

FREE

THE HARVEST HERALD

Autumn 2016

BLUE HILL CO-OP

Investing In Your Co-op



Tom Reeve, Relocation Manager

As you may have heard, the board and management of the Blue Hill Co-op & Café are asking Co-op owners who are Maine state residents to invest in our relocation and expansion project. Your investment is critical to our future plans; we cannot do it without you. Among other things, your investment in the Co-op is a signal to outside lenders that the owners fully support the construction of a new store and are willing to put their money where their mouth is, so to speak.

Because of the flexible financial structure of cooperatives, we have a number of ways we can raise capital. We can raise money by increasing the number of owners or by asking our owners to fulfill their common (owner) share. We recently did this, with great success. We can also ask our owners

other commercial lenders.

Preferred shares are a class of stock separate from the common share we all pay as owners. They do not carry any additional voting rights, the Co-op is still one member, one vote. They typically pay a yearly dividend, unlike a patronage refund, based on the amount of purchases made. They also have a specified length of investment. When the minimum investment time is up, you can choose

to redeem your shares for the original investment amount, plus any unpaid dividends from that fiscal year. If you choose to keep your investment in the Co-op, you can keep earning your dividend beyond the minimum investment period.

We have structured our preferred shares to pay a yearly dividend based on the length of time invested. For instance, if you invest in the A-4 Series with a minimum investment period of 10 years, will get you a yearly dividend of 4.5%. That means a \$1,000 investment will yield \$45 annually. Investing in the A-2 Series, for a minimum of 5 years, will get a 2.5% dividend rate (\$25 for \$1,000 each year). We have

based our dividend rates to be more attractive than the rates of CDs at local and national banks. Please note, the State of Maine does not allow us to cumulate unpaid dividends in the event they are not distributed in a year. While we have planned through our financial projections to pay dividends to preferred shareholders every year, financial circumstances may dictate that we are unable to pay in any given year.

For owners not interested in getting a return on their investment, we have structured one series of preferred shares to pay 0% in dividends. If you elect to purchase this series of shares, you are essentially investing money in the

**Your investment
is critical to our
future plans**

Relocation Timeline



for loans. While many co-ops offer owner loans because they are easy to understand, the funds raised through loans appear on the books as debt. This would increase our debt to equity ratio, making our project less attractive to banks and other lending institutions.

Another avenue for raising capital is to offer preferred stock (or shares) to the Co-op's owners. Preferred shares get their name because in the event of liquidation, the preferred shares are paid out before common (owner) stock. Unlike loans, which are considered debt, preferred shares are considered equity. This distinction makes our financial projections more attractive to banks and

Featured: Ironwood Farm

Nell Finnigan and Justin Morace run Ironwood Farm in the hills of Albion, Maine. With the help of their trusty draft horses, Nell and Justin grow ten acres of organic produce for co-ops and small grocery stores across the state. You can find their produce here at the Co-op Winter, Spring, Summer and Fall!



Nell Finnigan and Justin Morace

Co-op for free for a minimum of three years, after which you may request we pay you back.

When you invest in the Co-op, please know that your support of the relocation and expansion of the Blue Hill Co-op & Café will have a great impact on the economy and prosperity of the Blue Hill Peninsula. The new Co-op will provide a bigger space for local farmers

throughout our community for decades to come.

***This article is intended to provide a basic understanding of preferred stock and the investment opportunities at the Blue Hill Co-op. It is not intended to be an offer to purchase stock. An offer can only be made through the Maine Office of Securities approved Offering Circular.

Series	Cost per share	Number of shares available	Term	Annual Dividend Rate
A-1	\$100	1,000	3 year minimum retention	0%
A-2	\$100	3,000	5 year minimum retention	2.5%
A-3	\$100	3,000	7 year minimum retention	3.5%
A-4	\$100	3,000	10 year minimum retention	4.5%

and other producers to sell their goods. In addition, the new Co-op will offer our community more year-round jobs that strives to pay a living wage. The impact of your investment will be felt

For more information, please contact Tom Reeve, Relocation Manager at relocation@bluehill.coop or visit our website: bluehill.coop/site/invest.

A Little Bit Of Cheddar Cheese



**Robin Byrne,
Cheese Buyer**

Autumn is upon us and the cheese I naturally think of is Cheddar. Cheddar cheese is a relatively hard cheese. It's typically off-white in color, but orange varieties also exist. In Britain, for over 200 years the Cheddar of Cheshire and Leicester have been colored with annatto to distinguish them from Cheddar made in other areas. Carrot juice and marigold petals have also historically been used to color cheeses. Coloring may have originally been added to cheese made with winter milk, produced when cows typically eat hay, to match the orange hue (from vitamin A) of cheeses made with milk from cows pasture grazing on green plants.

Many cheeses like Cheddars, are sold with a wax covering. Wax is one of the best ways to create an air tight seal. Modern methods, plastic films and vacuum packing, are used with similar effect. Despite sealing and vacuum packing, you may occasionally find surface mold forming on your Cheddar. Fear not, it is completely harmless. Simply trim it off, reseal in fresh plastic wrap and store in the refrigerator for future use.

Some folks are put off by the sweating on Cheddar cheese. It is common for moisture to develop on naturally produced Cheddar cheese as a result of syneresis, a process in which proteins release moisture. This is a naturally occurring process, and has no impact on the quality of your cheese. Just blot off the moisture and use as intended.

Cheddars come in a variety of choices. Aging, sometimes called ripening, can dramatically change Cheddar cheese flavor. A Mild Cheddar can develop quite a "bite" over time. The longer cheese is naturally aged, the sharper and more pronounced the Cheddar flavor and dryer the texture will be. Mild Cheddar is generally aged for 2 to 3 months, whereas an extra sharp might be aged for as long as a year or more.

Pairing wine and cheese is always a matter of personal taste, and the flavors of both should complement each other. For example, intense flavored cheeses such as Extra Sharp Cheddar compliments a bold Pinot Noir or Cabernet, while Mild Cheddar is more

appropriately paired with a mellow wine like Merlot or Chardonnay.

Don't forget the beer! Cheese and beer have a natural relationship that can't be denied. The right beer and Cheddar pairing can be magical. The pleasant bitterness of a Pale Ale is a great complement to

an Extra Sharp Cheddar. But really, the mix and match possibilities are almost endless and should be liberally experimented with.

Cooking with Cheddar is easy and delicious. Mild Cheddars will melt easily and consistently, while sharper Cheddars melt better if first shredded.



photo courtesy of buzzle.com

Cheddar is a natural choice when making fondue, mac-n-cheese or grilled cheese, but have you ever added a slice to your warm apple pie?

It's heavenly! Fruit and cheese have long been served together, and Cheddar cheese and autumn fruits like apples and pears are made for each other.

Of course we stock many Cheddar cheeses at the Co-op. Most of them are from Maine and other New England farmers and producers. We carry organic, raw and natural varieties in a wide price range. Come on by, try a few and enjoy them right out of the package or with your favorite mixings.

Find Out What Is Going On At Your Co-op

Hannah Barrows, Marketing Manager



This past year the Co-op has utilized new digital platforms. If you are interested in keeping abreast with happenings at the Co-op or events

organized by the Co-op, there are a plethora of ways to find out and get involved. We encourage all who are interested in our events to sign up for our email list (via our website). This way you can sign up for events directly from your inbox. The Co-op has started using Eventbrite as a platform for organizing events. Eventbrite has helped streamline our online outreach. Through their website (www.eventbrite.com) I create an event which I can then use through our email list serve and on the Co-op's facebook events page. By using one service we can keep track of how many people sign up to attend and have their contacts if something about the event changes.

To help potential Co-op owners and customers we have also created an Instagram

Eating Mediterranean Style Part II: Just For The Health Of It

Catherine Princell MS RN, Working Owner

The last time I wrote about this subject was in 2001 and The Mediterranean Diet was all the rage. Both medical information about its impact on health and the publication of cookbooks brought this way of eating to the attention of the general public. It is hard to believe that this diet was first studied in the 1950's! In the medical field, monitoring a person's diet has become one of the most important tools, at all stages of the life, in the prevention of many diseases and this diet therapy continues to find more and more acceptance among physicians and patients alike.

Recently a new study published in the Annals of Internal Medicine confirmed that a Mediterranean diet rich in "healthy" fats such as those found in olive oil, canola oil, avocado, nuts and fatty fish, and yes...eggs might lower your risk of heart disease, breast cancer and type 2 diabetes. Separate research published in the journal Lancet in June of this year found that the higher fat Mediterranean Diet may be more effective than a low-fat diet for weight loss. It is good news

and therefore, it might be time for a refresher on where the diet came from and what it includes!

The Mediterranean diet includes: Crete, Greece, southern Italy, southern France, and Northern Africa. Studies have shown that the dietary intake of this region is consistent with some of the lowest recorded rates of chronic disease and the highest adult life expectancy. The success of the Mediterranean diet is its composition: a varied diet characterized by a high consumption of vegetables, fruits, grains, legumes, fish, and eggs, along with a moderate intake of meat, oil and wine. It is a diet rich in tradition, and associated with an active lifestyle.

There are common elements in the

diets of most Mediterranean people. Technically it isn't a diet, but a manner of eating. Their diets tend to be low in saturated fat, the main source of fat is olive oil; high in complex carbohydrates from grains and legumes; and high in fiber, mostly from vegetables and fruits. Total fat ranges from 30% to 40% of total

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**"healthy" fats
...lower your risk
of heart disease,
breast cancer &
type 2 diabetes**

Eventbrite event page. This way if you are not on the Co-op email list you can check out what events are coming up and sign up!

Another recent edition to our digital

Eventbrite

outreach is the new webletter Bits & Bytes that we send out every other week to those on our email list. This short webletter has seasonal recipe links, articles pertinent to seasonal items, as well as other information about the Co-op.



courtesy of drunksunshine.com



Screen shot of the Co-op's Instagram page

In the Neighborhood The Tree of Life

Judi Hilliker, TOL Board President

The Tree of Life Food Pantry and the Turn-Style Thrift Shop have been in operation since 1987. We started in the basement of the Congregation Church and moved to our current location on South Street in 1994. Proceeds from the sale of donated clothes in the thrift shop buy food for hungry families. In 2015 an average of 212 families a week came to the pantry. Most of the those people live in towns on the Blue Hill peninsula, but anyone in need is welcome. Last year 90% of our pantry users did not come to the pantry every week. People use the food pantry for supplemental food when their funds or supplies run low.

The majority of the food we offer is purchased from the Good Shepherd Food Bank. A tractor trailer arrives with thousands of pounds of fresh and shelf stable food every two weeks. We also use our own funds and grant money to buy fresh produce from local farms. Home gardeners, gleaners, greenhouses, farms, and businesses [including the Blue Hill Co-op] bring us generous donations of fresh produce.

Over the past few years the food pantry has been trying to provide more nutritious fresh food. Studies show that the problem of hunger in Maine [about 17% of our population] is not access

to calories but access to nutritious food. People with limited means often purchase high calorie, low nutrient food because it is filling and inexpensive. This leads to chronic health problems such as obesity, diabetes, high blood pressure, and heart disease. Healthier foods like fresh fruits and vegetables, whole grains, lean protein, and dairy products cost more money. We have fresh milk, eggs, onions, potatoes, carrots, apples, and bananas every week. We also purchase seasonal produce, fish, lean meat, and dairy products when available. Pantry volunteers provide recipes and tasting samples to help people learn to use fresh vegetables and alternative protein sources.

This past spring the food pantry held two “Meet Your Local Farmer” days. Amanda Provencher from King Hill Farm and Donna Birdsall from Horsepower Farm answered planting

and gardening questions. We distributed seed packets and bedding plants. The garden seeds were donated by Fedco Seeds, Ellsworth Feed and Seed, and the Blue Hill Co-op. The bedding plants were purchased from Mainescape and Stoneset Farm with a grant from the Brooklin Garden Club and plant

have insufficient food resources and give them an introductory box of shelf stable food with information explaining how to use the food pantry.

The Tree of Life Food Pantry is open every Thursday from 9:00 am to 3:00 pm. The Turn-Style is open three days a week on Tuesday, Thursday and Saturday. Both operations are run entirely by volunteers. There are currently about 120

people sorting donated clothes, stocking shelves, unloading trucks, repacking bulk food, building shelves, picking up food, delivering usable clothing donations that do not meet our high standards to other charities and anything else that needs doing. We always have room for a few more volunteers. If you would like to help, please submit your name and contact information at volunteer23@gmail.com or stop by the thrift



photo courtesy of the Tree of Life

shop or pantry during business hours. The Blue Hill Co-op brings us fresh produce and other items every week all year long. Thank you for your on-going support! We look forward to the Co-op joining our South Street neighborhood when you relocate to your new building in the near future!

Continued from page 2

energy intake, however in all instances the ratio of mono-unsaturated to saturated fats is high, usually two to one or more. The reason for this is because olive oil, which contains 60 percent or more of mono-unsaturated oleic acid, is the principal fat. The large quantities of fresh vegetables and of cereals, along with the olive oil, guarantee high intakes of beta-carotene, vitamin C, vitamin E, and various important minerals. Other components include onions, garlic, cheese, and yogurt (mainly from goat's milk) and to a certain extent fish, fowl, and eggs. Red meat is included but only in small quantities and very infrequently.

Wine is consumed regularly in the Mediterranean region. The

Mediterranean diet includes wine with meals, in the company of family or friends, under conditions that favor moderation and discourage acute intoxication. Grains, including pasta are also a big part of the Mediterranean style of eating and a new study from the Department of Epidemiology in Pozzilli, Italy revealed that, contrary to popular belief, pasta will not make you fat! The study, published in the journal Nutrition and Diabetes, suggests that eating pasta might actually help reduce the likelihood of both general and abdominal obesity. Pasta, a fundamental component of the Italian Mediterranean tradition, was studied for its association with obesity indexes and it was found to promote healthy body mass index,

waist circumference, and waist-to-hip ratio. Additionally, pasta consumption resulted to better adherence to the Mediterranean diet for both men and women in both studies. The message emerging from this study is that the Mediterranean diet, consumed in moderation and respecting the variety of all its elements including pasta, is good for your health. Lastly, regular physical activity and exercise is also a strong component of this lifestyle and is important as well.

A quick look at the current research identifies a Mediterranean diet as one that places no restriction on fat intake and includes two or more of seven components:

1. High mono-unsaturated-to-

2. saturated fat ratio, which can be the result of using olive oil as a main cooking ingredient
 3. High fruit and vegetable intake
 4. High consumption of dark green leafy vegetables
 5. High grain and cereal intake
 6. Moderate red wine consumption
 7. Moderate consumption of dairy products
 8. Low consumption of red meat and meat products with an increased consumption of fish
- Resources: Nutrition and Diabetes: July 4, 2016; Annals of Internal Medicine: July 19, 2016; Lancet: June 6, 2016

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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 owners.

THE NEWSLETTER TEAM

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Photographs: 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.

Maine Harvest Bucks

The Blue Hill Co-op & Café just launched an incentive program that will help low-income shoppers purchase more local food with federal food benefits. With support from Maine Farmland Trust, customers using the Supplemental Nutrition Assistance Program (SNAP, previously known as food stamps) receive \$5 of bonus local fruits and vegetables for every \$10 spent on local SNAP-eligible items. The Blue Hill Co-op & Café is part of a group of six markets implementing the same incentive program; there are also additional retail locations offering incentives across the state with Maine Farmland Trust.

Similar incentive programs in other states—what we are calling Maine Harvest Bucks in Maine—that provide bonus fruits and vegetables for SNAP customers have proven successful and continue to expand at farmers' markets in Maine, and have also been extended to Community Supported Agriculture (CSAs), mobile markets, and farm stands. Last year, Maine Farmland Trust received a Food Insecurity Nutrition Incentive (FINI) grant through the United States Department of Agriculture to broaden nutrition incentives beyond direct-to-consumer outlets and into retail stores and other farm aggregators. This is one of the only retail-based incentive programs across the nation focusing exclusively on local products. "We're trying to find new ways to bridge the gap between Maine farmers and consumers," says Shannon Grimes, who manages the program at Maine

Farmland Trust. "Retail locations like co-ops are often more familiar to customers who are used to shopping at grocery stores, and by offering local-based incentives, we can increase sales and market opportunities for Maine farms."

Michel Nischan, CEO & Founder of Wholesome Wave, a national nonprofit working to increase affordable access to healthy food, commented: "Wholesome Wave is proud to continue our long-standing partnership with Maine Farmland Trust and support this unique, exciting effort. Nutrition incentive programs at farmers markets already reach thousands of low-income Mainers. Making nutrition incentives available at grocery stores will scale impact to hundreds of more families. By making local produce more affordable, this program improves the

in helping expand the program to other similar markets. "Being a Cooperative, we are guided by the Seven Cooperative Principles. During this project, we were

program at Maine Farmland Trust. "It's wonderful to have a partner who is so invested in supporting the well-being of their community—both low-income consumers and local farms." Participating retail locations offering the same incentive program currently include Belfast Co-op, Good Tern Co-op, Portland Food Co-op, Rising Tide Community Market, and The Farm Stand in South Portland. Other farm

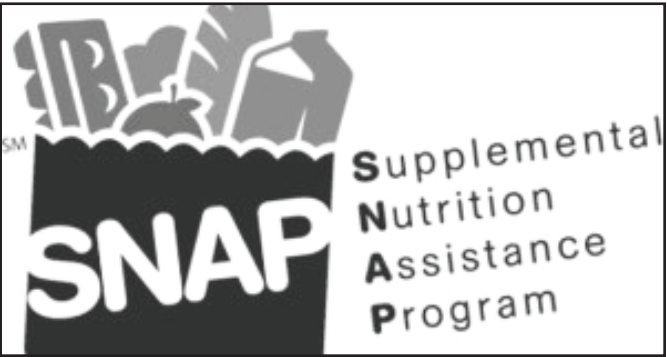
Fighting food insecurity and promoting local farmers is ingrained in our community focus.

- able to embrace three of those values:
- #4: Concern for Community
 - #5: Education, Training & Information, (a personal favorite)
 - #6: Cooperation Among Cooperatives.

Fighting food insecurity and promoting local farmers is ingrained in our community focus. Helping this project reach throughout Maine was very meaningful for us and beautifully illustrates how a combined effort can have a huge impact" says POS Coordinator, Heather Q Hay Brackett, who took the lead of the implementation and successful launch of the pilot Harvest Bucks program for the Belfast Co-op. Program participation expects to gain momentum as word spreads. The Blue Hill Co-op welcomes all customers, and hopes to attract

aggregators include Lakeside Family Farm, Machias Marketplace, the Morris Farm Store, The Pickup, and Unity Food Hub. For more information, visit maineharvestbucks.org/retail or contact Shannon Grimes, Farm Viability Associate at Maine Farmland Trust, shannon@mainefarmlandtrust.org. Maine Harvest Bucks nutrition incentives (bonus fruits and vegetables for SNAP recipients) are also available at many farmers' markets, CSAs, food hubs, and farm stands throughout the state. For more information, visit maineharvestbucks.org/. Maine Farmland Trust is a member-powered statewide nonprofit that protects farmland, supports farmers, and advances the future of farming. Since its founding in 1999, MFT has protected over 47,000 acres of farmland and supported over 550 farm families.

Visit mainefarmlandtrust.org to learn more.




diets and health of families who need it most, while boosting the bottom line for Maine's small and mid-sized farms. It's an all-around win for the community." This new program was piloted successfully in March at the Belfast Co-op, whose staff has been essential

new customers with this program. "We're thrilled to be working with the Blue Hill Co-op on this program," says Shannon Grimes, who manages the

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All About Sweeteners

As supported by National Co-operative Grocers

Refined sugars and corn syrup may be the most commonly used sweeteners in the United States, but there are numerous natural alternatives that can be used to sweeten foods, many of which do not have the same negative effects on metabolism and mood that refined sugars can have.

Refined Sugars Vs. Unrefined Sweeteners

The process of refining, when referring to sugar, means that everything except the sugar (whether fructose, sucrose or glucose) in a plant is removed. In the case of common white granulated sugar, the fiber, nutrients and water are removed from the sugar cane or sugar beet to leave just the concentrated sugar crystals. Once isolated, these crystals are combined with water and chemicals are added to extract “impurities,” or remaining bits of plant material. The impurities are removed with the water and the result is pure white, crystalline sugar with no nutritive value.

In contrast, unrefined foods still contain their original nutrients and have not been chemically bleached. They may be processed, as when tree sap is boiled to make concentrated maple syrup, but they have not been stripped of nutritional value or coloring.



photo courtesy of The Food Network

A Guide To Sweeteners

For the purpose of comparison, “sugar” refers to refined white granulated cane or beet sugar.

Agave Syrup (or nectar) is an unrefined liquid sweetener made by cooking down the juice of the agave cactus. It has a mild, neutral flavor and is about 1.5 times sweeter than sugar. Agave can be used like honey and is great for sweetening hot and cold beverages since it dissolves quickly.

Barley Malt Syrup is an unrefined liquid sweetener made from sprouted grains of barley that are kiln-dried and cooked with water. It has a rich malt flavor and is about half as sweet as sugar.

Brown Rice Syrup is an unrefined liquid sweetener made from brown rice that has been cultured with enzymes, strained and then cooked down to a thick syrup. It has a mild flavor and is half as sweet as sugar.

Brown Sugar is a refined sweetener made from white sugar (from sugar cane or sugar beets) that has a bit of molasses added back after refinement. It is moist and has the same sweetness as sugar, with a mild caramel flavor.

Coconut Sugar (or coconut palm sugar) is an unrefined sweetener made from the sap of flower buds from coconut palm trees. It is about half as sweet as sugar and has a nutty, caramel flavor. It is best used as a substitute for brown sugar.

Corn Syrup is a refined liquid sweetener made from corn kernels. Corn syrup is approximately as sweet as sugar.

High Fructose Corn Syrup is made by an additional refining process that splits the two components of corn syrup, fructose and glucose, to create a higher fructose content. It is commonly used in processed foods and beverages because it costs less than sugar.

Date sugar is an unrefined dry sweetener made from dehydrated, ground dates. It has the same sweetness as sugar but it does not dissolve well in liquids. It is fine for cooking or baking, especially to replace brown sugar.

Fruit Juice Sweeteners (also called fructose) are refined sweeteners made from the juice of grapes, apples, pears, or even corn. They are equivalent in sweetness to sugar. Fruit juice sweeteners are often used to sweeten beverages, fruit snacks and other foods. Although marketed as a healthy alternative to sugar, they are often refined to the point of having no nutritive value.

Honey is an unrefined liquid sweetener with a distinctive flavor that is slightly sweeter than sugar. Honey is produced by honeybees that take nectar from flowers and transform it; there are as many types of honey as there are flowers! Darker varieties of honey contain more minerals and have a stronger flavor than lighter

ones. Most honey is pasteurized (heated) to kill bacteria and prevent crystals from forming, but this also takes away some of its nutritional value. You can purchase raw honey that is minimally processed to remove beeswax and make it pour able but that has not been pasteurized. You can also



photo courtesy of pbs.org

find unprocessed honey still on the comb.

Maple Syrup is an unrefined liquid sweetener with a distinctive flavor that is made by boiling the sap of maple trees down into a syrup. It has approximately the same sweetness as sugar, but has a higher mineral content and contains antioxidants. Though it has become world famous as a pancake syrup, maple syrup is native to North America and nearly all of it is produced here.

Molasses is a thick liquid sweetener that is a byproduct of the manufacture of sugar from sugar cane. Molasses is available in light, medium and blackstrap varieties. Light molasses is the residue from the first extraction of sugar and is the sweetest. Medium molasses is from the second extraction and is darker and less sweet. Blackstrap molasses is the final residue and is very dark and only slightly sweet with a distinctive flavor. Blackstrap molasses is a very good source of calcium and iron. Unsulphured molasses indicates that no sulphur was used in the refining process.

Powdered Sugar (confectioner’s or icing sugar) is made from refined white sugar that is ground very fine; cornstarch or calcium phosphate is added to keep it from clumping.

Sorghum is an unrefined thick liquid sweetener made from sweet sorghum, a grain related to millet and similar in appearance to corn. The juice from the plant is extracted and boiled down to a syrup. It has a flavor and texture similar to that of molasses.

Stevia is a perennial plant native to Brazil that is traditionally used as a sweetener in beverages. It does not contain any sugar, but has a flavor that is 30+ times sweeter than sugar.

Fresh and dried leaves can be used as an unrefined sweetener in hot or cold beverages. Liquid stevia extracts and powders are highly refined and calorie-free, they do not have any nutritive value.

Sugar is a refined sweetener made from the juice of sugar cane or sugar beets. It is the most popular sweetener around the world. Sugar beets are one of the top 10 most commonly genetically modified organisms (GMOs) in the United States; food labels may distinguish between cane sugar and beet sugar but are not required to by law.

Sugar Cane Juice (or sucanat) is an unrefined sweetener made by mechanically extracting the juice from the whole sugar cane and dehydrating it. The molasses has not been extracted and the resulting solids retain a stronger caramel flavor and brown coloring. This sweetener goes by many names, as it is used in many parts of the world where sugar cane is abundant. Sugar cane juice can be sold as a dry or moist sugar and comes in block, liquid or crystalline forms.

Turbinado (also called demerara or

SWEETENER	AMOUNT = 1 C. SUGAR
stevia	see manufacturer’s label for quantity and usage
xylitol	1 cup
raw honey	1/2 - 2/3 cup
black strap molasses	1 - 1 1/3 cups
coconut sugar	1 cup
date sugar	2/3 cup
grade B maple syrup	1/2 - 3/4 cup
brown rice syrup	1 - 1 1/3 cups
agave nectar	2/3 cup

chart courtesy of www.cravehealthwithjill.com

raw sugar) is a semi-refined sugar made from cane juice that has been refined except for the last extraction of molasses. It is as sweet as sugar and looks like larger, tan sugar crystals.

Replacing Refined Sugar With Unrefined Sweeteners

We’ve provided a chart to help you calculate how to replace refined white sugar in recipes you love. However, some natural sweeteners can affect the taste, moisture content and acidity of your recipes. Consult a natural foods cookbook or alternative baking website for advice on which sweeteners work best as substitutes in which applications. Resources: American Heart Association, Sugar 101, www.heart.org, Mayo Clinic, Added sugar: Don’t get sabotaged by sweeteners, www.mayoclinic.org PCC Natural Markets, A Guide to Natural Sweeteners

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Home-Brewed Kombucha

Beth Dickens, *Ownership Coordinator & Front End Manager*



The Co-op recently learned that GT's Kombucha is experiencing capacity issues that are affecting their product availability and distribution. Half of their kombucha line has been temporarily discontinued until January 2017, and if you are a regular Kombucha drinker you've probably noticed the lack of variety in our drink cooler.

In light of this shortage, some of you might be interested in exploring the option of home-brewing kombucha. For those not in the know, kombucha is sweetened tea (green or black leaf) fermented using a SCOBY or symbiotic colony of bacteria and yeast. The exact origins of kombucha is uncertain, but it has been commercially marketed in the U.S. since the 1990's.

The home-brewing process typically takes between 7-14 days, at which time kombucha is ready in it's plain unadulterated form. Additionally, at this stage you can add flavors (fruit juice or

puree) and a quick second fermentation of 1-3 days to create the fizzy varieties similar to those commercially available.

The ingredients list is small: tea, sugar and the SCOBY (which can be purchased online). However, I suggest you ask around first. Many of your neighbors may be making their own kombucha (home-brewing and



www.thekitchn.com

fermentation is very trendy right now), and a healthy SCOBY can be divided and shared every few batches! Your initial investment of supplies, the SCOBY should you need to buy one, a large (1-2 gallon) container to ferment your kombucha and jars to bottle your finished product (everything else you probably already have in your kitchen), can cost as little as \$25 total if you price shop and as much as \$60 if you opt for a brewing kit that has everything ready to go in one box. Once a home-brewed kombucha "operation" is up and running your kombucha can cost less than \$1 a bottle to make if you opt for a plain kombucha and less than \$2 if you introduce fruit flavors.

I have been brewing kombucha on and off for a few years now. My love of kombucha has rubbed off on my kids. They like to drink it as much as I do (my husband still won't go near the stuff!) This summer I started experimenting with different fruit flavors. While my watermelon kombucha needed work, I can say whole-heartedly that the black-cherry kombucha was a huge hit. Other varieties have included blueberry-ginger, and my current batch pineapple, which I plan on tasting for the

first time later today. Brewing your own kombucha can offer economic savings, not to mention it's a great way to experiment with seasonal offerings. (My daughter keeps asking to make carrot kombucha. I guess I'll have to try that next.) There are a ton of websites that offer step-by-step



www.sarahbethrosa.com

instructions. The site listed below is a good place to start. Not only does it provide good pictures (for the visual learners among us,) it also has helpful recipe notes and troubleshooting sections. Happy brewing!

**kombucha is
sweetened tea...
fermented**

Visit www.thekitchn.com for more information.

Art in the Café

Thank you to all the artists that exhibited in our Café

JUNE

Robert Buss

Nature and landscape images speak to our hearts and call each one of us to a homecoming; powerful images call to us and remind us of our common heritage in the origin of peoples and like an innate elemental circuitry they trigger the embedded memories which energize our being, excite our creativity and illuminate our lives. Photography found me at a very young age, followed me home and hasn't gotten tired of me yet.



Self Portrait

JULY

Mary Barnes

I have always been interested in the line between abstraction and recognizable imagery. Working on paper and mylar with pastel, oil paint, and graphite, I begin with no preconceived idea but visually respond to the first stroke and then the next and the next. Suspending myself intuitively is key.



Map of Love #6

AUGUST

Nigel Benson

My art is created by mixing photography images of nature with enhanced colors of hue, saturation, image, contrast, light and combined filters. I enjoy nature and taking pictures of birds and seashells. One of my pieces that I am displaying is made from seashells and combined filters. Another image is a transformed photo with abstract features called Cat's Meow that looks like a cat enjoying life and playing ping-pong. Another abstract image in the exhibition is called NYC depicting an abstract skyline of NYC. For 10 years I have enjoyed making abstractions by playing with filters, colors, and saturation. It is interesting to see the different colors and images presented after playing with filters and the saturation of color and light.



Benson

Interested in showing your work? Contact: Mary at 359-5053 or marybbarnes@gmail.com

Summer Farm Tours

The Blue Hill Co-op continued its effort to educate and connect families to local farmers by co-hosting a series of Farm Tours in collaboration with the Blue Hill Heritage Trust (BHHT). To date, three tours have occurred: Quills End, Horsepower and Old Ackley Farms. Each has been well attended by persons both local and from away. We have seen many aspects of farming from managing livestock, like cattle, pigs and poultry, the never-ending job of keeping weeds at bay-whether by hand or with the use of horses, and the organization it takes to run farm-stands/stores that allow them to distribute their products to the community. Throughout each tour we saw how farms run in large part due to their strong family commitment, with children growing, working and learning alongside their parents to make everything come together. Additionally, we repeatedly heard of the need for rain and how our local farmers are working with this hot and dry summer we're having. Several of the tours concluded with offerings of tasty farm-produced treats like hand-cranked ice-cream and fresh prepared salsa and strata.

*peaches this year
are loving our hot
humid days*

Co-op decided to offer additional tours including Four Season Farm. This tour was also well attended by dozens of people, young and old. We were led on a two-hour long tour which included vegetable beds, flower gardens, produce storage facilities and poultry. Elliot Coleman and Barbara Damrosch were generous with their time and knowledge, ending the tour under the dappled shade of the grape-vines adjacent to their home for questions and offering an invitation for us to each



Tim Seabrook Of 5 Star Nursery & Orchard

explore the grounds on our own before we left. Many of us gladly accepted the offer. We all left thinking of how

to translate this information into our own gardens and lifestyles.

On August 6th, the Co-op joined 5 Star Nursery & Orchard to offer a Summer Orchard Management Walk & Talk with Tim Seabrook and Leslie Cummins. Several locals with apples, pears, plums and peach trees of their own were in attendance. Tim and Leslie's orchard was full of ripening fruit, and teased with the possibilities of what each of us could have in our own yards if we are diligent in our care and pest-management efforts. We talked about last year's bumper apple crop and the how peaches this year are loving our hot humid days. While this year stands to produce fewer apples than last, the Co-op is hopeful that we will again be able to work with 5 Star Nursery this October, to bring together another community cider pressing event. Keep your eyes peeled (pun intended) for future posting and more information.

There is one remaining farm tour in our Co-op/BHHT farm tour 2016 series.



Eliot Coleman Leading The Way at Four Season Farm

King Hill Farm's tour is scheduled for September 7th at 3:30 p.m. King Hill Farm supplies the Co-op with root vegetables well into the late fall/early winter (as supplies allow). Join us on the 7th to see where your beautiful vegetables grow. As usual, all Farm Tours are free and open to the public. It is a great outing for the whole family. Register with the Blue Hill Heritage Trust info@bluehillheritagetrust.org or follow event links from our events calendar on the Co-op website or facebook page.

The Co-op has scheduled other educational events into the fall. See our events calendar below for more information.

BLUE HILL CO-OP COMMUNITY EVENTS Free to the public

September

7th- Farm Tour: King Hill Farm
3:30 pm Penobscot
(Co-sponsored Blue Hill Heritage Trust)

October

Co-op Owner Drive
Become an owner of the Co-op during the month of October

14th- Film Showing:

Food For Change - A Documentary Film about Food Co-ops
6:45 pm Howard Room, Blue Hill Public Library

26th- Apples of Maine with John Bunker

7:00 pm Howard Room, Blue Hill Public Library

November

3rd Talk: What Do Bees Want? Results Of A Five Year Study
6:30 pm Howard Room, Blue Hill Public Library

More events are added as opportunities arise. For times & locations of these and other events check out our events calendar on our website, follow us on Facebook or join our email list.

Find Out About Our Fresh Items on Instagram!



**Full Moon
Sales 2016**

FRIDAY
SEPTEMBER 16

SUNDAY
OCTOBER 16

MONDAY
NOVEMBER 14

TUESDAY
DECEMBER 13

Every month on the full moon the Co-op offers members 10% off store wide. Look for reminder signs around the store when the next sale is coming up.



A Tribute To Gail Bartlett

Allison Watters, Working Owner

If you have been a staff or Board member in the last twenty years, you probably knew Gail Bartlett, who worked tirelessly to make our Co-op a better place for much of her adult life. Sadly, Gail died at her home this past June 16th of ovarian cancer.

Gail grew up in Holyoke, MA helping out at her parents' corner grocery store. As a young adult she became interested in the idea of Co-ops. In 1987 she moved to Blue Hill with her young family and quickly became a member of the fledgling Co-op. Soon she was helping out as a cashier, and by the late 1990s served as co-manager.

I first encountered Gail in this role when I was a Co-op employee. Though she could be gruff and curt, she was always fair and met the challenges that arose head-on with her consummate wisdom. Early on as manager Gail had the ability to challenge the current status quo and to make innovative suggestions for improvement. She had a fierce determination to create a store that was more professional.

Gail's greatest gifts to the Co-op, however, were given as a Board member. She was asked to join the Board of Directors (BOD) in 2002 and served two full three-year terms. During that time, she was part of reworking the Co-op's mission statement and bylaws, the road map of the Co-op.

Gail took her role on the BOD very seriously. Under her leadership the meetings were well run with tight agendas. Jim Picariello, a current

Board member, who served as co-manager when Gail was on the Board, remembered that she had a knack for bringing the conversation back to center. Emilie Hermans, a fellow Board



photo courtesy of the Bartlett Family

member, recollected "her calm and thoughtful way of being. When she spoke we all paid attention."

Gail was a particularly deep thinker. Whenever she pondered a modification that she thought would make the Co-op run more smoothly or bring stability to its structure, she would do so after

teasing apart all the alternatives. This thoughtfulness was paramount at a time when the Co-op needed strong leadership as it was growing quickly from a small community market to a multi-million dollar business.

Gail put in an incredible amount of time to her work on the Board. Caren McCartney, a former Board member, reflected before her own death of

ovarian cancer that Gail "has probably singlehandedly considered more aspects of any given question put to our Board than the other Board members combined." Many other Board members agreed that Gail always did the lion's share of the work. Karen Doherty, a former Co-op Manager, thought that Gail's time often totaled close to forty hours per week during her tenure on the Board.

Not only did Gail do the work that needed doing, she did so selflessly. Philip Osgood, another fellow Board member, recalled that she was "dedicated to the Co-op to the point where she was willing to put herself in uncomfortable situations for the good of the community." Gail's husband, Dick added that Gail put her heart and soul into the Co-op

because she believed so strongly in public access to good, high quality, local food.

Under Gail's steady hand, the Board began using policy governance, an operating system for Boards designed to help them make more effective decisions. During this time the BOD also developed a Board calendar to

better keep track of yearly Board obligations. Gail was able to play a pivotal role in helping to organize the workings of the BOD, which was difficult, cumbersome, and time-consuming work, but which transformed the Co-op for the better. Gail's leadership and hard work clearly paid off for the rest of us today. Former Board member, Howard Evans, noted that "Gail's service...paralleled a time of major growth for the Co-op." Steve Benson, also a former Board member, wrote that "it is daunting, even frightening, to imagine what our Co-op might have been like today if Gail had not been an active Director."

As a culmination of these efforts, Gail was nominated by her fellow Board members and by then General Manager Karen Doherty for a national award, which she subsequently won. The Howard Bowers Fund Awards for Cooperative Board Service was presented to Gail in 2009 in recognition of her outstanding dedication and leadership to our Co-op.

A final piece of evidence as to how much Gail cared about the Co-op came after her death. I serve on the Election Committee, charged with overseeing the yearly election of officers to the BOD. As a small group of us convened to count the ballots for this year's election in early July, we came across Gail's ballot and were taken aback. Even though she was close to her death, Gail took the care to vote one last time on these relatively inconsequential Co-op affairs. We took a moment to remember her and share some thoughts on how she influenced us, shed a few tears, and then continued on with the work of the evening.

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Fair Trade Cooperatively Owned Wine Available At The Co-op

I would love to say that Fair Trade is not necessary anywhere in the world, but unfortunately, it is.

Thinking Fair Trade as a tool for a poverty-changing capacity may be too ambitious; rather, it must be interpreted as an evolutionary answer by cooperativism to the dialectics established by the global market in relation to third-world small producers and their ongoing struggle to transcend mere subsistence. Battling poverty requires much deeper solutions. Fair Trade is not charity. We, Fair Trade certified entities, do not want or ask for it either. Fair Trade dignifies work, it aims at evening out opportunities and work opportunities. Fair Trade means looking forward; it tells us that we are able to make a change; it tells us that we can achieve the impossible. Fair Trade is the moral urge to work; to consider others and share the fruits of labor in a more fair way. It is the awakening of a new awareness that sheds light on our eyes open in the darkness. It reveals to us the reality that lies hidden behind a costly packaging of a premium wine or a fine chocolate. It takes us out of the comfort of ignorance and shows us the sweat and blood of those who are sadly submerged into exploitation and oblivion and worse yet... ignored. Fair Trade tells us that we -be that businessmen, brokers or consumers- must not benefit from the suffering of others. Fair Trade doesn't mean paying the minimum mandatory price and cleansing our consciences; there is much more to it. Fair Trade strives to recover a moral imperative lost in the hands of the most powerful to the detriment of the poorest. It is about balance, sustainability, and a long-term concept; it is about a harmonious future for humanity and a positive and indispensable future.

Fair Trade does NOT imply more expensive products; that is misconception that goes against Fair Trade's real nature. Higher prices would not be fair; it would not be fair for consumers. In an ideal world, there would be enough profit for all links in the chain to be satisfied. It is the responsibility of wine and Fair Trade goods producers, to ensure their products value. We grew up with the false belief that the ideal distribution is just utopia; and this thought is functional to a voracious system. In this context, Fair Trade comes out as the channel of the civilizing spirit of the solidarity of a group of consumers, who, from a geopolitically privileged location, have decided to assume a responsibility that usually fades out in an operational impossibility. World poverty is often justified by saying that there are not enough resources

for everyone. La Riojana Cooperative, among many other examples, proves that that belief is false. The quality of our wines, our clients' satisfaction, and the progress of our producers, workers and their communities prove that Fair Trade works, and that there is much more to it than just a logo printed on a label.

Fair Trade is much more than minimum guaranteed prices for producers, better working conditions, or eliminating child labor in the fields --a phenomenon that is both common and naturalized in the Southern hemisphere. It is about changing the producers' vision of the fruits of their daily work in a positive and permanent way.

There is also a premium that, in our case, is doubled due to the willingness of both parties. One is included in the selling price, and the other is donated by supermarkets, out of their own margins, as an additional contribution to our projects. A committee made up by workers and producers decide how to invest the money in their communities.

When we doubled the premium, La Riojana Cooperative, The Co-operative UK, and Giertz Vinimport Sweden began to work with the community of workers and small-scale producers in the village of Tilimuqui, province of La Rioja, Argentina. At that time, we became the first Argentine winery to get a Fair Trade Certification

Tilimuqui is a small, isolated village located in the middle of the desert. In

the premium payment. Between 2009 and 2014, the best agro technical secondary school in the region was built, and, as I like to call it a "collateral effect of Fair Trade", the provincial government invested in and improved the primary school in a significant way.

Today, the secondary school has 337 students; and in December 2015, it

than three hectares (10 acres) of land, also owes Fair Trade the capacity of entering international markets; the Fair Trade logo has given us recognition and distinction on the shelves. Without it our labels would have gone completely unnoticed and, most probably, without the economic possibility of competing against powerful multinational groups; would be condemned to the bulk business and to conducting the wine as a commodity, which limits us to living for mere subsistence.

The minimum price is an estimated and fair basis par excellence that meets the simple condition of assuring that producers get a price that is higher than the market price, and that in free-competition conditions, acts as an umbrella that protects small-scale growers. No doubt it is perfectible, but its need for adjustment should not condemn it to abandonment. There is still a lot of growing to do, but the truth is that cooperative associations like La Riojana experienced a resurrection and a recovery of their lost identity. Cooperative businesses found in Fair Trade a strength to resist the tyranny of a system that is functional to power and to the money that generates more money, a system ruled by ambition and selfishness. They found a means of livelihood and a shelter, and still more important, they started to do again what they were meant to do. They

took on a social role and again walked the path they were meant to when they were founded, and from which they had long departed...

We may speculate whether consumers or retailers decided that Fair Trade was important. Was the chicken or the egg that came first? That is irrelevant. The success of Fair Trade lies in the fact that a growing number of people are interested in the story behind the labels...a growing number of people understand that there are real people behind a product, who allow themselves to look forward when they support the projects for their own forgotten communities. Satisfied basic needs, running water, education, health...these are some of the promises of future decent work...

The day Fair Trade is no longer necessary or important, that day Fair Trade will have won... that day we will all be Fair Trade!



2006, Tilimuqui's homes did not have access to running water; they only had an extremely precarious primary school accepting students until the age of 14, and virtually no access to healthcare services of any kind.

In 2007, a drinking water network was built thanks to Fair Trade and to

celebrated its first graduation with 33 students. For many of them, without it, it would have just been a dream to attend college and have a profession. Judging by history and culture of previous generations, they would have become young parents and farm workers, doomed to live in a downward spiral, without any hope. In only 10 years, Fair Trade has had a powerful impact on real people, on their fates, on entire communities. It has been a lighthouse that has lighted a new path.

Today, we begin to build a clinic in the Tilimuqui area, which will offer complete healthcare services to more than 10,000 people, only with the premiums we saved and our existing clients.

As part of a program we started with regional co-operatives in the US we are developing a new and ambitious project, certifying 100% of our small growers as organic, with the Fair Trade premium coming from the sale of our wines at their stores and at no cost to them. This has a great impact on the environment, but also on the social and economic spheres, as well as on each micro economy and each family of producers. La Riojana is already 100% Fair Trade certified, and in 5 to 10 years time, we project being 100% organic certified.

La Riojana Cooperativa, which has around 500 members, being most of them small-scale producers with less



Co-OP Quarterly

Q2 April 1, 2016 - June 30, 2016

	Q2 2016	Q2 2015	Q2 2014	Q2 2013	Q2 2012
Owners*	1,523	1,454	1,313	1,224	1,134
Sales	\$731,700	\$644,367	\$634,529	\$587,315	\$537,012
Trans/Day	380	322	335	312	312

*Estimation

Bestsellers (ranked by quantity sold)

	Q1 2016	Local Items Sold	Q1 2016
Coffee/Tea	7,327 cups	Tinder Hearth Croissants	809 pastries
Muffin	2,839 muffins	Four Season Farm Eggs	672 dozen
Hass Avocado	2,638 avocados	Daily Bread Loaves	446 loaves
Bananas	2,400 lbs.	Four Season Farm Cukes	333 cucumbers
Café Cookies	1,625 cookies	Little Lads Cookies	237 cookies
Tinder Hearth Bread	1,321 loaves	Four Season Farm Carrots	279 lbs
Lemons	1,015 lemons		

Swan's Honey of Maine

319 POUNDS

Sold in Bulk

What's So Special About Rebates?

Melanie Leach, Bookkeeper



There can be confusion over patronage rebates with respect to co-operatives. Some think you are “getting” something for “giving” something.... a bit of money returned in exchange for paying an ownership fee. But that is not entirely the case. A Patronage Rebate is your

owner money working for you. The Patronage Rebate or refund, as it is sometimes called, is a way for the Co-op to return money to its owners based on the amount of sales each owner generates within a specific period of time- we use the calendar year. (Other (non-cooperative) business models require you purchase an amount of equity -for instance, stocks or shares- as the basis for participation; you only receive money back if and when you sell your “equity”).

Paying your ownership equity (\$200 when fully vested) brings operational dollars to the Co-op in excess of our

sales. It helps (adds to) our bottom line. The monies designated as patronage rebates come from this line, or working budget. The rebate allows the Co-op to “take money off the bottom” when we get to the end of the year and have to calculate

In returning the monies to our owners, we pay YOU....instead of the IRS.

how much we have to pay in taxes. In returning the monies to our owners, we pay YOU....instead of the IRS. You directly benefit from purchasing at your cooperative. So be sure to cash those rebate checks! Checks were issued and mailed out in July of this year to owners due to receive rebates in excess of \$2.00. You have until October 18th to cash your Patronage Rebate.

Featured Product

If you haven't seen them yet, check out the new Meristem Herb Co. Tea Blends currently in the Bulk Department.

Local community herbalist Rachel Randall has created eight medicinal formulas using all organic ingredients. Each tea blend features seasonally available, locally grown and gathered herbs. These blends include: Daily Cup- a nourishing tonic for the whole family, Super C Herbal- an effective preventative for cold season, New Mom & Baby- which makes a thoughtful gift for any new mother, Calm- a tea loved by old and young, that tastes great when iced, and their Sleepy Tea (pictured) Try them and tell us what you think!



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OWNER RECIPE

We do our best to “Eat Local” but sometimes long for exotic ingredients. I love foods from the tropics: fresh coconut, limes, lemons, oranges, papaya, and avocado (occasionally referred to as “alligator pears”).

I think fresh guacamole is one of the best concoctions ever, and I love to fine-tune it. A little more lemon, maybe some fresh minced onion, just about every version is delicious.

The documentary film Forks over Knives was introduced in theaters in 2011 showing some of the vitality-enhancing connections between our health and the foods we choose. A short time later, two film related cookbooks came out. I’ve enjoyed both a lot. Forks over Knives, The Plant-Based Way to Health, along with recipes) edited by Gene Stone, tells the stories of some of the individuals in the film. The other book is Forks over Knives- The Cookbook, by Del Sroufe. I’d like to share one of the recipes here, for a guacamole made with shelled, fresh soybeans (also called edamame) and

broccoli. I found it delicious! These ingredients are less expensive, can often be found grown locally, and are lower in fat. I consider the fat in an avocado to be a healthy fat, but many opt to eat low-fat diets in order to reduce the calorie count of a meal. Another plus, using edamame adds considerable protein, as does the broccoli. Many people don’t realize that vegetables can provide protein. Broccoli, additionally, is rich in antioxidants, has some good anti-cancer nutrients, and is a good source of fiber. Plus, this “kinda” guacamole is one that you can make at any season of the year. (Hey, Santa, it’s red and green!)

Del’s recipe is titled “Not-So-Fat Guacamole”. I call my version, a variation of his recipe, “Broccamole”.

Typically, shelled edamame is bought frozen (in 10-12 oz. packages). When possible, select those that are non-GMO and organic. Cook your edamame in a saucepan with water, bringing them to boil and cooking for about 5 min. Drain and rinse.

Steam 1 cup broccoli florets for about 8 minutes, Drain and rinse these to cool them.

Using a food processor, puree the broccoli and edamame until smooth and creamy, adding a little water if needed. (I also tried a version where I added some soy milk, or almond milk. You could use cow’s milk or even



Photo Courtesy of forksoverknives.com

plain yogurt if you prefer. Cow’s milk sometimes starts to curdle when there is citrus, but you’d be using just a little here, and blending it well).

Place blended ingredients in a bowl and add the juice of two limes and the zest of one. (It’s easier to grate the zest first, then squeeze the limes for the juice.) I recommend fresh lime juice, but you could use bottled or frozen lime juice. Add 1 cup diced tomatoes (cherry or Roma), 1/2 cup small red or sweet white onion- diced (scallions

work too), 1/4th cup minced fresh cilantro, one clove garlic- minced, Celtic sea salt to taste, and maybe a pinch of cayenne pepper. I added a little fresh red bell pepper- diced small, about 1/2 cup. While Chef Del Sroufe has a goal of no fat with his recipe, I sometimes add a little extra virgin olive oil to mine.

Chill your broccamole, and garnish it with sprigs of fresh cilantro right before serving. Serve with chips, as a dip for fresh veggies, or on a tortilla or burrito. This version of guacamole is also good as a spread on crackers and on sandwiches too.

Variations:

If you’re not a fan of raw veggies in your dip, sauté or roast the onion, garlic, and red bell pepper, in a little olive oil, prior to adding them (chopped) to your blended mixture.

-Substitute edamame with fresh tofu, and 1 Tbsp. chili powder (more or less to your taste).

-In winter, when I don’t have fresh tomatoes, I add prepared salsas. The Co-op has both jarred and refrigerated fresh varieties available. (I prefer varieties made with minimal to no sugar and extra virgin olive oil).

By Edee Howland
Co-op Owner Since 2001

The Halcyon Grange #345

Yvonne Chick, *Grange Kitchen Coordinator/Co-op Owner*

This year has been really hopping at The Grange! We are excited about the diversity of community connections we are making. We have welcomed: a girl scout troop, a Rec. Program baking class for children, a “Nose-to-Tail” butchering workshop, weekly Scottish Country Dance classes, weekly Japanese Cooking classes (continuing through September), weekly SNAP “Cooking Matters” classes- sponsored by Healthy Acadia (through mid-Sept), a Maine Migrant Worker’s Health Resource Fair, and a Maine Farmland Trust Local Foods Dinner & Concert. We host our ongoing Grain-bin project, offering organic grain to community members. Additionally, our Hall has been used by the surrounding community for private events including: a family reunion, a

bridal shower, a wedding reception, and memorial services for beloved community members.

Another avenue that the Grange has to offer is the use of our Commercial/Community Kitchen. The kitchen has hosted 6 local people this summer alone, in producing food products for resale. This is a fully-licensed Commercial Kitchen for anyone who is interested in producing a product for retail sale, and is a great alternative to the tricky process of licensing your own home kitchen. We would also love to see the kitchen put to use by family and

*The Halcyon
Grange is excited to
be connecting with
our community
more than ever
before*

veggies for the winter freezer — the possibilities are endless! Our 10-burner gas stove and long stainless tables are ready and waiting. We are committed to making the Grange available to all. So, take a look at the

fee schedule on our website and contact us with any questions or to talk further.

On October 15th we will hold our Annual Pig Roast Harvest Supper & Live Auction (with items donated by local businesses and farms); the pork is from Quill’s End Farm and is slow-roasted on the Grange property during the previous night and day. This is always a fun-filled evening, the perfect way to end the year’s growing season and get ready for the slower months to come. Good fun is always had by all.

The Halcyon Grange is excited to be connecting with our community more than ever before; you can see more of what we are doing at www.halcyongrange.org (or on Facebook) where you can find info and photos of our recent events, our Grange calendar, member comments, and rental information as well as details on our rich history, membership, articles written about us, and more. We are seeing a resurgence of energy and enthusiasm with community members who are finding that The Grange

philosophy and mission fits very well with the life they are already living in our area:

- Basic support of local food & growers
- Improving rural life,
- Community involvement & improvement



Our members would agree that this simple shared commitment is the common ground that keeps us all coming back (and the pies help, too).

Take a look at us, get in touch, help out at an upcoming event, visit a regular meeting (we sure do laugh a lot!), take a class being offered, set up a day with a group of friends to make harvest time more fun, offer a class or meeting of your own, tell us your ideas for our upcoming winter educational series, rent the building for a family get-together that is in a convenient and centralized location, find a way that your skills and input will contribute. We are committed to our community and, it’s true, many hands make light work. We would love to hear from you — better yet, to see you!



The Halcyon Grange 1157 Pleasant St., North Blue Hill

As the weather gets cooler, my palette changes. I tend to turn away from salads and lighter meals, and more so towards the heartier dishes and foods with warm spices. This chai-spiced pound cake is light and airy, but full of those wonderful fall spices. It comes together beautifully, and is great served alone with a cup of coffee or tea, or with freshly whipped cream. It also can be wrapped in plastic wrap and frozen for several months.

Chai-Spiced Pound Cake



Photo Courtesy of Lydia MacDonald

- Ingredients:**
 - 1 cup (2 sticks), unsalted butter, softened
 - 1 cup packed light brown sugar
 - 1/4 cup honey
 - 2 large eggs
 - 1 teaspoon baking powder
 - 1/2 teaspoon baking soda
 - 1 teaspoon salt
 - 2 teaspoons ground cinnamon
 - 2 teaspoons ground ginger
 - 2 teaspoons cardamom
 - 2 teaspoons ground cloves
 - 2 cups all-purpose flour
- 1 cup sour cream
 - 2 teaspoons vanilla extract
 - Add confectioners' sugar, fresh whipped cream, for serving (optional)
- Directions:**

Preheat the oven to 350°F. Grease a 9 or 10-cup bundt pan. Set aside.

In the bowl of a stand mixer fitted with the paddle attachment, beat together the butter, brown sugar and honey until light and fluffy. Add the eggs, one at a time, beating well between additions.

Scrape the bowl if necessary. With the mixer on slow, mix in the baking powder, baking soda, salt, cinnamon, ginger, cardamom and cloves. With the mixer still on slow, add in half of the flour, then the sour cream and vanilla extract, then the remaining flour. Mix until everything is well combined.

Pour the batter into the prepared pan and level out the top. Place in the oven

and bake for 50-55 minutes, or until a toothpick or butter knife inserted in the center comes out clean. Remove from the oven and let cool for 15 minutes before turning it out onto a rack. Let cool completely before dusting with confectioners' sugar (optional), and slicing and serving. Wrap well in plastic wrap and refrigerate leftovers.

Chili is one of my favorite comfort foods. It's a great way to fill a pot with healthy beans and vegetables, let simmer, and have a hearty dinner with minimal effort. This particular chili is a great vegetarian option. The super food quinoa is a lighter version of the grease-heavy hamburger. This chili is still chock full of vegetables and beans, which makes for a wonderful warm dinner, following an afternoon of raking leaves.

Quinoa Black Bean Chili



Photo Courtesy of Lydia MacDonald


- Yield: about 8 servings*
- Ingredients:**
- 3/4 cup uncooked quinoa
 - 1 large yellow onion, diced
 - 4 cloves garlic, minced
 - 2 large carrots, chopped
 - 2 celery stalks, chopped
 - 1 green bell pepper, seeded and diced
 - 2 Tablespoons olive oil
 - 3 Tablespoons soy sauce
 - 1 (15-ounce can) black beans, rinsed and drained
 - 1 (15-ounce can) red kidney beans, rinsed and drained
 - 2 (28-ounce) cans crushed tomatoes
 - 1 1/2 cups frozen corn
 - 3/4 cup white wine
 - 1 Tablespoon chili powder
 - 2 teaspoons garlic powder
 - 2 teaspoons paprika
 - 1 heaping teaspoon ground cumin
 - 1 bay leaf
 - 1 Tablespoon white wine vinegar
- Directions:**
- Place 3/4 cup quinoa in a saucepan with 1 1/2 cups water. Bring to a boil, then

reduce the heat to low. Cover the pot, and simmer for about 15 to 17 minutes, until the water has been completely absorbed. Turn of the heat and let sit covered to steam for about 5 minutes.

Meanwhile, in a large pot or Dutch oven, heat 2 tablespoons olive oil, the sauté the onion for 5 minutes. Stir in garlic, carrot, celery, and green pepper, and sauté for another 5 minutes. Stir in 3 tablespoons soy sauce and cook 30 seconds more.

Add the black beans, kidney beans, crushed tomatoes, the cooked quinoa, corn and white wine. Add enough water to get to a liquid consistency (1-3 cups). Stir in the chili powder, garlic powder, paprika, ground cumin and bay leaf. Stir well. Bring to a simmer, and let cook, stirring occasionally for 30 minutes over low heat. Stir in the white wine vinegar and a few pinches of kosher salt. Season with salt and pepper to taste. Serve with your favorite chili toppings (shredded cheese, avocado, sour cream, hot sauce etc.)

Island Bakes is created by Lydia MacDonald. A local food blogger who lives in Stonington. Find her on facebook or at www.island-bakes.com



STAY CONNECTED

Hours:*
7am - 7pm
Daily

bluehill.coop
(207) 374-2165
Follow us on
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*subject to change after Columbus Day



Your Two Cents...

What would it take for the Co-op to do more recycling & compost? In the Café today I hated throwing out my tomato (allergy) & paper towel into the trash. Thank you!

Thank you for the suggestion. Currently we collect Kitchen/produce waste for supplemental feed for local growers (pigs/chickens/etc.). This means we do not have enough waste left for compost purposes at this time.

Beth, Front End Manager & Ownership Co-ordinator

I so much enjoyed my delicious, filling, and affordable black bean sliders. Thanks!

Thanks so much for your feedback! So glad you enjoyed it.

-Kristyn, Café Manager

I would like to keep bulk section. I enjoy the amount I get to choose.

We are definitely keeping bulk, we are simply reviewing what we offer in this category to insure that we are offering products the community values. Some of the items in the bulk aisle are not selling which isn't doing our customers or the Co-op any good. We are also looking at how we can more attractively display the aisle and make it easier to shop.

-Wynston, Interim General Manager