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Autumn 2018

Presented by BLUE HILL CO-OP

THE HARVEST HERALD RETURNS TO YOU in a familiar style. While we will continue to bring you news of our relocation as it develops, we are returning to our quarterly format, bringing you department news, product information, and upcoming event details- all in a way that we hope makes it easier to make informed shopping decisions here at the Blue Hill Co-op, and maybe help you plan an outing or two.

Relocation Update

Timing is Critical



Kevin Gadsby
General Manager
& Relocation Manager

Hello all. It's hard to believe but the time has already come upon us when the busy summer months on the Blue Hill Peninsula begin to wrap up quickly. I noticed it specifically this weekend while mowing the lawn; the dried, crinkled-up leaves have begun to fall from an old apple tree and the grasses in the meadow across the street look fall-like and sun-burnt.

At the Blue Hill Co-op, we have experienced one of our busiest summers on record. It's hard to grasp that we could

continue to do more business keep enough local produce in this tiny, well-worn space in stock and our drink cooler

with cramped aisles and few parking spaces. I watched this morning as the cars tried to get into our lot, stalling traffic on Ellsworth Road. It's a common occurrence these days. This July we saw our busiest ever Full Moon Sale with sales just shy of \$19,000. We also realized our busiest 2nd Quarter period on record with sales volume growth over 15.5% higher than 2nd Quarter 2015. Our busy café continues to sell out of any of the food that's prepared for the day. Our produce department can't

This July we saw our busiest ever Full Moon Sale with sales just shy of \$19,000. We also realized our busiest 2nd Quarter period on record...



Have you checked out the Blue Hill Co-op's Instagram recently? In the last quarter, we've gained 182 new followers. See what the fuss is about @bluehillcoop! Read more on page 7

looks completely empty every other day. The Blue Hill Co-op staff has been working so hard to keep the shelves stocked between each delivery. With the lack of storage capacity, numerous inefficiencies, and with much of the refrigeration nearing the end of its life, there is only so much we can do in this

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current space without assuming the inevitability of needed repairs and upgrades on a leased building in which rent has steadily climbed year after year. Not to mention a staff

•We have an approved plan with permits from the town of Blue Hill, Dept of Public Works & Dept of Environmental Protection.
•We have secured \$1,209,100



that is overly taxed; working in an environment that presents increasingly challenging operational demands. It is for these and many other reasons why it was determined years ago that the Blue Hill Co-op needs a new home.

Fast forward: Much progress has been made on our relocation effort and our goal is within reach.

It is for these and many other reasons why it was determined years ago that the Blue Hill Co-op needs a new home.

in member investment to-date through the sale of preferred shares.

•We have received \$97,990+ in cash donations from Co-op members.

•We have loan commitments from the Co-op Fund of New England, Coastal Enterprises & Rural LISC, for a total of \$3,965,000.

•We have a general contractor, E.L. Shea, ready to break ground for site work in September.

•We are currently working on the completion of a comprehensive equipment package utilizing energy saving engineering and refrigeration components.

In order to making progress, we need \$775,000 in member-investment. If you are an accredited Co-op member

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Co-op Quarterly

Business has been booming! Here are some of the numbers from our second quarter (April-June).

5,835 CUPS OF COFFEE

2,895 MUFFINS

778 POUNDS OF LOCAL BAGGED GREENS

642 BUNCHES OF LOCAL KALE

364 BUNCHES OF LOCAL FLOWERS

and have considered making an investment in the future of Blue Hill Co-op, please do so as soon as possible. The window of opportunity is closing fast. Many things need to fall in place within the next couple weeks for our plans to succeed. In addition, the option for out-of-state accredited investors will expire in October 2018 and will not be available again.

Please contact me to make your investment today.

Kevin Gadsby
General Manager/Relocation Manager
gm@bluehill.coop
207-374-2165



Are you an Owner?
Do you like to write?

Article submissions by Owners can go towards Working Owner Hours. Contact Beth Dickens for more information.

ownership@bluehill.coop

Ownership Drive



Beth Dickens
Ownership Coordinator

Our Blue Hill family of Co-op Owners continues to grow steadily. This year's Annual Ownership Drive, held in August, brought in more than 40 new Owners. At the time of writing this update, the Co-op had an active Ownership approaching 1,800 people! Of those, 785 (over 40%) are fully vested- having paid their \$200 equity in full. Paying your equity in full is a great way to show your commitment in our thriving community business. If you have the means and haven't paid your equity in full yet- please consider it.

I am often asked about the difference between paying owner equity here at the Blue Hill Co-op versus paying an annual membership fee/equity

at other co-ops. Some already know the answer, but bear with me for those who don't... Each Blue Hill Co-op Owner pays equity of \$200 to be a fully vested owner of the business. (Currently our Co-op has about 1,800 active business owners. Crazy, right?) If you choose, you can spread that equity payment out over 10 years at \$20 a year, or you can pay it in larger increments or even all at once- both of which can save you hassle and cuts down on our administrative costs at the same time. After paying your Blue Hill Co-op equity in full you are not asked to pay any additional annual fees and you and all your immediate family members (living in the same household) continue to receive the benefits of being a Co-op Owner for as long



as you shop with us including; monthly Bonus Buys, monthly Full Moon Sale discounts, discounted pre-order rates, and the right to participate in our annual elections (one vote per account number).

Some Co-ops offer their patrons annual memberships to receive similar benefits, which are paid yearly and continue for as many years as you opt to pay them. For a long-time shopper that could be 10, 15, 20 years or longer of annual fees, and those fees are often determine by the number of adults/people in your household. Other co-ops opt to have a combination of both equity

(paid over the first few years) and then a smaller annual fee paid every year thereafter. In these situations, you again pay the annual fee indefinitely for as long as you choose to be a member/owner of their cooperative.

For many co-ops, ours included, equity can be refunded (minus a processing fee) at any time. Annual fees at other co-ops are not typically refundable. Refunding equity, similar to opting to not continue to pay an annual membership fee, forfeits the right to receive any future benefits of a membership/ownership.

Wellness Essentials



David Walker
Wellness Manager

Greetings from the Blue Hill Coop's Wellness Department! And thanks for taking time to read this. Caring for ourselves begins with good attitude, good food, good movement, good rest,

and good community. We create these through choices. Day by Day, moment by moment. Of course, it gets complicated. In the world of supplements, it can get very complicated very quickly. You can keep it simple if you reduce to essentials: Good oils to feed the brain and joints, good bacteria and enzymes to support the gut, and anti-inflammatory herbs.

Chia seeds are the richest plant source of good Omega 3 oils, and great for keeping the bowels operating well. A high-quality fish oil like New Chapter's WholeMega offers Omega 3s (and other important Omega oils) in an even more easily absorbed state, as unadulterated pure Salmon oil pressed from the heads

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Co-op Board Officers and Members

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

Board Meetings are held on the third Tuesday of every month at 6:30. They are either at the Blue Hill Library in the Howard Room or at the Blue Hill Co-op in the cafe.

The Newsletter Team

Managing Editors: Beth Dickens newsletter@bluehill.coop
Images and Layout: Kipp Sienna Hopkins
Advertisements: Beth Dickens
Contributors/Writers: Co-op Staff

LETTERS TO THE EDITOR
We welcome input. Please send letters to: Letters to the Editor, Blue Hill Co-op, PO Box 1133, Blue Hill, ME 04642 or email them to newsletter@bluehill.coop. Letters may be edited for style, not for content, and should be brief. Please include your name, address, and phone number.

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

of salmon that are already being filleted for food. You could add to this Himalaya's StressCare (known as GeriForte throughout the world) and call it good. Two in the morning and two at night. This formula works with your body's wisdom to keep stress hormones, like cortisol, well regulated. Himalaya's extensive clinical studies (himalayawellness.com) show it supports also a balanced mood, sleep patterns, energy levels, and cognition.

Floravani by Himalaya supports the growth of your Microbiome's unique bacterial signature and has been clinically shown to increase your beneficial bacteria by 200 percent. Dr Ohirra's fermented live probiotics increase healthy alkalinity and provide highly resilient bacteria along with the food that supports their longevity. Ingesting them on an empty stomach sets the stage for their propagation.

To keep inflammation in check, New Chapter's Zylamend is remarkable and a bestseller nationally. All organic and super critically extracted (a method using CO2, known for its comprehensive results).



Many people deal with chronic pain, or severe anxiety, and need additional support. Medicinal Hemp Oil, that has little or no psychoactive THC compounds, has become extremely popular for one good reason: it really works. Medicinal hemp is an adaptogenic herb, like ginseng, ashwagandha, rhodiola, and eleuthero. This means it works with your body to increase or decrease regulation of stress hormones, and your body's chemistry in general, to help keep it in a state of balance. The Co-op has been selling a lot of local and Colorado-made Medicinal hemp that is bred to be very high in the compound known as CBD--which is only one of the 80 to 90 compounds in medicinal hemp oil.

Wild Folk Farm in Benton, Maine, has been supplying us with medicinal hemp

in a base of either MCT oil (made from coconut oil) or organic 180-proof alcohol. Concentrations of CBD reaches a high of 750 mgs in one ounce. The alcohol variety uptakes more quickly and is favored by those suffering from PTSD. Wild Folk Farm also supplies the Co-op with topical salves that work very well on sore joints and can help dramatically with menstrual cramping.

Caring for ourselves begins with good attitude, good food, good movement, good rest, and good community.

Also local, and produced by Coasts Bio Resouces from Stonington, is a CBD/Medicinal Hemp powder in 28mg/capsule form. Additionally, Coasts Bio Resource has supplied the Co-op for many years with ArthriSea, as well as Omega 3 and Krill oils, and chondroitin as "Sea-CuMax," made from locally harvested sea cucumbers.

Colorado's Fountain of Health CBD hemp oil has been very popular. Their concentrations of CBD are a whopping 1000 mg in one half ounce of full-spectrum hemp oil. A big bang for your buck! We also sell a half-ounce option that sells for about half the cost, naturally. Liberty Lotion continues to be very popular and is also from Colorado. Because it is water base, this CBD-rich Arnica cream is liposomal and very fast acting. A little goes a long way.

Want a great multivitamin that digests easily and can be taken on an empty stomach? New Chapter recently put forth an Every Man's 55+ or Every Woman's 55+ that is fermented twice so all isolates are broken down into a completely digestible and absorbable food state. Both contain a host of beneficial adaptogenic and anti-inflammatory herbs needed for healthy aging, as well as a powerful ingredient known as astaxanthin (It is what

makes the Salmon pink.) It is an incredible anti-oxidant and internal sunscreen, too. Also great is MegaFoods' Women's 55+, specially developed by a well-known author and naturopath, made from whole foods cultured in nutritional yeast. A very reasonable but good quality more traditional multivitamin that is rich in green foods and very economical is Now's Eco-Multi in capsule form.

Bach Flower remedies may be a good choice if you are wanting a subtle, flower-based and homeopathic way to nudge yourself emotionally in one direction or another. Their new design, varying colors and a simplified and enlarged language and typeface, makes deciding on the right one for you much more straightforward. Bach Flower remedies have persisted as a benign and poetic approach to well-being for more than a century, originating in Europe.



Avena herbal tinctures are made locally in Rockport, Maine from herbs grown bio-dynamically by master herbalist Deb Soule. This is medicine that is based in western, native wisdom. Herbal Zing, UTI relief, Menopause Support, Lemon Balm, Astragalus are just a few for internal use. Fairy Flower Cream, Elder Flower Cream, and Heal All salve, among others, are much loved and have been sold and loved at the Co-op since their beginning. David would be happy to talk with you about any of the above.

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Let's Talk Local Cheese



Robin Byrne
Cheese Buyer

Hey All, it's me from CHEESE!

I wanted to sing about all of the locally produced cheeses we stock here at the Co-op, but I'll just write about them instead! A few of them you have seen here for quite some time and others are relatively new to us. I'll start with those.



Swallow Tail Creamery is a small farm on the banks of the Sheepscot River in Whitefield, Maine. They raise their animals as nature intended never using any chemicals, pesticides, antibiotics, or growth hormones.

Silvery Moon Creamery at Smiling Hill Farm in Westbrook, Maine sends us a variety of luscious fresh cheeses.

Lakin's Gorges Cheeses in Waldoboro, Maine. Allison Lakin uses her original recipes to make small batches, single source, fresh and aged cheeses at her East Forty Farm and Dairy. Our favorite is her fresh basket ricotta!

State of Maine Cheese Company is based in Rockport, Maine has been making cheese for about 30 years. They enjoy using milk from several Maine dairy farms.

Pineland Farms is based in Bangor, Maine. We stock an assortment of their cheddars. It seems you all are loving them

as much as we are.

Seal Cove Farm in Lamoine, Maine makes fresh goats milk cheeses in the French tradition. Well-loved goats lead to more delicious cheese.

Sonnental Dairy is in Smyrna, Maine. We stock many of their aged raw milk cheeses including Cheddar, Gouda, Asiago, and Gruyere.

As you can imagine the

availability changes with the seasons which can explain why sometimes you see them and sometimes you don't! But, you can bet that once we are in our new location there will be much more from which to choose!

Eat cheese- be happy!

Thank You, Front End



Martha Shepherd
Front End Manager

We made it through a very busy summer in the Front End! Thanks to a great staff; Cat, John, Betsy, Carrie, Sarah, Alison, Catherine, and Amara. Their support got me through a rough patch this summer.

We said goodbye to Catherine, as she's off to spend her last year at Wheaton College. We hope she returns to help

SMALL CHANGE • BIG DIFFERENCE

A special thanks to everyone who contributed to Round Up @ the Register this quarter. So far this year we have raised \$1,542.09 for local organizations!

Up Coming Round Up Recipients:
September- Healthy Acadia
October- MOFGA
November- Emmaus Homeless Shelter
December- Stonington Public Library

Full Moon Sale Dates

September 24th
October 24th
November 23rd
December 22nd

us open our new store next summer.

Up at our registers, we have great new Blue Hill Co-op logo tote bags and bandanas in new colors. Be on the lookout for new Co-op logo glass mugs, coming soon.

Alterations
Alterations, repairs.
I make almost any clothing.
Anne Walker 374-5749

Winter Squash? We've Got 'em



Jennifer Wahlquist Coolidge
Produce

It's a feast for the senses as we transition from the Summer Squashes to the Winter Squashes. Butternut, Acorn, Delicata, BonBon, Red Kuri, Long Island Cheese, Kabocha, Spaghetti, Blue Hubbard, and Honeynut are a virtual cornucopia currently on our shelves. Abundance, wealth, profusion, copious, and bounty are synonymous with Cornucopia and that's just what Winter squashes represent. The Cucurbita family provides us not only with diversity in ornamental beauty but also supports our health broadly.

The vivid orange of the Winter Squashes comes from

their amazing concentration of Carotenoids. Among these Carotenoids are beta-carotene, alpha-carotene, and other carotenoids that can be converted into Vitamin A (retinol). Other lovely components of winter squash include supportive amounts of fiber, antioxidant properties, Vitamin C, Lutein, Vitamin B6, Copper, Manganese, Vitamin B2, and Potassium. The Winter Squashes are great sources for macronutrients, Vitamins, Minerals, and Phytonutrients.

Autumn in Maine gives us the ability to fill our Co-op cornucopia with local and organic Winter Squashes. Which ones will you take home?



RED LENTIL AND SQUASH SOUP (SHORABIT JARJIR)

Saveur.com

Ingredients

1/4 cup olive oil
4 cloves garlic, finely chopped
3 medium carrots, finely chopped
2 stalks celery, finely chopped
1 medium white onion, finely chopped
1 tsp. ground cumin
1/2 tsp. crushed red chili flakes
1/2 small butternut squash (about 1 lb.) peeled, seeded, and finely chopped
Kosher salt and freshly ground black pepper, to taste
6 cups chicken stock
1 cup red lentils
Finely chopped parsley, for garnish

Paprika, for garnish
Flatbread and lemon wedges, for serving

Heat oil in a 6-qt. saucepan over medium-high heat. Add garlic, carrots, celery, and onion; cook, stirring occasionally until slightly caramelized, 12-14 minutes. Stir in cumin, chili flakes, squash, salt, and pepper; cook until squash is soft, about 15 minutes. Add stock and lentils; bring to a boil. Reduce heat to medium-low; cook, slightly covered, until lentils are very tender, about 20 minutes. Let soup cool

The Co-op Online

Bluehill.coop, Facebook, & Instagram



Kipp Sienna Hopkins
Marketing Manager

Like every business, the Co-op has to pay close attention to things like outreach, customer satisfaction, and brand. We want people to recognize our brand wherever they see it. That's why I have a large cork board hanging above my desk that is labeled "Brand Consistency and Inspiration." It is covered with our recent ads, graphics, logos, and the occasional picture of my cat. I have to make sure that everything I churn out of the marketing department is consistent with our logo, fonts, and color palette. Yes, we have a color palette.

If you follow us on social media or are on our mailing list, you might have already heard about our new website. It's likely, as since the site went live, on August 8th, it has had nearly three-thousand page

views! You might have even perused it and seen some of the improvements from our old site. That project has been happening behind the scenes for the last two months. The moment I took on the Marketing job I realized I was going to have to make a new website. The old one hadn't been updated in quite some time and had the unmistakable look of a dated site.

...since the site went live, on August 8th, it has had nearly three-thousand page views!

I mean no disrespect to the people who built the origi-



nal, as I am sure at the time it looked pretty sharp. However, the reality of web design is that it doesn't take long for something to look old. What I particularly didn't like about our old site was how difficult it was to change anything on it. Just keeping something as simple as the hours up to date was a headache and those only change twice a year. For something like the Co-op Deals, which have to be updated every two weeks, it was enough to make me want to throw my computer out the window (something that is almost inconceivable to my generation).

All this was annoying but it was particularly so because I had a vision for what our website should be. I wanted a place where our customers and community could go to and easily access any information

that they needed. Not only things like "when does the Co-op open?" or "what's on sale right now?" but other stuff like "I bought a kohlrabi at the Co-op today, what the heck do I do with it?" or "I want to cook some Indian food, what spices should I buy for that?" Since I'm an information junky, I always assume that everyone's goal is to know everything.

With this in mind, I created several new pages that I think will really benefit the Co-op community. Let's start with the department pages. In the past, the only department that had a page was the cafe, which listed the weekday specials. However, every department at the Co-op has something amazing to offer and enough eye candy to fill a gallery. These new pages, one for each department, show

Continued on page 9

Art in the Cafe

JUNE

Judy Bink



JULY

George Jennings



AUGUST

Grace Konecny



If you're interested in having your artwork exhibited at the Blue Hill Co-op please contact Mary Barnes, our exhibition coordinator, at (207)-610-2344 or marybbarnes@gmail.com.

Traditional Acupuncture

泰 Vicki Pollard 謙
Blue Hill
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New "Plastics" in Cafe



Savannah Jackson
Cafe Manager

In the Cafe, we often get asked about our use of plastic. For years we have used plastic - plastic utensils, plastic containers for our Grab n' Go, and plastic cups and lids. We, as a co-op, should be leaders in being "green" and earth conscious. As such, our transition from plastic to compostable, biodegradable options has begun - you may have noticed the recent switch to paper straws and CPLA lids, and our hot to-go containers and cups are eco-friendly as well. We also offer GreenWave utensils, which are completely biodegradable.

PLA, or polylactic acid, is a plastic substitute made from plant materials, usually corn - hence the abbreviation "CPLA." Looking at the future of the Cafe, CPLA is

what many alternative options for our containers are made of - it is becoming a popular alternative to traditional plastics. It is carbon neutral because it comes from natural, carbon-absorbing plants, offsetting the emissions made during production. It doesn't emit toxic fumes when it is burned, another difference from petroleum-based plastics. CPLA can also withstand a high temperature - around 200 degrees Fahrenheit, making it great for containing hot beverages or food items.

While CPLA touts many benefits, it comes with a few drawbacks. Much of the CPLA being produced is made from genetically modified corn, which can be potentially dangerous. Furthermore, if incorrectly sorted, CPLA sent to landfills can take years to break

down in tightly packed piles with low light, rather than the mere months it normally takes. It does best in a commercial composting facility with regulated temperature and oxygen flow, where it can fully break down. This is where the responsibility of the consumer comes in. Not only buying and supporting the use of PLAs, but also making sure to dispose of your plastic alternatives properly, keeping them from being just as bad as their petroleum-based counterparts. Another thing to think about is cost - the use of CPLAs, at least currently, is more expensive than traditional plastics. This is an important factor, especially for



businesses and patrons - while most may want a more eco-friendly alternative to plastic, are they willing to pay the extra dollars to make that possible?

CPLA is definitely preferred over regular plastic in terms of sustainability and our planet. That being said, the simplest and most earth-friendly option is to switch to reusable containers, which is something encouraged at the Co-op. Next time you stop by the cafe, make sure to check out our new and improved, plastic-free options! And look forward to seeing more to come in the future.

Continued from page 7

off the range of products we sell and give general information. Some of them also have more detailed components, like a full list of every bulk item we carry and our buying policies for meat and produce. The pages also have information on how the departments will look in the new store!

Another new addition to the website is the "Spices+" page where you can get all kinds of information about the over sixty herbs and spices we carry in the bulk section. Did you know that paprika is made from dried sweet peppers? How about that cardamom is the key ingredient in Korean *jeho-tang* tea? Or that star anise and anise seed are not related? More information is being added all the time, so if you're the type of person who enjoys knowing a lot about the history of food, check it out!

Last but not least, is the "Community Recipes" page, a place where people can find

and share recipes. It's still in its infancy, so there are a small number of recipes up now. However, the more people use it and exchange recipes, the bigger it will get! And of course, all the old pages are on the website too, updated and looking better than ever.

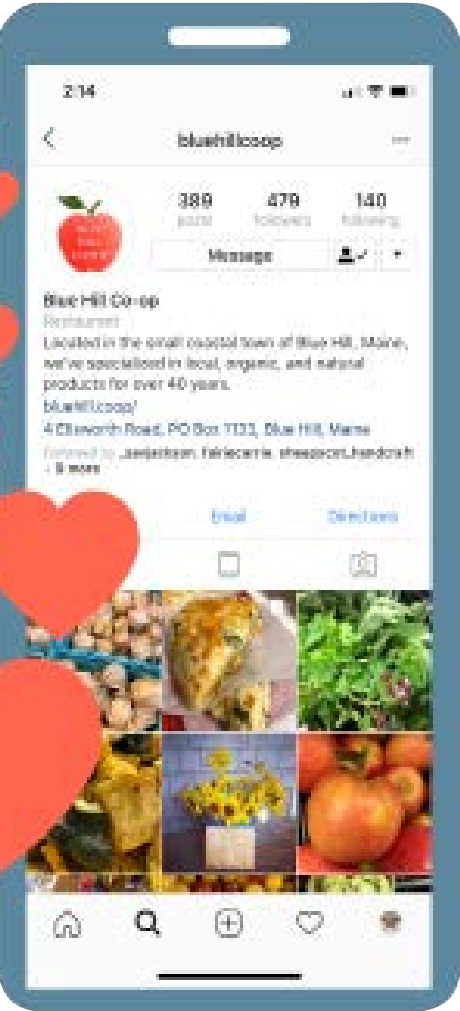
But, bluehill.coop is only one of the ways we connect with our community on the internet. The world has changed a lot since the Co-op came into existence. I'm not here to tell you whether it's better or worse but it's undeniably different. We're now more connected than ever, thanks to the internet, and as a business that means that we have a lot of range to spread our message. I think that's great since the Co-op's message is very positive. We have several platforms that we use for marketing and outreach, including sites like Google, TripAdvisor, and Yelp, but the outlets we use the most are Facebook and Instagram.

Everybody is on Facebook these days and the Co-op is no

exception. We use it to keep people up to date about upcoming events, specials, new products, sales, and changes in our hours. If something is going on with us, you can be sure we will post about it on Facebook. All this information is also available on the new website but Facebook has the advantage of throwing it in front of people without them having to actively look for it.

As for Instagram, I'm just a huge fan. It's the most rapidly growing social media platform and in the last quarter, our own following there has almost doubled. Unlike Facebook, it is less about updates and information and more about showing off the Co-op lifestyle and lots and lots of eye candy. It's an online maga-

zine to showcase our gorgeous products, including local and organic produce, food from the cafe, and everything else in our store. If you love the Co-op and like to look at pretty pictures, check us out at [instagram.com/bluehillcoop!](https://www.instagram.com/bluehillcoop/)



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New in Bulk



Carrie Gray
Bulk Buyer

Robin Byrne
Bulk Assistant

Summer greetings from the Bulk Department. Judging by how often we refill our bulk units, you all love our department as much as we do. And the deals can't be beaten anywhere around! We make a point of listening to you, our local shoppers, for suggestions. Aside from carrying tried and true favorites, we search for new and interesting products of the highest quality from both local and national sources. We currently carry over 400 products in Bulk.

You may have noticed that we've been setting out samples more often for you to test products and that the variety of snack bags (for quick grab-n-go) on the bulk shelf contin-

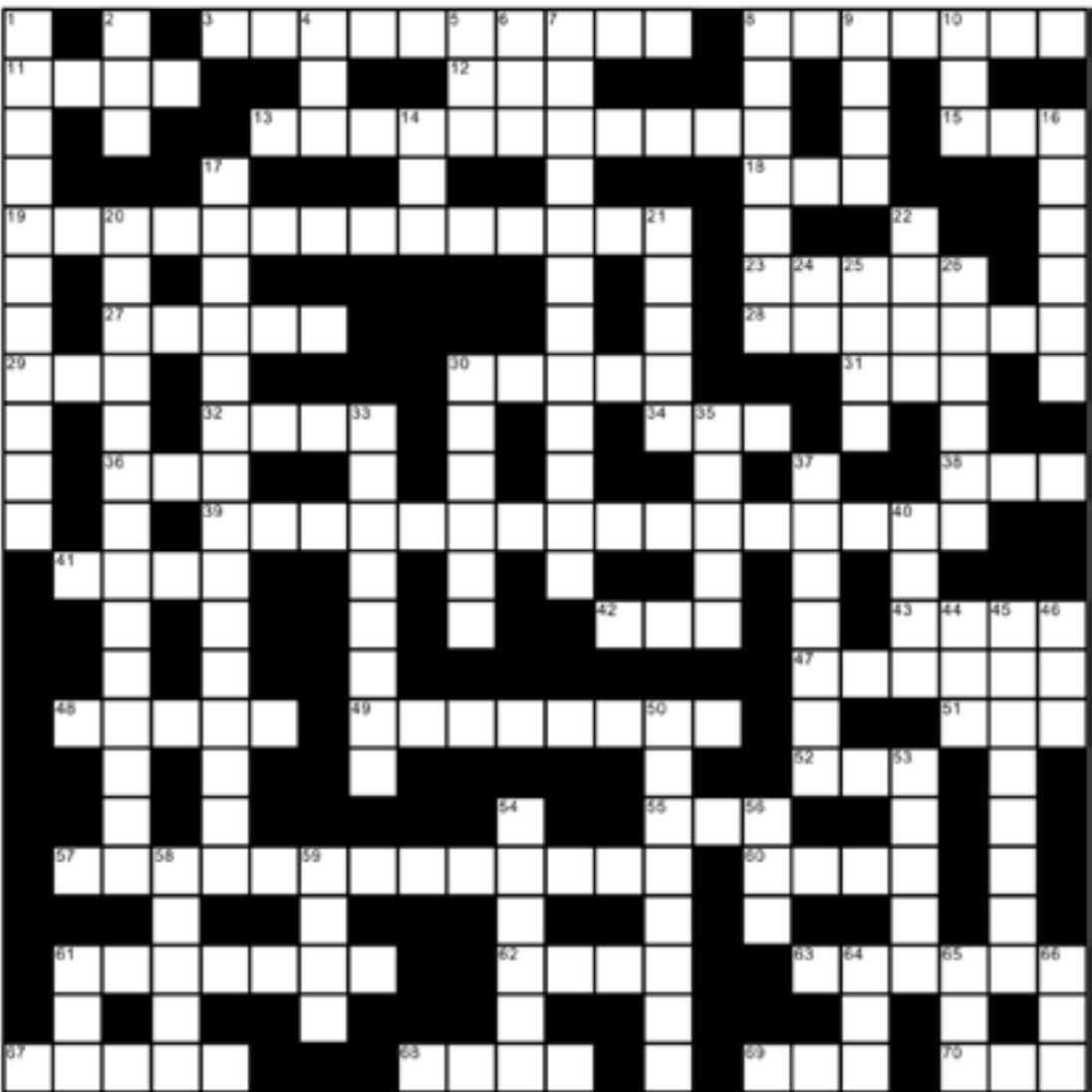
ues to grow! So, keep trying, shopping, and making those suggestions. While we cannot always honor all requests, we do take "majority rules" into account. Here is a list of this year's newly added items resulting from our research and your requests (*Organic):

- Black Sesame Seeds*
- Coconut Smiles*
- Coffee Coconola*
- Matcha Tea Powder*
- Kukicha Tea*
- Dried Pineapple chunks*
- Echinacea Purpurea Herb*
- Hawthorn Leaf & Flower*
- Eucalyptus Castile Soap*
- Roasted Chicory Root*

Thank you again for your appreciation.

Blue Hill Co-op Crossword

by Kipp Sienna Hopkins



This puzzle has a lot of Co-op themed answers but also some other stuff. When a clue has "we, us, or our" it is referring to the Co-op. To see the completed puzzle, go to www.bluehill.coop/answers

Across

- 3 How Julius ate his kale
- 8 A colorful local farm
- 11 Fare for a mare
- 12 Friend
- 13 Democratically run business
- 15 To pester
- 18 To possess
- 19 Local equine centered farm
- 23 No meat, no dairy, no eggs
- 27 In _____ (not yet born)
- 28 Japanese protein source
- 29 "Aye, there's the ____!"
- 30 We're one of them
- 31 What a hiker might follow
- 32 All right, I get it already!
- 34 You have to break some to make an omelet
- 36 Basic fishing gear
- 38 Hole in the needle
- 39 In your hand
- 41 Trail through the woods
- 42 Victorious!
- 43 Stumbler's cry
- 47 It's all around us
- 48 Become one at the Co-op
- 49 Beloved mountain
- 51 Marble shooter
- 52 Active hemp ingredient
- 55 Small worker
- 57 Our sassiest sandwich
- 60 A long circle
- 61 Key ingredient in goma wakame salad
- 62 Fundraiser plea
- 63 Eats between meals
- 67 Calf's dinner spot
- 68 A drippy vegetable
- 69 Dairy alternative
- 70 Where bears sleep

Down

- 1 Our new home
- 2 Wolfed something
- 4 British potty
- 5 Our great great grandparents
- 6 Corn have them
- 7 Cabbage themed crime drama?
- 8 Hairstyle with a comb in it?
- 9 Our gluten-free bread
- 10 Meditative school of Buddhism
- 14 Dessert in the sky
- 16 A lot of people can't eat it
- 17 The Go-Go's Vegetable song?
- 20 Our Thursday special
- 21 Maine state animal
- 22 The Dalai ____
- 24 Famous talking horse "Mr. ____"
- 25 Wild turkeys, deer, etc.
- 26 Had a snooze
- 30 Figurative enticement
- 33 Purple root veg
- 35 Japanese rice
- 37 Grown clean
- 40 Pirates love it
- 44 "____ to lunch"
- 45 It hasn't been pasteurized
- 46 Join using thread
- 50 Jack Sprat's preference
- 53 Stuffed grape leaf
- 54 Local bug spray
- 56 Pull the flax for fibre
- 58 Rub out
- 59 Plant origin
- 61 Lay the groundwork?
- 64 It's your only option other than yea
- 65 Fish in fish sticks
- 66 The Solar System's star



“Are you going to Scarborough Fair?”
The Meaning behind Parsley, sage, rosemary,
and thyme By Kipp Sienna Hopkins

Before Simon and Garfunkel remade this song in the 1960s, the ballad already had a long history. The alternating refrain that simply repeats these herb's names seems to have been added in the 19th century. Why these plants made it into the song of love and impossible garments might have something to do with Victorian flower language. This system of adding meanings to each flower and plant was highly popular, as it made it possible to send bouquets with hidden significance.

These herbs meanings, in order of appearance, are removing bitterness, strength and wisdom, love and fidelity, and courage and happiness. All good things if you're attempting to rekindle an old love affair.

Beyond the jaunty tune, these herbs go great together, especially with roasted meats or in stews. Each herb also has great flavor on its own.

These delicious herbs are, of course, available in bulk, along with over sixty other herbs and spices.



Farm Fresh Rewards So Far...

(as reported by Maine Farmland Trust)

Through March 2018:
•Statewide \$170,000 in Farm Fresh Rewards (FFR) incentives have been redeemed at participating markets.

- 1000 Maine households are using the FFR program with their SNAP benefits (Around 2500 individuals).
- 373 Maine farmers are selling products through FFR participating markets (including the Blue Hill Co-op).
- An increase in sales of local products by SNAP shoppers.



“... I'd rather eat healthy and spend the money on good quality, local, fresh food than to skimp. So, I think the [Farm Fresh Rewards] program helps make that possible.” -Customer

The FFR program has several benefits, including:

More Fruits and Vegetables

- 69% of SNAP/FFR participants report buying more fruits and vegetables
- 63% report eating more fruits and vegetables
- 50% report trying new fruits or vegetables

More Local Food

- 45% SNAP/FFR participants report buying more local dairy
- 34% report buying more local eggs
- 29% report buying more local honey and maple syrup
- 25% report buying more local meat and poultry

“We really love that our local food co-op offers nutrition incentives. It is a win for our farm and fellow farmers in that more people are encouraged to buy local products... and fantastic that families get to see their benefits stretched further and are able to enjoy fresh local fruits and veggies grown in their communities.” -Farmer

Local Connection

- SNAP/FFR customers report that they “feel more connected with farmers and other food producers.”
- 56% noted feeling “more connected with [the] community.”
- 92% noted that they enjoy some sort of social activity at their local market.

EARN

Vouchers by buying LOCAL (Maine-Produced) items like

these with SNAP/EBT

(the more you buy, the more you earn)

- Meat
- Tofu
- Milk, yogurt, and cheese
- Eggs
- Seafood
- Bread
- Grains (like rolled oats)
- Jams, jellies, and honey
- Pickles and fermented foods
- Vegetables
- Fruit
- Dried beans
- Herbs
- Apple cider
- Food-producing seeds and plants

SPEND

Vouchers on LOCAL (Maine-Grown) fruit and vegetables like these (fresh, frozen, or dried, without any additives)

- Vegetables
- Fruit
- Dried beans
- Herbs (fresh only)
- Apple cider
- Food-producing seeds and plants

Shopping Tips
Look for local labels to know what qualifies. Earning and redeeming happens in \$5 increments, so look for small local items to help you round up to get the most out of your purchase.

Community Outreach



Beth Dickens
Events Coordinator

Summer was busy! Now that fall has nearly arrived, we can get back to doing a few more things for ourselves... for our own enjoyment and enrichment. To help, the Blue Hill Co-op is presenting a fall/winter movie series on the second Friday of the month (from October to March) at 7pm at the Blue Hill Public Library, Howard Room. The movies were selected to inform and entertain. Learn about current environmental concerns with films like *Seeds: The Untold Story*, a story of passionate seed keepers defending a 12,000-year food legacy, and about people who have positively impacted society in *Won't You Be My Neighbor*, a posthumous celebration of Fred Rogers. (A full listing of movies and dates is provided below.) The days are getting shorter and colder, we hope you won't let that stop you from joining us!

The Co-op will be out in the community too. Look for us at this year's Harvest Festival in October, and at the Blue Hill holiday tree lighting in December. We are working on other “outings” as well and will post them as plans get finalized. Stay informed by following us on Facebook and Instagram, signing up to receive our email blast (on our newly designed website), and looking for in-store signage.

BLUE HILL CO-OP MOVIE SERIES*

October 12th- *Seeds: The Untold Story*, 2016. Rated PG.

November 9th- *Albatross*, 2017. No Rating.

December 14th- *Won't You Be My Neighbor*, 2018. Rated PG13

January 11th- *Eating You Alive*, 2016. No Rating.

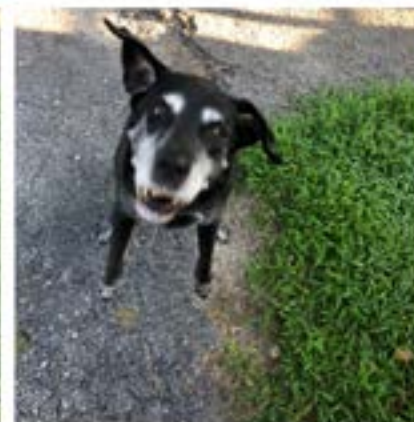
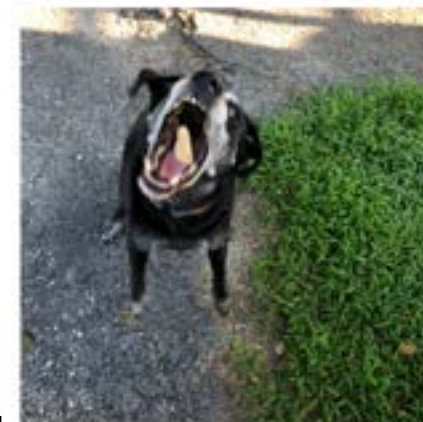
February 8th- *RBG (Ruth Bader Ginsburg)*, 2018. Rated PG

March 8th- To Be Announced

*Movie showtimes at 7pm, at the Blue Hill Public Library, Howard Room.



Your pets deserve the best!
The Co-op has a variety of animal care products made from the best ingredients and materials!



BLUE HILL CO-OP

Sponsored
Coming Events This Quarter

Check up on Co-op Sponsored Events on the Facebook Page and on the New Website.



Co-op Movie Series- *Seed: the Untold Story*

Friday, October 12, 2018

7:00 PM 8:45 PM

Blue Hill Public Library (map)

Join the Blue Hill Co-op on the 2nd Friday each month for a 6 month movie series (Oct-March) featuring movies and documentaries chosen to inform and educate.

October 12th-

Seed: the Untold Story (2016). As many irreplaceable seeds near extinction, *Seed* reveals the harrowing and heartening story of passionate seed keepers as they wage a David and Goliath battle against chemical seed companies, defending a 12,000 year food legacy.

Rated PG. Runtime: 1hr, 34 mins.



Co-op Movie Series- *Albatross*

Friday, November 9, 2018

7:00 PM 8:45 PM

Blue Hill Public Library (map)

Join the Blue Hill Co-op on the 2nd Friday each month for a 6 month movie series (Oct-March) featuring movies and documentaries chosen to inform and educate.

November 9-

ALBATROSS (2017)- Communities across the country are discussing and looking at their use and disposal of plastics. This documentary reveals the horrible effects of plastic waste on albatross chicks in the North Pacific while deepening viewers appreciation for the beauty of life on earth.

Runtime: 1hr, 37 mins.



Wild Rice Stuffing with Apple & Sausage

By: *EatingWell.com*

This amazing wild-rice stuffing recipe is bursting with rustic fall flavors, including rye bread, sausage, apples, dried cherries, pecans and fresh herbs.

Total Time: More than 2 hours; 1 to 1 1/2 hours active
 Servings: 14

Ingredients

- 1 1/4 cups wild rice (8 ounces)
- 4 cups cubed Jewish rye bread (1/2-inch cubes), preferably day-old
- 1 pound sweet turkey sausage, casings removed
- 2 cups chopped leeks, white and light green parts only
- 2 tart apples, cut into 1/4-inch dice
- 1 cup diced celery
- 3 cups reduced-sodium chicken or turkey broth
- 1 cup dried cherries
- 1 cup coarsely chopped pecans
- 1 1/2 tablespoons minced fresh marjoram
- 2 teaspoons minced fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Preparation

Preheat oven to 300°F. Place rice in a medium saucepan and add enough water to cover by about 1 1/2 inches. Bring to a boil. Reduce heat to maintain a simmer, cover and cook until tender, about 1 hour. (Or prepare according to package directions.) Drain well. Meanwhile, spread bread on a baking sheet; bake, stirring once halfway through, until dry and crisp, about 25 minutes. Increase oven temperature to 425°. Coat a 3- to 4-quart baking dish with cooking spray. About 15 minutes before the rice is done, cook sausage and leeks in a large skillet over medium heat, stirring and breaking up with a spoon, until the sausage is browned, 6 to 8 minutes. Add apples and celery; cook for 3 minutes more. Transfer the sausage mixture to a large bowl. Add the rice and bread, then stir in broth, cherries, pecans, marjoram, thyme, salt, and pepper. Transfer to the prepared baking dish and cover tightly with foil. Bake the stuffing for 35 minutes. Uncover and bake until the top is browned, 15 to 20 minutes more.

Nutritional Information

290 calories; 9 g fat; 24 mg cholesterol; 40 g carbohydrates; 13 g protein; 5 g fiber; 523 mg sodium

Best of #bluehillcoop

If you want 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 on Facebook. Here are our favorites from this quarter!



@haileygrr



@castinefarmersmarket



@eatmaine

