

The Harvest Herald

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

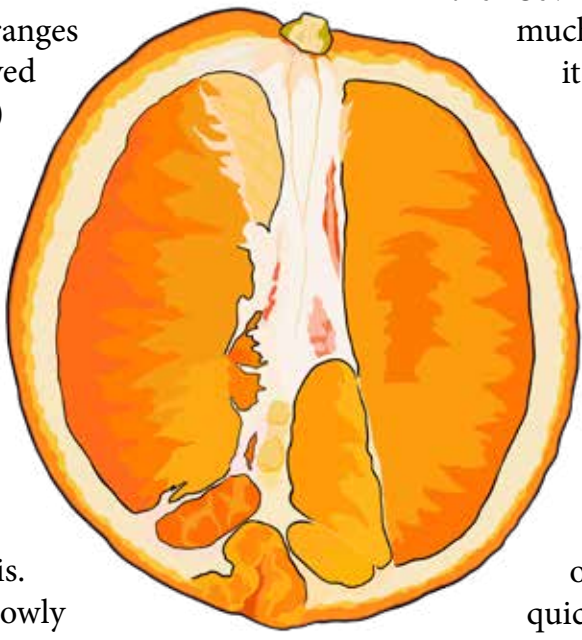
Christmas citrus



Caroline Yates-Cultrer
Produce Manager

While I often think of citrus as a summer treat, squeezing lemon juice on pasta primavera with garden vegetables, lime juice on fresh salsa, or fresh homemade lemonade on a hot summer day, the citrus season actually peaks in winter. A huge signifier for me that winter is upon us is the sight of fresh oranges back in stock. This always reminds me of one of my favorite Christmas traditions from my great-grandmother, which was making Pomanders to hang up around the home. If you aren't in the know, a Pomander is a fresh orange strung up with a ribbon that has dried cloves piercing the skin (bonus points if the cloves create a design!). The effect of this was always twofold: a beautiful natural decorations dotting the house, while giving off the perfect Christmas fragrance.

The Pomander and other traditions involving oranges (have you ever received one in your stocking?) can be traced back to the Victorian era when they became a key aspect of winter and Christmas. You may be asking how a perishable fruit from China became a staple in England at this time, but there are a few reasons for this. First, oranges had slowly been making their way from Asia into the South of Europe via India and the Middle East; it most likely would have been a treat known and enjoyed by the Crusaders.



Martha and our co-op holiday tree Photo by Jennifer Wahlquist Coolidge

By the 11th century, records tell of the orange being seen in Sicily and Spain. By the twelfth century, these places had started cultivating the Seville Orange, bringing it much closer to England than it had ever been before. The steamboat was also rising in popularity then; it was much faster and safer than the traditional sailboat that had previously dominated the seas. It finally allowed longer-lasting fresh produce to be transported over hundreds of miles quickly without depending on good winds. This combination of factors, plus the fact that few other fresh fruits were available in the English winter, made oranges a must-have for thier

Continued on page 2

In this Issue:

- Christmas citrus pg. 1,2
- Ownership at a glance pg. 2
- Change for Good 2024 pg. 3
- Calendar shmalendar pg. 4
- Stuffed Cornish game hens recipe pg. 4
- Winter stargazing pg. 5
- Winter astrology pg. 5
- Waters of winter - fear within the kidneys pg. 6
- Food for the soul pg. 7
- Welcome to the upside-down pg. 7
- Ivy's date pinwheel cookies pg. 8
- Art in the Café pg. 8
- Nutritional psychiatry pg. 9
- Pairing food and wine pg. 10
- The Puzzle Page pg. 11
- An ode to fish sauce pg. 12
- Thai green curry recipe pg. 12
- How the months got their names pg. 13
- Eating foods that keep you warm pg. 13
- Traveling the world with Co-op recipes pg. 13
- The cranberry: a grand berry pg. 14
- Best of #bluehillcoop pg. 14
- New Mexico outpost pg. 15
- Co-op staff pie chart pg. 15
- Puzzle answers pg. 15
- Mocha coffee bean cookies recipe pg. 16
- Chocolate salami recipe pg. 16
- Biscochito cookies recipe pg. 16
- White hot chocolate recipe pg. 16

inhabitants. Speculation that oranges could represent gold in the original stories of St Nicolas (otherwise known as Santa Claus) furthers the ties with the Christmas holiday. Most families with modest means would purchase oranges once a year as a stocking stuffer or as an entire Christmas present for children. More affluent families would enjoy the fruit all winter long. Oranges became so loved and such a status symbol among the upper class that some of the first greenhouses in Europe were designed for the fruit trees to survive the winter; these were called Orangeries.

Aside from connection of the orange to Christmas (which will be over in a blink), there are still many other citruses to look forward to and take advantage of in this season. Now is the time when the Meyer lemon finally comes back, a sweeter version of the more common lemon, along with grapefruits and navel oranges

which are in peak condition, as well as some personal favorites such as satsuma mandarins, cara cara oranges, blood oranges, pomelos, tangerines, and kumquats. Now is the best time for lemon meringue pie, lemon bars, freshly pressed orange juice, or (my mom's favorite) a halved grapefruit sprinkled with sugar. We hope all will take advantage of this vitamin C rich season, even if it's just a lemon slice in a drink.

Sources:

- <https://visitsavonlinna.fi/en/the-history-of-steamships/>
- <https://www.scmp.com/magazines/post-magazine/short-reads/article/3209219/oranges-origins-how-it-travelled-east-west-and-its-name-evolved>
- More Orange History/ Saint Nick <https://www.honeybeebarn.com/oranges-and-christmas/>

Want hear about weather closures and delays?
Sign up for texts!

We just set up text promotions for the Co-op. Instead of using it to tell ya'll about the week's sale on bananas, we're going to alert our subscribers about changes in store hours due to winter weather. If you want to be in the know as soon as decisions are made, sign up by using the QR code (scan with a smartphone camera). Will we ever use the texts for other things? Maybe in the future to let people know about events, but not at this time. Unsubscribing is easy if you ever feel the need.



sign up now!

Co-op Board Officers & Members

- President:** Aaron Dority
Vice President: Deborah Evans
Secretary: Jen Traub
Treasurer: Tim Tunney

Jo Barrett
Jenny Brillhart
Anne Gilchrist
Annie Silver
Cheryl Boulet

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 6:00PM

*Meetings are open to all Co-op owners and held in the café.
Check our website for more info.*

The Newsletter Team

Managing Editor: Kipp Hopkins
Art, Layout, and Advertisements: Kipp Hopkins
Contributors/Writers:

Caroline Yates-Cultrera, our new Produce Manager, has been with the Blue Hill Co-op since July 2023, but has been a part of the community for her entire life. Born in Blue Hill, she attended the Blue Hill Consolidated School, George Stevens Academy, and worked in Blue Hill while obtaining her Bachelors at Maine Maritime Academy. Caroline developed a deep appreciation for organic farming and homesteading through spending her summers at her family's farm in upstate New York, where she also discovered her lifelong passion for horse riding. Currently she is hoping to expand her small garden into a small homestead in the coming years.

Chris Curro became the Grocery Manager for the Blue Hill Co-op in 2021 after twelve years in the co-op world, having helped start up a food co-op in a small town in the Adirondack foothills and having worked at two other food co-ops. Prior to that, Chris envisioned himself a stand-up comedian but was actually an educator of economics, history and political science in several "away" places. He no longer engages in endurance bicycling, political discourse, studies in the French Revolution, poetry writing, coffee roasting, world travel, marital discord or auto-biography. He does enjoy classical music, botanical gardening and cheddar sharp enough to cut the skin.

Jennifer Wahlquist Coolidge has been a Blue Hill co-op owner since she moved to the area in 2003 and has worked at the co-op since 2016. She loves her role as the ownership and outreach coordinator because it gives her an opportunity to work with so many wonderful people in the community. She enjoys hiking Blue Hill Mountain on Mondays and swimming in the ocean on Tuesdays.

John McClement is embarking on his fifth year at the Blue Hill Co-op. He was previously the Wine Director for All Weather Management, a restaurant group based in New York City with fine dining and café establishments worldwide. John has spent the last twenty-five years working in the wine world as a buyer, teacher, consultant, speaker, journalist and judge.

Kipp Hopkins has been Blue Hill Co-op's Marketing Manager, Graphic Designer, and Newsletter Editor since 2017. Before that they worked as a cook in the café. He has been shopping at the Co-op since his family moved to the peninsula from Alaska when he was seven. Kipp is a self-educated artist, author, and cook. He specializes in Japanese cuisine and was invited to Japan in 2016 to star in an episode of *Who Wants to Come to Japan*, based on his interest in kamaboko (traditional fish cakes). Kipp currently works remotely from his new home in Santa Fe, New Mexico.

Lisa Jae has been shopping at the Blue Hill Co-op since 1997. She is an astrology enthusiast and loves to research and write about many of her interests. She lived on the Blue Hill peninsula, raising her family, working as a floral designer, gardener, private cook, and housecleaner for 25 years. She has recently relocated to Santa Fe, New Mexico but visits to her family in Maine are in her future.

Ownership at a Glance

NEW OWNERS SINCE OCT 1ST - 69
TOTAL ACTIVE OWNERS - 2,709

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.



CHANGE FOR GOOD

at BLUE HILL CO-OP

2024 Recipients announced

January - Critterville Wildlife

Located in, Brooklin, ME Critterville Wildlife is a 501c3 non-profit organization dedicated to the rescue, care, rehabilitation, and release of native Maine wildlife species in the most humane way possible, as well as educating the public on ways to peacefully co-exist with wildlife. Serving the Downeast coast and northern areas of Maine, they have provided care for over 200 animals this year.

February - Nichols Day Camp

Nichols Day Camp programs emphasize outdoor recreation and the importance of gaining confidence and communication skills. A typical day at Nichols could see many things: sailing, archery, field games, theater, or a hike. Other days could be spent learning how to garden, reading about Maine flora and fauna, or enjoying lunch in the sun. Each day is different, and every day is an opportunity to learn something new.

March - WERU

“Our Mission: WERU Community Radio is an independent, listener-supported and volunteer-powered media organization whose mission is to provide diverse programming and community engagement, to lift spirits, raise awareness, & make connections.”

April - Island Community Center

“The Island Community Center [Stonington, Maine] strives to provide facilities and programs for all members of the community to enhance their well-being, socially, emotionally, and physically.”

May - Healthy Peninsula

“The mission of Healthy Peninsula is to mobilize, support, and collaborate with community partners to improve the health of all residents of the Blue Hill Peninsula, Deer Isle and Stonington. The towns served are Blue Hill, Brooklin, Brooksville, Castine, Deer Isle, Penobscot, Sedgwick, Stonington, and Surry.”

June - The Simmering Pot

The Simmering Pot combines the pleasure of eating wholesome, delicious food with a commitment to serving the greater Blue Hill Peninsula community. This is accomplished through the production of a weekly free meal, available to anyone, regardless of income. Founded in 2009, the Simmering Pot is an all-volunteer organization that, up until the pandemic struck in 2020, primarily focused on offering a free community meal every Monday at the Congregational Church.

July - Power of Produce (POP) Club

The Power of Produce Club does a simple and powerful thing. Every child under 17 gets \$5 worth of tickets to spend on local fruits and vegetables at the farmers’ market each week. This teaches several important lessons to kids: buying from local farmers feels good, and their produce is the best. Eating healthy is delicious! And it also helps farmers while building a more vibrant local food system.

August - Food Co-op Initiative

“FCI improves the success and sustainability of new food cooperatives that deliver healthier food in diverse communities across this country. We provide information, training, technical assistance, and other support, and engage in research to blaze, maintain and improve the development path for new food co-ops.”

September - Brooklin Food Corps

“The mission of the Brooklin Food Corps is to cultivate a resilient and sustainable food system in our community by exchanging knowledge and resources and by fostering the joy of growing food. We accomplish this through maintaining a community garden, organizing growing and cooking workshops for all ages, and creating opportunities to provide seeds, seedlings, and produce for one another.”

October - Your Place Recovery

“To provide a safe and supportive environment for activities that foster recovery from substance use disorders, promote increased awareness and understanding of substance use disorders and provide support for recovery among family and community members.”

November - DownEast Wood Bank

The DownEast Wood Bank is an all volunteer, non-profit group that provides firewood for those experiencing a heating crisis. Residents of Blue Hill, Brooklin, Ellsworth, Sedgwick, and Surry are eligible.

December - Great Pond Mountain Conservation Trust

GPMCT was founded in 1993 to conserve land, water, and wildlife habitat for the communities of northwestern Hancock County. Despite the rapid development of Maine’s coast, this area still harbors abundant wildlife, from black bears to native brook trout, as well as some of Hancock County’s best farmland. Incredible views and four-season recreational opportunities abound. The Wildlands, our 5000-acre preserve, is in Orland.

Contributors/Writers:

Robin Byrn: After moving to Brooksville from New Jersey with her husband, their 2 young sons, a dog and 3 cats, Robin Byrne began her work at the Co-op in April of 2002 as the Café’s cook and Co-manager. In 2010 she took a little break because food service can be quite taxing. After realizing where she truly fits in, she hopped back to the Co-op in October 2014 assisting David Walker in the HABA department. Just 2 months after re-entering, she added Cheese Department Buyer to her tasks where she has happily continued ever since. Robin has a background in performing arts, fine art photography, hand crafts, and a lifelong love of food thanks to the lineage of fantastic home cooks in her family. It makes perfect sense that the specialty cheese case is a "match made in food heaven" for her. She sees it as a great way to still work with food, create relationships with vendors, have fun talking with customers and co-workers alike, ...all the while discovering aspects of the big wide cheese world and designing interesting displays in the cheeses case – pretty cheesey, no? Robin still has so much to learn about cheese. There are so many types, flavors, processes, countries, and cultures (pun intended, wink) involving cheese that there may never be an end to her time here! Don’t be afraid to ask questions, taste new options and stay curious!

Sarah Scamperle is a graphite illustrator, porcelain ceramist, and housekeeper living in Brooklin, ME. She is a prolific multidisciplinary artist, an avid naturalist, a cat Mom, and a Japanophile who’s been studying the language and various traditional crafts for the past six years. She plans to travel abroad in the near future to explore these interests further. Sarah is a working owner, facilitating the installation of monthly shows at the Blue Hill Co-op’s *Art in the Café* gallery since fall of 2022 and contributing as an enthusiastic “reporter” for the *Harvest Herald* since 2020.

Torsten M. Peterson (they/he/she) has been with the Blue Hill Co-op since 2021, moving into the Wellness Department in 2023. Torsten has worked with their community and herbal medicine since 2018, focusing their study after the onset of the pandemic, going on to receive formal apprenticeship and continued clinical training from Earthwalk School of Herbal Traditions in Rockport after returning home to Maine in 2021. They spend their time discussing herbs with anyone who will listen, and making medicine. In most waking moments, Torsten thrives while singing, and draws, paints, and creates as much as possible.

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.

Change for Good 2022 donations

Thank you for your help in making this year’s round-up donations a success.

- BHCS Boosters — \$1,252.09
- Loaves and Fishes Food Pantry — \$1,764.24
- Health Equity Alliance — \$1,930.44
- Stonington Public Library — \$1,937.67
- The Surry Backpack Program — \$1,939.22
- Birdsacre Sanctuary — \$2,658.96
- Native Gardens of Blue Hill — \$2,448.71
- Coyote Center — \$2,153.97
- Downeast Restorative Justice — \$1,932.37
- Marine Mammals of Maine — \$1,539.57
- Wabanaki Alliance — \$1,340.97
- Families First Community Center — TBD

Calendar schmalendar



Robin Byrne
Cheese Manager
Co-op Owner since 2002

Our boys are all grown, have partners of their own, and are living and thriving in the Boston area. All great stuff, right? Visits are easy enough from either end of the road, but holiday travel is a bit daunting. So, for a couple of years now, we have spent “our” Thanksgiving and Christmas (or Winter Holiday) off the calendar. In other words, not on the designated day the calendar says.

At first, it felt a little odd. Still, after two of these other special days, we found it very refreshing—no holiday traffic, no holiday crazy shopping, no holiday-jammed parking lots, just fairly mellow family enjoyment.

This Thanksgiving, we all got together at my eldest son’s place. This year was his first hosting the event. I have to say it was a total delight. First of all, we were able to get our best house/pet sitter because it was two weeks before the calendar Thanksgiving, and he was still in town. Next, we arrived in Somerville, Massachusetts, with basically no heavy traffic, and met our son for lunch at our favorite café. Next, it was off to Cambridge for a bit of shopping sans the crowds. Easy as pie! We all gathered for dinner and went over the game plan for the big feast. We had discussed the menu ideas and claimed our

parts prior to the holiday like most folks do, so the plan was “who does what and when.” The kitchen started buzzing in the morning, with each of us pitching in with prep and creation. It all ran so smoothly with baking, music, laughter, great aromas, tastes, and sips of wine. There was even time for special TV show viewing, game playing, and a nice brisk walk. Maybe next year it will be hosted at my younger son’s place...

The meal was delicious - absolutely! I’m still so impressed with how smoothly the timing of the shared workspace went without even the slightest grumble of an argument!

Oh, what did I bring for the charcuterie board, you ask?! Jasper Hill Harbison (the one wrapped in spruce bark), Blue Ledge Farm Crottina, Springdale Farm State of Maine Glen Cove Gouda, Meredith Dairy Sheep & Goat Soft Cheese, Parmesan Reggiano, Marcona Almonds, Gigandes Beans, Vermont Smoke & Cure Pepperoni and some nice crispy crackers! Ah yes, John, our Wine Guy, suggested Wild Thing, 2020 Old Wine Zinfandel, and Where’s Linus Orande, 2021. It was all such a delight for the senses.

Fear not; my husband and I had a lovely roast duck dinner on the actual calendar day. It was simple and very tasty, accompanied by Angelini Prosecco, mashed potatoes, cherry sauce, roasted green beans & almonds. For dessert, I made pumpkin custard and whipped cream. I’m still stuffed!



Photo by Robin Byrne

Next up? Christmas post Christmas. I’m excited to prepare little game hens - one for each guest served with a pile of colcannon, roasted carrots, and the ol’ roasted green beans and almonds! Those hens are a special order, so be sure to let Lynn in the Meat Department know if you’re so inclined.

I’m sure I’m not the first and only one to move holidays around, but we can make special our own days, no need to follow what the calendar says, no need at all as long as you’re happy, go for it. You can even dare to name them whatever suits your fancy.

As always, if you would like a few ideas for your charcuterie board, just ask! And eat more cheese!

STUFFED CORNISH GAME HENS



Photo by Kipp Hopkins

Cornish game hens are a small breed of chicken, just big enough for two people to share (or just one if you’re hungry). These are perfect if you are having a small gathering and don’t want to roast a whole turkey but want something more exciting than a standard chicken. This recipe stuffs the birds till bursting with a traditional bread stuffing and roasts veggies along with the hens, which are glazed with apricot jam.

STUFFING INGREDIENTS:

- 3 cups dry sourdough bread cubes
- 1 tbsp butter
- 1 small onion (diced)
- 2 celery stalks (chopped)
- 2 cloves garlic (minced)
- 1/4 cup chicken stock
- 1 tsp thyme
- 1 tsp sage
- salt and pepper to taste

ROASTED GAME HENS & VEGETABLE INGREDIENTS:

- 2 Cornish game hens (thawed)
- salt and pepper to taste
- olive oil
- 1 lb carrots (chopped 1 inch pieces)
- 1 lb Brussels sprouts (cut in half)
- 1/2 cup apricot jam
- 1 Tbsp water

Melt the butter in a skillet over medium-high heat. Add the onion, celery, garlic, and saute until the onion is translucent. Season with salt and pepper, add the thyme and sage and cook another minute. Remove from heat, add the bread cubes, mix well, and pour the

broth overtop. Mix well and set aside.

Preheat oven to 375° F. Wash the hens with warm water and pat dry—season with salt on both the insides and outsides. Divide the stuffing in half and stuff each bird.

Arrange the carrots and Brussels sprouts in a roasting pan. Drizzle with olive oil and season with salt and pepper.

Lay the hens on top of the vegetables and place them in the preheated oven. Roast for 45 minutes.

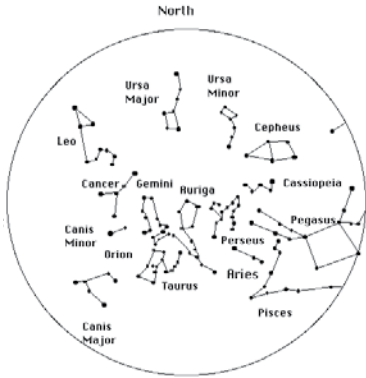
Meanwhile, mix the apricot jam and water to make a sauce. After 45 minutes, remove the birds from the oven and brush them thoroughly with half the apricot sauce.

Place the hens back in the oven and roast for another 10 minutes. Brush the hens with the remaining sauce and bake for another 15 minutes or until the internal temp is 165° F.

Remove from the oven and let sit ten minutes before serving.



A circular diagram of the Northern Hemisphere showing the twelve zodiac constellations. The constellations are labeled: Leo, Cancer, Gemini, Taurus, Aries, Pisces, Perseus, Cassiopeia, Pegasus, Ursa Major, Ursa Minor, and Cepheus. The North direction is indicated at the top.



The winter sky has many famous constellations and some of our sky's brightest stars. There are also two prominent asterisms, which are groupings of stars that form a pattern apart from constellations. These two are the Winter Triangle and the Winter Hexagon. The triangle is formed by three bright stars: Betelgeuse in Orion, Procyon in Canis Minor, and Sirius in Canis Major. Sirius is the brightest star in our sky and one of the closest, only 8.6 lightyears away. Procyon is the eighth brightest star and is classified as a binary system. The name comes from the Greek for "before the dog" since Procyon rises just before Sirius, the dog star. The third star in the triangle, Betelgeuse, is the tenth brightest star in our skies but resides much farther at 643 light years away. It is one of the largest and most luminous known stars, with a radius between 950 and 1,200 times that of our sun. Also to be found in the region of the triangle are a few deep space objects, such as the Christmas Tree Cluster, appropriately named for the season.

One of the easiest deep space objects to observe in the winter sky is the Orion Nebula, a diffuse emission/reflection nebula located in the constellation near his belt.

Jan 12 - Mercury at Greatest Western Elongation. This is the best time to view Mercury since it will be at its highest point above the horizon in the morning sky. Look for the planet low in the eastern sky just before sunrise.

Mar 25 - there will be a penumbral lunar eclipse, which occurs when the Moon passes through the Earth's partial shadow, or penumbra. The Moon will darken slightly but not completely.

Here are a few astrological events taking place in the first quarter of 2024.

The year starts with the Sun in Capricorn, a sign that is grounded and practical, being an earth sign. We can feel like we are landing on our feet in the new year, setting a slow and steady pace, managing our material world with responsibility and discipline.

- Thursday, Jan 25, 12:54 pm EST
known as the Wolf Moon, in Leo
- Saturday, Feb 24, 7:30 am EST,
known as the Snow Moon, in Virgo
- Monday, Mar 25, 3:00 am EDT,
known as the Worm Moon, in Libra

February's Full Moon in the fastidious sign of Virgo is a time to pay attention to our work, habits, health, and routines, listening closely to messages from our intuition. Snow Moon happens when the heavy snows of February move in. Other names are Eagle Moon, When Bear Cubs Are Born Moon, Hunger Moon, and Storm Moon.

This quarter, we will look more in-depth at our New Moons, the times in the month when we start fresh with new beginnings. We will see how the sign in which each New Moon occurs will affects the energy of the time. These are also times to reflect on the endings that naturally occur before beginnings commence. It is a time when we can collect our thoughts, emotions, and data of what has fulfilled itself in our lives and projects, what has worked for our betterment, and what needs to be let go or reworked and tweaked. These are especially good times to bring out our new ideas, give them a spin, and see how they stand up to reality.

- Thursday, Jan 11, 6:57 am EST
known as the Wolf New Moon, in Capricorn
- Friday, Feb 9, 5:59 pm EST
known as the Snow New Moon, in Aquarius
- Sunday, Mar 10, 5:00 am EDT
known as the Worm New Moon, in Pisces

February's New Moon in the progressive air sign of Aquarius puts us in line with "thinking outside the box" in pursuit of furthering our vision for the future. It may also be a time to include our friendships, group activities, and humanitarian efforts in our plans, recognizing their value in our lives. Brainstorming, socializing, and working from a hopeful worldview can open up our vision in a very positive way, helping us detach from a claustrophobic ego-centric view. Aquarius's detached nature can also give us the space we need to "air out" our thinking and emotive life and make room for progressive change.



In 2023, after months of having many planets retrograde, we are entering a new year with a nearly clear path. Mercury goes direct on January 1, and Uranus goes direct on January 27. There will be a shadow period where these planets are getting up to speed, but throughout the rest of this quarter, it will be full speed ahead. Forward motion will be felt, and we will have a freedom of action that has been lacking these past months. Enjoy this time and use it wisely.

Co-op owner since 2006

Waters of winter - fear within the kidneys



Torsten M. Peterson
Wellness Department
Co-op owner since 2012

Every season's change, we're invited to look at our bodies ecologically. When winter comes and waters begin to freeze, fear sets into our bones. For many, including myself, we dread even leaving the house during the winter. Our intuitive waters are stirred during this time, too, as we find what works in order to be patient, conserve our energy, and survive. Directing the waters of the body, the kidneys also come alive in winter.

The kidneys take on additional burdens in the cold as peripheral blood flow is suppressed. They must balance the increased blood flow to the core, increasing urine production to lower blood pressure. Urinary tract infections occur more often in winter as well - we are sweating less, often drinking less water due to less exercise, and our external moisture boundary dries out from wind, so we become at risk for imbalance in the kidneys, bladder, and urinary tract due to a lack of fluid to flush our systems properly.

Winter not only allows for bacterial infection in our kidneys, but also puts us at risk for disturbance of the jing, our essence, or will. Disturbance of the jing can look like seasonal depression, anxiety, or "back and forth." It can look like being overwhelmed, full of dread, unmotivated, exhausted. Many of us have felt this way but never once associated it with our kidneys. However, many are used to thinking of the waters of our bodies as what holds our emotions. When talking about emotions, we delve into them rather than walk into them; we say murky rather than dusty. We cry when we're sad, angry, and happy and pee our pants when we're scared.

Waters carrying emotion is far beyond metaphorical. Tension in the body squeezes our blood vessels, putting pressure on the kidneys. Adrenal glands send hormones to the kidneys with each release, with an imbalance in one pair causing an imbalance in the other. The bones receive moisture and minerals from the kidneys, and when "the jing/essence is exhausted... the marrow decreases. This leads to dry bones and weakness of the spine." (2). Our collagenous nerve tissue also needs these, so dryness leading to anxiety and brain fog is very common, especially during the winter.

Like any ecosystem, everybody reacts differently to the colder seasons. Many of us become very dry and depleted, while others retain moisture. How do you know which direction you lean? I find the lungs to be the most telling organ. "The lungs are the highest [core] organ and therefore a distribution center" (2), and since in the lung qi, at risk in the fall, generates the kidney qi, at risk in winter, we can tune into our kidneys in this way. Are your lungs heavy and damp, and coughs quite wet? Or do they feel dry and irritated, and coughs rarely productive? The former is associated with more damp stagnation, involving more yang deficiency, whereas the latter is likely struggling from more dry atrophy or yin deficiency.

Every set of emotions reacts differently to the colder seasons as well. Some of us become more depressed and stagnant. Others are more anxious, restless, or fried. We can look at these states ecologically. The depressed state is yang deficient, more damp and atonic, and responds best to pungency, drying, and warming herbs that move fluids and tone tissues. The anxious state is yin deficient, more dry, and tense, responding best to herbs that lubricate tissues. One can be both.

One herb to lubricate tissues is Tian Men Dong, aka *asparagus cochinchinensis*, Wild Red Asparagus Root. Tian Men Dong is also known as "Flying Herb" due to its traditional use to induce a meditative state. Tian Men Dong nourishes the lung, kidney, and reproductive yin and restores the kidney jing by generating fluids. We carry this on its own or in Women's Tonic from Radiant Garden, which combines Tian Men Dong and Reishi to support both the kidneys and the adrenals. Reishi can bring some of the Solar presence we long for during the winter months. We also can look to Ayurvedic relative Shatavari, *asparagus racemosus*, for moistening action and stress hormone regulation. We carry Shatavari on its own or in the UriCare blend from Himalaya and in the Women's Tonic blend from Rogue Herbalist, which combines Shatavari, Dang Gui, Schisandra, Damiana, Raspberry Leaf, and Rose to nourish and stimulate the kidney jing and reproductive qi while reducing anxiety and reviving joy for life.



Photo by Torsten M. Peterson

Dang Gui, Chinese Angelica, *Angelica sinensis*, is an herb that drives circulation and tones the membranes while awakening the mind. Angelica is traditionally worked with for warming the periphery, improving circulation, regulating hormones, stimulating creativity, and instilling wakefulness during the day, followed by a restful sleep. Angelica archangelica leaf, found in our SagaPro capsule for Bladder Health from NaturalFactors, is more gentle and toning to bladder health and has been praised by clients for assisting with both frequent urination and fluid stagnation. The root is more strongly stimulating to mood, kidneys, and menses. The root of Dang Gui is found on its own or in our Radiant Goddess blend from Radiant Garden, which combines Dang Gui, Tian Men Dong, and



Photo from Radiant Garden

Reishi to add a warming and stimulating aspect to the blend mentioned above.

People of any sex or gender may work with these herbs and blends despite blend titles.

If you feel you have a combination of dryness and dampness but would like to support the kidneys and prevent seasonal mood shifts and urinary issues, remember that the kidneys are essentially a yin organ. "The kidneys disdain dryness, so we must use pungent and lubricating herbs. Pungent herbs will help mobilize and dispense the body fluids to lubricate the body." (2). When in doubt, nourish the yin with moistening herbs and stimulate circulation to the periphery when addressing the kidneys and nerves. Any of the aforementioned blends would provide balanced support, whereas individual herbs will work toward specific goals.

Most herbs mentioned are not recommended during pregnancy. Consult a professional before use while nursing. Nettles (more warming and drying), oatstraw (gently moistening), and marshmallow (deeply moistening) are some examples of safe options during pregnancy. Reishi is a safe option for balancing nerves. For details on how to balance the kidney yin or address urinary health or mood during pregnancy, speak with Torsten in Wellness directly. As always, consult your qualified health practitioner when experiencing concerning acute symptoms.

Sources:

- Alliance Urology Specialists. Cooler Temperatures and Urinary Conditions. Retrieved from <https://allianceurology.com/cooler-temperatures-and-urinary-conditions/#:~:text=According%20to%20the%20National%20Library,Increased%20need%20to%20urinate>.
- Maoshing, N., The Yellow Emperor's Classic of Medicine (Chapters 2, 3, 22, and 44).
- Ody, P. 1993. The Complete Medicinal Herbal.
- Sperber, G. Dr., Ep. 31 - Tian Men Dong (Asparagus Tuber). Retrieved from <https://open.spotify.com/>

Food for the soul



Cat McNeal
Front End Manger
Co-op owner since 2013

My cooking mojo is back in business! Last winter I did not cook any of my usual comfy, warming, winter foods. No pot pie, no shepherd's pie, neither soups nor stews. Basically, no fun, no joy. About a couple of weeks ago, all of sudden, I wanted to cook. I wanted warmth and comfort and chicken pot pie!

I've been reducing the amount of flour products, sadly, so I needed to come up with a vessel to hold the pot pie innards. I had also been craving a stuffed-full baked potato, but we hadn't had decent russet potatoes for a while (and by decent, I mean bigger than a fingerling). About this time we had just gotten in some beauties, ta da! I had my vessel. It's been a few weeks now, so I can't remember all the particulars. I do remember selecting the Smart Chicken boneless, skinless thighs because I don't like messing around with the bones. I like to get right down to business.

With the potatoes on the same sheet pan, I roasted those thighs with minimal seasoning because I wanted to keep things very simple—simple flavors. I even used a bag of frozen mixed veggies, so I wouldn't have to deal with peeling, chopping or anything more than ripping open the bag and scooping out what I needed. I think you can realize by now that I really wanted this meal. I really wasn't in the mood to prep; I just wanted to cook and eat! I used the cooked potato innards to thicken the broth with cream so that I didn't have to use flour to thicken the sauce. I was determined to make this dish with no flour whatsoever. I succeeded.

I will say that I didn't have any white wine. That really is necessary in chicken pot pie. It adds just the right amount of oomph. So, it wasn't the perfect chicken pot pie potato, but it did satisfy my craving.

As to soups and stews, I mixed up a little somethin' that turned out to be one of the best soups I've had. I had a bunch of asparagus that needed to be used up and a quart of broth. We also had a ton of leeks that were wimping out on us here at the co-op, so I salvaged them thinking

a soup was in order. I had planned on two dishes, a creamy leek pie and a brothy asparagus soup. Well, they had different plans for me.

I poached the asparagus in the veggie broth with no seasoning. I sauteed the leeks in butter until they were softened. For this dish, I wanted a light brightness for the visual. When they were ready, I added some heavy cream and a bit of parmesan. I blended up the asparagus broth and when tasted, it reminded me of the taste of tomatillos when I make green enchilada sauce. There was almost a tartness to it. At this point I didn't think the soup would work. I wouldn't be able to temper that flavor. But then I looked down at my creamy leeks and BOOM! An idea jumped out at me. The asparagus part of the dish was all blended smooth, yet the leeks had a nice toothiness to them and of course, they were wonderfully creamy. I spooned the creamy leeks into the brothy asparagus creating a perfectly textured creamy soup. I only added salt and pepper in the cooking and it was just right. The flavor of the asparagus and leeks shined through. Pure happiness.

I haven't worked on the shepherd's (technically, cottage I guess) pie, yet. I have plans for that as well. I want to use sweet potatoes for the topping, instead of white potatoes. I'm even thinking of swirling parsnips into the sweet potatoes to temper the sweetness of them. 'Cause I do love parsnips and potatoes together. But I haven't tried parsnips mixed with sweet potatoes. I'm ready for the challenge. I haven't had time to work on that dish, because dog biscuits came a callin'.

I've been making dog food for a few months (thank you for the recipe, Robin). But I've been thinking about my sister and all the dog cookies she used to make. Although I never thought I'd be making dog food, now that I have, I want to make cute dog biscuits, too. My sister's dogs used to go a little wild when they smelled their treats cooking. They did smell quite delicious! I wanted Maggie and Bishop to go a little crazy while I cooked them some biscuits, too. They definitely know when I'm cooking their food, but it doesn't make them froth at the mouth. Usually, Bishop will just sit next to me as I mash the pumpkin into the rest of the meat and veg. He knows it's for



Photo by Cat McNeal

them, but I wanted to see the super excitement that my sister's dogs used to show. Enter Luca and his human.

There's a lot of dog treat recipes online, but Luca and his caretaker are my favorites to watch. She makes videos showing how to make many different dog treats. She has very simple recipes (lots with just 4 ingredients) and good tips to aid the newbie (me).

Since I had just made some applesauce, I decided to start with the applesauce cookies. Oat flour, applesauce, coconut oil, and cinnamon—done. Well, after that the dough gets rolled out and cut into shapes and then baked. I had so much fun making these! I had to wait until morning til I could let the dogs sample them. When I gave one to Bishop, he gladly took it from me and chomped it up. When I gave Maggie hers, she spit it out on the floor! I had forgotten her need to smell it first. She took her time smelling the treat, then chomped hers up, too. Now when I reach for the containers that hold their treats, I get treated to a little dog dance. Pure joy!



Photo by Kipp Hopkins

Welcome to the upside-down

We've all probably enjoyed a slice of pineapple upside-down cake a time or twelve, but what other kinds of flavor combos make good upside-down cakes? We did a little experiment to test some great combos, using a muffin tin and the same basic cake recipe (you can use any basic vanilla cake recipe or a box mix to achieve similar results). The upside-down effect is achieved by melting butter and brown sugar in the bottom of the pan and laying out the fruit or topping of your choice. The cake batter fills the pan which is then flipped upside-down on a plate after baking. Remove the pan and ta-da! Our upside-down cakes were:

- 1. Classic Pineapple Upside-Down with Pecans.** The vanilla cake used pineapple juice instead of milk, and the pineapple top had pecans instead of maraschino cherries.
- 2. Persimmon Upside-Down.** This cake had orange extract and a little orange zest.

3. Pluot Upside-Down. The cake had nutmeg in combination with the sweet pluot (apricot and plum hybrid).

4. Apple Upside-Down. What goes better with apples than cinnamon? A generous amount of cinnamon went into this cake.

5. Pear Upside-Down. The cake for this one was fresh ginger-flavored. Delightful!

6. Date, Coconut, and Walnut Upside-Down. This cake was the least conventional. The topping was a mixture of coconut and walnuts with whole Medjool dates. The cake had oatmeal added to it.

And the winner is...

Though these cakes were all delicious, the favorite was pear and ginger. The subtly sweet pear topping and the spiced ginger cake went perfectly together. And due to the moisture in the fruit, the cake that met the top (bottom?) was spongy and sticky! A close runner-up was the pluot nutmeg combo. Yum!

Ivy's date pinwheel cookies



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

It never ceases to amaze me how much people left indelible impressions on me as a child at the church I attended. At Saint Michael's Episcopal Church in Lansing, Michigan, Ivy Ongie was a sweet elder who, more often than not, wore a smile on her face and gave very soft hugs. Of note to my child's heart was also the beautiful red depression glass bowl, which would overflow with wrapped candies when we visited her house. Pure magic!

Though I can't remember a significant personal relationship with her, I do remember her contribution to the Cookie Walk, which was an annual fundraiser at the church Christmas Bazaar. All the members were encouraged to bring in 1-2 dozen cookies, which would be arranged for sale in a buffet style. Tins were available to fill with the diverse selection of delicious cookies and confections. The price was determined by the weight of the tin. The aroma of the parish hall filled with these delectable treats was intoxicating. My Grandmother, Violet, would select Ivy's Date Pinwheels before other cookies to fill our tin. As a child, I much preferred the iced sugar cookies and the colorful glass candy. Though as the years pass, my heart becomes more nostalgic. Ivy Ongie's cookies at the time didn't capture my taste buds, but now have become something I long for. What cookies hold winter holiday memories for you?



- Ingredients
- 1 cup butter, softened
 - 2 cups packed brown sugar
 - 3 large eggs
 - 1 tsp vanilla extract
 - 4 cups all-purpose flour
 - 1/2 tsp salt
 - 1/2 tsp baking soda

- Filling
- 2-1/2 cups chopped dates
 - 1 cup sugar
 - 1 cup water
 - 1 cup finely chopped pecans

Directions
In a large bowl, cream butter and brown sugar until light and fluffy. Beat in eggs and

vanilla. Combine the flour, salt, and baking soda; gradually add to the creamed mixture and mix well. Divide into four portions. Refrigerate until chilled.

In a large saucepan, bring the dates, sugar, and water to a boil. Reduce heat to medium; cook until mixture is thickened, about 15 minutes. Cool completely. Stir in pecans.

On a baking sheet, roll out each portion of dough between two sheets of waxed paper into a 12x9-inch rectangle. Refrigerate for 30 minutes. Remove wax paper, spread with date mixture. Tightly roll up each portion jelly-roll style, starting with a long side, wrap in plastic, and refrigerate for 2 hours or until firm.

Unwrap and cut into 1/4-inch slices. Place 1 inch apart on greased baking sheets and bake in preheated oven at 350° for 10-12 minutes or until set. Remove to a wire rack to cool. Store in an airtight container at room temperature or freeze for up to 3 months.



Art in the Café

OCTOBER: JULIE JO FEHRLE	NOVEMBER: MARTY CLARK	DECEMBER: TAMMY BERNARD
<p>Upcoming: Jan - Christopher Brumfield / Feb - Pandora MacLean-Hoover & Eric Hoover / Mar - Lucy Chase</p> <p>Interested in having your artwork exhibited at the Blue Hill Co-op?</p> <p>Contact Kipp Hopkins at: (207)374-2165 or marketing@bluehill.coop (We're booking for 2024.)</p>		

Nutritional psychiatry: exploring a new path to mental wellness



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

The other day, I saw a quote from the American poet and environmental activist Wendell Berry, which I found very interesting. He said, "People are fed by the food industry, which pays no attention to health, and are treated by the health industry, which pays no attention to food."

When I saw this, it reminded me of something I had read about just a few days prior, a new field of research being taken up by venerable place like Harvard and Stanford—metabolic or nutritional psychiatry. The theory is that what you eat can profoundly affect your psychological health. Things like brain fog and depression can be heavily affected by a lack of healthful foods in daily diet. I wanted to learn more, so I dived into several articles exploring this idea.

There are two reasons given for why the food you eat affects your brain. To start with, one article used the metaphor of your brain being like an engine in an expensive car that needs fuel, in this instance, food. Like an expensive car, the brain needs premium fuel to function at its best, and subpar fuel will cause damage to the engine. That makes sense, right?

Secondly, and something that is only beginning to be understood, is the brain-gut connection. If you've been reading David Walker's articles over the last few years, you'll probably know all about the importance of a healthy gut. As for how your intestinal tract is responsible for brain function, there are many ways. Neurotransmitters like serotonin are produced in the gut. Serotonin is partially responsible for regulating sleep and moods, and for inhibiting pain. The good bacteria in your gut

activate pathways in the brain, limit inflammation in the body, and even control how efficiently your brain can absorb nutrients (fuel) from the food you eat.

A lot of research has been conducted about the difference between eating a diet heavy in processed foods and refined sugars vs. a diet based in whole foods. One study found that people who eat a traditional Mediterranean or Japanese diet (high in vegetables, fruits, unrefined grains, and seafood, low in dairy and lean meats, and with no processed foods or sugars) were 25%-35% less at risk for developing depression.

There's also a link beginning to be shown between poor nutrition and schizophrenia-spectrum disorders, psychosis, and dementia. The International Society for Nutritional Psychiatry Research (ISNPR) recommends that clinicians try putting their patients on a diet like the traditional Mediterranean, Japanese, or Scandinavian to see if it helps.

The articles I read all talked about how doctors of medicine and psychology are taught little about nutrition in their extensive schooling. They do not have the knowledge or language to teach their patients about healthy diets. Organizations like ISNPR are at least working to educate psychiatrists and other mental healthcare workers. A great thing about nutritional psychiatry is that it is non-invasive and has hardly any side effects. It's easy for the doctor to prescribe and for the patient to try, and will likely benefit overall physical health as well. Conventional treatments, on the other hand, can have very severe side effects and do little to reverse deteriorating physical health.

Individuals suffering from

mental health disorders, such as schizophrenia and depression, have higher rates of obesity, diabetes, hypertension, and other cardiovascular diseases. If a patient's nutritional intake does not improve their mental health, it may help improve these other ailments and overall quality of life.

That being said, is good nutrition accessible to all? Definitely not. People who suffer from mental health problems and chronic illnesses are more likely to suffer financial distress due to their conditions.

Health insurance will not pay for nutritional supplements or healthful food. Sadly, this means that many people in the most vulnerable positions in our society will have a great deal of difficulty accessing good nutrition.

And on top of that, the problem is far greater than just uniformed healthcare practitioners. Our society is not supportive of healthy eating in general. The food industry mentioned by Wendell Berry is a behemoth. Fast foods, processed foods, and addictive foods are deeply entrenched in our daily lives. Making a conscious choice to eat better takes a lot more than a New Year's resolution; it takes both intention but support.

In my own family, two of the members have had long-term chronic Lyme disease for many years. Lyme puts a significant strain on both the brain and the body. Through intensive treatment over many years, they are slowly improving, and part of that has been focusing on nutrition. I gave up sugar seven years ago to help treat my own chronic illness, and my other household members followed suit a few years later for their treatments. I can attest that without each other's support, maintaining good habits and giving up certain

foods would have been much more challenging.

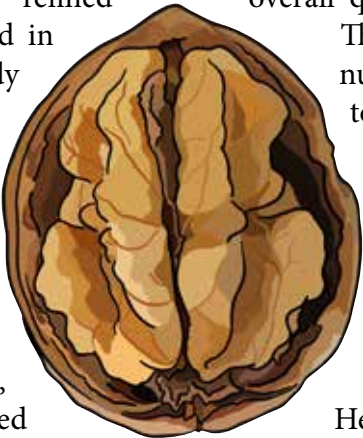
A recent study found that while having strong friendships and social connections helps people live longer, these ties can also have a downside. The study found that peer pressure from those around us can encourage people to drink, smoke, and/or eat unhealthily. The culture of healthy eating that my family works so hard to maintain would be impossible without the full support of each one of us.

Reading over the articles (listed below), I began thinking about these concepts in relation to our co-op community. Where better to find support for healthy living and good nutrition than in a place like the Blue Hill Co-op? People should be able to call on the support of their life partners, family, friends, and broader community to help maintain a healthy life. Creating a culture of support and healthy habits can start with something as small as donating healthy food to your local pantry, inviting your friends to your house for a healthy meal rather than out for a drink, or just being supportive of someone's choice to eat clean. And for your own well-being, you might consider working towards improving your nutritional intake for both your body and your brain.

Please note: if you are experiencing severe depression or thoughts of suicide, please get in touch with a mental health practitioner right away. Once you have found help, you can talk with your clinician about trying nutritional changes.

Sources:

- www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626
- www.news-medical.net/health/What-is-Nutritional-Psychiatry.aspx#
- www.psychiatrytimes.com/view/nutritional-psychiatry-gut-brain-connection





www.BlossomandSilkshop.com
Jewelry, Silk Scarves, Bandanas & Prints
by Sihaya Hopkins



OWL FURNITURE

LOVE YOUR BACK

body
focused
designs



43 North Main Street, Stonington
(207) 367 6555 www.owlfurniture.com

Pairing food and wine



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

One of the unexpected pleasures in life is sitting down to a home kitchen-created meal and discovering that the wine you chose to accompany it actually makes it soar! How did this happen? Why did this happen? How can I expand on this and make it happen all the time? Is it luck? Science? Something I can learn in my spare time?

Everyone knows that certain foods taste better with certain wines. Still, the secret is understanding why this occurs and unlocking the gate to achieve this harmonious balance frequently and with ease. The basics are simple, and, like most things, you can expand on them with time and experience. Let's take a moment to explore.

The first thing to remember is that food affects wine more than wine affects food. Why is it that the favorite go-to wine you so look forward to pouring, tastes awful with certain foods? Red with red meat and white with chicken and fish, right? Unfortunately, while this simple rule of thumb covers a lot of ground, it is not foolproof.

This no-go situation usually occurs when a dish involves cooking with enhancements which achieve more complexity and ramped-up flavors in every bite. Sometimes, the basic cut of meat, poultry, fish, or vegetable is more deeply flavored and needs a wine with more depth and power to match competing complexities.

One easy method is to match the food's place of origin with the wines of that region. What grows together goes together. Pasta with tomato sauce? Tuscan red. French-style goat cheese? Sauvignon Blanc from the Loire. Beef Bourguignon? Pinot Noir, s'il vous plait.

Another method is to pair by weight. Lighter foods = lighter wines. Denser foods = heavier wines and everything in between. Not foolproof, but pretty darn safe.

Now, let's delve a bit deeper. My mantra is to treat wine like sauce! Sauces are prepared to enhance the flavor of the basic ingredients, and your wine

choice should do the same. There are two ways to achieve this: 1.) amplifying similar flavors, known as congruent or complimentary pairing, 2.) contrasting the flavor of the dish with the flavor of the wine. It's the same principle you follow when creating a sauce for a dish.

Always remember that it is important to cleanse the palate and refresh your taste buds with every sip, so your wine choice must have ample acidity to slightly "overpower" the food and help recreate that coveted "first bite swoon"

Congruent pairings match the traits of the food with the traits of the wine: peppery steak matched with a rich peppery Syrah or red from the Rhone region of France, or seafood cooked in butter paired with a buttery Chardonnay.

Contrasting pairings are exactly that: sweet wines paired with spicy foods, or high acid wines (both red and white) used to cut through fat, oil and spice in meats, casseroles, Indian, and Asian cuisine.

Let's use everyone's favorite comfort food, Mac and Cheese, to illustrate congruent pairings versus contrasting pairings. For a congruent pairing, you might consider a lightly oaked, creamy Chardonnay or Rhone white to match and enhance the creaminess of the cheese with just enough acidity to complement the richness of the dish while cleansing the palate in a gently mellow way.

Always try to make sure the food doesn't overpower the wine, or it will render it bland. With a contrasting pairing, try a white with higher acidity like Pinot Grigio, Assyrtiko, or Sauvignon Blanc, which will boldly cut through all that rich cheesiness so each bite is a fresh adventure, and you won't feel stuffed to the gills at the end of the meal.

Want something in between? Don't forget Rosé! Rosé is tremendously versatile in both congruent and contrasting pairings, depending on the style of the dish it pairs with.

Congruent red wine pairings are easy. The tannins (that mouth-drying pucker feeling), the acid, and the red and black fruit flavors and smokiness of a red cut right through the fat of a piece of meat. Beware of tannic reds with salty foods, though. Salt combined with tannins renders the wine bitter. When salty foods are on the menu, think

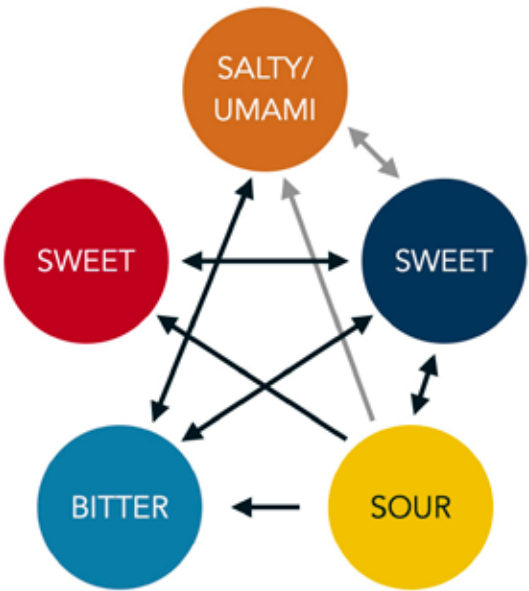
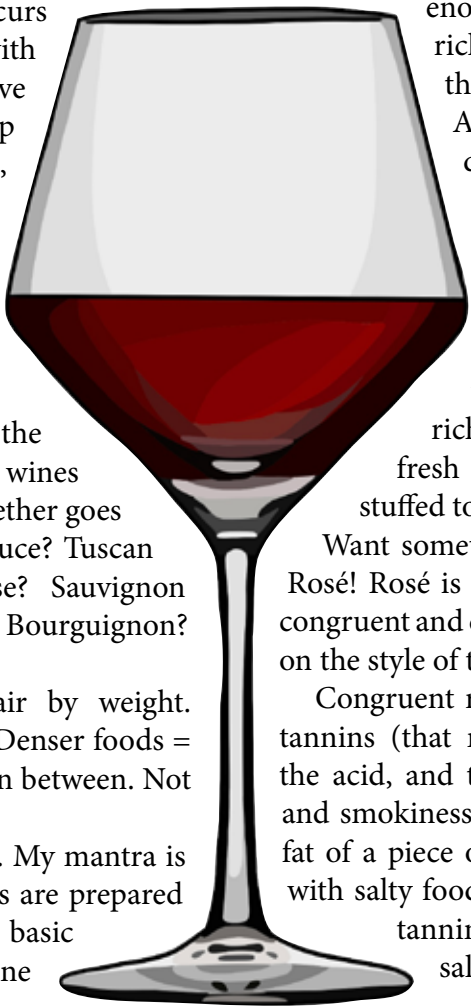
of high-acid wines or sweet wines to counteract and cleanse away the saltiness. One of life's great pleasures is pairing expensive Champagne with a bag of potato chips. Sublime!

Our capacity to taste can be broken down into five simple categories: sweet, sour, bitter, salty, and umami (which includes fat and spice). Different areas of the tongue detect different tastes. Match the taste profiles of your food with those in the wine, and you'll have the perfect symbiotic relationship. To shake it up a bit, try pairing sweet and spicy wines like Riesling or Gewurtztraminer with spicy food (forget the beer; this is much more satisfying).

And speaking of sweet, when it comes to wines with dessert, always go for a wine that is slightly sweeter than the food so the flavor won't be lost to a dessert that overpowers it.

Pairing is a bit like that dreaded high school exam question. Compare and contrast the flavors of the food you are serving to the traits of the wine. Contemplative but much more fun this time around, and you will NEVER be graded for it!

What's the takeaway here? Do as I do, treating wine like a sauce to augment or intensify flavor. It won't be perfect every time, but if at first you don't succeed...



This flavor star is based on one from Cooksmart. Grey arrows: Enhance - brings out the other flavors.

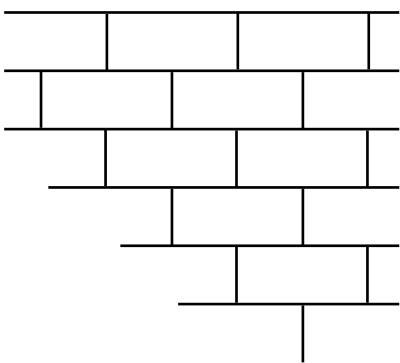
Black arrows: Balance - counteracts the other flavors. If your dish is experiencing too much of one flavor, use a balancing flavor to level it out.

Tile Installations of integrity and beauty.

Cindy Kelly
Insured Tile Contractor in Blue Hill

kellycindy1111@gmail.com

See examples of work on
Facebook: OCD TILE
In Person: behind the counter at the Co-op Café
References available.



Traditional Acupuncture

Vicki Pollard

Blue Hill

vicki@traditional-acupuncture.com

Practicing for almost 40 years

207/374-9963



An ode to fish sauce



Kipp Hopkins
Marketing Manager
Co-op owner since 2006

If you think back on your childhood, what was your favorite food, something you got to eat frequently? For me, being the bizarre child I was, my jam was plain basmati rice with fish sauce. I just loved that strong, salty, fishy flavor. We'd buy big wine-sized bottles of fish sauce, usually a brand that had a baby on the label for some reason, and would go through the whole thing in a few months. I was always asking for fish sauce, though I couldn't really pronounce the words "fish" and "sauce" together, and it always came out more like "fishhash."

My obsession started with my best friend's mom, who is from Thailand and she introduced our family to a wonderful selection of ingredients and prepared dishes. My love for Asian cuisines, I think, started there. Fish sauce is the foundation on which my future cooking preferences were built.

Precisely what is fish sauce? Fish sauce is a liquid condiment made from fish or krill aged up to two years. It has a robust flavor and aroma and is packed with umami, which comes from its high glutamate content. Food scholars generally divide East Asia by condiment preference for either fermented fish sauce or fermented bean sauce (generally soy). Southeast Asia (particularly Thailand, Myanmar, Cambodia, Laos, the Philippines, and Vietnam) prefers fish sauce, while Northeast Asia (Korea, China, and Japan) favors soy sauce. However, making sauces and pastes from fish started in China as far back as 2,300 years ago, perhaps even earlier. At the time, beans and fish were fermented together, but over time, beans alone became the predominant condiment source. However, Southeast Asian regions embraced fish sauce and in the 1800s, fish sauce made its way back to China through Cambodian traders.

Fish sauce was also an important ingredient in Ancient Greece and especially in Rome, where garum was a sauce made of Mackerel innards and salt. It was ubiquitous in Roman cooking and people apparently complained about the "evil-smelling

fish sauce." However, it must have still been delicious, considering its popularity. The oldest surviving Roman recipe book, *Apicius* by Marcus Gavius Apicius, had no less than 350 recipes featuring garum and it was often mixed with wine, vinegar, and honey to make other condiments. Garum isn't made anymore, but it is believed to be similar to the modern *colatura di alici*, a fish sauce used in Neapolitan cuisine.

Today, fish sauce is made by salting and fermenting fish until liquid is produced. Usually, fatty fish like anchovies, mackerel, or herring are used, but shrimp, krill, or squid may also be used. There will be subtle differences in the flavor depending on what fish is used and the vessels in which it ferments. In modern times, many brands add things like sugar or MSG to prolong its life, but you can buy premium brands that are still made with basic ingredients (the fewer, the better). The kind we have at the Co-op, Red Boat, is one such premium brand, using only black anchovies and salt. It's made on the Vietnamese island of Phu Quoc, using traditional methods. It's also a little lower in sodium than other brands.

On the subject of sodium, you might be wondering if there are any nutritional benefits or drawbacks to fish sauce. Sodium is the only real drawback and will depend on how closely you need to watch your intake. As for the health benefits, fish sauce is high in amino acids, omega-3, iron, and vitamin B12. Another thing to note is that anchovies are classified as a sustainable fish, so you don't need to worry about your fish sauce contributing to overfishing.

Finally, if you're wondering how to use fish sauce for, my favorite (besides straight up on rice) is Thai green curry, a staple in my household. But there's also pad thai, tum yum, pho, banh mi, bo kho beef stew, and several thousand other delicious recipes.

• www.readersdigest.co.uk/food-drink/food-heroes/what-is-fish-sauce-exactly



THAI GREEN CURRY



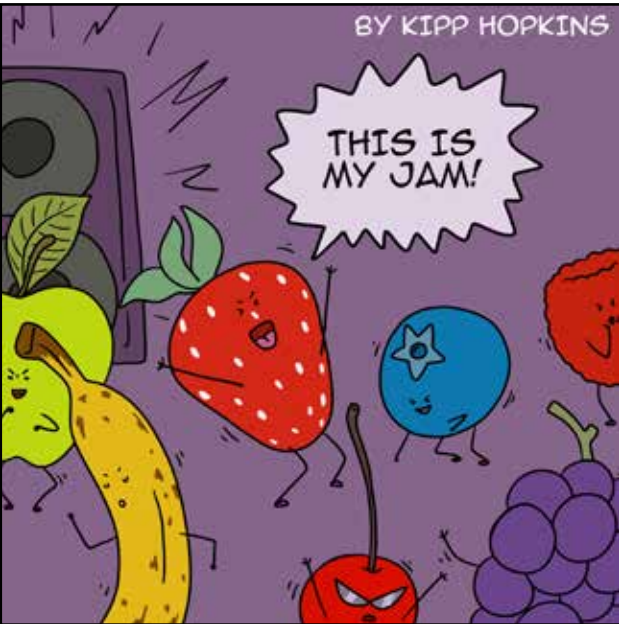
Photo by Kipp Hopkins
Creamy coconut broth with savory green curry, delicious vegetables, and chicken - this dish goes perfectly with basmati rice or on its own.

- INGREDIENTS:
- 4 boneless, skinless chicken thighs
 - 2 garlic cloves (minced)
 - 1-inch fresh ginger (grated)
 - 2 cups chopped broccoli
 - 2 red peppers (chopped)
 - 1 can baby corn
 - 1 can bamboo shoots
 - 1 can water chestnuts
 - 2 cans coconut milk
 - 4 oz beech mushrooms (or crimini)
 - 3 1/3 tbsp green curry paste
 - 1 tbsp fish sauce
 - salt and pepper to taste
 - 1 cup fresh basil leaves (Thai if possible)
 - basmati rice to serve
 - lime wedges

Cut the chicken into bite-sized pieces. Heat a soup pot over medium-high heat and add the chicken, garlic, and ginger. Season with salt and pepper and sautee until the meat is browned. Add the broccoli and continue to cook for five minutes, stirring frequently.

Add the coconut milk, baby corn, bamboo shoots, water chestnuts, and beech mushrooms and bring to a simmer. Add the green curry and fish sauce and stir to combine. Add the red pepper and simmer for ten minutes.

Remove from the heat and add the basil leaves. Check the flavor and add more salt or pepper if needed. Always serve with lime wedges whether serving as is or with fresh basmati rice.



How the months got their names

Today, most of the world uses the Gregorian Calendar, which went into effect in 1582. Christendom needed the new calendar to fix some mathematical issues with the Julian Calendar (named for Julius Caesar), which had been in use since 46 BCE. Before that, the Roman Republic used the creatively named Roman Calendar, which at first had only ten months and even more mathematical problems. Some of our modern names come from the Roman Calendar, and some from the Julian.



The Fasti Antiatres Maiores a painted wall-calendar from the late Roman Republic

January was named to honor Janus, the Roman god of beginnings and endings. The Latin Spelling was *Ianuarius*. Originally, January and February came at the end of the Roman year, and no one knows when they were moved to the front. Or rather, when someone moved the start of the new year to January 1.

February comes from *februum*, meaning “purification,” and *februa*, the rites and instruments used for purification. The name came from an important festival where young men streaked through the streets of Rome on February 15, which purified the city and promoted fertility.

March was originally the first month of the Roman Calendar, the creation of which was ascribed to the legendary first King of Rome, Romulus. It was named for his supposed father, Mars, the god of war.

April was a name that most Romans believed came from *aperio*, a verb meaning “to open.” It makes sense as the spring is when flowers and lands open. Some claimed it was named for Aphrodite, the Greek goddess of love. Though she was called Venus in Rome, so why not Venil?

May and June were similarly debated even in ancient times. Some said that the names came from the divisions of Roman male citizens, *maiores* (elders) and *iuniores* (juniors). But another possibility is that they were named in honor of Maia, a nymph representing the earth, and Juno, the goddess of women and marriage. So, do you prefer male-centric or women-divine?

July was originally called *Quintilis* in the Roman Calendar, which meant “the fifth month,”

followed by other months also named for their number. Maybe Romulus got bored naming months. Remember, January and February did not exist at the time of their naming. July was renamed by Julius Caesar, after himself, because it was his birth month. If you’re going to reshape all the Roman Empire, you may as well rename the month of your birth in your honor.

August was renamed from *Sixtilis* by Julius’ adopted son and heir, Augustus. It wasn’t his birth month, but it was the month when he became a consul and then subjugated Egypt. (Yay, conquest!?)

September (*septem* or seven), October (*octo* or eight), November (*novem* or nine), and December (*decem* or ten) all derived their names from the number of the Roman Calendar on which they fell. But, when January and February became the first and second months of the year, the numbers no longer matched up. This inconsistency apparently didn’t bother anyone, even though they all spoke Latin.

Some Roman emperors changed the names of months in their honor or for fancy. But none of these alternative names survived to modern times, as fun as it would have been to say *Germanicus*, *Herculeus*, and *Amazonius* rather than September, October, and January.

Eating foods that keep you warm

As the colder weather sets in, you may be wondering if there are foods you can eat that will keep your body warm. There are, but they might not be the ones you’re expecting! Spicy foods might make you sweat, but they actually cool down your body. Your hot coffee in the morning will help you keep warm, but it’s not the heat of the liquid, it’s the caffeine kicking your metabolism into gear. In fact, iced coffee is even better at doing this because it has more caffeine. What? Drink iced coffee to get warmer?

You can’t always use logic when determining which foods will warm you up because there are a few different mechanisms at work. One is thermogenesis, the process by which you heat up due to your body metabolizing food. In this way, foods that take longer to digest, like fats and carbohydrates, will help keep you toasty warm. But you don’t have to sit around eating baked potatoes piled high with bacon and sour cream, there are plenty of healthy foods you can turn to.

You can start your day with oats in the form of porridge or granola which are both high in complex carbohydrates. Oats have lots of fiber, which helps keeps you full longer. Other whole grains like quinoa, farro, and buckwheat are also great.

Another thing that helps bodies stay warm is good circulation which, requires iron. People low on iron often have cold hands and feet. Eating red meat is an excellent way

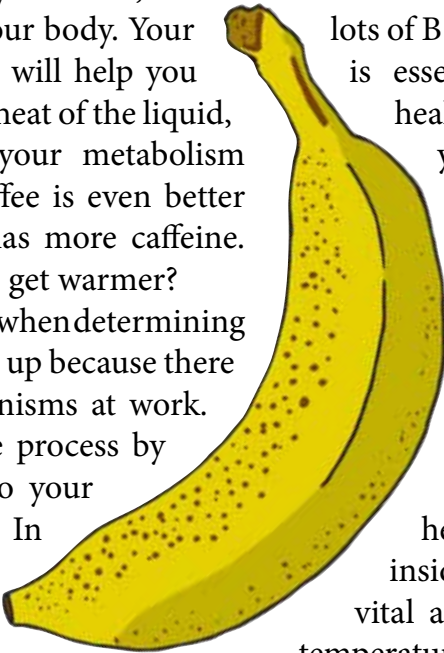
to increase your iron intake (as well as fats), but dark leafy greens are also a good call, especially if meat isn’t your thing.

Bananas may be tropical, but they are an excellent food for winter because they have lots of B vitamins and magnesium, which is essential for thyroid and adrenal health. These glands help regulate your body’s temperature! Sweet potatoes and butternut squash will keep your digestion moving and also have lots of healthy nutrients and antioxidants.

Ginger tea keeps you warm by stimulating your digestion, and it’s diaphoretic, meaning it makes you sweat and will help your body warm from the inside out. Plus, staying hydrated is vital as dehydration causes your core temperature to drop. Unfortunately, when it’s cold outside, people feel less thirsty and are likely to drink less. But drinking water in winter is very important! However, drinking alcohol is not. Sure, old-timey wisdom says a shot of whisky will warm you up (and put hair on your chest), but alcohol actually lowers your body’s core temperature and also impairs your ability to shiver, which is the body’s emergency warming technique.

Source:

- <https://www.hvrxsolutions.com/nutritious-foods-keep-warm-cold-weather/>

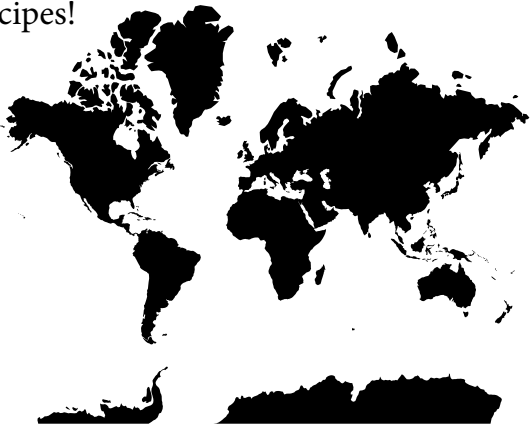


In 2023, we’re traveling the world with our Co-op recipes!

As you may know, we publish a recipe every Friday and they’re getting quite popular. In fact, since January 1, our recipes have been clicked on over 5,000 times. We hope they provide inspiration and encouragement to get people cooking!

This year, we’re planning something a little different. Until now, the recipes on the website have been whatever our Marketing Manager, Kipp Hopkins, is cooking at home. This works out well because he’s all about trying new things and creating new recipes. However, in addition to continuing these culinary explorations, he has decided to spend each month exploring foods from a different country. Watch for Co-op recipes that will focus on dishes from a new country or region each month.

January is going to be a little different still. Since many people go vegan for the month, we will feature four vegan recipes from Denmark. Follow us on Facebook, Instagram, and the email list to ensure you get the weekly recipes. And we always love to hear from people when they have tried out our recipes!



The cranberry: a grand berry



Sarah Scamperle
Working Owner
Co-op owner since 2022

A native to the bogs of northeastern North America, the cranberry, *Vaccinium macrocarponis*, has been a cherished holiday favorite for generations. It is as classic a New England crop as the blueberry itself and has been cultivated from Massachusetts to Maine since the 1800s. The cranberry is a low-growing perennial and produces horizontal stems (or “runners”), which grow along the soil’s surface, tethering themselves at intervals to create dense mats. “Uprights” are short, vine-like shoots that sprout vertically from the runners and bear rose-colored blossoms in June-July and subsequent berries as the season progresses. The flower’s pollen is too heavy to be windborne, so the plant relies on bees and other insects for pollination to occur. It requires fairly special conditions to thrive: acidic, peaty soils fed by a freshwater supply and a long growing season (April-November). Cranberry beds are commonly associated with bog ecosystems, particularly those formed by glacial deposits, which left large impermeable kettle holes sealed with clay. Over time, these holes gradually fill with water and decaying organic material, forming an ideal habitat for this specialized plant.

Traditionally, the Wampanoag people of southern New England picked *sassamanash* (sour berry) from abundant wild supplies growing in sandy bogs along the coast. They were mashed and sundried, incorporated into bread, mashed with cornmeal, boiled in combination with other foods, and added to a nutrient-rich staple food known as *Pemmican*. Maple syrup or sugar was often added to these recipes to compliment the berry’s powerful flavor. Historically, cranberries were also touted for their medical properties. They were brewed into calming and diuretic teas known to condition the urinary tract, used in poultices to draw poison from wounds, and even applied topically to treat venereal disease. The red dye they produced was used to color wool and clothing, as well.

Upon the arrival of pilgrims to Plymouth, MA, in the 1620s, a Pemaquid chief named Samoset served as a liaison between the settlers and surrounding tribes and shared much ancestral knowledge with them about how to fish and hunt, as well as how to identify and gather various native plants, fruits, nuts, and berries. His teachings included instructions on how to gather wild cranberries from bogs and the

various ways in which this versatile food source could be enjoyed. By the late seventeenth century, the cranberry was a prized food to Colonists. In particular, the high vitamin C content made this fruit a valuable medicinal to the many settlers suffering from scurvy after having been long-deprived of fresh produce during their travels. The red berries soon became a necessity aboard American whaling and clipper ships.

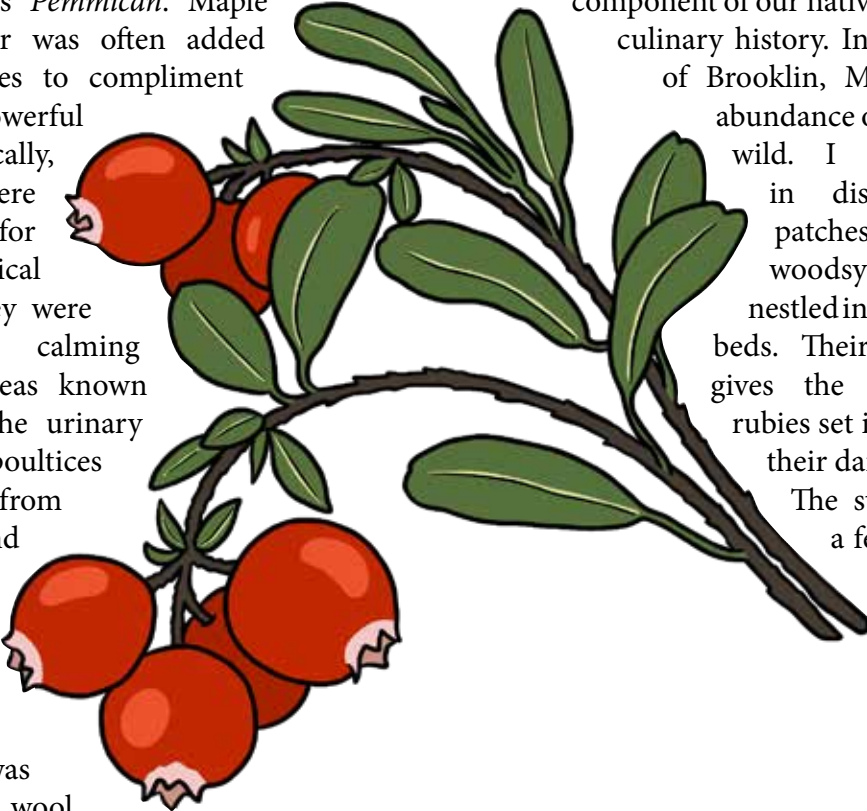
The extensive wild cranberry bogs growing on public lands in New England were originally available to all, but as demand began to grow, laws were passed to reserve harvest for locals and tribal members. As common land was claimed by private individuals, the abundance of wild cranberries dwindled. In the early 1800s, the idea of cultivating cranberries to meet rising demands was spearheaded by Henry Hall in Cape Cod, MA. His endeavor was a stunning success, and Cape Cod is readily acknowledged as the birthplace of the cranberry industry. By the 1830s, the cranberry industry had spread to New Jersey and reached Wisconsin by the 1850s. By the 1880s, it had reached all the way across the country and was established in the Pacific Northwest, as well. In the early 1900s, the Maine cranberry industry was almost completely destroyed by diseases and pests, overwhelming demand during The War, insufficient technology to protect crops from frost damage, transportation chain issues, and the trend toward processed rather than fresh cranberry products. It is considered a “new” industry in Maine at present, as its rebirth only occurred in the state in the late 1980s when the first commercial growers began to establish themselves again. By 2010, there were 30 commercial growers in the state.

The cranberry is truly a unique and distinctive component of our native landscape and culinary history. In my hometown of Brooklin, ME, there is an abundance of them growing wild. I always delight in discovering new patches during my woodsy wanderings, nestled in their sphagnum beds. Their vibrant color gives the impression of rubies set in dense mats of their dark green foliage. The stark contrast is a feast for the eyes and enough to make one’s mouth water, but I always take care to pluck only a handful,

leaving the majority for my fellows and the patch’s wellbeing. In a journal entry from 1852, Henry David Thoreau describes cranberries as “Refreshing, cheering and encouraging... perhaps the prettiest berry. Certainly the most novel and interesting.” I couldn’t agree more!

Sources:

- UMaine Cooperative Extension
- Cranberry Cooking for All Seasons by Nancy Cappelloni



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!



@maggie_ohrich - Maggie Ohrich



@myveganmaine - Nikki



@jlookner - Jenna Lookner

The Great Co-op Kichen Challenge has been canceled due to a lack of participation. Thank you to everyone who participated last year, we had fun!

New Mexico outpost



Kipp Hopkins
Marketing Manager
Co-op owner
since 2006

I can hardly believe it's already been a year (four Harvest Herald editions) since I set up house in Santa Fe. As I write this, in the last week of November, there's a blanket of snow on the ground, which has been here for several days. My friends in Maine express surprise that I, in New Mexico, have snow before they do. I remind them we're at high altitude here, living 1,000 feet higher than Mount Washington.

Here's a breakdown of what our weather has been like this past year. We had probably around ten snowy days last winter. There isn't as much precipitation here, but we have cold weather and high winds on this arid steppe. Weather experts predict this will be a wetter winter, with more snowfall. Even with the low volume of snow last winter, we were colder on average than the coast of Maine, especially with the wind chill. But, I'm happy to say, spring comes earlier. I had dental surgery at the beginning of February and remember that we had a warm snap. I wore shorts on the first day I felt up to taking the dogs for a walk.


The first ground flowers came out on April 9th, despite fluctuating temperatures. The flowering trees soon followed and were all in bloom by April 11th. Russian olive trees are abundant here, though unfortunately invasive they are still very beautiful with silvery leaves and flowers. When they bloom, the air is filled with a nutmeg or custard-like scent. Late May was rainy causing big green explosion that lasted well into June. The rivers filled up, the grass grew, and there were flowers everywhere. The monsoon season happens in June and July, and though there was a lot of rain in the mountains which surround us, there was not much here in the valley. Then things got hot with peak heat in July, but it was also dry. There's a vast difference between a 90-degree day with 90% humidity and the same temperatures with only 30% humidity. Even though I always wilted like a cabbage leaf on hot days in Maine, they don't really phase me here. Sunblock and taking walks early in the day are essential. Plus, living in a well-insulated building doesn't hurt.

September and October are widely regarded as the months with the nicest weather. Most days were the 70s and 80s. In October, leaves start to turn just like in Maine. Yellow is the predominant color of fall in New Mexico, with aspens in the mountains and

cottonwoods in the green belts. In early October, we drove up into the mountains where Santa Fe Ski Area is located and enjoyed the aspen groves. We have a particular love for aspens since Palmer, Alaska, where I was born, has even more extensive groves of the quaking trees. By the end of October, the trees in Santa Fe had all turned yellow and gold. This city has many trees, especially in the older parts of town. By November, although some trees were bare, most were still holding onto their foliage and were a deep copper hue.

The most consistent thing about living in New Mexico is the sunshine. On average, there are 300 days of sun here, making us the second most sunny state after Arizona. Pine tree forests don't block the view here, so it's blue skies as far as the eye can see most of the time. I am one of those people whose mood is heavily affected by grey days, so this is perfect! Last week, we had a few grey days, which was very bizarre. I woke up one morning, pulled up the blinds, and was shocked to find us socked in with fog. I kept expecting to hear Castine's fog horns.

Georgia O'Keeffe, the famous painter who spent her later life in New Mexico, wrote, "When I got to New Mexico that was mine. As soon as I saw it that was my country. I'd never seen anything like it before, but it fitted to me exactly. It's something that's in the air, it's different. The sky is different, the wind is different." When I read that recently I thought, "that's how I feel. It fits me exactly."



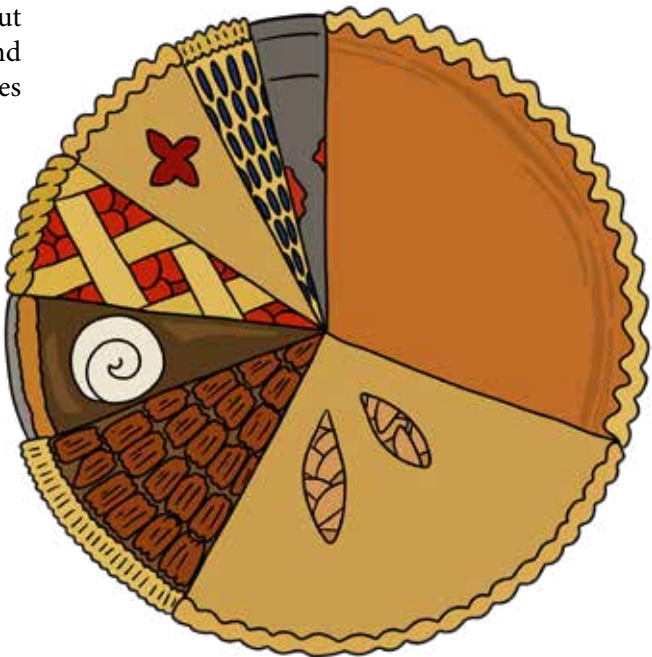
Co-op staff pie chart

During our Thanksgiving prep season, we put together a poll for the annual Holiday Strive and Thrive Guide. Our staff voted on their favorite pies and here are the results.

- Pumpkin pie 31%
- Apple Pie 27%
- Pecan Pie 12%
- Chocolate Pie 8%
- Cherry Pie 8%
- Raspberry Pie 8%
- Blueberry Pie 4%
- Other 2%

Favorite Toppings

- Whipped Cream 53%
- Ice Cream 35%
- Nothing 12%



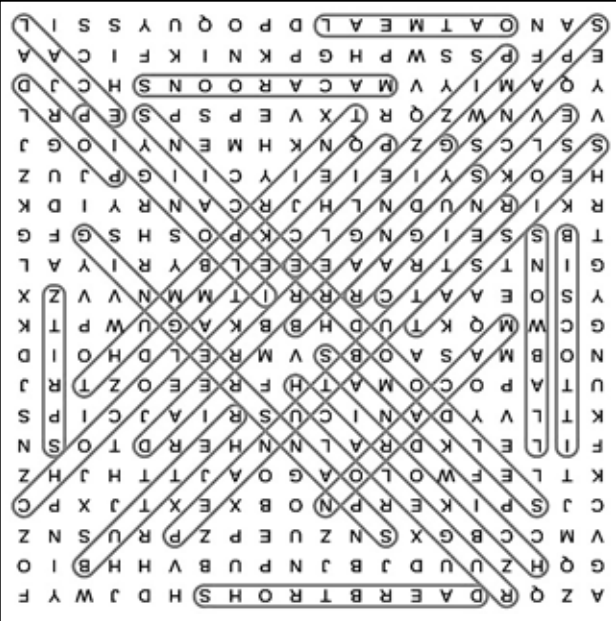
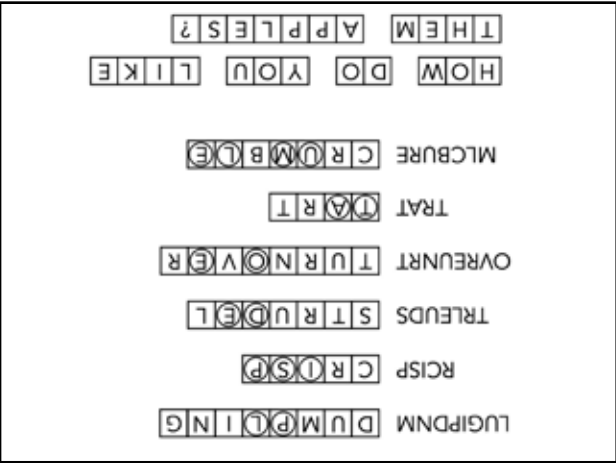
Puzzle Answers

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

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

Zipper, Hot Dog, Chain, Cat, Mouse,
Apple, Bird House, Bird, Stripes, Pocket
Knife, Squirrel, Ring

Spot the 12 Differences





MOCHA COFFEE BEAN COOKIES

With a deliciously strong mocha flavor that matches their adorable coffee bean shape, these cookies have a soft, crumbly texture that melts in your mouth like butter.

INGREDIENTS:

- 135g butter (room temperature)
- 40g powdered sugar
OR Swerve powdered sweetener (sifted)
- 125g potato starch (sifted)
- 80g all-purpose flour (sifted)
- 3 tbsp dutch cocoa
- 1 tsp instant coffee granules
- 1 tbsp boiling water
- 1/4 tsp vanilla

Preheat oven to 350° F. In a mixing bowl, beat butter and powdered sugar till light and fluffy. Sift in potato starch, flour, and cocoa. In a small bowl, combine the coffee granules, boiling water, and vanilla. Add the wet coffee mixture to the dry ingredients. With your hand, mix to form a soft dough. Roll dough into small ovals (about 1 1/2 tsp) and arrange on a lined baking pan. Using the back side of a butter knife, press a slit into the top of each cookie lengthwise, giving them the appearance of coffee beans. Bake for 15-20 minutes, until the tops are just starting to brown.

WHITE HOT CHOCOLATE

This delicious hot chocolate with a twist is soothing, mildly sweet, and warms you right down to your toes! It's perfect for an evening in front of the fire with a plate of cookies.

INGREDIENTS:

- 3 cups whole milk
- 1/2 cup half & half
- 2 tsp vanilla extract
- a pinch of salt
- 1/2 cup white chocolate chips
OR Lily's sugar-free white hocolate chips

OPTIONAL:

- cocoa powder for dusting
- cinnamon for dusting

Combine ingredients in a small saucepan. Turn the heat to medium-low and begin stirring with a wooden spoon. It's essential to make sure that the white chocolate doesn't get stuck to the bottom of the pan as it will burn. Continue to stir until the chocolate has melted and the liquid begins to steam. Do not let it boil! Serve hot, either plain or dusted with cocoa, cinnamon, or nutmeg.



CHOCOLATE SALAMI

No, it's not actually salami! This fun dessert is made with chocolate, nuts, cookies, and cranberries rolled into a sausage-like log. When cut, it looks like salami slices. Perfect for a holiday cookie board.

INGREDIENTS:

- 10 oz bittersweet chocolate chips
OR Lily's no-sugar-added baking chips
- 1/2 cup butter
- 2 tbsp cocoa powder
- 1/4 cup heavy cream
- 2 eggs
- 2 tsp vanilla extract
- 1/2 cup toasted almonds
- 1/4 cup shelled pistachios
- 1/4 cup dried cranberries
- 1/2 cup crunchy vanilla cookies
- 1 tbsp fresh grated orange zest
- 2 tbsp powdered sugar OR powdered Swerve

Set up a double boiler and melt the chocolate and butter together. Remove from the heat and stir in the cocoa powder until smooth. In a separate bowl, beat together the heavy cream and eggs. Add to the chocolate in three batches, mixing thoroughly between each. Add the vanilla and stir once more.

Chop the toasted almonds and pistachios into small pieces (about the size of rice grains). Crumble the cookie into pieces 1/2 inch or smaller. Cut the cranberries in half. Add the chopped nuts, cookies, cranberries, and orange zest to the chocolate and mix until thoroughly combined. Place the mixture in the fridge for 20-30 minutes until it is firm enough to shape into a log, but no firmer.

Divide the mixture in two and set half aside. Place a piece of plastic wrap on a work surface and put half the chocolate on it. Use your hands to form the mixture into a log shape, roughly 6" long and 2.5" thick. Wrap the plastic tightly around the log and twist the ends snugly to squeeze in the shape. Roll the log on the work surface several times to even out the size. Repeat with the second portion. Place both logs in the refrigerator for 6 hours or overnight.

When it's time to serve, unwrap from the plastic and roll in powdered sugar until it's coated. Shake off any excess sugar. Let the salamis sit out for 15 minutes, then cut carefully into 1/4" thick slices. Serve and enjoy!

Note: You can use any combination of nuts and dried fruit. Candied ginger would also be a great addition. Just make sure the volume is the same, and have fun!



BISCOCHITO COOKIES

These simple unfrosted yet delicious cookies are hugely popular in New Mexico where they are the official state cookie. They are flavored with orange and anise seed and coated with cinnamon and sugar. You can make them with butter if you prefer.

INGREDIENTS:

- 3 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 3 tsp crushed anise seeds
- zest of an orange
- 1 1/4 cup lard
- 3/4 cup sugar OR monk fruit sweetener
- 1 large egg
- 1 tsp vanilla extract
- 1 cup sugar mixed with 2 tsp cinnamon

Sift together the flour, baking powder, salt, anise, and orange zest. In a separate bowl, beat the lard and sugar until light and fluffy. Add the eggs and vanilla and beat to combine. Gradually beat in the flour mixture just until combined. It will be crumbly, more like pie dough than cookie dough. Use your hands to make the dough into a ball. Cover and refrigerate for 30 minutes.

Preheat oven to 350° F. Divide the dough into three balls. Knead and work one ball until soft and smooth. On a lightly floured surface, roll out the dough to a thickness of 1/4." Use cookie cutters to create your favorite shapes, and place on a parchment-covered baking sheet. Repeat with the remaining two balls of dough.

Bake for 10-12 minutes, then remove from the oven and sprinkle with the cinnamon and sugar. Let the cookies cool for 10 minutes on the pan. Remove carefully and let them cool fully on a wire rack. Enjoy!

Cookie photos by Kipp Hopkins

