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## BLUE HILL CO-OP NEWS

JUNE/JULY 2010

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It's summertime...and the livin' is easy. Local produce is abundant and, hopefully, so is the sunshine. June wraps up the fiscal year for us at the Co-op, and I'm happy to say we have weathered the major storm of the recession and come out all right. A full, annual report will be available in September. At this writing, all signs point to year-end profitability, but we cannot rest on those laurels. We are committed to continuing our efforts to make your co-op the best ever.

While the world's economic and environmental future is uncertain, the tremendous efforts of Co-op staff have strengthened our organization in this crisis; staff have been diligent in controlling labor costs and other expenses. In this time of transition, we have heard many ideas about how the Co-op can prepare for the future. As we pursue the goal of moving the Co-op to a new home, we want to incorporate ideas of solution-oriented growth which is based on meeting the real needs of our customers and contributing to the common good of our community. Some of the suggestions we've heard include starting a community root cellar or an educational farm; hosting a farmers' market in our

### MANAGER'S REPORT

#### *Board Service Opportunities!*

This fall there will be three open seats on the Co-op Board of Directors. The board development committee is seeking potential candidates. Are you interested in serving on the board and representing your fellow Co-op owners? Candidates must fill out a board application or submit petitions to run for an open seat. Applications and petitions are due to the committee by July 29, 2010. For more information, contact Becky McCall, 374-5387, or Mia Strong, 359-7899.

# Manager's Report Continued from page 1

parking lot; and striving for zero-waste. These are just a few of the many ideas being offered.

We have established a relocation committee that meets regularly, and a number of sites are being considered. It will take lots of communication from you, our members, to help guide us in this endeavor. What is your vision for the future of the Co-op? Send your thoughts to the board and the general manager through letters, e-mails, or phone calls. Be sure to participate in the next survey and upcoming owner forums. Please, make your voice heard and help the Co-op be everything you want it to be.

Soon, we will be completing the final part of our market study. For four days in mid-July, we will ask all shoppers to participate in a quick three-question survey to help determine the size of our future market. Your participation will be most helpful. The results of this market study, which will be completed in August, will help us in our planning for the future.

In other exciting news, starting in September, you'll notice some changes to our sales flyer, sales signs, coupon books and other materials provided by National Cooperative Grocers As-

sociation (NCGA), the national co-op association of which we're a member. NCGA provides these resources as a benefit of membership, allowing us to focus our time and energy on other areas that provide value to our shoppers, members and local community.

NCGA is launching a new brand, "Co+op, stronger together." Besides the new logo and fresh new look, you'll see more deals more often, with quarterly coupon books and twice the number of sales flyers. So what's the deal? It's Co+op, stronger together!

We are also excited about replacing our old, unwieldy, and dimly-lit meat and cheese cooler with a new one in July. This will make it much easier to shop for fresh meats and cheeses. The new unit will have an outdoor compressor, which will cut down on our consumption of electricity, as heat from this cooler will no longer be going into the store. Have you noticed the addition of fresh Stonington crabmeat to the fresh meats offered? We plan on adding some other types of local seafood selections as well. Look for more seafood when the new cooler is installed.

Have a great summer and see you at the Co-op!

*Karen Doherty*  
General Manager

## BLUE HILL PIANO SERVICE



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## The Cooperative Values:

Self-help  
Self-responsibility  
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Equity  
Solidarity  
Honesty  
Openness  
Social responsibility  
Caring for others

## MOVIES:

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The historic wooden theater on Stonington's working waterfront.  
**INCITE ART, CREATE COMMUNITY**

## Notice of Board Meetings

The Co-op Board usually meets on the third Tuesday of each month from 6:30-9:00 p.m. The meetings are held in the Howard Room at the Blue Hill Public Library. They are open to the membership. The next Co-op Board meetings will be held on Tues., July 20 and Tues., August 17, 2010.

## Co-op Board Officers & Members:

President	Mia Strong
Vice President	Henrietta Clews
Treasurer	Scott Howell
Secretary	Ruth Sullivan
	Chip Angell
	Keith Herklotz
	Rebecca McCall

**DEADLINE FOR  
AUGUST/SEPTEMBER  
ISSUE: JULY 19**

## The Newsletter Team

Ads: Deborah Wiggs; 374-2159

Layout and Design:  
Eileen Mielenhausen

Editor: Marge May

Staff Liaison: Eileen Mielenhausen

## Columnists/Writers

Jane McCloskey, Catherine Princell, Alison Watters, and Co-op Board & Staff

*Newsletter articles do not necessarily reflect the opinions of the board, staff, management, or Newsletter Team.*

## General Manager:

Karen Doherty

## Store Hours

Summer: 7 am to 8 pm Daily  
(207) 374-2165  
[www.bluehill.coop](http://www.bluehill.coop)

## Letters to the Newsletter

The Newsletter Team welcomes input. If you have something you'd like to share with other Co-op owners, please send a letter to: Letters to the Editor, Blue Hill Co-op, PO Box 1133, Blue Hill, ME 04614, or send an e-mail to [newsletter@bluehill.coop](mailto:newsletter@bluehill.coop). Letters may be edited for style, not content, and should be brief. Please include your name, address and daytime phone number.

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## Highlights from Winter & Spring Board of Directors Meetings

Printed copies of the complete and approved minutes from all board meetings are available for review. Copies are located in an envelope in the rack at the front of the store under the Membership bulletin board. Owners may also request copies of the minutes by e-mailing the Secretary at [board@bluehill.coop](mailto:board@bluehill.coop).

### February 16, 2010

Board members attending: Becky McCall, Mia Strong, Henrietta Clews, Scott Howell, Ruth Sullivan. Karen Doherty, the General Manager, and John Miller, an owner, were also present. The board approved the January minutes. Election of secretary was postponed until the next meeting. The GM discussed the activities of the store relocation committee, which includes Keith Herklotz, Chip Angell, Rick Traub, and Karen Doherty. The board and GM discussed patronage dividends, agreeing that there could not be patronage dividend checks distributed to the owners given that the store showed a \$30,000 loss. The board Development Committee discussed the possibility of appointing one or more members to fill open seats. The board discussed some concerns about the format of open member time and decided that in the future, they would record owner's concerns in the minutes. The board decided through consensus to remove Chip Angell from Office of the President and elected Henrietta Clews as the interim President to assume the duties of President until election of officers at the next meeting.

### March 16, 2010

Board members attending: Chip Angell, Ruth Sullivan, Mia Strong, Scott Howell. Others attending: Karen Doherty (Gen-

eral Manager), Steve Benson (facilitator), Julia Klein (minute taker), Keith Herklotz, Bob St. Peters, John Miller (owners). Keith Herklotz and Bob St. Peter both expressed interest in serving on the board. John Miller expressed appreciation for the efforts of board and GM. He requested that the board address the model of the co-op, explore other options, and consider the opinions of locally available people experienced with co-ops. Mia Strong was elected as President and Ruth Sullivan was elected as Secretary by consensus.

## BOARD SUMMARY

No consensus was reached regarding GM's request to purchase a meat cooler for the store. Board requested more complete justification and substantiation. The board accepted the monitoring report on D1 (Financial Conditions) and accepted the monitoring report on A1 provisionally, requesting additional figures. Board discussed proposal to establish Eyes to the Future Committee.

### April 20, 2010

Board members attending: Chip Angell, Henrietta Clews, Ruth Sullivan, Mia Strong, Becky McCall, Scott Howell. Others attending: Karen Doherty (General Manager), Julia Klein (minute taker), Keith Herklotz, (owner). Board discussed patronage dividend letter to go to owners. Board discussed and revised board calendar. Board discussed and exchanged visions for Co-op future. GM affirmed stability and growth attained by Co-op in past year. President proposed plan for relocation to former Liberty school campus, emphasizing the need to reinvigorate the storefront and explore new avenues to engage and serve the greater community. Board discussed staff treatment policy and survey. Board voted in favor of purchasing



**\*\*Reminder\*\***

**Please do not  
park in front of  
the loading dock**

**Mondays between 11-1,  
Wednesdays 9-11,  
Thursdays 9-2, and  
Fridays 12:30-2 during the  
summer months.**

**THANK YOU!**

## MAINE SENIOR FARM SHARE

Seniors with low incomes may receive \$50 of free fresh locally grown fruits and vegetables through the Maine Senior Share Program.

First come, first served to get a "share" of a participating farmer's harvest. To learn which farms in your area are participating this year call 1-877-353-3771 or go to [www.getrealmaine.com](http://www.getrealmaine.com).

*Have you moved? Changed your name? Please help us keep our membership database accurate by giving us your current name, mailing address, phone number, and e-mail. Thanks!*

## EDUCATION

**Hearthstone Preschool** is currently enrolling children for both the summer camp and the 2010-2011 school year. Our Waldorf centered program uses high quality, natural materials and offers ample outdoor play and exploration, seasonal arts, activities and crafts, storytelling, cooking and an environment which honors the magic of childhood. State certified, six years running. Please call Jennifer McCall, 359-8406 for handbook, information, and to arrange a visit to the school.

*Continued on p. 7*

**Geoffrey Warner  
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Come experience the Owl Stool at the Blue Hill Co-op. Sign up for a workshop to create your own Owl Stool!

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## Getting to Know You

Do you know your local farmers? I do--or, at least, I'm getting to know as many of them as I can. The Blue Hill Co-op is fortunate to have over 30 local farms that supply everything from eggs to zucchini. The varied backgrounds of these farmers and the farming techniques they use to make these operations run are extraordinary.

In the coming weeks, we will put up their pictures and stories on the walls of the Co-op. Stop and take a look and read about the people who are feeding your family with food of the highest quality. If you would like to experience a closer look, give Mia Strong a call and let her know you would like to join her for one of the Co-op's sponsored "Sowing Seeds" Farm Tours. The tours were a big success last year, and we are visiting a new crop of farms this year.

It's been a warm, glorious spring, and the summer growing season should be a great one. There is always something new and something local coming into the produce case this time of year. So, drop by and treat yourself and your family to the best local, organic produce your hard-earned money can buy.

And, as always. . .GO SOX!

*Tony Ortega  
Produce Manager*

## Food for Thought

We love it when a small idea turns into a big idea!

Lou, our neighbor upstairs, an amazing dad, do-all guy and Co-op customer, asked Robin in the dead of winter about creating a book swap shelf in the dining room. Lou gave the Co-op Café the bookshelf and started a GREAT THING. Look for it under the pass-through window in the Café. Enjoy our library selections: fiction, non-fiction, romance, cooking, even political. We all love this

## Local Farmer's Markets



### **Blue Hill**

The BlueHill Farmer's Market is open Saturdays from 9-11:30 am at the Fairgrounds on Rt. 172 and Wednesdays from 3-5 pm at the First Congregational Church parking lot. FMI: Donna Birdsall, 374-5273; Noah Lorio, 266-9628; or Clara Rutenbeck, 359-5513.

### **Brooklin**

A Farmer's Market grows in Brooklin! Thursdays 3-5 pm in church parking lot near the library and across from The Cave. FMI: Laura Cramer, 359-8008, cavebrooklin@gmail.com.

### **Brooksville**

Brooksville Farmer's Market is held Tuesdays from 9:30 a.m. to 12:00 p.m. in the Community Center parking lot near the Buck's Harbor Market. FMI: Costas Christ, 326-9171, cosal@tamusafaris.com.

### **Castine**

Castine Farmer's Market is on Thursdays from 9:00 am to 12:00 pm in the Town Common. FMI: Colin Powell, 326-1014, colin@castinefm.org.

### **Ellsworth**

Farmer's markets are on Saturdays from 9:30 am-12:30 pm in the Webber Oil Co. parking lot (next to the Maine Grind) and Mondays and Thursdays from 2-5:30 p.m. at the Maine Community Foundation parking lot (both on Main St.). FMI: 667-9212 or pkvolckhausen@panax.com.

Also, a new year-round Farmer's Market is now open on Sundays at the Woodlawn Museum from 11 am-2 pm. FMI: Dan Brown, 374-2702, gravelwoodfarm@yahoo.com.

### **Stonington**

The farmer's market in Stonington is held on Fridays from 10 am to noon at the Community Center. FMI: 326-4741, sunsetacres@wildmoo.net.

addition to the Café. Pick out a book to read, or donate one! Please, no magazines, other periodicals, or comics.

Books, art, great food, coffee and tea...and a wonderful shopping experience!

Thanks again to Lou Wilson for the insight and the bookcase. What a great addition to our dining room!

*Linda Phillips and Robin Byrne  
Café Co-Managers*

### **ALTERATIONS**

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



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# ABC'S OF RICE

Rice is the world's third largest crop, and is actually two species of grass: *Oryza sativa* and *Oryza glaberrima*, originally grown in tropical areas of Asia and Africa.

We carry a large selection of bulk, organic and eco-farmed rice at the Co-op. All rice is gluten free. Lundberg Family Farms' eco-farmed rice is a less-expensive alternative to organic. ("Eco-farming" involves using sustainable farming methods and an absolute minimum of chemical spraying.) More information is posted in the Bulk Department and on Lundberg's website: [http://www.lundberg.com/info/faq\\_general.aspx](http://www.lundberg.com/info/faq_general.aspx)

## General cooking directions

Use 1 cup of rice to 1 1/2 -2 cups of water or broth (use a bit more for more tender rice, less for firmer rice), salt to taste, 1 tbsp butter (optional). Yields 3 cups cooked rice. A rice cooker can be used with the same water-to-rice ratio.

Rinse rice in cold water. Put water and rice in a pot with a tight-fitting lid. Bring to a boil, reduce heat, cover, and simmer for 20-50 minutes (see list below for cooking times). Do not remove lid or over-stir. Remove from heat and allow to sit, covered, for 10 minutes. Fluff with a fork.

Here is some information about the rice varieties you'll find in the Bulk section.

- **Organic & eco-farmed short brown rice** is one of the most full-flavored rices and is an excellent source of whole grain. After cooking, the grains are soft and cling together, making it especially suitable in recipes where a creamy texture is desired, such as puddings, rice balls, croquettes, paella, and risotto. Use 1 cup rice to 2 cups water or broth; cook for 50 minutes.

- **Organic & eco-farmed long brown rice** enjoys great popularity because the whole grains remain fluffy and separate when cooked. It is especially suitable in stuffings, pilafs, salads, casseroles, and stir-fry dishes. Use 1 cup rice to 2 cups water or broth; cook for 50 minutes.

- **Organic long white rice** tends to be the fluffiest and least sticky of all white rices. Use 1 cup rice to 2 cups water or broth, cook for 20 minutes.

- **Organic brown and white basmati rice:** Basmati rice is an aromatic rice (in the Hindi language, basmati means "Queen of Fragrance"), and a good

choice when a fluffy, drier texture and an exotic aroma is desired such as for stir fry, salads, stuffing, pilaf & desserts. White basmati: use 1 cup rice to 1 1/2 cups water or broth; cook for 20 minutes. Brown basmati (my personal favorite!): use 1 cup rice to 2 cups water or broth; cook for 50 minutes.

- **Organic sushi rice:** Akitakomachi is a classic Japanese, short grain rice grown especially for sushi, and is great for traditional sushi rolls, salads, and other Asian dishes. Use 2 cups sushi rice to 2-2 1/4 cups water; rinse well and cook for 20 minutes.

2 tbsp rice vinegar  
2 tbsp brown rice syrup or 1 1/2 tbsp sugar  
1 tsp salt

Heat vinegar, brown rice syrup (or sugar) and salt in a small saucepan until salt and syrup dissolve. Transfer the rice into a large non-metallic bowl and add the vinegar mixture, folding thoroughly to coat each grain of rice with the mixture. Allow to cool to room temperature before using to make sushi or sashimi. (You can spread the rice in a baking pan or tray to cool quickly, covering the tray with a towel to prevent the rice from drying out).

- **Organic white and brown jasmine rice:** Jasmine rice is an aromatic, long grain rice originally grown only in Thailand. The grains cook up moist and tender with a soft texture, delicious flavor, and a delicate scent. Jasmine rice is very versatile, good in side dishes or in pilafs and desserts. For white jasmine rice, use 1 cup rice to 2 cups water or broth and cook for 20 minutes. For brown jasmine rice, use 1 cup rice to 1 1/2 cups water or broth and cook for 45 minutes.

- **Organic arborio rice** is well-suited

for rice recipes that create a creamy, chewy texture. It is particularly good for making risotto, an Italian old world method involving stirring hot liquid little by little into the rice for about 20 minutes.

For Risotto:

1 cup arborio rice  
1 tbsp. olive oil  
1 large onion, chopped  
1/4 cup parmesan cheese, grated  
4-5 cups hot stock or water  
1/2 cup white wine (optional)

Heat olive oil and sauté the onion until translucent. Add rice and stir until grains are coated with oil. Add wine and stir constantly on medium heat until wine is absorbed. Add 1 cup hot stock or water, stirring until liquid is absorbed. Continue cooking for about 20 minutes, adding the remaining liquid 1 cup at a time. This rice creates its own creamy sauce; add more liquid if creamier texture is desired. Remove from heat, stir in cheeses, and serve immediately. For variety, add fresh herbs and chopped vegetables during the last 5 minutes of cooking.

- **Organic wild rice blend** combines long grain brown rice, sweet brown rice, Wehani®, Black Japonica™ and select wild rices that make a great texture together. It is very versatile and makes a great side-dish. Use 1 cup rice to 2 cups water or broth; cook for 45 minutes.

Enjoy!

Amy Coppage  
Bulk Manager

"Business is not about maximizing profit, it's about serving the community. . . Service is our deepest meaning." ~David Korten, co-founder of the Positive Futures Network, publishers of YES! magazine.

## ON THE WALL @ THE CO-OP Café:

JUNE: Helena M. Bosse  
Oil Paintings

JULY: Karen Allgeyer  
Mixed Media

AUGUST: Nancy Peasley  
Paintings

Are you a Co-op owner who's also an artist?

Want to show your artwork at the Co-op Café?

Call Mary Barnes at 359-5053 to schedule a show.

## Newsletter

Much gratitude to the newsletter team for producing many fine publications this past year! Editor Marge May continues to keep us all from being too wordy or unclear. Deborah Wiggs has replaced Prudy Heilner as the business advertising contact person. Talk promoting your business or professional key has joined Cath-Watters, staff and newsletter writer/contributor. Aimee Beal has been our incredibly gifted proofreader and designer. Aimee recently accepted a full-time communications position with Friends of Acadia and will be not be able to continue as our layout/production editor.

As we bid sad farewell to Aimee, we look forward to meeting another Co-op owner who may be available to design and lay out the quarterly Co-op newsletters. We are looking for someone who has a working knowledge of InDesign and, ideally, has the software on their home computer. Please contact Eileen at [membership@bluehill.coop](mailto:membership@bluehill.coop) for more information.

### Member Benefits: Owner Bonus Buys

Have you noticed the red shelf tags around the store? The red tags indicate **Owner Bonus Buys**, a great membership benefit we started this year. Every two weeks a new set of products is on sale at a reduced price for active owners. This adds up to about 50 sale items per month for owners only; this is in addition to the CAP (Co-op Advantage Program) flyer sales and the Basics items (yellow tags) that benefit all customers. Pick up an Owner Bonus Buys flyer at the register to see a convenient listing of current member-only specials.

### Website and E-News

We are putting a fresh face on our Blue Hill Co-op website and are working with local web designer Michelle Keyo to help us improve our site and make it easier to navigate. For the most up-to-date Co-op news, check out [www.bluehill.coop](http://www.bluehill.coop). Lots of great information, resource links, and fun photos are added regularly for your viewing pleasure.

In addition to the website, we send out "e-news flashes" to Co-op owners, customers, and friends to keep you up-to-date on store sales, new products, local happenings, and other news. Please send me your current e-mail address if you would like to receive our news & information bulletin via e-mail every few weeks.

Also, if you would rather receive an electronic edition of the Co-op newsletter instead of this paper one, send me an e-mail note and I will make the changes. Be assured, your e-mail address is for Co-op usage only.

### Membership Drive

The end of March membership drive attracted a dozen new owners in about a week. Way to go, Co-op cashiers, for talking it up and encouraging customers to join! Membership is building, and we plan on launching another recruitment campaign this summer to help us reach our goal of 100 new owners this year.

## MEMBERSHIP UPDATE

to Deborah about  
ness or professional  
key has joined Cath-  
Watters, staff and  
newsletter writer/

## GRATITUDE CORNER

Thank you to Deborah Evans for staffing the World Fair Trade Day table on May 8! Congratulations to the winners of our Fair Trade raffle:

Marianne Vandiver--African basket  
Monika Fimple—Equal Exchange  
sweatshirt

Many thanks to all who participated and helped us raise money and awareness. We donated the raffle proceeds to the Fair Trade Resource Network.

Gratitude to all who donated food items and money to the collection basket for our local food pantries. We look for your guidance and participation in how the Co-op can continue to support our community organizations and the many families they serve.

Look for more info in the store and in future newsletters about Co-op donations.

## CO-OP NEWS ADVERTISING FINE PRINT:

Ad Rates for Newsletter: \$2.50 for up to 20 words; 15¢ per word over 20. (Phone number counts as one word). Display ads (Boxed) \$10/column inch. Business card ads: \$30.

**SPECIAL--4 Business Card Ads for a discount price:** Ad must be pre-paid for a year to receive this special rate of \$100 for four ads.

**Regulations and Terms:** All advertising is accepted subject to approval by the Newsletter Team. The Newsletter Team reserves the right to refuse any advertisement at any time. The Blue Hill Co-op News assumes liability for errors in advertising only to the extent that it will publish, at no charge, a corrected version of the advertisement in the next issue of the newsletter.

**All ads must be prepaid.** Make check payable to Blue Hill Co-op. Send payment & ad info to: Deborah Wiggs • PO Box 1133 • Blue Hill, ME 04614, tel: 374-2159; or drop off at the Co-op.

*Continued on p. 9*

### Henrietta Clews, CNM, APRN, MSN

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# Friendly Weeds

by Jane McCloskey, M.Ed.

Many 'weedy' plants that grow in our yards are useful to have around. Last month, I picked some dandelion greens and boiled them in about a pint of water for five minutes. They were pretty good plain--very mild, like young spinach. My friend scrambled-up the rest of them with eggs and cheese. Excellent! One woman says she sautés the young greens with onion or garlic and salt. Once dandelions start blooming, the greens get bitter. If so, drain them after cooking, add new water, and re-boil them. Herb books say you can make the root into a coffee substitute, and the flowers into dandelion wine.

Raspberry tea is pretty tasty. Cut the stalks with the leaves on them and put them in a pile to warm in the sun for a day or two. This ferments the leaves so they make a tea that tastes more like black tea, which is made from tea leaves fermented in a similar fashion. Women should not drink this tea during pregnancy, but when birth is imminent, raspberry tea encourages contractions.

The Co-op sells burdock root, and I put it in soup once. I thought it tasted like dirt, but if you think of burdock as a medicinal herb, you can make a decoction from it that you don't expect to taste good. (Decoctions differ from most teas, infusions, or tisanes, in that the herbs are boiled.) To make a decoction of burdock, put one ounce of chopped or mashed root into three cups of cold water and simmer for up to an hour, uncovered, reducing the water to about two cups. Strain and divide into three doses, to be taken over the course of one day. Make a fresh decoction daily. The leaves can be made into a tea (though not as effective as the root) before the

plant flowers, by adding one ounce of fresh leaves to one pint of just-boiled water, allowing the tea to steep for ten minutes. Burdock root is considered cleansing, and good for poor digestion, skin problems, infections, arthritis, diabetes, gout, liver and kidney ailments. I don't have burdock in my yard, but I have yellow dock, and its root is used in a similar manner to burdock. Harvest it in fall.

Plantain is reputed to stop bleeding, heal sores and ulcers, and stop itching and stinging from bug bites.

Yarrow is good for flu symptoms and calming anxiety. You put a tablespoon of dried yarrow blossoms in a pint of just-boiled water, and let steep for ten minutes. Yarrow tea tastes pretty good, too.

Joe Pye Weed grows wild around here, and is named after a Native American Indian healer in southern Maine who used it to treat typhus. I bought some Joe Pye Weed last fall and planted it in my garden, where it has survived the winter. I hope it will provide me with another flu remedy.

I have been encouraging pusley (purslane) in my garden, as it is edible. I have not yet eaten a meal of it, but I have taken small bites. It has a slightly sour taste, and a lovely crunch. You can buy seeds to grow purslane with larger leaves from Johnny's Seeds. Pusley has high amounts of omega 3 fatty acids, like oily fish.

Sorrel is also a little sour and delicious in salads. People with kidney problems should be cautious about eating pusley or sorrel because they contain oxalic acid. So do spinach, chard, and beet greens.

Several more examples of useful, common plants include: St. John's Wort, used to relieve depression but can also cause sensitivity to the sun; violets, which have been used to treat cancer; and blueberry leaves, used to

treat diabetes.

\*No one should act on the information in this article without either doing extensive research of their own or consulting a healing practitioner. Anyone can be allergic to any plant.

Sources:

*The Complete Medicinal Herbal*, Penelope Ody, Dorling Kindersley, 1993.

*A Modern Herbal*, Mrs. Grieve, Dover Publications, Inc., 1971.

*Peterson Field Guides Eastern/Central Medicinal Plants and Herbs*, Steven Foster and James A. Duke, 2000.

## Board Summary, cont. from p.3

new meat cooler by consensus with one Director declining to vote. Monitoring Reports A1, A2, and D7 discussed. Keith Herklotz was appointed to the Board of Directors.

### May 18, 2010

Board members attending: Scott Howell, Ruth Sullivan, Mia Strong, Becky McCall, Keith Herklotz. Others attending: Karen Doherty (GM), Steve Benson (facilitator), John Miller (owner), and Julia Klein (minute taker). John Miller spoke about insurance for Co-op employees and suggested that perhaps the Co-op could operate as the insurer. The Board discussed visions for the future, the establishment of a relocation policy, and the interpretation and implementation of A2 ends regarding the Co-op's local and organic product mix. The Board accepted the D2 monitoring report and plans to re-write the provisions of D2. The Board also made plans to monitor their own processes.

Ruth Sullivan  
Board Secretary

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# Lyme Disease Prevention

by Catherine Princell, RN, MS, Health Coach

Lyme disease was first recognized in the United States in 1975, after an unusual outbreak of arthritis near the town of Lyme, Connecticut. Since then, reports of Lyme disease have increased dramatically, and the disease has become an important public health problem.

The Lyme disease bacterium, *Borrelia burgdorferi*, is spread through the bite of infected ticks. The "black-legged tick," or "deer tick," carries the disease in the north-eastern United States. These ticks are usually found in wooded areas.

In some regions, deer ticks can spread other diseases in addition to Lyme disease. In general, ticks need to be attached for 36 to 48 hours before they can transmit the Lyme disease bacterium. Most humans are infected through the bites of immature deer ticks called nymphs. Nymphs are tiny (less than 2 mm) and difficult to see; they feed during the spring and summer months.

Cases of Lyme disease are becoming more common in Maine. According to public health officials, deer ticks are spreading throughout the state and climate change has helped them proliferate. The deer tick, once confined to the coastal areas of York and Cumberland counties, is now found as far north as Aroostook County. Over 900 cases of Lyme disease were reported in Maine in 2009.

The risk of exposure to ticks is greatest in the woods and in the edge area between lawns and woods. But ticks can also be carried by animals into lawns and gardens and into houses by pets. Campers, hikers, outdoor workers, and others may be exposed to infected ticks in wooded, brushy, and grassy places. People living in houses built in heavily wooded areas where infected ticks are common may also be at higher risk for exposure.

The best way to avoid Lyme disease is to be aware of the risk of tick bites and practice prevention, especially during the spring and summer months when the immature ticks abound.

Here are some preventive measures:

- Clear outdoor areas of brush and leaf piles. Trim and cut grass short around your home and wooded areas.
- Check your pets carefully if they have been outdoors.
- Check adults and children carefully

after outdoor activities, especially time spent in wooded areas. Ticks often attach in body folds, behind ears and in the hair.

- Wear light-colored clothing so ticks can be seen more easily.
- Wear long sleeves and tuck shirts into pants, pants into socks when you walk in woods, brush, or tall grass. Deer ticks attach to clothing and then crawl upward.

• Use an insect repellent on shoes, socks and pant legs. Ingredients that are effective against ticks include DEET, permethrin, picaridin, and oil of lemon eucalyptus.

Prompt removal of a tick is very important. The Lyme disease bacterium is rarely transmitted before the tick has been attached for 36 hours. To remove a tick, grasp it as close to the skin as possible, preferably with tweezers and pull gently but firmly until the tick lets go. Do not squeeze the tick! Do not use a match to scorch the tick off your body and do not use Vaseline. Those methods can actually cause more infection to occur at the site. Apply antiseptic to the bite. Save the tick in a small vial of 70% alcohol and call your doctor. You or your doctor can send the tick directly to the Maine Medical Center Research Institute Vector-Borne Disease Laboratory.

Symptoms of Lyme disease include the formation of a characteristic expanding rash (erythema migrans) at the site of a tick bite 3-30 days after exposure. This rash occurs in 80% of patients. Fever, headache, joint and muscle pains, and fatigue are also common during the first several weeks. Later features of Lyme disease can include arthritis in one or more joints (often the knee), Bell's palsy and other cranial nerve palsies, meningitis, and carditis (AV block). Lyme disease is rarely, if ever, fatal. Diagnosed in its early stages, Lyme disease is easily and effectively treated with oral antibiotics can still be treated up to 72 hours after the tick has been removed. If Lyme disease is left untreated it may progress, but treatment is still usually effective once the diagnosis is confirmed.

If you have a dog, consult your veterinarian. Your dogs should be tested each year for exposure to Lyme-causing bacteria. Dogs can experience fatigue, joint and muscle pains as well and should be

treated with antibiotics if they have the disease. On dogs, ticks usually attach to the ear, shoulder and upper leg areas.

## References:

Maine Medical Center Resource Institute, Vector-borne Disease Lab  
Maine Department of Health and Human Services  
The University of Maine Cooperative Extension, Pest Management Lab  
*Maine School IPM Fact Sheet*

## HABA Highlights

One of the more significant news items relevant to the HABA Department is possible federal legislation that would seriously undermine our free access to supplements. Senate Bill S. 3002 was an unsuccessful attempt for government to control individual choice. This bill stalled, but some lobbyists and legislators in Washington are still pushing for regulations that would enable regulatory agencies like the Food and Drug Administration (FDA) to challenge the freedom we now have to purchase supplements without a doctor's prescription. For more information, visit [www.saveoursupplements.org](http://www.saveoursupplements.org).

In 1994, the Dietary Supplement Health and Education Act (DSHEA) was passed by Congress. This legislation "clarifies the FDA's authority to regulate vitamins and other supplements to protect the public from unsafe products." The natural supplement industry supports the DSHEA and is urging consumers to support the existing legislation and not S. 3002.

To learn about how the pending bill S. 3002 could affect your rights, go to [www.anh-usa.org](http://www.anh-usa.org) or [www.csofh.org](http://www.csofh.org). You can look up legislators' contact information at [www.usa.gov](http://www.usa.gov).

In other news, the HABA section has recently brought in a few Quantum Herbal Products: Adrenal Energy Formula, Blood Pressure Formula, and Korean Ginseng. Hand-crafted in small batches, Quantum Herbal Products takes tinctures to their highest potency by using super-oxygenated, energized, structured, distilled "living water." The extremely low surface tension of the water allows it to rush into the cells, carrying the herbs with it, thus dramatically increasing the amount of healing herbs the body's cellular struc-

*Continued on p. 9*



## Membership, cont. from p.6

### *More Working Members Needed*

Have an urge to stock the juice cooler? Interested in what new products the Co-op is stocking? Hanking to fill bulk bins or cut the cheese? Longing to get down on your hands and knees and clean out the dairy cooler? Chris West, Co-op Receiver, is looking for some dedicated helpers this summer. Other departments could use some extra hands, too. We all know how busy summertime is at the coop!

Sign up on the working member calendar for a two-hour or four-hour shift. Please call Eileen at 374-2165 if you have questions. To become a working member, you'll need to attend a brief orientation, usually held on Wednesday afternoons twice a month.

### *Local Producer Demos*

We are highlighting local producers at the Co-op by scheduling in-store demos every few weeks. Come in and meet the Maine people who grow, raise, and produce our food!

### *Market Surveys*

The Co-op is conducting more shopper surveys this summer. One will be a customer satisfaction questionnaire, which will be reported to Co-op management and board.

The other will be a CAT (Customer-Address-Transaction) survey in July to complete the market study started back in 2008. The data gathered will guide us in planning for both the Co-op's relocation and related capital campaign.

If one of our survey team members approaches you with clipboard and pen in hand, please answer the three quick questions. Thank you!

May your summer be blessed with fine weather, good company, and fabulous food!

Eileen Mielenhausen  
Membership & Marketing Coordinator

### *Mother of Invention:*

*Blue Hill's Nina Fleming (at right) created Buggle Bug Spray originally for her daughter who is allergic to other insect repellants. Nina gave away product samples at a local producer demo day at the Co-op. You can find Buggle in our HABA Dept. by the front register.*

## Upcoming Events

### **"Sowing Seeds" Farm Tours**

Mon., July 12, 4 pm  
Hackmatack Farm  
95 Dunbar Rd., Penobscot

Sat., August 21, 2 pm  
Horsepower Farm  
Rt. 15, Blue Hill

Free and open to the public. The tours last about two hours and will be held rain or shine. Children welcome. To reserve a place call Mia Strong, 359-7899

*Check our website for more farm tour information: [www.bluehill.coop](http://www.bluehill.coop).*

### **Owners' Forum**

We want to hear from you! Please join us at a Co-op discussion forum on:

Wednesday, August 11, 5:30-7 pm at Blue Hill Congregational Church

Open to all Blue Hill Co-op owners. Soup and bread will be served. For more information, contact Mia Strong at 359-7899 or Ruth Sullivan at 374-5312.

### **Annual Meeting of Owners**

Wednesday, September 29  
5:30-8:30 p.m.  
[Location TBA]

## Blue Hill Co-op Mission Statement & Ends

Through a thriving cooperative enterprise, we encourage a vibrant healthy community and a sustainable local economy.

The Blue Hill Peninsula will have a retail source of food that is fairly priced, healthy, and organically grown and/or processed locally to the fullest extent possible.

This policy shall be monitored annually by the General Manager in a written report to the Board and also by the Board.

This policy shall be read aloud at the annual meeting of the owners.

Mission Statement approved by the Board 03/20/2007

Global Ends approved by the Board 09/19/2007, revised 7/21/2009

## HABA, cont. from p. 8

ture actually absorbs. The company also ages its tinctures for months or years to maximize potency. Lastly, their tinctures are electro-magnetically infused with color frequencies known to heal the organ or system for which the herbs are intended. I can special order any of Quantum's formulas, or "simples," and make their catalog available to interested customers.

David Walker  
HABA Manager



## Farmer Profile: Old Ackley Farm *by Allison Watters*



Although Bob Sullivan has been farming in North Blue Hill for only 8 years, he's learned fast. Joined by partner Colleen and their adorable son Charlie, Bob has expanded the farm to include an impressive quantity of livestock. The mainstay of their business is raising chickens, about 2,500 of them per year. They also husband a beef herd of 10 Belted Galloways, raise piglets and laying hens, and hatch their own duck and Bourbon Red turkey eggs. A home vegetable garden rounds out their enterprise. All their meat is pasture-raised on organic grass, and the farm is in the process of becoming certified organic.

Old Ackley Farm chicken is available at the Co-op and several other area restaurants and markets, including the Blue Hill, Stonington, and Castine farmer's markets. The farm also sells some products in bulk to individual customers who have freezer space for 10 or more chickens, a half a pig, or a quarter of a cow.

Recently, Colleen created the Farm Baby Program, which seeks to sponsor a pregnant or new mother who is interested in eat-

ing healthy, farm-raised meats and establishing a relationship with a local farm. If you're interested in more information about the Farm Baby Program or any of Old Ackley Farm's myriad products, you can reach them at the farm at 374-5919.

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## Staff Profile: Louanne Higgins *by Allison Watters*

I caught up with Louanne between cheerful, chatty phone calls at her morning job at the Brooklin Elementary School. There she serves as administrative assistant, athletic director, and, as one teacher remarked who stumbled upon our interview, "the glue that holds this place together."

Louanne started working part-time at the Co-op last summer when she was in need of some extra cash to help finance her daughter's college education. She was intent on finding a work environment that would complement the new life she was creating for herself. After gastric bypass surgery a few years ago, Louanne has been drawn to organic and whole foods as part of a healthy lifestyle that also includes plenty of exercise. She found the Co-op suited her needs well. At the Co-op, Louanne serves as cashier and also works in the cheese department. She says she is tickled to be on staff at the Co-op because everyone is so friendly.

Born in Brooklin, Louanne moved to New Hampshire where she worked at Dexter Shoe in Nashua for several years. She also completed her certification in school bus driving and even taught others how to drive school buses there. However, Louanne soon realized that her hometown would be the best place to raise her two children and moved back. These days, she is proud to be such a vital member of her community in Brooklin. She still keeps her certification up to date and willingly drives Brooklin students to and from games when the occasion allows. Stop in this summer and say, "Hello" to Louanne!



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## Vendor Profile: Lucy's Granola *by Allison Watters*



Growing up in England, Lucy Benjamin had never tasted granola until she lived in Maine and was delighted with how good it was. She began to experiment with recipes and found that not only was it easy, but other people adored her recipes. She sold her granola at East Blue Hill village bake sales and was soon inundated with orders. Around this time, her daughter began attending the Bay School, and Lucy decided she would try to pay for tuition by making granola in her spare time.

With some help from friend and local designer Molly Blake, Lucy developed some simple and elegant packaging and launched her website ([lucysgranola.com](http://lucysgranola.com)). She now sells her granola in three flavors: Original, Extra Seedy, and Gluten-Free. Using locally-sourced ingredients whenever possible, Lucy has also made a concerted effort to cut down on the amount of honey, maple syrup, and oil she uses in her recipes for the utmost health benefits to her customers.

These lovingly made bags of granola can be found at the Co-op, at other locations on the Blue Hill Peninsula, and up and down the coast. Lucy's Granola has become so popular that she also runs a brisk mail order business. You can find Lucy in person at the Blue Hill Farmer's Market (where she is very generous with her free samples!) as well as other area farmer's markets. She will also expand her breakfast offerings at the markets by selling her granola served with local yogurt and fruit and making egg sandwiches.