

# BLUE HILL FOOD CO-OP

PO Box 1133 • Greene's Hill Place  
Blue Hill, ME 04614

Prsrt std  
US postage paid  
Ellsworth ME 04605  
Permit #73

## BLUE HILL CO-OP NEWS

JUNE / JULY 2007

### Contents

Annual Meeting Report .....	6
Board Report.....	4
CLASSIFIED ADS .....	10-11
Committee Descriptions .....	11
Co-op Connection .....	9
Just for the Health of It:	
Pistachios...the nut of choice.....	2
Manager's Letter .....	3
Mission Statement.....	2
New Equity System .....	9
On the Wall @ the Co-op Café .....	2
President's Letter .....	1
Product Spotlight:	
Kombucha Tea .....	7-8
Staff Profiles.....	12
Wellness Nook:	
Why Buy Organic? .....	5

---

## President's Letter

Congratulations to us all, we have a new set of by-laws that are legal and will serve us well into the future. We had our annual meeting and vote yesterday (May 20), and I want to thank all the member/owners who took the time out of their busy schedules to come and ask questions and give the Board a great vote of confidence by voting them in.

We on the Board are thankful to have this project successfully completed. It was a lot of work.

We are planning to hold Board elections to fill two positions at the end of September. The Nomination Committee has received some applications for these positions and will soon be deciding which candidates to endorse. Look for candidate descriptions in the next newsletter.

There is still time (deadline July 20) to nominate yourself. Please contact the Nominating Committee (you can call me at 374-2159) to pick up a Nominations Petition Form.

See you around the Coop.

—Deborah Wiggs

*Please see page 6 for a report on Michael Healy's talk at the Annual Meeting.*

---

*Continued on next page*

# Pistachios...the nut of choice for health

**R**ecent research results presented at the Experimental Biology meeting in Washington, DC last month identified further evidence of the health benefits of nuts. This time, the pistachio was the nut of choice. This study, supported by the National Institutes of Health, was conducted over a 10-year period through the biobehavioral health department at Pennsylvania State University.

The pistachio tree is native to western Asia and Asia Minor from Syria to the Caucasus and Afghanistan. Evidence in Turkey indicates the nuts were being used for food as early as 7,000 B.C. The pistachio made its way to Italy from Syria early in the first century A.D. and its cultivation spread to other Mediterranean countries. The tree was first introduced in the United States in 1854. Commercial production of pistachio nuts began in the late 1970s and quickly expanded to a major operation in the San Joaquin Valley in California. Currently, 98% of the world's supply of pistachio nuts is consumed in the United States.

Pistachios have been recognized as a nut high in antioxidants much the same as cranberries and blueberries. Previous research discussed the high lutein content of pistachios and its related risk reduction for eye diseases such as macular degeneration and cataracts. The Nurse's Health Study indicated that women who ate pistachios daily had a decreased incidence of gallstones. It has also been indicated as an anti-cancer agent related to its anti-inflammatory properties

The new information takes a look at the stress of everyday life. The ten-year followup study of young men showed that those who had larger cardiovascular responses to stress in the lab were more likely to develop high blood pressure later in life. Elevated reactions to stress have some genetic connections, but lifestyle changes such as diet and exercise can make the biological reactions to stress smaller. The participants had high cholesterol as well and the study also looked at pistachio intake and how it affected cholesterol levels.

## **JUST FOR THE HEALTH OF IT**

The intake of pistachios was either 1.5 ounces or 3 ounces per day, which represents one handful versus two handfuls of the nuts. The participants were put through a physical stress experience and a psychological stress experience, and those on the pistachio diet showed a reduced effect of stress on blood pressure. Though both 1.5 and 3 ounces had a positive effect in terms of the blood pressure response to stress, the 3 ounce pistachio diet caused a greater relaxation of the arteries and a reduction of workload on the heart, which, over time relates to a decreased risk of high blood pressure. The 3-ounce-per-day pistachio diet also proved to be a cholesterol reduction agent. Total cholesterol was reduced by 8.4% and LDL (the bad stuff) by 11.6%.

They also looked at the lutein levels in pistachios and the antioxidant benefit and concluded that though both the 1.5 and 3 ounce diet reduced oxidized LDL, the 3 ounce diet had a more significant

impact in cardiovascular risk reduction related to serum oxidized LDL. It is oxidized LDL and other lipoproteins that contribute to plaque formation in the arteries.

Though the health benefits sound good, it is important to remember that nuts have calories and if you add 3 ounces of pistachios to your daily diet that is 324 calories of something else you will want to cut out to keep your diet within your healthy calorie range. I think it's worth it...

—Catherine Princell RN MS  
Health Education Specialist

## **Blue Hill Co-op Mission Statement**

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

### **The Newsletter Team**

**Maureen Farr, Editor**

Steve Benson, Board Liaison

Whitney Landon, Production  
Coordinator; 326-9242

Prudy Heilner, Ads; 374-5485

### **Columnists / Writers**

Mary-Anne de Lany, Meggan Dwyer,  
Catherine Princell, Jennifer Traub

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

### **General Manager:**

**Karen Doherty**

### **Store Hours**

Mon - Fri 8 am to 7 pm;

Sat 8 am to 6 pm; Sun 9 am to 5 pm  
374-2165

### **Letters to the Newsletter**

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

## **ON THE WALL @ THE CO-OP Café:**

### **JUNE: Abstract Painting**

*by Vaino Kola of Deer Isle*

### **JULY: Kerrie Brokaw of Brooksville**

### **AUGUST: Behind Closed Doors: Secret Lives**

*Small mixed media pieces by Mozelle of Deer Isle*

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

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

*Call Marge May: 326-9394 to schedule a show.*

Hello to all and happy spring ... the Co-op is bustling as always! If you haven't been in to see our new layout, you're in for a pleasant surprise. We, with the help and expertise of "the mothership" NCGA (National Cooperative Grocers Association), have redesigned the placement of products in the store, and it looks fabulous. We have received many positive comments from customers, mostly along the lines of "Wow! This makes so much sense!"

The reorganization was mainly inspired by a meeting we had back in the fall with local growers, who suggested we move the "dry" produce rack – the one that holds potatoes etc – to the space across from the "wet" produce case. We'd wanted to move things around for some time, and so we took those suggestions to heart and organized the reset. The result is that you now have a store layout that makes more sense and so will make your shopping easier than ever.

Many thanks to the staff who stayed extra long and worked extra hard on this project, and for their willingness to take on yet another project! And thanks also to all of you for your positive feedback and appreciation.

The fiscal year is coming to an end, and so for the first time ever, we will be distributing Patronage Dividends using proper methods, if we show a net profit for the year. This will take a lot of behind-the-scenes work as we learn how to correctly allocate funds. But it is a healthy move towards the best practice of retaining most of the business earnings until we know how the year ends up, and then redistributing those funds back to you the member-owners based on each of your patronage totals for the year. This kind of financial management, along with a whole package of member/owner benefits such as member/owner only, in-store sales, passing along good deals we've brokered for you, leads to long-term sustainability for the business.

And just a reminder that member-owners also have responsibilities, including staying informed by coming to meetings, reading this newsletter, educating yourselves about candidates and then voting in new board members, and expressing your needs and wants to the board and management. We are always eager to hear your comments, questions and concerns.

That word sustainability gets kicked around a lot these days, I know. But it's

important to continually reflect on what that means for our Co-op, and to shore up areas and practices that may not be sustainable. After all, we want to be thriving a hundred years from now!

Recently the board rewrote our mission statement to better reflect our values and goals. They came up with this: "Through a thriving co-operative enterprise, we encourage a vibrant healthy community and a sustainable local economy."

That encompasses a lot! So now it is their task to follow up on that by giving me, the General Manager, more precise direction on how to carry out that mission. To do so, they will work on writing what are known as ends policies. The mission statement being what is called a "global ends policy," the next step is to write ends policies that give more detail.

An example might have to do with having as many locally produced goods in the store as are reasonably available for purchase. Having these ends policies in place will give me clear goals, upon which I'll regularly report on our progress, with data to back up my statements, to the board.

Though values such as purchasing local goods to sell have always been part of the Co-op, I am excited about the prospect of having more clearly defined goals to work towards, and pleased that the board has been working so hard towards crafting policies that serve to strengthen and guide our business practices.

Sustainability reaches much further than just the economic bottom line, as we know that things like products purchased, energy used, and labor issues all contribute to the sustainability of not only our store, but the environmental health and social well-being of the local community, of the larger community of co-ops, and to the global community. It's a lot to think about, while respecting and reflecting the diversity of our member-owners.

Here are two books you might want to pick up, that concern the issues of food sources and sustainability. First, *Deep Economy: The Wealth of Communities and the Durable Future* by Vermont resident Bill McKibben.

From *Booklist*: "McKibben incisively interprets a staggering array of studies that document the symbiotic relationship between fossil fuels and five decades of dizzying economic growth,

and the many ways the pursuit of ever-higher corporate profits has led to environmental havoc and neglect of people's most basic needs. At once reportorial, philosophic, and anecdotal, McKibben, intoning the mantra 'more is not better,' takes measure of diminishing returns. With eroding security, a dysfunctional health system, floundering public schools, higher rates of depression, 'wild inequity' in the distribution of wealth, and damage to the biosphere, McKibben believes a new paradigm is needed, that of a 'deep economy' born of sustainable and sustaining communities anchored in local resources."

And second, *Animal, Vegetable, Miracle: A Year of Food Life* by Barbara Kingsolver.

From *Booklist*: Kingsolver's family consumes what they and their farming neighbors

produce. Writing with her usual sharp eye for irony, she urges readers to follow her example and reconnect with their food's source. To that end, she provides a bibliography, web sites, and a listing of organizations supporting sustainable agriculture."

As always, I look forward to the challenges ahead!

See you at the Co-op,

—Karen Doherty

## MANAGER'S LETTER

### Notice of Board Meetings

The Co-op Board meets on the third Tuesday of each month from 6:30 P.M. to 9:00 P.M. The meetings will be 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, June 19th & Tues, July 17th.

### Co-op Board Officers & Members:

<i>President</i>	Deborah Wiggs
<i>Vice President</i>	Gail Bartlett
<i>Treasurer</i>	Bob Sullivan
<i>Secretary</i>	Stephen Benson

Lucy Benjamin  
Emilie Disney-Hoey  
Ruth Fiske  
Edee Howland  
Erich Reed



# What's Up In Board Meetings: March & April 2007

*a Summary, Based On The Approved Minutes*

The March meeting, facilitated by Ruth Fiske, included all nine current directors: Emilie Disney-Hoey, Lucy Benjamin, Deborah Wiggs, Edee Howland, Bob Sullivan, Gail Bartlett, Erich Reed, Steve Benson, and Ruth, along with general manager Karen Doherty. In April, Emilie facilitated a meeting at which all of the above, aside from Lucy and Erich, participated.

**Karen's manager's reports** indicated progress in developing a website for the Co-op and different versions of an ownership mailing list for different purposes. Karen reported that she has decided not to create an Information Technology position at this time, instead delegating the necessary tasks between staff and outside consultants. Ruth Sullivan, our cheese buyer, has taken on a position of Membership Coordinator and Marketing Coordinator as another aspect of her job. Karen plans to institute monthly check-in meetings with employees to create more one-on-one time to confer on goals, strengths, and areas needing improvement.

Karen explained a new Café plan for featuring a special new recipe each month with a discount. She has learned that the Café will need to list all ingredients in descending order from now on in packaging for take-out foods, which will require adjustments in labeling through the new scales used in preparing foods for sale. Karen also reported on a National Cooperative Grocers Association meeting in Phoenix at which she worked collaboratively with other general managers to improve systems management and reporting to the board.

Karen plans to print and send out ownership surveys as soon as possible. She also explained how a consultant from MEMIC has evaluated workplace and ergonomic safety concerns that will soon be remediated through corrections to electrical connections and staff training. The consultant's concerns reinforced her impression of the current physical plant's problems for staff.

**Karen's quarterly finance report** showed sales for January through March were 1.3% over budget. Payroll has remained on target, despite significant special ex-

penses. Karen believes the Co-op to be on budget for net profit for the first three quarters, despite some problems with inventory adjustment that she continues to work with consultants to minimize. Karen received the board's blessing for her plan to submit quarterly finance reports about 45 days after the end of each quarter, instead of 15-20 days, in order to generate more complete and accurate reports with less unreasonable stress.

Karen requested permission for extraordinary purchases of a new deli scale and a new laptop computer, which was granted. The board decided to move \$5,000 from the Co-op's savings account into its operating account, in order to cover the unplanned fees for work by an accountant, who was needed to help set up the Co-op's transition to its new accounting program.

Some board time was taken up by planning our annual meeting and a retreat the day before. The retreat was devoted to a training for the board and general manager, run by consultant Michael Healy of Cooperative Development Services, who was also asked to present an overview of the history and the current state of co-ops. Having approved a full set of draft bylaws for submission to a membership vote at the meeting, the board worked with Ruth Sullivan, Membership Coordinator, to see them printed and mailed to all owner households a month in advance.

Certain directors agreed to participate in scheduled impromptu teach-ins in the Co-op Café, to answer questions and explore responses concerning these draft bylaws. The entire board agreed to participate in a workgroup meeting twelve days before the annual meeting, as a dry run of answering questions about our proposed bylaws, with the help of three challenging interrogators. A subgroup of directors agreed to draft a "frequently asked questions" hand-out about the bylaw changes, for distribution through the store, to further brief our owners in advance of the voting.

After research into practices of other cooperatives and consultation with our general manager, the board decided to

set the total equity share of each owner at \$200, with the understanding that this would be paid either in installments of at least \$20 per year or in full, in order for members to be active in good standing. Many aspects of this system were discussed, including alternative means of eliciting and collecting annual payments. Equity payments build a foundation for potential relocation of our Co-op, as well as serving as a bulwark against short-term catastrophes and as a resource, when needed, for capital asset acquisitions.

It was noted that, with the initiation of equity payments, the Co-op would lose the taxable income of \$20 annual membership dues per owner, which has previously been available for operating expenses. Adjustment of the current ownership discount schedule may turn out to be necessary. The board agreed with Karen that a full conversation with and among owners needs to deepen, concerning the fundamental shared interests, benefits and responsibilities in a cooperative business. (See p.9 for more on the equity system.)

The **Nominating Committee** continued to work on soliciting and encouraging potential nominees whom they felt were likely to serve the board well. The committee is also researching options for election processes, including methods of balloting and vote-counting.

*Complete approved minutes of Co-op Board Meetings and Annual Membership Meetings are available in a tan envelope beneath the bulletin board just inside the entrance to the store. Minutes of meetings not represented there (or any other documents pertaining to Board meetings and activities) can be requested by application to me through my mailbox at the store. Please note, also, that a complete board policy book is available to members' perusal, in the board's mailbox area near the store office. A complete board policy register is now also available in a Word document, by application to the Secretary.*

*Please come to share in all or part of a Board meeting, the third Tuesday of any month from 6:30 to 9:00, upstairs in the Blue Hill Library. The second ten minutes of each regularly scheduled board meeting is intended for listening to owners' comments and concerns.*

*—Submitted by Steve Benson, Secretary*

## BOARD REPORT

# Why Buy Organic?

**Taste:** Commercial “cardboard tomatoes” are now a cliché; they are also sprayed, watery, lower in vitamin and mineral content, and may be genetically modified.

**Non-GMO:** Wine connoisseurs beware – US, Europe, and Australia are all working on genetically altered grapes, including a cyanide-producing plant, yet “DNA from a GM grape persisted for over a year after wine fermentation, contradicting claims that wine fermentation eliminates DNA.” So what? Such bizarre DNA fragments can migrate to the consumer & biosphere, with potential toxicity/carcinogenicity. Check this website:

[http://www.i-sis.org.uk/GMGrapevines\\_and\\_ToxicWines.php](http://www.i-sis.org.uk/GMGrapevines_and_ToxicWines.php)

In 2006, a Monsanto corn is approved for human use (based on its own in-house studies) in Australia, Canada, China, the European Union, Japan, Mexico, the Philippines, & the US. In 2007, independent studies show hormonal changes, liver & kidney toxicity. [www.newstarget.com/021784.html](http://www.newstarget.com/021784.html)

Monsanto has threatened and sued growers, whose fields were contaminated by Monsanto’s GM crops, citing patent infringement (!) Should we reward these practices?

**Higher Nutrient Content:** UK & US government stats indicate that trace minerals in fruit and vegetables fell by up to 76% between 1940 and 1991 (via the agribiz model of chemical companies, Ag Colleges, and County

Agents).

Rutgers University research: Organically grown foods are richer in minerals than the “look alike” commercially grown products. In fact, by comparison, there are 87 percent less minerals and trace elements in today’s commercially grown vegetables as illustrated in the chart, below.

Danish researchers have found that organic crops contain 10% to 50% more antioxidants than conventional crops.

Eggs from free-range hens contain up to 30 percent more vitamin E, 50 percent more folic acid and 30 percent more vitamin B-12 than factory eggs.

**Dairy:** As a researcher writing in the *Journal of Dairy Research* explained, “It follows that continuing breeding and management systems that focus solely on increasing milk yield will result in a steady dilution of vitamins and antioxidants.” (Today’s “super-cows” are bred, and fed hormones and antibiotics, to produce 20 times more milk than a cow needs to sustain a healthy calf.)

**Hidden Costs: BSE (Mad Cow):** If hidden costs were taken into account, conventionally produced food would prove more expensive than organic food. For example, avoidance of the BSE epidemic through organic farming would have saved £4.5 billion. No animal born and raised on an organic farm developed BSE in the UK.

**Crop Loss:** A Prince Edward Island beekeeper: “Most people think bee-

keeping is all natural but in commercial operations the bees are treated much like livestock on factory farms. I’m on an organic beekeeping email list of about 1,000 people, mostly Americans, and no one in the organic beekeeping world, including commercial beekeepers, is reporting colony collapse.”

**Sleeping Beauty’s Apple:** Commercial nitrogen fertilizer pumps up the plants/fruits with water. You pay for bigger, heavier produce, with less taste. You may also unwittingly pay for hidden hazardous waste disposal, now loopholed into commercial fertilizer production. (See *Fateful Harvest* by Duff Wilson)

**Health Roulette:** Sprays don’t know when to stop killing. If agribiz foods offer up a chemical cocktail of poisons, when does that bio-accumulate into a health issue? As just one example of sprays not knowing when to stop, women with breast cancer are 5 to 9 times more likely to have pesticide residues in their blood, than women who do not develop breast cancer.

**Fertility and Our Children:** Agribiz spray exposure and food residues have been linked to lower sperm count/abnormal sperm, miscarriage, potential fertility issues in surviving children at adulthood, endocrine-disruptor early-onset of puberty, learning disorders, chronic fatigue, allergies, and as sprays disturb thyroid function, aggressive behavior.

**Solutions:** We live at a changing of eras, from corporate/federal mandates, to local solutions, which work. The agribiz/big-pharma/terminator seed paradigm is bottom-line based. CEO and stockholder profit is the health indicator of that business model. Government oversight agencies seem to favor the short term, turning a blind eye to long term health and environmental costs.

Where does that leave us at the local level, with shopping list in hand?

Big-Pharma-Medicine may not be likely to diagnose toxicity, as chronic exposure to poisons, and may prescribe more chemicals as the solution. Those millions, who cannot afford health insurance, might consider proactively investing in organic food.

## WELLNESS NOOK

Mineral Content of Foods Organically Grown vs. Conventional Chemical Input Production * (Milliequivalents per 100 grs. Dry weight Trace Elements PPM)							
Food	Calcium	Magnesium	Potassium	Sodium	Manganese	Iron	Copper
<b>SNAP BEANS</b>							
Organic	40.50	60.00	99.70	8.60	60.00	227.00	69.00
Conventional	15.50	14.80	29.10	0.00	2.00	10.00	3.00
<b>CABBAGE</b>							
Organic	60.00	43.60	148.30	20.40	13.00	94.00	48.00
Conventional	17.50	15.60	53.70	0.80	2.00	20.00	0.40
<b>LETTUCE</b>							
Organic	71.00	49.30	176.50	12.20	169.00	516.00	66.00
Conventional	16.00	13.10	53.70	0.00	1.00	9.00	3.00
<b>TOMATOES</b>							
Organic	23.00	59.20	148.30	6.50	68.00	1938.00	53.00
Conventional	4.50	4.50	58.60	0.00	1.00	1.00	0.00
<b>SPINACH</b>							
Organic	96.00	203.90	257.00	69.50	117.00	1584.00	32.00
Conventional	47.50	46.90	84.00	0.80	1.00	19.00	0.50

\* Rutgers University Study. <http://www.spatrade.com/articles/archive/ds799-3.html>

*Continued on next page*

At the Annual Meeting, guest speaker Michael Healy, our board advisor and cooperative trainer, gave an overview of the history of cooperative businesses. For those who were unable to attend, I have done my best to capture the highpoints of his talk.

He began his sweep of cooperative history by talking about the Rochdale Pioneers, a group of 28 weavers and other artisans in Rochdale, England that formed a cooperative in 1844 to band together to buy food items they could otherwise not afford. While not the first cooperative, they were the first to last, and thus, succeed. Mindful of the lessons from prior failed attempts to form cooperative businesses, they designed the Rochdale Principles, the

## ANNUAL MEETING REPORT

foundation for the principles on which co-ops around the world operate to this day.

Cooperative historians have come to credit these principles with enabling them to survive. Interestingly, the cost of equity to join this co-op was the equivalent of two weeks of wages.

It is estimated that over 800,000,000 people in 85 countries belong to co-ops today. These co-ops include housing, building, agricultural, utility, retail, consumer, worker, and banking cooperatives.

In this country, the depression era rural electric co-ops were among the first to form.

The Hanover Co-op in Hanover, NH is one of the oldest of the US cooperatives, formed in 1936. They built their success on meeting member needs, for food of all kinds, as well as for discounts on gasoline and fuel oil. By mid-2000, membership stood at 20,000 households representing over 30,000 individual members, making Hanover Co-op the most prosperous of the New England food cooperatives.

What happened in the 1970s here on the Blue Hill peninsula happened in communities large and small all across the U.S. People wanted access to healthy food that was not otherwise available and so formed buying clubs that grew like mushrooms.

These buying clubs acquired storefronts in order to be able to serve the broader community, and at peak there were 800 storefront grocery cooperatives in the US. Today there are fewer than 300.

What happened? They disappeared because they didn't follow the Rochdale principles and instead stressed social over economic practices – they didn't run the stores like businesses. The founders of many of these cooperatives didn't let them grow and move with the times.

As one co-op after another closed its doors, the attention of concerned cooperators was intently focused by these failures, and together they began to compare notes in order to prevent the loss of more co-ops.

It quickly became clear to them that the motto "food for people, not for profit" while powerful, was misguided and idealistic. As a business principle,



*Michael Healy speaking at the Annual Meeting.*

it left no way for farmers and grocers to build sound businesses with continued investment. If food co-ops don't make a profit, they don't survive.

(Although the state of Maine categorizes food co-ops as cooperative nonprofits, this is a legal definition that restricts any one person from acquiring more than one share of equity – hence all investors are equal investors – no one of us can accumulate a block of shares and thus profit more.)

While cooperatives struggled with learning business basics, other large natural foods stores, privately-owned and not encumbered by social agendas, emerged on the scene creating fierce competition in some communities.

Today, the National Cooperative Grocers Association, of which our co-op is a member, has been formed to help organize the purchasing power of food co-ops for those products that don't originate locally. As a small independent store in Blue Hill, we have little or no purchasing power by which we can get lower prices, but joined together with 120 other co-ops, we have increased our negotiating power with large distributors.

Currently, a group of organizations interested in the success of food co-ops have joined together to sponsor the Food Co-op 500 Program, which aims to found 500 new food co-ops in the next decade.

With thirty years of experience and resources, these cooperators want to make sure that new co-ops don't have to start from scratch, and have initiated

*Continued on next page*



*Member/owners voting at the Annual meeting to accept the new bylaws.*

## Wellness Nook

*Continued from previous page*

Even Dole Banana has a clue re: demand, and is now producing organic bananas. Each time we make an organic purchase from markets, the Co-op, or directly from farmers, we support local and fair trade growers. Individually, and as community, we put our money where our mouth is, and invest in a sustainable world.

*—Mary-Anne de Lany*

**NOTE:** Rather than citing sources with footnotes, the author suggests checking these two alternative websites for agricultural and medical research, (esp. the first, which was a great resource): [www.organicconsumers.org](http://www.organicconsumers.org) and [www.mercola.com](http://www.mercola.com).



# Kombucha Tea

Called the “immortal health elixir” by the Chinese, kombucha tea is made by fermenting a live culture of yeast and bacteria known as the kombucha “mushroom” (due to its shape and gelatinous texture) in a mixture of sugar and black or green tea. Composition of the kombucha yeast and bacteria colony can vary but often includes bacterium xylum, among others. The result is a sparkling beverage that contains the beneficial compounds of the ferment-

ing culture, including probiotics, active enzymes, B complex and C vitamins, and organic acids.

Many who drink the tea as a general health tonic claim that it boosts energy, helps to cleanse the body of toxins, and strengthens the immune system. Some advocates promote kombucha tea as a cure-all for a host of ailments including baldness, insomnia, intestinal disorders, arthritis, chronic fatigue, multiple sclerosis, AIDS, and cancer.

Isolated studies of kombucha tea have suggested improvements in liver function, antibiotic effects, and positive results in cancer cases. Enthusiasts have also given strong testimonials of the tea’s efficacy. However, the American Cancer Society and other health institutions maintain that there is not enough scientific evidence to support the strong claims made by kombucha tea proponents.

## Millennium Products:

### Synergy Teas

In 1995, a personal experience of kombucha’s healing potential inspired Millennium Products founder GT Dave – a teenager at the time – to brew kombucha tea at home and begin selling it at local food stores.

His mom had been diagnosed with an aggressive form of breast cancer that, to her doctors’ surprise, had not spread despite its advanced stage. She attributed the containment of her cancerous

cells to the kombucha tea she had been drinking to improve her energy and appearance.

Over a decade later, Millennium Products now distributes a variety of kombucha-based drinks throughout the US, including a 100% Organic Raw Kombucha beverage and the Synergy (95% Kombucha, 5% fruit juice) drinks featuring enticing blends such as Passionberry Bliss, Raspberry Rush, and Guava Goddess.

According to the product website ([www.gtstkombucha.com](http://www.gtstkombucha.com)), the company uses “the very same generation of Kombucha culture

that GT Dave’s mom used when she first drank it during her cancer experience.” The site also proclaims that consumers of the drinks have reported experiencing “everything from increased energy levels to decreased appetite, improved digestion, healthier skin and hair, and even a stronger immune system.”

## Katalyst Kombucha:

### The Living Elixir

In addition to the regular stock of Millennium Products kombucha teas, the Co-op sometimes carries Katalyst Kombucha tea, made in Greenfield, MA. Because the Katalyst Kombucha company is too small to have access to big distributors, deliveries currently are made in person by former Co-op employee Nico Lustig when she visits Blue Hill.

Calling themselves a family, the Katalyst Kombucha team of three (and one dog) is committed to a business model that promotes healing at every level, from the careful selection of ingredients that support sustainable agriculture and fair trade principles to the beneficial properties of the product itself.

In their own words (from the website [www.katalystkombucha.com](http://www.katalystkombucha.com)), “We are part of a burgeoning movement of companies who have committed ourselves to prioritizing human rights and the environment above profit, and actively working for the benefit of all sentient beings.”

Katalyst Kombucha tea comes in

*Continued on next page*



*Millennium Products Synergy Trilogy tea (95% kombucha mixed with raspberry juice, lemon juice, and ginger juice) shares a shelf with Katalyst Kombucha’s Schizandraberri (kombucha mixed with a prized Chinese medicinal herb).*

## Annual Meeting Report Continued from previous page

loan programs that involve established co-ops loaning money to fledgling co-ops. Depending on the needs and desires of the communities, some of these are natural food stores while others are straight groceries.

Michael travels widely and works with many co-ops across the country, work he loves and finds inspiring. Wherever he goes, in co-ops large and small, the conversation has turned to strengthening local economies and encouraging local agriculture. Cooperatives have become interested in local agriculture because it is one area they

are poised to be more agile and effective in marketing than are their larger competitors.

In closing, Michael recommended four books as further food for thought: *Cooperation Works!* by Lyman Tower Sargent; *America Beyond Capitalism*, by Gar Alperovitz; *Democracy’s Edge*, by Frances Moore Lappe; and *Deep Economy*, by Bill McKibben.

He encouraged all of us as a community to continue to study and learn what practices make cooperatives sustainable and successful.

*—Gail Bartlett*

# Kombucha Tea *Continued from previous page*

three varieties: Ginger Devotion, Pure Essence, and Schizandrberry (a prized herb in Chinese medicine). In keeping with the company's mission, the fresh ginger is sourced from a small organic farm in Hawaii and the schizandrberry, not usually found outside of northern China, is grown organically in Massachusetts by Dr. Chang Naturals.

The teas used for the kombucha brews are fair-trade certified by Transfair, which verifies that tea workers themselves receive a Fair Trade premium for every tea purchase. Premiums have been used by workers for projects such as building health clinics and bringing electricity to their villages.

## Home-brewed Kombucha Tea

Synergy and Katalyst Kombucha are relatively new commercial products, yet the kombucha tea tradition is ancient, dating back to the Qin Dynasty around 200 BC. It is also non-commercial in nature, relying on a vital network of home brewers to pass on the culture from generation to generation. Each time it undergoes the fermentation process, the kombucha culture duplicates itself, making it easy and inexpensive to share.

For those interested in brewing kombucha at home, strict hygienic guidelines must be followed, as with any fermentation process. While the acidity of the tea typically prevents it from becoming contaminated by harmful organisms, kombucha cultures have been known to develop mold growth. Cultures with green, pink, or black

blotches may be contaminated and should be discarded.

It is also critical that the tea be brewed only in glass jars, since the acidity can react with metal, and can leach harmful minerals or by-products from ceramic or plastic containers.

Reports of illness from home-brewed kombucha tea are, according to the Wikipedia entry on kombucha, probably due to "unsanitary fermentation conditions, leaching of compounds from the fermentation vessels, or 'sickly' kombucha cultures that cannot acidify the brew."

Several sources recommend that pregnant and breastfeeding women refrain from drinking home-brewed tea, both because of the potential detoxifying properties of kombucha tea in general and because of the impossibility of knowing exactly which bacteria are present in any one home brew.

## Local Brews

Co-op member Anne Walker has been brewing and regularly drinking kombucha tea for at least 15 years, and has passed along kombucha cultures to several other interested community members.

Recent recipients of Anne's kombucha culture are Produce Manager Anna Fernandez and Bulk Manager Julia Ventresco, who both got hooked on kombucha tea in the spring when the Synergy drinks were on sale. They felt a definite energy boost from drinking the tea and enjoyed its unique taste.

Now they're tweaking their own brew to find the optimal fermentation period, after the culture has consumed all of the sugar and converted it into beneficial compounds but before the brew begins to turn sour. Julia says that her home brew is as energizing as the Synergy teas.

What does Anne Walker think about the benefits of drinking kombucha tea over time? While she has been lucky to escape the flu and bad colds for years, Anne doesn't specifically credit kombucha tea with her general well-being. "It's hard to pinpoint direct health benefits," she says. "It's all tied together with the holistic life one leads."

—Jennifer Traub



*Kombucha enthusiasts Julia Ventresco (Bulk Manager, left) and Anna Fernandez (Produce Manager, right) showcase the Co-op's selection of Synergy Kombucha teas.*

## Sources:

Millennium Products, 2006:  
[www.gtskombucha.com](http://www.gtskombucha.com)

Katalyst Kombucha:  
[www.katalystkombucha.com](http://www.katalystkombucha.com)

Dupler, Douglas, "Kombucha Health Article," *Gale Encyclopedia of Alternative Medicine*, 2005: [www.healthline.com/galecontent/kombucha](http://www.healthline.com/galecontent/kombucha)

American Cancer Society, "Kombucha Tea," June 2005: [www.cancer.org/docroot/ETO/content/ETO\\_5\\_3X\\_Kombucha\\_Tea.asp](http://www.cancer.org/docroot/ETO/content/ETO_5_3X_Kombucha_Tea.asp)

Wikipedia, "Kombucha":  
<http://en.wikipedia.org/wiki/Kombucha>

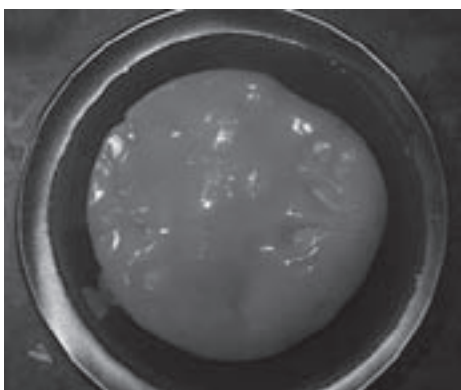
"Synergy: Trilogy Kombucha Tea" (review), June 2006: [www.reallynatural.com/archives/product-review/synergy\\_trilogy\\_kombucha\\_tea.php](http://www.reallynatural.com/archives/product-review/synergy_trilogy_kombucha_tea.php)

Centers for Disease Control, "Unexplained Severe Illness Possibly Associated with Consumption of Kombucha Tea – Iowa, 1995": [www.cdc.gov/mmwr/preview/mmwrhtml/00039742.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/00039742.htm)

**Editor's Note:** I, too, fell for the Kombucha teas sold at the Co-op, and started home brewing Kombucha in March.

I find that every batch is an improvement over the previous one, and I am hooked on both drinking Kombucha daily, and brewing it myself.

If you are brewing it, or know somebody who is, feel free to write your comments in a letter or email for inclusion in a future newsletter.



*"The kombucha culture looks a bit like a large pancake. A healthy, new culture is generally light in color, and will generally darken with age." Photo and quote from Wikipedia, <http://en.wikipedia.org/wiki/Kombucha>*



# New Equity System Means Big Changes

Hello to all Co-op owners!

**A**t the recent annual meeting, owners voted to approve the proposed bylaws. As a result, there will be big changes in store for Co-op owners. This article will discuss one of these major changes.

We are switching to an equity system. This means that owners will no longer be paying annual membership dues. In order to become a fully invested owner of the co-op, owners will need to pay \$200 in equity. These payments may be made over 10 years. The minimum annual equity payment will be \$20, but owners can choose to pay this sum all at once, or pay extra at any time.

The equity system has tremendous advantages for both owners and the business. Owner equity is not considered taxable income for the Co-op. In addition, this money will be kept in a special, separate account, and will only be used by the Co-op for major capital expenditures, such as buying equipment. This equity is fully refundable to the owner if he/she chooses to leave the Co-op at any time. Most importantly, owners can now be confident that their money is truly contributing to the fiscal strength of their community-owned business.

The details of the new equity system are still being worked out. However, here are few important points to keep in mind:

- 1. As an owner, your annual renewal cycle will change.** In the past, all owners renewed based on the date when they joined. Now, we are switching everyone to the same cycle. In other words, all owners will be prompted to renew at the same time each year. This will take a bit of fiddling to get everyone on the same cycle. After the initial confusion, however, this system should be much easier for everyone. Watch the newsletter and store notices for details.
- 2. We will begin sending out renewal notices in the mail again.** Renewal notices will probably be mailed out to owners with the patronage dividends in the fall.
- 3. You will no longer be paying annual dues.** Instead, you will be paying at least \$20 in equity per year until you reach the amount needed to be a fully vested owner – \$200. Current owners in good standing have already paid \$10 in equity. Therefore, their total equity payment will be \$190.

- 4. Equity is refundable at any time to an owner who no longer wishes to be a part of the Co-op.** The store will need to be notified in writing *within a certain number of days from the time their equity payment is due*. This time frame will be determined by the board, and may be 30 or 60 days from the set renewal date. Watch the store and the newsletter for details. Note, too, that if you choose to get your equity refunded, and then wish to re-join, you must re-join at the same investment level as when you left.

As the new Membership Coordinator, I will do my best to make these changes go smoothly. If you have any questions, call me at the store at 374-2165; send me an email to [membershipbhcoop@verizon.net](mailto:membershipbhcoop@verizon.net); or leave me a note in the membership notebook hanging in the back room by the big calendar. My new hours are: Monday 9-4; Tuesday 9-4; Wednesday 9-5; Thursday 9-1; and Friday 1-5.

I look forward to working with you all.

Best,  
Ruth Sullivan  
Membership Coordinator

## Parking at the Co-op

Here are some suggestions of time periods when more parking spaces are available.

### Weekdays:

1-3 pm & 5-7 pm

### Saturdays:

All hours, *except* 11 am-1 pm

**Sundays:** All Hours

Also, there is parking available beside the building on the lower level across from the Fish Net. Particularly if you are at the Co-op for a meeting or to work, please park down below. **And, please, enter the main (upper) parking lot through the upper (eastern, toward Ellsworth) drive, and leave through the lower one. Thanks.**

**DEADLINE FOR  
AUGUST / SEPTEMBER  
ISSUE: JULY 19<sup>TH</sup>**

## Local Businesses Wanted for "The Co-op Connection"

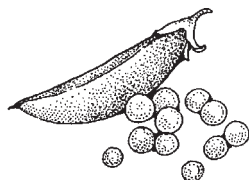
"The Co-op Connection" is a unique advertising opportunity for businesses on or near the Blue Hill Peninsula. The Blue Hill Co-op developed this program to encourage our members to shop locally. Dozens of participating businesses offer a discount to current Blue Hill Co-op members for a period of one year. In exchange, these businesses receive free advertising in our Co-op Connection brochure, mention in the Co-op newsletter, and a mention 1-2 times per year in the Co-op's *Weekly Packet* ad. The only cost to the business owner is the discount offered to customers.

If you would like to be a part of the 2007-2008 Co-op Connection, please contact Ruth at the Co-op no later than June 30th at 374-2165 or [membershipbhcoop@verizon.net](mailto:membershipbhcoop@verizon.net). The new brochure will be available July 30th, and your promotion will run from July 30th, 2007 through July 30th, 2008.

# CLASSIFIEDS

## ALTERATIONS

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



## ARCHITECTS



## AUTOMOBILE DEALERS

**Stanley S Subaru**  
The Smart Choice

*Proudly Supporting  
The Blue Hill Food Co-op!*

2006 B9 Tribeca with Tires for Life

22 Bar Harbor Rd. • Rte 3 • Ellsworth - Trenton Line  
Trenton • 667-4641 • [www.stanleysubaru.com](http://www.stanleysubaru.com)

## ARCHITECTS

**R. Terry Cline**  
Pres. & CEO, ME R.A., AIA/BSA

**DwellRight AIA**

**Designs • Consultations • Talks**

584 Falls Bridge Road • Blue Hill, ME 04614  
T/F 207.374.5326 [terry@dwellright.com](mailto:terry@dwellright.com) [www.dwellright.com](http://www.dwellright.com)  
Serving Discriminating Clients Throughout New England

# 6<sup>FOR</sup>5

Advertise your business  
for a year for only  
**\$125**

It's easy! A business card  
ad costs \$25 per issue.  
Run it for a full year,  
prepaid, and save \$25!  
(See Fine Print, next page  
for complete details.)

## FINANCIAL SERVICES

**Mortgage Protection**  
(Don't be caught dead without it!)

**Life Insurance ~ Annuities**

Rick Traub 207-669-4111  
PO Box 1116  
Blue Hill ME 04614  
[rick@naa-traubgroup.com](mailto:rick@naa-traubgroup.com)

## HEALING ARTS

Relaxation and Healing:  
Therapeutic Massage

*Soar*

Studio 359-2304

Melanie Rose Moore, NCTMB, LMT

## HEALING ARTS

## HEALING ARTS

*SeaSide Facials*  
is pleased to offer  
**Dr. Hauschka**  
Skin Care

Organic and  
biodynamic  
botanicals.

Call 374-5858  
for a free  
consultation

## HEALING ARTS

**Women  
in the  
Rhythm**

**+healing Body Work**

- Therapeutic Massage
- Traditional Shiatsu
- Pregnancy Massage

Christina M. van Dullen, M.A.  
License Massage Therapist  
East Blue Hill, Maine  
207-374-3877

Honoring the power  
of the body & beauty of Women

Gifts are available  
Sessions by appointment



**CranioSacral Therapy, Reiki Therapy**  
*Relax, Balance, Strengthen, and Encourage Healing*

**Jean Rohrer, RN, BSN, CST** Call 207 / 460-0366 for appt.  
Healing Arts Center, Main Street, Blue Hill

## GIFTS & HOUSEWARES

# NEW CARGOES

*Great Goods for Everyday Living*

Mon-Sat 10am - 6pm  
Main St.

Sunday 11am - 5pm  
Blue Hill

## INNS / RESTAURANTS

**The Brooklin Inn**  
Lodging • Fine Dining • Irish Pub  
Eclectic dining from a classic kitchen.



Fresh Fish • Aged Steaks • Fine Wine  
All our fish are wild & free swimming  
All our meat & produce is exclusively  
local & organic      Dinner Daily  
Main Street (Rte 175) • Brooklin, ME  
359.2777 www.brooklininn.com  
Open All Year

## PIANO TUNING

**Blue Hill Piano Service**  
Phil Norris  
374-2159



**DEADLINE FOR  
AUG / SEPT ISSUE:  
JULY 19<sup>TH</sup>**

## MOVIES & ENTERTAINMENT

**MOVIES:**  
new, independent, popular, documentaries

**ORGANIC POPCORN, CHOCOLATES,  
SODAS, & MORE!**

**OPERA HOUSE ARTS  
NOW OPEN ALL YEAR**

sign up for our weekly movie list:  
movies@operahousearts.org  
call our movie line for details: 367-2788

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



## SCHOOLS

**The Bay School**  
A New Generation Begins Their Journey



Box 950

## TREES FOR SALE

### PEACH TREES

Locally grafted and raised using  
our Reliant peach buds to create  
climatized unique peach stock

Limited supply-reserve

Also heirloom apple, pear, and plum

**Catalog Available**

MOFGA certified

**Five Star Nursery 359-2282**

Leslie Cummins Tim Seabrook

**FINE PRINT:** Ad Rates for Newsletter Classifieds: \$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: \$25.

**SPECIAL 6 Business Card Ads for the price of 5:** Ad must be pre-paid for a year to receive this special rate of \$125 for six 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 Coop Newsletter 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 Coop. Send payment & ad information to: Prudy Heilner • PO Box 239 • Blue Hill, ME 04614, tel: 374-5485; or drop off at the Coop in Newsletter box.

## DEADLINE FOR

**AUGUST / SEPTEMBER ISSUE: JULY 19<sup>TH</sup>**

## COMMITTEE DESCRIPTIONS

This list includes a current description of the existing Co-op committees, which work in an advisory role to the Board of Directors. The status and recent activity of each active committee is reported on by the committee's Board liaison during the Board's monthly meeting.

**NEWSLETTER** - The Newsletter Committee (Team) produces a newsletter which is distributed every other month.

Liaison: Steve Benson

**NOMINATING** - The Nominating Committee looks at the needs of the Board, recommends new Board members, and helps to facilitate the work of the Board. This committee also examines the Coop's by-laws and makes recommendations to the Board in order to keep the by-laws and current Co-op practices in concert.





## STAFF PROFILES

by Meggan Dwyer

Get to know the great people who work at our Co-op through Staff Profiles, a regular feature of the Newsletter. Look for more short profiles in future issues.



**R***hodiola rosea*, amla fruit, and turmeric root are just a few of the items from the natural apothecary that **David Walker** has had to learn since becoming health and beauty aid (HABA) manager in January this year. The last six months in his new position at the Co-op have led to much experimentation with natural supplements and beauty products using both himself and his wife, Caroline, as guinea pigs. However, David also welcomes customer input in the HABA section, which soon will be reorganized with signage making it easier to find products. Before making the transition from working member to employee at the Co-op, David was the gym teacher at GSA, cooked at the Left Bank Café, and founded the Blue Hill Center for Yoga. There, he teaches an eclectic blend of Kripalu, Iyengar, and Anusara, three traditions of Hatha yoga focusing on postures and breathing. His interest in yoga started when his brother introduced him to the practice at 14 years old. Later, after completing a degree in Philosophy and Journalism at U. Maine, Orono, he certified at the Kripalu Center. Yoga provides him with tools for relaxation, and teaching it to others helps combat shyness. David lives in Surry with Caroline and their four children: Iris, Jasper, Ezra, and Alexandra, ages 7-18, where they kayak, garden, and cook together.

**E**stelle Poole graduated from GSA last year and currently lives in Brooksville with her parents and her brother and sister, Toby and Vita. She is taking time off to pursue other interests before she starts at Alfred University in upstate New York in the fall. After a stint at Tradewinds, she started working at the Co-op in December as a cashier and stock person. Estelle prefers the atmosphere and the community vibe of the Co-op. Though she doesn't yet know her focus of study at Alfred, Estelle is an artist in many mediums. As a visual artist, she both paints and photographs, mostly portraits and conceptual pieces. As a musician, she plays guitar, drums, ukulele, and keyboards, and sings, recording songs both on her own and with her band, the Barcelona Mannequins. With a self-described sound like "stones in a slippery stream and feisty tornadoes," the Barcelona Mannequins can be heard at various venues in the area and have recently put out an album called *Black Elephant*. When you ring out at the Co-op, ask Estelle how you can get a copy of the album or listen to her ongoing solo music projects. In fact, Estelle has many works in progress but, as of yet, no favorites. It remains to be seen where her studies at Alfred will take her but for now, you may find her at the Blue Hill Co-op which is, by her estimation, Blue Hill's coolest spot.



Like many people in the Blue Hill area, **Anna Fernandez** moved here on the advice of friends. Though she moved from Ann Arbor, Michigan where she was completing an apprenticeship in midwifery, she finds the area more similar to Bellingham, WA in the Pacific Northwest, where she lived for eight years on an organic farm working draft horses. Anna has been at the Co-op as the produce manager since October of last year and has many plans to make the produce section more aesthetically pleasing and user friendly. Customers may have noticed a change of the Co-op layout has organized the products into a more logical arrangement, most noticeably, the root vegetables now face the produce coolers. Eventually, there will be photographs of the local farms from which the Co-op buys its produce, strengthening the concept of local foods. As she continues her midwife studies and works as a doula, Anna also makes Morning Bloom Botanicals, her own brand of tinctures and salves. Recently, she and her husband, Cris, bought land in Sedgwick so that Anna could pursue her interest in herbalism. Currently, she lives on Naskeag Point in Brooklin with Cris and their two kids, Aidan, two years old, and Nadya, four, and pictured at left.