

# BLUE HILL COOP

COMMUNITY MARKET & CAFE



## Investing Locally



Tom Reeve, *Relocation Manager*

As we near the end of the year and the completion of our first three months of offering Preferred Shares as a way to invest in the Co-op's relocation project, we have good news to report: as of this writing, thirty-six owners have stepped forward to invest almost \$160,000. The relocation effort started with the idea that our community would welcome a larger co-op that could offer more selection and a more spacious shopping experience. Since 2009, there has been work accomplished internally and with outside professional help to develop a strong relocation plan that addresses the needs of our community, while ensuring the Co-op remains financially sustainable.

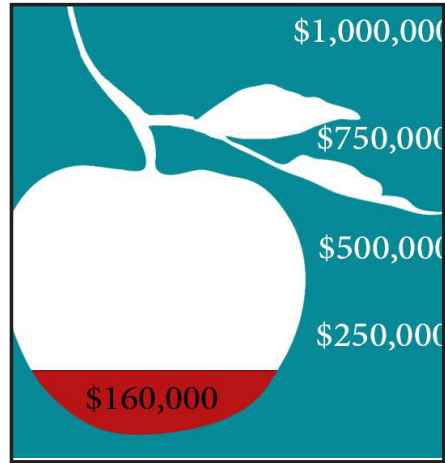
Co-ops are unique community assets; they exist to provide a needed service to their owners and

Owning a share is one way to secure the future of the cooperative model in Blue Hill.

so those uninterested in being investors can donate to the cause. With so many ways to have an impact on the project, this is truly a community grassroots

effort. Local, grassroots investment opportunities are not just about making money, though that is an important aspect. Investing locally is about making a positive impact on your community. This happens through the creation or retention of local jobs, the building of the local tax base, and the enhancement of local infrastructure. Valuable relationships are also strengthened across the entire local economy as customers, owners, government officials, farmers, and producers all work together for the betterment of the community as a whole.

A larger Co-op will have a major role in strengthening the local economy. The store's focus on local means more money circulating to Blue Hill Peninsula farmers, vendors, and producers. The Co-op's commitment to growing more year-round, well-paying jobs means more careers for Blue Hill community members. Working with our neighbors on South Street to sustainably develop the corridor into an extension of Main Street means a more walkable community with access to shopping, schools, and food. It all begins with owners' investment in the future of the Co-op. As always, if you have questions, feel free to contact Relocation Manager Tom Reeve at 374-2165. Complete investment information is also at [www.bluehill.coop/site/invest](http://www.bluehill.coop/site/invest). We look forward to continuing the momentum that was started in 2016. Thank you!



communities. The Blue Hill Co-op was born out of a need for organic food on the Blue Hill Peninsula in the 1970s. The original owners banded together to bring this valuable service to the peninsula. Times have changed: you can now get organic beef jerky at the gas station. The Co-op cannot continue operating as it has in the past while still meeting the growing needs of the community. A store that is able to grow and change to meet the future is needed. The relocation is a true community project. The community guided the plan by providing input in the form of focus groups, community meetings,

## A New Way to Give Back

In October 2016, we adopted a new local program that allows Co-op shoppers to round up their purchases to the next dollar and donate the change to selected area nonprofits. The first beneficiary of our new Round Up at the Register program was H.O.M.E. food pantry in Orland. Nearly 200 Co-ops said "Yes" to rounding up at the register for H.O.M.E. You

"Growth is not an end to itself, it's just what happens when you water seeds in fertile ground. Maine is fertile ground."

Co-op General Manager  
Kevin Gadsby

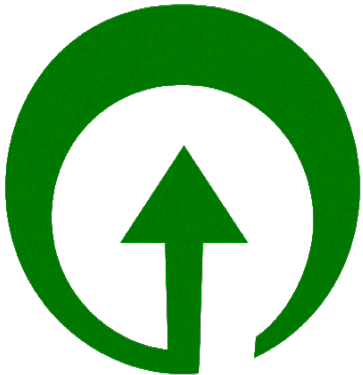
More about Kevin, page 3



Above: H.O.M.E. Founder Sr. Lucy with newly appointed Executive Director, Tracey Hair.

now have the opportunity to round up every month, all month long. In December 2016, we will round up for Peninsula Free Health. Peninsula Free Health Services provides free health care for those without insurance.

Read more, page 4



Look for this icon at the registers.

Round Up!

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# Three for the Holidays



Robin Byrne,  
*Cheese Buyer*

As the winter holidays begin, I am reminded that this is so much a time of celebrating...and eating. Cheese makes a perfect addition to any menu. I took a little trip through the interwebs for inspiration and thought I would share three tasty recipes I developed as a result.

**Brie and Sun-Dried Tomato-Stuffed Mushrooms**

I love the smoothness of Brie and the tanginess of the dried tomatoes on top of the earthy mushrooms. This can be served as a main or side dish. Or even as a starter, if you use crimini or white mushrooms.

*Ingredients:*

- 4 medium portabello mushrooms
- ½ pound of Brie cheese (and of course we stock a very nice French Brie)
- Sliced sun dried tomatoes packed in oil
- Fresh parsley or thyme

**Directions:**

1. Pre-heat oven to 350 degrees
2. Hollow out the mushroom caps
3. Brush with a bit of olive oil and sprinkle with sea salt and fresh cracked pepper
4. Place the caps on a baking sheet and top with chunks of Brie and a few pieces of dried tomatoes
5. Pop them in the oven for 15 minutes
6. Garnish with parsley and or thyme



4 ounces goat cheese (my favorite is the York Hill Farm Chevre from New Sharon Maine!)

1/4 cup shelled pistachios, roasted and coarsely chopped

**Directions:**

1. Position oven rack to the upper part of the oven, preheat broiler.
2. Heat the balsamic vinegar in a small saucepan over medium heat until it simmers. Reduce heat and simmer on low for about 15 minutes until the vinegar starts to reduce and thicken. When it has reduced enough it should cling to the back of a spoon. Pour it into a small bowl to cool.
3. Remove the stem of the figs, cut a deep 'X' on the top and pinch the to open them up a bit.
4. Break the goat cheese into pieces and fill the figs.
5. Broil the figs for 5 minutes or until the cheese starts to bubble and brown.
6. Remove from the oven and top with pistachios and drizzle with the balsamic glaze.
7. Serve warm.

**Zesty Blue Cheese Spread**

This is a super easy one for the blue cheese lovers in your life!

**Warm Figs with Goat Cheese, Pistachios & Balsamic Glaze**

Here is a simple and elegant appetizer. You can substitute other dried fruit like apricots or dates.

*Ingredients:*

- 1 cup good balsamic vinegar
- 12 ripe fresh or dried figs, washed

**Spread, Ingredients:**

- ½ cup mascarpone cheese
- 1 tbsp. heavy cream
- 2 tsp. lemon juice
- 1 tsp. fresh thyme leaves
- ¼ tsp. salt
- ½ tsp. coarsely ground black pepper
- dash of cayenne pepper
- 1 cup crumbled blue cheese (we like to use the Great Hill Raw Blue or the Roth Buttermilk Blue)

**Directions:**

1. Mix mascarpone, heavy cream, lemon juice, thyme, salt, pepper, and cayenne together in a medium bowl.
2. Gently stir in blue cheese and serve.
3. Simple!

**Roasted Parmesan Carrots**

This makes a great side dish or snack

*Ingredients:*

- ½ pound of carrots, scrubbed and cut into 3-inch long, thin sticks
- ½ cup of grated parmesan cheese
- drizzle of olive oil
- salt and pepper to taste

**Directions:**

1. Pre-heat oven to 350 degrees
2. Place all ingredients in a bowl and toss well to coat the carrots.
3. Place the carrots on a baking sheet and bake them for 15 minutes.

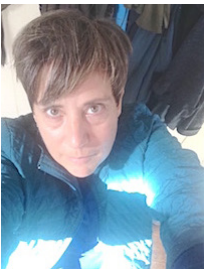
Of course, we stock all the fine ingredients you'll need for all of these recipes here at the Co-op. And I trust you will play around and create some wonderful dishes on you own.

Enjoy your holidays as they unfold!

## The Value of Feedback

Cara Fox, *Marketing*

A few months ago, I officially went behind the scenes at the Co-op as the new marketing coordinator, following in Hannah Barrow's capable footsteps. Now that my relationship with the Co-op has shifted from shopper-owner to shopper-owner/staffer, walk the aisles with two sets of eyes. One set is hungry and focused on what I want to eat and cook next, the other set is scanning absolutely everything there is in this little store--products, signs, flowers in vases, which way labels are facing. There is so much going on in here.



The first inescapable truth about the Co-op I see as a new employee is that the team works hard here. We're always in motion. The lion share of that motion is dedicated to assisting shoppers, of course. Finding items, ordering items, ringing them up. Making suggestions. The next truth is that communication is happening, all around, all the time—about ingredients in salads and sandwiches, about sale and event dates, about when products are expected to arrive, about the weather and its effects on crops.

As a marketing professional, I love this fact, that people are talking here. Marketing is a conversation. It's a *two-way* conversation--between provider and consumer/member.

The Co-op team spends a lot of time sending out the kind of information we think would be helpful and tasty to you. In this age of one-click communication it's important to be balanced and pace what we send, how, how much, and how often. Your feedback is valuable and always welcomed. Owner feedback has helped us hone what we offer (EX. pre-ordering services, types of café grab 'n' go items). Customer comments have led us to refine or expand product selection. What you have to say helps. We all share in shaping Blue Hill Co-op. Write us.

## Staying Healthy During the Winter

Catherine Princell MS RN, *Working Owner*

As the temperature continues to drop, we become increasingly challenged to maintain a healthy diet, and exercise program. On a chilly day, it's tempting to curl up on the couch with a bag of salty snacks or a pile of leftover holiday treats and avoid going outdoors to exercise. Keeping the body well-nourished and active during the winter can be difficult, but it's crucial to prevent weight gain and ward off those pesky germs! Stress, mood changes and depression are often more common during the winter month's too. If you find yourself longing for your warm, cozy bed more than usual during winter, blame the lack of sunlight. As the days become shorter, your sleep and waking cycles become disrupted, leading to

researchers have calculated that [the flu shot] has prevented millions of illnesses





# A Letter from Kevin

Absorbing. Listening. Moving forward.

"My impressions of the Blue Hill Co-op is that it is a true community food hub."

Since I arrived in October, I have spent a lot of time absorbing information, asking questions, listening, watching and observing. I am so impressed by what moves through the doors of this 40+ year-old co-op. (and those doors can be hard to navigate with a cart and kids in tow). It is clear to me that this is a gathering place, the pulse of the community, where young and old, people from diverse backgrounds come together; where everyone feels grounded. Where it feels good just to be here. The Blue Hill Co-op is fertile ground. I once read that Blue Hill is where organic and local had deep roots, long before it became a trendy marketing platform. These roots have spread and grown outward. Growth at Blue Hill Co-op has been the result of the steady hand of care & nurturing for many years. It's not something forced. It's just what happens when the right forces are at work; the forces

of vision, passion, understanding and care. We care about our future here at Blue Hill Co-op. We care about fostering the growth of dynamic, robust, local economies. Blue Hill Co-op is at the heart of this for the peninsula. There is so much potential here. We can come up with all kinds of clever ways to get our owners interested in supporting the growth of Blue Hill Co-op. We can create charts and graphs, do market study analyses, come up with well-prepared proforma projections, illustrate the most amazing, green and LEED certified, solar-powered, beautiful new building on the coast of Maine. We can dazzle you with numbers, show you cash-flow statements, percentages of growth year over year, and on and on. These things have their place but in the end are only the result of the steady hand of care and nurturing so many of you in the Blue Hill Co-op community have already cultivated and made ready for. Blue Hill is fertile ground and this co-op is growing. I am grateful to be here in Blue Hill at this time. It's exciting. It's challenging. We have something pretty great and we have the opportunity

to create something even greater for future generations, and for the young farmers and food producers of Maine's dynamic local food economy. It's the holiday season, and for many of us it's a time when we consider family, friends, our future. We think about things on a deeper level. It's an

to prune it and to shape it. We have an opportunity to play a vital role in shaping the future of Blue Hill Co-op and the role it will play in its impact on the local food economy. Please consider your investment as an owner toward the continued growth of this dynamic community food hub. It is a bold move. I believe



New Co-op GM Kevin Gadsy

uncertain, ever-changing world but some things remain the same; if you plant a seed in good soil, give it light, and water it, it will grow into a plant, a vegetable, a fruit tree. But you don't just let it grow for the sake of growing. You continue to water it, to nourish it,

in it and it's one we can champion for our children and theirs after them. Investment shares start at \$100. You can also give a tax-deductible donation through Eastern Maine Development Corporation. For more information, please stop at the Co-op and ask for me (Kevin) or Tom, our Relocation Project Manager.

WINTER HEALTH, from page 2  
fatigue. Less sunlight means that your brain produces more of a hormone called melatonin, which makes you sleepy. Because the release of this sleep hormone is linked to light and dark, when the sun sets earlier your body also wants to go to bed earlier – hence you may feel sleepy in the early evening. While it's normal for all of us to slow down generally over winter, sometimes lethargy can be a sign of more serious winter depression. There is a well-known association between sunlight exposure and mood. Seasonal Affective Disorder (SAD) is a form of depression in which symptoms shift with the seasons, usually starting in the late fall, and worsening in the winter.

Winter's short, dull days and long, dark nights cause a change in the brain's chemistry, specifically in the pineal gland which secretes the hormone serotonin affecting mood. This can lead to a change in appetite, especially craving sweet or starchy foods, fatigue, low energy levels, anxiety and weight gain. Basic healthy lifestyle measures are important in the treatment of SAD. Regular exercise helps increase energy and keeps your brain active and alert. Exercise boosts serotonin levels in the brain that improves mood, which is quite effective in reducing stress levels and depression. Low Vitamin D levels tend to be found more often in cases of SAD. Vitamin D is produced when

the sun's rays hit our skin. Living in northern climates, where sunshine is limited and many people stay indoors because of winter weather, can cause Vitamin D deficiency. The body's ability to manufacture Vitamin D declines as we age. Obesity also increases the risk of Vitamin D deficiency. Terry Phillips, PhD, an immunochemist at the National Institutes of Health states that the best way to keep your immune system healthy is to do all the things that keep it naturally strong, like exercising, eating right and coping with stress. While nothing can completely stop a cold in its tracks, a healthy immune system can help ward off the germs that cause colds and the flu.

A healthy immune system can even minimize a cold's duration. Research by a group of physicians and researchers who specialize in immunology and preventive medicine has identified seven lifestyle factors that enhance the immune system's healing potential. The seven factors are nutrition, exercise, sleep, stress, mood, sunshine, environment. MORE Page 8 >

References: American Academy of Family Physicians; Washington University School of Medicine, St. Louis, MO; Vitamin D Council;; Modern Nutrition in Health and Disease: 10th Edition: Foundations of a Healthy Diet; New England Journal of Medicine; Lancet.

## CO-OP BOARD OFFICERS & MEMBERS

- Mia Strong, President
- Jim Picariello, Vice President
- Tim Tunney, Treasurer
- Susan Snider, Secretary
- Diane Bianco
- Aaron Dority
- Edie Dunham
- Deborah Evans
- Jerome Lawther

## 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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**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.



# Going beyond 1%

In the spirit of giving, the Blue Hill Co-op has always supported organizations that work in, and with, our community. Twelve times a year we have given donations based on the sales generated from our Full Moon Sales days to selected recipients. These donations have amounted to 1% of our day's sales. The more customers spent at the Co-op during each month's Full Moon Sale, the larger that month's donation. Recipient organizations we have donated to in the past include: The Tree of Life Food Pantry, Hospice of Hancock County, the Island Food Pantry, and the Halcyon Grange to name a few.

Due to the seasonal nature of our business, our 1% donations always have amounted to more during the busy months of July and August. So, how can we give more to the very worthy selected organizations in months like February and March? How can our donations grow beyond that 1% of sales? For the answers, we turned to other co-ops across the country to see what they are doing to support their communities financially. We found that many co-ops offer patrons the option of rounding up the dollar amounts of their purchases. This allows for more than 1% of each purchase to be donated if customers choose. For instance, a \$10.45 purchase in the past would have added \$0.10 cents to our community donation, but now should you choose, you can round up your purchase up to \$11 (donating \$0.55 cents or 19% of your purchase.) This allows you to be more generous

with organizations and causes that are of special importance to you.

In addition, we now

**extend the round up at the register option to last all month long, no longer just on Full Moon Sale days.**

The Co-op is still making donations in the community too. Year to date, the Blue Hill Co-op has donated more than \$5,000 and counting in money, goods and services to local and state organizations.

There are many organizations out there that could use our help. Because these donations will now be coming from you our patrons, we would like to hear your ideas. Do you have an organization that is dear to your heart? We have the recipients

lined up for the next seven months, but would love to hear your ideas beyond those. Contact Ownership Coordinator, Beth Dickens with your suggestions.

As a reminder, the Co-op participates in SNAP and accepts applications for Maine Harvest Bucks.



## ROUND UP AT THE REGISTER Recipients 2017



### Janaury

Washington Hancock Community Agency

### February

WERU

### March

Hospice Volunteers of Hancock County

### April

The Simmering Pot

### May

H.O.M.E. Co-op Food Pantry

### June

Island Food Pantry

### July

The Tree of Life Pantry

## The Generosity of Our Community

As many of you recall, the Blue Hill Co-op staff were pretty shaken after learning that one of their own, Eileen Dunn, was in a serious car accident on August 3rd. With several surgeries behind her, Eileen is continuing her long road to recovery.

Upon hearing the news, it didn't take long for the Blue Hill Peninsula community to rally, offering support for Eileen and her family. There were funds set up both online and at a local bank. Additionally, you, our co-op patrons stepped up to do what you could. Through jar donations at the register, and Round Up at the Register donations during the month of August, you helped raise over \$1,600. Our co-op staff helped too. Some visited Eileen at Eastern Maine Medical Center and subsequently at Seaport Rehabilitation Center, and many of us donated our available sick time, a total of 327 hours' worth.

Eileen recently visited the Co-op, during which her spirits appeared high. We are thankful for all the people who have played a part in Eileen's ongoing recovery and we are grateful for all who have continued to keep Eileen and her family in your thoughts.

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



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# Is It Really Organic If...?



Beth Dickens, *Ownership Coordinator & Front End Manager*

Buried under the “hot” news of the day, in the back pages of newspapers and hidden in blogs that preach to the “environmental choir,” an ongoing debate over how to define organic has been playing out for some time. The most recent debate, if it’s not grown in dirt, can it be called organic? The National Organic Standards Board, an advisory group that makes recommendations to the federal secretary of agriculture, has been charged with deciding one way or the other. The following article was recently posted on NPR’s website and aired as part of their *All Things Considered* broadcast. It stands to shed light on those of you new to this debate, and features input from Blue Hill Peninsula’s very own Elliot Coleman of Four Season Farm.

**Some Growers Say Organic Label Will Be Watered Down If It Extends To Hydroponics**  
*By Rebecca Sananes*

The National Organic Standards Board plans to decide this week whether hydroponically grown foods, a water-

based model of cultivation, can be sold under the label "certified organic." But some organic farmers and advocates are saying no — the organic label should be rooted in soil. The decision at stake for the \$40 billion-a-year industry will have impacts that reach from small farms to global corporations. Farmer Eliot Coleman is among those who oppose giving hydroponic



produce the organic label. He recently joined other farmers at a rally in Thetford, Vt. They were holding signs saying "soil is the soul of organic." "As far as we're concerned," Coleman says, "if it's not grown in soil with all the wonderful features that soil puts

into the plants, there's no way you can call it organic." Coleman's peers call him an "elder of the organic movement." The calluses on his hands are stained with soil. Coleman thinks that the central principle in growing organic produce is that the farmer feeds the soil, not the plant. Part of the legal qualification of organic farming — and, in Coleman's opinion, the label consumers have come to trust — is about the healthfulness and stewardship of the land. But Mark Mordasky, who owns Whipple Hollow Hydroponic Farm, says a sustainable model is important to him, too.

"We're in a greenhouse," Mordasky says. "We're not doing anything with the land, good or bad. We're not irresponsibly using land. We're simply choosing not to use land at all. Does that make us not organic?" His greenhouse looks like it could have been designed by the late Steve Jobs — sleek and clean with rows upon rows of identical tomato plants stabilized in organic coconut fibers. These plants are fed liquid fertilizers, which could be made from organic

materials. But Vermont's organic certifiers bar Mordasky from labeling his produce as organic. Mordasky thinks that, on a planet with fewer places to grow food and more mouths to feed, different growth methods should be accepted under the organic label. "If we had all of our nutrients organic,



all of our pesticides and herbicides — whatever we're doing to control disease was organic, and the medium itself that the roots are growing in is also organic, all the inputs are organic. The outcome, it seems to me, would be organic," he argues. The National Organic Standards Board plans to vote this week. But both hydroponic producers and soil-growing advocates will be parsing lucrative labels into the future

Article photos: [www.npr.org](http://www.npr.org)

**Organic without soil?**  
**The debate is on.**

## Art in the Café

Thank you to all the artists who exhibited with us in 2016.

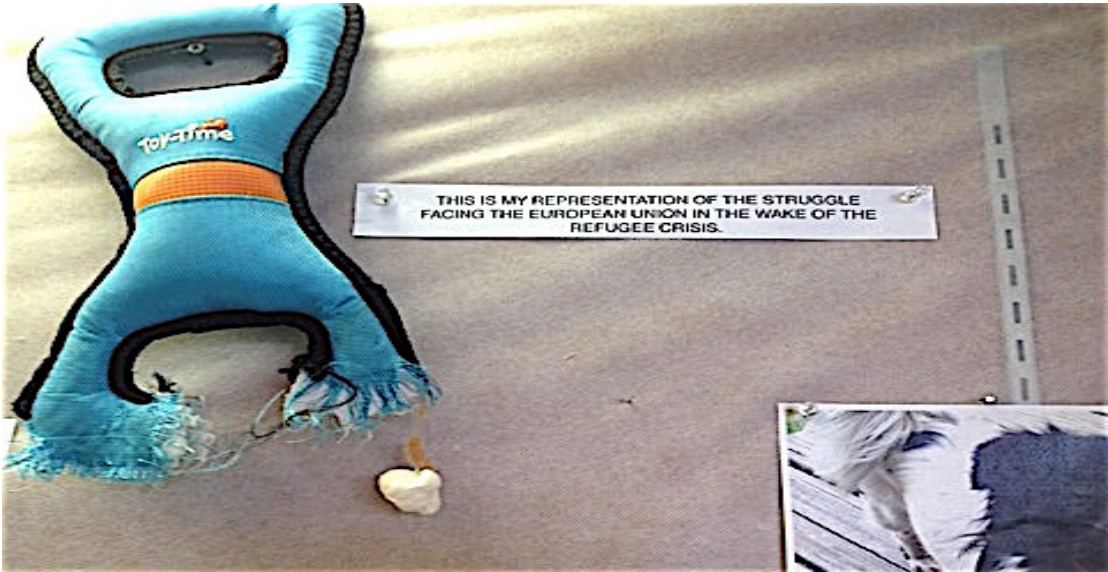
### DECEMBER

#### Sarah Doremus

Sarah is a metalsmith who lives and works in Deer Isle, Maine. Using found objects, doll parts and metal she makes small-scale pieces that create a tongue-in-cheek play on the human condition.

The December exhibition presents work by "Dottie," Sarah's dog. Dottie works along side Sarah in her studio.

"As a sculptor, I work with my hands and in all honesty I think with my hands too. The texture, density, consistency and malleability of a material are its language and that language is what I find rewarding in the use of mixed media. I look to the inherent qualities of a material and try to manipulate them to my end." -Sarah Doremus



Map of Love #6

### Call for entries

**Home Schooler Group Show - May 2017**

If you are being home schooled or are doing home schooling with your children, join a group show for home schoolers in the Blue Hill Coop Cafe. Each student may contribute 3 pieces of art or craft that can hang on the wall. Project display boards are also welcome. This is open to all children between the ages 6 to 14.

If you are interested or have questions, please contact Mary at 359-5053 or [marybbarnes@gmail.com](mailto:marybbarnes@gmail.com) for

The Co-op Café is pleased to feature local art & artists.

**Traditional Acupuncture**

Vicki Cohn Pollard  
Blue Hill

[vicki@traditional-acupuncture.com](mailto:vicki@traditional-acupuncture.com)

207/374-9963

Interested in showing your work? Contact: Mary at 359-5053 or [marybbarnes@gmail.com](mailto:marybbarnes@gmail.com)



# An Alternative Look at a Sugar-free diet, Cancer Treatment, and one Coop Member's New Lifestyle

By David Walker, *Wellness Manager*

Recently Co-op member Paul Brayton pulled me aside to order some MCT (Medium Chain Triglyceride) oil for a friend who is battling cancer, and we began talking about sugar and its relation to cancer. You might already be aware that there is ample research now supporting the connection between certain cancers, tumor growth and sugar. Dr. Mercola, MD (Mercola.com) can provide readers with a great deal of research in this area.

During our talk, Paul drew reference to a close friend who years earlier received a dire diagnosis of brain and lung cancer and was given only 30 days to live. This individual found a connection to Dr. LaValley who runs a clinic in Austin, Texas. LaValley works with protein/vegetable and fat-based Ketogenic diets that reduce sugar intake to almost zero. Paul's friend was given an individualized protocol of natural supplementation and strict dietary guidelines that dictated the elimination of all refined foods, juices, sodas, fruits, sweet vegetables like carrots and sweet potatoes, and cooked potatoes. Within months he was cancer free. Paul's friend was prescribed Metformin, a drug normally used for diabetics that helps minimize blood sugar levels, and Naltrexone, (often prescribed to drug addicts) which provides a profound boost to the immune system.

Nobel-prize winning German scientist Otto Warburg, PhD, MD established the connection between glucose, insulin levels, and tumor growth in the 1920s. Now it is a common protocol of natural healing to move patients to ketogenic diets for many a reason. This topic is, as you might imagine, not without controversy. Beatcancer.org is the site of the Center for Advancement in Cancer Education. The site quotes Patrick Quillin, PhD, RD, CNS, and former director of nutrition for Cancer Treatment Centers of America: "It puzzles me why the simple concept 'sugar feeds cancer' can be so dramatically overlooked as part of a comprehensive cancer treatment

plan (Nutrition Science News April 2000).

The site lists five major reasons why sugar should be understood to be very conducive to cancer growth. Though space prevents an in depth look in this article, these five should be briefly mentioned. The first is the basic affinity tumors have for sugar. "PET (positron emission tomography) scans use radioactively labeled glucose to detect sugar-hungry tumor cells. When patients drink the sugar water, it gets preferentially taken up into the cancer cells and they light up!... malignant tumors exhibit increased glycolysis—a process whereby glucose is used as a fuel by cancer—as compared with normal cells."

Acidity is the second reason. Sugar is highly acidic. With a PH of about 6.4, it is 10 times more acidic than the ideal alkaline PH of blood at 7.4. Thus, sugar contributes to an acidic environment in the so-called "clear liquids" of the body, which comprises some 80 percent of the body.

Immunity is the third reason. Quite simply, sugar suppresses a key immune response known as phagocytosis. Ten teaspoons of sugar can reduce phagocytosis by about 50 percent.

Activity: For most people, when sugar in any form is consumed, the pancreas releases insulin. Breast tissue, for example, contains insulin receptors, and insulin a powerful stimulant of cell growth. "A broad study conducted in 21 countries in Europe, North America and Asia concluded that sugar intake is a strong risk factor contributing to higher breast cancer rates, particularly in older women."

Obesity is the fifth: "Sugar ingestion seriously contributes to obesity, a known cause of cancer. Obesity also negatively affects survival." More than 100,000 cases of cancer each year are caused by excess body fat, according to the American Institute for Cancer Research."

And here's an interesting side-note: The John Hopkins Medical Center has a Ketogenic Treatment facility, but it is not related to cancer treatment. On a recent visit to the Center with a friend who has ocular

cancer and is on a ketogenic diet, Paul learned that childhood seizure disorders have found no better cure than through the ketogenic diet.

Why are sugar-free diets referred to as ketogenic? Our bodies move into a metabolic state called ketosis when no carbohydrates are available for glucose production, and we begin to burn fat for energy instead. One of the results of a ketogenic diet is extremely stable blood sugar levels. But the challenge is a serious one: The diet cannot, as already mentioned, include breads and pastries, candy, fruits, grains, pastas, sweet vegetables like beets or carrots. And sugar is powerfully addictive. In fact, MRI's conducted on the brains of individuals drinking a soda show precisely the same areas of the brain alighting from soda consumption as with cocaine use. Recent research suggests, sugar is a tumor's most coveted food source. One very positive result of a ketogenic diet is almost zero hunger and the ability to go for hours without energy levels plummeting and resultant brain fog.

Paul decided last winter to adopt ketogenic diet. He has since discovered boundless energy, elimination of food cravings, and great clarity of mind—all qualities often ascribed to a ketogenic diet. Ketogenic diets are sometimes thought of as a Paleo diets, though the two are not always synonymous.

The book by Ellen Davis, M.S., titled Fight Cancer with a Ketogenic Diet, draws reference to Otto Warburg's research "to treat cancer at the metabolic level to minimize the unpleasant side effects of chemotherapy and radiation and to improve the success rate of your standard treatment program." Davis addresses in her book one of the major concerns of a high-fat ketogenic diet: "Many people have trouble on a ketogenic diet plan because they are alarmed about increasing the amount of fat they eat, especially saturated fat. This becomes an issue particularly if total cholesterol goes up while on the diet, and the individual's physician voices concern about higher cholesterol levels."

"A physician's concern is understandable. The message that eating fat and cholesterol are harmful has been pounded into the collective American psyche for the last 40 years. It's also difficult to unlearn the message that high cholesterol is the cause of heart disease.. The real culprit of atherosclerosis is chronically elevated

blood glucose and insulin and the associated inflammatory damage to artery walls. This is why diabetics and those with metabolic syndrome suffer from higher rates of heart disease," writes Davis. She is careful to distinguish Benign Nutritional Ketosis from Diabetic ketoacidosis. The latter condition is dangerous and occurs when insulin is unavailable and blood glucose rises and "excessive quantities of ketones are produced in an unregulated biochemical state."

The benefits of a ketogenic diet are, according to Davis, numerous and include: reduction in blood pressure, improved heart health risk factors, reduction in serum triglyceride levels, lower average blood glucose (both baseline and after meals), lower baseline insulin levels, lower levels of inflammation, more energy, less stiffness in joints and pain, clearer thinking, reduction in inappropriate hunger, heartburn relief, less gum and tooth disease, better digestion and gut health, mood stabilization, and reduction of factors associated with cancer.

This has been but a brief introduction to the ketogenic diet. The internet abounds with information concerning its benefits and how crucial healthy fats are to brain health, neurological health in general, energy and mood, and hunger. The Blue Hill Co-op offers many supplements that can support a ketogenic diet including chia seeds, nutritive MCT oils, fish, flax and Hemp oils (which are rich in Omega 3s), wheat grass, and a variety of protein powders all of which can be incorporated into your diet very effectively.

Unstable blood sugar levels are in fact considered by researchers of longevity to be one of the most significant stressors on the body, thus correlating to shortened lifespans. GlucoCare made by the Himalaya Drug Company using all organic and non-GMO ingredients has been prescribed throughout India, Asia and Europe by some 350,000 MDs in 92 countries. GlucoCare uses the bitter melon plant as its primary ingredient to offer a natural, safe support to prediabetic and diabetic individuals seeking greater stability in their blood sugar levels.

Finally, though it might sound trite, no matter what you choose to do or eat, "Don't worry, be happy!" After all, how you choose to feel also affects your well-being.

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# New Co-op Teammates

Our team is growing and we couldn't be happier to welcome Jennifer and Kipp to the front of the store as cashiers and all-around wonderful people.

### Jennifer Coolidge, Cashier

Jennifer is a Midwest girl who fell in love with the ocean at an early age. Trading the open prairies and the Great Lakes for granite-bound coast and deep salt water, Jennifer made her way to Downeast Maine as a student at College of the Atlantic in Bar Harbor. There she pursued her love of all things connected to water through study of science, art, and human ecology. Like many who come to COA, Jennifer decided to stay in the area and eventually made her way to the Blue Hill Peninsula. "The land and the people here feel like home," Jennifer says, "this is where I belong." Jennifer is passionate about supporting others to feel at home in their bodies. "I'm a big believer in gut health," she says, "That's one of the reasons I love working at the co-op; helping people get access organic food and supplements is important to me." Outside the co-op, Jennifer teaches Nia—a movement practice with roots in dance, martial arts, and the healing arts. Jennifer is also a trained Doula and provides support for

pregnant women and new mothers. Jennifer's three favorite products at the Co-op currently, are Jeff's Naturals jalapeno stuffed olives, fresh figs from the produce section, and Royal Hawaiian



Jennifer Coolidge (left) and Kipp Hopkins (right)

roasted macadamia nuts. "I can't get enough of the figs right now," Jennifer told us, "they are a delight-filled feast for the senses." Jennifer also enjoys hiking, swimming, and smashing the patriarchy.

### Kipp Hopkins, Cashier

An abashed overachiever, Kipp wears many creative hats. She is a self-taught artist who has created hundreds of cat-themed watercolor re-imaginings of Japanese prints. She is a poet who

Most recently Kipp has been immersed in her new love for Japanese cooking. She has been studying the elements of this art and has been writing about the experience on her own blog (washokuday.com). The blog describes her efforts in tackling a variety of Japanese dishes, explores the history of Japan and includes such diversions as lessons in chopstick carving and origami making. She recently taught a series of classes on Japanese cooking at the Halcyon Grange and had so much fun she is contemplating more teaching opportunities.

Born in rural Alaska where she lived on an oyster farm until her family moved to the Blue Hill Peninsula eighteen years ago, Kipp has been shopping at the Blue Hill Co-op for a long time. Picking up a part-time position at the Co-op this past October in the midst of all her other projects felt very natural to her. She currently resides with her mother on Cape Rosier where they garden together and plan which interesting Japanese vegetables to plant next growing season.

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Co-op Quarterly	Local Items Sold	Q3 2016	Best Sellers	
	Local Melons Four Season Farm Eggs Tinder Hearth Bread Clayfield Sweet Corn Local lettuce	1,499.64 pounds 609 dozen 1,397 loaves 1,823 ears 677 heads	Coffee/Tea Muffins Avocados New York Times Café Choc. Cookies	8,990 cups 4,590 2,676 1,864 1,428



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# Seven Factors for Strong Winter Health

A group of physicians and researchers has identified seven lifestyle factors that enhance the immune system’s healing potential.

- 1. Nutrition:** Research shows that certain substances in fruits, vegetables and whole grains help protect the immune system from the destructive effects of free radicals that cause chronic inflammation. A junk food diet contains refined food sources that can suppress the immune system and can lead to obesity which is another factor that contributes to suppressed immunity. Keep your cupboard stocked with staples such as cans of tomatoes, spices, beans and pulses, dried whole-wheat pasta, whole-wheat cereals, noodles, couscous and dried fruit. Keep some extra bread in the freezer if there's space. That way, you'll be able to create a quick and nutritious evening meal, such as a lentil or vegetable soup or stew, at short notice. You'll save money and avoid the temptation to order a high-calorie takeout meal. Winter vegetables such as carrots, parsnips, rutabaga and turnips can be roasted, mashed or made into soup for a warming winter meal for the whole family. Use more kale, cabbage and brussel sprouts. Classic stews and casseroles are also great options if they're made with lean meat and plenty of vegetables.
- 2. Exercise:** Physical activity does

more than help with weight loss and muscle toning. Moderate exercise triggers many hormonal and immunological reactions. It can help by flushing out disease causing viruses and bacteria from the lungs. It also sends antibodies and white blood cells through the body at a quicker rate which can detect and destroy intruding bacteria and viruses more quickly than they might otherwise. The temporary rise in body temperature may inhibit bacterial growth allowing the body to fight the infection more effectively. The basic recommendation is 150 minutes of aerobic exercise per week and strength training exercises twice per week. To get the full immune-enhancing effect of moderate exercise takes activity that raises your heart rate and causes you to sweat! Beware of over-exercising though as a highly intense bout of exercise that lasts 90 minutes or longer can actually suppress your immune system.

**3. Sleep:** Eight hours of sleep each night allows the immune system to fortify its defenses. When you don't get enough sleep you produce less infection-fighting Natural Killer cells (a type of white blood cell), and stress hormone production increases which suppresses immune function further. Regular sleep deprivation can cause starch and sugar metabolism to decrease which prompts a rise in blood sugar.

- 4. Stress:** We have the “good” stress which is short term and the “bad” stress which is chronic. Short term stress that lasts only a few minutes or hours temporarily mobilizes immune cells to prepare for imminent danger such as an injury that needs protection from infection. On the other hand chronic stress actually suppresses the immune system. This means the ability to battle viral, bacterial and parasitic infections is diminished. People who are older or whose immune systems are already compromised are much more prone to a stress-related effect on their immune cell response. Learn to relax and if you feel pressure, calm down with meditation, yoga, exercise or breathing exercises.
- 5. Mood:** There is a connection between your brain and the immune system that relates quite strongly to your outlook on life. There have been studies conducted using humor to cope with stress that have indicated an increase in levels of an immune system protein that is the body's first line defense against respiratory illnesses. Your emotional style has a powerful impact on immunity and most studies show a positive emotional style is associated with enhanced immune function and a negative emotional style leads to a suppressed immune function; it is easier to feel negative in the winter. Enjoy funny movies or laughing with friends and family on a regular basis!
- 6. Sunshine:** Your immune system needs Vitamin D and studies now show that low levels of the vitamin allow flu viruses to breach the immune system, which is why the flu is more of a winter disease. Extensive exposure to the sun raises the risk of skin cancer, but a few

minutes of sun exposure during the day may improve Vitamin D status. People can obtain Vitamin D through 10-15 minutes of sun exposure 2-3 days per week, fortified foods and supplements.

Open your blinds or curtains as soon as you get up to let more sunlight into your home. And get outdoors in natural daylight as much as possible, even a brief lunchtime walk can be beneficial. Make your work and home environment as light and airy as possible. Light therapy during the winter is also an option.

**7. Environment:** Wash your hands! You are more likely to pick up the latest illness that is going around by touching a contaminated surface than by inhaling someone else's sneeze or cough. But if you do cough, cover your mouth and not with your hands! Bring your arm up and cough into the section where your forearm and elbow meet. We deliver lots of germs on our hands leftover from coughing! If you are sick, stay home and that will keep you from “sharing” your illness with your co-workers and friends.

Another important tool is the flu shot. The flu vaccine is far from 100 percent effective, but researchers have calculated that over the past six years it has prevented millions of illnesses and tens of thousands of hospitalizations.

Last but not least is winter safety! Wear warm clothes and watch for slick surfaces when walking. Falling down is also a health risk that increases during the winter. Enjoying the winter is much, much easier when you're doing so in good health, and this can take some extra effort on your part. Fortunately, staying healthy all winter long is well

## Blog Spot



ISLAND BAKES  
For the love of cooking

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](http://www.island-bakes.com)

As summer turns to fall, and fall turns to winter, I try to continue to eat as fresh as possible. Which means, I have to adjust to the seasonal vegetables. This salad is something I look forward to every fall when brussels sprouts are in season. When I first made this salad, it knocked my socks off. This raw brussels sprout salad is so simple, yet so delicious. It can make a great, quick, light dinner. Or, even better, the perfect addition to your holiday table. It will convert any brussels sprouts hater.

**Directions:** In a food processor, fitted with the slicing attachment, shred the brussels sprouts. Then, place in a large bowl. In a liquid measuring cup, or small bowl, whisk together the lemon juice, olive oil, mustard, shallot, garlic, salt and pepper. Pour the dressing over the brussels sprouts and toss well. Let stand for at least 30 minutes, or several hours to allow the flavors to meld. Add the cheese apple slices, cranberries and almonds. Toss well to combine. Add salt and pepper to taste and serve.

### Shaved Brussels Sprouts Salad

Yield: About 4-5 servings

- Ingredients:*
- 1 lb. brussels sprouts, ends cut off
  - 2 tablespoons lemon juice
  - 3 tablespoons olive oil
  - 2 tablespoons Dijon mustard
  - 1 shallot, minced
  - 2 garlic clove, minced
  - 1/2 teaspoon kosher salt
  - freshly ground pepper, to taste
  - 1/2 cup shredded, or cubed extra sharp cheddar cheese
  - 1 apple, cored and thinly sliced
  - 1/2 dried cranberries
  - 1/4 cup sliced almonds, toasted

