

FREE

THE HARVEST HERALD

Winter 2015

BLUE HILL CO-OP

BIDDING A FOND FAREWELL

YOU MAY HAVE heard that the Co-op has begun the process of hiring a new General Manager. A committee of Co-op members is conducting the search using roughly the same format utilized in 2011. The goal is to hire someone by spring of 2016. This is necessary, because I have chosen to look for other work. My intention is to stick around until a replacement is hired and on the floor.

It is hard to believe that I have already been working at the Co-op for four and a half years! The months and years have flown by. I have found managing the Co-op to be an incredible learning experience. It would be difficult to overstate the opportunities and challenges associated with managing a business that has nearly 1,500 owners, 30 employees, over 200 vendors, and a disparate set of stakeholders. The knowledge I have gained in terms of operating a busy grocery store & Café, and in regards to food issues such as organics, sourcing local, and the politics of food production is incredible despite the fact that I have just begun to scratch the surface of available information.

When I first started working here, a number of Co-op members took the time to speak with me and offer their thoughts on what the Co-op did well and what areas needed improvement. A number of these individuals pointed to a lingering question; "What are we trying to do here?" As you might well expect, the answer to this question varied from person to person. A common theme went something like this; does the Co-op want to be a resource for the entire community or a cool little shop for those that are financially able to participate. Over time, I have come to feel that this overarching question comes into play with so many of our decisions. Whether they be larger Board level decisions or the many small item specific choices such as how do you define organic, how local is local enough, how much weight should we give to sales results, how many items can we fit into the store, how low can we price an item and still pay our bills, and so on. Each answer

*The Months
& Years Have
Flown By*

to these seemingly small decisions pushes the Co-op in a direction that is either more accessible to the community at large or further out of the reach of many of our neighbors.

I hope that we have moved the Co-op in the direction of serving a larger swath of the community in the past four years. Sales growth and the growth in member/owners are good signs, but there is much more work to be done. At the store level, recent efforts to add lower priced organic lines such as Field Day Organics and the Co-op Basics program should help make the Co-op more price competitive. Equally as important, we have strived to "play nice" with our vendors & neighbors and avoided passing judgment on others.

On the Board Planning level, the success of the relocation effort would remove the structural or capacity limits that presently hinder our ability to serve a larger constituency. Anecdotal evidence suggests that many locals gave up on our present location a long time ago and would try the Co-op again if the parking and store layout were more accessible. It should also be noted that a successful relocation effort will likely make serving more of the local population

Mark Deeny, General Manager



Mark Deeny

YOU MAY NOTICE New Tags For Our Owner Sales

Hannah Barrows, Marketing Manager



Owner Bonus Buys

MAINE MAPLE PRODUCTS

Organic Maine Maple Syrup

8 ounces

\$6.99

Non-Owner Price: \$8.39

SALE ENDS 11/30/15

Example of new tag

monthly sales available exclusively for Co-op member/owners. I hope this improves your shopping experience!

The Owner Bonus Buys tags have been redesigned to look a bit more like the other signs and tags we receive from the National Co-op Grocers. This was done in an attempt at helping the customer. Some may feel that the cornucopia of offerings available on our shelves can be a little overwhelming for the eyes. By simplifying and with some codification I hope that customers can more easily identify the items they are after and be able to see which items we put on sale just for our member/owners. So you will now see three different types of signs on our shelves. The Co-op Deals are bi-weekly sales available for all customers. The Co-op Basics signs denote constant low prices on organic items priced competitively; this is also available for all customers. The Owner Bonus Buys are

Owner Bonus Buys

Look for the Owner Bonus Buys signs to find great prices **EXCLUSIVELY FOR OUR MEMBER/OWNERS.** Look for new sales starting every month. Become a Member/Owner today to take part in these great deals.

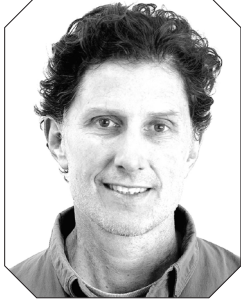
Co+op deals

Look for the Co+op Deal signs to find savings on some of our most popular products. **THESE SALES ARE FOR EVERYONE:** You need not be a Member/Owner to enjoy these savings. New sales start every two weeks.

Co+op basics

Co+op Basics offers **EVERYDAY LOW PRICES** on grocery and household items. Just look for the Co-op Basics tag to find the most economic Organic items. **THESE PRICES ARE FOR EVERYONE!**

Hemp Oil And The Endocannabinoid System



David R. Walker, Wellness Manager

ON THE CUTTING edges of pain relief, inflammation reduction, and anxiety relief, is medicine derived from cannabis. Otherwise known as industrial hemp, it is rich in vital cannabinoids, most importantly a phytocannabinoid known as cannabidiol (CBD). CBD is virtually free of Tetrahydrocannabinol (THC), the psychoactive substance found in marijuana.

The Co-op sells several cannabidiol products from LIDTKE, a leader in natural supplement innovation, whose founder is an ex-director of Pfizer Pharmaceutical. His world-renowned research on L-Tryptophan and its' impact on regulating blood sugar levels, is behind their GlycoTrol. Recently LIDTKE has released a CBD Gold collection: cannabidiol combined with other wonders like turmeric, ginger, and tryptophan. The Co-op also sells their original formula in addition to a CBD oil for cats and dogs. If cost is prohibitive, the Co-op sells a less expensive hemp oil from MetaGen, flavored with or without cinnamon.

According to LIDTKE: "There are two types of natural cannabinoid receptors: CB1 and CB2. CB1 receptors are found mostly in the brain and central nervous system and CB2 receptors are found primarily in the immune system. These cannabidiol receptors respond to plant source cannabinoids, making CBD a positive benefit to overall health." CBD Gold is a "specialized hemp cultivar, grown specifically for LIDTKE, and 100 % natural and cultivated without the use of pesticides, herbicides, or chemical fertilizers."

Industrial Hemp Is Ideal For Cannabidiol Oil Extractions

LIDTKE's CBD rich oil is derived from Cannabis sativa, an industrial hemp variety. It is extracted using a high-pressure, full spectrum CO2 oil extraction process and exported from an FDA registered facility overseas. The oil is imported into the U.S. under FDA tariffed codes. Every batch is analyzed using High-performance Liquid Chromatography and tested for aerobic organisms, yeast, fungus, E. coli, pesticides, and heavy toxic metals. Industrial hemp is ideal for cannabidiol oil extractions as it is naturally high in cannabidiol.

Cannabinoids are so closely linked to the neurotransmitter Anandamide that their discovery by research scientist Dr. Raphael Mechoulam, Ph.D., led to the discovery of what is now known as the endocannabinoid system. Steven Leonard Johnson, RN, PhD, in his book Cannabis Medicine Is Back, writes, "The endocannabinoid system is composed of receptor sites and endogenous (created from within the

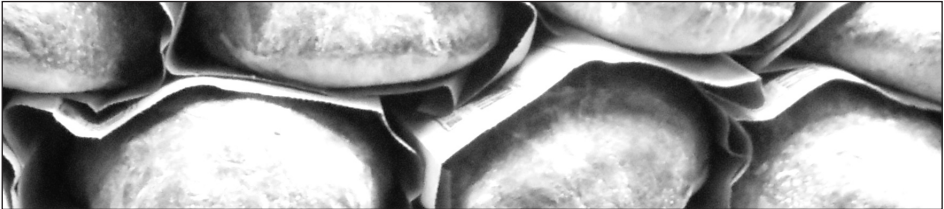


body) endocannabinoids throughout the body. This widespread system is found in the brain, organs, glands, connective tissue and immune cells and it has regulatory roles in many physiological processes including appetite, pain sensation, mood and memory. The primary purpose of this system revolves around maintaining balance in the body; this is known as homeostasis."

Leonard-Johnson goes on to say, "Researchers are finding out that by modulating the endocannabinoid system a number of diseases and pathological conditions may be alleviated. Conditions such as multiple sclerosis, cancer, stroke, neuropathic

pain, Huntington's disease, myocardial infarction, movement disorders, Parkinson's and osteoporosis are a sampling of the diseases helped and there are many more." Interesting also to note, cannabinoids are so vital to life that a mother's milk is extremely rich in them. Without cannabinoids in formula, babies perish, and lose their urge to grow.

Interesting and very relevant to all of this is the relationship of Omega 3 in diet and the body's ability to produce its own cannabinoids. Johnson's book spends a good deal of time discussing the important role of Omega3s to the endocannabinoid system and why supplementing with Omega 3s plays a role in supporting CBD supplementation. As a society, our intake of Omega 3s has dropped 40fold in the past century. Could this be linked to depression and anxiety? Researchers who now understand the endocannabinoid system and Omega 3s are making such a link. Please come talk to David if you would like further information.



A Few More Pennies

Melanie Leach, Bookkeeper



BEGINNING IN JANUARY of 2016, several changes to the sales and use tax law will take effect. These changes will affect many goods and provisions that are currently not listed as taxable. In an effort to unify with other states, Maine has adopted the Streamlined Sales Tax project in which states agree to use common definitions for key items in their tax base. Two such definitions that have been adopted by Maine are "candy and confections" and "soft drinks". These definition changes will have an impact on items that were previously exempt from taxes and will now be taxable. These new changes will apply to items found across our departments such as certain nuts, powdered drink mixes, individual bags of supplemental meal items such as potato chips, corn chips and granola bars, fruit bars, etc. Included in this will also be certain frozen items, bakery items, and food staples. If you are interested, the Sales and Use Tax bulletin is available through Maine Revenue Services at www.maine.gov/revenue/salesuse just click on the Sales Tax Instructional Bulletins, Bulletin No. 12 and 27.

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Mia Strong

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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LETTERS TO THE EDITOR

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

DISCLAIMER

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

STAFF PROFILES

Allison Watters, *Working Member*

Donna McNeal, Café



COOKING RUNS IN the McNeal family. Donna’s son Daniel was a chef at the Boatyard Grill this past summer and her sister Cat has worked in the Co-op’s Café for several years. It was through this sisterly connection that Donna found herself employed by the Co-op this past April. She had a lot of experience working in Bangor area restaurants and prepared food at Pepinos Mexican Restaurant for several decades. Her most recent job was at the Olive Garden and Donna admits that she is now grateful to be employed in a kitchen where she can let her creativity shine and work in a more relaxed environment. At the Co-op Café, Donna works the early shift. She arrives before six and begins her day by starting the morning’s baked goods. From there she prepares the sandwich ingredients and sometimes starts the soups for the day. Donna appreciates that she is learning so much about cooking for specific diets at the Co-op. Her favorite dish that she has invented is a hearty vegan three-bean soup that is thickened with tahini. A Maine native, Donna currently lives with Cat and Daniel in their off the grid home in Penobscot. Donna is an advocate for pit bulls, which she calls an under appreciated breed. She has worked a lot with her own dog Sherman, who is deaf but has taught Donna how to communicate in other ways with him. Her cooking experience and love for dogs led to the formation four years ago of a business making organic dog treats called MyDogzDrool. Look for her at a farmers market near you!



Phoebe Wentworth, Café

ANOTHER CAFÉ GAL, Phoebe started her time here when she was still in high school at George Stevens Academy. Interested in learning how to cook, she began an independent study with then baker, Nancy, and Kristyn, the current Co-op Café’s manager. Though she found other work, she thoroughly enjoyed her time immersed in the cheerful kitchen. When there was an opening in the Café some months later, Kristyn searched out Phoebe at her job at a local store. When Kristyn mentioned the kitchen was looking to hire more workers, Phoebe was happy to oblige. She started at the Co-op in the spring of 2014 and quickly took over the evening shift in the Café where she bakes much of the baked goods. While I spoke to Phoebe she was carefully mixing a batch of fudgy brownies, easily able to manage helping customers at the deli counter, speaking to me, and remember how many eggs she had already added to her batter. She’s not just able to multi-task effectively in the Café, like many area people, Phoebe is capable of holding as many as three jobs in the summertime. When not at work, she enjoys trying out new recipes in her free time, hiking, and going on adventures. She’s also currently helping a friend fix up a house and is acquiring some carpentry skills too. Phoebe’s long term plans involve college on the west coast. She was accepted at the University of California in Santa Cruz and will study Political Theory there soon. She’s looking forward to the warmer climate and being closer to family there.

Martha Shepard, Front End

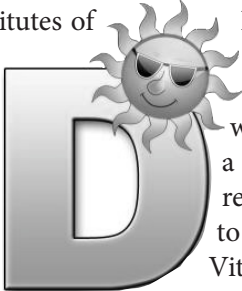


MARTHA AND HER husband were happy residents of Stowe, Vermont where Martha worked as the high-powered Assistant Manager of the Stowe Mountain Club, a ski and golf resort there. However, after their son had gone off to the Berklee College of Music to study jazz percussion, Martha was ready to give up the daily stresses of supervising a large staff. The couple wanted to find a community that had a more substantial “off season” and they both wanted to downsize and be closer to the sea. Martha had spent summers at her grandfather’s cottage on the Port Clyde Peninsula and had always wanted to make the move to Maine. After doing some searching along the coast for a suitable location, they bought a piece of property in Blue Hill. They made the move in their camper this past June and quickly set out to build themselves a home. Since her husband is an experienced woodworker he took the reins on that project, but Martha yearned for a job where she could meet some local people and not have to make any major personnel decisions. She soon found the Blue Hill Co-op and accepted a job as a year round cashier. Martha says the atmosphere of the store drew her in and she’s so thankful to work with the staff here. When she’s not at work Martha enjoys sewing and knitting and puts in many hours swinging a hammer on her home site. She also spends lots of time romping with her four labrador retrievers.

Welcoming Winter With The Right Support

David R. Walker, Wellness Manager

SUDDENLY, IT MIGHT seem to some, winter is upon us. Now’s the time to Steward and steer our bodies with an eye to building immune health, maintaining good rest and sleep time, and finding ways to find joy within whether it be through community involvement, spiritual practices of one kind or another, exercise, or time outdoors breathing the bracing air. But sometimes we can use a little extra boost. To that end, and perhaps foremost in our region of the world, is keeping Vitamin D levels at an optimal level. The National Institutes of Health says that 10,000 International units (IU) a day is not too much for most people living at our high latitudes. Remember that Vitamin D3 is most easily absorbed when taken with food, as it is fat soluble. And if you feel a cold coming on, increase the amounts to boost immune response. Toxic to Dr. Mercola’s website, mercola.com, world experts in Vitamin D3 are seeing a direct correlation between Vitamin D levels and the prevention of some cancers including breast cancer. Vitamin D is converted into a hormone in the body, which affects a myriad of vital interactions including calcium absorption and serotonin uptake. Now Foods offers Lanolin derived D3 in 1,000, 2,000, 5,000, or 10,000 IU liquid gel caps, or in dropper bottle. For those wanting a vegetarian D3 sourced from fruits and vegetables, MegaFood offers a 1,000 or 2,000 IU whole food approach to D3 supplementation. If you’re looking for deep immune strengthening, head for Mushroom Science’s Immune Buildera blend of five mushrooms (Agaricus, Coriolus, Reishi, Shitake, Maitake) rooted in ancient Chinese Medical knowledge. Keep in mind Mushroom Science uses hot-water extraction, which is the kind of extraction used in all major



clinical studies of medical mushrooms. Himalaya Drug Company’s ImmunoCare is designed to modulate the immune system and will not cause it to become overactive. It draws from the equally if not more ancient system of Ayurveda (“science of life”), and uses water-soluble organic herbs from a company that boasts 1,200 published human clinical studies and draws its herbs from the efforts of some 4,000 organic farmers in India. Himalaya Drug Company is a family owned business founded in 1930 that boasts a staff of 250 doctors, herbalists, and scientists. Their products are prescribed worldwide in 92 countries by some 350,000 doctors. Maine Medicinals and Meristem are local companies that make excellent Elderberry Extract, known since biblical times to help ward off disease. I would be remiss if I didn’t mention another Maine favorite: My Berry’s Chaga tincture and Chaga chunks for your own hot water extraction. My Berry also produces a wonderful Chaga Cream that treats eczema, and is great for everyday use too. I also love, Vermont based, Urban Moonshine’s Immune Zoom for sudden onset of cold or flu, or their everyday Immune Tonic to maintain healthy immune response. Unfortunately Immune Tune and Herbal Zing are not currently available from Avena Botanicals, from Rockport, Maine. Avena is going through challenging times. Founder Deb Soule’s decision to try to stay ahead of any surprises from the Federal Drug Administration (FDA) by voluntarily requesting a FDA review has led to the mandating of very costly changes that have, for the time being, meant the discontinuing of tincture blending (first compounds and then single herb tinctures) until costly manufacturing upgrades are made. These changes have led to necessary and significant cost increases. The Co-op has reduced the markup on Avena products in our continued commitment to support local products. You too can support Avena by paying a little extra for their local, biodynamically farmed and organic ingredients, with a commitment to the highest quality tinctures. Please come talk to David if you would like further information.

Vitamin D3 Is Most Easily Absorbed When Taken With Food

Bidding A Fond Farewell

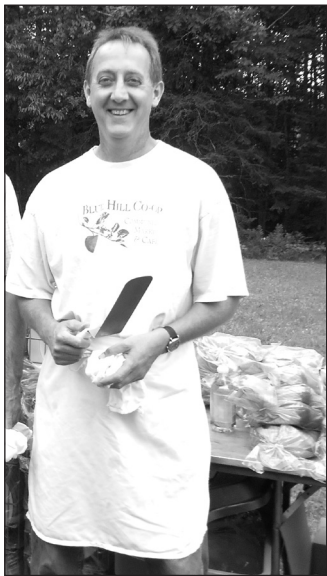
a necessary element of financial stability.

Our mission statement serves as a guide for how to answer this question of “store for everyone” vs. “boutique.” It reads; “We are a welcoming, vibrant community of owners guided by our belief in the importance of healthful honest food options. Through cooperative principles we support our economy by sourcing locally, and by providing education on food, environmental and social issues.”

In the past few years, I have interpreted that statement to mean that we should provide a reliable source for organic and local food while also offering information and education on related issues.

My experience here has led me to believe that the best way for the Co-op to support our local economy is to purchase and sell more local products, employ more full time, benefits eligible, staff and utilize or support more local services & organizations. In essence, grow the Co-op without sacrificing the food

Continued from page 1



Mark Deeny at the Annual Picnic 2014

quality standards. To this end, the Co-op will likely spend over \$1 million within 25 miles of Blue Hill in 2015. This spending figure includes purchasing local products, employee wages, and utilizing local service providers. Local spending has increased steadily, from \$900,000 in 2013 to \$950,000 in 2014.

The new GM, working in collaboration with the Board of Directors and staff, will have their own thoughts on how to best accomplish the mission. They will be inheriting a successful operation that has weathered many different economic conditions over 41 years and established itself as a hub of the local community. Since 2010, Co-op sales and membership have grown steadily while maintaining bottom line profitability. The staff is a nice mix of experienced employees and new energy. As a group, the employees here at the Co-op are some of the hardest working and most committed that I have ever worked with. I am continually impressed by the level of conscientiousness and lack of slacking among the staff. They care!

While it is true that the Co-op is working its way through two significant changes this winter in the form of hiring a new GM and further pursuing the relocation effort, Co-op member/owners should take comfort in the fact that the Organic and Local food movement has never had more broad societal support than it does now. The Co-op has eight hard working valuable Directors serving on the Board, a deeply committed staff, and recent financial success from which we should draw confidence. There are many reasons to be optimistic.

News From The Front End

Ellen Sedgwick, Front End Manager

THE SKINNY ON THE CHIP

MANY PEOPLE HAVE heard about the card switch from the magnetic stripe to the new computerized chip. US card issuers are migrating to this new technology to protect consumers and reduce fraud. Experts hope that this shift will help to significantly reduce fraud in the US, which has doubled in the past 7 years as criminals have shied away from other countries that have already transitioned to EMV (EuroPay, MasterCard, Visa) cards. October 1 was a soft deadline to strongly encourage all payment processing companies to become compliant. However, this change is going to take time. For merchants and financial institutions the switch means adding new in-store technology and internal processing systems as well as complying with new liability rules. These new systems are costly and for banks and large retailers this is no small task. Individual businesses have to provide new computers and software in order to process the chip card, and large financial institutions have to update all ATMs.

Fortunately with the POS system update done in June, the Co-op is ready to make this change. The new card machines are in place, however the software that we work with, Catapult for our POS system and Mercury for our credit/debit cards, are not ready for the switch. The Co-op does hope to have the ability to read the card chips by January 2016.



HOW IT WORKS

Like magnetic stripes, EMV are processed for payments in 2 steps: card reading and transaction verification. Instead of swiping, the card is now dipped (inserted and left for some moments). When the card is dipped, the data flows between the card chip and the issuing financial institution to verify the card’s legitimacy and create unique transaction data. This unique transaction data that occurs each time is what protects from cloning fraud. This process isn’t as quick and is going to take a bit of patience.



SIGNATURE OR PIN?

After the card is dipped the customer will be asked to verify the transaction either by signing or by entering a personal pin. This is determined by the verification method tied to your card, not by the vendor or whether the card is credit or debit. The new card production today is based on chip and signature cards. It will probably take 2-3 years to fully convert to chip-and-pin cards.

WILL THE MACHINES TAKE BOTH THE STRIP AND CHIP?

Yes. Most cards being issued today still contain the magnetic stripe as well as the new chip and machines are set up to accept both.

This technology dates back to the mid 1980’s and has been the current standard for Europe and other countries for more than 20 years. What this transition means for consumers is activating new cards, learning new payment processes, greater protection against fraud, and an opportunity to work on patience.

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Food Preservation

As Supported by National Co+op Grocers

FOOD PRESERVATION METHODS are the key to making good things last. Preserving food can be as simple as squeezing a little lemon juice on an avocado slice to prevent browning or as complicated as pressure canning your own venison stew. It's only natural to want to enjoy your favorite foods throughout the year and keep them tasting as close to fresh-picked as possible. Food Preservation can be much more than just practical methods to keep an abundance of fresh food from going bad. A bumper crop of raspberries or a CSA box full of cabbage can lead to new recipes and fun, creative ways to enjoy your favorite foods. If you think fresh basil is delicious during the summer, imagine how delicious that bright spark of flavor would be on some creamy pasta in the middle of winter! Preserving food also translates into saving money and reducing waste.

Canning

Home cooks have been preserving food in jars for centuries, so there are plenty of resources to do it safely and with confidence. Canning requires recipes designed and tested for safety, as well as some special equipment, available at many co-ops and hardware stores. After an initial investment in jars, a canner, and a few accessories, the expenses are minimal and the results can be phenomenal. Canned goods go far beyond the usual tomatoes and green beans. Modern canning recipes



allow you to create unique and memorable foods for gifting to loved ones or enjoying yourself.

Did you know? Home-canned goods should be used within a year for optimal quality, but are safe for much longer, as long as safe canning methods were followed.

Freezing

When it comes to nutritious preserved foods, freezing is second only to fresh foods. While freezing can affect the texture of some foods, most vegetables, fruits, meats, soups and herbs can easily be frozen in airtight containers for use all year long. The key is to start with cold foods so that the time it takes for them to freeze is very short. This minimizes ice crystals and preserves the color, texture and taste

of your foods. Try freezing cold berries or chopped vegetables in a single layer on a baking sheet. Once frozen, transfer to a freezer bag or Mason jar for storage. You'll be able to pluck a single berry or measure 2 cups worth from the container without defrosting the entire batch. And remember: a full freezer is an efficient freezer, so don't be shy about filling it up!

Did you know? Nuts, seeds, whole grains and flours can be stored in the freezer to extend shelf life and prevent spoilage.

Drying

Dehydrating foods is a simple and easy way to keep vegetables, fruits and even meats stored away until you are ready to use them. Drying preserves foods by taking all the moisture away; without moisture, bacteria cannot grow and your foods stay delicious for months—even years. While there are plenty of dehydrators available, many recipes are possible using a regular home oven. Fresh herbs can be dried in a microwave or just hanging from your ceiling. The best thing about drying is that it uses very little energy and the preserved foods are lightweight—easy to store and transport (perfect for camping!).

Fermenting

Fermentation provides some favorite foods: cheese, yogurt, beer, wine, pickles and chocolate. Nearly every culture in the world makes use of the natural preservative effects of fermentation. Fermentation transforms the natural sugars in foods and the result is tart and flavorful foods that tend to resist spoilage at cool temperatures. Fermentation is made possible by the action of beneficial bacteria—the same bacteria that keep our immune and digestive systems healthy. So fermented foods are not only practical, they also deliver a healthy dose of probiotics. Plus no special equipment is required. You can get started with as little as a knife, a jar with a lid, a cabbage and some sea salt, and couple of weeks later you'll be enjoying sauerkraut!

Did you know? Every ferment is unique because of the bacteria and yeasts that are naturally present in the air and foods in that region. The same recipe can taste different across the globe!

Did you know? Dipping fruit slices in pineapple or citrus juice before drying can preserve their color and prevent browning. It's delicious, too!

StrongerTogether.coop is a consumer website developed by National Co+op Grocers (NCG) for our “virtual chain” of over 140 retail food co-ops, operating more than 190 storefronts, nationwide StrongerTogether.coop is a place for people to gather on their food journeys. It's a place to find out more about what's in your food, where it comes from, where to find great food, how to prepare it and a whole lot more.

References:
The Ball Complete Book of Home Food Preserving, Judi Kingry and Lauren Devine, Robert Rose, 2006, Wild Fermentation: The Flavor, Nutrition and Craft of Live-Culture Foods, Sandor Ellix Katz, Chelsea Green Publishing, 2003
Resources:
National Center for Home Food Preservation, www.uga.edu/nchfp, Canning Across America, www.canningacrossamerica.com, National Institute of Food and Agriculture, Cooperative Extension System Offices (to find your state's resources) www.csrees.usda.gov/Extension

Charities Receiving Donations From

January

Simmering Pot

February

Island Culinary Institute & Ecological Center

March

Island Community Café

April

Ready By 21

May

Healthy Peninsula

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

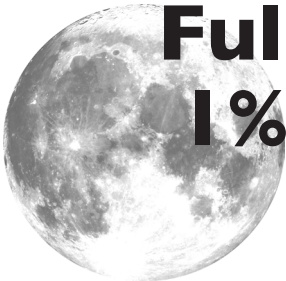


Full Moon Sales 2016

The Co-op donates 1% of it's sales during the day of our full moon sales (where member/owners receive 10% off at the register) to a local charity

ALTERATIONS

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



Full Moon Sale 1% Donations 2015

Island Community Café	January 5	\$105.97
Healthy Peninsula	February 3	\$101.52
Peninsula Free Health Clinic	March 5	\$104.90
Halcyon Grange	April 4	\$103.07
Simmering Pot	May 3	\$91.91
MOFGA	June 2	\$144.00
Open Door Recovery Center	July 1	\$151.59
Island Pantry	July 31	\$178.21
Tree of Life	August 29	\$147.79
W.H.C.A	September 27	\$104.17
Hospice of Hancock County	October 27	\$138.31

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

Winter 2015

The Harvest Herald

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What's New?

Robin Byrne, Cheese Buyer

MOST OF THE time I don't like being asked that question. I have to stop and think about what is new in my life that's worth reporting. But ask me what's new in the cheese department at the Blue Hill Co-op and I have quite a bit to say. There are 3 new product lines in the cheese case and I am excited to tell you all about them!



Painting by Mike Geno of Lakin's Gorges Ricotta

First up, you may be familiar with Lakin's Gorges Cheeses made by Alison Lakin in Rockland, Maine. (We have been carrying her fresh ricotta for almost a year now.) Alison is a passionate cheese maker who uses Tide Mill Organic milk in all of her cheese making. Our Co-op patrons seem to really like her fresh, basket molded ricotta, as sales show. So, I decided to bring in one more of Alison's treasures: her OPUS 42. It's a mold ripened cheese, which is aged for 3 months, boasting a slightly sharp, earthy and nutty flavor. Alison suggests serving it as a table cheese, grating it on salads or pasta and even grilling it in a sandwich. She regularly posts recipes featuring her 5 varieties of cheeses on her facebook page: <http://www.facebook.com/LakinsGorgesCheese>.

Next on the list, York Hill Farm cheeses from New Sharon, Maine. York Hill is a goat farm and dairy owned and run by John and Penny Duncan. Founded in 1981, they have been producing and selling fine chevré and ripened goat cheese since 1987. We currently carry their award winning Dill & Garlic Chevré Roll, tubs of fresh Chevré (plain and herbed), Capriano (a 5 month



aged goat cheese with slightly sharp and sweet caramel tones) and a Ripened Chevré with Ash (which is inoculated and ripened for 3 – 8 weeks, has a fluffy white rind, a creamy dense texture and an intense goat milk flavor.) If you are a fan of HUMBOLT FOG, be sure to give the Ripened Chevré with Ash a

try. You might find it to be a suitable alternative with a smaller "eco-footprint" being produced right here in Maine verses shipped all the way from California. Be sure to look for their other fantastic cheeses in the future. For more about John, Penny and their farm, visit <http://www.yorkhillfarmmaine.com/index.html>.

Lastly, but certainly not least, is a great product line

There
Are 3 New
Product
Lines In The
Cheese Case



Photo Courtesy of Treeline Cheeses

that's not cow or goat, but nut-based from TREELINE TREE NUT CHEESE located in Kingston, New York. They produce two styles of nut cheeses; a creamy spread type and an aged, hard cheese type. Now before you balk at the idea of a vegan, dairy-free cheese, consider the quality ingredients being used in these products; cashew nuts, vegan acidophilus culture, filtered water, salt and pepper (nothing chemically manufactured). Sounds good, right? Treeline Tree Nut Cheeses have no cholesterol, are non-GMO, gluten free, probiotic and contain no dairy, soy or lactose. We currently carry their Soft French- Styles of Chipotle Serrano, Green Peppercorn and their Aged Artisanal style of Cracked Pepper. Whether you are looking for a vegan cheese,

a gluten free product or just really love food that is wholesome and tastes great these products are a sure bet. They won't disappoint! The Co-op staff tried all of these products before I put them on the shelves. They were a big hit. Unless you have a tree nut allergy, nut cheese will make a zesty addition to your table. For more about Treeline visit: <http://treelinecheese.com/index.html>

So, what's new with you?



Photo Courtesy of York Hill Farm

Art in the Café

Thank you to all the artists that exhibited in our Café

SEPTEMBER

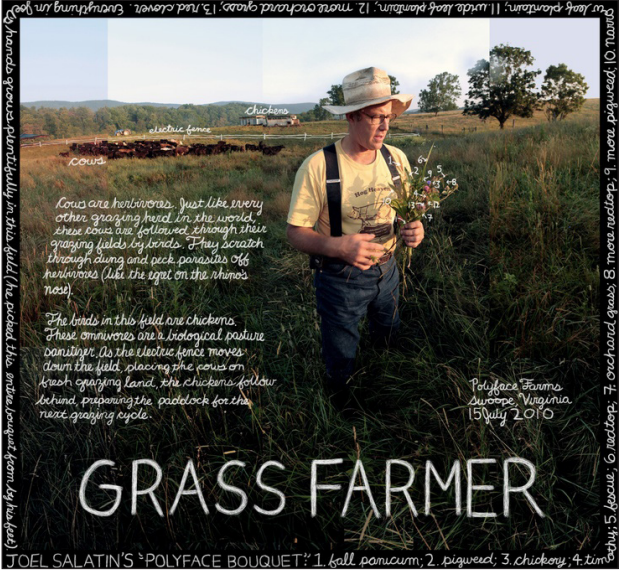
Penny Ricker I teach art at Blue Hill Consolidated School, a K-8 program where the students have art twice a week. I have raised 5 children of my own and have always lived on Green's Hill in Blue Hill. I love nature and art.



Owl

OCTOBER

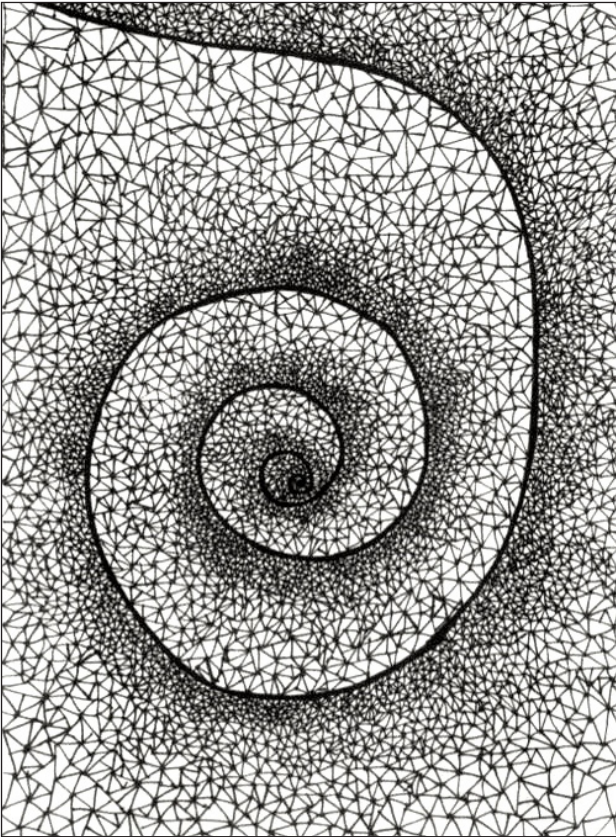
Lexicon of Sustainability The Lexicon of Sustainability project Illuminates sustainable agriculture and supports the conversation surrounding how people eat, what they buy, and where their responsibility begins for creating a healthier, safer food system. The Blue Hill Co-op, in partnership with Maine Farmland Trust, presents the LEXICON™ project. It was our hope that this exhibit inspired you to explore the origins of your food and join in the ever important conversation about food systems.



Lexicon of Sustainability: Grass Farmer

NOVEMBER

Brooke Wentworth I am a senior at George Stevens Academy. My work mainly focuses on abstract and geometric shapes in pen and ink. I look to pursue this passion in the future.



Spiral No. 1

Autumn Outreach Overview

Beth Dickens, Membership Coordinator



DID YOU ENJOY the autumn season? We at the Co-op sure did. We hosted several local events and met a lot of people in the community. Were you one of them? Perhaps my favorite event was the viewing of the full lunar eclipse at the base of Blue Hill Mountain on September 27. We estimate that at least 100 people joined the Co-op and the Blue Hill Heritage Trust, who helped co-sponsor the event. It was a gorgeous night. The temperature was seasonably mild, albeit breezy, but the sky was practically cloudless. People of all ages were there, including students from George Stevens Academy and Blue Hill Consolidated School. Some folks brought telescopes and seemed happy Co-op brought on loan from the Library, and aside of difficulty (when up backwards) constant use. A few pointed out constellations of interest. I got to see the Ring Nebula Constellation. It was beautiful, but don't ask me to point it out again; I haven't the foggiest idea where to start looking unless it's a Google search on the computer, which I highly recommend because the pictures that come up are amazing! Nearby in the darkness I could hear people talking and laughing as they watched the eclipse unfold. Occasionally I saw shadows of young adults as they took the opportunity to run free with friends. About three hours and 8 gallons of hot cocoa later, the

Nothing Tastes As Crisp & Autumnal Like A Refreshing Glass Of Cider



5 Star Nursery and Orchard

and binoculars to share. The a telescope too, Blue Hill Public from a brief period I initially set it it was in almost local astronomers

eclipse was waning and things started to wind down. I left the mountain shortly thereafter, pleased with the events success and happy to had spent time with so many wonderful members of the community.

On October 9 the Co-op hosted a viewing of Growing Local at the Blue Hill Public Library. The 2014 film, a collaboration between Seedlight Pictures and Maine Farmland Trust, showcases the interconnected fates of Maine's small farms, consumers, and the local food movement. It was inspiring to learn of the rebirth of a general store in Whitefield thanks to its community support, and equally saddening to see the struggles of one of Maine's oldest dairy farms as father tries to pass the torch to son while trying to secure enough money for his own retirement without leaving his son in unthinkable debt. Despite the modest turnout, there was much to discuss when the lights came up. It seemed we were all in agreement-- the best way to support our local food movement is too continue to buy locally as often as both supply and finances allow.

On October 17 we joined Tim Seabrook and Leslie Cummins at 5 Star Nursery & Orchard for a Co-op sponsored free Community Cider Pressing. This year was a stellar growing year and apples were abounding! Thanks to great marketing, 43 people from as far away as Sullivan were in attendance. With Tim and Leslie's help, our combined 38 bushels of apples of many varieties including Baldwin, Wolf River, the very rare, very local Martha Stripe and countless varieties of wild apples were combined, macerated and pressed to create a delicious "community mix" cider. All told, the families in attendance left with a grand total of 115 gallons of fresh press, un-pasteurized cider. The experience was delicious: nothing tastes as crisp and autumnal like a refreshing glass of cider!



Apples for pressing

During the entire month of October, Co-op patrons had the opportunity to view a selection of posters from the Lexicon of Sustainability™ project. This show, loaned from the Maine Farmland Trust, highlighted sustainable agriculture through the use of beautiful photographs taken by Douglas Gayeton and Laura Howard-Gayeton. For those less than familiar with the ideas, it helped define terms like gleanng, true cost accounting and pastured poultry to name a few. It's easy to forget that some of these ideas are relatively new and not always commonly known. As part of the Co-op's commitment to providing education on food, environmental and social issues, we hope it inspired you to take a look at the origins of your own food. As we progress, however begrudgingly into the depths of winter, the Co-op has other events planned. Check out our free upcoming community events below.

Full Moon Sales 2016

SATURDAY, JANUARY 23	Wolf Moon
MONDAY, FEBRUARY 22	Snow Moon
WEDNESDAY, MARCH 23	Worm Moon
FRIDAY, APRIL 22	Pink Moon
SATURDAY, MAY 21	Flower Moon
MONDAY, JUNE 20	Strawberry Moon
TUESDAY, JULY 19	Buck Moon
THURSDAY, AUGUST 18	Sturgeon Moon
FRIDAY, SEPTEMBER 16	Harvest Moon
SUNDAY, OCTOBER 16	Hunter's Moon
MONDAY, NOVEMBER 14	Beaver Moon
TUESDAY, DECEMBER 13	Cold Moon

Every month on the full moon the Co-op offers members 10% off store wide. In addition to this benefit for members the Co-op pledges 1% of the days' sales to a local charity.

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

CO-OP COMMUNITY EVENTS

Free to the public

November 30

TALK:

Energy Efficiency in Your Home, with Dan Huisjen of Osher Environment Systems

January 12

TALK:

Solar Energy in Maine, with Sundog Solar of Searsport

January 20

COOKING CLASS:

Making Raw Pasta Marinara, with Joanne Steenberg

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

There Is No Good Food Without Good Ingredients

Kristyn LaPlante, Café Manager

THE SUMMER OF 2015 came and brought with it an abundance of locally grown produce. The Co-op café enjoyed creating a variety of dishes with the wonderful bounty. We received lettuce, kale, broccoli, tomatoes, peppers and blueberries from Mark and Renata Scarano of Blue Zee Farm in Penobscot. As soon as it's available, Blue Zee becomes our only source for kale, and we use quite a lot making our popular raw salads. We also sell a LOT of blueberry muffins and cobblers, all made with Blue Zee blueberries. Mark and Renata started the farm in 1997 and our Co-op has worked with them ever since. We anxiously await the arrival of each season's harvest from several peninsula farms. We are continually awed by the beauty of the ingredients we are lucky enough to work with every day. This summer, we received giant and bodacious onions from Bob Sullivan and Colleen Prentiss of Old Ackley Farm in Blue Hill, succulent cucumbers, summer squash and zucchini from Amanda Provencher and Paul Schultz of King Hill Farm in Penobscot and beautiful herbs, rainbow chard, beets and scallions from Kate Mrozicki of Morgan Bay Farm in Surry.



In fact, as I am writing this, local the back of the Co-op Now that the seasons have the café to shake things peering out from under summer seems like it It's now time to make root crops that the offer. The majority of root crops (turnips, rutabaga and carrots) Hill Farm. The recipe on the next page these local winter veggies! Look winter. Enjoy and don't forget to thank your local farmers.



farmers are traipsing through delivering their wares. changed it's time for up a bit. As we are our blankets, was a lifetime ago. use of the amazing Peninsula has to our fall and winter parsnips, beets, come from King will make great use of for them in the café this

“Why do farmers farm, given their economic adversities on top of the many frustrations and difficulties normal to farming? And always the answer is: ‘Love. They must do it for love.’ Farmers farm for the love of farming. They love to watch and nurture the growth of plants. They love to live in the presence of animals. They love to work outdoors. They love the weather, maybe even when it is making them miserable. They love to live where they work and to work where they live... They love the measure of independence that farm life can still provide.”
- Wendell Berry, Bringing it to the Table: Writings on Farming and Food



From The Bulk Department

Amy Coppage, Bulk Manager



NEW ITEMS IN bulk: We have started to carry organic cashew butter from Tierra Farms; as the price of almonds has continued to go up cashew butter prices are now competitive. And as always it feels good to offer Tierra's products for their freshness and high quality. Mycological, who supplies us with their dried mushrooms, is also our source for Terra Dolce's beautiful whole dried organic chilies. They now offer various organic chili powders as well. We have had Ancho Powder for well. We have had Smoked Paprika department will one or two other chili powders as well, allowing you to explore more subtleties in flavors than just a standard chili powder blend. **Items no longer available in bulk:** You may have noticed that we haven't had the bulk carob chips in quite a while. The ones we carried have been discontinued by our distributors, and I am having

Cashew Butter Prices Are Now Competitive

a hard time finding a good quality replacement. I will keep my eyes open for other options. Also, Fiddler's Green multi-grain pancake mix is not available anymore, however we should soon have the option of carrying one of their other pancake mixes in 5 pound bags. And lastly, there are fewer organic pastas available in bulk from our distributors. A number of them have been discontinued over the last couple of years, like the veggie corkscrew pasta. Organic gluten-free options are also pretty sparse. It seems as though pasta producers are in unpackaged bulk or our distributors sales they would like them. These are also I will continue to Recipes to try: It's been getting colder to crave my morning wanted other warming gluten-free breakfast cereals to add some variety. Find my two recipes on the following page.



either the organic not selling them quantities as much, are not seeing the to continue to carry on the list of things keep an eye out for. and I've started millet lately. I

Advertise in *The Harvest Herald*

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

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泰 謙

RECIPES

Single Serving Root Vegetable Pot Pies

Courtesy of Kristyn LaPlante, Café Manager

These pot pies are filled with rich flavor and a cheesy vegetable filling, all encased in flaky buttery pie crust.

Yield: 4-6 pot pies

Ingredients

Crust

2 cups all-purpose flour

½ tsp. salt

¾ cup + 1½ tbsp. cold unsalted butter, diced

4-5 tbsp. ice cold water

Filling

2 tbsp. olive oil

1 onion, coarsely chopped

2 cloves garlic, coarsely chopped

1 medium turnip, peeled and cut into ½ inch dice

1 medium russet potato, peeled and cut into ½-inch dice

1 medium carrot, peeled and cut into ½-inch dice

1 medium parsnip, peeled and cut into ½-inch dice

1 cup vegetable broth

1 delicata squash, seeded, peeled, and cut into ½-inch dice

1 tsp. dried thyme

1 tsp. ground sage

¼ tsp. sugar

2 cups grated cheddar cheese

salt and black pepper, to taste

Buckwheat-Amaranth Porridge with Fruit and Coconut

Courtesy of Amy Coppage, Bulk Manager

From Café Johnsonia at cafejohnsonia.com

4 servings

Ingredients

1 tsp. canola oil

1/2 cup raw buckwheat groats

1/2 cup amaranth

2 cups water

a pinch salt

1/4 or more almond milk (or your favorite kind of milk)

1 Tbsp. coconut oil

Toppings of choice such as; sliced fruit, berries, unsweetened coconut chips or chopped nuts sugar or sweetener of choice

Directions:

1. Heat a pan over medium-high heat and add oil. Add the buckwheat groats and cook until they smell toasty and start to turn brown.
2. Add the amaranth, water and salt. Cover and turn heat to low. Cook until all the liquid has been absorbed and the buckwheat and amaranth are tender (add more water if necessary and continue cooking until tender).
3. Stir in the almond milk, it should be about the consistency of thick oatmeal after the almond milk has been added. Stir in coconut oil.
4. Divide into servings and top with fruit, coconut and nuts, and sprinkle with a little sugar.

Instructions:

1. In a food processor, pulse together the flour and salt. Add cold butter and pulse until mixture forms pea-sized pieces. Slowly add in the water, a tablespoon at a time, until the dough comes together. Gather the dough into a ball and flatten into a disc. Cover with plastic wrap and refrigerate for at least 30 minutes or overnight.
2. Pre-heat oven to 400F.
3. Meanwhile, make the filling. In a large saucepan, heat 2 tbsp. olive oil over medium-high heat. Add the onion, then the garlic. Cook for 4-5 minutes, or until translucent, stirring frequently. Mix in the potato, carrot, turnip, parsnip, thyme and sage stirring to coat in the herbs. Pour in the broth. Lower the heat to medium, cover and cook for 5 minutes. Stir in the squash and sugar. Season to taste with salt and black pepper. Simmer, covered, for 10 minutes, or until squash is tender and most of the liquid has evaporated. If the mixture is totally dry, add in a few tablespoons of water. Remove from the heat.
4. Butter a mini pie pan or large muffin tin. On a lightly floured surface, roll out the pastry dough until it is 1/16-inch thick. Cut out 4-6 circles, depending on the size of your tins, 5½-6 inches in diameter. Press the circles down into the tins. Re-roll out the dough and cut out the same number of circles, this time an inch or so smaller, to form the tops.
5. Stir 1 cup of the cheese into the filling. Divide the filling among the pie crusts (you might have extra filling!). Place the second rounds of pie dough on top and press to seal. Sprinkle the tops with the remaining cheese. Place in the oven and bake for 20-30 minutes, or until golden brown. Let rest for 5 minutes before serving.

Breakfast Quinoa with Almond Butter and Cinnamon

Courtesy of Amy Coppage, Bulk Manager

From Alter Eco at www.alterecofoods.com

3-4 servings

Ingredients

1 cup quinoa

1 ½ cups water

1/2 cup almond butter

1/4 tsp ground cinnamon

sugar, maple syrup or honey to taste

Directions:

1. Rinse quinoa thoroughly under cool water until water runs clear.
2. In a medium saucepan bring water and quinoa to a boil, then simmer for 20 minutes, until the ‘germ’ or spiral tail of the quinoa emerges.
3. Turn off heat and mix in almond butter and cinnamon to the cooked quinoa.



Curing Ills From Winter Chills

Edee Howland C.Hom., Working Member

WINTER WEATHER! AT this time of year, almost all of us need “snow tires” for our immune systems. The Blue Hill Co-op has a homeopathic remedy with the long, unusual mouthful of a name, “Oscillococcinum”. It could be curative just to pronounce it! Oscillococcinum (pronounced o-seelo-cox-see-num) is a “remedy”, as homeopathic medicines are called, for the flu. In homeopathic practice, each remedy treats certain individual characteristics best. Oscillococcinum works most effectively if you take it at the first little inkling that the flu may be coming on. If you’ve missed that stage and the flu has set in, this remedy might help reduce the severity and help the illness be shorter, but its stellar healing capacity is not able to do its best work except early on in the illness. Aconite Napellus (commonly known as monkshood) is one of the best remedies for treating the flu; it is also best taken at the earliest indication that a flu virus

is on the scene setting up camp. You can find Aconite Napellus 30c in those little blue viles, by Boiron, in the Health & Beauty aisle. If you experience the sudden onset “What! I was fine an hour ago!” feeling that is accompanied by a fever, Aconites Napellus may be the right way to go.

Homeopathic Remedies Can Be Safe For All Ages

Homeopathic remedies can be safe for all ages and during pregnancy, and may not interfere with other medications you may be taking. Consult your health practitioner to see what is right for you.

Prevention is still our best resource for dealing with the way winter makes demands on our immune system. Good rest, nourishing food, keeping warm, getting some exercise, and good cheer will all help us get through the colder weather in grand style.



	Q2 2015	Q2 2014	Q2 2013	Q2 2012	Q2 2011
Members	1,575	1,367	1,255	1,144	1,056
Sales	\$967,735	\$914,596	\$856,259	\$797,302	\$710,204
Trans/Day	450	444	422	418	387

Dollars spent within 25 miles of Blue Hill

	Q2 2015	Q2 2014	Q2 2013	Q2 2012	Q2 2011
	\$318,082	\$284,493	\$275,952	\$261,584	\$243,056

Bestsellers (ranked by quantity sold)

	Q2 2015	Local Items Sold	Q2 2015
Muffin	5,135 muffins	Local Carrots	971 lbs.
Coffee (large)	4,852 cups	Local Potatoes	562 lbs.
Coffee/Tea (small)	3,541 cups	Local Flowers	310 bouquets
Bananas	2,249 pounds	Local Blueberries	1,254 quarts
Avocado	1,825 avocados	Local Blueberries	844 pints
New York Times	1,768 papers	Tomatoes	759 lbs.
Avocados	1,717 avocados		

Local Co-op Donations

Year-To-Date

\$ 8,192.90

Made to local charitable organizations. Includes 1% donations from full moon sales.

Flu Shot Review
Just For The Health Of It

Catherine Princell MS RN, Working Member

INFLUENZA, COMMONLY REFERRED to as the flu, is a serious infectious disease that can lead to hospitalization and sometimes death. Even the healthiest of people can get sick from the flu and spread it to others in their community. During “Flu season” flu viruses circulate throughout the population at their highest levels. In the United States, flu season may start as early as October and last as late as May. An annual seasonal flu vaccine (either the shot or the nasal spray flu vaccine) is the best way to reduce the chances that you will get the flu and spread it to others. The more people are vaccinated against the flu, the less it can spread.

Did you know? an estimated population is virus annually. infections result 31.4 million 150,000 hospital million days of 24,000 - 36,000 deaths.

Influenza Is The
Leading Cause Of
Preventable Death In
The United States

In the United States, 5% - 15% of the affected by the Each year, influenza in approximately: outpatient visits, admissions, 3.1 hospitalization and

Influenza is the leading cause of preventable death in the United States every year. Between 80% - 90% of Influenza related deaths occurred in people 65 years and older.

It is recommended that everyone 6 months and older receive an annual flu vaccination with few exceptions. The vaccination is not recommended for the rare few with certain immune system problems or allergy, or for babies under 6 months of age.

A flu vaccine is needed every flu season for two reasons. First, the body’s immune response from vaccination declines over time, so an annual vaccine is needed for optimal protection. Second, because flu viruses are constantly changing, the formulation of the flu vaccine is reviewed each year and updated to keep up with these changes. Getting vaccinated annually is your best protection. Different flu vaccination methods are approved for different people. The flu shots is approved for use for people 6 months and older, including pregnant women and people with chronic health conditions. The nasal spray vaccine is approved for use in people 2 years through 49 years of age.

Flu vaccinations should be administered soon after the vaccine becomes available, if possible by October. Vaccinations are typically offered to the public throughout the flu season, as long as flu viruses are circulating. While seasonal influenza outbreaks can happen as early as October, influenza activity peaks in January or later. Because it takes about two weeks for antibodies to develop in the body, it is recommended that you get vaccinated before an influenza outbreak begins to spread in your community.

Getting a flu vaccination doesn’t always spare you from getting the flu. The vaccines ability to protect a person from the flu depends on various factors, such as the age and

health status of the person being vaccinated or the similarity or “match” between the viruses used to make the vaccine and flu viruses circulating in the community. The more closely matched the viruses are, the higher the vaccines effectiveness.

Getting A Flu Vaccination
Doesn’t Always Spare You From
Getting The Flu

However, it’s important to remember that even when the viruses are not closely matched,

the vaccine can still protect many people and prevent flu-related complications. Such protection is possible because antibodies made in response to the vaccine can provide some protection (called cross-protection) against different but related strains of the flu viruses.

A common fear is that the flu vaccination will actually give you the flu. The flu shot, a vaccine administered with a needle, is made either with flu viruses that have been ‘inactivated’ and therefore not infectious, or with no flu vaccine viruses at all. The nasal flu vaccine, sprayed into the nose, does contain live viruses. However, the viruses are weakened and cannot cause flu illness. The weakened viruses in the nasal vaccines are cold-adapted, which means they cannot survive in warm temperatures and are therefore unable to infect the lungs or other susceptible areas where warmer temperatures exist.

There are some minor side effects that may occur with the nasal vaccination such as mild cold symptoms, but these pale when compared to the symptoms of a bad case of flu! Most people who receive the flu vaccine however, experience no serious issues at all.

It is a good idea to discuss this issue with your health care provider and review your risks for illness during the flu season, the current state of your health and that of your family and the potential benefits from receiving the flu vaccination.

Reference:
Advisory Committee on Immunization Practices: Morbidity and Mortality Weekly Report, August 7, 2015.
Key Facts About Seasonal Flu Vaccine: Centers for Disease Control 2015-2016 Flu Season Web Site

From The Grocery
Department

Michael Luciano, Grocery Manager



I HOPE ALL OF you enjoyed the exceptional fall weather we had this year. It was a busy, yet enjoyable season for us here at the Blue Hill Co-op. It is always a pleasure to see old and new faces using and supporting our store and café. The Blue Hill Co-op recently launched a new brand of merchandise called Field Day. This product line was designed to offer everyday low pricing on items in our “Basics Program” --household staples that most folks use every day. Look for the purple “Co-op Basics” sale tags while shopping to find these amazing everyday deals. In addition, keep an eye out for our green “Co-op Deals” sale tags for our bi-monthly sales and our pink “Bonus Buy” sale tags for monthly sales offered exclusively to our Co-op members.



RELOCATION UPDATE

Winter 2015

Jim Picariello, Board of Directors President

HELLO AND HAPPY Holidays from the Co-op Board.

We've been busy with a few projects, namely the one you're probably wondering about: the Co-op's relocation. We've been regularly making improvements and decisions regarding the new Co-op's internal layout and architecture, guided by our architect, Bruce Stahnke. This new store, located to the right of Mainescape, will have ample parking, more product selection, lower prices, more local foods, and offer a more comfortable shopping experience. All this, without giving up the homey feeling we all get while shopping at our Co-op. In addition, the new store will utilize a solar panel array which should provide all, or nearly all, of our energy needs. (No worries, we'll still be hooked up to the grid)

We outgrew our current space over 10 years ago, and managing a retail store here has been a challenge and generally unsustainable, to put it lightly.

To help drive our relocation, the Board has been searching for a Project Manager, and after months

of searching, we have found him! (It could have been a her, but it's a him.) Tom Reeve is from Seal Harbor, the former Development/Marketing Director of the MDI YMCA, and comes to us with a lot of highly relevant job experience. Tom will run the day to day tasks of the relocation effort including; fund raising, grant writing, and coordinating all the puzzle pieces that need to fit just right, ultimately to create a final product which will look very similar to the architect's rendition seen hanging over the cash registers.

On a quick aside, please let us know if you are interested in helping be a part of our Relocation

Fundraising Committee. This committee's success will be a critical piece of our relocation.

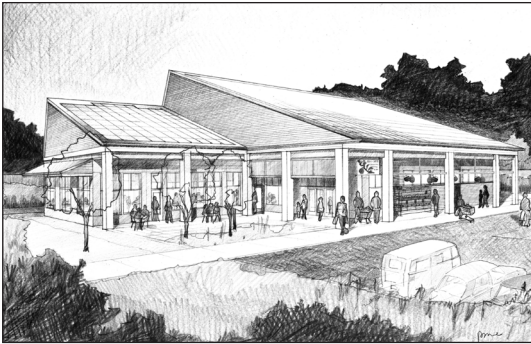
And let us welcome our two new Board members, Susan Snider, Edie Dunham, and our employee-voted Board member, Shawn Fowler. You'll all be happy

to know that we have a very productive and effective board that genuinely enjoys working together. We're pretty lucky.

And finally, we are sad to say we are losing our General Manager, Mark Deeny. Mark has turned the Co-op around and greatly improved it, over the years, in obvious and subtle ways. It is a great loss that he

is leaving. Yes, we did beg him to stay, to no avail. This means that, by the time you read this, our GM Search Committee will be in full swing, looking to find the next manager to run the store operations. If all goes well, we hope to have a new manager in place by February.

So, please keep in touch, let us know if you have any questions at all, and again, consider helping out by being a part of the Relocation Fundraising Committee.



Produce Update

Matthew Tunnessen, Produce Manager

HERE WE ARE again. The winter months are coming and with that, the roots and squash that make up the local produce selection (aside from wonders wrought by our winter greenhouse farmers). While we will endeavor to provide a full selection of organic produce from near and far through the winter so you are able to have fresh green salads with tomato as the blizzards rage, it's worthwhile to take a look at our storage vegetables.

We'll pass over familiar items: potatoes, beets, carrots and parsnips. A couple simple recommendations for turnips and rutabaga are: pair your roasted turnips with a maple syrup glaze or perhaps goat cheese. Try using rutabaga for a rich and sweet mash.

Regarding squash, try using other varieties out there. Acorn squash are great roasted and stuffed. Try using kabocha, hubbard or buttercup where you might have chosen butternut. Pumpkins can be grated fresh into salads like carrots and you really can make an interesting gluten-free pasta dish using spaghetti squash. With all of those out of the way, let's take a look at some of the less often used varieties.

Daikon radish- They're great for pickling. They're great used to make Kim chi. They are also great

cooked. Try them in Indian curries or grating them and making fritters. We have Korean White and Purple Daikon currently from King Hill.

Black Spanish Radish- A very spicy variety with a formidable appearance; its spice adds an interesting contrast grated with sweet carrots in a



slaw with perhaps some tart apples thrown in. Alternatively you can mellow its bite by cooking it; roasted or sautéed with oil and salt. We are carrying these currently from Misty Brook Farm.

Watermelon radish- This radish is surprisingly sweet with only a touch of that bite one expects from the family. They're great sliced thin in salads but also excellent cooked. One online recipe suggests cubing them and sautéing them with brown butter and tossing them with sesame seeds... These are one of King Hill Farm's great winter crops.

Kohlrabi- These green or purple bulbs when peeled are a wonderfully crisp and fresh addition to salads or tasty eaten on their own with a little olive oil and salt. They also are great used in mild vegetable soups and roasted with other vegetables. They are a traditional vegetable for Indian cuisine and make a great fritter. We are carrying some from Crossroad Farm right now. Jerusalem artichokes (Sunchokes)- These roots look a little like ginger, but in the world of roots they bring a crispness and unique nutty flavor that is more than a

little similar to their namesake. You can cook them just like potatoes: roast, boil, sauté, bake, steam, or fry them

into chips. We are carrying them from Crossroad Farm.

Celeriac- This impressively ugly root when trimmed of its gnarly troll

skin is a white fleshed delicately flavored root tasting somewhere between celery and parsley. Use it fresh in the classic French salad celerie remoulade, or use it as a potato substitute (mashed, cut into batons and boiled or even French fried). Four Season Farm is supplying our celeriac.

Burdock- Maybe a hard sell, but this long, woody and dirt-flecked root has a rich earthy flavor that calls to mind beet roots and mushrooms. It is commonly used in Asian cuisine; soups, pickled, fried into chips, tempura, or shredded and simmered in the Japanese dish kimpira gobō. A lot of its flavor is in the skin so try cleaning them with the back of a knife instead of peeling them. Our burdock root is coming from Crossroad Farm.

Whether you stick with the winter squash and roots you know this season or experiment a little with something new, the Co-op will strive to provide you with the most local and regional options available for as long into the winter season as we are able.



Featured Wines

John Broeksmit, Wine Buyer



AS COOLER WEATHER arrives and heartier meals are made, red wines become a good choice. Stews and roasted meats, stir-fries and even chili, pasta or pizza pair well with medium bodied red wine like Côtes du Rhône from Southern France. Most Rhône red wines are made with a blend of Syrah, Grenache, Carignan, and Cinsault grapes. These wines are known for their easy drinkability and lively fruit flavors. The Co-op has several varieties of Côtes du Rhône to choose from, including one from Domaine des Cèdres, an organic vineyard that has been certified since 1973.

For a holiday feast, you might try starting with a refreshing Rosé or chilled white wine, which pair nicely with a variety of dishes including fish and chicken, and follow with a Pinot Noir, a classic choice to accompany turkey. Among the Co-op selections you'll find "Old World" European and "New World" South American and New Zealand varieties. Don't be afraid to experiment.



Your Two Cents...

We should give Members from other nearby Co-ops the same courtesy they give our Co-op Members-a 2% discount at the register (a reciprocity discount).

The Blue Hill Co-op does not offer the reciprocity discount because our own member/owners do not get a discount. When the Co-op changed from a 3% register discount to the Patronage Refund system in 2007, the reciprocity discount was dropped for this reason. I have had conversations with Co-op members that indicate a split in how to read this issue. Some feel we should extend the courtesy, others feel it would not be fair to our members. It's my feeling that offering a discount that our members do not receive would diminish the value of Co-op membership.

-Mark General Manager

Could you please consider using Monday or Saturday when the Full Moon falls on Sunday for the Sale? For non-Blue Hill residents it's a special trip into town-not green!

We have often considered the fact that the variability of the full moon means that it will sometimes fall on unusual or less expected days like Sunday or a Holiday. One of the attractions of using the full moon day for such a sale was the fact that it would move about. It has been my experience that there is not a perfect day where everyone is content. The idea being: while Sunday may not be a good day for some, it may be the best for others.

-Mark, General Manager

What's with the local realtors posting houses for sale on the bulletin board? It takes space from members.

We do not have a written policy regarding who can and cannot post on the bulletin boards. If we start choosing which businesses are allowed to post and which are not, it will quickly become a very personal subjective exercise. Many of the postings that seem to promote a large business from away are put up by very local representatives of those businesses who are Co-op and community members. Like any community activity it comes to you relatively unfiltered.

-Mark, General Manager

Blog Spot

www.island-bakes.com



ISLAND BAKES

For the love of cooking

HII I'M LYDIA MacDonald. I am a stay at home mom to three small children. I live in Stonington, and I am married to a lobster-fisherman. My children are my little helpers and my husband is my honest taste tester. I find a lot of joy and satisfaction in cooking/baking. One of my favorite parts of baking is sharing with others.

Now that the days are getting colder, it makes me crave more substantial dishes. I tend to turn away from light meals and salads that I enjoy most of the summer, to heartier, more filling meals. The lentils, beans and meats that take a back seat most of the summer, get brought to the front. There is nothing better than spending a cold day outside, and coming in to a warm, filling meal. And a healthy one at that! Lentil-walnut burgers fit the bill perfectly. They are healthy, easy to put together, and very filling. They make a great vegetarian alternative to a greasy burger.

Lentil-Walnut Burgers

3/4 cup lentils, rinsed
3/4 cup walnuts, toasted
1/2 cup dried breadcrumbs or panko
3 cloves garlic
2-4 teaspoons ground cumin
2 teaspoons dried parsley
1/4-1/2 teaspoon crushed red pepper flakes
1 1/2 teaspoons salt
1/4 teaspoon pepper
4-8 Tablespoons olive, vegetable or grapeseed oil
1 large egg

Directions:

Place the lentils in a medium saucepan, and cover with water by 1 inch. Bring to a boil over high heat. Reduce the heat to medium, cover and let simmer until the lentils are tender but not falling apart, about 15-20 minutes. Drain well and let cool slightly.

In the bowl of a food processor, pulse the garlic until minced. Then, add the walnuts, breadcrumbs, cumin, parsley, red pepper flakes, salt and pepper. Process until finely ground. Add the cooked lentils and 1 tablespoon of oil, then pulse until coarsely chopped.

In a large mixing bowl, whisk the egg. Add the lentil mixture to the egg and mix well. Divide the mixture into 4-6 equal sized parts. Roll into balls and flatten slightly to form patties.

Heat the remaining oil in a large skillet over medium-low heat. Add the burgers and cook until crisp and browned, 8-10 minutes per side, carefully turning with a thin spatula. Transfer to a paper towel-lined plate to drain any excess oil. Serve hot with desired toppings and/or buns.

*You can refrigerate or freeze any uncooked leftovers.



Photo Courtesy of Lydia MacDonald

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.

STAY CONNECTED



Mark Deeny,
General Manager

Store Hours:

7am - 7pm Monday-Saturday

8am-6pm Sunday

www.bluehill.coop

(207) 374-2165

info@bluehill.coop

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When they found me in the culvert, I was starving, flea-ridden, and caring for my new litter... but that's all over now.



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