

FREE

THE HARVEST HERALD

BLUE HILL CO-OP

Autumn 2015

WELCOME NEW BOARD MEMBERS



Edie Dunham

Ever since she began buying food for herself in college Edie Dunham has been drawn to health food stores--havens of delicious organic vegetables, meat from small farms, and herbs and supplements. Edie worked at Origanum in Burlington, VT in college. She has lived in Boston, New York City, Portland, OR, Chicago, Vermont, Paris, Hertfordshire, England, San Miguel, Mexico, and Mount Desert. They all have nice health food stores, but the Blue Hill Food Co-op has always been a favorite of hers, and now that she lives in the area, she can visit

several times a day!

For the past fifteen years she has served on many boards: the Acadia Corporation, the Mt. Desert Water District, the Mt. Desert Zoning Board of Appeals, President of the Seal Harbor Village Improvement Society and the Mt. Desert Comprehensive Plan Committee.

Susan Snider

Susan Snider is a retired environmental and social injustice activist. She and her husband, Michael Percy, moved from the Sierra Nevada foothills of northern California to Brooklin in 2012. In California, Susan was active both as a board member and a multi-tasking volunteer for several environmental groups. She also gave countless hours in support of domestic violence prevention and AIDS/HIV service. Susan and Michael became members of the Blue Hill Co-op as summer visitors several years ago. "We believe every community in Maine should have access to safe, healthy--and most importantly--local food." Susan recently joined the board of the Mabel Wadsworth Women's Health Center in Bangor and also spends time volunteering at the Tree of Life food pantry in Blue Hill. When she isn't helping her husband with his company, which sells electronic components to the audio industry, Susan enjoys skiing, snowshoeing, tennis, kayaking and running.



Election Results

Total Number of Active Members: 1443

(Minimum # Of Active Ballots Required To Achieve 5% Of Membership: 72)

Total Ballots Received: 208

Valid Ballots: 171

Invalid Ballots: 37 (31 Completely Invalid, 6 Partially Valid)

Envelopes Not Sealed: 7

No Name And/Or Owner #: 21

Not Current Owner (Equity Due): 2

Ballot Received After Deadline: 1

Partially Invalid Ballot (Voted Both For And Against Bylaw Change: 6)

Votes For Bylaw Change

For: 160

Against: 8

Invalid Votes (As Noted Above): 6

Blank: 3

The Bylaws were changed to allow for shares for investing in the relocation

All Candidates Were Elected

1. Aaron Dority

2. Edie Dunham

3. Susan Snider

4. Mia Strong

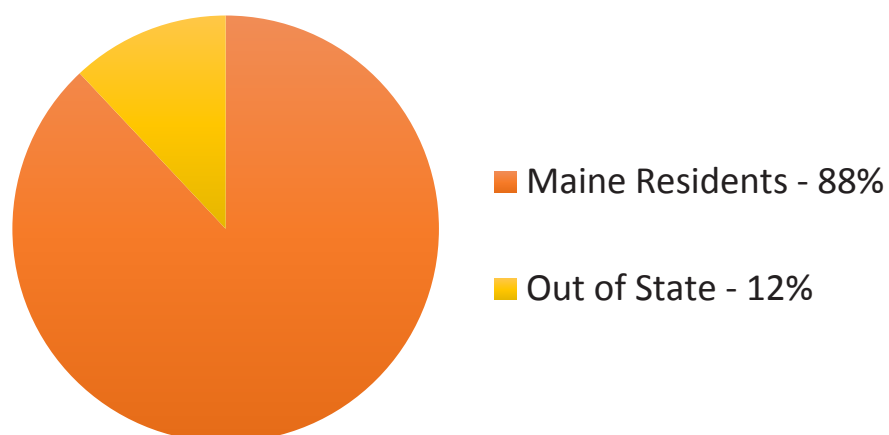


Co-op Membership: How We Add Up

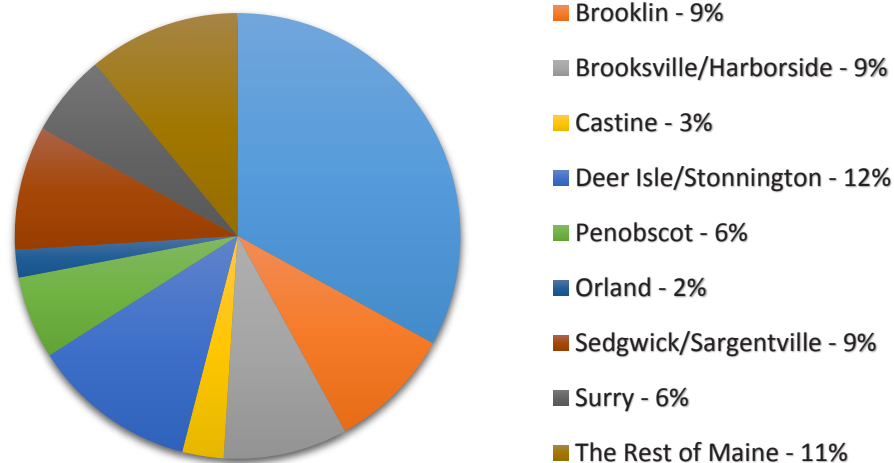
I like facts, figures, numbers and percentages. I love to look at charts, graphs and zen-diagrams. I know, I know my "nerd" is showing. But, if you are in fact like me, you just might appreciate the following:

-Beth Dickens, *Ownership Coordinator*

Members Who Call Maine Home



Where the 88% Reside



The Importance of Magnesium & Dangers of NSAID's

David R. Walker, Wellness Manager

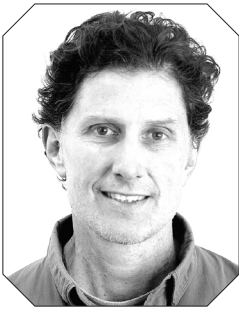
As we slide gracefully into fall we have stored within us the warmth and hum of summer, an expansive energy that can be both exhilarating and destabilizing if out of balance. Our bodies are sensing Nature's changes. We can help ourselves adjust to these changes in a variety of ways. We may increase rest and introduce warming root vegetables into our diets. We can also ingest tonics that support immune system health. Urban Moonshine's Immune Tonic is an excellent everyday tonic for supporting immune function. Using seasonal tonics is an age-old practice, and this great Vermont-based company combines age-old herbs and mushrooms in an organic alcohol base using Reishi and Maitake mushrooms, Astragalus, Codonopsis, Eleuthero, Licorice, and Ginger root extracts, and finally Schisandra Berry. Guido Mase, Urban Moonshine's guiding guru of herbalism, recommends two servings of 1/2 teaspoon per day to keep the Immune system spinning smoothly.

Avena Botanicals of Rockport, Maine produces a Spring and Fall Tonic that is more focused on cleansing using Burdock root, Dandelion leaf and flower, Nettle leaf, Yellowdock root and leaf all in a base of organic water, alcohol, and vegetable glycerin. Deb Soule, a renowned herbalist and founder of Avena, recommends a 1/2 teaspoon three times daily in spring and fall. Your body will adjust more

effectively to changing temperatures and light and your psyche will feel brighter with these tonics, but don't take my word for it, try it out!

Meanwhile, are you getting enough Magnesium? Dr. Carolyn Dean, MD, ND, author of *The Magnesium Miracle* (Ballantine Books 2007), states that 80% of Americans suffer from magnesium deficiency. Magnesium is a critical, multi-tasking nutrient linked to the prevention of asthma, diabetes, heart disease, insomnia, migraines, osteoporosis, and more. Pumpkin seeds and Kelp appear to be two of the best natural sources. Others include wheat bran, wheat germ, almonds, cashews, molasses, brewer's yeast and buckwheat. I recommend Calm by Natural Vitality to many a Co-op customer. This is powdered magnesium citrate that dissolves into water to become ionic, which means it is the smallest possible molecular form. This is the fastest and most absorbable magnesium available. If you suffer cramping regularly you may be low in magnesium.

Magnesium deficiency can make life very challenging: Dr. Dean writes: "When magnesium levels are deficient, you can be walking around as tight as a drum and don't why you are experiencing anger, apathy, apprehension, confusion, eye twitches, fatigue, insomnia, muscle weakness, nervousness, poor concentration, poor memory, a racing heart, and trembling." She goes on to describe



a common situation in today's medical world: Hypertension (caused by low magnesium levels) which is often treated with diuretics, this further depletes the low magnesium levels present in the first place. Cholesterol levels, also related to magnesium levels, may then spike, and the patient is then prescribed cholesterol-lowering drugs in addition to the hypertension drugs. Magnesium deficiency may also cause spikes in blood sugar, a symptom that may be interpreted as a pre-diabetic situation, so a diabetic drug may be prescribed on top of the others. And if the patient's blood is tested for magnesium levels, it won't reveal the deficiency, because only 1% of the body's magnesium is in the blood. Dean writes, "Magnesium in the blood is crucial and the amount is guarded by powerful feedback mechanisms so it will usually look normal unless the levels in tissues are dangerously low."

Many people don't realize cholesterol levels are tied closely to proper magnesium levels: "The majority of the cholesterol in the body is made in the liver. Most of it does not come from our diet. Making cholesterol requires a specific enzyme called HMG-CoA reductase. If there is enough cholesterol in the body, magnesium slows this enzyme down. If more cholesterol is needed to make hormones or coat every cell of our body with a fatty layer, magnesium speeds it up...Magnesium is a natural way the body controls cholesterol when it reaches a higher level, whereas statin drugs are used to destroy the whole process," writes

Dean. Magnesium plays a role in the prevention of blood clots and keeping blood thin. Calcium does not fully dissolve in blood and promotes blood clotting--magnesium allows calcium to dissolve fully in the bloodstream along with unnecessary blood clots.

Finally, don't underestimate the dangers of Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) like aspirin, Ibuprofen, Tylenol, Celebrex,

Motrin, Aleve, and others like these. The July 14th issue of the Bangor Daily News reports: "A decade's worth of research on NSAIDs has prompted the Food and Drug Administration to demand stiffer warnings on the labels of such prescription medications as Celebrex and Voltaren about the increased risk of heart attacks and strokes in those taking the drugs..." The FDA said that for now, only prescription NSAIDs would be required to add the warnings. But the agency said it would soon ask the manufacturers of the over-the-counter NSAIDs to update their warnings.

Aside from increased risk of heart attack and stroke, side-effects of NSAIDs commonly include progressive destruction of the lining of the gastrointestinal track, and a host of gut maladies. We can keep blood thinned to a healthy level with magnesium, green tea, ginger, and wonderful anti-inflammatory supplements such as Zylamend by New Chapter, available at the co-op. Feel free to see me for more details. Happy Fall!

Magnesium deficiency can make life very challenging



CO-OP BOARD OFFICERS & MEMBERS

Mia Strong, *President*
Jim Picariello, *Vice President*
Shawn Fowler, *Staff Position*
Aaron Dority
Diane Bianco
Jerome Lawther
Susan Snider
Edie Dunham

BOARD MEETINGS

The Co-op Board meets on the third Tuesday of each month at 6:30pm in the Café. Board meetings are open to the membership.

THE NEWSLETTER TEAM

Managing Editors
Hannah Barrows & Beth Dickens ownership@bluehill.coop
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deborah@clayfieldfarm.net
Contributors/Writers: Marge May, Catherine Princell, Edee Howland, Steve Benson, & Co-op Staff
Photographs:
Working Members & Co-op Staff

LETTERS TO THE EDITOR
We welcome input. Please send a letter to: Letters to the Editor, Blue Hill Co-op, PO Box 1133, Blue Hill, ME 04614, or to info@bluehill.coop. Letters may be edited for style, not content, and should be brief. Please include your name, address, and phone number.

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

STAFF PROFILES

John Lewandowski

A Blue Hill native, John attended the Blue Hill Consolidated School where his mother was his own sixth grade teacher. He moved on to George Stevens Academy and then left his beloved hometown for Burlington to attend the University of Vermont. There he majored in Art Education and soon after left New England for the opposite coast in California. He moved around the state performing a variety of jobs including a stint as energy auditor and also as a lift operator at the ski resort Squaw Valley in Lake Tahoe. His favorite job on the west coast was as an elementary art teacher in several public schools around San Francisco. The kids were particularly fond of working with clay and loved making ocarinas with him.

John always knew he wanted to move back to Maine, however, and the prices for land out west were quite steep compared with back home. So John moved back to the Blue Hill Peninsula with his wife, Jenny, who is also from the area. They currently live on Deer Isle and hope to start a family soon. They also think about finding the perfect place to settle down with a house, yard and garden. John's future goals also include owning a boat and trying to find work locally as an art teacher.

At the Co-op, John works as assistant to the Bulk Manager where he says he has learned a tremendous amount about different herbs and spices. He also works in the Produce Department where he loves working with local farmers because he enjoys meeting the people who grow food in the area..



Shawn Fowler

Another local lad who has recently joined the Co-op's staff is Shawn. He grew up in Brooksville and attended George Stevens Academy. Shawn had an early interest in radio broadcasting and decided to go to the New England School of Communications in Bangor but soon developed a knack for video production. That led him to study for two years at Rockport College (now Maine Media College) to further hone his skills in film production. Shawn pursued work for the next eight years in video and independent film production working on all aspects of production including operating cameras, creating lighting for sets and supervising sound. He also found work at television stations WABI and WBII in Bangor. The skills he learned in his job experience helped him manage Maine Coast Cinema in Ellsworth until its closure in January.

Shawn now lives in East Blue Hill with his significant other, Abby, and "life pet-ner" Katness, the cat. When he was looking for work this past spring, Shawn thought of the Co-op where he has been a member for several years. He prefers a gluten-free diet and appreciated the selection of gluten-free products that the Co-op carries. He is also the cook in his household and when a job in the Café opened up, it seemed a good fit. Shawn has been working there in the mornings since March. He enjoys setting-up the café for a day of providing food for so many people. Shawn was recently elected as the Staff Representative to the Co-op Board of Directors and is happy to serve believing that "if you want to make the world a better place, start with your own backyard."

Carrie Gray

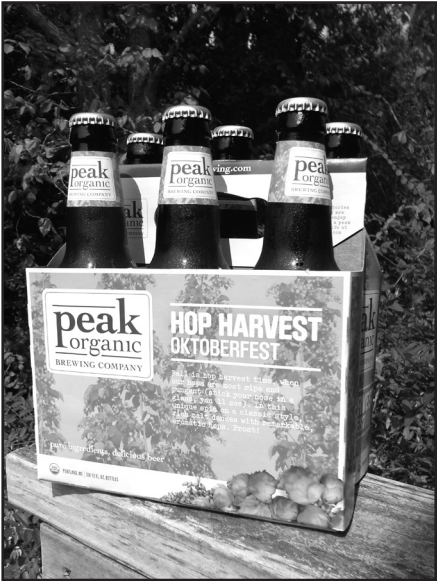
Carrie has lived on Verona Island almost her entire life. She grew up happily there with a large extended family nearby, and those family ties have kept her close through the decades. During the one year she spent away from the island, Carries studied at a travel and tourism school in Pittsburgh, Pennsylvania. Once back in Maine, she then lived in Bucksport. After she married, however, Carrie returned to the island to raise her family.

After her children grew older, Carrie decided to find a friendly and social place for some part-time work. Since she has a keen interest in good food and health, she called the Blue Hill Co-op to see if they were hiring. Fortunately, she accepted a position and fit in quickly. At the Co-op, Carrie works as a cashier and also works in the Bulk and Produce Departments. She enjoys the variety in her duties there.

At home on the island, Carrie is an inveterate gardener. She grows much of the produce her family needs. Her favorite vegetable is the tomato because of its versatility. She grows an impressive variety of them, putting-up tomato sauce, salsa and a vegetable juice that features tomatoes. Much of the rest of the bounty of the garden gets frozen and canned while other items are better suited to fermentation. Carrie enjoys her labor all winter long as the winds whip across the snowy island and she savors the taste of summer in a jar.



Features From Our Beer & Wine Departments



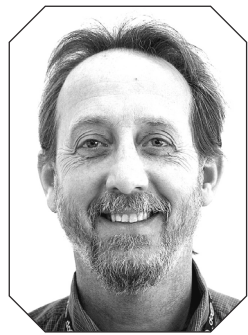
Peak Organic IPA
Peak is a craft brewing company out of Portland, Maine. The company is dedicated to making delicious beer using local, artisan and organic ingredients. In 2009, Peak helped Maine farmers cultivate commercial hops, the first such harvest since 1880. Their unique India Pale Ale features three types of hops- Simcoe®, Amarillo® and Nugget. This combination provides for an assertive, hop-forward nose and front palate, and stimulating citrus and floral characteristics. Try pairing Peak Organic IPA with spicy foods, pesto, smoked meats, mild cheddar or mild blue cheese.



Tilia Malbec 2014 -Argentina
The Tilia wines are made at Bodegas Esmeralda, a Catena family winery in the Eastern region of Mendoza. They are made with a blend of fruit sustainably farmed and sourced in the Eastern and Southern regions. The company is dedicated to helping maintaining the traditions of rural family farming and stewarding responsible use of the environment. Tilia Malbec is a medium bodied red wine with ripe tannins and flavors of blackberry and plum with touches of chocolate and spice. Try pairing Tilia Malbec wine with red meat, pasta, cheddar or Gouda cheese.

Changes & Clarifications

Mark Deeny, General Manager



For this issue of the Harvest Herald newsletter, I have a handful of policy changes and clarifications to announce. Each comes with its own reasons as mentioned below. Thank you in advance for understanding.

1. As you make your way through the many aisles (4) of your Co-op, please look for a line of products from Field Day Organics. Field Day Organics is a relatively new line of products from United Natural Foods (UNFI). The Field Day Organics line is USDA certified organic and is priced to be competitive with the Natures' Place line from Hannaford. We have received positive feedback on the

quality thus far and the Organic Certification ensures that the products do not contain genetically modified organisms. Some of the Field Day products we will be carrying include canned beans, tomato sauces, olive oil, broth, and jams.

2. No Full Moon Sale discount on Turkeys for Thanksgiving.

The November Full Moon Sale falls on Wednesday, November 25th this year. We are happy to extend the

The Field Day Organics line is USDA certified organic and is priced to be competitive with the Natures' Place line from Hannaford.

10% discount to our members for your Thanksgiving holiday purchases and look forward to a very busy and festive day. But we will not be able to offer 10% off the fresh turkeys themselves. The Co-op has a very low margin on the fresh turkeys because we know that a good sized bird can cost well over \$50. Because we keep the margin low on this item, there is not enough room left to give away another 10%. Having said that, we will be fully stocked and staffed on Wednesday the 25th and look forward to selling lots of veggies, cheeses, bread, wine and other holiday fixings at the 10% Full Moon discount. We hope to offer fresh heritage breed turkeys from Old Ackley Farm in Blue Hill, fresh Organic turkeys from Tide Mill Farm in Edmunds, and (new this year) fresh Organic turkeys from United Natural Foods. Look for more information in early November.

3. Beginning October 1st, 2015, White Orchard dairy products, Tinderhearth bread and Four Season Eggs will be sold on a first come first served basis only. We will no longer hold these products for customers to pick up at their convenience. Also, we will reserve the option of doing this with any items that are in short supply and sell out quickly.

I have found this topic to be quite difficult because we strive to provide high quality customer service and enjoy being helpful. But when we hold the limited supply items for essentially deciding them and who does we are pulling out all of the available the hold requests. tells us that these items will sell out so holding them is ensure that they

White Orchard Thursday afternoon. delivers late in the Tuesdays and Fridays.



customers we are who gets to have not. At times most or even product to satisfy Past experience limited supply no matter what, not necessary to sell. delivers late Tinderhearth morning on

On page 10, *The Porch Has A New Look*, you will find mention of our policy regarding the posting of community events & services on the porch. The goal of this policy clarification is to provide some structure to an area that has become a bit of an unruly mess. We hope to continue to provide this venue to promote local events and products without generating unnecessary squabbles or trash. I say this only half in jest, but sometimes there is a fine line between marketing and litter.

On Eating When Hungry

Steve Benson, Working Member

I try my best to notice when I'm hungry. Maybe I'm at least a little hungry and at least a little satiated almost every minute. So to say I cook when I'm hungry is really an attitudinal framework. It lets me feel flexible about when I prepare and eat food, if I'm on my own or with others who do not mind.

I try my best to notice how and what I'm eating too; how it tastes and how I'm seeing and smelling and grasping and chewing and swallowing it, what its made of, where it comes from, how far it's come, who worked on it, and imagine what I don't know. "My best" is not great in this area. I'm usually absent-minded and I don't know what to say about it. When I'm out, I nearly always bring some food along in my backpack wherever I go. I'll have dried fruit, trail mix, and sesame sticks, in re-washed plastic packaging left over from Co-op café or bulk purchases.

Continued on next page

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Continured from previous page My backpack also has water bottles, bug repellent, eyeglass cleaner, cloth napkins and other things in it that one might want when away from home. If I add a re-usable cold pack from my home freezer, I can carry fruit, chocolate, and smoothies all day without them spoiling. Most days I make myself a smoothie before leaving home, using plain yogurt, fruit-flavored kefir, and soymilk – or any variation on those ingredients – in a portable blender bottle. One or more plastic containers will hold a mix of carrots, apples, pears, bananas, bell peppers, chopped or whole, for snacking or lunch. Another holds a nut butter and jam sandwich on whole grain bread; often I make a few of these at a time and cut them down the center and store them in separate containers in the fridge so they are ready for a work day.

Okay, by now you can tell this isn't a gourmet-cooking column. It doesn't lead to any admiration for my culinary artistry. But it's good to have something to eat, and it's easy to share.

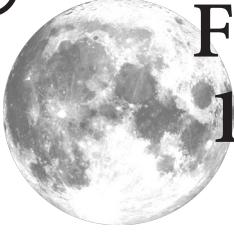
When I'm home alone, I make mostly vegetarian and vegan choices. Sometimes I do eat sardines, salmon or organic meat sausages. There are many reasons not to eat meat and to eat organic, local foods, reasons that often overlap. I steam fresh local organic vegetables for meals at home. I often steam a lot, refrigerate what doesn't get eaten, and use the leftovers cold or in an omelet. I like to squeeze a little lemon drizzle some and sometimes olive oil onto broccoli and greens I've steamed (but not on the leftovers I will refrigerate). Sometimes I add some powdery kelp, salt and pepper, to suit my mood.

Every few days I cook a big pot of rice in a rice cooker (you could do it on the stove). What I don't eat within half an hour I will put in single-servings containers to freeze. I can steam a serving of rice in a few minutes using the pot I've just used to steam vegetables. Or I may cook up a little quinoa in 20 minutes. I typically pour chili, soup, Indian dhal or curry over rice and heat it in a pan, covered, on low heat for 10 minutes or so. I buy these precooked packaged foods several at a time, to have on hand. Or I use a stir-fry or slow-cooked stew of my own making.

To make stir-fry, I heat a cast iron pan or a wok on medium high a few minutes. I then add a few tablespoons of olive oil – less if I'm mostly doing greens and beans, more if I'm using absorbent foods like mushrooms, zucchini, or tofu. I usually put some chopped onion before other vegetables, and I like to rub a few spices together between my fingers to fall into the hot oil – basil, sage, thyme, mixes. I add vegetables one or two at a time, depending how long I think they need to cook. Tofu and seitan are protein choices I like that can be quickly marinated beforehand in tamari and burnt sesame oil. I add finely chopped garlic or ginger late, to taste. Sometimes I add a sort of sauce, mostly water, partly a dressing or Indian curry sauce, stirred, and let things simmer longer on low heat, under a lid.

Everything I've mentioned is easy, and generally inexpensive to buy at the Co-op. And lastly, I like to finish it all off with chocolate. I prefer very dark organic free trade chocolate. To the mindfulness enthusiast, this tastes the best!

*it's good to have
something to eat, and
it's easy to share*



Full Moon Sale

1% Donations

2015

Island Community Café	January 5	\$105.97
Healthy Peninsula	February 3	\$101.52
Peninsula Free Health Clinic	March 5	\$104.90
Halcyon Grange	April 4	\$103.07
Simmering Pot	May 3	\$91.91
MOFGA	June 2	\$144.00
Open Door Recovery Center	July 1	\$151.59
Island Pantry	July 31	\$178.21
Tree of Life	August 29	\$147.79

The Co-op donates 1% of it's full moon sales to a local charity

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ALTERATIONS

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Hi! I'm Lydia MacDonald. I am a stay at home mom to three small children. I live in Stonington, and I am married to a lobster-fisherman. My children are my little helpers and my husband is my honest taste tester. I find a lot of joy and satisfaction in cooking/baking. One of my favorite parts of baking is sharing with others. I started this blog to share my joy and love of cooking in hope that others would be inspired to try new things in the kitchen. I share photos I have taken, recipes, as well as bits and pieces of my personal life. Some recipes are ones that I have made up, but mostly, I comb the internet, other food blogs, and cookbooks for recipes



that look appealing. I started cooking my freshman year in college, and am mostly self-taught. My biggest joy is having people enjoy the food that I make, so in return I hope you can enjoy the recipes shared! This particular recipe I wanted to share because it is one of my personal favorites. It's healthy, filling and delicious. It makes fabulous leftovers as well. This dish makes a simple, light dinner, or an excellent lunch to keep you powered up for the rest of the day.

Lentils & Couscous with Zucchini and Carrots

- (Yield: 4-6 servings)
- 1-2 cups dried lentils (If you like a lot of lentils, use 2 cups)
 - 2 Tablespoons grapeseed or vegetable oil
 - 1 medium onion, chopped
 - 3 cloves garlic, minced
 - 2 large carrots, peeled and shredded
 - 2 zucchini, shredded
 - 1 cup pearl (Israeli) couscous
 - 2 cups chicken or vegetable stock
 - 2 teaspoons ground cumin
 - 1/2 teaspoon turmeric
 - dash of garlic powder
 - salt and pepper
 - 2-3 Tablespoons fresh chopped parsley or cilantro

Directions:

In a small saucepan, cover the lentils with 2 inches of water. Bring to boil over high heat. Partially cover, and lower the heat to a simmer. Simmer until the lentils are cooked through and tender, 15-20 minutes. Drain and set aside. Meanwhile, prepare the rest of the ingredients. Place the oil in a large skillet over medium-high heat. Once simmering, stir in the onion. Cook the onion until softened, about 5 minutes. Stir in the minced garlic, cumin, turmeric and garlic powder just until fragrant, about 30 seconds. Stir in the broth and couscous. Bring to a boil, lower the heat and partially cover. Gently simmer until the water



Photo Courtesy of Lydia MacDonald

is mostly absorbed, about 8-10 minutes. Just before all the water is absorbed, add the shredded carrots, zucchini, cooked lentils and parsley. Stir until completely combined. Let cook for a few more minutes until everything is heated through. Season generously with salt and pepper and serve.

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If you have a food blog, or know of someone locally who does. we are interested in sharing your recipes. Contact Beth Dickens at the Blue Hill Co-op.

Art in the Café

Thank you to all the artists that exhibited in our Café thus far

JUNE

Stephen Greenberg I worked 35+ years as a psychiatrist. Had a Konica SLR in the early 70's but stopped shooting in '75 after a serious auto accident, while traveling in Oaxaca, Mexico. I started shooting again in digital about 6 years ago and now incorporate my post production work as part of the creative process.
The beauty of the Penobscot Bay area is a never ending source of inspiration. My wife and I have been coming here since '82 and our lives have been greatly enriched because of that.
When I began to master the art of photography, it was only natural for me to try and capture the splendor of the area that we so love, through the lens of my camera."



Stonington Harbor

JULY

Kathleen Hall I liken the process of creating my paintings to a storyteller weaving a tale. While the writer's tools of the trade are complex characters and well-crafted narrative, mine are a simple painting knife and layer upon layer of thick, juicy oil paint. What people notice most about my paintings are the texture, dimension and vibrant colors, often complementary hues, juxtaposed to create energy and build tension. I sometimes observe viewers studying my paintings from multiple angles, tracing my journey through the layers.
People ask me if I like Van Gogh's work. I do! I love Van Gogh's use of bold color, lines and the whimsical way he represents the objects and scenes he paints. This is what I hope to accomplish in my own paintings.



Red Poppies on Green

AUGUST

Nicole E. Barnes I grew up adventuring in Acadia National Park, with a worn pair of boots and a second hand camera. I love to capture the raw details of life, chronicling the unique emotion of the moment... telling stories the only way I know how. My dream is to travel to every national park in the country, collecting memories, so I have endless stories to share.



Shorepath

The Lore And Allure Of Apples

Marge May, *Working Member*

People have been eating apples for at least 5000 years. The apple tree, *Malus domestica*, a member of the rose family, originated in central Asia and is the earliest known cultivated tree. In ancient Rome, Pliny documented 22 varieties of apple. Today, there are over 7000 varieties. Apples are produced in 96 countries.

Apple trees were brought to North America by European colonists. Only the crabapple is native to this continent. In the early 1800's, Johnny Appleseed (John Chapman of Massachusetts) planted apple seeds from European apples across the American wilderness. It is said that he planted the apple trees so that there would always be food freely available to any person or creature in need of it. Some of the trees he planted are still alive today.

The apple is featured in the folklore of various traditions. We all know about Adam and Eve and how Eve took the first bite of an apple and then tempted Adam to take a nibble. The original scriptural text does not mention the apple by name; this idea was added to the story later by Europeans. In Greek lore, the

earth goddess Gaia gave apple trees to Hera, queen of the gods. These trees produced golden apples that had healing powers. Anglo-Saxon tradition features



“wassailing” apple trees, a celebration in which country folk gather and drink wassail, a form of hard apple cider, to celebrate apple trees and pray for a good harvest next year. In Celtic tradition, Avalon is the “Isle of Apples” and the apple is associated with

fruitfulness and immortality. In our modern world, apples have less celebrity but are found in every supermarket.

Various sources extol the health benefits of whole, raw apples. The apple is loaded with phytonutrients, which may help to regulate blood sugar by inhibiting the breakdown of complex carbohydrates into simple sugars in the blood. The polyphenols in apples, concentrated in the apple skin, have anti-oxidant properties. These nutrients help to decrease

LDL-cholesterol in the blood. Apples are believed to assist in the fight against certain cancers, including colon cancer and breast cancer. Some preliminary research results indicate that apples help to curtail some age-related conditions such as macular degeneration of the eye and neurodegenerative disorders

**Only the crabapple
is native to this
continent**

Membership Update

Beth Dickens, *Membership Coordinator*



Another summer is under our belts. It was busy and exciting, but now I am looking to fall and anxiously waiting for the leaves to change as the air becomes crisp. Because things have started to slow down I have been able to fully take in and assess all that we at the Co-

op have accomplished this year. From a membership standpoint we have, to date, welcomed approximately 170 new members into our “family”. Fifty-five of these members joined during our July Member Drive!

To kick off the summer season the Co-op once again teamed up with Blue Hill Heritage Trust and offered the Local Farm Tour series. The tours were well attended by people of all ages. We saw a lot of familiar faces but were delighted to see quite a few visitors to the area as well. Between the animals, the plants, the tractors and the treats, there was something for all. I hope everyone enjoyed themselves as much as I did, and I would like to take this opportunity to again thank Quills End, Horsepower and King Hill Farms for their generosity and time.

During the month of August the Co-op hosted two informational speakers at the Blue Hill Library. Tim Seabrook of 5-Star Nursery spoke about the summer care and maintenance of fruit orchards. He shared with us the joys and troubles of what the season has to offer and even touched on how an early snow and rapid drop in temperatures during the fall can affect the next summers’ peach crop (Sorry to say so, but don’t expect too many peaches this year). There was so much information and so little time. The attendees and I had loads of questions. We could have stayed for hours, but alas the library had to close. Not to worry,

**We have
welcomed 55 new
members during our
July member drive**

I’ve already asked Tim if he would come back and do it again. Keep your eyes peeled this spring for more information.

Our second speaker, Hannah Semler of Healthy Acadia, spoke to a full house about the issues of food insecurity in Hancock County. Healthy Acadia works to connect individuals with available services, making it easier for people to make healthy choices for themselves and their families. One such service, the Gleaning Initiative, relies of teams of volunteers to collect from local food producers and retailers; food that would otherwise go to waste. All the fruit that falls to the ground before being picked or the produce that doesn’t look quite perfect, that “unsellable” food finds a use and goes to people who really need it. Attendees of the talk were treated to applesauce made from locally gleaned fruit, and boy ways it good!

The Co-op ended the summer with a “bang”. Each year the Co-op hosts a community appreciation picnic. This year for the first time ever, we opted for lobster at Flye Point in Brooklin in August! Yes, it’s the busiest time of year for the Co-op, but it was worth



Co-op Picnic, Flye Point

Easy Apple Sauce

15 pounds apples, peeled and cored
½ cup water
¼ cup lemon juice
½ cup sugar or honey
Cinnamon, nutmeg and ginger (optional) to taste

1. Peel and core apples.
2. Chop into medium size pieces.
3. Place apples in large pot with lid.
4. Add lemon juice, water and optional spices
5. Add sweetener and stir.
6. Cover and simmer on low heat, stirring often until soft but not overly mushy
7. Serve hot or cold.

Makes approximately 1 gallon of applesauce



such as Alzheimer’s disease. Apples are a good source of vitamins including A, C, most of water soluble forms of vitamin B (B1, B2, B3, B5 and B9), and vitamins K and E.

The Co-op offers excellent organic apples year-round. The next time you visit, check out the apples. Ask about the lush and delicious varieties offered and find out about local growers who supply some of the Co-op’s apples and apple products.

Sources

<http://www.mythencyclopedia.com>, <https://en.wikipedia.org/wiki/Apple>, <http://www.druidry.org/library/trees/tree-lore-apple>
<http://www.newhealthguide.org/>



Farm Tour, King Hill Farm

it. We had a great turnout with over 300 people in attendance and were delighted to see Co-op owners, local residents, and area visitors all together in and around the tent. And even though it remained foggy for much of the day, the setting was wonderful. We ate good food, listened to music from the local band Archipelago, watched the kids run around and dance and finished our meals with ice-cream generously donated by Stone Fox Creamery. Yes, a good time was had by all. I am Thankful for all the help and support the Co-op received from the Board of Directors, employees, volunteers and vendors in making this picnic a reality. Can’t wait to see what we come up with next year.

Moving forward, the Co-op will continue its outreach program into the New Year. Look for store flyers, locally placed ads, and information on our Co-op website and Facebook page for talks, movies and other events each month. For example, on September 27th the Co-op and Blue Hill Heritage Trust will converge on the lawn in front of Blue Hill Mountain from 8:30pm till midnight to view the Super Harvest Moon Full Lunar Eclipse! Despite being a school night, we are hopeful that families will be able join us for what we anticipate will be an exciting educational experience.

News From The Front End

Ellen Sedgwick, *Front End Manager*



Shifting Seasons, A Time For Reflection

The busy months are almost over so we can all take a breath and slow down a little. We're still feeling a bit of the summer rush, and that's a good thing as it propels us into fall giving us energy as the seasons change.

This summer was a great, our busiest yet. With the new software upgrade we experienced less problems on the register and, overall, things ran smoothly. For the most part, it felt that attitudes stayed upbeat and we embraced the busy times with grace and finesse. I heard a lot of positive comments from customers, both local and from away, and that's a good reminder of how special and unique our

little co-op is. We really are lucky to have and be part of this healthful business that provides such good food; beautiful, organic produce and meat from so many local farms, excellent café selections that are tasty and incorporate so many different options, interesting cheeses, beer and wine from this country and many others, and wonderful grocery items that are sourced conscientiously. It is through your support and commitment, your questions, and your needs and wants that we are able to grow and sustain the local community. Let's continue with renewed energy as we head into the quieter months and reflect on all the goodness that we share.



Shopping The Co-op On A Budget

As Supported by the *National Co+op Grocers*

Wholesome food can help you keep food costs down while improving your health. We all want to make good use of our food dollars. It takes work, but learning to plan and shop wisely and developing a few basic cooking skills can save you money. The best part is that once learned, these skills will be with you for life.

Plan ahead

Make a meal plan

Meal planning is the most effective way to save time and money on food. When you have a plan you waste less and eat better. Plan meals that will yield leftovers to eat the next day, or even enough leftovers to freeze and build "fast food" reserves that can help you avoid the impulse to purchase convenience foods when you're short on time.

Take an inventory

Know what you have in your fridge, freezer and pantry before buying anything new. Adjust your meal plan to use older ingredients first, and dispose of any expired foods.

Consider specials

Check out co-op sales flyers for specials and coupons in advance and build meals around items on sale, or consider ingredient substitutions for meals you already have planned. For example, substitute the chicken that is on sale for the ground beef planned for Taco Tuesday. Take advantage of coupons, flyers and member-owner specials to stock up on pantry staples like pasta and pasta sauce, whole grains, beans and frozen vegetables.

Make a grocery list

Convert your meal plan into a list of ingredients you need to purchase for the week.

Shop smart

Be flexible

When you get to the store, use your grocery list as a guide but be open to unexpected sale items. If you find romaine lettuce on sale, substitute it for the spinach salad you had planned. Keep track of your "off plan" purchases and adjust your meal plan as you go. Look for what's in season. Most fresh fruits and vegetables travel more than 1,500 miles from farm to plate. Buying fruits and vegetables that are in season lowers transportation costs and reduces the price you pay. You can find seasonal and local produce at your co-op, or in most areas, at farmers markets. Of course, growing your own food is the thriftiest option. Whether it's a few pots on your windowsill or a full-

blown victory garden, the savings can be bountiful.

Buy in bulk

When you buy in bulk you eliminate packaging costs, which drives down the cost per pound of food. You can also buy just the amount that fits your budget and needs, eliminating waste.

You can find everything from dried beans, whole grains, pasta, baking ingredients, nuts and seeds to herbs and spices, pet food, laundry detergent, soap and lotion in bulk.

Stick to the perimeter

The outer aisles of your co-op are stocked with whole foods: fruits and vegetables, dairy, bulk foods, eggs and meat. You get more bang for your buck with these nutritional

powerhouses. In general, packaged foods are more expensive because they have been prepared for you. Start thinking dry beans vs. canned, bulk whole grains vs. instant or pre-cooked grains (like rice or oats).

Make expensive ingredients stretch

When serving meat as a main dish, keep in mind that a serving size of most meats, according to the USDA is 3-4 ounces, about the size of a deck of cards. You can also buy less expensive cuts of meat. For example, buy a whole chicken at a lower price per pound than butchered chicken cuts and learn to cut it up yourself or roast it whole and freeze leftovers. Buy other meats such as ground beef in bulk packages, if available, portion into meal-sized amounts and freeze.

Package your own snacks

Consider replacing high cost single-serving snacks with ones you package yourself. Buy in bulk and package your own nuts, string cheese or yogurt in reusable containers.

Get comfortable in the kitchen

Learn to cook

The key to real savings is to learn to do food preparation yourself. Don't let inexperience get in your way! If you are new to cooking, start with something simple, like pasta topped with fresh veggies, whole grain and vegetable salads or simple, savory egg dishes. Arm yourself with an all-purpose cookbook to reference – there are many at your local library. The internet

is another incredible resource with countless free recipes and cooking tutorials. Some co-ops offer affordable or even free cooking classes, or you could try calling up a friend who knows how to cook and ask for a lesson. Know this: if you can follow directions, you can cook!

Prep ahead

Instead of buying cut fruits and vegetables, pre-made burgers and canned sauces, make time once a week to prep the ingredients you are going to eat in the upcoming week. You can wash and cut veggies, marinate meat, cook dry beans and whole grains, mix spices or make sauces. In addition to being easy on your bottom line, this habit helps ease

the time commitment of meal preparation later.

Store it right

A key to preventing food waste is to know how to store your ingredients to best prevent spoilage. Most fruits, vegetables and fresh herbs should be stored in plastic bags in the moist humid part of your refrigerator – usually the crisper drawers. Whole grain flours, nuts, seeds and some oils should be stored in airtight containers in the fridge. Other dry goods can be stored in the pantry in airtight containers or in the freezer for long-term storage.

Additional ideas

Using government assistance at co-ops

The U.S. Government has programs to assist qualifying applicants with food costs. Supplemental Nutrition Assistance Program (SNAP) is a nutrition program whose benefits are commonly accepted at many co-ops. Stop by the customer service desk for more information.

Become an owner of your co-op

Memberships vary from one co-op to the next, but usually include some financial perks like member/owner specials or special order discounts. Stop at the customer service desk to learn more about becoming a co-op member/owner.

Resources:

USDA Food & Nutrition Service
US Nutrition Assistance Programs
www.fns.usda.gov
USDA Nutrition.gov
Food Shopping and Meal Planning
www.nutrition.gov

*Meal planning
is the most effective
way to save time and
money on food*

From The Bulk Department

Amy Coppage, Bulk Manager

New Products In Bulk:

- Wonderful organic tea blends from Rachel Randall of the Meristem Herb Co in Brooksville. So far we have Calm tea, Daily cup tea, Digest Best tea, New Mom tea, Cold tea and Super C tea. These cute packages are available in the bulk department.
- Anaheim whole organic chilies, a very very mild chili with a fruitiness to it.
- New non-cafeinated teas from Zhen’s Gypsy Teas: organic caramel rooibos chai (my favorite), Egyptian mint, and green Assam decaf.

Other Product Updates:

- Our Balsamic vinegar from Napa Valley Naturals is now organic!
- Apricots have recovered from the freeze in turkey and are back to being plump & lovely.
- We’ve had some difficulty getting Fiddler’s Green flours but have local substitutions with Morgan’s Mills Organic flours. There may be some other changes in flours by the time you read this, but we’ll do our best to stay local whenever possible, and balance that with availability.



• And unfortunately Simple foods, who has produced the carob rice cakes and carob squares for years, seems to have gone out of business. As of press time we’re looking for substitutions, but so far not finding any carob rice cakes that our distributors can get. We’ll keep an eye on that, and we’re also looking into other carob snacks that might similarly satisfy.

Bulk Product Spotlight:

Himalayan pink salt and Guerande grey sea salt are both unrefined, traditionally harvested salts that are very high in trace minerals. Himalayan salt comes from a 200 million year old sea bed protected by an ancient lava field in the Himalayan foothills. It’s loaded with 84 trace minerals, and is also is very high in electrolytes, giving a sugar-free option to replenishing them; just add a small amount to drinks. It’s great for adding to baths, its minerals and negative ions easily penetrate the skin, producing a cleansing and detoxifying effect. Guerande grey sea salt is harvested from the salt flats off the coast of Brittany in Guerande, France, using the same methods the Celts developed nearly 1,000 years ago. Wind and sun evaporate the water, leaving a mineral-rich brine which is harvested using traditional wooden rakes. It’s a moist salt that gets its color from argile, the dense clay lining the

marshes. This is also where it gets its flavor and high trace minerals content. Like Himilayan salt it’s very high in naturally occurring minerals, particularly magnesium. Both of these salts are lower in sodium than ordinary table salt, but what they do contain, being unrefined, is more easily assimilated by our bodies. The trace minerals they contain include many that Americans are the most deficient in. They can both be used in



any cooking, giving foods a more complex, delicate flavor than regular table salt. Also new this summer, we welcomed John Lewandowski & Carrie Gray as produce/bulk assistants. They are both awesome, hard workers and lots of fun to work with.

RELOCATION UPDATE

Autumn 2015

Recent progress has been made on the effort to relocate the Co-op to a more suitable building. You will recall that the Co-op owns a 5.5 acre site located between Mainescape and NAPA on South Street in Blue Hill.

• In June, Co-op members overwhelmingly (160 for, 8 against) supported changing our by-laws and Articles of Incorporation to allow for a different type of member/owner share. These new shares will allow members to contribute more than the \$200 equity to the Co-op in exchange for potential dividends in the future. The new shares will not have a guaranteed payback, but the Board of Directors may choose to pay dividends on these shares or buy them back at some time in the future if the stores financial performance allows. Also, these shares will not have any more power or say within Co-op ownership other than the simple one vote already accorded to all Co-op member/owners.

We are working with Eaton Peabody Attorneys at Law to draw up and file the paperwork associated with these shares and the member loans that will be needed to finance the relocation effort.

The terms of the new shares have not been finalized and are subject to change. This article is not an offer to purchase a security, or an invitation to make an offer to purchase a security. No such offer shall be made until a definitive offering document and all appropriate disclosures and regulatory filings have been completed.

• Market Study update. We received updated sales forecasts for the new Co-op from G2G Research Group. The sales forecasts generated by this market study will be used to help determine the financial viability and debt load limits of the new store. The forecast numbers are inserted into a financial pro forma that is being used to shape the funding package. As you might imagine, the size and accuracy of these projections is crucial to financial planning.

We wanted to get these numbers updated for several reasons. The 2010 study was done on the heels of the significant recession. The demand for Organic and Local food has grown since 2010. The 2010 study did not include any information about the new store design or the functions within. Also, recent financial performance



Relocation information at the Annual Picnic

and the effect of any inflation upon the 2010 forecasts needed to be considered. The change in forecast was significant. Both studies considered the same site on South Street and took into consideration local demographics and competition. The 2010 market study forecasted sales for an 8,000 sq. ft. (5,000 retail) building that had yet to be designed.

The 2015 study forecasted sales for an 11,480 sq. ft. (6,142 retail) building as designed by Stahnke & Kitigawa architects of Harborside, ME. The results:

	2010 Market Study	2015 Market Study
Year One	\$3.56 million	\$6.15 million
Year Two	\$3.94 million	\$6.87 million
Year Three	\$4.36 million	\$7.65 million
Year Four	\$4.80 million	\$8.49 million

For perspective, consider this; in 2014, Co-op sales totaled \$2,652,611 from a 3,600 sq. ft. (1,850 retail) building.

- The Board of Directors approved the creation of a Project Manager position with the goal of hiring an experienced professional to oversee the relocation process. The search for this person is ongoing.
- The Co-op has established a line of credit loan with Bar Harbor Bank & Trust to be used for funding the relocation process as it moves forward. Throughout the process, our goal has been to respect the financial stability of Co-op operations. With this in mind, a portion of our Current Assets have been deemed off limits. This includes; a “rainy day” savings account, 50% of the Member Equity paid, and the operations checking account.
- The Blue Hill Co-op is not a non-profit charitable organization (501(c)). Donations received would be declared as taxable corporate income by the Co-op and donors would not receive the tax advantages associated with charitable giving. If you are hoping to help make this relocation happen, please standby as we prepare the framework for you to do so.

For more information on this subject contact Mark Deeny generalmanager@bluehill.coop, or Aaron Dority board@bluehill.coop.

Advertise in The Harvest Herald

- 1/8 page (3”h x 47/8”w).....\$30/issue•\$100/year(4 Quarterly Newsletters)
- 1/4 page portrait (7”h x 47/8”w).....\$60/issue•\$200/year
- 1/2 page (7”h x 10”w).....\$120/issue•\$400/year
- Whole page (14”h x 10”w).....\$240/issue•\$800/year

Terms & Regulations: All ads are accepted subject to approval by the Newsletter Team. The Newsletter Team reserves the right to refuse any ad at any time. The Harvest Herald assumes liability for errors in ads only to the extent that it will publish, at no charge, a corrected version of the ad in the next issue. All ads must be prepaid. Make check payable to the Blue Hill Co-op. Send payment & info to Deborah Wiggs PO Box 17 East Blue Hill, ME 04629. Send digital ad to Hannah at marketing@bluehill.coop.

	Q2 2015	Q2 2014	Q2 2013	Q2 2012	Q2 2011
Members	1,529	1,313	1,224	1,134	1,018
Sales	\$644,367	\$634,529	\$587,315	\$537,012	\$484,511
Trans/Day	322	335	312	312	276

Dollars spent within 25 miles of Blue Hill (includes COGS, payroll, services, everything...)

	Q2 2015	Q2 2014	Q2 2013	Q2 2012	Q2 2011
	\$244,792	\$228,193	\$202,774	\$180,590	\$205,086

Bestsellers (ranked by quantity sold)

	Q2 2015
Coffee (large)	3,962 cups
Muffin	3,219 muffins
Coffee/Tea (small)	3,188 cups
Bananas	2,249 pounds
Avocado	1,540 avocados
Tinder Hearth Bread	1,480 loaves
Pears	1,118 pears
\$1.50 Cookies	1,114 cookies

Local Items Sold	Q2 2015
Local Eggs	545 dozen
Local Meat	518 lbs.
Local Milk	310 gallons
Local Kale	1,301 bunches
Local Tofu	273 lbs.
Union River Bagels	254

The Porch Has A New Look

You might have noticed there’s now a bit more room to navigate when entering the Co-op. This summer the bench moved off the porch and under the shade of a few trees where it has fulfilled its ultimate goal of providing seating. Its life on the porch was cluttered by a mess of weathered pamphlets. We think the bench is much happier now and, based on the feedback we have gotten, many of you do too. We recognize the value our front porch provides the community as one of the only remaining places to find local event & service information. We will be making a few changes to the fall in an attempt to make more easily accessible. Look for the business card holders on our “services board” arriving shortly, which will be available for public use. We will also be providing new pamphlet holders on our “events board” which will be reserved first and foremost to those companies that advertise in our quarterly newsletter. As always we ask that all information be dated and posted only once to allow room for as much information exchange as possible. Another new addition to the front porch is our own enclosed bulletin board – here you can keep up-to-date with all the Co-op events and information: located between the two entrance doors for your convenience. Questions regarding changes can be directed to the general manager.

our front porch provides the community a place to find local event & service information



The Co-op notice board on porch

Oatmeal Visits India

Edee Howland, CHom, Working Member

A dear friend of mine lived in India for years and introduced me to the idea that cereal grains cooked for breakfast can be flavored in a savory way. It’s a delightful way to expand your breakfast options. I enjoy oatmeal prepared in this fashion every fall. I use a variety grown in Maine available at our Co-op. The Co-op also has gluten-free oats. Oats are in fact gluten free, but often contain trace amounts of gluten from cross contamination with wheat at processing plants. I soak the oatmeal overnight in water, and then cook it for a short time in a double boiler- I like the oats to retain a little texture. As the oatmeal simmers, I add cinnamon, turmeric, coriander, a pinch of cayenne, and a scant 1/4 tsp of Celtic sea salt. For 1/3 cup oats, use about 1/2 tsp. of each spice, and less of the cayenne. You can substitute cardamom for the coriander – depending on taste. Once cooked and in your bowl, add 1 Tbsp. coconut oil and freshly ground flaxseed- a good source omega-3 fatty acids. Remember to keep unused flax seed in the fridge as the oils do become rancid quickly when left at room temperature.

Next, add roughly chop tamari almonds, about 1/4 cup. Walnuts, pecans, almonds, Brazil nuts, or even pine nuts are good too. They can be raw, soaked in water overnight, or toasted. Raw, soaked nuts are thought to be the most

nutritious and easiest to digest, but toasting does add flavor. Add about 2 Tbsp. dried raisins. Any dried fruit can be added; mulberries, cherries, fruit-juice-sweetened cranberries, goji berries (also called Chinese wolfberries), prunes dates or apricots all work nicely.

Toast 1/4 cup of dried unsweetened coconut in a skillet over medium heat until golden and promptly add to oatmeal to prevent further browning.

Top with a handful of berries (fresh, frozen or thawed) slices of peaches or apples. These fruits can also be warmed a little in a skillet. Other additions can include sliced banana or minced fresh organic ginger. Lastly, add a tablespoon or so of Maine maple syrup.

It’s really delicious and there are a few health benefits to boot. Coconut oil contains lauric acid, a natural anti-inflammatory. Goji berries are a natural nutrient-rich tonic. The oats, coconut, nuts, and fruits all contain fiber, which can aid in our digestion. The oats and nuts provide protein. The fruits give us antioxidants, and the maple syrup contains some antioxidants, too. Many of these foods are good sources of minerals. Cinnamon helps warm us in winter, cayenne is good for our circulation, and turmeric is a potent anti-carcinogen. Coriander is a rich source of vitamin K, has a beneficial effect on stabilizing blood sugar, and helps to regulate cholesterol. Ginger is a natural blood thinner, reduces inflammation, improves circulation, aids digestion and absorption of nutrients, reduces flatulence, and, either stemming from all that or as an added benefit, is an aphrodisiac! It’s the perfect way to start your day right!

The Cheese Stands Alone

Robin Byrne, *Cheese Buyer*

The cheese stands alone? Not this time. I'm talking cheese pairings and there are no hard and fast rules. There are no cheese police. There are however some guidelines to help you get started, but I encourage you to use your intuition, imagination and creativity. I'll just touch on a few pairings to keep it simple.

The key to pairing cheese with fruit is to balance the taste and mouth feel of acids and fats. Try pairing cheeses such as Chevré, Brie or Blue with late summer/early autumn fruits like melons and peaches. And let's not forget a few classic combinations like mild and sharp Cheddars with pears, Gouda with apples and almost any cheese with grapes!

Any Cheese pairing starts first with great cheese. Look for these cheeses in our cheese case: Blythdale Brie Buttons (made in VT), imported French Brie, Seal Cove Chevré (ME), Blue Ledge Farm Chevré (VT), Humboldt Fog Chevré (CA), Grindstone Neck Smoked Blue (ME), Great Hill Blue (MA) and Cheddar from



Plymouth (VT), Sonnentall Dairy (ME) and Cabot Cooperative Farms from New York & New England. Wine pairings follow the same guides as fruit. Might I suggest one of our triple creams cheeses such as Brilliat Savarin or St Andre paired with Macon-Village Chardonnay (France). Sonnentall Dairy Baby Swiss or our German Swiss goes nicely with Kabinett Riesling from Germany.

And Blue Ledge Farm Gruyere, German Swiss and French Brie are great with Pennywise Pinot Noir (CA).

Bolder cheeses match up well with bolder red wines. Try any of our regional cheddar and gouda cheeses or our imported Italian cheeses like Pecorino Romano and Reggiano Parmesan with Pennywise Cabernet, Tilia Malbec from Argentina or a GOOD Italian Chianti.

Okay, the beer drinkers are not left out of the fun! The trick here is to match intensities. Pair mild beers with mild cheeses, strong beers with strong cheeses. Try our Cabot Monterey Jack with Dog Fish Head 60 Minute IPA, or a mild Cheddar from Cabot or Plymouth with Brooklyn Lager, or Blues cheeses from Great Hill, Huntsman or Grindstone Neck with Peak Organic IPA or, lastly, our Pepper Jack, Blue cheeses varieties, or Brilliat Savarin and St Andre with a nice bold Stout! All the afore mentioned spirits are all available in our wine/beer section for your convenient one stop shopping.

So think about the colors, flavors and texture. Think about what you already know and what you don't know yet. Try our new ideas and combinations and enjoy cheese in your life!

*Any Cheese
pairing starts first
with great cheese*



Fresh muffins baked daily in the Café

UPCOMING CO-OP COMMUNITY EVENTS

View the Lunar Eclipse
in collaboration with Blue Hill Heritage Trust
September 27th 8:30 pm
Blue Hill Mountain

Lexicon of Sustainability
Presented in conjunction
with Maine Farmland Trust
Exhibition in Café during the month of October

Cider Pressing with 5 Star Nursery & Orchard
October 24

10th Annual Taste of Peninsula
Sunday, October 11, 2015. 11am-3pm
Mainescape Garden Center on South Street in Blue Hill

October: Non-GMO month
An annual outreach campaign engaging consumers across
the country

More events are added as opportunities arise. Keep up with us on
Facebook for updates. Join our email list to receive notices about
upcoming events in your inbox.

Full Moon Sales

Every month on the full moon Co-op offers members 10% off storewide. In addition to this benefit for members the Co-op pledges 1% of the days' sales to a local charity. From June through August of this year the Co-op has donated over \$600 locally.

Look for reminder signs around the store when the next sale is coming up.

Charities Receiving Co-op Full Moon 1% Donations 2015

- January**
Island Community Café
- February**
Health Peninsula
- March**
Peninsula Free Health Clinic
- April**
Halcyon Grange
- May**
Simmering Pot
- June**
MOFGA
- July**
Open Door Recover Center
- July**
Island Food Pantry
- August**
Tree Of Life
- September**
Washing Hancock Community Organization
- October**
Hospice Of Hancock
- November**
H.o.m.e Co-op
- December**
Next Step Domestic Violence

Full Moon Sale Days 2015

- Sunday, January 4**
Wolf Moon
- Tuesday, February 3**
Snow Moon
- Thursday, March 5**
Worm Moon
- Saturday, April 4**
Pink Moon
- Sunday, May 3**
Flower Moon
- Tuesday, June 2**
Strawberry Moon
- Wednesday, July 1**
Buck Moon
- Friday, July 31**
Thunder Moon
- Saturday, August 29**
Sturgeon Moon
- Sunday, September 27**
Harvest Moon
- Tuesday, October 27**
Hunters Moon
- Wednesday, November 25**
Beavers Moon
- Thursday, December 24**
Cold Moon



One of our outdoor seating areas



Your Two Cents...

Where Can I put My Recycling?

Inside the Store: Returnable bottles and cans can be left with the cashiers (we do not have a receptacle in the Café seating area because we need to scan the UPC code on the containers to make the sale before it can be put in the recycling). **Outside the Store:** there are blue receptacles for returnable bottles and cans near each of the picnic tables. The local transfer stations does not recycle glass or any plastic that is not #2

Thanks for trying to recycle!

-Mark General Manager

I'm disappointed in the little lads cookies, also all the bakery stuff wrapped up.

We've added Little Lads & Tinderhearth Bakery items to our selection in an effort to keep up with demand. We have stopped using evening kitchen hours to make desserts and are prepping for the next day's salads, specials and sandwiches instead. The packaging on the desserts allows us to put them out uncovered in various places, and it allows for a price tag; which makes getting them paid for more efficient. The packaging is corn based and not plastic.

-Mark, General Manager

Could we get online ordering? My old Co-op ordered monthly from UNFI. It was easy to do - so much easier - better than coming in and filling our forms.

After discussing this with our UNFI contact, we have worked out a solutions that helps make researching pre-orders easier. You can now search their catalogue online from home. Members will still be required to place the order by filling out the pre-order form (available in the Café and on our website) and give it to an employee at the Co-op. Go to: UNFI.com and click on the customer login portal. Username: Chesterfield Password: BuyingClub12 This will give you access to the catalogue that we order from.

Hope that helps!

-Mark, General Manager

STAY CONNECTED



Mark Deeny,
General Manager

Store Hours:
7am - 7pm Daily

www.bluehill.coop

(207) 374-2165

info@bluehill.coop

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