

The Harvest Herald

FREE

BLUE HILL CO-OP'S QUARTERLY NEWSLETTER
WINTER EDITION 2022

A few of our favorite things



Chris Curro
Grocery
Manager

I dare you to ask a member of the Co-op team, "What's good in here?" You are guaranteed a rich and enthusiastic rendition of *a few of our favorite things*, secret favorites each "insider" leans on to get through the months as our little spot on the Maine coast tilts away from the Sun for what seems like a long, cold winter.

I did just that, and these "insider" suggestions took me to many wonderful locations throughout our lovely little grocery store.*

Not surprisingly, the prepared foods of the Café received great praise. The raspberry and chocolate shortbread squares from Sweet Monkey give Darryl energy and are "so satisfying" to him. Max proclaimed the scents of the hot bar and the sense of breaking bread with the community is something that helps him through the cold winter days. Martha Shepherd said Amber's Vegan Gluten-Free



Photo by Kipp Hopkins - Gluten-Free Vegan Cake



Photo by Kipp Hopkins

Chocolate Cake is among her many favorites because "you can't tell that it is vegan and gluten-free."

Warm drinks on cold winter days ranked high on the hit parade. Jenn S. loves "warming up with a hot cup of Yogi Purely Peppermint," and Autumn R said the Peppermint Tea from Equal Exchange "keeps me warm, settles my stomach, and still tastes great if it goes cold." Jennifer Wahlquist Coolidge is a fan of Chai Wallahs of Maine because it "smells amazing, tastes delicious, and is very nurturing." Plus, she loves that it is locally produced with responsibly sourced spices. Rachel touts the Echinacea Tea from Yogi or Traditional Medicinal for being "Hot and Healthy!" Coffee made a splash, too, with Sarah Ames saying she likes "to sit inside with my warm cup of freshly ground Equal Exchange Breakfast Blend with Misty Brook Farm half and half to watch the snow blanket the ground."

Seafood received praise from several folks. Lynn said the Stonington Crabmeat "is local, comes in so fresh that it reminds me

of summer, and makes yummy crabcakes." Martha also gave praise to the "fresh Artisan Scottish Salmon" in the Meat case for being

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“so fresh,” and she bakes it “with a splash of salt and pepper for 10 to 15 minutes—that’s it!”



Scottish Salmon

Even products found in freezers and refrigerators received some wintry love. Brian Emerson reaches into subzero temps for the frozen Maine blueberries, probably because he bakes them in warm things like muffins and pancakes, and “they’re a great substitute for the fresh ones until they’re back in season.” Robin suggested a frozen pizza crust from Against the Grain because it is “hard to live without pizza while cooking gluten-free.” She also grabbed for a touch of poetry, describing the Blue Ledge Farm Marinated Chevre as “like eating a creamy cloud.”



Marinated Chevre

The MOST enthusiastic testimony arose for the Eggnog from Milkhouse Dairy, described by one Grocery staff member as “precious to me.” I know that he has been talking about this eggnog since last winter! Another team member described Grady’s Iced Coffee as “*&^%\$#@ good!”,... too good to be published.

The small treats can also be a mighty big help to get us over the river and through the woods. The “small, sweet, and powerful” Jolly Beans in the Bulk department



Milkhouse Eggnog

allow Stan to “keep alert while driving to Grandmother’s house!”

My own list of warm fuzzies on a cold winter day is too extensive for such a brief column: I could write an ode to the joys of a toasted slice of Good Loaf bread as a Minerva butter delivery device. I love a warmed egg salad sandwich from the Café with a bowl of Liz’s Cream of Mushroom soup as a reminder of my grandfather. I seek a health boost from Uncle Matt’s Orange Juice and Ener-C from the HABA aisle. And I occasionally turn to a Lean & Green smoothie by Graze as a way to drink my greens.



Jolly Beans

Next time you are in our co-op, ask one of us—but make sure you aren’t in a hurry!

* Note: The beer and wine department in aisle four was recommended so often that it will need its own article, but Robin recommends the Pierre Angulaire Bordeaux Blanc for being a “smooth, warm, and full flavor.”



Ownership at a Glance

NEW OWNERS

SINCE OCTOBER 1ST: 43

TOTAL ACTIVE OWNERS: 2,605



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.

Co-op Board Officers & Members

President: Jerome Lawther

Vice President: Aaron Dority

Secretary: Jen Traub

Treasurer: Tim Tunney

Deborah Evans

Jo Barrett

Jenny Brillhart

Anne Gilchrist

Annie Silver

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

When Are Board Meetings?

THE FOURTH THURSDAY OF EVERY MONTH AT 6:30PM

Meetings are open and held in the café.

Check our website for more info.

The Newsletter Team

Managing Editor: Kipp Hopkins

newsletter@bluehill.coop

Art and Layout: Kipp Hopkins

Advertisements: Kipp 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.

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2022 Co-op Election Results

In this year's annual election, we both offered paper ballots and electronic ones for the first time ever. Every owner in good standing who has a mailing address on file was sent a paper ballot, and those with emails received an invitation to vote online, securely and anonymously. We asked all participants to pick just one of the two ways to cast a ballot. We had a great turnout!

If you did not receive an electronic ballot or a paper one, please reach out to the Co-op to make sure your contact information is up-to-date.

2022 Election Report

Submitted by Jo Barrett,
Board Development Committee

Both paper ballots and invitations to electronic voting went out on September 6, 2022. We held our annual meeting on Thursday, September 22, 2022. Votes were counted on Thursday, September 29th by Jo Barrett and Aaron Dority. Deborah Evans (Board Development and Elections Committee member) provided support other than vote counting because she was on the ballot this year. Jennifer Coolidge provided support as the Ownership and Events Coordinator. Kipp Hopkins provided support as the Marketing Manager.

Votes cast:

Electronic	276 (11% participation)
Paper	182 (7% participation)
Total	458 (18% voter participation)

- 2475 invitations were sent to qualified voters for voting electronically.
- 2516 paper ballots went out to qualified voters.

Directors Elected:

Deborah Evans, 3 year term
Anne Glichrist, 1 year term
Annie Silver, 2 year term
Jen Traub, 3 year term
Tim Tunney, 3 year term

Bylaws Changes:

Bylaw #	Yes Votes	No Votes	Absentions
2.3	401	26	18
2.7	405	13	17
2.8	377	31	39
2.9	375	48	28

- Please update your email address if it has changed in recent years.

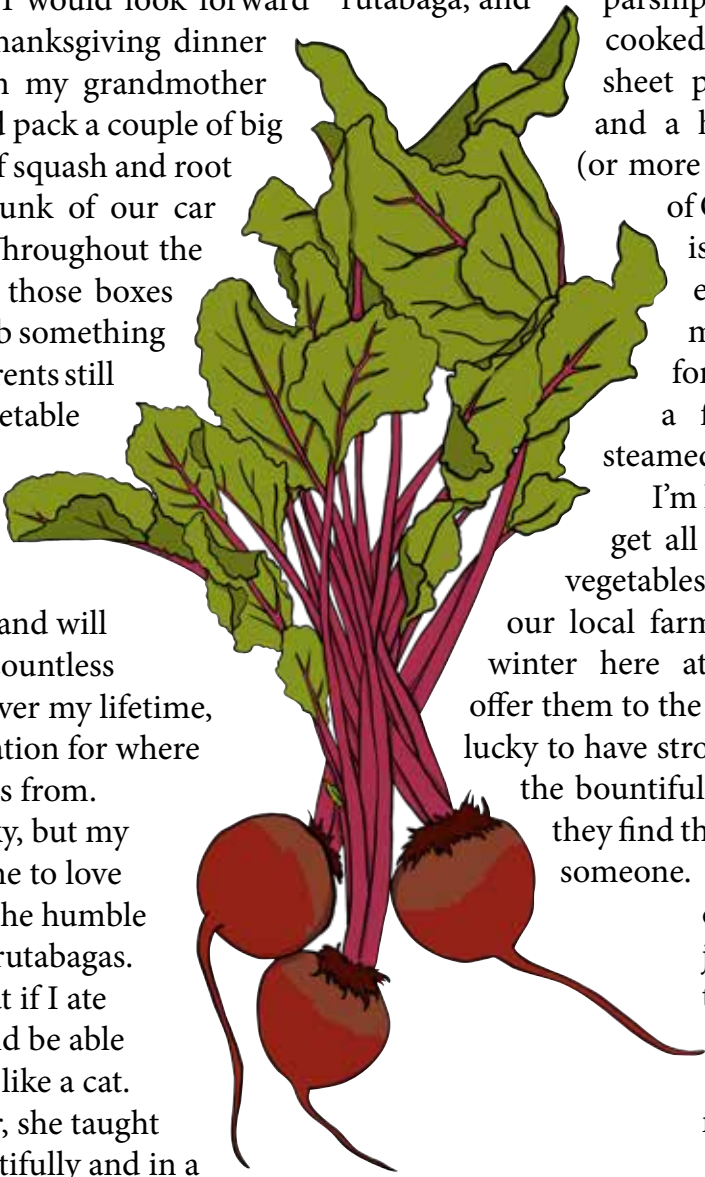
Home is where the roots are



Autumn Robbins
Produce Manager

From a young age, I would look forward to the day after Thanksgiving dinner with my family, when my grandmother and grandfather would pack a couple of big cardboard boxes full of squash and root vegetables into the trunk of our car to bring back home. Throughout the winter, I would go to those boxes at supper time and grab something delicious. My grandparents still have an enormous vegetable garden, which in my opinion, produces the tastiest vegetables I have ever and will ever eat. I have spent countless hours in that garden over my lifetime, cultivating an appreciation for where good food really comes from. Growing up I was picky, but my grandmother taught me to love root vegetables, from the humble potato to turnips and rutabagas. She used to tell me that if I ate enough carrots, I would be able to see in the dark, just like a cat. When I was a teenager, she taught me to cook them beautifully and in a variety of ways, though roasting them has always been my favorite.

Still, every year, something I anticipate about the cold season is when I can cut up



a heaping medley of root vegetables and the house fills with their aroma as they slow-roast in the oven. The warmth and the smell of carrots, potatoes, sweet potatoes, turnips, rutabaga, and parsnips, all diced and cooked together on a sheet pan with olive oil and a healthy sprinkling (or more of a light coating) of Old Bay seasoning, is a small pleasure every winter. Even my little dog looks forward to eating a few spoonfuls of steamed sweet potatoes.

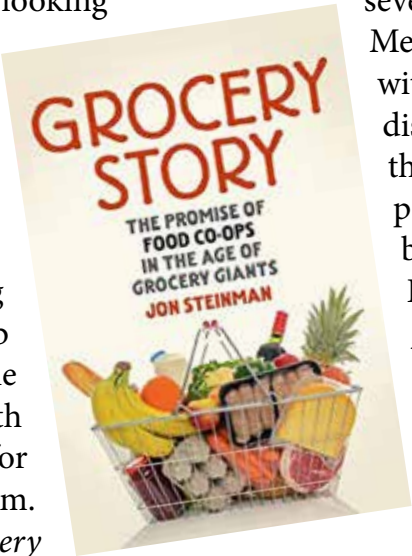
I'm happy to be able to get all of these beautiful vegetables and more from our local farms throughout the winter here at the Co-op and offer them to the community. We're lucky to have strong shelves to hold the bountiful assortments until they find their way home with someone. I only hope they can bring the same joy and comfort to others as they bring to me in the cold, dark months ahead.

From myself and my fantastic produce team to you and your family, we wish you a wonderful winter.

Would you join a Co-op Book Club?

The long winter months are upon us. Some of us are wondering how to pass the time until we can return to gardening, boating, hiking, or biking. The Co-op is looking for ways to engage with the community and create an outlet for some socialization. We want to gauge interest in two possible options.

The first option is a traditional book club reading co-op-themed books. The club would meet monthly in the café to discuss the books, with the possibility of an option for joining remotely from Zoom. Some options include *Grocery Story: The Promise of Food Co-ops in the Age of Grocery Giants* by Jon Steinman, *Eat Like a Human* by Dr. Bill Schindler, and *Foodtopia: Communities in Pursuit of Peace, Love & Homegrown Food* by Margot Anne Kelley.



The second option would be a Cookbook Club. Each month we would select a different cookbook, and each member would pick several recipes over the month. Meetings would be potluck style, with each member bringing a dish prepared from a recipe in the book: half book club and half potluck group. Meetings would be held in the café once a month. Possible cookbooks include *Japanese Farm Food* by Nancy Singleton Hachisu, *Steamed: A Catharsis Cookbook for Getting Dinner and Your Feelings On the Table* by Rachel Levin and Tara Duggan, *In Her Kitchen: Stories and Recipes from Grandmas Around the World: A Cookbook* by Gabriele Galimberti, and *The Baking Bible* by Rose Levy Beranbaum.

If one or both of these options interests you, please email: ownership@bluehill.coop.

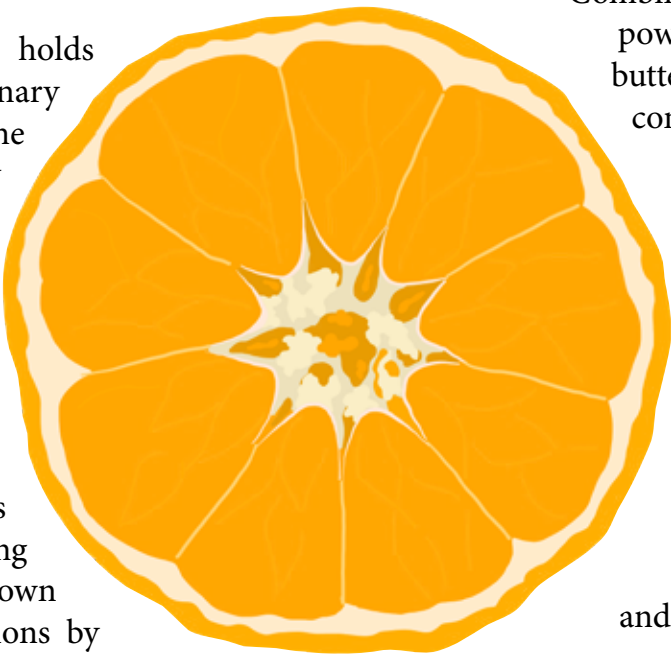
Remembering through food



Jennifer Wahlquist Coolidge
Ownership & Outreach
Coordinator
Co-op owner since 2003

Violet, McKenna, Lily, Bob, Susan, Doris, Alice, Gracie, Ivy, Wayne, Ruth Kay, Nabeha... These are the names of my loved ones who have passed on in this life. I don't presume to have any idea of what really happens when someone dies, but this time of year always holds some hope for me of reconnection. Holiday baking is one way I commune with my beloved ancestors. Whether they can hear me talk to them or not, when I am measuring and mixing the ingredients, I feel like I am connecting with them. The moments we shared, filled with laughter and love, all come flooding back when I am creating holiday foods we once shared together. The recipes, like well-used maps, guide me back to them through scents, flavors, and textures reserved only for this time of year.

Each loved one holds their own unique culinary memories. Each one taught me to enjoy food in a new way. Each one taught me to love life in a new way. These teachings do not disappear when the body is gone. They continue on, ageless and timeless, being lovingly passed down through the generations by the sharing of food.



Whether or not loved ones continue on in some energetic form, I feel them close to me again each year through holiday baking. One day, hopefully a very long time from now, perhaps someone will bake something that brings me back into communion with them.

ALICE JOHNSON'S ORANGE BALLS

Ingredients:

- 12 oz. vanilla wafer cookies (crushed)
- 1 lb. powdered sugar
- 1 stick butter (room temperature)
- 6oz. orange juice concentrate (thawed)
- ½ tsp vanilla extract
- 1 cup pecans (chopped)
- sugar for coating

Combine cookie crumbs and powdered sugar. Blend in butter. Stir in orange juice concentrate. Add vanilla extract and pecans. Shape mixture into balls about the size of walnuts. Roll balls in granulated sugar or powdered sugar if you prefer. Arrange orange balls in a single layer on waxed paper-lined cookie sheet and chill overnight in the refrigerator.

Best of #bluehillcoop



@66squarefeet - Marie Viljoen



@kaiteefraughton -Kaitee Fraughton



@tilth_and_timber - Tilth & Timber

Drink coffee, support women: new in the café

Equal Exchange is one of our favorite Cooperatives. They're committed to fairly traded foods grown by small farmer co-ops. Fairtrade has been their number one priority since they were founded in 1986. They started with one Nicaraguan coffee and, over the years, have grown to offer a huge selection of coffees, chocolates, teas, bananas, avocados, nuts, and dried fruits. They're also a worker-owned cooperative.

We carry Equal Exchange's coffees in the bulk department and packaged in the grocery aisles. But we also have freshly brewed coffee in the café, where you can enjoy the superior flavors of fair trade coffee.

In their Women in Coffee series, Equal Exchange's newest offering is Organic North Star, a Honduran light roast that's sweet and fruity with tasting notes of honey, dried

pineapple, molasses, and chocolate.

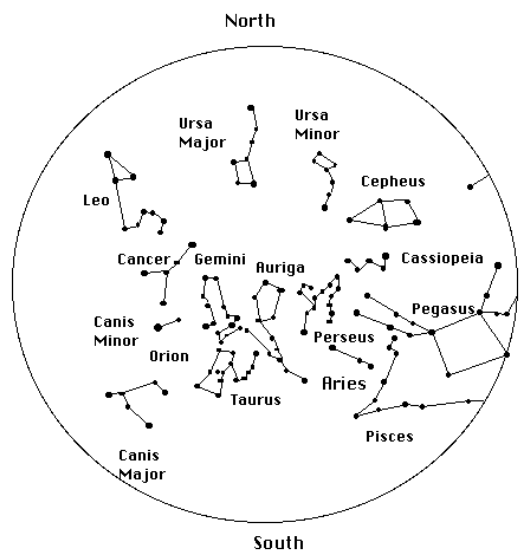
This series highlights and honors women leaders in the coffee supply chain, from seed to cup. The members of COMSA co-op in Marcala, Honduras, are deeply rooted in their holistic approach to coffee farming. They describe incorporating the vital energy of the earth, the mentality of their members, and the solar system in which we exist. As their co-op grows and evolves, they continue to stay true to their philosophical values. One way we see this is through their ongoing dedication to gender equity. Their gender committee keeps the organization's gender equity policy updated while also developing and training women through their own Escuela de Liderazgo (Leadership School). Fifty women are in the program now, learning strategic planning, leadership



Photograph provided by Equal Exchange

skills, and emotional, spiritual, and financial intelligence. Swing by the café and get a cup of this delicious new brew!

A circular diagram of the Northern Hemisphere star map. The circle is labeled "North" at the top and "South" at the bottom. Various constellations are shown as line drawings of stars connected by lines. The constellations labeled include: Ursa Major, Ursa Minor, Cepheus, Cassiopeia, Pegasus, Perseus, Auriga, Gemini, Cancer, Leo, Orion, Taurus, Aries, Pisces, Canis Major, and Canis Minor.



Cassiopeia
Cepheus
Draco
Ursa Major
Ursa Minor

Canis Major
Cetus
Eridanus
Gemini
Orion
Perseus
Taurus

The Winter Hexagon or Winter Circle is a massive asterism made of seven stars (somewhat confusingly, as hexagons have six points, but two of the stars are very close together forming one point). Two stars are shared with the triangle (Sirius and Procyon). Together with Regis, Orion's right foot, they make the bottom of the hexagon. The top is comprised of Castor and Pullox in Gemini, Capella in Auriga, and Aldebaran in Taurus. These are some of the brightest stars in our sky, making The Hexagon easy to find.

One of the easiest deep space objects to observe in the winter sky is the Orion Nebula, a diffuse emission/reflection nebula located in the constellation by his belt. The nebula contains what scientists believe to be some of the youngest protostars ever discovered. Much of its light comes from the Trapezium Cluster, a young star cluster at its center. It's called Trapezium because the four brightest stars in the group form a trapezoid. You can observe the Orion Nebula with the naked eye and distinguish the cluster using a 5-inch telescope. On a personal note, noticing the Orion Nebula one dark winter night as a child is what drew this writer's attention to star gazing!

Here are a few astrological events taking place in the first quarter of 2023.

Full moons of this first quarter:

- Friday, January 6, 2023, 6:08 pm EST known as Wolf Moon
- Sunday, February 5, 2023, 1:29 pm EST known as Snow Moon
- Tuesday, March 7, 2023, 7:40 am EST known as Worm Moon

New moons happen when the Moon is in conjunction with the Sun, so its dark side is toward the Earth. Astrologically speaking, new moons are times when events in our lives foster new beginnings, planning future projects, planting the seeds of thoughts to new ventures, and working from a clean slate.

- Saturday, January 21, 2023, 3:53 pm EST
- Monday, February 20, 2023, 2:06 am EST
- Tuesday, March 21, 2023, 1:23 pm EST

When planets are in retrograde for periods of time they appear to slow down and move backward in their orbits from our point of view on Earth. All planets go into retrograde at some point every year or two. Most people have heard of Mercury retrograde since it is the planet with the most retrograde periods in a year, 3-4 times in a given year.

Astrologically speaking, retrograde planets can be understood by looking at the planet involved and the astrological sign it is moving through or transiting. Planets closest to the Sun (Mercury, Mars, and Venus) are said to affect individuals on a personal level. Planets farther away (Jupiter and Saturn) are said to affect society. Planets even farther away (Neptune, Uranus, and Pluto) are said to affect whole generations of people.

Retrogrades are a time to review the past rather than push forward our plans and actions. They are a time of looking back for understanding, slowing down, and looking within ourselves for the wisdom we have gained from our experiences.

(All of these start in 2022 and end in 2023)

August 24, 2022, to January 22, 2023

Uranus is in retrograde for about 22 weeks, 40% of the year! It is associated with technology, discovery, enlightenment, objectivity, novelty, and ingenuity. In its positive expression, it can set us free when we've become too rigid or structured. In its negative expression, it is associated with rebellion without a cause and irresponsibility.

In Taurus, an earth sign, this thinking can be well-grounded, tenacious in evaluating a problem, and practical in finding solutions. Watch for stubbornness, being excessively money minded, and being overly concerned with oneself.

October 30, 2022, to January 12, 2023

Mars is in retrograde every two years for about two and a half months. It is associated with ambition, passion, energy, forward momentum, and drive (including our sex drive). In its positive expression, it can give us youthful energy, power, and courage to compete in life, and actions of good management skills. In its negative expression, it is associated with ego, anger, stubbornness, recklessness. In its retrograde period, it can help us face issues we have struggled with regarding our ability to make things happen for ourselves.

In Gemini, an air sign, this thinking can be innovative, creative, quick to respond, and can guide us to change and transformation. Watch out for impulsive actions without considering the repercussions.

December 29, 2022, to January 18, 2023

Mercury is in retrograde four times this year. They last for about three weeks but have a shadow period of about two weeks on either side where they can still exert influence in our lives, albeit to a lesser extent. Mercury is associated with communication, intellect, analytical skills, memory, and transportation. In its positive expression, it gives a strong desire to explore and gain knowledge, reasoning can be strong, and creativity is often expressed through writing or speech. In its negative expression, it can bring about indecision, over-critical thinking, nervous and anxious energy, technical and transportation glitches, and breakdowns.

In Capricorn, an earth sign, this thinking can be well grounded, fearlessly ambitious, resilient, forward moving even in adversity. Watch out for pessimism and ruthless action.

This gives you an overview of some astrological events happening in the first quarter of 2023. To understand these events further, I suggest you take each event and seek a deeper understanding of the planets, Moon, and Sun involved, and the astrological signs these travel through. One of my favorite and most helpful astrology sites online is cafeastrology.com. You can easily look into any astrological event you are interested in and gain a keener insight into the energies that affect our daily lives here on Earth!

Co-op owner since 2006

Meals of infamy



Kipp Hopkins
Marketing
Manager
Co-op owner
since 2006

I write a lot about GOOD cooking: food that brings people together, sharing flavor and comfort with loved ones, meals that nourish the soul and the body. But there's another kind of food that can bring people together, usually to laugh about years later, and that's TERRIBLE food: the type of dish that goes down in the annals of family history, chuckled over while eating something far better.

I thought about this today while looking up winter recipes, hoping to find some inspiration. One recipe that popped up in my search was goulash. Now, to be clear, I have nothing against the favorite Eastern European staple. Originating in Hungary, the meat and veggie stew seasoned with paprika is definitely a great recipe for winter. However, my first memory of eating truly awful food was "Lola's goulash." And not just once. When I was a little kid, we lived on a remote island in Alaska, where my family ran an oyster farm, growing for the half-shell market. Every so often, the owners would come out and spend a few days on the island to check on opinions. Their family consisted of an older man, his wife (I'll call her Lola), their grown son, and his wife and kids. It was quite an influx to our microcosmos, especially since their lifestyle was very different from ours. The worst part was Lola's goulash, and it was no ordinary goulash.

I couldn't possibly describe it except to say that it somehow managed to be bland and pervasive at the same time. And the texture—well, the less said about the texture, the better. Bad enough when fresh, Lola would make a huge pot of it that we would then have to eat as leftovers

the next few days. It would thicken and congeal overnight. Everyone hated it except her husband and son. Even her daughter-in-law would sneakily try to feed it to the dogs to quickly decrease the overall amount. (However, this plan was foiled because the dogs threw up the goulash right in the walking path, where everyone could see. She had to quickly clean it up before her in-laws noticed.)

Once, Lola couldn't come on the trip to our island. We were all happy that we would not have to suffer the goulash. But, wanting to be helpful, she sent the mother-load of goulash in a massive lobster pot. My oldest sister was often responsible for evening meals and would give us each a tiny portion of goulash and huge scoops to Lola's husband (who liked it). I remember her saying, "you have to eat a little, or we'll never get rid of it." But the pot seemed endless, so my sister would go to the compost pile every night after the guests had gone to bed and bury a few big scoops. We're all grateful that our days of choking down Lola's goulash are long behind us, but we have gotten many hours of entertainment telling that story. So in a way, we did enjoy the horrible goulash!

... We have always been a "healthy food" family, but coming from a long line of good cooks, we know that healthy doesn't mean boring or not delicious. Unfortunately, the same cannot be said about friends of our family who would often bring the oddest "healthy alternatives" to our frequent potlucks. I remember, in particular, an apple crisp that made the rounds at one such gathering. All of the children from the various families were really excited to have some and piled our plates high, only to discover that she'd topped the crisp with every nut, seed, and grain known to humankind. I actually think, as an adult, I might

have appreciated the attempt a little more. Still, as children, we were all pretty horrified, especially as she had used so little sweetener that it wasn't unlike eating bird feed piled over soggy apples.

... I used to work at a bakery in Blue Hill. We had a lot of great cooks who worked there, each with their own special talents, whether it was making delicious bread, the best falafels I've ever had in my life, or a pizza with just the right balance of toppings. But every summer, we had an influx of young workers who would run the register, wash dishes, and sometimes make a few goodies. We had one girl who had probably never boiled water unsupervised. But she really wanted to make some cupcakes. And I foolishly thought, how could anyone mess up cupcakes? About an hour later, I saw her taste the frosting and look somewhat puzzled. I asked her what was up, and she said, "I'm not sure. It doesn't taste right." I wondered if she had forgotten to add the vanilla or something and naively gave it a taste. I'm surprised my tongue didn't shrivel up on impact. Instead of using powdered sugar, she used baking powder. Yes, several cups of baking powder mixed with butter, cream, and vanilla. It was disgusting and so salty it would parch the Atlantic. However, I think I handled things pretty well, trying hard not to discourage the young cook because, after all, everyone has a kitchen disaster or two when starting out.

... My Meme, who was probably one of the best home cooks I have ever known, told me a story about her first batch of cookies. She had a big crush on her brother's friend. They used to come home from school and hang out on the roof of the building where she grew up. One day, she decided to win

his heart through his stomach and made some cookies, even though she had never attempted the feat before. She was so nervous that she didn't try them, leaving them for the boys on their rooftop clubhouse. However, her crush was unable to eat the cookies because they had come out so rock-hard that no jaw could demolish them. Instead, the boys decided to use them like frisbees and proceeded to break the neighbor's window accidentally.

... My own first unsupervised kitchen attempt was a hotdog carrot soup. Which was simply hotdogs cut up with carrots and boiled in water. I didn't know what made broth, but since it was usually brown, I figured it was probably tamari and glugged a generous (maybe over-generous) amount into the soup. It was about as delicious as you can imagine.

... But even a more experienced cook can make a blooper in the kitchen, turning a stomach or two. Once my mother was making a stir fry and got the vanilla extract and tamari mixed up. And that, my friends, is why you should always label your bulk purchases clearly. Because let me tell you, pork, broccoli, garlic, and vanilla extract should never be mixed. Which reminds me of when my sister Chelsea and I decided to make a cheese sauce to go on pasta. We only had rice milk and did not realize it was vanilla-flavored. And, of course, we were heavy-handed with the garlic powder. Yikes!

If I could go back, I wouldn't skip any of these meals (except maybe the vanilla and garlic ones) because they have provided endless stories over the years. I'm sure you can also think of a few infamous meals in your past, which still give you conversational fodder and forge connections through humor. Even lousy food can bring us together.



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Everybody say “cheese board”



Robin Byrne
Cheese Manager
Co-op Owner since 2002

Cheese and the celebration of the winter months go so well together. It's filling, tasty, warming, and can bring people together with joy and good cheer! Just thinking about gathering around the perfect cheese and charcuterie platter with family, friends, and loved ones makes me feel all warm inside!

But is there such a thing as a perfect platter? Who's to say? It really should be an example of self-expression and love. Of course, it's all up to you, but here are a few suggestions to help put together your favorites in one presentation.

Think about the texture, type of milk, and (let's not forget) taste!

Consider aged cheese such as cheddar. The Co-op stocks plenty by way of sharp, mild, smoked, and raw milk cheddar from producers like *Pineland Farms* and *Sonnental Dairy* from Maine, *Plymouth* or *Grafton Village* of Vermont, and *Smith Farmstead Cheese* of Massachusetts. Think about Gouda. We have both raw milk and smoked. Firm cheeses like Manchego, imported from Spain with its sweet, nutty flavor, and Parmesan Reggiano, with its sharp bite and salty nuttiness, imported from Italy, make great additions.

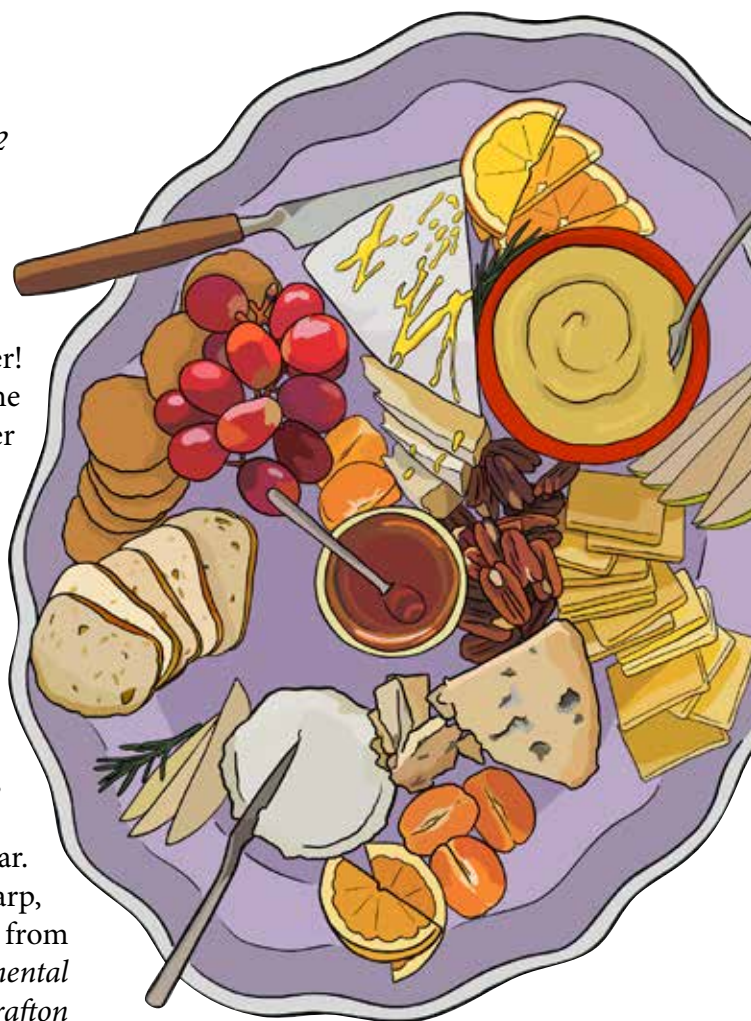
Include the soft, creamy ones like Brillat Savarin, Brie, or shoppers' favorite Fromager D'Afinnois (so smooth and creamy) imported from France and Chevre (my favorite is from Blue Ledge Farm in Vermont)! Let's not leave out the stronger Buttermilk Blue by Roth from the other cheese state – Wisconsin – or even the Hunstman Double Gloucester and Stilton from England or even Stilton straight up, and there's sheep milk blue Roquefort too!

Try to balance the platter with cheeses from cow, sheep, and goat milk. You can even add delicious cashew-cheeses. We have a few varieties by Tree Line. For the tender pallets, include some mild cheeses such as Muenster, Swiss, and Monterey Jack.

Here are a few essential tips:

- Keep the stronger-smelling cheeses to a plate of their own so as not to overpower the milder ones. Include a separate knife for each cheese for the same reason.
- Temper your cheese out of the fridge for at least 20 minutes before serving. The flavors will develop better in a warmer environment
- When shopping, think 3-4 ounces of cheese per person, more if it's a cheese-centered gathering with no proper main course.

Let's talk charcuterie (cured meats and such) and a few other additions. Check out *Volpi Salami*, flavored and cured with wine, *Olii*, and *Vermont Smoke & Cure* brand pepperoni. They are all delicious, and sport varied flavors and textures. You can even add your own cooked and sliced meats. Next to those, build in some spaces for the great imported olives from Italy, France, and Greece, but don't leave out those



zesty marinated Giagnes beans, Red Peppadew peppers, and Cornichon pickles to balance the richness of all the rest.

Now, what to serve with all of this beautiful cheese and meat? The sky is the limit, but here are a number of products you can pick up right here at the Co-op that will work their charms: *Tinder Hearth* French Batard, *Simple Mills* Almond Flour gluten and grain-free nut and seed crackers, *Leksands* traditional Swedish Crisp Bread, *Devonsheer Melba Rounds*, or *Ines Rosales* slightly sweet Mediterranean Crisps or *Was Crisps* in many varieties.

From the bulk department, add some dried apricots, prunes, dates, figs, or cranberries, and a variety of salted, roasted, or raw nuts. Take a look through Produce for fresh apples, pears, grapes, and berries. Think about serving the Blue Cheese with a drizzle of honey, smoked cheese or Chevre with a dollop of chutney or fruit preserves.

And please remember the beverages! We have sparkling waters, juices (plain and sparkling) throughout the store, and an excellent selection of wines and beers. Try to include a crisp white wine like Pinot Grigio or Gruner Veltliner and a mellow, rich, red wine such as Pinot Noir, Sangiovese, or Syrah. As for beer, you can go light with a snappy Pilsner or mellow and dark like some local beers we stock. Try out *Fogtown's* versions from Ellsworth, Maine, or any of the exciting concoctions brewed by the many brewery masters throughout the state. Keep your guests' tastes in mind, and have a good ol' time!

Be creative, be brave, and try something new when making your platters. Stay warm and dry, eat more cheese, be merry and drink responsibly!

Enjoy your winter, and eat heartily!

This article was originally published in the Winter Edition 2018. Robin Bryne updated it for this issue, and John McClement updated the beer and wine recommendations.

PEACH & BACON CHUTNEY



Photo by Kipp Hopkins

This delicious chutney is an excellent accompaniment to a charcuterie or cheese board or served alongside bruschetta. It's also delicious baked with brie!

Ingredients:

- 1 lb bacon (sliced into small pieces)
- 3 peaches (diced)
- 1 tsp fresh thyme
- 1 large onion (diced)
- 1 tbsp balsamic vinegar
- 1 tbsp apple cider vinegar
- 1/4 cup brown sugar
OR 2 tbsp monkfruit sweetener
- 1/4 cup water
- 1/2 tsp sea salt

Heat a large skillet over medium-low heat and add the bacon. Cook, stirring regularly, until the bacon is crispy. Drain the fat from the pan and return to the stove. Add the onions and sauté until they're translucent. Add the peaches, thyme, balsamic and apple cider vinegar, sweetener, water, and salt. Cover the pan and cook on low, stirring periodically, until the peaches have softened and broken down, about 30-40 minutes. Transfer to a serving vessel and serve warm! You can make this chutney ahead of time and keep it in the refrigerator. But you should reheat before serving.



Photo by Kipp Hopkins

The Nomadic Cooperator



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

Yes, it is (still) I, ... Kipp, your friendly neighborhood marketing manager. Only I'm no longer in the neighborhood. Many thanks to the owners who sent me well wishes and cards after I published in the Autumn Edition that I was imminently moving to New Mexico. These gestures were greatly appreciated and made me feel loved by the Blue Hill Co-op community. However, I neglected to mention that I wasn't actually leaving the Co-op, just the state of Maine. It's a new world post 2020 and, as I have been working from home since the beginning of the pandemic, Kevin and I agreed I'd proved my ability to work remotely. Thus, I am writing this article from my new apartment in Santa Fe. Greetings from the Southwest! It's sunny, with blue skies and fluffy clouds, and it is currently 43° outside. Thank you for asking.



The view from my apartment balcony

So far, I love New Mexico. Being surrounded by mountains again is truly special. I've only been in this apartment for six days, having spent three weeks crossing the country and hotel hopping while we found more permanent lodgings. That first week or so before locking down the rental, we drove all over northern New Mexico and southern Colorado. It's gorgeous here, even in November, the blah-est of months. And before you congratulate me on living somewhere warmer, this is the Rocky Mountains, and it's drier, not warmer. In fact, there was snow on the ground when I got here. On Thanksgiving, we drove from Pueblo, CO, to Los Alamos, NM, with a stop at The Great Sand Dune National Preserve. This trip involved driving over La Veta pass in a snowstorm. I quite literally couldn't see any of the mountains around us through the snow. Now, I was born in Alaska, and it takes a lot to fluster me while driving, so that was okay. But it makes me laugh when I talk to people who are clearly picturing me baking in the sun surrounded by cacti. I have to tell them "that's Arizona you're thinking of."

In the last issue, we included an announcement for the new app "Food Co-op Finder." It was developed by Jon Steinman, the author of *Grocery Story: The Promise of Food Co-ops in the Age*

of *Grocery Giants*. I found out about the app this summer when Jon was reaching out to co-op marketing staff across North America looking for sponsors. I immediately saw the potential for co-op shoppers, but also for myself, as I knew I would soon be traveling across the country and would have to eat during the trip. Blue Hill Co-op signed up for sponsorship right away, and I downloaded the app as soon as it was available.

We started our trip with two nights in Portland while we bought a storage pod for the top of our new car and rested after the push to get out of the old house. Our first day of actual travel sent us through New Hampshire and into Vermont, where we visited with my Verm-auntie and then spent the night in Stowe. We were traveling with three pets (one of whom is a cat) and were therefore at the mercy of finding pet-friendly hotels, particularly ones that take cats. Stowe was one such place, which was nice because it's a cool location, and I love me some mountains. Also, Martha, our General Merchandise Buyer, used to live there. She told me to check out Smugglers Notch while we were there. This notch is a crazy mountain pass that winds up a steep road and swerves around massive boulders and such. We crossed it just in time because a few days later, it was closed for winter. But if you're



Me in Kansas, showing off my Co-op pride

ever in Stowe any other time of year, check it out!

Since we took the pass, we ended up going up and over, right by the Canadian border, to get to New York, where we were staying that night. Along the way, I used the Food Co-op Finder to locate Potsdam Food Co-op in Potsdam, New York. Potsdam is a small-ish college town that pops up out of nowhere after driving through a lot of depressed farmland. (By the way, farmland was sort of a theme for this trip). The Co-op itself was tiny and cramped, a lot like our old location minus the café. Even in its crampedness, it was charming, and I appreciated the "All Genders" bathroom sign. We bought some essentials there, and I got a delicious no-sugar sparkling yuzu drink and Einhorn sourdough crackers, which I've been looking for in vain ever since.

We stayed the night in a truly disgusting hotel in a town in New

Art in the Café

OCTOBER: DIANA LEE	NOVEMBER: RECHERCHE	DECEMBER: DANIEL RYAN
<p>Upcoming: January - Terri Snow / February - Mari Brown / March - Dallace Agnew</p> <p>Interested in having your artwork exhibited at the Blue Hill Co-op?</p> <p>Contact Kipp Hopkins at: (207)374-2165 or marketing@bluehill.coop (We're booking for 2023.)</p>		

York state. I don't think I've ever cleared out of a hotel so fast. It was still dark for the first few hours of our drive. But this early escape - I mean departure - meant that we had time to check out Niagara Falls on our way. Once again, we had a lucky happenstance because Buffalo got a massive snowstorm just a few days after we passed through. We might have been stranded.



After staying the night in a much nicer hotel in Clarion, PA, our second co-op destination was Kent Natural Foods in Kent, Ohio, another college town. Kent's co-op was a little bigger, with an impressive snack section and bulk selection. We bought more car food, and I purchased a small baggie of catnip for Merry (my cat) as a reward for being such a good sport about all the travel. That night, we stayed in Marion, Indiana, and woke up to a thick frost on the flat ground. And so began our traversing of the flat-flat-flat states of Indiana and Illinois. Is there a single acre of land in Indiana that isn't plowed for corn fields? If there is, we didn't see it. We drove for several hours down arrow straight roads with names like West 1000. We made our way across the state in right angles and, at one point, drove on a road that was literally the border, with Illinois on the right side of the road and Indiana on the left and two different time zones to boot. Then more flat farmlands once we crossed the border. We had picked out a State Park to check out on our way. The description said something about waterfalls. Looking out over the flat corn fields, my mom observed,

"what's the water falling off of?" But suddenly, out of the blue, a wooded area popped up, and sure enough, Starved Rock State Park has canyons and waterfalls. We were all thrilled to find some natural scenery after endless farmland.

We crossed the Illinois river and found a little relief from the flatness in the form of, well, not precisely hills but rolling bumps. My only food-goal of the trip was satisfied in the form of a Chicago-style pizza for dinner. The next day we crossed into Iowa and paid a visit to New Pioneer Food Co-op, either in Iowa City, Coralville, or Cedar Rapids. I can't remember which branch it was. But as you might guess from the necessity of multiple locations, this is a larger cooperative. In fact, I was already familiar with them as they're regularly featured in the Co-op New Network's newsletters. It was at New Pioneer that I first encountered Catalina Crunch cookies, which are my new obsession. Oreo-style cookies hadn't really crossed my mind as a loss when I gave up sugar, but now that I have a keto version, I enjoy one with my morning tea daily.



After a long, flat, sleepy day on the road, at the end of which our GPS bugged out on the highway going through Omaha at rush hour, we spent the night in Lincoln, Nebraska. We had planned to go to Cheyenne, Wyoming, and then drop down through Colorado, approaching New Mexico from above. But, that morning, weather investigations revealed that there would be a lot of snow on that route. My mother was looking for

an alternative with a place along the way where we could stay the night and realized she would make my entire trip by suggesting Dodge City.

If you're scratching your head at this point, it's probably because you don't know about my lifelong obsession with Wyatt Earp. But I assure you, even though Dodge City doesn't have much to offer in the way of modern interest, I couldn't have been happier. I could wax poetic about Wyatt Earp for a while, but I have a narrative going here. The next day we drove through a portion of Kansas that insists it is hill country. Just before crossing the border with Oklahoma, we finally saw some prairie that hadn't been turned into corn fields in the form of the Cimarron National Grasslands. That was very cool and some much-needed wild landscape. Once we got to Oklahoma and had satisfied our need to say, "Let's get the hell out of Dodge," "I don't think we're in Kansas anymore," and "Oklahoma where the wind comes speepin' down the plain," in one day we finally crossed the border into New Mexico.

Almost at once, the landscape changed from endless farmland to golden grassed fields with mountains on the horizon. It took only a few miles for all of us to agree that we had come to the right place. We drove up into the mountains to Taos and settled into an Airbnb that evening. As I already described some of the scenery and my love for my new state at the beginning of this article, I'll move on. I had been looking forward to seeing La Montanita Co-op, New Mexico's large cooperative with four branches in Albuquerque, Santa Fe, and Gallup. So far, I've only been to the one in Santa Fe, about eighteen minutes from my apartment. It's a very cool co-op, about the same square-footage as Blue Hill Co-op but more packed in. I've been doing a lot of my shopping there since we moved to the city.

Before we got this apartment, we were staying in Los Alamos, a small



city with an awe-inspiring location perched on the edge of a massive canyon. As a fan of Dinotopia, I'll say that Los Alamos like living in Waterfall City sans the waterfalls, ...and the dinosaurs, unfortunately. We had been in our hotel for a day, chilling out after our long trip. I opened my co-op finder app to see how long of a drive it was to La Montanita and was surprised to discover the Los Alamos Co-op Market. My sister and I decided to venture out and get some provisions. I punched the Co-op into the GPS and was surprised to see that it was only 2 minutes from our hotel. This estimate turned out to be a gross exaggeration. I started driving, and Siri was like, "Turn right, turn left. You have entered the car park for your destination." The co-op was literally in the same parking lot as the hotel, our view blocked by a small utility building. It's a nice little store, too, about half the size of Blue Hill Co-op, and I became a frequent shopper.

There are still a few co-ops in New Mexico I have yet to visit. La Montanita's other locations, Silver City Food Co-op, Dixon Cooperative Market, and Taos Food Co-op. I'm sure I'll make some trips out of Santa Fe in the next couple of weeks to see them. In the meantime, I enjoy having another co-op close by, though I miss Blue Hill Co-op and all my coworkers. But in the end, I'm thrilled I can still be a part of the Co-op, even from 2,417 miles away.

Until next time, all the best from Santa Fe, NM.

Blossom Studio



Works by Glass & Jewelry Artisan
Sihaya Hopkins

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On cooking



Cat McNeal
Front End Manger
Co-op owner since 2013

As I was talking with owner/friend Ms. Brown about Colvard’s ground pork, she asked that I put my recipe for an Asian-style meatball in this article. So here it is. First of all, I really don’t measure ingredients. I just fiddle around with them until it seems or feels right. Maybe it’s about the texture, or it could be the scent that tells me when to stop adding stuff (or to add MORE stuff) to the recipe.



Photograph by Jennifer Wahlquist Coolidge

I was all excited when we got Colvard’s ground pork. I enjoy making my own pork mixes sometimes, and I really enjoy Colvard’s sausages, so I was really looking forward to making my own creation with their ground pork. I was picturing scorched veggies and noodles in broth and some fabulous meatballs. And I got it!

I used one package of Covard’s ground pork.

I added some sesame oil, ponzu sauce, garlic, and ginger powder (I might have added a little salt, but I can’t remember) and let it sit in the refrigerator overnight. You’ll want the mixture to be a little wet. You want to really smell the sesame oil and the ponzu sauce, so don’t be skimpy. I also used quite a bit of garlic powder and ginger powder. Again, make sure you can really smell everything you are putting in. I didn’t want any chunks in these meatballs, so I didn’t use fresh garlic or ginger. I really wanted a smooth texture once these babies were cooked.

The next night, I added an egg (a big one) and used a slice of Brazen’s oatmeal bread that I ripped up into the meat mixture. I had read somewhere about tearing up a slice of bread and putting it in your meat mixes, so I thought I’d try it. I had forgotten that the bread was supposed to be torn up and sprinkled with some milk, then kind of mashed up together and THEN added to the meat mixture. I can tell you, you do not need to put in the milk. The natural fats from the pork and, of course, the sesame oil that is used, softened up the bread nicely and kept the meat from drying out (I was vegan for just short of five years, so I tend to overcook the animal products I use). Sometimes, my meat servings end up dry. But not these meatballs! I even kept them in the oven after turning off the heat to keep the dogs away from them. Normally I’m sure the meat would have dried out, but I think the bread held on to the fats, and the meatballs stayed moist, regardless.

At this point, just start making the meatballs.

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

I made mini ones cause I wanted them all throughout the noodle dish. Plus, I wanted to eat some right off the baking pan because even the raw mix smelled good, so I didn’t want to have to wait too long to give them a taste! The smaller ones cook quicker. I put the oven at 350 degrees Fahrenheit and cooked the meatballs for about 16 or so minutes. I use the oven timer, but I don’t always take the items out of the oven right away (see above). So, Ms. Brown, there is the Asian-style pork meatball recipe you requested. I know I didn’t give out proportions, but just play with your food and have fun.

I served them over noodles with scorched veggies. I had a yellow pepper, some chard, onion, and broccoli. I put sesame oil in a cast iron skillet, let it get a little smoky and tossed in the veggies and just let them sit there. While they scorch on the bottom, they steam a little on the top, especially after drizzling in ponzu sauce. Adding a little broth is nice, too, because then you can scrape off the blackened bits and top off your bowl with the crispies. I stirred in a few tablespoons of Lahtt Sauce, a vegan chili oil sauce. The pork, bread, egg, and all the veggies were local. Even the ginger that I pickled and topped off the bowl with was local.

I’m totally going to make these meatballs again because they were just so good. I’m thinking that it would be nice to try them over millet. Maybe with just steamed veggies. Maybe over broccoli and turn the ponzu sauce into a brown gravy. Ooooh, the possibilities are endless. I hope you give these a try and enjoy.

JAPAESE-STYLE CARBONARA

Carbonara is a pasta dish originally from Rome. It consists of pasta tossed in a sauce made of hard cheese (usually pecorino romano or parmigiano reggiano), egg, and cured pork (guanciale or pancetta). This dish has also gained popularity in Japan, where the recipe has been tweaked a bit. The biggest differences are that it’s made with bacon, has garlic, and is often topped with thinly sliced green onions. One of the best aspects of Japanese carbonara is that it’s super quick and easy to make, but looks and tastes like you’re sitting down at a fancy restaurant. This recipe serves two but can easily be doubled. Just make sure you have a large enough pan!

Ingredients:

- 2 slices of bacon (cut into small pieces)
- 1 clove garlic
- 1 egg
- 2 tbps milk
- 1/2 cup grated pecorino romano OR parmigiano reggiano OR a combination of both + a little more for topping
- 8oz spaghetti (uncooked)
- 1 scallion (just the green part, finely sliced)
- salt and pepper to taste

To prepare the garlic clove for flavoring the bacon fat, use the board side of a wide vegetable knife, crushing the clove into the cutting board until it is cracked and flattened. Add the bacon and garlic to a large cold pan and turn the heat to medium (starting with a cold pan will help render more of the bacon fat). Cook the bacon until it’s browned, stirring occasionally. Turn off the heat and pour out most of the garlic flavored bacon fat, keeping just enough in the pan to grease it. Remove the crushed garlic (you can throw it away or smear it on some toast).

Stir together the egg, cheese, and milk with a

few pinches of salt and pepper. Make sure it is thoroughly combined. Fill a large pot with about 5 quarts of water. Add a generous amount of salt to the water and bring it to a boil. Add the pasta and cook for 1 minute less than the package instructs, stirring with a pair of kitchen tongs often to keep the noodles from sticking together.

When the pasta is finished cooking, turn off the heat and use the tongs to move the pasta from the boiling water to the bacon pan (do not drain the water as you want the noodles as hot as possible). Use the tongs to mix the pasta and bacon together, then pour the egg mixture into the pan while stirring the noodles. The eggs will cook from the residual heat of the noodles, and it is critical to stir continuously, so you don’t end up with scrambled eggs and pasta! If the sauce isn’t as thick and creamy as you’d like, place the pan with the noodles atop the pot still holding the cooking water, and the rising steam will continue to warm the noodles and thicken the sauce.

Once you have a nice, creamy sauce coating your noodles, divide them between two plates. Top with more grated cheese and the sliced scallion. Serve hot!



Photo by Kipp Hopkins

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

Double Scramble “Breadwinner”

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

GFTARPERUI

OOEMLP

UTQKMUA

GLOAETN

LTIUMEAQ

CALIVNEA

W H

S

Y

S

E

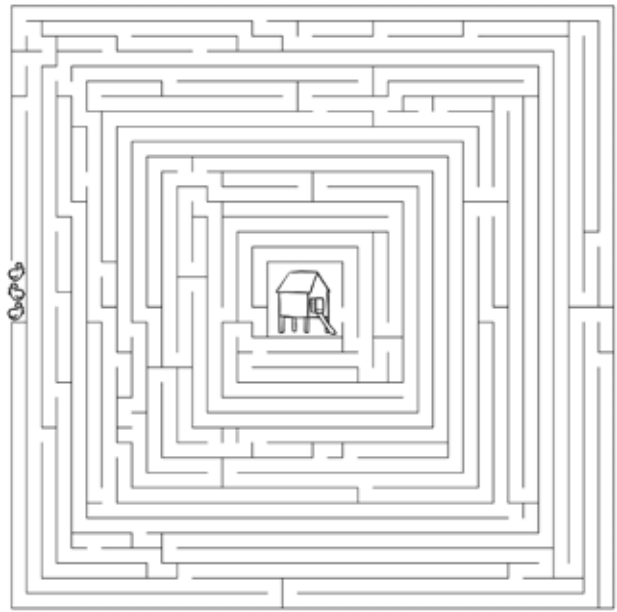
N

D

E

Co-op Maze

Get the hens to the coop.



Spot the 12 Differences “Stylin’ Sty”



Art based on “A Boy Looking into a Pig Sty” by George Morland

Word Search “Playing Chicken”

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

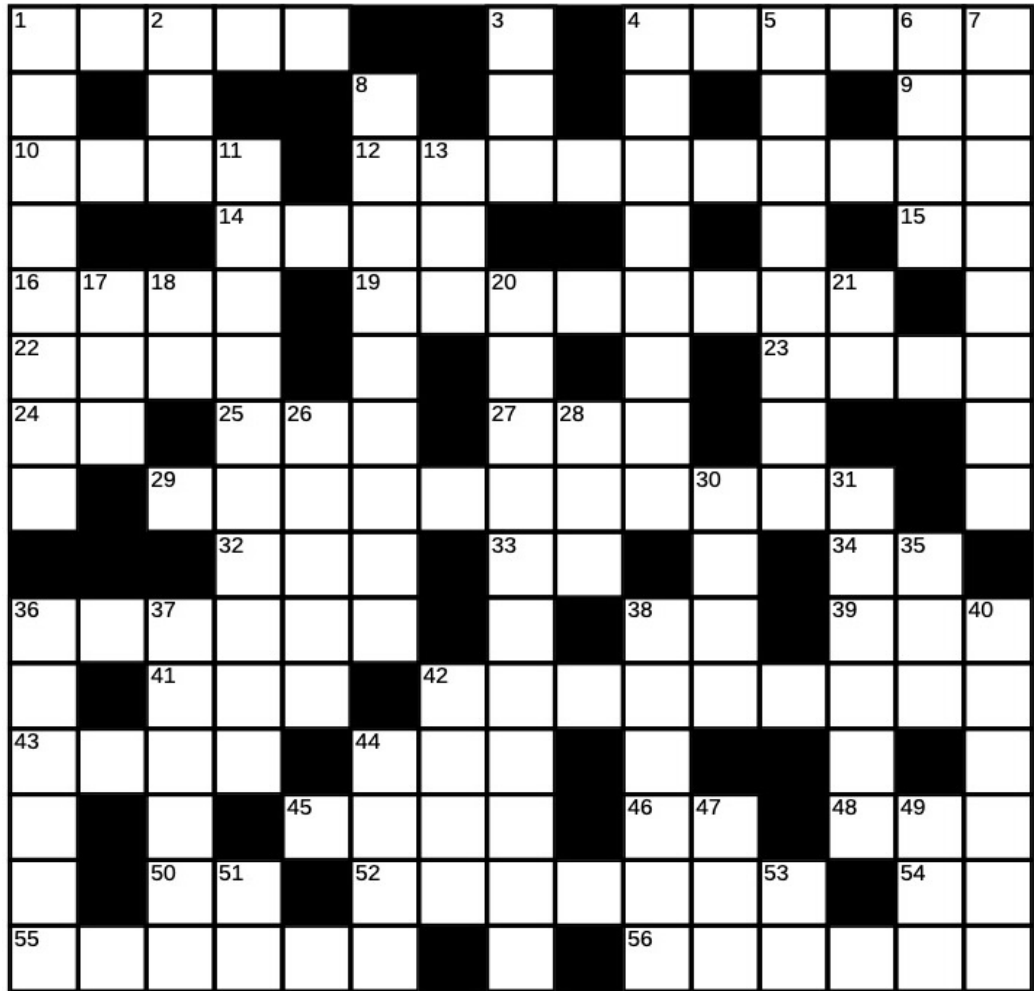
Words may be diagonal, vertical, or horizontal and backwards or forwards.

AMERAUCANA	LEGHORN
AMROCK	MARANS
ARAUCANA	PADOVANA
ASIL	PARTRIDGE
BANTAM	SERAMA
BRAHMA	SHAMO
BURMESE	SILKIE
COCHIN	SUNDHEIMER
FAVEROLLES	SUSSEX
FRIZZLE	VORWECK
JERSEY	WELSUMMER
LEGBAR	WYANDOTTE

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

Crossword “An Egg-celent Puzzle”

by Kipp 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.

Across

- 1 Sweet tree
- 4 Cultivated
- 9 Gym class (Abbr.)
- 10 Tree supporter
- 12 “W” shaped constellation
- 14 Artificial manner
- 15 MP3 forerunner
- 16 It’s what you’d expect
- 19 German dog type
- 22 Mother Earth
- 23 A pane in the neck?
- 24 Northern kingdom (abbr.)
- 25 Loquacious “gift”
- 27 Court barrier
- 29 Benedict’s topping
- 32 Cantonese dialect
- 33 Half a toy

Down

- 1 Pavlova body
- 2 Bear excrement?
- 3 Letters from people in distress
- 4 Quiche’s Italian cousin
- 5 Moves to a new bed
- 6 A story, massive in scale
- 7 Prune
- 8 Hurried to get some eggs?
- 11 Japanese rolled omlete
- 13 Handy U.S. language
- 17 Mighty growth
- 18 The smallest state (abbr.)
- 20 Fried but not flipped
- 21 Salt (abbr.)
- 26 Small quill feathers

- 34 Home of Sioux Falls (abbr.)
- 36 Proclaimer of Harvest?
- 38 Coif, briefly
- 39 Ear’s center
- 41 Alias (abbr.)
- 42 Coziest spot in the house
- 43 Health berry
- 44 ‘60’s chic
- 45 Viral image
- 46 Author Milne
- 48 Goth kin
- 50 Singular Santa laugh
- 52 Fluffy dish
- 54 Norman OK university (abbr.)
- 55 Pageant markers
- 56 Holiday-like

- 28 Tokyo, formerly
- 30 Cheap pancake join
- 31 Outlet
- 35 Holliday figure?
- 36 Scottish delicacy
- 37 Indian princes
- 38 Drink with no kick
- 40 Malign
- 42 Exclusion-anxiety (abbr.)
- 44 Chaos
- 47 Brewery quaff
- 49 Extinct flightless bird
- 51 “I see”
- 53 Suffix for fix, fox, or fax

Why not avoid all supplements? ... and just eat well



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

My last article once again spoke to the importance of Gut Health to overall health and how the ionic liquid nutrient the Co-op now sells, called Ion Gut Support, has helped many of our customers with their gut health. I received a fascinating response by email, which affirmed my sense that our Co-op thrives because many of our customers are highly informed about their health and deeply interested in this topic. You probably learned long ago about the concept of the “microbiome,” a complex system of highly interactive relationships between bacteria, fungi, yeasts, and other organisms in the gut system. A constant balancing of these life forms goes on in our microbiome as it carries out digestion, assimilation, and many other processes that keep us going. The microbiome is a vast and complex system of symbiosis, an ever-evolving relationship among countless microscopic beings, without which we would not exist.

Another related word I now have in my vocabulary (thanks to the informed person who wrote to me) is “holobiont.” To quote his email:

“Holobiont is an organism, a host, that consists of other interdependent organisms depending upon each other for their survival. The human is a well-studied Holobiont. The human has resident populations of bacteria, fungi, archaea, phages, and the like. The human requires these residents for its survival. This is a key point to pause on: These are required for your survival. They do things and produce things that you do not.”

Yes, complex indeed, we are. The Co-op customer (whom I have not yet had the privilege to meet) went on to write:

“The gut is only one of the many areas that harbor these required organisms. The scalp, the oral cavity (which actually has three distinct biomes within it), the rectum, the colon, the vagina, the skin, I think you get the picture. The human is host to an enormous amount of life. For example, you have bacteria in your colon that produce butyrate. Butyrate, in turn, fuels cellular processes, among other things. How does this species of bacteria that you require for good health survive? They feed on resistant starch and fiber that makes it into their environment. Their environment is your colon, so if you eat a lot of fiber and resistant starch, you will, in turn, develop a healthy colony of butyrate-producing bacteria, which in turn produce large amounts of butyrate for all of your cellular needs.”

I think to myself, we mostly eat what we like, enjoy it, and get on with living. Yet there will come a time, and maybe this time has already come for you, that we do not feel well, and we want mostly just one thing, and that is to feel better, to not be unwell, so we begin to look more deeply into our

health. Though a nutrient/supplement/natural medicine like Ion certainly should not replace healthy, informed eating, serious scientific research carried out in a respected medical university setting demonstrated that Ion triggers a compromised gut lining not only to provide a healthier protective barrier but also to diversify bacteria, plump cells with greater hydration, and tighten crucial junctures between the cells.

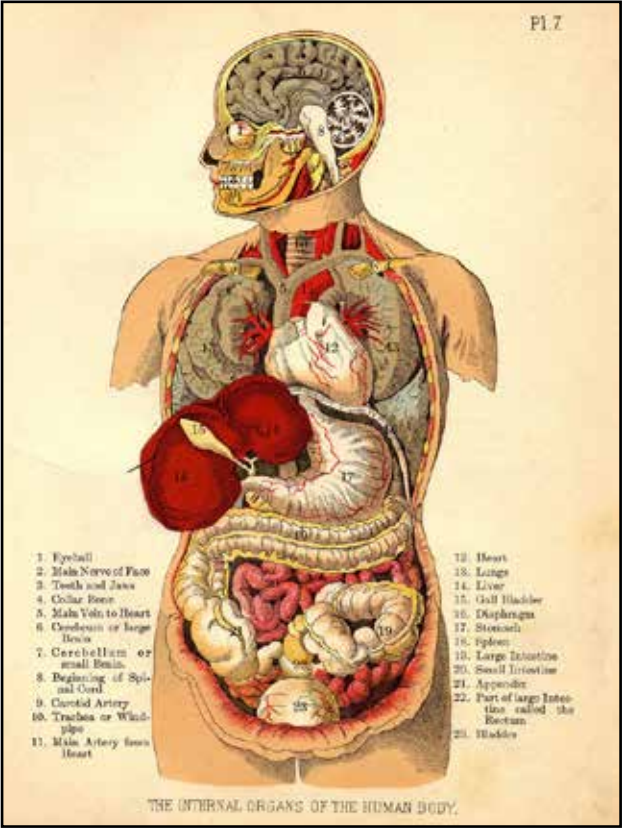
My informed correspondent, if I am reading him correctly, believes supplements cannot replace fundamental shifts in diet that might be needed to bring our bodies back to wellness and (through his extensive research) that we can manipulate our gut health by knowing what additives hurt the gut and what foods help the gut. He touts self-reliance. I couldn’t agree more! Yet it is also true that there are times we need extra help, a boost, more support, and concentrations of foods/plants/herbs, one might say, that is exponentially greater than what is in the food itself. Most of us do not have the time or ability to research the gut-food relationship as a scientist, such as the Research Scientist Zach Bush has, for example. Hence a gut-healing product like Ion emerges (100% of profits are donated to regenerative farming, by the way.) Why take supplements? My thoughtful correspondent challenged the idea, and I am grateful.

Herbal tinctures, for example, are extractions of plants that contain most of the constituents of the plant itself, minus fiber, in a concentrated form. Suppose one is suffering a sinus infection, for example, or verging on getting one. In that case, one might take a tincture of Goldenseal, one of Nature’s most potent antibacterials, yet one that will not penetrate the lipid layers of our beneficial bacteria, as most pharmaceutically crafted antibiotics do. This is also true of Oregano and Colloidal Silver, to my knowledge. I, for one, used to get sinus infections regularly and would suffer greatly before finally turning to antibiotics in desperation, only to have the sinus infection come back again a year or less out. I broke that cycle, I believe, by knowing when to supplement and with what. But to call a tincture of Goldenseal, a supplement is perhaps wrong. I would say it is more accurate to call it a natural medicine.

Much of what is sold in the Wellness (center) aisle of Co-op could legitimately be called medicine, even if the pharmaceutical industry does not create it. What is commonly called a supplement or vitamin is a very broad-stroke label that encompasses a vast array of substances that can be as simple as concentrated juices of barley or wheat grass in powder form to highly specialized enzymes designed to cleanse the blood and dissolve fibrin buildup that could be from a decades-old operation (Fibrenza, Vitalzym), or formulations from India created by some of the finest Ayurvedic masters and Medical Doctors alive today. One such

supplement is LiverCare, created by Himalaya Drug Company. This is an example of a so-called supplement prescribed as a medicine by some 350,000 medical doctors in approximately 92 countries.

Each medicine in Himalaya’s Care line represents a minimum of 12 years of clinical application in a facility in India that boasts more than 250 doctors, herbalists, and scientists. Ayurvedic health care, the world’s most ancient and respected health care system, and Himalaya’s medicines are tested in double-blind clinical studies in Universities throughout India and Asia. These are not simply multivitamins or extractions of single plants. LiverCare is the company’s flagship medicine and is clinically proven to support all 500 functions of the liver positively.



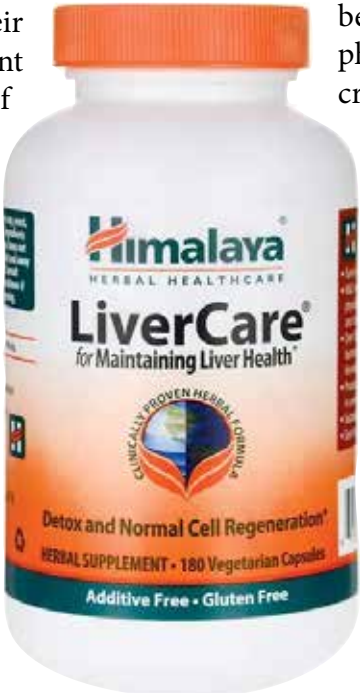
Internal Organs of the Human Body from The Household Physician, 1905.

A Few Words About Your Amazing Liver:
The liver is the body’s primary filtration system, converting toxins into waste products, cleansing blood, and metabolizing nutrients and medications to provide the body with some of its most essential proteins. As a fundamental part of the body’s overall regulation, it’s paramount to keep your liver healthy and limit overindulgence. These days, our livers are coping with more toxins than ever due to substances. One of them is glyphosate, a patented antibiotic that is 75% of the air, water, and soil and is systemically drawn into GMO crops through the use of RoundUp.

The liver is the largest solid organ in the body. It is located beneath the rib cage in the right upper abdomen. It removes toxins from the body’s blood supply, maintains healthy blood sugar levels, regulates blood clotting, and performs hundreds of other vital functions.

For people consuming alcohol, LiverCare helps quickly eliminate acetaldehyde that comes from alcohol and helps protect the liver from alcohol-induced damage. For alcoholics, this dietary supplement helps reduce the fat deposition in the liver by helping lessen the lipotropic effect

Continued on page 13



Bile Production: Bile is a fluid that is critical to the digestion and absorption of fats in the small intestine.

Regulates Amino Acids: The production of proteins depends on amino acids. The liver makes sure amino acid levels in the bloodstream remain healthy.

Resists Infections: As part of the filtering process, the liver also removes bacteria from the bloodstream.

Stores Vitamins and Minerals: The liver stores significant amounts of vitamins A, D, E, K, and B12, as well as iron and copper.

Processes Glucose: The liver removes excess glucose (sugar) from the bloodstream and stores it as glycogen. As needed, it can convert glycogen back into glucose.

Yes, if we ate all the right foods most of the time, were lucky enough not to have genetic weaknesses that might predispose us to certain illnesses, were blessed with an immune system that never needed an extra boost, and did not suffer at times from episodes of intense stress, then perhaps simple healthy foods would be enough. I feel fortunate to have discovered, but not until my 40s, just how strengthening, rejuvenating, calming, and immune-boosting the right supplement can be. We are lucky that

we can buy these freely in the United States, without regulations that would force a costly visit to the doctor since we do not enjoy free public health care.

It might be a tincture of local Avena Botanicals Hop To Bed, with extracts of Hops, Passionflower, and Valerian, that help you sleep. It might be HCP's Fibrenza that dissolves old scar tissue that has given you pain and restricted movement for years, or Terry Naturally's Curamed, with extremely high concentrations of Turmeric's active ingredient, Curcumin, that helps you take inflammation down naturally while reducing and or eliminating pain without the toxicity of Tylenol or other Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) – which happen to be directly related, through overdosing, to tens of thousands of deaths each year.

Ginseng is a superfood. It could also be considered a medicine. It also happens to be a plant used to help humans adapt to stress for thousands of years. Ashwagandha, Rhodiola, Holy Basil, Andrographis, Schizandra, Eleuthero, and Maca. These are medicines. These could also be called concentrated superfoods. These are also sometimes called “supplements.” Call them what you will. They offer the body powerful support without a downside. Yes, Vitamin D3, Magnesium, Electrolytes, and vitamins A through K are vital, too, though you might be able to get those with enough sun and good eating.

Whether you take any supplements or not (cost can be prohibitive), remember this: You can always supplement your energy with slow inhalations to the count of four, then holding your breath in for roughly the count of seven, then exhaling long and slow through pursed lips, for roughly the count of eight. Do this 4-6 times twice daily, maintaining a gentle, inward smile while inviting gratitude and contentment. It might prove to be the best supplement of all to what I hope is a long and healthy life. Cheers! I welcome more responses to these articles.

This time of year, many people are looking for ways to help community members struggling through the lean months. The Co-op is gathering food donations through the end of December, but the Tree of Life, just down the road, accepts donations any time of the year. Still, you may ask yourself, what are the most useful items to donate?

- canned meat or fish
- soup
- canned vegetables and fruit
- pasta and sauce
- cereal and boxed milk/milk alternatives
- baby food
- condiments

- Powdered or boxed milk is important if you're donating boxed mac and cheese.
- If you can, donate canned goods with pop tops in case people do not have can openers.

- Oil for cooking is basic but rarely donated.
- Ditto for spices, salt, and pepper.
- Tea bags and coffee are a real treat.
- Cake mixes can make a child's birthday.
- Feminine hygiene products are needed and very rarely donated.
- Canned pet food can help a family keep their four-legged members fed.
- Cash donations allow the pantry to fill in the gaps.

If you yourself are tightening your belt this winter, the brand Field Day has hundreds of items at low cost, available through the Co-op Basics program. They make great donations.

If you want to help but feel overwhelmed about what to buy, purchase a Co-op gift card for the amount you'd like to spend and tell the cashier it's for food donations. We will use the gift card to shop for a food pantry donation and drop it off for you. \$20, \$50, or \$100, whatever you can afford can make a difference, and we're happy to do the leg work. Thank you for your generosity.

A white bowl filled with a dark brown vegetable soup. A large, golden-brown piece of bread is being lifted by a silver spoon. The soup contains various vegetables like carrots, tomatoes, and leafy greens.

- 2 tablespoons olive oil
- 1 large onion (chopped)
- 4 cloves garlic (minced)
- 8 oz cremini mushrooms (chopped)
- 4 oz chestnut mushrooms (chopped)
or other mushroom variety
- 2 stalks celery (chopped)
- 1 tsp dried rosemary
- 2 tsp dried thyme
- 3 carrots
(peeled and sliced into thin half-moons)
- 1/2 a rutabaga (chopped)
- 1 1/4 cups stout beer
- 2 tablespoons tomato paste
- 4 cups mushroom broth
- salt and pepper to taste
- 1 1/4 teaspoons salt
- 1/3 cup all-purpose flour

- 1 cup mashed potato
- 3 tbsp olive oil
- 1/2 cup water
- 1 1/2 cups all-purpose flour
- 1 tbsp baking powder
- 2 tbsp sugar OR 1 tbsp monkfruit
- 1 tsp salt

Stew: Heat a dutch oven or oven-safe crock pot over medium heat and add the olive oil, onion, and garlic. Sauté until the onions start to turn translucent and add the celery, mushrooms, thyme, rosemary, and salt and pepper to taste. Continue to sauté for 5 minutes until the mushrooms release their moisture, then add the carrots, rutabagas, and tomato paste.

Add the stout and bring it to a boil before adding 3 cups of mushroom broth. While the stew heats to a boil, mix the last cup of broth with the flour until no lumps remain. Add to the boiling stew, then reduce heat to a simmer. Cook for five minutes, then remove from the heat.

Biscuits: Preheat the oven to 425° F. Mix together the mashed potato, water, and olive oil. In a separate bowl, mix the flour, baking powder, salt, and sweetener, then pour in the potato mixture and combine to a clumpy dough. Turn the dough onto a floured surface and knead until it all comes together in a smooth dough. Flatten the dough into a flat disk, about an inch thick, and slice with a tic-tac-toe pattern into 9 pieces. Place the biscuits on top of the stew and place the dutch oven in the oven uncovered. Bake for 20-30 minutes, until the tops of the biscuits are golden brown, and the stew is bubbling up around them. Serve hot!

Weathering winter with affordable wines



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

2022 has been a tumultuous year worldwide. One of the worst byproducts of all the unrest surrounding us is the rampage of rising costs. The Consumer Price Index for all consumer items for the year to November reported a 7.7% rise. Better than some of the previous month's end totals, but unsettling nonetheless. What will the future months bring? How's your crystal ball been performing lately?

How do you take some of the sting out of it? Drink affordable wines!

Happily, the Co-op shelves are filled with treasures that perform WAY above their price points! Allow me to point out a smattering of the most affordable, which may be just the way to see you through our long winter with aplomb!

REDS

As the temperature drops, the appeal and comfort of heavier-weight wines come into focus. Here are some reds that satisfy with prices that will raise an eyebrow or two in a GOOD way!

Italy:

Perlage 2021, Marche. \$8.99 - Organic Sangiovese in an easy-drinking, medium-bodied style with flavors of cherry and blackberry and hints of violets and tobacco.

La Mura 2020, Sicily. \$9.99 - Nero d'Avola is the base for this slurpable red with flavors of ripe red berries.

Rhone:

Les Dauphin, Cotes du Rhone 2019, Southern Rhone. \$10.99 - 70% Grenache, 15% Syrah, 15% Mourvedre in a deliciously bright blend with flavors of plum, cassis, spice, and smoke.

Perrin Nature, Cotes du Rhone Nature 2020, Southern Rhone. \$11.99 - An organic blend of Grenache and Syrah from the masters at the famed Chateau Beaucastel in Chateauneuf du Pape with flavors of violets, plums, cherries, licorice, and thyme.

Spain:

Borsao Garnacha 2020, Campo de Borja. \$9.99 - 85% Grenache with Tempranillo and a splash of Syrah. Juicy flavors of black cherry, plum, raspberry, and licorice. Ripe, fruity, and delicious.

2 Copas 2020, La Mancha. \$7.99 - Equal amounts of Syrah and Tempranillo with enticing notes of blackberry, blueberry, and spice. Amazing for the price!

Handwork Tempranillo 2020, La Mancha. \$12.99 per LITER - Organic and Demeter-certified Biodynamic! Honest, well made, and natural with pure flavors of cherry, raspberry, and plum followed by earthy spice.

Quadrum Red 2019, La Mancha. \$18.99 per BOX (that's the equivalent of 4 bottles. Do the math...) Made by world-famous winemaker Jorge Ordóñez who has all the contacts necessary to source fantastic grapes through the region. A blend of Grenache and Tempranillo that is VERY easy drinking with raspberry and cherry flavors with a hint of orange peel.

Portugal:

DFJ Vinho Portada 2020, Lisboa. \$9.99 - An

organic blend of many of the grapes that go into the making of Port, like Alicante Bouche, Tinto Roriz, Touring Nacional, and three others, to make a balanced and elegant red with dark berry flavors and hints of fig.

South Africa:

Live-A-Little Ravishing Red NV. \$8.99 - An organic blend of Syrah and Pinotage (an indigenous red grape variety) in an easy and fun style of bright red fruits with a hint of chocolate.

Stellar Cabernet 2021, Western Cape. \$9.99 - Organic Cabernet with flavors of dark red fruits like boysenberry and blackberry with a spicy finish. Major bang for the buck.

Argentina:

La Riojana Bonarda/Malbec 2020, Mendoza. \$8.99 - An organic, fair trade, wine cooperative-made stunner that is medium-bodied with deep and delicious red berry and plum flavors.

Bordeaux:

Chateau Les Massiots 2019, Bordeaux. \$9.99 - Where else would you find a plump and smooth red Bordeaux blend for that price? Merlot-based, with flavors of plum, black currant, and spice. I had to commit to this before the cases were shipped from Europe to get a good price, so there is not a lot, and it won't last long!

Chateau Le Bergey 2021, Bordeaux. \$12.99 - Year after year, this organic blend of 60% Cabernet and 40% Merlot performs like a wine 2x the price. Blackberry, currant, licorice, and dark chocolate flavors in a rich, concentrated, and elegant style. Vive La France!

Pinot Noir:

Padrillos 2019, Mendoza, Argentina. \$11.99 - An easygoing red made by groundbreaking winemaker Ernesto Catena with flavors of cherry, currant, and spice.

Emiliana, Natura 2021, Chile. \$11.99 - Organically grown with fresh, bright flavors of cranberry, herb, and pepper.

Chiara 2020, Pfalz, Germany. \$12.99 - Complex, silky and elegant with cherry and raspberry flavors grown in a sustainable vineyard. Delicious!

WHITES

For those dedicated white drinkers or those who like a little variation to keep things exciting, we have a lot of affordable options to make a long winter night a bit brighter.

Italy:

Purato Catarratto/Pinot Grigio 2021, Sicily. \$10.99 - Citrus, green apple, and tropical flavors in an organic, fresh, balanced wine. Catarratto is the white grape of Sicily and is making fast friends around the world.

Casa Liliana, Good: Pinot Grigio 2021, Venezie. \$9.99 - Fresh and easy but with more weight than most and flavors of peach, apple, and mineral.

Sfuso Vino Bianco, Tuscany. \$11.99 per LITER - A blend of Chardonnay and Pinot Blanc for an approachable, affordable everyday wine.

France:

Perrin Nature, Cotes du Rhone Blanc 2021, Rhone. \$11.99 - An organic blend of Grenache Blanc, Viognier, Rousanne, and Marsanne, all grapes indigenous to the region, giving a heavier, colder weather white with flavors of peach, apricot, apple, white flowers, anise, and a hint of

fennel. Open it early to let it oxidate a bit and really show its stuff.

La Marouette Sauvignon Blanc 2020, Pays D'OC. \$9.99 - Ripe fruit flavors of citrus and herbs in a classic French style that's easy and delicious, and organic as well.

Spain:

Dominio de Punctum, Lobetia Sauvignon Blanc 2021, Castilla. \$9.99 - Organic Sauvignon Blanc with crisp acidity and flavors of citrus, almond, and herb.

Portugal:

Las Lillas Vinho Verde 2021, Portugal. \$9.99 - Made from Loureiro, Treixadura, and Arinto grapes in the Vinho Verde region (The wine is named for its region, not its grapes, to avoid confusion...) Floral and citrus notes with a slight fizz to quench one's thirst. Yum.

Santola Vinho Verde, Portugal. \$7.99 - Sprightly and refreshing with pear and pink grapefruit flavors and that signature fizz. Easy, and you can't beat the price.

Austria:

Pratsch Gruner Veltliner 2021, Lower Austria. \$13.99 per LITER - Organic with flavors of peach, apricot, lemon, and white pepper spice. Flat out elegant and sophisticated for the price.

ROSÉ

Pink for the winter months? It's not just a summer thing, especially with the quality and substance that are packed into modern rosé wines. Not the syrupy sweet stuff you may, unfortunately, remember!

Portugal:

Beyra 2021, Beira Interior Region. \$10.99 - a great winter rose at an affordable price with flavors of cherry and raspberry with a savory mineral note and textural weight that envelops you.

SPARKLING

Affordable bubbles to put a smile on your face!

Italy:

Angelini Prosecco Rosé 2020, Veneto. \$10.99 - Made from 85% Glera, the classic grape of Prosecco, and 15% Pinot Noir to add color, depth, and red fruit flavors. Clean, dry, and fresh with cherry and raspberry flavors and hints of bread crusts. Versatilely delicious!

All these fantastic wines are just a fraction of the riches waiting to be mined on the co-op shelves. Got questions, comments, or suggestions? Email me at: beer.wine@bluehill.coop or ask for me when you come in!

Here's to making the winter ahead the wonderland it should be! Cheers!



Sweet butternut, nutty cheese, creamy pasta! This casserole is the ultimate winter comfort food. We used zucca pasta, which both looks like pumpkins and has a habit of filling up with sauce! However, you can use macaroni instead.

- 16 oz zucca or macaroni pasta (uncooked)
- 1 lb butternut squash (cubbed)
- olive oil
- 1/2 tsp paprika
- 1/2 cup butter
- 1/2 cup all-purpose flour
- 3 1/2 cups whole milk
- 15 oz canned butternut squash puree
- 1 tsp oregano
- 1/4 tsp nutmeg
- 3 1/2 cups shredded cheddar cheese
- salt and pepper to taste
- 1/4 cup chopped parsley

Preheat the oven to 350° F. Place the butternut squash cubes on a cookie sheet and drizzle with olive oil. Stir the squash to evenly coat in oil and sprinkle with paprika, then salt and pepper to taste. Bake for 30-40 minutes, until the squash is browned and cooked through. Meanwhile, cook the pasta as instructed on the box, though drain a little early when the pasta is still al dente. Then rinse the pasta in cold water and transfer to a mixing bowl.

In a medium saucepan, melt the butter over medium-low heat. Add the flour and stir vigorously until you have a lump-free, lightly browned paste. Add the milk a little at a time while continuing to stir thoroughly, preventing any lumps from forming. When the milk is incorporated, bring the sauce to a simmer, stirring frequently. Add the can of butternut squash puree, oregano, and nutmeg. Bring to a simmer again and add the cheese, reserving 1 cup to top the casserole. Stir the sauce as the cheese melts and it thickens. When the cheese is melted, and the sauce is the consistency of Alfredo, remove from the heat.

Add the roasted squash and sauce to the pasta in the mixing bowl. Mix thoroughly and taste. Salt and pepper if needed. Transfer the mixture to a 9x15" or similarly sized casserole dish. Top with the remaining cheese and bake for 30-40 minutes, until the cheese is melted and golden brown. Let the mac and cheese cool for ten minutes before serving, and top with chopped parsley.



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.

A FEW ACTIVITIES AT PARKER RIDGE INN

Because “Word Search” asks us to explore the subject of time we apply the rules:

Look for the first two letters.
Look all directions.
Say the word aloud.

In fact, we invent
some rules for ourselves.
And just as well because,

before we know it,
it's time to play "Switch"
where certain cards insist:

Draw two.
Change suit.
Pass your hand.

So just when we have
our strategies down
everything changes.

“Duration” is one
of the words in the Search
and so is “escapements:”

parts of a clock
that check and release
creating the ticking.

Duration, though,
is what we need most
and the hardest to find:

something that will
connect us to
what came before it.

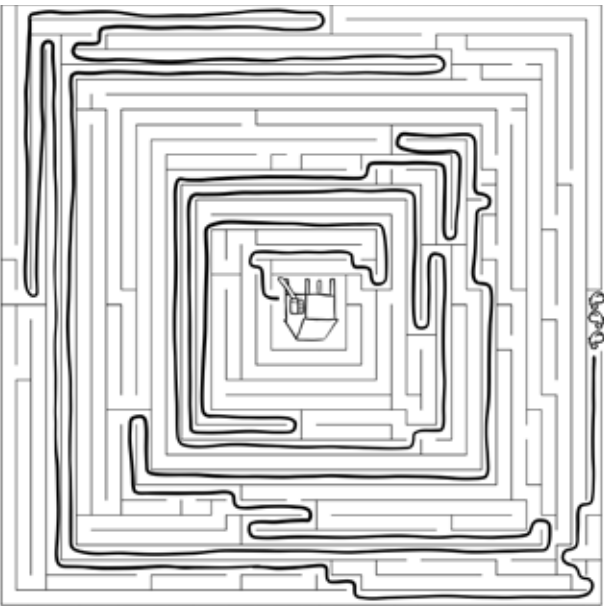
Finding the word in the
Search is like
an anchor escapement.

The detection gives us
a small push
forward.

By Martha E. Duncan
Co-op owner since 2013

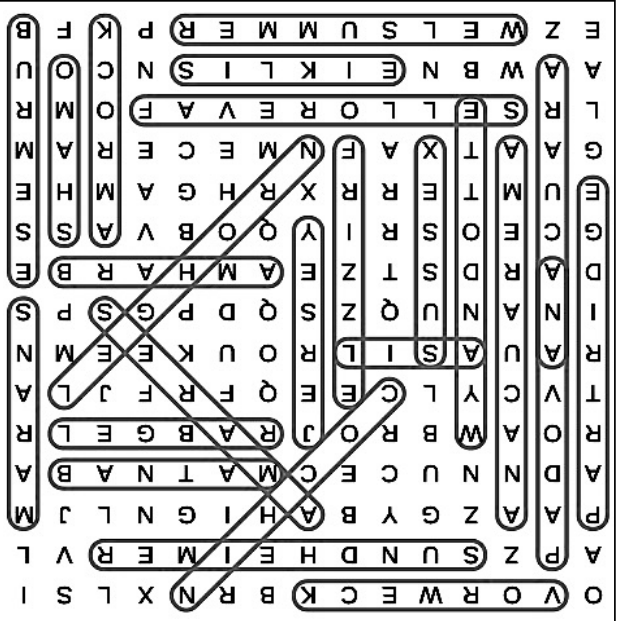
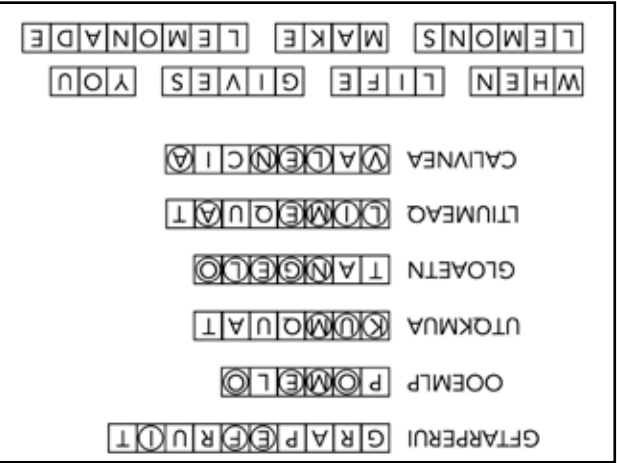
see puzzles on pg. 11

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



Cat tail, glasses, pig tail, mouse, lettuce leaf,
spider, heart pin, patch, pig markings, sty
light, bat, sleeping cat

Spot the 12 Differences



THE GREAT CO-OP KITCHEN CHALLENGE

Do you love to cook AND relish a challenge? Looking for something new and fun to activate your kitchen skills? Want a chance to win a \$25 Co-op gift card? The Co-op is excited to present a new quarterly kitchen challenge.

How does it work? In each Harvest Herald, we will present a new challenge, a dish for participants to try their hand at. You will have two months from the time of printing the Herald to complete the project. We will provide a recipe for inspiration, but you are free to use any recipe you like, as long as it's the same type of dish. You can use your creativity, follow your passion, and make your ideal version. When you're done with your dish, take a picture, describe the flavors and aspects you used, including any fun anecdotes about the process and send it to: marketing@bluehill.coop. We will publish the photos in the following Harvest Herald, and one participant will be randomly selected to win a \$25 gift card to the Co-op. Sound like fun? Let's get started!

The first Co-op Kitchen Challenge is one of these three: Buche de Noel, Yule Log Cake, or Swiss Roll. These cakes are made with a thin sponge cake rolled around a filling of whipped cream or jelly. Traditionally, a Buche de Noel or Yule Log Cake is decorated to look like a wooden log and is served at Christmas or Yule. Swiss Rolls are generally more minimally decorated and usually have a fruit component. This project may look intimidating, but with a bit of care, it comes together easily, and the flavor and decoration offer a creative opportunity to the individual baker. You can also make gluten-free, vegan, grain-free, or sugar-free variations. Our recipe here is to inspire. You can use this recipe or any other.

Please send in your photo and description by February 28 in order to have your creation published and for a chance to win the gift card.

CLASSIC CHOCOLATE BÛCHE DE NOËL



Photos by Kipp Hopkins

Preheat the oven to 350° F. Spray a 12" x 17" baking pan with cooking spray and line it with parchment paper. Spray the parchment paper, ensuring a nonstick surface for the cake.

In a medium-sized bowl, mix together the flour, cocoa powder, baking powder, and salt. Using a hand or standing mixer, beat the egg whites until frothy, then add 1/2 cup of sugar a little at a time, beating together on high speed for 4-5 minutes until stiff peaks form. Transfer the egg whites to another bowl, and use the same bowl to combine the egg yolks, the rest of the sugar, oil, and vanilla extract. Beat together on high for 3-4 minutes until they are thick and light in color.

Add half the whipped egg whites into the yolk mixture and beat on low for 10 seconds. Add the other half and beat on low for another 10 seconds. Add half the flour mixture and fold with a rubber spatula until combined. Repeat with the remaining half. Do not over-mix the batter, it must be light and fluffy.

Evenly spread the batter across the prepared pan. Bake for 15-16 minutes, until the cake springs back when lightly poked. Do not overbake the cake, or it will crack when you attempt to roll it. While the cake bakes, place a clean, thin kitchen towel slightly larger than the cake on a clean, dry work surface. Once the cake comes out of the oven, quickly run a knife along the edge and carefully invert the warm cake onto the towel. Peel the parchment paper off the cake. Starting with the narrow end, slowly and gently

Cake ingredients:

- 1 1/3 cups all-purpose flour
- 2 tbsp cocoa powder
- 1 tsp baking powder
- 1/2 tsp salt
- 6 eggs (separated at room temp)
- 1 cup sugar
- 2 tbsp vegetable oil
- 1 1/2 tsp vanilla

Filling ingredients:

- 1 1/2 cups cold heavy cream
- 1/4 cup powdered sugar
- 1 tbsp cocoa powder
- 2 tsp vanilla extract

Ganache ingredients:

- 6 oz dark semi-sweet chocolate chips
- 3/4 cup heavy cream

Special equipment:

- 12" x 17" baking pan
- parchment paper
- cooking spray

roll the cake and towel tightly. Allow the cake to cool entirely, rolled up in the towel (about 3 hours).

If you're making any decorations for your cake, such as meringue mushrooms, prepare them while the cake cools. Once the cake has cooled completely, place the filling ingredients in a mixing bowl, and beat on high until you have a fluffy whipped cream. Carefully unroll the cake, remove the towel, and spread the whipped cream evenly across the top, leaving 1-inch bare around the edges. Carefully roll the cake again with the whipped cream creating a spiral. It will spread towards the edges as you roll. Place the cake in the refrigerator for 30 minutes.

Put the chocolate chips in a bowl. Heat the cream on the stovetop until it's hot, but do not let it boil. Pour the hot cream over the chocolate and let it sit for 3-4 minutes. Mix the melted chocolate and cream until you have a smooth ganache. Place the ganache in the refrigerator for 10 minutes or until it has thickened enough to spread like frosting.

Remove the cake from the refrigerator and slice a diagonal piece from one end, about 1 inch on one end and 3 inches on the other. Place the slice on the side of the cake, so it looks like a branch. Frost the outside of the cake with the ganache, creating a rough texture like bark. Decorate the outside with mint leaves or rosemary. The recipe for the meringue mushrooms can be found on our blog.