

The Harvest

FREE



BLUE HILL CO-OP'S QUARTERLY NEWSLETTER
SUMMER EDITION 2023

News from the GM



Kevin Gadsby
General Manager
Co-op owner since 2016

Greetings, co-op owners near and far. I hope this newsletter provides a sense of pride and reminds you that you are an essential part of this small but meaningful slice of the Blue Hill Peninsula. Recently as I walked from my car toward the co-op building, I looked up at the solar array, back down at the full parking lot and the people sitting in the café courtyard, and over toward the garden crew nurturing the trees and flowering perennials throughout the property. I was overcome with gratitude for this co-op community. Well over 200 of you invested your own dollars to make this happen. As a result, your contribution and continued support have provided year-round jobs for more than 70 workers and have strengthened our local and regional food economy beyond what we could have ever accomplished in the old location. The timing of the new store is like a perfect storm. I think it's fair to say we would not have weathered the torrent of the pandemic if left at Ellsworth Rd. It's hard to believe that we are coming up on four years in August since opening this new storefront on South St. The past few years seem locked away in a time capsule. When considering this, I realized this is the first year since opening that we have not been met with a crisis looming over us, threatening closure or reducing hours. Running the co-op feels a little less all-consuming yet still mixed with new challenges, never leaving us with a dull moment. The past several weeks have been anything but dull, having already experienced what felt like the busyness of the summer season in early May. Part of this may be because we all feel less burdened by the

pandemic and are eager to travel, socialize more, and, of course, eat good food along the way. Another reason business picked up is that Tradewinds closed for three days in early May for the transition to Hannaford, causing sales to jump last month by 17%. We welcomed many new faces, several of which had never been in the co-op before and some of whom may now be regulars. The first week of June saw sales grow by 19%. The parking lot has been so full we decided to add 10 additional lined spaces along the back of the lot for employees. Who would have thought going from 13 spaces at the old co-op to 72 wasn't going to be enough? We're hoping to alleviate some of the parking problems with 82 spaces.

You may or may not be aware that Blue Hill Co-op is a member of National Co-op Grocers, a business services cooperative for retail food co-ops located throughout the United States. NCG represents 159 food co-ops operating nearly 230 stores in 39 states with combined annual sales of \$2.5 billion and serving over 1.3 million consumer-owners. NCG provides the capacity of a chain while maintaining the autonomy of each individual co-op. (<https://www.ncg.coop/about-us>)

Our membership with NCG provides numerous resources for staff training and development as well as valuable incentives that allow Blue Hill Co-op to offer competitive pricing in a highly competitive retail market. I have been told by NCG directors that our store shares the position with one other NCG member co-op of having the most seasonal fluctuations in business of all NCG member co-ops — as if running a community-owned food market wasn't challenging enough! The seasonality of the peninsula makes it all the more so. This, along with the runaway costs of goods and services, calls for some savvy

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Photo by Robin Byrne, Lilacs planted by Tim Seabrook, Leslie Cummings, June Sendrowski, Rick Traub & Mary Whiting

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cash flow management, which is already strained considering our current debt burden. At this point, we work off of borrowed funds in quarter one each year until business picks up again in the Spring, bringing us into a cash-positive flow throughout the summer season and into autumn. To put this into perspective, Blue Hill Co-op's weekly sales in quarter one average roughly \$115,000 per week, but in the third quarter, business surges to an average \$210,000 per week and over \$230,000 per week in August. If business stabilized at this rate, it would produce annual sales of around \$11 million. For now, we will celebrate the steady progress we have achieved and will continue to strive for excellence in serving the needs of our peninsula community.

Year-to-date growth is holding at roughly 9% and, at this rate, will push us over \$8 million in sales for the year. It's helpful to be reminded that the last full year in the old location brought sales of around \$2.9 million. The current growth trend allows us to remain on course to raise base wages to \$15/hr in the next few months.

In the daily grind, it can be easy to lose sight of the progress we have made and grow anxious that we are not yet where we want to be with obligations unmet and dreams unfulfilled. Such is the ebb and flow of life. Two steps forward, one step back, turn right, go forward, back ten steps, run, Wait! Turn left! One step ahead. Stop. Go. Stop. Pause. Deep, long breaths. Until next time. Peace and love, of which there is never too much.

“But take your time, think a lot, why, think of everything you’ve got. For you will still be here tomorrow, but your dreams may not.”

~ Tea for the Tillerman, 1970, Cat Stevens (aka Yusuf Islam) ~

Help our database stay up-to-date!

It's more important than ever to keep our owner database up-to-date. To streamline things like self-checkout, online voting, and bulk mailings, we need to have up-to-date information for all our owners. We need phone number, email address, and mailing address for the primary account holder.

We're asking all our owners to please fill out a quick and easy form to confirm their info. Please follow this link:



Scan this QR code with your smartphone camera app or go to: bluehill.coop/update-info

The Co-op does not share owner information with third parties unless it is for the purpose of bulk mailings or email providers for our voting and promotional campaigns. Your privacy is important to us.

Ownership at a Glance

NEW OWNERS
SINCE APRIL 1ST: 69

TOTAL ACTIVE OWNERS: 2,571



Did you know that 48% of our owners are fully vested? This means they have paid their full equity of \$200.

Wondering how much of your equity remains to be paid? Ask a cashier the next time you're at the check-out.

Co-op Board Officers & Members

President: Jerome Lawther

Vice President: Aaron Dority

Secretary: Jen Traub

Treasurer: Tim Tunney

Deborah Evans

Jo Barrett

Jenny Brillhart

Anne Gilchrist

Annie Silver

For bios and photos, check out the Board of Directors page at:
www.bluehill.coop/board-of-directors

When Are Board Meetings?

THE FOURTH THURSDAY OF EVERY MONTH AT 6:30PM

*Meetings are open and held in the café.
Check our website for more info.*

The Newsletter Team

Managing Editor: Kipp Hopkins
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LETTERS TO THE EDITOR

We welcome input. Please mail letters to: Letters to the Editor, Blue Hill Co-op, 70 South Street, Blue Hill, ME 04614 or email them to: newsletter@bluehill.coop. Letters should be brief and may be edited for style, but not for content. Please include your name, address, and phone number.

DISCLAIMER

The Blue Hill Co-op serves a diverse community. It is within the vision of this co-op to strive to embrace diversity and to meet as many needs as possible. Opinions and viewpoints shared within this newsletter are neither endorsed nor disregarded. Editorial content is intended for informational purposes only and is not intended to diagnose, prescribe, recommend, or offer medical advice. Newsletter articles do not necessarily reflect the opinions of the Board, staff, management, or Newsletter Team. Advertisements will be sold at the discretion of the Advertising Coordinator, who reserves the right to refuse and edit submissions.

Throw some fruit on the grill!



Autumn Robbins
Produce Manager

I was so pleased to place our first order for stone fruits this year, a telltale sign that we really have come into the summer season. It's been sunny and warm, the chickadees have returned to my bird feeders, and seedlings have been changing hands and making their way into the ground. The recent explosions of lilacs have certainly been fantastic to see. When it really starts to warm up, I always find myself wanting chilled fruits and hardly anything else. With the arrival of the peaches this year, I was reminded of an equally enjoyable way to prepare them this summer that I learned not long ago, grilling them.

With only a little digging, I quickly learned that just about any fruit can be grilled, which shouldn't have been as surprising as it was. If you're looking for a little variety in your fruits and desserts for the summer ahead, I want to share some of what I've found and enjoyed.

Over high heat, the sugary side of a cut, ripe plum will caramelize beautifully on the grill without any added ingredients. Grilling enhances

the sweetness and tenderness of the plums. Watermelon should be grilled over medium heat and can be served on its own with lime juice and salt or as a salad topping with fresh greens and crumbled feta cheese.

Grilled apple and brie flatbread makes a fabulous appetizer, served with olive oil, thyme, honey, and walnuts. The sliced apples are lightly grilled before arranging on the flatbread and then toasting to melt the brie.

Quartered and pitted nectarines can be brushed with honey and butter and lightly grilled to make a succulent dessert, either alone, with some vanilla ice cream, or even with a nice custard.

It would be unfair not to mention grilled tomatoes, of course, which make a fantastic side at any summer barbecue, or even at your hearty breakfast.

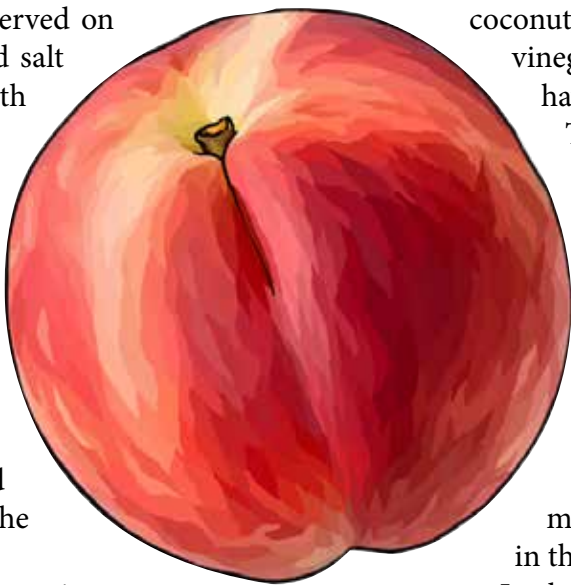
Take any combination of melons, apples,

pears, grapes, and berries you fancy, dice them up, and skewer them. Baste with honey, coconut flakes, and white balsamic vinegar, and grill until the fruits have nice marks on them.

These can be served with a key lime yogurt dip made with Greek yogurt, lime juice, cream cheese, and coconut flakes.

As I quickly found, the possibilities are endless, and it's always fun to experiment with old favorites. Plus, the more the better to be cooked in the lovely weather outdoors!

In the coming busy months, we hope to see many new and familiar faces, and we look forward to filling our shelves again with all the beautiful vegetables, herbs, flowers, and seedlings from our fantastic local farms. From stocking vibrant heads of lettuce to watering kale seedlings in the sun to enjoying the smell of a sweet, fresh-dug carrot, all the signs of summer are here. I hope that you all have a season as fresh, colorful, and fruitful as can be.



A little work, a little dog



Cat McNeal
Front End Manger
Co-op owner since 2013

For those of you just getting back into town, come see the new self-checkout we've got up and running. It's pretty simple to use, but the cashiers will be available to help if needed. And for those of you that never left town but still haven't tried out the machine, please try it out. The more everyone uses the self-checkout, the more practice we cashiers will get in helping correct any errors that arise.

I'll remind everyone that there are no alcohol sales at the self-checkout. Please see the human cashiers for those purchases. Also, the self-checkout is for card purchases only (debit or credit), so no cash back is possible at that station. You can use coupons at the checkout. Currently, we have an envelope marked for that purpose on the front of the scanning area. After scanning your coupon, just slip it inside the envelope. If you have a problem with a coupon, one of us cashiers can help you get it working.

Helpful tip for owners: if your phone number and email address are correct on your account, we can contact you if some of your groceries are left behind (trust me, something will get left behind). Any cashier will be happy to review the information we have on your account. If anything needs to be updated, we can do that for you. We enjoy being able to reunite owners with their purchased groceries.

If you are not an owner, please call us at (207)374-2165, ext. 202, as soon as you realize that you've left something behind and let us know.

We will most likely still have it on the front end, hoping that it gets picked up. Happy shopping!

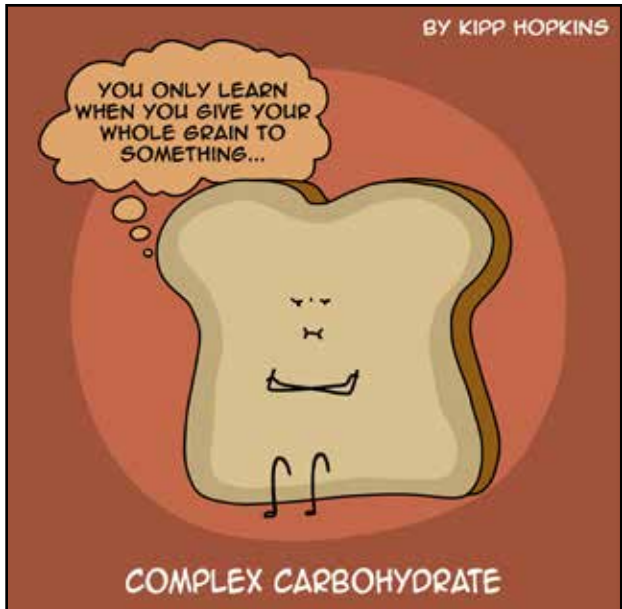
Now, in honor of James Herriot, let me share more about Bishop and Maggie Mae. While Bishop is quite happy to run around the fenced area behind the house (except for those times when he escapes the fenced area), Maggie needs her walk. I would love for Bishop to get out more, but quite frankly, he gorges himself on grass when we do go next door. Then he spends the next five minutes bringing the grass back up, and it leaves him weak. So, I don't mind that he likes to stay close to home.

Maggie, on the other hand, needs to see the greener grass everywhere else. (She also eats just the right amount of grass!) So us gals go off walking. It might be said that Maggie walks me, but only for the first part of the walk. She gets tuckered out near the end, and then I can relax a bit. She chooses to walk to the water almost every time. But she intersperses it with a stroll to the farm every once in a while. She'll peer back at me with her sly slitted eyes as if to say, "I've got something special I want to do today." It's then that I know she wants to go to both places. At times she gives me these rounded eyes and pleads with me to let her sniff around my friend's backyard, which we do, of course.

We've been enjoying the "guide" of the juvenile eagle down to the water. He swoops over us as we walk, then lands on a long-needled pine branch and watches our progress. He's also been known to hang out in our backyard, eating his fresh caught fish and keeping an eye on us, as well. I actually think that he's sizing up Maggie. I think

he's wondering if he can lift her. He gives me one eye, then twists his head to the side to get a good look at Maggie. I love watching the eagles, but since we've been swooped on a few times, I keep my own "eagle" eye out for Maggie's safety.

I like to introduce Maggie to new people (really, any people at all). She's a lot of fun and loves the action of people, but can be a little nervous. She'll hunch herself over, which makes her look like a hyena (and I guess a little scary), plus she'll use her growly chuffing voice (which is just how she "talks"). I've gotten to see a few people down at the water, and they've given a friendly hello to Maggie (and myself) and have allowed her to give them a sniffin'. She loves it because she loves people, I love it because it helps get her used to people. So if you see a wild woman and a bow-legged white dog, no need to cross the road. We don't bite.



Expansion: summer energies bring new light



David Walker
Wellness Manager
Co-op owner since 1989

Summer is a time of expansion as bright slight and warm temperatures bring forth an explosion of color, creativity, and growth in Nature and all around us. This change is also happening in the Wellness aisle at the Blue Hill Co-op. With some 6,300 supplements and body care products always in some state of flux, managing this aisle is an exercise that keeps my assistant Manager/Buyer Sam Duddy and myself (and now, recently, Torsten) constantly dancing with the chaos and order as new products arrive, products are discontinued, and out-of-stocks keep coming to our attention.

One recent development of note is an increase in products from the family-owned supplement producer called Natural Factors. A Canadian company that must comply with Health Canada standards of purity and efficacy, its products are second to none. You might be most familiar with their Whole Earth Whole Sea line of multivitamins. Their sixties-style block-lettered logo is hidden on the back of these vibrantly colorful boxed supplements. We also are now carrying around 100 of their premium quality supplements that have an entirely different look, many of them new arrivals.

I was first attracted to Natural Factors because, unlike many makers of supplements, they not only grow most of their raw materials in volcanically rich, certified organic Western Canadian soils, but they also manufacture all their products in their 900,000+ square foot facility. The large size might put one off, yet their size allows them to offer among the world's most stringent testing standards (ISURA). These include the use of Mass spectrometry testing (Headspace Gas Chromatography, Gas Chromatography Triple Quadrupole, Ultra-high Performance Liquid Chromatography Triple Quadrupole, Inductively-coupled Plasma), as well as Real-time polymerase chain reaction (qPCR) to detect genetically modified (GMO) or engineered plant materials. The list goes on: DNA Barcode Testing is used to authenticate DNA-containing raw materials. They also conduct "Un-Targeted Profiling," which profiles a general analysis of compounds in a product and reveals compounds that are not expected to be in that product.

That technical jargon gives a small window into the level of sophistication now at the top levels of supplement manufacturing. In researching this article, I also discovered that Now Foods, another family-owned brand that the Co-op has carried for decades, uses similarly rigorous methods for testing purity and authenticity. The Now company actually owns a manufacturing plant located in Canada and sells its products there as well as internationally. So it, too, needs to pass muster with Canada Health. Now has become a watchdog in the world of Amazon-supplied supplements and does a comparative analysis of brands found on Amazon. They have revealed, for example, that brands advertising high levels of CoQ10 and Magnesium Glycinate at times carry only a small fraction of those substances.

Any company that sells or manufactures supplements in Canada falls under the scrutiny of Health Canada, which regulates supplements as it does pharmaceuticals – a very different level of oversight than US companies. Health Canada is Canada's FDA, and while some might balk at their involvement in the world of natural supplements, their influence adds a powerful level of scrutiny to the industry there. We are the beneficiaries here in the US when we buy products that are approved for sale in Canada. The ISURA standards used by Natural Factors are governed and monitored by a non-profit, independent board of scientists and experts in the field of biochemistry and nutrition.

INNOVATIONS

We now carry Lipo Cellular (fat-soluble) Quercetin from Natural Factors and standard Quercetin from at least four different companies. I mention Quercetin, a bioflavonoid, because it is now understood to reduce the body's inflammatory/autoimmune response. Quercetin became well known during COVID as an anti-histamine and immune health supporter because it seemed to reduce the cytokine cascade that led to damaged lungs and respiration. Quercetin is also relevant to joint pain associated with arthritis, an autoimmune/inflammatory disease. It is also widely used to reduce imbalanced responses to allergens. This can include reducing rashes on the skin due to allergic response as well as the standard congestion, runny nose, and mild delirium that can be associated with severe allergies. Natural Factor's coenzymated B vitamins are just that and more: truly 100% coenzymated for far greater absorption while also incorporating the fermented foods they grow and process with a low-heat "Envirosimplex" patented technology that preserves and potentiates the raw food.

Lipo Cellular delivery is now applied to multivitamins for enhanced absorption, by the way. We have begun carrying the Solaray line of Lipo Cellular Multivitamins, which are now on an introductory sale.

NEW LOCALLY PRODUCED AYURVEDIC SUPPLEMENT!

The brand name is remarkable, as is the product: Flora Ex Machina, produced in Blue Hill and developed in Los Angeles by Alle Weil, is a delectable Ayurvedically inspired whipped ghee concoction that comes in a turmeric-infused base as Royal Ghee gold (organic grass-fed pastured ghee, raw wildflower honey, organic turmeric, ashwagandha, camu camu, pepper and pink Himalayan salt. More complex and also delicious is Flora Ex Machina's Royal Ghee Earth Ambrosia, with the same base of ghee yet loaded with green foods such as chlorella, nettles, barley grass wheatgrass, spirulina, dandelion leaf, and medicinal mushroom extracts such as maitake, reishi, shiitake, turkey tail. It also contains kelp, dulse, beetroot, orange, and lemon peels. All of

the above are listed as organic.

Truly, as advertised, "Ancient wisdom meets modern living." These two products that come classily dressed in gold accented brown glass 9 oz jars contain a perfect gift for someone; it occurs to me as I write. In traditional Ayurvedic practice, it is understood that many of the earth's most potent and healing herbs need the synergistic support of the right oils to carry the medicinal goodness into deep tissues of the organs and body. This reason is why herbs were traditionally combined with ghee and honey. Absorption, or bioavailability, was understood to be vastly increased and unpleasant digestive reactions eliminated or reduced. Flora Ex Machina has gone beyond something medicinal, however, creating a delicious, one might even say, as they do, "decadent and guiltless superfood spread to boost daily living." We are happy to be offering such an incredible and locally produced supplement to the Co-op community!

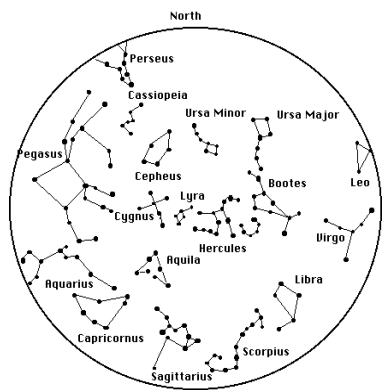


Photo by Sam Duddy

SUPPORT CLIMATE CHANGE ACTIVISM WITH BAMBOO PADS!

What we choose to buy is a form of activism to help the earth. Not local, but these new feminine hygiene products are an important addition to our lineup in the Wellness Section: Flo, a woman-owned British company, has already received our own "seal of approval" from one of our cashiers: Angela composed this written review for the Co-op community: "After receiving the disappointing news that my longtime favorite menstrual product had been discontinued, I somewhat reluctantly tried Flo Bamboo pads at David's recommendation. I was pleasantly surprised. Flo pads are soft, comfortable, thin, and at the same time absorbent. I very much appreciate their conscientious vision, design, and manufacturing. If, like me, you try to avoid things like synthetic fiber, chlorine, dioxins, pesticides, fragrances, and allergens, then you also want to give Flo Bamboo Pads a try." By the way, another nice feature is this; the ice-cream-style container offers a selection of their tampons, including eight regular and six super for variable flow during a given cycle. Additionally, Flo contributes profits to progressive causes. "We are proud to give back through brilliant charities like the Orchid Project, who work to end female genital cutting, and Bloody Good Period, who provide personal care and hygiene products for girls and women in need."

Summer stargazing



Circumpolar Constellations:	Spring Constellations:
Cassiopeia	Aquila
Cepheus	Cygnus
Draco	Hercules
Ursa Major	Lyra
Ursa Minor	Ophiuchus
	Sagittarius
	Scorpius

The summer sky features some very bright stars making up the “summer triangle.” The star Deneb is part of the constellation Cygnus (the swan). Deneb is the 19th brightest star to observers on Earth. Altair is the 12th brightest star and sits in the constellation Aquila (the eagle). Vega, the 5th brightest star, is part of Lyra. Vega is 26 light-years away and is twice the size of our sun.

In Greek tradition, Lyra represents the lyre of Orpheus, but many other cultures have their own constellation featuring the star Vega. In Wales, it is called King Arthur’s Harp. To the Boorong people of Australia, it is the Malleefowl. For the ancient Inca, it was Urcuchillay, a llama deity who watched over animals.

The constellation Scorpius includes the bright, reddish star Antares. It’s also one of the constellations that truly resembles its symbol, the scorpion. You can clearly see the curled tail in the line of stars.

Observable Astronomical Events:

July 1, at 2:48 AM conjunction of Venus and Mars. The planets Venus and Mars will pass within 3 1/2 degrees of each other. Both planets will be visible with the naked eye in the constellation Leo.

Aug 10, Mercury will reach its greatest eastern elongation. Meaning it’s the best time to see the planet from Earth. Look for the planet low in the western sky just after sunset.

Aug 12/13, one of the best annual showers, the Perseids Meteor Shower will be at its peak. The Perseids are famous for producing a large number of bright meteors up to 60 per hour. The crescent moon should not be too much of a problem this year. Skies should still be dark enough for a good show. Best viewing will be from a dark location after midnight. Meteors will radiate from the constellation Perseus, but can appear anywhere in the sky.

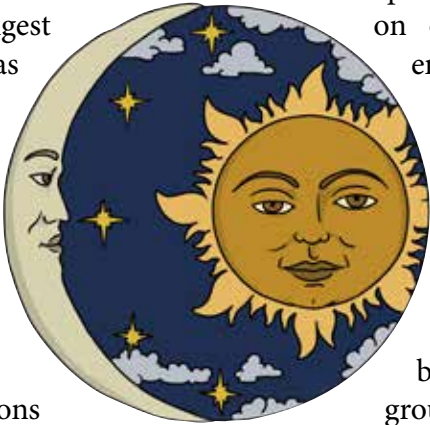
Aug 27, Saturn at Opposition. The ringed planet will be at its closest approach to Earth and its face will be fully illuminated by the Sun. It will be brighter than any other time of the year and will be visible all night long. This is the best time to view Saturn and its moons. A medium-sized or larger telescope will allow you to see Saturn’s rings and a few of its brightest moons.

September 19, Neptune at Opposition. This is the best time to view Neptune. Due to its extreme distance from Earth, it will only appear as a tiny blue dot in all but the most powerful telescopes.

Summer astrology: two Super Moons

Here are a few astrological events taking place in the third quarter of 2023.

The Summer Solstice happens on Wednesday, June 21, 2023, 10:58 am. On this date, the Sun enters Cancer, and here in the Northern Hemisphere, the Sun is at the highest point in the sky, and we experience our longest daytime of the year. Summer has arrived! Astrologically speaking, things are about to shift right along with our daylight. Our priorities expand with this heightened solar energy. We are at a crossroads in our life path, ready for new actions and happenings.



We will have two Super Moons this third quarter. A Super Moon occurs when the Moon’s orbit is closest (perigee) to Earth while the Moon is full. The Moon orbits Earth in an ellipse, an oval that brings it closer to and farther from Earth as it goes around. Its closest point is the perigee, about 226,000 miles from Earth on average. The farthest point is the apogee, about 253,000 miles from Earth. When a full Moon appears at perigee, it is slightly brighter and larger than a regular full Moon; and that is a Super Moon!

Both Super Moons happen in the month of August this year. Since super Moons can enhance the energies of a full Moon, let’s take a look at these full Moons and the signs they occur in. The first super Moon, on August 1, happens with the Moon in Aquarius, a future-thinking, innovative air sign. Themes of change in our lives may encompass our vision of our desired future. The second super Moon, on August 30, happens with the Moon in Pisces, a spiritual, imaginative water sign. Themes of change during this time may revolve around bringing our higher dreams and goals into reality.

- Full Moons of this third quarter:**
- Monday, July 3, 2023, 7:39 am EST known as Buck Moon, in Capricorn
 - Tuesday, August 1, 2023, 2:31 pm EST known as Sturgeon Moon, super Moon in Aquarius
 - Wednesday, August 30, 2023, 9:35 pm EST known as Blue Moon, Super Moon in Pisces
 - Friday, September 29, 2023, 5:57 am EST known as Harvest Moon, in Aries

New moons ushering in times of fresh starts and new beginnings.

- New moons of this second quarter:**
- Monday, July 17, 2023, 2:32 pm EST known as New Sturgeon Moon, in Cancer
 - Wednesday, August 16, 2023, 5:38 am EST known as New Blue Moon, in Leo
 - Thursday, September 14, 2023, 9:40 pm EST, known as New Harvest Moon, in Virgo

Here are two retrograde planets in this third quarter. Eight planets are in retrograde in this period, but Neptune and Mercury give us double doses of their given energies, so we will focus on them.

Neptune is retrograde in Pisces from June 30, 2023, to December 6, 2023.

Neptune is a dreamy planet of ideals, intuition,

and spirituality. Pisces is ruled by Neptune, so we have a period of time where we may feel a double dose of Neptune’s energies. This can be a time of intuition, creativity, and the formation of dreams and goals. Many of us will enter a time of introspection, which will allow us to focus on our true ambitions. Neptune’s energies are subtle but will resonate for over five months, so we have plenty of time to work with this creative energy. Watch out for the nefarious aspects of Neptune and Pisces, such as illusion and escapism. Fantasy can lead us astray. Our best course is to keep ourselves grounded and centered while reassessing our dreams and goals through our chosen spiritual practices, meditation, and maybe a bit of gardening. Anchoring ourselves in the present while formulating our goals will keep us on track.

Mercury is retrograde in Virgo from August 23, 2023, to September 15, 2023.

Mercury is in retrograde four times this year, and this is the third retrograde. Virgo is a Mercury-ruled sign, so again, we may experience a double dose of energy, Mercurial, this time. Mercury is associated with communication, intellect, analytical skills, memory, and transportation. It can give us the desire to explore and gain knowledge, and reasoning can be strong. Negatively it can bring about indecision, over-critical thinking, nervous and anxious energy, technical and transportation glitches, and breakdowns. Virgo is detail-oriented, practical, systematic, and willing to improve skills through diligent and consistent practice. This will be a time to revisit projects on the back burner with an eye for the details. Things may slow down in this time period, but we can use it to our advantage and systematically go over the fine details of our plans. If glitches occur, we can use that practical Virgo mindset to make it through this retrograde and have our projects ready to go as we pop out in the latter part of September.

I’d like to end with a nod to the Autumnal Equinox happening September 23, 2023, at 12:50 am. The September equinox marks the Sun’s crossing above the Earth’s equator, moving from north to south. For everyone across the globe, days and nights are approximately the same length. The Sun enters the sign of Libra on this day. Libra is an air sign, a bringer of balance and harmony symbolized by the balanced scales of justice. The Autumnal Equinox helps bring back balance after the expansion of the summer solar season. It is a time to take a moment to collect ourselves before the contraction of the colder, darker, inward-facing months. The Summer Solstice and the Autumnal Equinox bookend this quarter of astrological happenings! Just think of all the exciting astrological events in this summer season. This article only touches on a few. Make hay while the Sun shines; the heavens are beckoning you forward!

Lisa Jae
Co-op owner since 2006

What's the grind with the rind?



Robin Byrne
Cheese Manager
Co-op Owner since 2002

I recently read an article by Janet Fletcher, cheese expert and author of the food blog PLANET CHEESE. In it, she addresses the question of the edibility of the rind on cheeses. It was informative and interesting, so I thought I would share my thoughts with you, dear reader.

What is the function and purpose of rind on cheese anyway? ...you might ask. Well, there are different types of rind: bloomy, washed, natural, and waxed or clothbound. All rinds aid in the cheese's aging process and protect the paste (the cheese itself) from drying out or rotting.

Let's look at the rind cheeses we stock in the Co-op cheese case.

We start with the Soft Double and Triple Cream cheeses. These all fall under the bloomy rind category. You can tell by their primarily white, fluffy-looking exterior, which gives way to mild, creamy, and sometimes runny paste. Delightful, yes? Don't be put off if you see an orangy cast to the edges. It's a natural and edible bacteria called *b. linens*.

- Classic Brie - France
- Bally Hoo Brie - Vermont
- Camembrie - Vermont
- Crottina - Vermont
- Fromager D'Affinois - France
- Brillat Savarin - France
- Triple Creme - Maine
- Cambozola - Germany

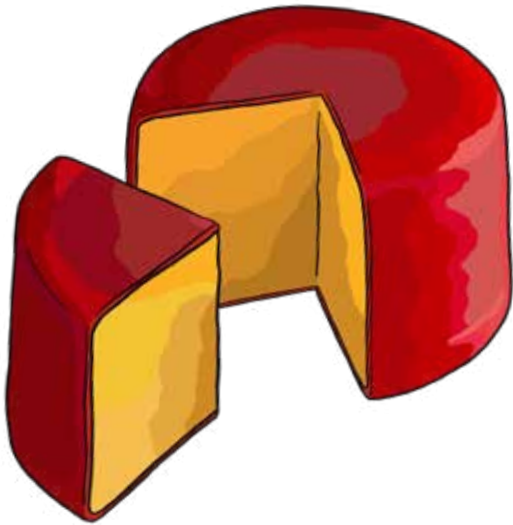
Now let's move on to the Aged cheeses. Here we have a variety of rinds. Determining the difference is not always easy. The waxed rind's texture is often tough, hard to cut through, and

sometimes colored with words or numbers stamped into the surface. A natural rind may appear to have a thicker texture than the cheese itself and may also be mottled in color and show signs of indents from the form in which it was aged. Tricky, but oh so good, no?

- Manchego (waxed) - Spain
- Pecorino Romano (natural) - Italy
- Gruyere (natural) - Switzerland
- Pamesano Reggiano (salt brine washed) - Italy
- Blue Ledge Farm (Riley's 2X4 is a clothbound natural rind) - Vermont

Okay, back to the question of edibility. To quote Janet Fletcher, "Rind your own business!" Right, it's all up to you. If you are curious, go ahead and give the rinds a try. If you like it, keep going; if not, eh, never mind. Although, we don't recommend the waxed rinds as wax is not actually a food. Many great cooks love to add a piece of Reggiano rind to simmering soups and sauces. It can impart deep flavor and smooth texture. Just remove the rind before serving or storing.

Try it, you may like it! But, quoting Janet once again, please don't be the jerk at the party who eats only the paste of the brie and leaves the empty rind on the platter!



LE FROMAGER D'AFFINOIS & BLUEBERRY GRILLED CHEESE



Photo by Kipp Hopkins

Everyone loves a good grilled cheese sandwich. This recipe is a dressed-up version, using Le Fromager d'Affinois, a delicious double cream similar to brie, and a blueberry compote (giving it a Maine twist). The creamy cheese, sweet berries, and crispy bread all pair perfectly together. This recipe is for two sandwiches.

INGREDIENTS:

- 4 slices of sourdough
- 2 oz of Le Fromager d'Affinois or brie
- butter (room temp)
- 4 oz frozen blueberries
- 3 tsp potato starch

Cook the frozen blueberries over medium-low heat until they are bubbling. In a small bowl, make a slurry with the potato starch and a few tbsp of water. Pour the slurring into the blueberries while stirring. It will thicken quickly. Once it reaches the consistency of a thin compote, turn off the heat and set it aside. Butter one side of each slice of bread. Heat a skillet over medium-low heat and place a piece of bread butter-side-down on the pan. Place half the cheese on the bread, then top with half the compote. Place the other bread slice butter-side-up atop the fillings. Grill on low heat until the underside is golden brown and your cheese is beginning to melt. Carefully flip and grill the other side until golden brown. Repeat for a second sandwich. Serve hot!



Photo by Kipp Hopkins

Maine Cooperatives

Did you know Maine has:

- Over 7,000 worker-owners of Maine businesses.
- Over 21,000 Mainers who are members of 10 different food co-ops throughout the state with annual sales of \$35,000,000.
- 22 lobster co-ops owned by 65 lobstermen, landing ~30% of the state's catch.
- 12 housing co-ops that are home to over 500 families.
- 65 dairy farmers who are owners of Cabot Creamery and Organic Valley cooperatives.
- 711,235 members of 60 credit unions with \$8 billion in assets, \$7 billion in deposits and \$6 billion in loans to members.
- 4 electric utility cooperatives owned by 22,000 consumers with \$23.5 million in revenues.

NCG Cooperatives

National Co-op Grocers is a cooperative organization that supports food co-ops around the country, including Blue Hill Co-op. They work with 220+ co-op locations across 38 states. Together, NCG co-ops have 1.3 million members.

NCG co-ops on average:

- members account for 65% of a cooperative's total sales.
- sell \$5.6 million of local products a year.
- work with 281 local farms and businesses.
- 38% of sales are certified organic products.
- employ 110 people.
- take advantage of NCG's Co-op Deals and Co-op Basics, providing discounts and reduced prices on thousands of products.
- donated \$149k to local community groups.

A brief history of cooperatives

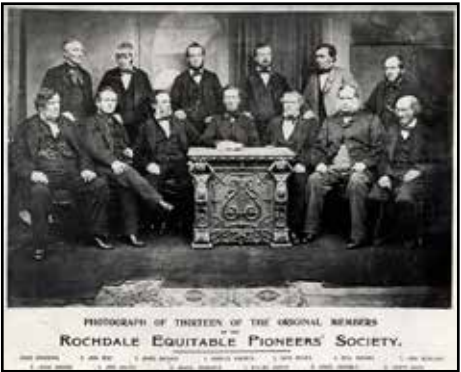
Early human societies learned to cooperate and work together for survival. You might even say that cooperation is inherent in human activity. Early agriculture would have been impossible without mutual aid. Farmers relied on each other for defense, harvesting crops, building storage buildings, and sharing equipment. These natural, unorganized versions of cooperatives have been used throughout history and are still utilized by many today around the world.

The modern concept of cooperative business models first appeared in Europe in the 18th and 19th centuries during the Industrial Revolution. Working people in cities could no longer produce their own food and had very little control over their food or living conditions. Those with money gained staggering power over those without. Early cooperatives were formed to protect the interests of the less powerful members of modern society: workers, consumers, farmers, and producers.

People experimented with different models of pooling limited resources to purchase goods from wholesale dealers. The goods were then distributed equally among the members. In this way, they could obtain higher quality goods for less money.

The first really successful cooperative was started by millworkers in Rochdale, England, in 1844. After a failed strike the previous year, they took steps to secure their most pressing need, food security. Twenty-eight people founded the *Rochdale Equitable Pioneers Society*. They pooled money saved over the year and opened

a store carrying the staples of butter, sugar, flour, and oatmeal. This cooperative is considered the first modern co-op and set down the Seven Cooperative Principles still in use today. If you'd like to read a contemporary to the time novel that explores the issues and culture that gave birth to this movement, try *North and South* by Elizabeth Gaskell.



Thirteen of the surviving Rochdale Pioneers, photographed in 1865.

The *Rochdale Equitable Pioneers Society* is still alive and well today, though after merging with several other cooperatives, it is now called *The Cooperative Group* and has over 65,000 employees across the UK. They run food co-ops (retail and wholesale) and provide insurance, legal services, and funerals.

In the US, early cooperatives were primarily groups of farmers or producers working together to obtain the best prices for their goods. Enslaved and free African Americans also utilized cooperative models for mutual aid societies to pay for medical needs, schooling, funerals, and to pay for freedom. During the Civil War, African American women in South Carolina formed the *Combahee River Colony*. They grew cotton on abandoned farmlands independently and, eventually, a hundred women strong. *The Colored Farmers'*

National Alliance and Cooperative Union was founded in Texas in 1886, and at its peak in 1891, it had 1.2 million members.

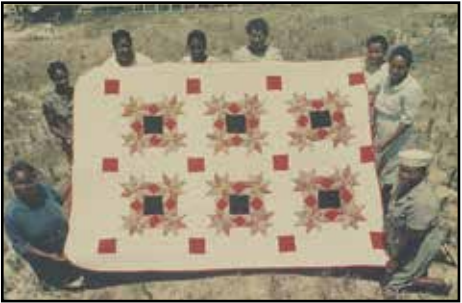
Early American consumer co-ops were based on European models. However, most early co-ops did not have long-term success, failing due to a lack of investment, poor management, or a lack of understanding of the Cooperative Principles. It wasn't until the 1900s that American cooperatives gained true success as a movement. The Rochdale plan was a campaign in the early 1900s that formed cooperative wholesalers who would sell their goods to consumer-organized buying groups. As time passed, the wholesalers would help the groups grow and become retail outlets. In 1920 there were 2,600 consumer co-ops in the USA, primarily general stores in towns with less than 2,500 residents.

The Great Depression triggered a wave of new cooperatives, mainly urban ones. The New Deal partially supported these cooperatives. Some leading consumer co-ops were launched in this period, many lasting to their 50th anniversaries. The Hanover, Eau Claire, and Hyde Park co-ops are still operating today.

The civil rights movement also had its fair share of cooperative organizations like the *Young Negro Cooperative League* and the *Student Nonviolent Coordinating Committee*. These, sadly shortlived, cooperatives taught activists "grassroots leadership, education, democratic decision making, and a step-by-step, transformative process of working toward long term goals," according to Dr. Jessica Gordon Nembhard, author of *Collective*

Courage: A History of African American Cooperative Economic Thought and Practice.

One famous cooperative of this era was the *Freedom Quilting Bee*, a cooperative of black women sharecroppers in the South. They came together to sew and sell quilts. They also purchased land both for a sewing factory and to sell to families who had been evicted because of their activism. Though the *Freedom Quilting Bee* is no longer active, they were a founding member of the *Federation of Southern Cooperatives*, which is still alive and well today.



Freedom Quilting Bee, women around quilt.

The 1960s counterculture movement brought another wave of growth for consumer food co-ops. This period was marked by a lot of experimentation, with some running like more traditional stores and others running with volunteers and limited hours. Some paid patronage dividends, and others offered discounts to members. These cooperatives took on the ideals of the time and focused on whole, unrefined foods. Soon, cooperatives became heavily associated with natural foods. However, cooperatives have always been a means for ordinary people to gain some control and independence in a world of great inequality.

For more information on the history of cooperatives, go to: www.grocery.coop

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Multi-capital abundance and cooperative potential



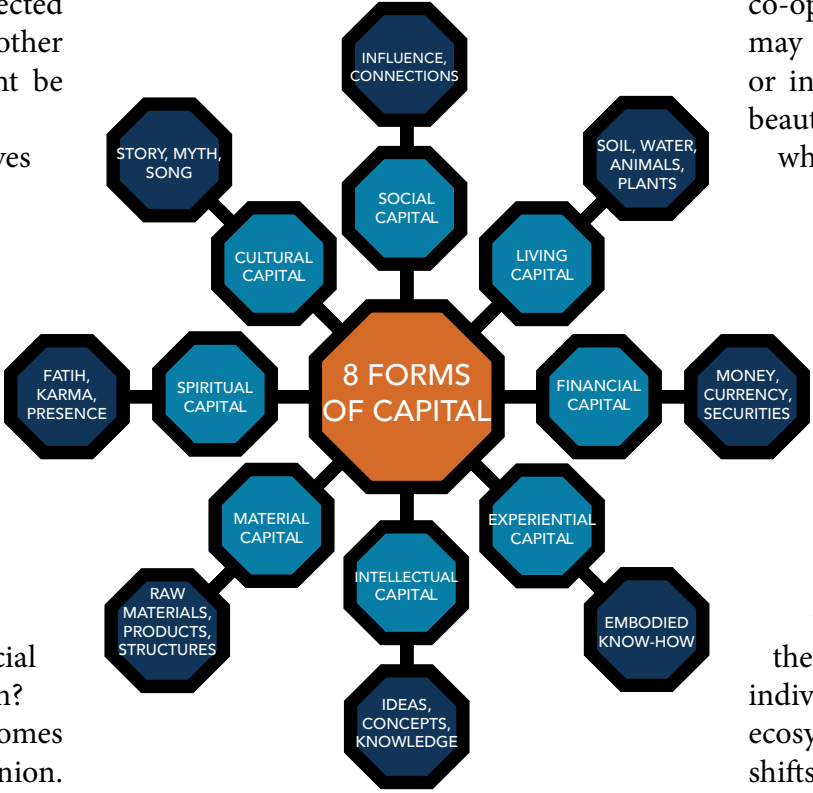
Angela Faneuf
Cashier
Co-op owner since 2015

Rarely are we painfully familiar with regarding the state of social, economic, ecological, political, and cultural situations, I'll dedicate a moment of grief and pause to acknowledge the current predicament that we collectively find ourselves in. As we experience life within the late stages of an exploitive capitalist system that has prioritized profit over the well-being of our interconnected web of life, I find myself wondering what other ways of living and "doing business" might be possible.

The current global social structure revolves almost entirely around the ebb and flow of financial capital. Yet, our survival depends primarily upon living capital which gives rise to material capital in the form of food, water, energy, and shelter. What would a society look like if its wealth were measured by a more holistic capital perspective? Imagine, for a moment, if the success and rewards of a business enterprise were determined by its capacity to regenerate living, social, intellectual, experiential, material, cultural, and even spiritual capital along with financial capital. What might the world look like then?

Here's where the possibility of co-ops becomes so bright and shiny, in my humble opinion. Co-ops are uniquely structured to incorporate the potential of multi-capital abundance. All cooperatives operate with the Seven Cooperative Principles built into their foundations. Those principles are:

1. open and voluntary membership
 2. democratic member control
 3. member economic participation
 4. autonomy and independence
 5. education, training, and information
 6. cooperation among cooperatives
 7. concern for community
- These principles are designed to support and improve the quality of life of their member-owners and communities. Consumer food co-ops, for example, generate living capital within their communities by selling locally-grown organic produce and humanely raised animal



products. This investment improves the health and well-being of those who consume these products. It encourages intentional farming and land stewardship practices that minimize impact,

reducing harm to the natural ecosystem and our other than human kin, further growing living capital within a community. Consumer co-ops help to secure financial capital for local farmers and producers, enriching their quality of life and simultaneously inspiring new eco-centric, innovative agricultural ideas and practices that appeal to the conscientious consumer market, creating intellectual and experiential capital in the process.

One of the most beloved aspects of a co-op is the sense of belonging and community that they have the capacity to hold. Shopping at a food co-op may take a little extra time because you may run into friends or have a delightful and/or informative conversation with a health and beauty department staff member or a cashier while checking out. Cooperatives have the potential to be rich in social capital if this natural human need for connection is nurtured and supported. This, in turn, enriches the lives of the co-op member-owners in ways the dominant culture and ideologies do not recognize as "profitable."

Through embracing a multi-form of capital framework, regenerative enterprises can direct financial capital out of the current destructive economic system and reinvest it into the interconnected web of life within the community, regenerating the quality of individual lives, the local economy, and natural ecosystems. It has the power to make profound shifts in our social, economic, ecological, political, and cultural structures. I am a firm believer that co-ops are distinctively poised to lead the way toward a more thriving, holistic way of life that prospers with multi-capital abundance.

Art in the Café

APRIL:
JONATHAN FISHER



MAY: MADGELINE HENDERSON-DIMAN



JUNE:
MARY BARNES



Upcoming: July - Michaella Westin / Aug - Torsten Peterson / Sep - MaryAnn Ead
Interested in having your artwork exhibited at the Blue Hill Co-op?
Contact Kipp Hopkins at: (207)374-2165 or marketing@bluehill.coop (We're booking for 2024.)

Staff pet pictures

At the Co-op, we love to swap pet pictures and stories with our co-workers. They're all so cute and now we want to share them with our readers too!



Alice Shepherd, 11yo



Bambi & Dean Robbins, 11yo



Boston Shepherd, 10yo



Bishop McNeal, 2yo



Buck Moore, 8yo



Bustah Rogers, 12yo



CeCe Walker-Sulzer, 5yo



Circe Byrne, 3yo



Daisy Leaf, 16yo



Delilah Coolidge, 3yo



Fin Hopkins, 14wk



Freya Byrne, 3yo



Gill Byrne, 12yo



Gracie McNeal, 11+yo



Jamima Cochran, 10yo



Maeve Byrne, 1yo



Maggie McNeal, 2yo



Mahi & Taco Hunter, 2yo



Mr. Miko John, 4yo



Nori Leaf, <1yo



Rajah DaCosta, 8yo



Ren & Rose Hopkins, 3yo & 4yo



Roil Byrne, 3yo



Sukha & Shahid DaCosta, 2yo



Teddy Hutchins, 7yo



Trixie Emerson, 12wk



Waterlily Faneuf, 6yo



Winston Ritchie, 10yo



Yoshi Leaf, 1yo



Ziggy Gadsby, 3yo



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All our animal friends



Kipp Hopkins
Marketing
Manager
*Co-op owner
since 2006*

You’ve probably heard the quip; you either came out of the pandemic with a puppy, an air fryer, or mental health problems (or maybe all of the above). Let’s just say my family didn’t get an air fryer, and I know we’re not alone in combining the other two.

Even before the pandemic, Americans were experiencing isolation and loneliness in high numbers. According to the United States Surgeon General, Dr. Vivek Murthy, before the COVID-19 crisis cut off so many people from their loved ones and support systems, one in two Americans already reported experiencing loneliness. Dr. Murthy defines loneliness as “the subjective distressing experience that results from perceived isolation or inadequate meaningful connections” and states it is as dangerous for one’s health as smoking 15 cigarettes a day.

But I’m not here to depress you regarding this newly acknowledged health crisis. Instead, I want to talk about one amazingly effective way to combat loneliness, isolation, and depression when human connections aren’t easy to come by. That is the companionship of our animal friends!

I honestly have no idea how people get by without pets in their lives. Whether you’re a cat person like me, a dog person, or have any other animal companion (one of my friends has jumping spiders—to each their own), pets bring so much joy into our lives.

This fact was really brought home to me when my seven-year-old cat, Merry, the light of my life and a registered emotional support animal, suddenly passed away last month. He’d had health problems for a few years but had been doing much better since moving. Then, a rapid growth mass sprung up, and within a few weeks, he was so uncomfortable that I had to do what was best for him and put him to sleep. Anyone who has lost a pet will know that losing them is heartbreaking. I had to take a few days off of work because I cried so much my eyelids swelled up. I looked like Jaba the Hut.

Merry was not a famous influencer on social media, but he did have many admirers among my friends and co-workers. I love to share pictures and anecdotes about

Merry, and it wasn’t uncommon for people to start conversations not with, “How are you?” but rather, “How is Merry?” When I posted about his sudden passing, I was told by multiple people who had never even actually met him that they were devastated by the news. I think all our pets have the capacity to gain this much love from people outside of their immediate circle, but Merry captured the hearts of so many because I made his life accessible to them.

Losing him was very hard, especially because he was my constant source of comfort. I thought I would wait a while before getting another cat. We have two poodles (one of whom is the aforementioned pandemic puppy), but they can’t fill a cat-shaped hole in my heart. And it occurred to me while I was wallowing in my cat-less existence that I have never been without cat. We had a family cat when I was really little then I got my first kitten at age seven. Like all the seven-year-olds that year, I wanted a guinea pig because of a movie that had just come out. My mom did not want a guinea pig and gave me the choice of getting my own kitten instead. “Guinea pig? What guinea pig? Why would I want a guinea pig?” The following year, after adopting my first cat, our friends had a litter of kittens in their RV while driving from Alaska to visit us in Maine; we kept two. We now had three cats! Then Merry came into my life in my twenties when the first cat was gone, and the “RV brothers” were very old. He’s been my solo cat for four years, and I think I’m a one-cat kind of guy because I like to focus my love and affection on just one companion.

After Merry’s passing, I spent a few days without a cat and did not like it. We visited the Humane Society in Albuquerque, and lo and behold, they had the sweetest ginger kitten looking for a forever home. I fell in love right away and brought him home. His name is Glorfindel, Fin or Findel for short, and he is a love (appropriately born on Valentine’s Day). After introducing him to my friends on social media, it was clear that everyone was thrilled to have another ginger boy to follow along. My friend, who also works at the Co-op, texted me a few days later to inform me, “Everyone is talking about Fin at work. They’re already obsessed.”

I posted a picture of him on a group on Facebook, and someone asked me if he was a Maine coon. I hadn’t thought about it before, but

he did have some Maine coon looks about him, with his medium-length fur and slightly tufted ears. After reading about this fascinating breed, I realized he has the personality too. Maine coons are often described as “dog-like” in their engagement and pack tendencies. I’m pretty sure Fin thinks he’s a poodle, just one of the pack. I take him for hikes; he loves running with the big dogs. He can go for about two miles before getting tired and is not even four months old. I have a backpack for him when he does get tired. He’ll have me hold him for a while and then climb over my shoulder to get back into the pack, which I leave unzipped.



Also, like a Maine coon, he is unbelievably affectionate. He loves to be around me and often follows me from room to room. He insists on being held for hours while I stand and work one-handed at my desk. I think it’s hilarious that I lived in Maine for 25 years without paying much attention to the breed named for that state, and then I randomly got one in New Mexico.

Fin will never replace Merry, but having a new companion is so healing, and there’s nothing quite so joyous as having a kitten running around the house. Especially since a burst abscess on his abdomen has created the need for “post-surgical onesies,” essentially pajamas, to be worn for two weeks. He has two pairs, one with bananas and one with a watermelon print. The cuteness is almost unbearable. He now has the nickname “nana jama.”

It’s not just me who recognizes the healing power of pets. “Science tells us that when people have a pet, they tend to get more exercise, report less loneliness and stress, and have stronger social ties,” says a 2019 paper from the Human Animal Bond Research Institute (HABRI). Research suggests pet ownership can reduce cortisol (a stress-related hormone) and lower blood pressure. It can also help with childhood development, especially for kids on the autism spectrum or with ADHD or other conditions. Studies

have shown that kids reading to animals showed better social skills and more sharing, cooperation, and volunteering.

Therapy dogs are well-known for going into hospitals and nursing homes to provide comfort and stress relief. There’s also a maximum-security prison outside of Indianapolis with a program where inmates can look after shelter cats. It’s been a very successful program, providing judgment-free affection and companionship to both the cats and the inmates.

Registered Emotional Support Animals can have a bad rep because they can get caught up in society’s prejudices about mental health. Merry was registered, and now Fin is too. ESA owners are protected against discrimination under federal and state housing laws and enjoy other benefits like exemption from pet fees and pet breed/size restrictions. This fact is crucial for people suffering from mental health issues so they aren’t separated from their pets. Your therapist can provide you with an ESA letter, or if you don’t have a regular therapist, you can use a service like Pettable that will connect you with a therapist to have a consultation and get a letter. (Just a reminder, though ESA pets are exempt from certain restrictions, they are not the same as service animals. Under state law, no animals besides service animals are allowed in the Co-op because we are a grocery store.)

It’s not just dogs and cats either, as my friend with the spiders could probably tell you. Fish, for example, can be very calming when you watch them swim. A recent study also showed diabetic teens with pet fish were better at managing their disease. The discipline of feeding the fish and keeping their tanks clean encouraged the teens to have a better routine around checking their blood glucose and logging it.

I highly recommend adopting a pet if you’re lonely or need connection. If taking on a pet isn’t practical, the SPCA in Ellsworth has a room where you can pet their cats without any pressure to adopt. You can also volunteer at shelters and spend time caring for the animals. If you’ve recently lost a beloved pet, though everyone grieves differently, I have found a new companion can be incredibly healing.

QR codes to my sources (use your smartphone camera to scan):



We hope you enjoy these puzzles and brain teasers. All answers can be found on page 15.

Double Scramble “Hold the Revenge”

Solve the scrambled words, then solve the final phrase using the circled letters.

EPSLOICP

EMNAEDLO

SAADL

TMEOENRAWL

ROGTYU

LTECETU

HB

S

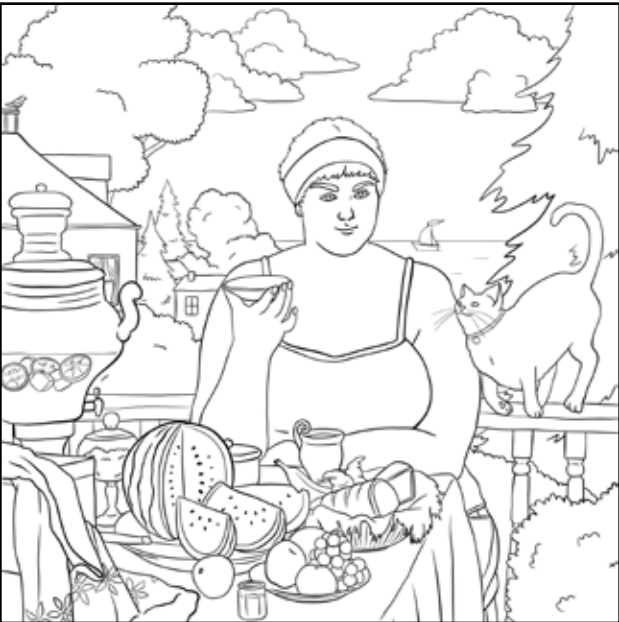
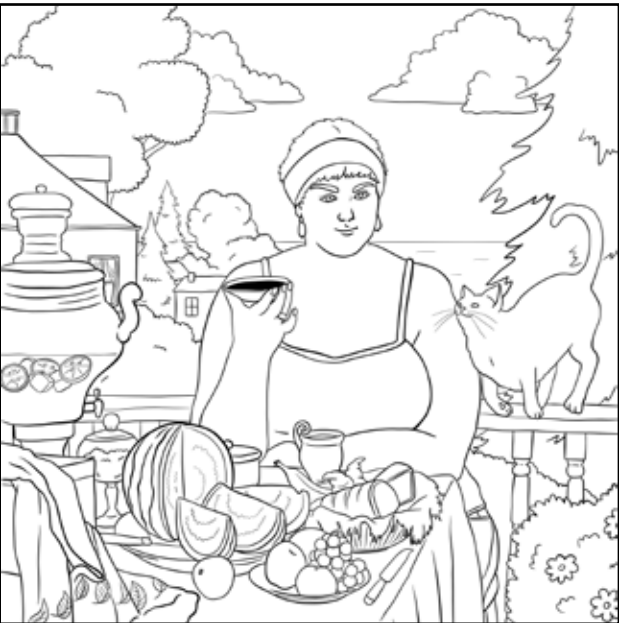
D

Co-op Sudoku

The 9×9 squares must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically.

	3		1		7	9	2	
		9		5			1	
					6	8		
9	7		3			5	8	1
3				7				2
2	6	1			5		7	9
		5	6					
	8			2		6		
2	7	5		9			4	

Spot the 12 Differences “Breakfast on the Bay”



Art based on “Merchant’s Wife at Teatime” by Boris Kustodiev

Word Search “Greens Piece”

G	H	I	R	O	M	A	I	N	E	P	P	U	G	N
X	J	O	J	Z	P	T	D	P	B	Q	P	G	P	O
W	H	S	N	Q	S	K	X	K	A	A	L	B	I	I
G	W	T	E	M	A	C	H	E	T	R	U	E	N	L
R	R	A	I	L	Y	C	J	H	A	U	C	E	R	E
E	I	T	E	W	O	R	O	Z	V	G	A	T	U	D
B	N	D	A	R	A	R	C	K	I	U	B	S	T	N
E	I	R	D	B	E	T	A	V	A	L	B	P	K	A
C	P	A	T	D	O	C	E	C	E	A	A	I	E	D
I	A	H	U	A	R	K	U	R	S	L	G	N	V	Q
O	R	C	E	M	N	A	C	T	C	E	E	A	I	F
I	E	O	G	H	F	U	T	H	T	R	P	C	D	D
S	O	R	R	E	L	F	Z	S	O	E	E	H	N	L
I	D	R	A	L	L	O	C	I	U	Y	L	S	E	M
N	A	P	A	Z	L	O	U	U	M	Y	J	S	P	

Words may be diagonal, vertical, or horizontal and backwards or forwards.

- ARUGULA

BATAVIA

BEET

BOKCHOY

CABBAGE

CHARD

COLLARD

DANDELION

ENDIVE

ESCAROLE

ICEBERG

KALE
- LETTUCE

MACHE

MIZUNA

MUSTARD

NAPA

RAPINI

ROMAINE

SORREL

SPINACH

TATSOI

TURNIP

WATERCRESS

Enjoy the puzzles? Too hard, too easy?
Let us know: newsletter@bluehill.coop.

Crossword “Garden Smarts” by Kipp Hopkins

1		2			3			4	5			6		7
							8				9		10	
11	12			13							14			
15							16							
						17					18			
19									20	21			22	
						23		24		25		26		
	27												28	29
30						31				32				
			33				34	35	36					
37		38			39			40		41	42			
				43						44				
45			46			47	48		49			50	51	
		52				53						54		
55										56				

This puzzle has a lot of Co-op themed answers but also some other stuff.
When a clue has “we/us/our” it is referring to the Co-op.

Across

- 1 Sleepy flowers from 32 across
- 4 Travelers rest
- 8 Box of produce provider
- 9 Fits tightly round
- 11 Where birds fly
- 13 Garden matter
- 14 Apprehensions
- 15 Disreputable-looking bread?
- 16 Plant variety
- 17 Regretful herb
- 18 British “fly boys” abbr.
- 19 One of the carpal bones
- 20 Buddy
- 22 Towards
- 23 Opposite of flow
- 25 Coroner’s tag
- 27 Gardening climate regions
- 31 Translated abbr.
- 32 Enact a feeling
- 33 Country reachable by cyclone
- 34 Gunk from a trunk
- 37 Summer flowers
- 40 Preserved
- 43 Titanium abbr.
- 44 Computer smarts abbr.
- 45 Beginning of growth
- 50 Ogre of Japanese tales
- 52 Website marketing initials
- 53 Visual record
- 54 Deny use
- 55 Two year plants
- 56 Giving a gander

Down

- 1 Foggy broth?
- 2 Perpetual plant
- 3 Flightless bird
- 4 Dated copy of a newspaper
- 5 Salt abbr.
- 6 Tropical pear-shaped fruit
- 7 Letters on old maps
- 8 Potential pickles
- 9 Generational plants
- 10 Arborist’s procedure
- 12 Suffix for pink or lass
- 13 Intermixing plants
- 14 Feet or foot abbr.
- 21 Gouge relative
- 23 Shepherds of the forest
- 24 That’s bologna abbr.
- 26 Anoint
- 28 Alien type
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What is a cooperative?



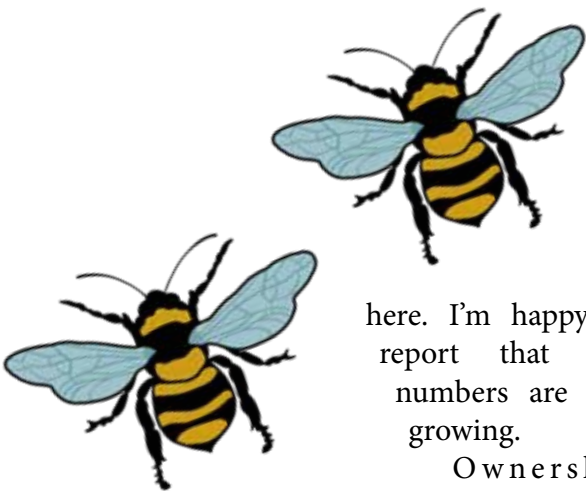
Jennifer Wahlquist Coolidge
Ownership & Outreach
Coordinator
Co-op owner since 2003

There are so many things that make the Blue Hill Co-op special. Here are some of my favorites:

- Friendly staff, vendors, and customers
- Locally sourced foods and merchandise
- Ability to get to know our farmers
- Beautiful store layout
- Environmental concern in planning
- Fun events
- Delicious cafe food

There are lots of ways we are special, but what is significant about being a cooperative? The simplest answer is this – a cooperative is owned by its users instead of a sole proprietorship. No one individual is getting rich from owning this grocery store. We own where we shop. Our profit is used for raising employee wages, store improvements, giving back to the community, and directly giving profit back to the owners through dividend checks. The cooperative model helps our community build fiscal resiliency.

I'll be honest, when I joined in 2003, I had never shopped in a co-op before. I didn't really know why becoming an owner was important, but I did it because I felt good when I shopped here, and as a newcomer, I wanted to be a part of that goodness. While each new owner doesn't check in with me to tell their individual co-op-why-story, it seems people like what we are doing



here. I'm happy to report that our numbers are still growing.

Ownership continues to grow year after year. Thanks to our incredible front end team, 339 customers became new owners in 2022. With the addition of 78 supporting owners becoming fully vested this year, it brought the number of owners who have paid in full to 1,364, which means we have reached over 50% of our 2700+ owners being fully vested. Out of 68 staff members, 38 of them are now owners. Compared to some other co-ops in the Northeast, these are very encouraging numbers.

We are special in many ways, but at the core, our cooperative business model is the shining star. Together we take the fiscal leaps, share in regular responsibilities, and enjoy the rewards of our thriving business. The success of the Blue Hill Co-op is riding on all of our shoulders. Our choices of where we spend our money do matter. This is my store. This is your store. We get "rich" in what we are building here together.

#proudowner



BLACKBERRY CUSTARD PIE

Juicy, tart berries and sweet custard are a perfect combo. This recipe is just right for blackberry season, highlighting the fruit's amazing flavor.

INGREDIENTS:

- 1 Simple Pie Dough (find on our blog, GF option too)
- 3 cups fresh blackberries
- 1/2 cup sugar OR monkfruit
- 1 tbsp cornstarch OR potato starch
- 1/4 tsp salt
- 3 eggs
- 1 3/4 cups buttermilk
- 1 tsp vanilla extract

Start by making your pie dough using our Simple Pie Dough recipe from our blog or your own preferred recipe. Roll the pie dough out into a large circle, about 1/8 inch thick. Carefully transfer the dough to a pie pan. Trim the dough, leaving about 1" of overhang, then roll up the overhang and crimp to create the edge. If you're using a metal or enamel pie tin, place the pie shell in the freezer for 10-30 minutes. Do not do this for glass, ceramic, or pyrex, as it can shatter in the hot oven if exposed to extreme temperature changes.

While the pie shell chills in the freezer, preheat the oven to 400°F.

Arrange the blackberries in the pie shell. Beat together the remaining ingredients and pour over the blackberries. Place the pie on a baking tray and tent it with foil. Bake for 30 minutes. Remove the foil and continue baking for another 25-25 minutes, until the pie is golden brown and the custard is set (doesn't jiggle when gently shaken). Let the pie cool for 30 minutes before slicing and serving.



Photo by Kipp Hopkins

How to protect yourself against ticks & lyme

Ticks are a growing concern in Maine. It is extremely important that people take precautions to make sure they do not contract tick-borne illnesses such as Lyme and Anaplasmosis. Please be sure to preform regular tick checks when you've been outside.

FIND & REMOVE TICKS FROM YOUR BODY

- Bathe or shower as soon as possible after coming indoors (preferably within 2 hours) to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.
- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.
- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors.
- If the clothes are damp, additional time may be needed.
- If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks effectively. If the clothes cannot be washed in hot water, tumble dry on low heat for 90 minutes or high heat for 60 minutes. The clothes should be warm and completely dry.

These instructions are from the US Forest Service.

If you do find a tick on you, remove it right away using a pair of tweezers. If it has attached, pull it from the part of the body where the legs are. Be sure to remove all of the tick.

Do not dispose of a tick that has attached. You can send it to The University of Maine for testing to tp check for Lyme or othe diseases.

Instructions here:

<https://extension.umaine.edu/ticks/submit>

Sewing

Repairs and Alterations
on almost any fabric.

Anne Walker 374-5749

Natural wines



John McClement
Beer & Wine Department
Co-op owner since 2018

Summer is upon us bringing all the bounty of farm and garden to our tables to celebrate everything that makes summer, SUMMER!

What better time to share some wine with family and friends to commemorate the day and plan for festivities ahead.

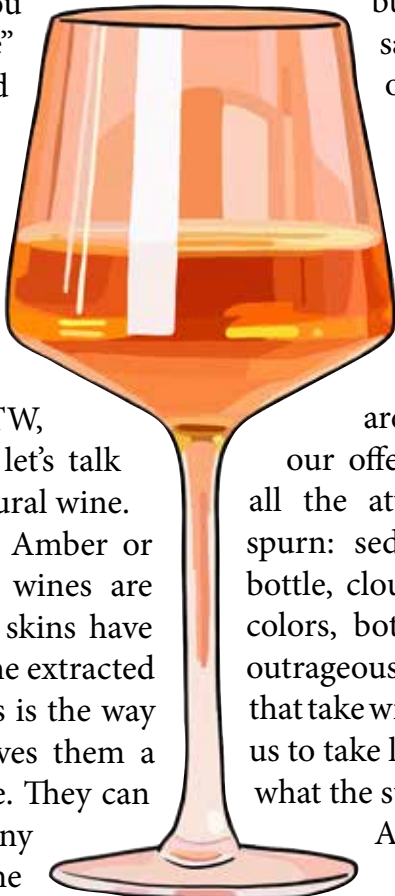
Summer is about flavor. Pure flavor. The purity of what Mother Nature has presented us should be accompanied by wines that reinforce the freshness and simplicity of the season and natural wines are the perfect choice.

Natural wines have no concrete legal description and should be looked at more as a concept of creation than a type of wine. In a loose form, natural wines are wines made from grapes that have been farmed organically or biodynamically then fermented without additives and bottled with zero or an infinitesimally small amount of sulphites to preserve the wine. The resulting wine is unadulterated, lower alcohol, fresh, alive, and bursting with flavor.

Natural wines are not a new concept. Wines made without additives are the original style of winemaking and it's only been since Louis Pasteur and his studies on microbes and food preservation in the 1850's that man started to "tinker" with the natural process of fermentation. Mass manipulation of wine started just over one hundred years later and, by the 1970's, wine became something that you could choose by the flavor you liked, and get consistent results year, after year, after year. Today in the US there are 200+ additives that are legal in conventional wines and no matter what Mother Nature might have dealt in any given year you can now have the "Frankenwine" of your choice whenever and wherever you want.

Now that I've scared you away from ever getting near a conventional wine again (they are not ALL bad, just stay away from mass produced, mass marketed, huge wine corporation products which, BTW, the co-op stocks ZERO of...) let's talk about the different styles of natural wine.

ORANGE: Also known as Amber or Skin Contact wines, orange wines are simply white wines where the skins have been allowed to ferment with the extracted juice for a period of time. This is the way red wines are made which gives them a more pronounced flavor profile. They can resemble rosés in color or be any shade of orange imaginable. The



flavors are more concentrated than regular whites, have noticeable minerality and usually have tannins (mouth pucker) depending on how long the skins have been in contact with the wine.

GLOU GLOU: Red wines that are made in an easy-to-drink fashion with lighter alcohol and fresh flavors that benefit from a light chilling. Many have bottle top closures and all are meant to be drunk in the short term i.e. are not meant to age. These wines are great for picnics, pair with food effortlessly and are ultimately slurpable. Glug glug...

ROSÉ: Rosé natural wines are more of a blurred category. They have to be organic and/or biodynamic, unmanipulated and no or low sulphite but can come in a mindboggling number of grape combinations and run the full gamut of the pink color spectrum. Be assured, they are mostly all delicious and a taste adventure. The task is to find your soulmate. Rosé All Day, S'il Vous Plait!!

WHITE: White natural wines can use white or red grape varieties but without allowing the skins to remain in contact with the juice, thereby imparting color. Whites are lighter than orange wines, have higher acidity, and are without tannins. The flavor profiles are myriad, many times elegant and usually fascinatingly delicious.

PÉT-NAT: Pétillant Naturel also known as Ancient Method and Col Fondo. Pét-nats are bubbly wines made by bottling the extracted juice before the natural fermentation is complete thus creating CO2 bubbles in the bottle. Can be made from white or red grapes and can be gently bubbly or fiercely foamy. They are lighthearted and fun and every bottle is an adventure.

There are more styles for natural wines from Piquette to Ramato to Zero Zero wines to Amphora to sparkling reds and aged reds, but for the sake of brevity we'll save those for another newsletter or a conversation on Aisle 4.

Don't forget you can always email me at: beer.wine@bluehill.coop with any questions, concerns, wants or needs!

Where can you find these wines on the shelves? They are interspersed throughout our offerings. To find them, look for all the attributes that "modern" wines spurn: sediment on the bottom of the bottle, cloudiness, floating flotsam, weird colors, bottle caps, non-conforming and outrageous labels. All these components that take wine a little less seriously encourage us to take life a little less seriously which is what the summer is all about and what we ALL need to do more of.

Here's to summer! Salud!

Co-op staff share some of their favorites things

Working in an environment full of good food, our staff talk a lot about what we like to eat. It's always fun to hear what people are enjoying. This new section offers our staff's opinions on a few food matters.

Question 1: What's your favorite easy, lazy, weeknight dinner made from scratch or *almost* from scratch?

"Fresh corn on the cob boiled with about a teaspoon of dried rosemary." — Chris Ramsay

"Seared skinless boneless chicken thighs simmered in *Maya Kaimal Goan Coconut Curry sauce*. I also add chopped cauliflower or chickpeas, serve it over rice and garnish with plain yogurt and fresh cilantro." — Robin Byrne

"Toast with peanut butter and sliced banana and a fried egg on the side." — Sam Duddy

"Salad with sliced avocado." — Carrie Gray

"I don't know if it counts as "almost" from scratch, but pan-seared tempeh (Tootie's is my new favorite!) and broccoli with orange stir-fry sauce and jasmine rice has been my easy weeknight go-to for a bit now." — Autumn Robbins

"BLAT: Bacon, Lettuce, Avocado, Tomatoes... Sandwiches or salads (with a salad, I tend to add cucumbers, tortilla strips and a chipotle ranch dressing)." — Jaci Emerson

"Mapo tofu, a pretty easy Japanese stirfry with ground pork, silken tofu, and a delicious sauce made with miso, gochujang, ginger, oyster sauce, and a few other things. Depending on what's in the fridge I'll add carrots, peas, and/or cabbage. Oh, and green onions on top are imperative. It tastes really satisfying but only takes about twenty minutes to make." — Kipp Hopkins

"Caesar salad with or without chicken." — Jennifer Coolidge

Question 2: what would you consider to be the best summertime treat?

"Afternoon drinks and snacks at the leanto or upta camp!" — Robin Byrne

"Tinder Hearth Chocolate chip cookie and ice cream." — Sam Duddy

"Fresh Garden Roasted Veggies--Summer squash, zucchini, peppers, onions & cherry tomatoes tossed in coconut oil & sprinkled with veggie grilling seasoning from our bulk department." — Carrie Gray

"Fresh-picked strawberries. Bonus if you have a family-famous biscuit recipe to make shortcakes." — Autumn Robbins

"Rainier Cherries (I love them!)." — Jaci Emerson

"A ripe tomato sandwich on Tinder Hearth bread." — John McClement

"Fresh corn salad. Raw kernels off the cob, scallion, smaller diced red pepper, olive oil and white balsamic vinegar, salt & pepper, then top with crumbled feta. Delicious. The kernels pop in your mouth." — Cat McNeal

"Every year I look forward to watermelon season. Those giant dark green ones we get in later summer are especially amazing. But I also love it when we break out the grill and use apple wood to cook meat. There's nothing like the smokey apple-wood flavor." — Kipp Hopkins

"Garden tomatoes and basil with fresh mozzarella and a little balsamic glaze drizzle." — Jennifer Coolidge

New Mexico outpost MUHAMMARA DIP AND FLATBREAD



Kipp Hopkins
Marketing Manager
Co-op owner
since 2006

For the first time in my life, I'm living in a city. Sure, a small one, but it is an urban environment and far more populated than I'm used to. However, I don't feel cut off from the natural world in the slightest.

Maybe that's because I live right on the edge of the city, where I routinely see a number of animals living urban-adjacent lives. For example, a colony of prairie dogs lives right next to the intersection just before the on-ramp to the highway. I often see them while waiting for the light to turn green.

At this writing, we've seen four species of lizards ranging in size from roughly two to twelve inches. The sagebrush lizards are the ones I see while walking a trail lined on either side by stones where they sun themselves. I feel like I see them about as often as I might see chipmunks in Maine, and they behave pretty similarly.

In the shopping plaza parking lot next door, where we sometimes walk the poodles, Desert Cottontail rabbits live in the median shrubs. They're adorable, but hardly living a danger-free life, as late this winter, we noticed a family of great horned owls living in the plaza's tower. They were a roosting pair, and as soon as we realized they were there we started paying close attention, checking on them daily with our binoculars.

There's a row of windows wrapping all the way around the top of the tower, and you can see their silhouettes when they perch. I took to calling the mama, who stayed in the nest, "Big Kitty" because, well, she looked like an enormous cat sleeping in the window. When things warmed up, we started to see the chicks who had hatched—two fluffy grey owlets looking out at their new territory. Over the weeks, we watched them get bigger and lose their fluff. Our apartment looks out at the shopping center, and sometimes we were lucky enough to catch a glimpse of them swooping down to the center's courtyard or flying up to the tower.

We began our owl-watching habit in March, and today, at the very end of May, I took the poodles around the plaza for a walk and saw both chicks. Now teenage owls, having grown to about half their full size, they were chilling together in one of the windows. We must stay vigilant about ensuring the poodles don't get ahold of the owl pellets that litter the ground.

It's fascinating to see new animals, different from what we saw in Maine, both inside and outside our new city. Some other animals I've seen while out driving are antelope, big horned sheep, elk, wild horses, coyotes (smaller here), javelina (which look like wild pigs but are, in fact, their own thing), mule deer, a few bison (not wild, but still), a lot of sandhill cranes, and a flock of snow geese. Well, there have been many various birds, but I couldn't tell you what most of them are. Though I can say, I see a lot of black vultures and hawks soaring above this semi-arid steppe.

It's been so exciting, and I've only been here for six months. I can't wait to see what other animals call this area home.

Muhammara is a delicious sweet, savory, and slightly spicy dip from Syria. Similar to hummus, this is a wonderful vegan starter, especially paired with fresh made flatbread.

FLATBREAD INGREDIENTS:

- 3 cups all-purpose flour
- 1 1/4 cups water
- 1/2 tsp salt

MUHAMMARA INGREDIENTS:

- 2 roasted red bell peppers
- 1 cup walnuts
- 2 cloves of garlic
- 1 tsp pomegranate molasses OR sugar
- 1/2 a lemon juiced
- 1 tsp cumin
- 1/4 - 1/2 tsp red pepper flakes
- 1/4 - 1/2 tsp salt
- 1/4 cup olive oil
- 1/4 cup breadcrumbs

Sift the flour and salt together into a medium-sized bowl. Add the water and mix with your hands until it comes together as a loose, dry, clumpy dough. Move the dough to the counter and knead until the dough is smooth and springs back when poked. If the dough is too sticky while you knead, you may need to add more flour. Clean the bowl and lightly grease it. Put the dough in the bowl, cover with a damp cloth, and let rest for 45 minutes.



Photo by Kipp Hopkins

Cut the dough into eight equal pieces and form them into circles. Lightly flour a work surface and roll out the first dough to about 1/16 inch thick. Heat a skillet or frypan over a medium flame. Place the flatbread on the dry skillet and cook for 4-5 minutes or until there are brown spots on the skillet side of the bread. Flip and cook an additional 4-5 minutes. The bread may puff up, but it will deflate once cool. Remove the flatbread from the pan and set it on a brown paper bag to cool. Roll out the next flatbread and repeat, then continue until they're all cooked.

Add all the ingredients for the Muhammara to a food processor and blend until smooth.

THAI BASIL PESTO

This pesto recipe is a new summer favorite. The perfect blend of basil, peanut, lime, and spicy pepper, this variation is great on baked fish or chicken, on crostini, or with chilled noodles.

INGREDIENTS:

- 2 cups Thai basil leaves
- 2 large garlic cloves
- 3/4 cup dry roasted peanuts
- 2 tsp tamari
- juice of 1 lime
- 1/3 cup sesame oil
- 1 tbsp coconut palm sugar
OR 3 tsp monkfruit sweetener
- 3 tsp rice vinegar
- 1 tsp - 1 tbsp red pepper flakes
(depending on spice preference)



Photo by Kipp Hopkins

Assemble all the ingredients in a food processor and blitz until you have a smooth pesto. Transfer to an airtight container and store in the refrigerator until ready to use.



Best of #bluehillcoop

If you'd like your photos featured in *The Harvest Herald*, share them on Instagram using #bluehillcoop or tag us using our handle @bluehillcoop. You can also tag us in Instagram stories and on Facebook. Here are a few of our favorites from this quarter!



Co-op Voices is a place for you to express yourself as a voice in our Co-op community and a place to submit articles of your own to The Harvest Herald, our quarterly newsletter.

UNDER THE CHINESE DOGWOOD WITH WILLIAM BLAKE

Catherine, William Blake’s partner in life and work, once said that she often felt his absence. He seemed to be in Paradise much of the time.

Only a few could laugh
when the visitors appeared,
and hold hours for the night guests
just as for those of the day and earth.

Many, of course, drew up in fright,
making unwelcome the shadows
with no popularity among the ordinary.
Their fleeing like thunder in the road.

Some revered those wraiths,
riffled fingers toward them gently
like lifting old lace
from an attic trunk.

And next morning, sat
under the Chinese dogwood,
petals like points of starlight,
the tree’s shade full of weeds.

By Martha E. Duncan
Co-op owner since 2013

“Being a co-op owner represents a real investment in our community and shared values. It’s about our connection to this place, the earth, and each other. We can see these connections to the organic farmers as we enjoy the bountiful, diverse, and delicious results of their careful labor - all at the Blue Hill Co-op! These shared values related to caring about our planet are also reflected in the thoughtful design of the Co-op environment itself - from the solar panels and energy monitoring, to the displayed artwork and community bulletin boards. I appreciate the types and quality of products, and what is visibly celebrated at the Co-op through community displays and ‘rounding up’ to give to local organizations doing great work in our area. I enjoy the engaging newsletter highlighting sales, fun recipes, and local events. Finally, it’s all about the *people* who keep this amazing place running - the employees and volunteers seem to genuinely care about their work and each other - and that makes a difference in how we all experience visiting our Co-op.”

By Maria Kolenda
Co-op owner since 2012

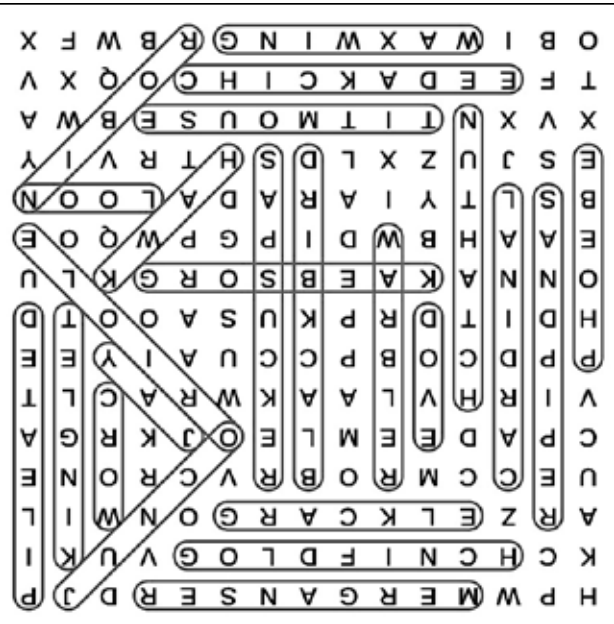
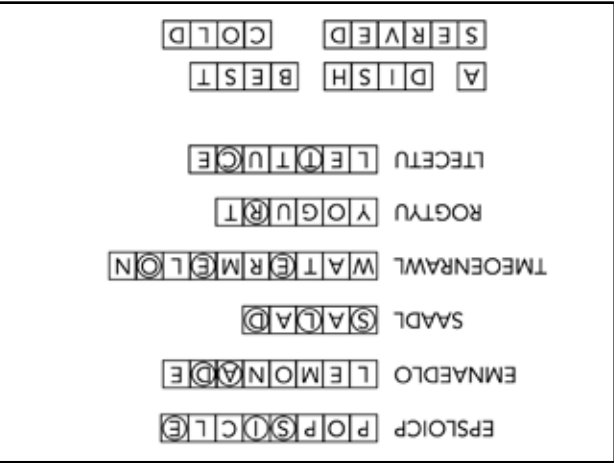
Puzzle Answers

see puzzles on pg. 11
Enjoy the puzzles? Too hard, too easy?
Let us know: newsletter@bluehill.coop.

8	4	1	9	3	5	7	2	6
5	9	6	4	2	7	3	8	1
7	3	2	8	1	6	5	9	4
9	7	3	5	4	8	1	6	2
2	6	4	1	7	9	8	5	3
1	8	5	2	3	6	4	7	9
3	5	8	6	9	4	2	1	7
6	1	7	3	5	2	9	4	8
4	2	9	7	1	8	6	3	5

spiders, gnome, dog
sunflower, potted plant, potted plant 2,
Boots, Bow, Cat, frog, t-shirt, bird,

Spot the 12 Differences



THE GREAT CO-OP KITCHEN CHALLENGE

Do you relish a challenge AND love to cook? Looking for something new and fun to activate your kitchen skills? Want a chance to win a \$25 Co-op gift card? The Co-op is excited to present a new quarterly kitchen challenge!

How does it work? In each Harvest Herald, we will present a new challenge, a dish for participants to try their hand at. You will have two months from the time of printing the Herald to complete the project. We will provide a recipe for inspiration, but you are free to use any recipe you like, as long as it's the same type of dish. You can use your creativity, follow your passion, and make your ideal version. When you're done with your dish, take a picture, describe the flavors and aspects you used, including any fun anecdotes about the process and send it to: marketing@bluehill.coop. We will publish your photos in the following *Harvest Herald*, and one participant will be randomly selected to win a \$25 gift card to the Co-op. Sound like fun? Let's get started!

The Third Co-op Kitchen Challenge is Burgers! Fire up the grill and make your signiture burger, whether it be beef, bean, beyond, chicken, or fish! If it's patties served on buns (or a bun alternative) it qualifies! Just send a picture and tell us about the ingredients you used. You can use one of our recipes too.

Please send in your photo and description by August 31 in order to have your creation published and for a chance to win the gift card.

The Sweet Bread Challenge

Our last challenge was to make a sweet, leavened bread. It can be any bread leavened with yeast, sourdough starter, or a soda bread. We had 3 entries and Charles Rolsky was randomly selected to win the gift card!.



Charles Rolsky's Cinnamon Swirl Bread

TERIYAKI HAMBURGERS WITH SESAME SLAW

This burger is sweet and savory, served with crisp and fresh sesame slaw and Japanese mayo. It's an excellent dinner for warm summer evenings, especially served with iced green tea or a chilled Sideral Farm Brewery Crossing the Streams beer (Open Top Coolship Saison with Yuzu Peel). We served ours with oven-baked, thick-cut fries. Delicious!

SESAME SLAW INGREDIENTS:

- 1 large carrot
- 1 medium cucumber
- 3 inch portion of a daikon radish
- 1 Asian pear
- 1 tsp salt
- 2 tbsp pickled ginger
- 3 tbsp rice vinegar
- 2 tsp sesame oil
- 1 tsp sugar OR monk fruit sweetener
- 2 tbsp sesame seeds

MAYO INGREDIENTS:

- 1 egg yolk
- 1 tsp rice vinegar
- 1/3 cup safflower or canola oil
- 1 tbsp sesame oil
- 1 tsp sugar OR monk fruit sweetener
- 1 tsp Dijon mustard
- 1/4 tsp salt

BURGER INGREDIENTS:

- 1 lb ground beef
- 1/2 lb ground pork
- 1/2 tsp salt
- 1/4 cup soy sauce
- 2 tbsp sake
- 2 tbsp mirin
- 1 tbsp sugar OR monk fruit sweetener
- 4 burger buns

Start by making the sesame slaw. Use a vegetable peeler to thinly slice the carrot into ribbons. Peel the cucumber, cut it in half, and scoop out the seeds with a spoon. Thinly slice the cucumber into strips. Peel the daikon and Asian pear and slice them into thin strips. Mix the veggies and fruit together in a bowl and sprinkle with the slat. Use your hands to toss so the salt is evenly distributed, then let it rest for ten minutes.

After resting, use your hands to squeeze the extra liquid from the veggies, a handful at a time. Discard the liquid. Mix the vinegar, sesame oil, and sweetener, then dress the veggies. Slice the sushi ginger and add it to the slaw along with the sesame seeds. Cover and chill until ready to serve.

To make the mayonnaise, it's helpful to have two people, one to pour the oil and one to whisk. The secret to a good mayo is a fresh egg yolk, a thin stream of oil, and a vigorous whisk. Put the egg yolk and vinegar in a clean, dry bowl. Begin



Photos by Kipp Hopkins

to whisk vigorously while a thin, steady stream (just a drizzle) of oil is poured into the bowl. It will take about a minute before you can tell if the mayo is emulsifying and thickening the way it should. If it's still soupy after a minute, it will not emulsify properly, and you should start over. If it is thickening correctly, continue to drizzle the oil while whisking until you have about 2/3 cup of mayonnaise. Add the sesame oil, sweetener, Dijon, and salt. Cover and refrigerate until ready to serve.

Thoroughly combine the beef, pork, and salt in a bowl and divide into four patties. They should be thin and about 4.5 inches in diameter. Heat a skillet or frypan over medium-high heat and add the burgers. Cook until juices appear on top of the patties, then flip. Combine the soy sauce, sake, mirin, and sweetener in a small bowl.

When the undersides of the patties are browned, remove them from the pan and put onto a plate. Clean the extra fat from the pan and reduce the heat to medium. Add the soy sauce mixture and bring to a simmer, stirring occasionally, then let it thicken slightly. Add the burgers and cook for 30 more seconds on each side to coat with the teriyaki.

To assemble the burgers, spread the mayo on the burger buns and place about a 1/2 cup of slaw on each bottom bun. Place the burgers on the slaw and then top with the other half of the bun. Serve hot, and enjoy!



H.H.'s Sweet Milk Bread



Sarah Scamperle's Melon Pan