The Seed Ambassador’s Project. 2010

The Winter In Wine

(and Beer and Cider and Vermouth and Sherry and Sake and Kombucha and Mead and and...)



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

The first snow of the season has fallen and will probably have disappeared by the time I've finished writing this. The temperature has hit the teens at night and the fifties during the day. Ah, winter in Maine... And this year, once again, our weather new-normal is exacerbated by ever-changing pandemic challenges. It's a lot to cope with, but don't pull those covers over your head and hope for the earliest spring on record! Might I suggest a visit to aisle four here at the co-op to choose a fabled elixir to brighten the horizons a bit?

After two-plus years of managing the grocery department, I'm excited to hand the reins to the very experienced and capable Chris Curro and take on a new role. In my former life in New York City, I was the wine director for a multinational restaurant group, and I now hope to bring some of that expertise to our wine and beer department. Along with department veteran John Broeksmit, we are planning big changes and will start by revamping the shelves, making it easier and more fun to navigate and choose the perfect products to suit your needs.

First, we need a bit of space to achieve our goals, which translates to SALES!! We will be moving some wines out at very attractive discounts to bring in new and exciting choices from

near and far. Once some room is made, it will be time to take the puzzle out of the wine puzzle. Wines will be organized on the shelf by grape variety. All the Sauvignon Blancs from all over the world will be placed together. All the Cabernets will live with their fellow grape brethren. Pinot Grigio with Pinot Gris (same grape, different origin address). Cannonau? It's Grenache from Sardinia, so you'll find it placed with the other Grenaches and blends. Etc, etc. Then, wines will be organized by weight within each section, from the lightest styles to the most full-bodied. So, if an oaky Chardonnay is your go-to, you will find it towards the end of the section. If you prefer unoaked, fresh, and fruit-forward tasting Chardonnay, you'll find it at the beginning of the section. Light and ethereal Rosé? Find it at the start of the pinks. Deep and brooding Barolo? Look at the end of the Nebbiolos.

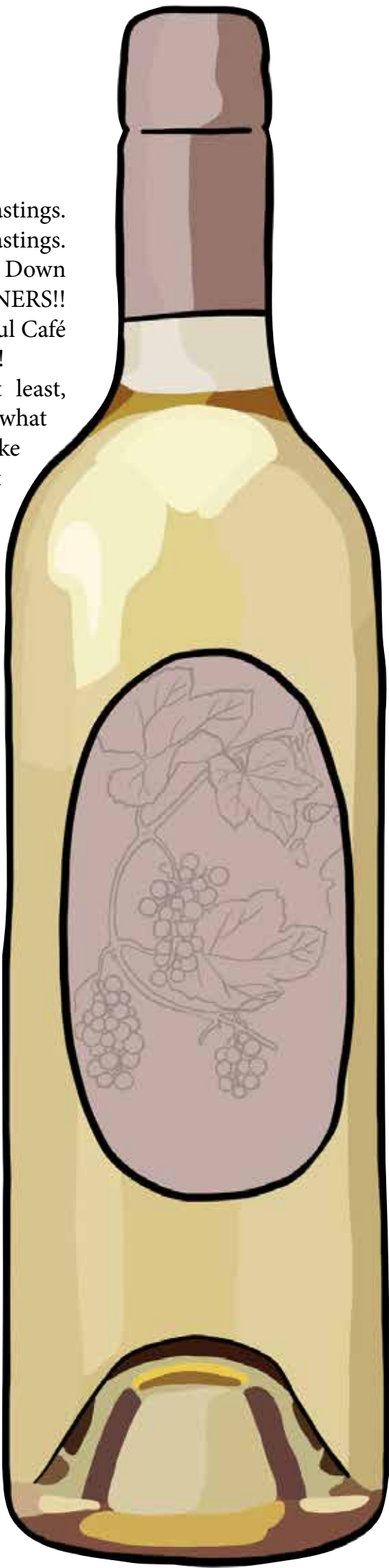
Given that we are a grocery store that offers wine, our selections are limited, so the more unusual and esoteric grape varieties will be found in a separate section. Their praises will be revealed by descriptions. Speaking of descriptions, each wine will feature a short description, graphics for simplicity, and a key to what it pairs best with to help you match food and wine effortlessly.

Next up will be TASTINGS!! We will start offering tastings done by both wine and beer portfolio representatives and our

staff. Wine and cheese tastings. Wine and local foods tastings. Wine and Café offerings. Down the road a bit, WINE DINNERS!! We've got that big, beautiful Café dining room, so let's use it!

Last but certainly not least, let's hear from you! Tell us what you like and what you'd like to see on the shelves. Got a favorite that you can't seem to find anymore? Let us know, and we'll research it and get what you need or get to the bottom of why it has disappeared from sight. Got that one wine stuck in your head that five years ago you loved and lost? Let's talk about it and see if we can come up with another wine to duplicate that same sense memory! Can't find us on the floor? Leave a note with customer service or in the suggestion/comment box, and we'll follow up. Please make sure you leave contact info so that we can reach you!

Contact us with any questions, concerns, needs, desires, or suggestions. We are here to help and we look forward to becoming an integral piece of your Co-op community! Our email is: beer.wine@bluehill.coop



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Flavor Wheels: What Is That Taste?



Kipp Sienna Hopkins
Marketing Manager
Co-op owner since 2006

Have you ever read the tasting notes for a bottle of wine and thought, “sure, now that you say it, I do sort of taste raspberry, but I’m not sure how I’d figure it out on my own.” You don’t have to be a professional taste tester to figure out the sensory profile of your favorite wine, coffee, chocolate, or olive oil. There is a very handy tool you can use to pick out the myriad of tastes playing together: the flavor wheel!

I got interested in flavor wheels a few months ago while trying to come up with a theme for the Co-op’s 2022 calendar. I was familiar with the concept, from my previous life

working for Ragged Coast Chocolates (formerly Black Dinah Chocolatiers). After seeing something about a coffee flavor wheel on an Instagram post, I looked into it and found they exist for a lot of foods and beverages famed for their complex flavors. In fact, I was able to find them for twelve categories: chocolate, coffee, wine, beer, cheese, cider, honey, maple, mead, olive oil, sake, and tea. I had found my theme!

The flavor wheels I worked with were created by professional, scientific minds, which meant they were functional but not very attractively designed. I used my love of color and order to redesign the wheels for a more artistic presentation. It was a lot of fun and very informative. I love taking a category like “floral” in the honey wheel and seeing how it breaks down to jasmine, honeysuckle, lavender, violet, rose, orange blossom, and chrysanthemum. Whereas in cider, floral breaks down into elderflower, rose, and honey. Not all tastes are pleasant, and most

flavor wheels include an off-flavor category for when something is flawed. In cider, that might fall under “chemical” where it could taste rubbery or sulfurous. Or, it could be under “biological,” which might be musty or “horse barn.” Even though I wouldn’t have qualified “horse barn” as a flavor, having been in a few, I can say that the description does actually conjure something in my mind. After all, I have been known to describe blue cheese as tasting like “it was scraped off the barn floor.”

Maple seems like it would be a flavor all on its own, but when I started working on the flavor

wheel, I saw there were plenty of nuances. Maple has such varied notes as butter, crushed leaves, baked apples, toast, and cardboard. Flavor

wheels can also be called sensory wheels, and they often have sections devoted to aromas (sometimes taking up more room than tastes). If you have ever had a stuffed nose, so badly stuffed it affected your taste, you know that scent can be crucial to the overall experience of flavor. Or, how about those experiments where they dye apple juice blue, and suddenly people aren’t sure what they’re drinking? Many flavor wheels have sections for color or clarity. Texture, mouthfeel, and dryness are other additions you might find. There’s a lot that goes into flavor!

Flavor wheels are a great accompaniment to tastings, whether it’s a social occasion or just you enjoying a new dark chocolate bar. So, if you’re in the market for a 2022 calendar, check out our “Year of Flavor” calendar; explore the in-depth flavors of your favorite foods and drinks each month!



Co-op Voices is a place for you to express yourself as a voice in our Co-op community and a place to submit articles of your own to The Harvest Herald, our quarterly newsletter. We are happy to provide this platform for our community and we’d love to hear from you about your experiences with the Co-op.

Early Fall, Maine 1981

Work that bends the back.
Full water jugs,
berry-stained rakes,
heavy wool blankets
on a low cot,
wind blowing up the corners
of the pillow case.
Rain sifts in veils
through the screen.

The hens in the yard
at misty dusk
moan caws at the fence
against the nervous cooing
of the pigeons in their loft.
Poplars, birches, beeches,
the cedars, all in mournful bow,
all in wet cloud,
finally rise with the moon.

The wooden sign at the driveway’s edge
falls from its hinges,
a little lower after each storm.
Old antlers dug up in the woods
hang broken over the fence
and a blue glass bottle sits on the post.
Stars, a silver dragon
that does not sleep,
blaze across the sky.

By Martha E. Duncan



How A Food Allergy Changed The Future Of Baking

Have you ever considered the revolutionary nature of baking powder? The invention this seemingly simple, everyday ingredient changed the world of baking forever, ushering in an era of fluffy cakes and convenient confections.

Before baking powder, if you wanted your cake to be light and fluffy, you only had one option, yeast. Making cake with yeast definitely sounds a bit odd in this day and age, but waiting for yeast doughs to rise is not too inconvenient. However, at that time, yeast wasn't freeze-dried and packaged. You had to make your own yeast, usually by letting fruit ferment. Then, you had to be careful when using your yeast so that it became neither too hot nor too cold, which could kill the bacteria and stop the leavening process. What a headache!

Enter Alfred Bird, a chemist working in Birmingham, England in the 1840s. He had a simple goal in mind: to create a chemical substance that would enable him to make fluffy bread without yeast or eggs. His wife, Elizabeth Bird, was allergic to both. Our readers who experience food allergies will know that necessity is the mother of invention. Alfred Bird combined bicarbonate of soda (baking soda) with cream of tartar (a byproduct of winemaking) to make the first baking powder. Considering the track record of chemists in the 1800s, it's a miracle he came up with something useful rather than a horrible poison.

Bird's baking powder came in two separate parts, because the baking soda and cream of tartar had to be kept apart to stop them from reacting too soon. Shortly after, Eben Norton Horsford would patent a modern baking powder made from monocalcium phosphate and baking soda, which could be combined in the container, mixed with cornstarch to keep any moisture from activating them. And thus, home baking was revolutionized, paving the way for easy, fluffy cakes, muffins, cookies, and more. All thanks to one woman's allergy.



Photo by Kipp Hopkins



Photo by Kipp Hopkins

FLUFFY BAKING POWDER BREAD

While this isn't Alfred Bird's exact recipe for no-yeast, no-egg bread, we can imagine his version was pretty similar. This easy to make, yummy bread is great for toast, sandwiches, french toast, bread pudding, or even grilled cheese! It's more delicate than yeasrt bread, but not as dense as soda bread.

INGREDIENTS

- 4 cups all-purpose flour
- 8 tsp baking powder (we like Bob's Red Mill)
- 3 tsp sugar or monkfruit sweetener
- 1 1/2 tsp salt
- 2 1/4 cups milk
- 1/4 cup vegetable oil

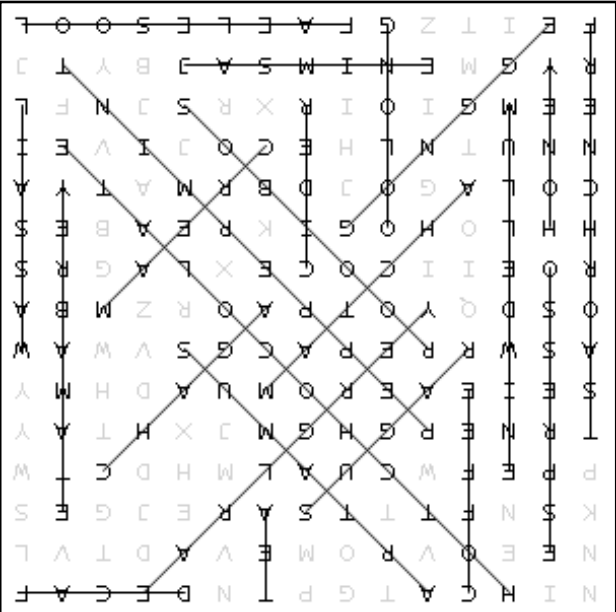
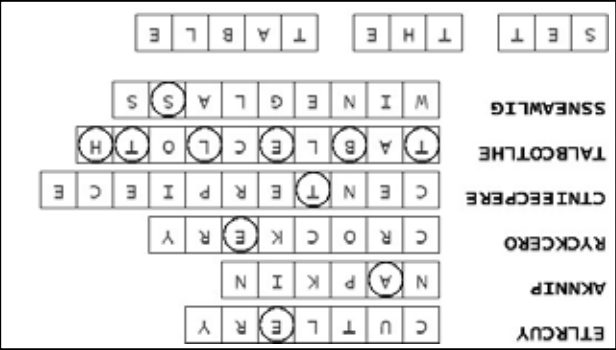
Preheat oven to 430° F. Grease a loaf pan (9x5-inch) and line with parchment paper, including an over hang of paper, so it's east to lift out. Combine flour, baking powder, salt, and sweetener in a bowl. Make a well in the center and pour in the milk and oil. Mix the dough until the flour is completely incorporated, creating a sticky, loose dough, more like a batter. Fill the loaf pan with the dough and smooth the top. Bake for 30 minutes, then cover the bread with foil and lower the heat to 390° F and bake another 20 minutes. Let the bread cool for 5 minutes, then use the paper overhang to lift the bread from the pan. Cool completely before slicing. This bread is more delicate than a yeast bread, so be gentle while slicing. For best results, don't slice the bread until the day after baking.



Puzzle Answers

see puzzle on pg. 11

4. a cupcake
1. Cheese, 2. Coconut, 3. Bananas,
Riddle Me This
Bottle
Towel, Candy Cane, Jar Pattern, Mouse,
of Oranges, Robot Shirt, Hair Clip, Cat,
Teddy Bear, Hanging Spoon, Tights, Bowl
Spot the 12 Differences





SPICY TAN TAN RAMEN

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

Tan Tan Ramen, or tantanmen, is a delicious, spicy ramen topped with stir-fried pork and blanched greens. It has a delightful, creamy broth, with an earthy umami flavor made with gochujang (chili paste) and sesame paste (tahini). Tantanmen is Japan’s play on Dan Dan Mian, a Chinese noodle dish that is very similar, though lacking the broth and more like a saucy stir fry. Tan Tan Ramen is a great winter meal, spicy and filling. Despite its Tokyo restaurant-quality deliciousness, it’s quick and easy to make at home.



Photos by Kipp Hopkins

INGREDIENTS

- 1 lb ground pork
- 2 tbsp mirin
- 2 tbsp ginger (grated)
- 2 tbsp sesame oil
- 2 tbsp gochujang
- 4 cloves garlic (minced)
- 4 tbsp soy sauce
- 4 tbsp tahini
- 2 tsp rice vinegar
- 1 tsp sugar or monkfruit sweetener
- 2 tbsp chili oil (or more for very spicy)
- 4 cups chicken stock (low sodium)
- 4 cups soy milk (unsweetened)
- 4 portions of fresh ramen noodles (or gluten-free alternative)
- 4 portions of leafy greens (spinach, bok choy, kale, etc)
- 3 scallions (chopped)

Mix the ground pork with ginger and mirin. Let the meat marinate for 30 minutes. Mix together the soy sauce, tahini, rice vinegar, sweetener, and chili

oil in a bowl. This mixture is the “tare” (tah-reh), the sauce that flavors the broth. Set the tare aside. Blanch the leafy greens in boiling water, then soak in cold water until ready to use. Set aside. Heat sesame oil over a medium-high flame in a wok or skillet, then add the pork. Break up the meat into small pieces as it cooks. When the pork browns, add the gochujang and minced garlic. Cook another minute, then set aside. Combine the chicken stock and soy milk in a saucepan and heat until hot but not yet boiling. If you let it boil, the milk may curdle! Once hot, set aside. Cook your noodles as the package instructs. Divide the broth between 4 large soup bowls, then divide the tare between them, stirring to mix. Place 1 portion of noodles in each bowl, then top with the pork and greens. Finally, garnish with chopped scallions. Eat soon, so the noodles don’t get soggy. Remember, slugging encouraged while eating ramen!

Best of #bluehillcoop

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



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Lexie Elston



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Kim Topaz



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