



**BLUE
HILL
CO-OP**

COMMUNITY
MARKET & CAFÉ

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Blue Hill, ME 04614

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BLUE HILL CO-OP NEWS

JUNE/JULY 2009

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It never fails to astonish me....Spring, that is! After all that white stuff, all that darkness, out of the ground comes...lilacs!, lilies-of-the-valley!, apple and plum blossoms! (and, yes, okay, the inevitable slugs as well).

Spring at the Co-op is always refreshing, too. We get to open the windows and doors and expand at least our concept of the space we work in, if not the space itself. It's been a tough winter, folks, and, man, it feels good to let the air in. By now, I'm sure you've all heard about the recession. Retail grocery has not been immune. After more than ten years of double-digit growth, natural and organic food sales slumped in 2008 and tumbled in October. Our sales have reflected this downturn in a number of our departments, while other departments—following industry trends—have seen strong growth.

What has all this meant for us? In February, I attended a meeting of co-op grocers where we all brought our ideas to the table. Since many co-ops are experiencing negative sales growth for the first time ever, it is heartening to be able to share ideas for the future. What I brought back to our co-op was a passel of possibilities for reversing this trend, gleaned from what has worked for other stores, and mulled over by our fabulous Management Team. Instead of doing nothing and hoping for the best, we have put our minds to work to get through this together. We've spent our time these past few months assessing our strengths and our challenges, and we planned and set forth ways to respond to this recession.

Focus on cash flow is a number one priority for retailers. To this end we have reduced inventory, eliminating some of the very slow sellers. We have also focused on controlling our labor and scrutinizing expenses, as well as looking for products to add to our mix that match the low cost value our customers are seeking

MANAGER'S REPORT

Manager's Report

Continued from page 1

in these times. Along with the removal of the discount at the register for supporting and senior members, we also lowered employee discounts. And, on a very positive note, we—for the first time ever and to great critical acclaim—expanded our hours for the summer season! We are now open 7 a.m. to 9 p.m., so you can shop early and shop often!

Together, as owners of this fabulous, precious community resource, we need to remember that we are in this together, and it is vital that we all understand the need to maintain good relationships through the hard times as well as the good. We have lots of exciting plans for the summer, including talks, cooking demonstrations, farm tours, and a great new film series. Results of our customer survey will be available soon; thanks so much to all who participated. We always look forward to hearing your thoughts and ideas, so keep those cards and letters coming!

Although sales in April were still sluggish as compared to last year, we have seen an uptick...Onward, ho! Ahhhhhh... just smell those lilacs!!

*Karen Doherty
General Manager*



Co-op owners planted a ginkgo tree at Blue Hill's Town Park in honor of Earth Day and Arbor Day. Pictured from left to right: Mia Strong and daughter Olivia, Eileen Mielenhausen, Phil Norris (Blue Hill Tree Warden), and Yvonne Chick.

WANTED: A Few Good Candidates

Candidate applications for the Blue Hill Co-op Board of Directors must be postmarked by July 22.

Remember

The continued health of our Co-op depends on a knowledgeable, strong board that could include you!

Info and Applications

are located by the Co-op Membership bulletin board, or call Becky McCall at 374-5387.

Co-op Connection

Have you taken advantage of the Co-op Connection?

The Co-op Connection is a program designed to support area businesses and to encourage Co-op owners to shop locally. Participating businesses offer a discount to Co-op members in exchange for free advertising in our Co-op Connection brochure.

Receive discounts at the following types of local businesses: Accommodations, Education & Instruction, Environment & Conservation, Fine Arts & Crafts, Food & Beverage, Health & Well-Being, Professional Services, and Retail Shops.

For a list of participating businesses and discount information, pick up a brochure at the Co-op!

Notice of Board Meetings

The Co-op Board meets on the third Tuesday of each month, 6:30–9:00 p.m. The meetings are held in the Howard Room at the Blue Hill Public Library. They are open to the membership. The next Co-op Board meetings will be held on July 21 and August 18, 2009.

Co-op Board Officers & Members:

President Gail Bartlett

Treasurer Bob Sullivan

Secretary Erich Reed

Chip Angell

Becky McCall

John Vincent

Deborah Wiggs

**DEADLINE FOR
AUGUST/SEPTEMBER ISSUE:
JULY 9**

The Newsletter Team

Ads: Prudy Heilner; 374-5485

Editor: Marge May

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Staff Liaison: Eileen Mielenhausen

Columnists/Writers: Catherine Princell, Allison Watters, and Co-op Board & Staff

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

General Manager:

Karen Doherty

Summer Store Hours

7 a.m.–9 p.m. daily

(207) 374-2165

www.bluehill.coop

Letters to the Newsletter

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

The Soybean

Catherine Princell, Health Education Specialist

The soybean is the most widely grown and utilized legume in the world. U.S. farms grow 50% of the world's soybeans. Soy has become so familiar in the United States, it is easy to forget its agricultural origins elsewhere. Soybeans have been grown and consumed in China and other Asian countries for thousands of years, and were not known in Europe until the seventeenth century and much later in the Americas. In the United States, soybeans were originally used for animal fodder. In 1915, when the boll weevil destroyed the supply of cottonseeds used to make cooking oil, soybeans were found to provide a good substitute.

Americans are eating more soy products than ever before due to the industrial agricultural movement, which is eager to promote the subsidized soy coming from American and South American farms. However, the way that soy is eaten in America is very different from the way it is consumed in Asia. In many Asian traditions, soybeans have always undergone processes of fermentation and aging. Soy sauces, curds, pastes, and other soy products like tempeh have been traditionally produced using methods that take time and support the microorganisms that convert soybeans into a digestible, nutrient-rich and health-supporting food. These microorganisms consist mostly of bacteria that are very desirable inhabitants of our digestive tract.

In studies conducted on mice, research comparing non-fermented soy foods with fermented soy foods found that the fermented foods were able to support the skin and connective tissue of the animals in a way that the non-fermented foods did not. Two phytoestrogens, genistein and daidzen, were only found in the fermented soy foods. The antioxidant properties and potentially cancer-preventive properties of soy sauce are both related to the process of fermentation. The vast majority of soy products in the marketplace today are not fermented, and this brings into question the health benefits of these products as compared to those prepared using the traditional fermentation process.

Another issue regarding the health benefits of soybeans is related to whole soy foods versus purified soy products. Soy protein isolate, soy isoflavones, soy flakes, soy milk powder, textured vegetable protein from soy, soy oils, and other extracts from the soybean have little to do with the whole food benefits of soy beans. Yet, such products now account for 20% of the calories in the American diet. Whole soy foods contain complex mixtures of bioactive compounds that interact with one another to promote health, while the partially purified isoflavone-containing products consumed in the U.S. may lack many of the biologically active components found in whole soy foods. An ever-increasing number of processed foods contain soy components that have been extracted from whole soybeans and altered for manufacturing purposes.

Whole soy foods have been studied regarding their ability to lower blood pressure; reduce cholesterol levels; reduce the "stickiness" of blood platelets; protect against colon, breast, endometrial, and prostate cancer; reduce blood sugar levels; decrease the size of fat cells; decrease the risk of osteoporosis in post-menopausal women; and decrease hot flashes. Regular consumption of whole soy foods during

JUST FOR THE HEALTH OF IT

Continued on page 7

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Traditional Acupuncture

VICKI COHN POLLARD, L.Ac., M.Ac.
Blue Hill, ME 04614
207/374-9963
vicki@traditional-acupuncture.com
http://traditional-acupuncture.com

Susan Jenkins-Urban Medicine Dreamer

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See Fine Print on page 6 for details.

Summer Film Series

Living in coastal communities, we are drawn to the ocean and relate to it in many ways: some of us earn livelihoods from it, others enjoy swimming or boating, yet others are inspired by water to reflect on life. Please join us in viewing films that give us a new perspective on this precious resource. All shows will start at 7 p.m. in the Blue Hill Library's Howard Room. Discussion follows. For more information, contact Mia at 359-8572.

Wednesday, July 8: Flow

Irena Salina's award-winning documentary investigation into what experts label the most important political and environmental issue of the 21st century, the world water crisis. (84 min.)

Tuesday, July 14: Addicted to Plastic

This documentary encompasses three years of filming in twelve countries on five continents, including two trips to the middle of the Pacific Ocean, where plastic debris accumulates. The film details plastic's path over the last hundred years and provides a wealth of expert interviews on practical and cutting-edge solutions to recycling, toxicity, and biodegradability. (85 min.)

Wednesday, July 22: Cry Sea

Having emptied the European seas of fish, industrial fishing trawlers are now targeting Africa. But in places like Senegal, the EU's fishing policies are devastating the country. Unable to compete, Senegalese fishermen are being driven out of business. This expertly crafted film examines the scale of the problem. (55 min.)

Wednesday, July 29: The Water Front

What if you lived by the largest body of fresh water in the world but could no longer afford to use it? Set in Michigan. (53 min.)

Eat Local Challenge

Last year we had a lot of fun creating the Co-op's first ever Eat Local Challenge. Now we are looking for more volunteers to start planning for this fall's ELC! The first planning meeting will be in July or early August. Please contact Eileen Mielenhausen or Chris West at 374-2165 if you would like to be involved in some way. We look forward to your ideas and input!

Connecting Local Businesses and Co-op Owners

Every year, the Blue Hill Co-op offers a special advertising opportunity to local businesses. It's called "The Co-op Connection," and it was developed to encourage members of the Blue Hill Co-op to shop locally. Participating businesses offer a discount or special deal to current Blue Hill Co-op owners during a one-year period. In exchange, these businesses receive free listings in our Co-op Connection brochure, the Co-op newsletter and website, and a Co-op *Weekly Packet* ad. The only cost to the business owner is the discount offered to customers who are active Co-op owners.

We would like to thank the following businesses for participating in the 2008-09 Co-op Connection:

Ayurveda, Yoga and Breathwork with Sally Clinton, Blue Hill
Bird Watchers Store & Café, Blue Hill
Blue Hill Center for Yoga, Blue Hill
Blue Hill Peninsula Karate, Blue Hill, Penobscot & Ellsworth
Blue Moon Images Gallery, Surry
The Brooklin Inn, Brooklin
Captain Merrill Inn, Blue Hill
Dan's Flower Farm and Art, Sedgwick
DragonFlye Inn, Brooklin
El El Frijoles Mexican Food, Sargentville
Gabrielle Wellman: Feldenkrais & Shiatsu, East Blue Hill
Gallery 66, Blue Hill
Greater Health Through Touch, East Blue Hill
Healing Body Work for Women, East Blue Hill
Healing Resources of Maine LLC—Classical Homeopathy, Blue Hill
Honey Bee Skin Healing Cream, Blue Hill
Hypno-Health, East Blue Hill
Joy's Studio, Penobscot
Life/House/Home, Brooklin
Mother Bloom Midwifery and Botanicals, Blue Hill
North Light Books, Blue Hill
Old Quarry Ocean Adventures, Stonington
Simplicity Farm & Mercantile, Blue Hill
Sow's Ear Winery, Brooksville
The Wescott Forge Restaurant, Blue Hill

To add your business to the 2009-2010 Co-op Connection program, please contact Eileen at 374-2165 or marketing@bluehill.coop. Thank you!

Notes From The Café

By now, you've noticed and are making the best of our extended store hours. Don't forget that the Café has lots of snack, dinner, and party foods available during these hours, too. Be sure to pick up a few extra things for your summer guests!

You may have also noted the loss of a familiar face in the Café kitchen—Brendan Murray. He has moved on to a “cheffing” job with Jonathan Chase at Buck's Restaurant in Brooksville. Good luck, Brendan. We'll miss you! We welcome two new staff to our Café team: Beth Neils and Amy Jirsa have joined the ranks of fun-loving food preparers. Stop by and say “Hi” to welcome them.

Have you been enjoying the beautiful face lift in the dining room? A fresh paint job and new table arrangement have done wonders for the atmosphere. Many thanks go to Corey Paradise, Cullen Schneider, Erica Schweikert, Jack Brookings, and Mary Barnes. The place looks and feels great!

One of the goals in the Café is to keep abreast of food trends. This doesn't mean we're always reworking everything we do, but a few trends arise, now and then, that catch our attention and strike us as too important to pass over. Currently we have the gluten-free diet on our minds. There are so many of us in the community who are requesting gluten-free items from the Café as well as the store. We hear you and are responding! Look for our gluten-free fresh-baked muffins, sandwiches on Glutino bread and bagels (also available in the freezer section), frittatas, soups, roasted chickens, and various deli items changing daily. Stop by and ask. The list is longer than you might think!

Good health=a good life.

Robin Byrne
Café Co-Manager

Red Curry Tofu

From the Blue Hill Co-op Café

INGREDIENTS

2 pounds extra firm tofu,
cut into small cubes
1/3 cup tamari
1/3 cup toasted sesame oil
1 tablespoon curry powder
1 tablespoon paprika
1/2 tablespoon cajun spice blend
1/2 tablespoon chili powder

2 stalks celery, minced
1/2 small red onion, minced
1 carrot, grated or minced
3/4 cup Veganaise (or
mayonnaise)
salt & pepper
paprika
fresh parsley, coarsely
chopped

ASSEMBLY

Preheat oven to 400°.

Toss tofu with tamari and sesame oil and spices. In a single layer, spread tofu on a lined full sheet tray. Bake tofu 35–45 minutes until firm and “rubbery.”

Remove from oven and cool. Mix tofu with celery, red onion, carrots and Veganaise. Season to taste with salt and pepper. Garnish with paprika and parsley.

OPTIONAL

Replace tofu with 2 pounds poached or roasted chicken.

TREASURES

from home and all over the world

NEW CARGOES

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Where Are You?

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

Eileen Mielenhausen, Membership & Marketing Coordinator
(207) 374-2165 • membership@bluehill.coop

Member Benefits

One of the new membership benefits we are trying out is awarding active owners discount coupons periodically. Member coupons (three of them on a single sheet of yellow paper) were mailed to all active Co-op owners this spring. These coupons are valid until June 30, 2009 and are to be used for one-time purchases only, excluding beer, wine, books, magazines, and Café items. Stay tuned for more news about owner benefits for the upcoming year.

Website and E-News

For the most up-to-date Co-op news, check out www.bluehill.coop. Lots of great information, resource links, and fun photos are added regularly for your viewing pleasure. In addition, we are now sending "e-news." Every week or two we send a news and information bulletin via e-mail to Co-op owners, customers, and friends. Please let me know if you would like your e-mail address added to our distribution list. This service is to inform you about Co-op events, sales, new or special products, and other membership or store updates. Be assured, your e-mail address is for Blue Hill Co-op use only and will not be given or sold to anyone without your permission.

Customer Survey

We have entered all the data and comments from the 194 surveys filled out by Co-op owners and customers this spring. The next step is to analyze the data and report back to you. A report of survey results will be posted in the store, on our website (www.bluehill.coop), and in the next edition of the newsletter. Thanks to all who participated in the survey and to Jennifer Candage and Holly Bixby who did most of the data entry!

Video Project

Young filmmaker Dylan Howard of Brooksville has graciously offered to make a short promotional video for the Blue Hill Co-op. Dylan and I have been discussing this project off and on since last summer, and I am very excited that it is finally coming to fruition. Like our newsletter and website, the Co-op video will broaden our ability to promote and educate our communities about natural foods, the cooperative business model, and the many benefits of supporting this community-owned business.

Reminder: Patronage Rebates

Patronage dividend checks were mailed out on March 14. **Checks must be cashed by June 30, 2009.** Please contact me at 374-2165 or membership@bluehill.coop if you have any questions. Thank you!

Eileen Mielenhausen

Membership & Marketing Coordinator

Parking Lot Mindfulness

During our very busy summers months, we kindly ask that you do not park in front of the loading dock during the following times:

- Mondays, Wednesdays, and Fridays from 8 a.m. to 1 p.m.
- Thursdays from 10 a.m. to 3 p.m.

Also, because of the dangerous curve at our location, we gently remind you to use your turn signals when entering and exiting the Co-op.

Thanks for helping us all have a safe and healthy summer!

MEMBERSHIP UPDATE

Upcoming Events

• Talk and Book Signing: *Maine Mapmaker's Kitchen*

Penobscot author and mapmaker Jane Crosen celebrates culinary adventure. Wednesday, June 24 at 7 p.m. at the Co-op Café.

• Downeast Groundfish Initiative Discussion

With Aaron Dority of Penobscot East Resource Center. Thursday, July 9 at 7 p.m. at the Co-op Café.

• Poetry Café

Come share your work with your community on Friday, July 24, 4-6 p.m. All are welcome! For more information, contact Carrie or Eileen at the Co-op, 374-2165.

• The Simmering Pot: Community-Created Suppers

All Welcome, Always! Eat in with us or take home. Mondays, July 13 and 27. Serving from 2:30 till 6 p.m. First Congregational Church of Blue Hill, Main Street, Blue Hill. For more information, contact Hadley at 374-2898.

• Children's Book Reading & Signing: *Sarah's Sunflower Seasons*

Join artist, therapist, and author Barbara Joy Hare of Penobscot for a fun hour-long activity geared for children aged 5-10 (and the ones they love). Wednesday, August 19, 4-5 p.m.

All events are free and open to the public.

ALTERATIONS

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

EDUCATION

Hearthstone Preschool is enrolling children ages 2-5 for the 2009-2010 school year. We are a small-group, Waldorf-centered early childhood program, committed to supporting and enriching the physical, intellectual, and emotional development of young children. Please call Jennifer McCall, 359-8406, to request a handbook or arrange a visit to the school.

Co-op News Advertising Fine Print:

Ad Rates for Newsletter: *Classified ads:* \$2.50 for up to 20 words; 15¢ per word over 20 (phone number counts as one word). *Display ads (Boxed):* \$10/column inch. *Business card ads:* \$25.

SPECIAL! 6 Business Card Ads for the price of 5: Ad must be pre-paid for a year to receive this special rate of \$125 for six ads.

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

All ads must be prepaid. Make check payable to Blue Hill Co-op. Send payment & ad info to: Prudy Heilner • PO Box 239 • Blue Hill, ME 04614 • 374-5485; or drop off at the Co-op.

The Soybean

Continued from page 3

childhood or early adolescence appears to be protective in a way that similar levels of consumption during adulthood are not, which may explain why introducing such foods later in life may not produce the same health benefits seen in Asian cultures. One instance is the absence of hot flashes in Japanese women compared to American women.

The key benefits of soybeans are related to their excellent protein content, their high levels of essential fatty acids, numerous vitamins and minerals, isoflavones, and fiber. Yet, like all foods, soy is not magic and should be incorporated into a healthy eating plan in a balanced manner. Fresh and dried soybeans, soy flour, soy milk and fermented soy products such as miso, tempeh and soy sauce are better choices. The health claims found on many soy products and foods containing soy refer only to the protein component of soybeans and not to the whole beans or to the foods made from them. The main result of the soy health claim has been a proliferation of processed soy products labeled as "healthy" because of the inclusion of pieces and parts of soy, not the whole. The research makes it clear that soy foods containing traditionally prepared, fermented whole soy are the best options when it comes to our health.

For more information, see:

- *In Defense of Food* by Michael Pollan
- *What To Eat* by Marian Nestle
- *Issues and Choices in Clinical Nutrition Practice* by Abby Bloch, Julie O'Sullivan Maillet, Wanda Howell, and Marion Winkler
- *Nutrition, Concepts and Controversies* by Frances Sizer and Eleanor Whitney
- *The World's Healthiest Foods* by George Matetjan

Farmer's Markets

Blue Hill Farmer's Market is open Saturdays, 9–11:30 a.m. at the Fairgrounds on Rt. 172 and Wednesdays, 3–5 p.m. at the First Congregational Church parking lot.

Brooksville Farmer's Market is open Tuesdays, 9–11 a.m. in the Community Center parking lot near the Buck's Harbor Market. For more information: Jackie Pike, 326-0780, eatlocal@vegemail.com.

Castine Farmer's Market is open Thursdays, from 9 a.m. to noon in the Town Common. For more information: Colin Powell, 326-1014, colin@castinefm.org.

Ellsworth Farmer's Markets are open Saturdays, 9:30 a.m.–12:30 p.m. in the Webber Oil Co. parking lot (next to the Maine Grind) and Mondays and Thursdays, 2–5:30 p.m. at the Maine Community Foundation parking lot (both on Main St.). For more information: 667-9212 or pkvolckhausen@panax.com.

Stonington Farmer's Market is open on Fridays from 10 a.m. to noon at the Community Center. For more information: 326-4741, sunsetacres@wildmoo.net.



Summer Farm Tours

The Co-op will be sponsoring tours at some of our local farms this summer. Look for more information about specific days and times in the store, on our website, and in area newspapers. Co-op owner Mia Strong will be coordinating the farm tours and can be reached at 359-8572. Please consider joining us for these fun, family-oriented tours!

Blue Hill Co-op Mission Statement & Ends Policies

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

In light of this mission, the Blue Hill Co-op is dedicated to achieving the following ends:

- The Blue Hill Peninsula will have a retail source of food that is fairly priced, healthy, and organically grown and/or processed locally to the fullest extent possible.
- There will be economic value returned to the community via charitable contributions, outreach projects, patronage refunds to members, and other avenues.
- Customers will be better educated about food issues and, as a result, make healthier choices than those who shop elsewhere.
- There will be a vibrant cooperative sector in the economy, both nationally and regionally, and a local community educated in the value of cooperative principles and enterprises.
- The cooperative's bioregion will have a vibrant local agricultural community and that community will, in turn, have a reliable retail market for its products.
- There will be a major source of employment in the community that provides personal satisfaction to employees, livable wages and financial security for employees and their families.
- There will be a thriving business organization that protects and restores the environment.

*Mission Statement approved by the Board
03/20/2007*

*Global Ends approved by the Board
09/19/2007*

ON THE WALL @ THE CO-OP CAFÈ:

JUNE: Angela Warren, *Oil Paintings*

JULY: Kristy Cunnane, *Pen & Ink / Watercolor*

AUGUST: Suzanne and Don Carmichael
Silk Art & Mirrors

Are you a Co-op owner who's also an artist? Want to show your artwork at the Co-op Café? Call Mary Barnes to schedule a show: 359-5053

A Note of Thanks

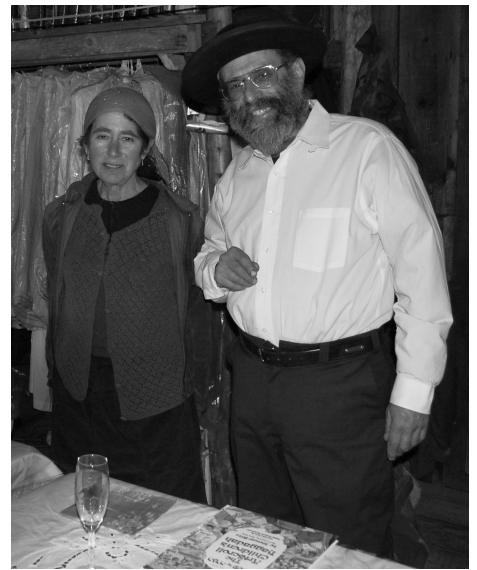
Thank you to Bob McLaughlin for putting a fresh coat of paint on our porch. He graciously offers to spruce up the Co-op by painting our front porch every spring. We appreciate you, Bob!

Farmer Profile: Crossroad Farm

by Allison Watters

Most of the Blue Hill Co-op's local produce comes from the farmers on the Blue Hill Peninsula but, over the years, produce managers have also looked to farms further afield to fill in the gaps in the produce department. One of the farms that stepped in to help is one of the oldest organic farms in Maine. Crossroad Farm in Jonesport has been in existence almost forty years. It was begun by Arnold and Bonnie Pearlman, who bought their land in the sixties, when it was completely forested. They lived in a converted mail truck during their first winter in Maine and, since then, have turned the woods and rocky soil into productive vegetable gardens. Although many farms in Maine have started in a similar manner, what is special about Arnold and Bonnie is that they lived for the first ten years with no power tools to help them with their task! Even now, the farm's water comes from a hand pump and the little electricity that is used comes from solar power or generators.

Arnold and Bonnie's extremely hard work is very evident in the current success of Crossroad Farm. The farm produces nearly every vegetable that can be grown in the state of Maine. Because Arnold and Bonnie are vegetarians and have no domesticated animals to care for, they can focus on an intensive planting schedule and on building up their soil with locally-abundant seaweed. The fruits of their labor are then sold to restaurants and health food stores along the coast from Jonesport to Blue Hill.



by Allison Watters

Staff Profile: Beth Neils



In the summertime, Beth Neils' house on the Ellsworth Road is a busy place. The large garden her family tends produces enough to feed them, and a little extra to sell at their roadside stand. Beth likes to grow all types of vegetables, except potatoes (she detests picking off the potato beetles). In addition to the gardening work, there may be several dogs running about looking for her attention. Beth is an active volunteer for Second Chance Boxer Rescue and often provides temporary quarters for homeless boxers until they can find permanent homes. Along with her own two dogs, she may shelter up to ten dogs a year. Volunteering for this organization also brings Beth to local pet shops where she talks to people about the possibilities of adopting rescued boxers as pets.

A longtime vacationer to Mount Desert Island, Beth eventually made her way from New York to Bar Harbor to attend College of the Atlantic. She has been living on the Blue Hill Peninsula now for eight years. However, it was only after Beth took the job at the Co-op this past September that she felt she was really able to connect with the larger community. She also loves the morning schedule as it allows her to devote more time to her son, Nolan, when he gets home from school. In addition to her cashiering and stocking duties, Beth has been the Co-op's buyer for locally-baked bread. As of this writing, Beth is in training for her new position of food preparer in the Café kitchen.

Staff Profile: Tyler Wardwell

by Allison Watters

A young fellow with a wry sense of humor, Tyler is another one of the friendly cashiers you have probably encountered at the Co-op in the past year. He says he's happy working at the Co-op because it matches his own philosophy so well. Tyler is a local lad with a lot of family connections to the area. After growing up in Sedgwick, he attended high school at the Liberty School and was officially the last to graduate from the establishment before it closed this past spring. While there he focused on the study of art history and theory. Now, however, Tyler's interests have shifted to psychology. He also does a lot of reading in the areas of politics, economics, and sociology in his spare time. Like many of his peers, Tyler's not exactly clear on what he wants to do next in life, but does see himself attending some institution of higher learning to further his interest in psychology. It is hard for him to imagine living away from the Blue Hill Peninsula, however.

When not immersed in his study of pop culture through comic books, television, and film, or reading the latest periodicals on psychology, Tyler might be found making his own art in the form of pen and ink drawings or acrylics.

