

FREE

# THE HARVEST HERALD

Summer 2016

BLUE HILL CO-OP

## RELOCATION UPDATE Summer 2016

Tom Reeve, Relocation Manager

HOPEFULLY YOU HAVE driven on South Street recently and seen the Co-op's new sign. If not, head out there and take a peek at our new location! The site, which is right across from The Bay School, will be a strong addition to the growing South Street. The layout of the site and design of the store will be innovative, sustainable, and will be a catalyst in making South Street pedestrian friendly. The positive impacts of this project will help make the new Co-op a fixture of the Blue Hill Peninsula for decades to come.

The site is completely wooded and has a pretty significant slope away from South

Street. This has many impacts on the construction process, for instance: 1) we are able to install underground structures (storm water storage, pipes, etc.) before placing the fill; and 2) the site will require a lot of fill to make it fairly level. Fortunately, the site is large enough that instead of having to remove trees to build a retention pond, we will be able to permanently place a storm water infiltration area below the parking lot. This will allow us to keep the back of the parcel completely

wooded.

The building itself will be placed as close to the road as possible, with parking adjacent to the building instead of in front of it. This allows the building to be sited so that it takes advantage of the southern light that filters through the 72-space parking area. This parking lot has been designed so that deliveries enter through a separate drive and are kept on the periphery, away from the majority of foot traffic. The result

will be a much safer and more open lot. In addition, locating the building closer to the road will allow for easier pedestrian access, without the need to walk across a parking lot.

The building is designed to be energy efficient in order to reduce its future ecological footprint. It will be constructed to use natural light throughout the store, with LED lighting supplementing the sunlight. The waste heat from the refrigeration equipment will be recaptured to heat the building. On top of all that (literally), a photovoltaic system will provide over 200,000 kWh of power that the Co-op can use, store, or put back on the grid. Altogether, the energy generation and savings will help this building be nearly

*The energy generation and savings will help this building be nearly net-zero*



net-zero.

The store will feature numerous new departments that are unavailable in our current store, including a deli, a fish and meat counter, a salad bar, and an expanded hot bar. Additionally, there will be double the produce area, wider aisles, more checkout lanes for the busy times, and a community room that will be open to individuals and groups for free.

The Café will have at least 40 inside seats and 20 more outside. The open design, with large banks of windows, will allow customers to sit and enjoy the view and provide ample sunlight to showcase the local artwork that will hang on the walls. The larger, modern kitchen will mean more food offerings

available for everyone. This includes a wider selection of breakfast and lunch items, salads, and prepared foods that people can grab-and-go to take on the run. This will be a welcome expansion to the limited year-round eating opportunities in our community.

It is no doubt that this sustainably-designed, thoughtfully laid-out building is an ambitious project. By focusing on long-term sustainability and efficient design, the Co-op is building a store that will last well into the future, while still keeping the charm of the current location. When the project is completed in late 2018/early 2019, it will be a welcome addition to the Blue Hill Peninsula.

THE BLUE HILL Co-op has joined a growing group of Maine farmers' markets, CSAs, and now retail stores to offer Maine Harvest Bucks! The Maine Harvest Bucks program, originally put in place by the Maine Local Foods Access Network (MLFAN), helps customers utilizing SNAP\* benefits afford more local produce.

For every \$10 a customer spends with their EBT\* card on local food at the Co-op, they will receive one free \$5 voucher towards their next purchase of local produce.

MLFAN is a group of Maine nonprofits

collaborating to improve local food access across the state. They include:

Access Health, Cultivating Community, Food AND Medicine, Healthy Acadia, Maine Farmland Trust (MFT), Maine Federation of Farmers' Markets, Maine Organic Farmers and Gardeners Association (MOFGA), St. Mary's Nutrition Center, and Wholesome Wave.

MLFAN has been successfully implementing similar nutrition incentive programs at farmers' markets for several years. In 2015, MFT received a federal grant to expand the program to include local retail outlets like co-ops,

food hubs and small grocers, making Maine-grown produce more accessible for even more Mainers.

The Blue Hill Co-op is excited to be included in such a worthwhile project. To participate in Maine Harvest Bucks at the Co-op, we invite eligible customers to come in and sign up ahead of time. You will receive your first \$5 Maine Harvest Bucks voucher for local fruits and vegetables upon completion. The necessary forms will be available at the Co-op starting in June. For additional information visit <http://maineharvestbucks.org>.

\*SNAP = Supplemental Nutrition Assistance Program, a federally-funded benefit program specific to the purchase of food

\*EBT = Electronic Benefit Transfer, the method by which SNAP benefits are distributed to the individual, similar to a debit card.



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# THE LONG READ: A Co-op Member's Wrestling Match with Lyme Disease

David R. Walker, Wellness Manager

MAY WAS NATIONAL Lyme Awareness Month. Sadly, Lyme Disease is a frightening malady that is unfortunately becoming increasingly prevalent, with 300,000 new cases reported annually. Lyme Disease now exists not only in every state in the United States. The tick-borne illness is now found on every continent except Antarctica.

Co-op member Tom Stewart has been battling its debilitating symptoms until a remission in 2014. Crippling fatigue, migrating joint pain, and cognitive decline began to overtake him in 2010. The nationally known photographer and artist says his Blue Hill Primary Care Physician misdiagnosed his case based on inadequate testing and lack of training. Tom reportedly had to plead with his doctor for a referral to a specialist. Tom decided a specialist in infectious disease seemed a rational choice. In Portland he found his specialist, and she told him his problem was rooted in post nasal drip. The steroidal spray she recommended cleared up his bronchitis. Though his other symptoms persisted she said she thought Tom was, "now on his way."

Some \$125,000 later, Tom felt cured, though in the last 3 weeks, after a year and a half of remission, some symptoms are rearing their head's again.

Lyme disease is now six times more prevalent in the United States than HIV-Aids, yet receives only one-hundredth the funding for research. Most primary care physicians in Maine have little to no training in either recognizing symptoms or treatment. And insurance companies often refuse to pay for anything beyond an initial course of antibiotics, which is often not adequate in duration. Sadly, many people suffer with diagnoses of Fibromyalgia, Chronic Fatigue, Epstein-Barr Syndrome, Multiple Scleroses, or Lupus for 3-10 years before they discover they are actually suffering from Lyme. "Every Lyme patients has a different array of symptoms," says Tom, who credits Dr. Beatrice Szantyr, MD, of Lincoln, Maine, as being the most knowledgeable Lyme experts in Maine. Dr. Szantyr is founder of the Maine Lyme Support group and someone herself who suffers from Lyme.

Many with Lyme Disease have no idea what ails them. The disease usually carries with it a dangerous smorgasbord of pathogens including the spirochete borreliosis, and blood pathogens such as babesiosis, ehrlichiosis, bartonellosis, and Rocky Mountain Fever. The borreliosis spirochetes (syphilis is a spirochete) find their way into areas of

the body that do not have vascular flow—joint cavities and other cartilaginous areas. These areas are harder to access with medicines, and the spirochetes are able to encase themselves with a protective capsule of biofilm.

In an effort to spread awareness of how to negotiate the Lyme maze, I interviewed Tom so that his insights might help others who are trying to prevent the disease, ward it off if they are lucky enough to discover it in its early stages, or cope with its insidious symptoms when it has been in the body for a long time. Please note, this article does not represent an exhaustive study of Lyme. It should also be noted that locally, several Co-op members have found great help with Dr. Meyerowitz at his Acupuncture Clinic in Brewer. Dr. Meyerowitz employs intensive use of homeopathy and bioactive nutritional supplements.

To understand what he was battling, Tom attended two international conferences that brought together the most renowned researchers and doctors working in the field. So appalled had many of these doctors been with existing guidelines of the International Infectious Diseases Society of America that they formed the International Lyme and Associated Diseases Society (ILADS), a non-profit organization that advocates for patients, supporting a holistic approach that looks at symptoms rather than what are very often inconclusive test results. "I absolutely credit my recovery to these courageous doctors," said Tom. The National Guidelines Clearing House has since delisted the old guidelines for treating Lyme, yet the CDC has not yet changed recommended protocols and testing procedures for Lyme Disease. As with HIV's relationship to funding, so to with Lyme. As more celebrities and legislators are struck with its debilitating effects, awareness is growing.



***(Lyme disease) is now found on every continent except Antarctica***



Tom's 100-pill-a-day supplement regimen

Tom eventually found a doctor in Connecticut who ran a Fibromyalgia and Chronic Fatigue Center. He drew 16 tubes of blood, and had the expertise to tell Tom that his was the most advanced case of disseminated Lyme Disease he had ever seen. In Hyde Park, New York, Tom then found Dr. Richard Horowitz, a world-renowned specialist in Multi-Systemic Infectious Disease Syndrome (MSIDS), a term Horowitz coined to more accurately describe the associated disease states that characterize tick-borne illness.

Prevention, of course, is ideal. Deer ticks are what are commonly known to be carriers of Lyme, named after a town in Connecticut where it was first discovered. But it is not from deer that we make contact with these tiny creatures the size of a sesame seed. One source are migratory song birds that forage in leaf litter and then carry the larvae around their eyes and base

tissue tube, then placing those in mice-friendly areas, where the balls are then brought back to the nest and will kill mice and ticks.

If you are lucky enough to see the tick and to discover a rash (because if the bite is on your scalp it is more likely to go undetected), then the antibiotic Doxycycline should be administered as soon possible and maintained for 4 weeks as is usually prescribed by Lyme literate doctors. In the first 24 hours the rash is most likely from the effects of the tick bite itself, but if the rash expands after those 24 hours, it is more than likely an infection. This type of rash is considered by experts to be "proof-perfect" and entirely justifies a full course of Doxycycline.

Unfortunately, doctors, due to pressure from insurance companies and lack of training, will commonly prescribe this costly antibiotic for as little one day. Tom's strategy to combat

this recalcitrance: "As your allotted 15 minutes with your doctor comes to a close and he or she makes the telltale motions to end your meeting, cross your arms stay seated, and say this, 'I will not leave until you write me a prescription for 4 weeks.'" Rather than confront a crisis that will take much more time, the doctor will more than likely pull his prescription pad out and give you what Tom says is a prescription that could avoid great suffering in the long run. "The patient has rights and should be able to advocate for their own treatment,"

Tom says, and "legislation now exists that allows longer prescription of antibiotics."

Tom's three-page, single-spaced treatment plan included once weekly nutraceutical IVs with a big dose of glutathione, the mother of all antioxidants. He also gave himself twice-weekly injections of glutathione and vitamin B12. Along with this came 100 pills of various kinds to boost immune function, increase beneficial bacteria to balance all the antibiotics, and many others, as well as potent tinctures. Mitochondrial production was so compromised in Tom's cells that after three steps of climbing up stairs, he would have to wait until his body was able to generate sufficient energy to continue. Inflammation went to extremes throughout his body, as it attempted to combat bacterial overload with such a deeply depleted immune system.

Some of the strategies to combat the symptoms of Lyme that Tom used involved heat. "I would submerge my body in the hottest possible bath water that had diluted in it one cup of Epsom salt, one cup table salt, one cup baking soda, and one cup of aloe". After his extended soak he would look forward to a cold shower. During the bath he

***Lyme disease is now six times more prevalent in the United States than HIV-Aids***

it up to your neck or wrists--assuming you have tucked your pants into your socks. Permethrin will withstand six washes and still do the job. Tom feels any toxicity is far less risky than Lyme disease. According to the Tick Encounter Resource Center, an outgrowth of the University of Rhode Island, Permethrin is 2,250 times more toxic to ticks than to humans. The EPA considers Permethrin to be 27 times below toxicity levels for humans when used on clothing.

Tom now also recommends soaking cotton balls in Permethrin, stuffing them in an empty cardboard bath

Continued on page 3...



# The Check Is In The Mail

Melanie Leach, Bookkeeper

HOW MANY TIMES have we heard that? And soon, owners will receive their patronage rebate checks. But what is an patronage rebate, and what is the best way to handle it? Any owner who is up to date on their equity payment and earned more than \$2.00 in patronage rebates is eligible for a rebate check. The amount of the check is based upon the amount of sales you purchased

throughout the previous calendar year. It is also calculated on a percentage of our net income.... what we have made in profit as a store after all the bills are paid, as decided by the Board of Directors. The rest is our left-over monies that we will be required to pay income tax on.

Many owners feel they are doing us a favor if they return the check to us or



simply do not cash the check. That is not the case. We have to pay income taxes on the amount of profit we make at the end of the year. Any checks that are not cashed or brought into the Co-op as a "donation" to us go back into the "pot" of monies we have to pay income taxes on. It increases our tax load. You do us a favor by cashing your check or even better, using your check to pay for your purchase here at the store. You will then increase your buying total for the current year, increase our sales and help us out with reducing our net income. We want you to get the money instead of the IRS. What a win-win!! So, when you receive your patronage rebate, go on and head out. Don't forget your check!

## ...Lyme Disease *Continued*

would drink two large glasses of cold water with lemon, to keep hydrated. To reduce the toxic load his body was carrying, Tom also had his mercury fillings removed. Because it is through the skin that the body does a large proportion of detoxification, Tom also did a good deal of dry-brushing to his skin, to stimulate exfoliation and keep the pores as open as possible.

Important to understanding Lyme is something called the Herxheimer Reaction: As treatment occurs, the body releases endotoxins, which create additional toxicity and illness. This is why strengthening pathways for detoxification is especially crucial for Lyme sufferers undergoing treatment. Tom's 100-pill-a-day supplement regimen had a heavy emphasis on "opening the pathways to detoxification" using many time-tested natural cleansing agents. The herbalist Byron White is well-known for his extremely potent tinctures to stimulate the body's ability to purge heavy metals, pathogens, and fungi, so strong that one drop could be the dosage.

Infrared Saunas can also bring great relief, says Tom. Destination Health, a

health spa and fitness studio in Bar Harbor, is one establishment that offers Infrared sauna from half to one hour increments.

Tom recommends connecting with as much knowledge as possible, and websites such as Lymedisease.org and Mainelyme.org are good places to begin. "In-system Lyme docs have their hands tied by the system," Tom told me, "and the waiting list of the Lyme super-docs is often 6-9 months. They work under the radar, though they are highly credentialed." And the majority don't accept insurance. Patients have to pay upfront for services. Tom recommends the feature length documentary, "Under Our Skin" as a compelling trove of information.

Each person's level of immune health and existing toxic load relates to how that person copes with the pathogens introduced into the system. Tom once enjoyed a plethora of fish he caught, under the assumption he was giving his body top-quality protein. He has since discovered he was also loading his system with heavy metals as many of the fish he was ingesting also contained



Co-op Owner Tom Stewart

toxic levels of heavy metals.

"There are many silver linings to this story," relates Tom. "My levels of empathy and sympathy have increased greatly." Sadly, though at least benefiting from his father's experience, Tom's son is now showing symptoms similar to his dad's.

Anyone interested in keeping their immune systems in top form might explore using traditional mushroom combinations for deep immune support. You can find Host Defense's My Community and Stamets 7 here at the Co-op. These blends, by mushroom master Paul Stamets, use ancient Chinese knowledge to deliver premium organic support. Consider combining

*The patient...  
should be able to  
advocate for their  
own treatment*

them with ongoing use of Himalaya's LiverCare to support all 500 functions of your Liver. This can support excellent detoxification, especially when combined with ample pure water. Additionally, if you sprinkle a little Himalayan sea salt in your warm water, both electrolytes and minerals will be maintained and supported, and other pathways of detoxification encouraged



THE FIFTH ANNUAL Hancock County Food Drive took place in March, and the Blue Hill Co-op was once again more than happy to help. In addition to items donated directly by the Co-op, our customers added an additional 52 food items to the cart that were picked up by Healthy Acadia volunteers. In all, the county raised enough money and collected enough food to serve a combined total of 12,418 meals to families in need!

This could not be possible without the support of generous folks like yourselves. Thank you to everyone who donated at our store and at other locations in the area.

to work optimally. LiverCare was approved by the Swiss FDA last year and is prescribed by MDs in 92 countries, though it is comprised of entirely organic herbs using Ayurvedic formulation.

"Tuck your pants into your socks as the most basic strategy to thwart ticks easy passage to your skin," advises Tom. And if you are not going to soak your clothes in Permethrin, then spray them with a bug dope that contains ample percentages of cedarwood, lemongrass, citronella, and other essential oils, such as the FDA approved Nantucket Spider and Buzz Away natural tick and bug repellents, both available at the Co-op. Take precautions, support your body, and most of all, find joy in the great outdoors!

## CO-OP BOARD OFFICERS & MEMBERS

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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 member/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](mailto: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.



# Hikes Up The Mountain & Picnics on the Beach

Robin Byrne, Cheese Buyer

HERE WE ARE ready for summer on the Maine coast. My favorite. Our area has so much beauty and the warm days don't take up much calendar time, so get planning!

Let's talk a bit about what to bring for a take along snack or accompaniment on a picnic or hike. All cheese tastes better when it's had the chill taken off from the fridge, but don't make the mistake of not packing it in a cooler of some sort. You don't want it getting so warm it's becomes a mess to eat!

As I stroll through the Co-op and look at all of the delicious food choices we stock I get inspired. There is not one single product or area that's my favorite. I like to mix and match. Here are a few combinations that come to mind as I dream of an outdoor afternoon:

Brie (either those adorable Brie buttons from Blythdale Farm or a wedge of imported French) with a piece of Volope Salami (Chianti is my favorite) and a Borealis baguette.

Plymouth Smoked cheddar from

Vermont (brown wax covering), Mitica fig almond cake imported from Spain (pressed figs and almonds) and local Tinder Hearth Focaccia.

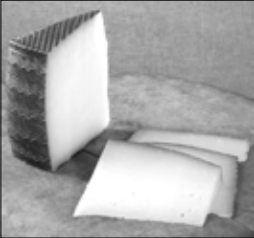
Chevré (from York Farm, Blue Ledge, Cypress Cove or Seal Cove), Dried Cranberries (from our BULK department) and Swedish Crispbread.

Manchego Spanish imported sheep's milk cheese, Castelvetro Italian imported green olives and sweet & spicy Peppadew peppers.

Sonnental Asiago from Smyrna Maine, cashews and sweet, creamy prunes (from our BULK department).

Great Hill Dairy non-homogenized, raw milk Blue Cheese from Massachusetts, sweet cherry tomatoes in PRODUCE from one of our local farms and a nice crispy cracker.

Don't forget you can add chocolate, wine, beer or any other beverage that suits your fancy too. I could go on, but now it's your turn! Oh, and be sure to grab your bottle opener, corkscrew, knife and whatever else you might need before you leave the house. Go get yourself a feast and enjoy!



Manchego

## From the Grocery Department

Michael Luciano, Grocery Manager

I WANTED TO TAKE a moment to remind you of a new line of products the Blue Hill Co-op is now stocking. The Field Day brand can be found throughout the store. We are carrying their organic line of products at very low, competitive prices.

We also carry their line of household paper products at the same reasonable price point. Their more popular items in our store include canned beans (with bpa free lining) and jarred tomato sauce. The Field Day products are getting good reviews from our customers and have been selling well. If you haven't tried them, we encourage you to do so and welcome your feedback.



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# Membership Update

Beth Dickens, Membership Coordinator

EVERY QUARTER, HERE at the Co-op, we put together a series of newsletter articles. By the time all is said and done and each article is ready to print we have invested several hours, between the writers and editors, to make sure each is both interesting and correct. (Being human we do miss some typos. But there are a few of you, and you know who you are, who keep us on our toes and jokingly point out our mistakes.) With all this time invested, I often wonder how much of what we write is reaching our members and the supporting community. Is all the time we spend writing, rewriting and editing worth it? Well after this last spring I have to answer with a resounding YES!

The last newsletter, sent out in the beginning of March, was full of information about our relocation plans and what we the Co-op Owners could do to move the process forward. Namely becoming fully vest by paying the remainder of our \$200 equity. In late March Tom, our Relocation Manager, sent out the individual requests detailing how much each of us

currently owed. However, before those letter had even made it to the post office our number of Fully Vested Members (FVMs) began to climb! The number of fully vested Co-op members grew from approximately 170 (or 12% of our membership) on January 1st to 475 by May 1st (a 178% increase for a grand total of 32% of our current membership!)

If you are one of the Owners who has fully invested in the last 2 months, your Certificates of Ownership are being processed as quickly as I am able. I hope to be caught up by the time you read this article. If you are expecting a certificate in the mail and haven't received yours by the end of June, please feel free to contact me so I can correct that. If you have not paid your equity in full yet, there is no deadline. We would be happy to help you do so when the time is right for you.

In addition to increasing the number of FVMs, our membership has also



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increased. The month of March alone was incredible, seeing a total of 35 new Owners! As of May 1st the Co-op was being supported by 1,486 owners. Every day the Co-op makes a concerted effort to do what we feel is socially right and responsible, and we are obviously doing so with the community's support as shown by our increasing membership and your dedication to our relocation efforts.



Employees checking out the new Portland Food Co-op



# Food Allergy Solutions

As supported by National Co-operative Grocers

## FOOD SENSITIVITIES & ALLERGIES

Food allergies can develop at any time, in anyone. Allergies are distinguished from food sensitivities in that they typically produce more severe reactions. Food allergy symptoms vary but can include hives, swelling, respiratory problems and even anaphylactic shock. If you have a strong reaction to something you've eaten, consult your health practitioner. How do you know if you have food sensitivities? Symptoms can be physical and/or emotional. Examples of physical symptoms include migraine headaches, digestive disorders, chronic colds and extreme fatigue. Joint and muscle pain, and even autoimmune diseases may be caused by latent food sensitivities. Examples of emotional symptoms include mood swings, difficulty concentrating, anxiety and depression. With the help of a health practitioner, you can isolate food sensitivities by following an elimination diet.



## COMMON FOOD ALLERGIES & ALTERNATIVES

### Milk & Dairy

A milk allergy is different from a lactose intolerance, in that it is a reaction to the milk proteins casein and whey. People with a dairy allergy must avoid foods that contain these proteins. Lactose intolerance is much more common, and generally presents itself as digestive disturbance caused by the sugar in milk, lactose. People with this

intolerance need to limit or avoid dairy or take lactase supplements when they eat dairy products. In addition to milk alternatives like soy, nut and grain milks, the Co-op offer a number of refrigerated, frozen and packaged grocery products that are dairy-free, including yogurt and cheese alternatives and frozen desserts.



### Eggs

When people have an allergy to eggs, it is specifically proteins in the egg white that are problematic. But as the yolk cannot effectively be separated, the whole egg must be avoided. All types of bird eggs, not just chicken eggs, can produce a reaction in sensitive individuals.

Egg alternatives: Firm tofu can be crumbled and sautéed to replace scrambled eggs, or chopped for an eggless egg salad; in baked goods, applesauce, yogurt, mashed banana, avocado or pumpkin can be used in place of eggs. In savory items, soy flour mixed with water, cooked oatmeal or chia seeds make acceptable substitutes.

### Peanuts & Tree Nuts

Allergies to peanuts and tree nuts are different— those allergic to one may not be to the other. Peanuts, as ground nuts, have more in common with legumes (beans and peas) than they do with tree nuts. Allergies to peanuts tend to be strong and even trace amounts can cause severe reactions. Nut alternatives: For nut butter replacements try butters made from seeds such as



sunflower butter, hemp seed butter and sesame seed butter (tahini). Or avoid nuts altogether and make high-protein sandwich spreads from silken tofu or beans.



### Fish & Shellfish

Allergies to fish and shellfish are different; those allergic to fish may not be to shellfish and vice versa.



Those allergic to one or more types of fish are usually cautioned to avoid all types of fish. Shellfish allergies tend to be very severe and although the primary allergens are shrimp, crab and lobster, all shellfish should be avoided by allergic individuals.

### Soy

Soy allergies, though common, are generally mild, but can be severe. The challenge is that soy is used in an incredible variety of processed food products. Soy alternatives. Substitute fresh lima beans for edamame (fresh soybeans). Dairy-free alternatives to soy milk include rice, almond and hemp milk. For soy sauce substitutes, try coconut-based amino acids. Seitan, a wheat-based product, makes a good vegetarian meat substitute in place of tofu or textured vegetable protein (TVP) but look for varieties without soy sauce added. There are also soy-free varieties of miso made from chickpeas or adzuki beans.



## FOOD ALLERGY SOLUTIONS

### Wheat & Gluten

Although gluten, the protein component

of wheat, gets a lot of attention, many people are allergic to wheat itself. Sensitivity to gluten is even more common and although not a true allergy, it can cause many similar and uncomfortable symptoms. Celiac disease, a condition that can be diagnosed by blood test, is relatively rare. People with celiac disease are unable to digest gluten and must strictly avoid it. Wheat alternatives: Most people diagnosed with a wheat allergy have reactions to common wheat or Triticum sativum. These people often find they can tolerate spelt (Triticum turgidum) or kamut. This is not true of people with gluten sensitivity or celiac disease, as these grains are not gluten-free. Breads, flours and pastas made from spelt and kamut are often available at co-ops and make an excellent substitute for wheat products. Other whole grain flours can be used including amaranth, barley, buckwheat, millet, oats, rice and rye. Gluten-free wheat alternatives: There are a number of gluten-free packaged food items available at your co-op including ones that replace classic wheat based items like pasta, cereal, cookies, baking mixes and crackers. Read packaging carefully and look for gluten-free labeling; even if an item doesn't list wheat as an ingredient, it may be cross contaminated with gluten if it was processed in the same facility as wheat items. Gluten-free flour mixes are available, or you can make your own from brown or white rice, corn, tapioca, potato, garbanzo or sorghum flours. Most bean, seed and nut flours are also safe.





Goodbye Mark

IT SEEMS FITTING that I should be the last one to interview Mark Deeny, the now former General Manager of the Co-op, since a little over five years ago I served on the search committee that hired him. From the time when he began running the business, Mark has brought the Co-op into a more secure place. The sales of the Co-op are up, more people are being employed additional hours at the store, and the number of active members during Mark's tenure has jumped from nine hundred to nearly fifteen hundred.

Mark credits these achievements as being made with a focus on the customer experience. As soon as he began, Mark made sure that the store was clean, well-stocked, and that store items were priced clearly. By viewing the Co-op with the eyes of a new customer, he was able to find ways for the store to improve its appearance for its shoppers.

Another area that Mark focused on was with relationships between the different entities of the Co-op. The owners, shoppers, employees, vendors,

staff and the Board all have differing opinions of how the Co-op can best meet their needs. It was essential to find the balance between all the parties and to facilitate communication between all of them so that those who make the Co-op great could better work together.

As a manager, Mark says his most satisfying moments came from watching his staff grow as they took on more responsibilities. He also found joy in making changes in the fixtures and layout of the store that improved the limited space. In particular, he cites the decision to occupy the basement apartment under the store for use as office spaces as an essential improvement as it brought the Co-op into a more modern workplace.

There were, of course, challenges that Mark faced. He regrets that he declined some invitations on behalf of the Co-op to community events and there were several changes and improvements around the store that he wanted to make but didn't get around to during his time.

Overall, Mark is proud of the work he has done at the Co-op. He explained that he sees the history of the Co-op as

a continuum where a huge diversity of people come and go and play roles in its success. "I like to think that what I brought to the table was helpful at the time," he says.

As for identifying future challenges, Mark pointed out that as the Co-op expands into a full-fledged grocery store, the more it will be harder to maintain the cooperative aspect. "Unfortunately, the things that people think of as Co-op don't bring in more income." However, as the areas of organics and local food continue to grow, the Co-op will always be an



Mark Deeny, Former General Manager

important and relevant part of our community. "As long as the Co-op continues to focus on customer service, it'll do great. The customer has to keep wanting to come and shop there."

Art in the Café

Thank you to all the artists that exhibited in our Café

MARCH

Kristy Cunnane

This is a show of illustrations inspired by my daily journals and ideas taken from various illustrated letters I have made. Almost all are painted with sumi ink, a medium I love. Somehow I am compelled to chronicle the mundane. The simple things that surround my life nourish my spirit - birds at the feeder, the broom in the corner, even strange assorted objects in an old zipped pocket. These things speak to me with the intimacy of what is familiar, what is ordinary - and so I draw.



Making Pickled Onions

APRIL

Sedgwick Elementary School Students

Dinosaurs by kindergarten and first graders. Mexican masks by second and third graders. Articulated hands and OP Art by fifth and sixth graders. Art Teacher: Sarah Doremus



Articulated Hands

MAY

Sage Shaheen

My name is Sage Shaheen and I am an 18 year old abstract artist. For as long as I can remember, drawing and painting wildly vibrant and detailed designs has been my passion. I always turn to art to express myself, and each piece created can be viewed as a visual representation of my thoughts at the time of creation. I have always loved going to the Coop and seeing other artists' work on the Cafe walls, and am very happy to have my own opportunity to share what I love. If you are in the area, please stop by and enjoy the show!



Close 2

WANTED: Art for the Café- October and November 2016  
Contact: Mary at 359-5053 or marybbarnes@gmail.com



# CAFÉ OFFERINGS

THE CAFÉ AT the Blue Hill Co-op uses the best ingredients available to craft our dishes. Our priority is to support our local growers and producers, bringing you the freshest food possible. We accommodate many dietary preferences and restrictions. From quick bites, full meals to guilty pleasures, we look forward to serving you!



## BLUE HILL CO-OP COMMUNITY EVENTS Free to the public

OVER THE LAST year the Co-op has increased the number of events we both attend and offer free to the public. We have seen a dramatic increase in the number of attendees who show up for talks and movie offerings. Gone are the days when I only had to set up a dozen chairs. News of our events reaches the community via our facebook page, press releases and community calendars to name a few. Starting in June

- June**  
**3<sup>rd</sup>- Talk: Homeopathy, Basic Principles & How to Apply Them with Edee Howland**  
6:30 pm Howard Room, Blue Hill Public Library
- 25<sup>th</sup>- Farm Tour:**  
**Quill's End Farm**

we have one more way for you to keep abreast of our happenings, our Co-op Calendar, which you can now access on our website. The calendar will feature outreach events like: talks, farm tours and movie events in addition identifying monthly full moon sales and instore demos. We hope to keep our calendar full year round, so check in on a regular basis to stay informed.

- 1:00 pm, Penobscot  
(Co-sponsored Blue Hill Heritage Trust)
- July**  
**11<sup>th</sup>- Farm Tour:**  
**Horsepower Farm**  
2:00 pm, Penobscot  
(Co-sponsored Blue Hill Heritage Trust)



## Lobster Picnic

WE HAD SO much fun last year; why wouldn't we want to do it again? The feedback we received from the 300+ people in attendance at last year's picnic was really positive. The food was great, the atmosphere jovial, and the weather, although foggy early in the day, could not have been more cooperative.

While we don't have all the details worked out yet, we have planned this year's picnic for the fourth week in August, tentatively the 24th (so pencil us in). We learned a lot last year and plan to build

off of our success. On the docket this year: Co-op owners, local residents, area visitors, entertainment, and, of course, lobster.

We will let everyone in on the details as soon as they are finalized, so be on the lookout for information in-store, via email, in our new events calendar found on our website and in local newspapers. As was the case last year, we will sell tickets prior to the event with a cutoff date of just a few days prior. (We will not be selling tickets "at the door.") Last year a few folks waited too long and missed out. Don't let yourself be one of them this year. We hope to see you there!



Lobster Picnic 2015. Flye Point, Brooklin



**16<sup>th</sup>- Farm Tour:**  
**Four Season Farm 10:00 am,**  
Brooksville

**August**  
**6<sup>th</sup>- Talk/Demo: Summer Orchard Management with 5 Star Nursery**  
1:30-4:30 pm, Brooklin

**7<sup>th</sup>- Farm Tour: Old Ackley Farm**  
10:00 am, Blue Hill  
(Co-sponsored Blue Hill Heritage Trust)

**24<sup>th</sup>- Annual Lobster Picnic**  
TBD, Flye Point, Brooklin

**September**  
**7<sup>th</sup>- 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

**7<sup>th</sup>- Table the Harvest Festival**  
Mainescape, Blue Hill

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



# The Blue Hill Co-op: Nonprofit or...?

Tom Reeve, Relocation Manager



RECENTLY, I HAVE come to realize that many people in our community think that the Co-op is a nonprofit organization. While there can be co-operatives that are also nonprofits, traditionally they are incorporated as a for-profit corporation with the purpose of providing goods or services to its customers/member-owners. Whereas a nonprofit can save for the future, it is unable to make a profit. A co-op, on the other hand, can make a profit and then distribute it to the owners in the form of a patronage rebate. It should be noted that profit is not the main motive for a cooperative, but it is one of four metrics that can be used to measure the performance of the co-op corporation.

Social enterprises, like food co-ops, are often measured using the so-called triple bottom line, aka People, Planet,

and Profit. People pertains to fair and equitable business practices when dealing with employees, vendors, and our community. Planet is the measurement of the Co-ops sustainable business

*Without the mission and purpose, the Co-op would just be a grocery*

practices, including efforts aimed at reducing its ecological footprint. Profit is the amount of net revenue the Co-op generates from its business dealings that is then redistributed to the owners or used to grow the business.

There is no way for a co-op to be perfect in all three metrics. For instance, the

Blue Hill Co-op has a long tradition of supporting local farmers, vendors, and other producers, often going so far as to lower our margin and make less profit on local products in order to price them closer to larger, national products. On the other hand, we use plastic clamshells in the café because of the price difference between them and more sustainable products. It is a balancing act and often there is no right way to do things, just good ones.

Earlier I mentioned that there were four metrics that are used to measure social enterprises like the Blue Hill Co-op.

The forth metric often used is Purpose. The Co-op's purpose is to improve our community's economy by sourcing locally and by providing education on food, environmental and social issues. This purpose is addressed through our buying policy that focuses on local goods and by working to provide the community with year-round, well-paying jobs. It is also accomplished

by offering educational events to the community and supporting local nonprofits with donations. Without the mission and purpose, the Co-op would just be a grocery store and not a community organization, that also sells wholesome food.

So back to my original observation. The Blue Hill Co-op is not a nonprofit organization by definition (we have to pay taxes, donations are not tax deductible to the donor, etc.) but we do use a nonprofit philosophy to guide our decision making. When faced with decisions, the Co-op must look at them from all four angles: How will this decision impact our community; how will this decision impact the environment; how will this decision impact our bottom line; and does this decision fit in with our mission? Assessing its business decision using these various perspectives has allowed the Co-op to build a strong, sustainable cooperative business, focused on bettering our community.

# The President's Message to Our Members- As Spoken by Donald Trump

Jim Picariello, Board President

THANK YOU SO much. Yes, thank you. Look at that guy over there. Wow. What a hat. I love this place.

This place, the Co-op. I'm here to tell you... right now, it's the greatest. And the Board. I have tremendous respect for the Board. You don't see these guys on the board for Hannaford. No.

They're on the board of the Co-op. You have to love these people. Fantastic.

Now, we've got this relocation. Huge. You couldn't come up with a better plan. We've got the best people working on this. I know them all personally, and they're the best. You should see this plan, folks.

So I've gone to other Co-ops. These things. They're big. Big! Now, you don't want a Co-op that's too big, that's not what I'm saying. But, we can do better. That's what I'm saying.

See that guy over there? Tom, stand up and wave. Isn't he a great guy? Hard working. I love relocation project managers. People like Tom want to work hard, to make the Co-op

truly great again. Okay, sit down, Tom. Now, I'm here to tell you, it's all about the local economy. Look at the work I've done in New York. Now that's a local economy. But, here. Blue Hill, I love Blue Hill. This local economy... we

can make it better.

You look at the plans of the new store. I've never seen better plans. So much space for storing more stuff in the back. The local farmers, where are the local farmers? Stand up. Aren't these guys the greatest? We're going to be able to

buy more stuff from those guys. And storing more stuff means they get more money, and we can sell it all for less. That means we all get more for less. Beautiful.

And we have to support our people. I love vegans. Not like those lacto-ovo-vegetarians. I mean, do you believe

*Continued on page 9...*

*Beautiful*



## Creature Quarters

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## Advertise in The Harvest Herald

1/8 page (3" h x 4 7/8" w).....\$30/issue•\$100/year(4 Quarterly Newsletters)

1/4 page portrait (7" h x 4 7/8" 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

There will be a one-time \$25 additional fee for ads that need additional design or modification work

**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.



### OAKLAND HOUSE COTTAGES

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### Hostel@Acorn

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## Traditional Acupuncture

Vicki Cohn Pollard

Blue Hill

泰 謙

vicki@traditional-acupuncture.com

207/374-9963



...Continued from page 8

these people? Give me a break... right? They're a real problem. I'm here to ask you, are they or are they not with the program? You can't have people like that. But still, some of them are okay. I actually love lacto-ovo-vegetarians.

So the store. With a bigger store - not too big - and lower prices, that means one thing: jobs! More jobs at the Co-op. I know jobs. I employ tens of thousands of people. You have to have more jobs.

And our new café... huge. You can do back-flips in this place. And the Multifunction room. Can you believe this? There'll be classes and... it will have a lot of functions. It's going to be the greatest Multifunction room in the country.

Now, this is a game changer. I'm here to tell you, the Co-op used to be the center of the community, but it's too small. Our community's growing. It's not just hippies shopping here. I have great respect for the hippies. They started this whole thing. Great people.

So, what I'm saying here is, this relocation is big. Have you seen the new sign? Tremendous. The Co-op's been the heart of this community, but it needs to be the lungs and the arms and... everything. The whole body.

It's time to rebuild and make the Co-op Dream strong again. It's going to be incredible.



Co-op Sponsored Event-Talk: Introduction to Beekeeping

## ALTERATIONS

Alter, repair, make almost any clothing. Anne Walker 374-5749



## Full Moon Sale 2016

MONDAY, JUNE 20

TUESDAY, JULY 19

THURSDAY, AUGUST 18

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.

### Charities Receiving Donations From 1% Of Our Full Moon Sales

**June**  
Healthy Island Project

**July**  
Tree of Life

**August**  
Island Food Pantry

**September**  
Washing Hancock Community Organization

**October**  
H.O.M.E. Co-op

**November**  
Peninsula Free Health Clinic

**December**  
Food For Maine's Future

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

# To Stress or Not To Stress?

Catherine Princell MS RN, Working Member

*"People will be just about as happy as they will allow themselves to be."*  
-Abraham Lincoln

STRESS MAY BE inevitable, but how you deal with it is largely up to you. There is growing scientific evidence that shows a strong link between our thoughts, attitudes and emotions and our mental and physical health. Research has shown that thoughts and emotions trigger certain hormone and chemical responses that affect how our body functions such as: a change in heart rate, blood pressure, breathing, blood sugar levels, muscle responses, concentration and even our ability to fight off illness. The fight or flight response is well documented, and in an acute stress situation the ability to do extraordinary things such as lift heavy objects or run faster than normal in response to an emergency is very important. After the crisis is over the body returns to normal. When stress is long term and chronic, the body's reaction is the same as in an acute situation, but it's prolonged without resolution or recuperation.

Life-threatening overreaction to stress is neither innate nor inevitable. We are not born with this trait. We have learned it and it is very possible to unlearn it once we identify that it exists in our life. The stress response is a good thing when we need it, but a bad thing when our internal message system sets us up to always react to everything as if it were a crisis. When you can't change the world, you can change your response to it! If our focus is only on productivity and our self-esteem is based totally on what we produce our stress level will always be high. You can be productive without being self-destructive; effective stress management starts with identifying your sources of stress and developing strategies to manage them.

Major sources of stress can be divided into two categories: external and internal. External sources include: unpredictable events, environment, school or workplace, relationships, social situations, and finances. Internal sources of stress include: emotions

such as fears, worry, feelings of uncertainty or lack of control, and your own values, beliefs and attitude.

Coping with stress can be a lifelong learning process, but here are some ideas to help create coping mechanisms and stress defense:

- **Use your support system** – You may feel better sharing your feelings with a caring friend or family member. It can help to know that you're not alone in feeling stresses from time to time.
- **Talk it over with yourself** – We often have no control over the unpleasant events that happen in our lives, but we can change what we say to ourselves about them. All our feelings are greatly affected by what we say to ourselves.
- **Avoid self-deprecating thoughts:**
  - Catastrophizing ("This is the worst thing that ever happened to me.")
  - Generalizing ("My dog doesn't like me therefore, no one will.")
  - Projecting ("I'm sure this isn't going to work out.")

Instead, practice talking nicely to yourself. Try telling yourself "I am loved and safe."

- **Don't demand perfection** – Ease up on yourself and those around you – accept that everyone has both strengths and shortcomings.
- **Just say no** – Sometimes we take on too much; avoid feeling overburdened by setting realistic goals and priorities. Remember, it's OK to say no to requests that push you beyond your limits.
- **Take one thing at a time** – Instead of thinking of other things you should be doing, focus on the task at hand and do it well. You'll enjoy the sense of accomplishment and regain a sense of control.

### Sources of stress can be divided into two categories: external and internal

- **Strive for balance in your life** – Make time for activities and people you enjoy. Taking your mind off stressful matters for a while can help you keep a healthy perspective.
- **Be active** – If you're generally healthy, aim to get at least 2.5 hours a week of moderate-intensity aerobic activity. At least two days a week work in some muscle-strengthening

activity at a moderate intensity or higher.

- **Eat healthfully** – Some people reach for junk food or turn to other unhealthful eating habits when they are under stress. Reduce consumption of caffeine and refined sugar, and increase your consumption of whole grains, nuts, fruits and vegetables.
- **Practice relaxation and rest** – Take six deep breaths. Breathe slowly and deeply in through your nose, and out through your mouth. Use your imagination to place yourself on the beach, or in some other pleasant place. Close your eyes and imagine the scene in detail, including all your senses. In just a couple of minutes you can re-experience the pleasure of actually being there. Get at least eight hours of sleep nightly.
- **Learn to laugh** – Watch a funny movie with friends or family and laugh together.
- **Stop smoking** – Nicotine is a stimulant, and it can increase anxiety.
- **Seek professional help** – If your stress level becomes severe, seek help from a counselor who can help determine the best course of treatment for you. Ultimately it is about choice.... your choice about how you want to approach the quality of your life and whether to stress or not to stress!

Resources:  
American Heart Association  
From Stress to Strength: Robert S. Eliot MD  
The Wellness Book: Herbert Benson MD  
How to Stay Cool, Calm & Collected: John Newman



Co-op Quarterly

Q1 January 1 – March 31, 2016

	Q1 2016	Q1 2015	Q1 2014	Q1 2013	Q1 2012
Members*	1,487	1,477	1,277	1,103	1,003
Sales	\$556,767	\$489,966	\$487,766	\$449,339	\$423,756
Trans/Day	274	236	246	245	246

\*Estimation

Dollars spent within 25 miles of Blue Hill

	Q1 2016	Q1 2015	Q1 2014	Q1 2013	Q1 2012
	\$74,031	\$67,741	\$62,175	\$47,312	\$52,878

Bestsellers (ranked by quantity sold)

	Q1 2016	Local Items Sold	Q1 2016
Coffee (large)	3,263 cups	Tinder Hearth Bread	1372 loaves
Coffee/Tea (small)	2,683 cups	Penobscot Bay Press	954 newspapers
Muffin	2,443 muffins	Four Season Farm Eggs	740 dozen
Bananas	1,681 lbs.	Local Carrots Loose	467 lbs.
Hass Avocado	1,549 avocados	King Hill Farm Carrots	377 3# bags
Kale - Curly	1,446 bunches	Five Star Nursery Apples	367 lbs.
Spinach	1,050 bags		

Maine Maple Syrup

207 POUNDS

Sold in Bulk

RECIPE

Rhubarb & Ginger Jam

Ingredients:

- 3 pounds of trimmed rhubarb stalks, cut into 1/2-inch pieces
- 3 cups granulated sugar
- 1/4 cup crystallized ginger, finely chopped
- 1/4 cup grated fresh ginger

Combine the rhubarb, two types of ginger, and sugar in a large saucepan. Stir over medium-high heat until the sugar dissolves and the mixture begins to bubble. Once boiling, reduce the heat to medium and simmer, stirring frequently, until jam thickens. Adjust heat accordingly to maintain a steady simmer and stir often during the thickening process to prevent scorching. Cook for about 20 to 25 minutes, skimming and discarding the foam that collects on the top of the mixture.

After 20 minutes, test for doneness. Turn off the heat under the jam and take the temperature of the fruit mixture using a candy/jelly thermometer. The thermometer should read about 220 degrees when the jam is done. Alternately, place a small spoonful of jam on a plate and place the plate in the freezer for 35-45 seconds. Remove the plate and run your finger over the top of the jam. The surface should “wrinkle” in your finger’s wake. If it does, the jam is done.

Ladle the mixture into hot, sterilized 8-ounce jam jars leaving about 1/4-inch of space between the jam and rim of the jar. Cover with lids and rings and process the jars for 10 minutes in a hot water bath. The lids should vacuum seal shortly after removing the jars from the processing bath. If you do not hear the telltale “pop” of some or any of the lids, return the unfinished jars to the boiling water and process for an additional five minutes.

Place the sealed jars on the thickness of a kitchen towel and allow to rest and cool completely overnight. Preserves will keep for at least a year in the sealed jars if kept in a moderate temperature. (makes six 8-ounce jars)

Recipe by Jane Ward via Huffington Post

Acupuncture  
Tai Chi & Qi Gong  
Tui Na  
Energy Healing

nccaomdiplomates.com/lindaforslund

LINDA FORSLUND  
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# Your New Interim General Manager Introduction

Wynston Estis, *Interim General Manager*

HELLO. MY NAME is Wynston Estis and I'll be your General Manager for the summer season. I've worked for Co-op's for over twenty years in almost every capacity you can think of and now I work as the General Manager when Co-ops need one to span a transition in leadership. I began my Co-op career in Madison, Wisconsin working as stocker at Willy Street Co-op when it was a 3,000 square foot store with just under three million in sales. Now my home town Co-op has two retail stores of approximately 10,000 square feet, a commissary kitchen and a central office with gross sales of forty two million annually. I've been in many roles there over the years; stocker, buyer, assistant grocery manager, grocery manager, merchandiser, store manager, operations manager and project manager to name a few. I've seen my Co-op through a great deal of growth through several successful expansion efforts. The Co-op is an anchor in the Madison community and well loved by many, the Willy Street Co-op has over 35,000 owners.

While working for Willy Street I had the opportunity to work for a neighboring Co-op that had lost its GM. They were in rough financial shape, which made having a stable management plan critical to their remaining in business. Through a great deal of hard work on the staff, board and my part we stabilized that Co-op and they remain a valued part of their community today. Last year I had the opportunity to again assist a Co-op in a difficult transition in management by providing Interim General Manger services. I



worked for Fiddleheads Food Co-op in New London Connecticut from the end of August 2015 to the middle of April 2016 to stabilize their Co-op and return it to profitable operations. My work there ended with their board successfully hiring a permanent GM and the Co-op putting positive income on the bottom line.

My work here, at the Blue Hill Co-op, will focus on supporting staff so they achieve the best level of service to the residents and visitor shoppers during the summer season. As a part of that work, and with an eye toward preparing for your new expanded site in 2018, we will be refining the operations. Specifically we will review the Co-ops daily operations, store readiness for sales, efficient and friendly service, and store flow for shopper ease. We have a few other exciting changes but we're going to surprise you with them. We are planning a great summer for you, it's going to be fun!

## RECIPE

ONCE WYNSTON HEARD that we include recipes in our newsletters, she was quick to suggest we list one for chimichurri sauce. Adding, "It's really refreshing and fun in the summer time." Be forewarned, Wynston gravitates towards foods that are hot and spicy! My guess, this recipe is no exception. There are several versions online, but one she really likes comes from the Moosewood Restaurant Cooks at Home cookbook. This sauce can be used to liven up a variety of foods including grilled burgers and fish.

### Chimichurri Sauce

#### Ingredients:

- 1/3 cup olive oil
- 1/4 cup cider vinegar
- 1/2 cup (packed) fresh parsley leaves
- 1/3 cup (packed) fresh cilantro leaves
- 3 garlic cloves, minced
- 1/4 teaspoon cayenne, or 1 fresh, stemmed chile (seeds optional- omit them for "milder" hot flavor)
- 1 tablespoon fresh oregano (1 tsp dried)

- 1/2 teaspoons fresh thyme (1/2 tsp dried)
- 1/4 teaspoon salt

#### Preparation:

Combine all ingredients in a blender or food processor until smooth. Chimichurri sauce can be served immediately, flavors will mellow and marry with time. Will keep, refrigerated in a covered container, for about a week.



## OWNER RECIPE

### Edee's Seedy Yes Indeedy Bread

MANY OF MY much-loved, dog-eared cookbooks are gathering dust, as we move towards finding recipes online. One of the things I liked about my favorite cookbooks (in addition to just "armchair cooking" and finding inspiration) was having authors and recipes that I could trust. It's a similar situation with finding websites for recipes online that you know you can rely on. With certain cookbooks, I knew the recipe would produce something good, even when I was much less experienced as a cook. Now I have more of a sense when reading over a recipe of how the ingredients are going to work together. I love the reassurance of cookbook authors who you know are not going to lead you astray in the seasonings department or cooking time. You want success and satisfaction; all-

around contentment!

Another new-ish part of cooking for me is living in a rural area, far from the store. I think we become more inventive if some of the ingredients are not at hand. This applies to cooking on board too, when out sailing — and keeping all hands happy! We may draw the line at eating a starfish, but we can improvise if we didn't get all the provisions we meant to.

One of the online recipe websites I like is [www.rawmazing.com](http://www.rawmazing.com). Website creator Susan Powers is certified in plant based nutrition and professional plant based cooking. I first went looking there to find a recipe for vegan cheeses made with cashews soaked for a few hours. While looking, a recipe she posted caught my eye: "Super Easy Gluten Free Seed Bread". Powers learned the recipe from Sara Britton at [www.mynewroots.org](http://www.mynewroots.org). Powers changed the recipe a little to make it her own. I had tried Sara Britton's version's, which was inspired by the Danish smorrebrod. (I'd lived in Denmark, so I loved it.) Then, I tried Susan's which was also very good. I wanted to make a slightly sweeter, possibly more dessert-like version for myself. Here is what I came up

with. We'll call my sweet version of this delicious bread Edee's Seedy Yes Indeedy Bread. I invite you to try it and experiment with variations, too.

Some virtues of this bread; It's tasty, it keeps well in the fridge, makes very good toast, is great with a wide variety of spreads and toppings, all of the ingredients are sold at our Co-op and are reasonable in cost, and it's healthy (especially in the good protein content and in the fiber it contains). Did you know that having good fiber in the diet helps maintain cholesterol in the range considered "normal"? Sometimes when people begin to reduce gluten, they inadvertently eliminate fiber, too. This bread has more whole foods in it than many gluten-free breads, and it's easy and quick to put together. One bowl, one spoon, one baking loaf pan.

#### Ingredients:

- 1/2 cup hemp seeds
- 1/2 cup sunflower seeds
- 1/4 cup ground flax
- 1/4 cup ground psyllium
- 2 tablespoons chia seeds
- 1 1/2 cups rolled oats
- 1/3 cup dried coconut
- 2 Tablespoon palm sugar

- 1/2 cup toasted walnuts, coarsely chopped
- 1/2 cup raisins
- 1/3 cup chocolate chips or carob chips
- 1 3/4 cups water
- pinch Himalayan salt
- 1/4 tsp. cinnamon

#### Directions:

Pre-heat oven to 350°F. Place all dry ingredients in medium bowl. Stir to combine. Add water, stir well until all water is incorporated. Leave covered on counter for at least 1 hour (Or, alternatively, you can leave this overnight). Transfer to parchment-lined glass loaf pan or a silicone loaf pan. Bake for 45 minutes. Let sit for 15 minutes before removing from pan. Slice, toast and enjoy!

Submitted by Edee Howland  
Co-op Owner Since 2001

*Have a recipe you'd like to share?  
See Beth Dickens*





## Your Two Cents...

Please replace the (Café's) plastic containers with paper. You can display a sample in a reusable plastic container so consumers can view the item.

In the past years we have stopped short of changing the packaging because the more sustainable alternatives cost significantly more and they did not offer a clear view of the food inside each package. Since the pricing of our Café items already generate a fair amount of concern the idea of increasing the selling price to accommodate higher packaging costs has seemed unwise. I appreciate the suggestion that we could show one display of each item and have people purchase those that are not readily visible. We will consider this as we look into packaging alternatives.

Kristyn, Café Manager

Your 'affordable' meat selection is very sparse. None is(sic) affordable. Wee Bit Farm products in Orland are grass-fed & affordable. I have to go to Ellsworth & Belfast to get them. I am a Co-op owner & wish I could shop here more.

The Blue Hill Co-op has carried Wee Bit Farm Scottish Highland Beef in the past with mixed reviews

We recently dropped our local meat prices and will continue to increase our variety as available. I hope you find these changes satisfactory  
-Michael, Grocery Manager

Please consider Morse's Sauerkraut in addition to pickles. Nearest place to get is in Bucksport.

I am sorry, Morse's does not offer sauerkraut in retail jars for sale. They are available to pre-order in bulk if you are interested.

-Michael, Grocery Manager & Amy Coppage, Bulk Manager

## Blog Spot

www.island-bakes.com



## ISLAND BAKES

For the love of cooking

SUMMER IS MY favorite time to enjoy the fruits in season. I try to bake and eat as many fruits as I can get my hands on! Fruit pies are one of my favorite ways to enjoy the summer bounty. I feel that a pie really showcases fresh fruit. And it's a great dessert to have on hand for guests, or to bring to a BBQ. This vanilla bean pie is one that you will want to make over and over again. The combination of fresh peaches and seeds scraped from a vanilla bean pod, is out of this world! This pie is perfect when served still warm from the oven with a scoop of vanilla ice cream.

### Peach Vanilla Bean Pie



Photo Courtesy of Lydia MacDonald

#### Ingredients:

- Chilled pie dough for two crusts (homemade, or store bought)
- 3 lbs. ripe peaches
- 3/4 cup granulated sugar
- 3 Tablespoons flour
- 3 Tablespoons cornstarch
- Dash of ground nutmeg
- 1 vanilla bean, split with the seeds removed
- 1 Tablespoon freshly squeezed lemon juice
- 1 Tablespoon vanilla extract
- 2 Tablespoon cold butter, cut into small pieces
- 1 large egg beaten with 1 Tablespoon water, for egg wash

#### Directions:

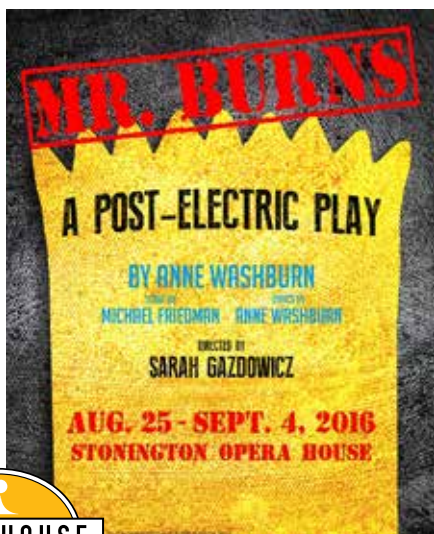
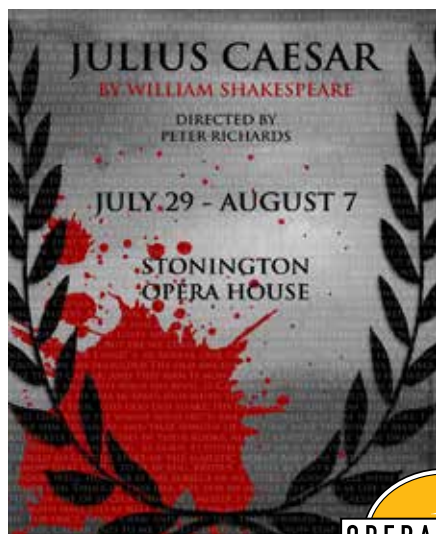
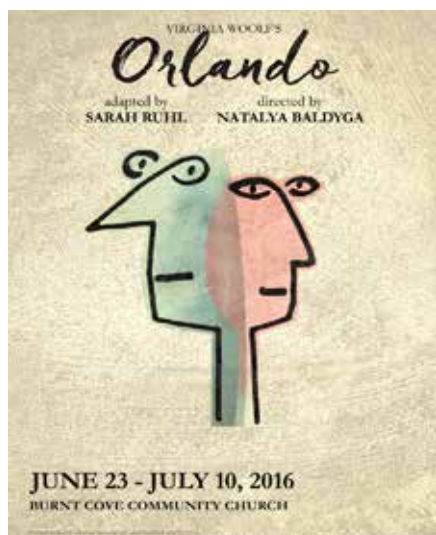
Preheat the oven to 425°F. Roll out half of the pie dough to about a 12-inch round. Transfer to a pie plate, then place in the refrigerator while making the filling. In a large bowl, place the sugar with the vanilla bean seeds and rub together with your fingers until fragrant and evenly distributed. Whisk in the cornstarch, flour and nutmeg. Peel the peaches and slice them to 1/4-inch thick slices. Combine the peach

slices with the sugar mixture. Toss to coat. Add in the lemon juice and stir until combined.

Remove the lined pie plate from the refrigerator and pour in the peach filling in an even layer. Dot the top of the peaches with the pieces of cold butter. Roll out the remaining pie dough to a 12-inch round. Cut into strips with a pastry cutter or knife (a pizza cutter works well here too!) and weave together to form a lattice top. Trim away excess dough and crimp the edges together to seal. Lightly brush the top and edges of the pie dough with the egg wash.

Place the pie plate on a rimmed baking sheet to catch any drips, then place in the oven. Bake for 20 minutes, then decrease the oven temperature to 350°F and continue baking until the pie is golden brown and the juices are bubbling, about 40-50 minutes more. Remove the pie to a wire rack and let cool until just warm, about 2 hours. Slice and serve with vanilla ice cream or freshly whipped cream.

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.



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