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BLUE HILL CO-OP NEWS

NOVEMBER/DECEMBER 2009

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Greetings fellow co-operators! This was certainly a year few of us will forget anytime soon. By year, I am referring to the Co-op's fiscal year; we budget July through June every year and so the most recent one ended at the beginning of the summer. We had hopes of a good year in which we could add some positions; little did we know that a fiscal tsunami would transform the nation's financial landscape, and ours with it. In keeping with national retail trends, we saw sales plummet in October and, struggling to get labor and expenses under control, it wasn't until April of 2009 that we really began to turn things around and see sales begin to creep back towards positive growth. The way we manage in this environment is significantly different than when growth rates were consistently positive. Decreasing labor and operating expenses, while striving to increase sales, has been key to our recent profitability, while we make a plan for the future. I applaud and thank the staff for stepping up to this task; they have worked hard to ensure the Co-op is the lively, fresh, and abundant shopping experience that it is.

It is up to you the membership, through your elected leaders, to determine the future of the Co-op, and I urge to you stay involved and informed, and to let the board know, frequently, what your needs are. Always remember the sole reason the Blue Hill Co-op exists, as is true of all co-ops, is to meet the needs of its members. Silence is most often interpreted as a sign that we are meeting your needs. In this void, which is common to many co-ops, our board has struggled over the years to figure out how best to keep their finger on the pulse of the needs of the membership. So, I urge you to be prudent business owners and understand the responsibilities of owning this business, stay informed, and

MANAGER'S REPORT

Manager's Report

Continued from page 1

voice your opinions. We do have plans to generate another survey in the next six months, and hope to get a greater level of participation from the membership.

Being on the board is an act of generosity, and by no means an easy task. I applaud the board for bringing us through a difficult year, and wish to thank and to acknowledge them for the tremendous amount of work put in to provide leadership for the Co-op over the past year, especially outgoing board president Gail Bartlett. And on behalf of the membership, it's easy to say that we are all grateful to have such qualified candidates to fill the seats so recently vacated. Thanks in advance to the new board leaders for your generosity and willingness to participate on this level!

This summer saw an exciting move for a fellow Maine Co-op, Rising Tide in Damariscotta. They raised funds through a capital campaign, bought the abandoned car dealership across the street, and opened a wildly successful, gorgeous new store, one that is owned by the community, not-for-profit, and heartily meeting the needs of an ever-expanding ownership.

Note: You can see the results here: http://www.youtube.com/watch?v=aPk_eiCo_s4. It's YouTube worth watching!

Our survey results point to a member-owner desire to relocate the store to create a better shopping experience, more parking, etc. As far as relocation goes, we were seriously considering a couple of different scenarios, but decided to slow down the process and focus internally once the recession sank in. We are still considering relocation; however the feeling is that we really need to focus on improving operations and reducing costs again this year before we dive wholeheartedly into relocation planning. Thankfully, we have our best staff ever to help make it happen. As they improve, your Co-op improves. Their leadership will be key. (At this writing, we are well on our way towards those goals!)

And finally, here are some statistics for Fiscal Year 2008–2009, which I think you will be happy to hear:

- *Percent of all purchases of products for resale to customers from local (Maine) companies: 36%.* Note that this is an

estimate, because it doesn't include many products we get from distributors such as Associated Buyers but nevertheless are Maine-produced products. Therefore the percentage is actually higher. We are working on overhauling our database to enable monthly reports on the percentage of total monthly sales that are made-in-Maine products. This is no easy feat and will take many many hours. We are always striving to increase this percentage. Availability can sometimes pose a challenge, such as a promise of delivery of produce that doesn't come through, leaving gaps in our selection, or failed crops such as tomatoes and winter squash, as we saw this past summer. Other considerations are product quality and ingredients. Sometimes we turn down a locally made product because it contains artificial ingredients. We are aware, too, of your desire to have more information about what "local" means. With this in mind we are considering some new ways to label products, with "100 Mile Radius" and "contains Maine-grown ingredients" as a few possibilities.

- *Percent increase over previous year in events and presentations that serve to educate the community and bring the community together: 208%.* Hats off to our Membership and Marketing coordinator Eileen and to the staff and working members who have helped to create these opportunities for our community!

What defines the Co-op Difference? When you shop co-op, you are not just buying groceries. You are part of a community, part of a movement. That's what your dollars support: an alternative to the big-box corporate world of profit at all costs.

It's been a good year in spite of all the challenges. The recession has been an opportunity to learn the key factors in operational improvements, and it's been a good year because of you, and your loyalty to the Co-op. We got hit hard. We did feel some pain, and we felt your pain. But you kept coming back. For this we thank you, and promise to do the best we can this year to take it up to the next step, to keep improving, be more competitive, deliver better service; all the things that make a great shopping experience. This we pledge.

Go Co-op...stronger together!

Karen Doherty
General Manager

Notice of Board Meetings

The Co-op Board meets each month, 6:30–9:00 p.m. in the Howard Room at the Blue Hill Public Library. Meetings are open to the membership. The next Co-op Board meetings will be held on Wednesday, November 18th and Wednesday, December 16th, 2009.

Co-op Board Officers & Members:

Acting President Chip Angell

Acting Secretary Heather Morrison

Henrietta Clews

Scott Howell

Becky McCall

Mia Strong

Ruth Sullivan

DEADLINE FOR WINTER ISSUE: JANUARY 19

The Newsletter Team

Ads: Prudy Heilner

Editor: Marge May

Design & Production: Aimee Beal

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

Winter Store Hours
7 a.m.–7 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 Co-op Board of Directors met Wednesday, October 28 at the Blue Hill Library. The five new members were welcomed and issued their notebooks and copies of the Co-op bylaws.

Steve Benson, the meeting facilitator, got the new members right into it by moving to select the meeting's task keepers, approve prior minutes, and approve the evening's agenda. During the ten-minute period set aside for owners to address the board, Eileen Mielenhausen asked a question about owner forums and encouraged the new board to consider regular forums. Chip Angell, as acting president, reviewed the open officer positions and their duties. The discussion that followed focused on the officer election. The board elected Heather Morrison as acting secretary and Chip Angell as acting president and deferred until the next meeting election of a full slate of officers.

Karen Doherty was absent, but her general manager's report, her monitoring reports, and questions and discussions on them consumed almost 30 minutes, with the new board members getting their first intimate look at our Co-op operations.

Karen's report included, at the request of the board, her preliminary plans to increase the volume and impact of local products offered at the Co-op. This is the direction and vision the board has pressed for to strengthen and revitalize our store.

Other issues that will confront the board this year include the question of moving to a new location, better communications with owners, improved working conditions, and improving the relationships between the Co-op and local food producers. Dates were set for the next board meeting (Wednesday, November 18th) and for board member training (Saturday, December 12th), which includes a joint training session with the Rising Tide Co-op's Board in Damariscotta.

Chip Angell
Acting President, Board of Directors



Members of the Blue Hill Co-op Board of Directors
From left to right, top row: Chip Angell, Mia Strong, Scott Howell, Becky McCall. Bottom row: Ruth Sullivan, Heather Morrison, Henrietta Clews.

BOARD MEETING HIGHLIGHTS

<div style="font-size: 2em; font-weight: bold;">謙</div> <div style="font-size: 2em; font-weight: bold;">泰</div>	<div style="text-align: center;"> <h3 style="margin: 0;">Traditional Acupuncture</h3> <p style="margin: 5px 0;">VICKI COHN POLLARD, L.Ac., M.Ac. Blue Hill, ME 04614 207/374-9963 vicki@traditional-acupuncture.com http://traditional-acupuncture.com</p> </div>
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Susan Jenkins-Urban

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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

Store Department Notes

A Harvest of Local Produce

What is going on in the world of produce? Well, in the Co-op Produce Department, we are looking forward to a festive fall with many varieties of apples. We are buying apples from three different vendors: Wulf Orchards in Unity, Mockingbird Farm in Sedgwick, and 5 Star Nursery & Orchard in Brooklin.

The produce staff has been having a bit of a hard time finding local winter squash. Luckily, just when we were about to give up, someone called and had some squash to sell. A lesson in patience!

An exotic fruit that is only available for a short amount of time in the fall is the pomegranate. Just break them open and eat the tasty seeds. They are full of antioxidants; according to Wikipedia, "a single pomegranate provides 40 percent of an adult's recommended daily allowance of vitamin C, and it is a rich source of folic acid and vitamins A and E. One pomegranate also contains three times the antioxidant properties of red wine or green tea."

Dress up your holiday turkey with colorful yams, potatoes, carrots, and beets. Along with the bounty from your own garden, we have many delicious fruits and veggies from local and Maine farms to complete your feast!

Wishing you all a healthy, abundant autumn and happy holidays!

Rick Smith
Produce Department Manager

News from the Café, Bakery & Cheese Department

We have experienced a number of changes in the Café this summer and fall. By now, you may have noticed that we are down one more staff member. Our beloved co-manager in the Café, Scott Devlin, is no longer working with us. Scott and his wife Deb moved to Conway, New Hampshire in November. We wish them all the happiness in the world, and we all miss them. Now we are in the process of hiring a new Café co-manager.

Also no longer working with us are Hadley Friedman and Amy Jirsa, who have moved on to fulfill other aspects of their lives. They can still be seen in the

Co-op and around town, though, so wish them the best and ask about the great things they are doing.

The Cheese Department has been rolled into the Café for ease of management and efficiency. Linda Philips, who joined the staff in late August, is heading up the cheese buying, taking over for Jerry Krzyczkowski. So, stop by to say welcome! Linda works Saturday through Wednesday. Any questions you have about our cheeses can be directed to Linda or Robin.

Entertaining this holiday season? Check out the offerings from the Café, Bakery & Cheese Department. We'll be happy to make suggestions, take pre-orders for platters, or put together combinations of tasty dips, cheeses, and sweets.

Happy Holidays, stay warm, eat well, and live well.

Robin Byrne
Café Co-Manager

News from the Bulk Department

New Products

It's back! Locally grown, raw organic rolled oats from Aurora Mills (via Crown of Maine). Aurora Mills is located in Linneus, Maine (Aroostook County). It was a long wait but worth it, and we should have a good supply to get us through for a while.

Also new from Aurora Mills: we're now carrying their organic whole wheat bread and pastry flours, made from Maine grown wheat. These are in addition to the organic whole wheat bread and pastry flours we carry from Fiddler's Green Farms, made from Canadian wheat that is freshly milled right in Belfast each week.

We'll carry both brands because, although Aurora's supply will continue to be very seasonal for a couple of years yet, we want to give them all the support we can to keep their momentum up, so eventually they'll be available year round. And Fiddler's quality and freshness have always been excellent and their supply very consistent.

Note that many of our organic bulk spices are now Fair Trade! Check out the cloves, both whole & ground, ground nutmeg, ground turmeric, whole black

peppercorns, smoked peppercorn blend, and all of our ground peppers.

We're trying to get in more local beans, but our suppliers tell us it was a bad year for Maine beans. So, we'll keep 'em coming as long as possible.

We're also carrying a new brand of local teas and medicinal herbs—Local Herbals, which is based in Brooksville. All of their products come from organically grown or locally wildcrafted herbs.

This is in addition to the amazing organic and wildcrafted herbal tea blends from Mother Bloom Botanicals in Sedgwick, who also supplies us with our great bulk tinctures.

Cold and Flu Season

Speaking of our bulk tinctures, Mother Bloom's "Acute Immune" blend is one I personally recommend. I take it a few times a day at the first symptoms of a cold or flu, and I feel it has helped me fight off many an illness and recover more quickly. It contains herbs known to have antimicrobial properties that help boost the immune system. Note that it should not be taken for more than ten days in a row. We also carry empty dropper bottles to fill your own tinctures. Don't hesitate to ask for help with the tincture dispenser if you have any problems with it (it can be finicky).

Allergy Notice

As always, we recommend that folks with severe food allergies should not shop in bulk. There's no way we can guarantee that a given item hasn't been in contact with another food.

Amy Coppage
Bulk Department Manager

Grocery Department: Safe Foods for Our Families

Well, it was another busy summer in the Grocery Department at our Co-op. For that we are grateful to our local customers and summer visitors alike. It did seem like summer went by way too quickly this year!

We have received some questions about a local company whose products we carry: Island Acres Farm sausage from the Maine Island Sausage Co. Some Co-op owners have asked where the chicken comes from and how the product is made

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GINGER: An Herb for All Seasons

Catherine Princell, RN MS
Health Education Specialist

Ginger is a knotted, thick, underground stem (rhizome) of the plant *Zingiber officinale*. Although it's a rather funny-looking root, ginger contains more than two dozen antioxidants and two dozen anti-inflammatory compounds. The major active ingredients in ginger are volatile oils including zingiberene, zingiberole, phellandrene, borneol, cineole, and citral, and pungent phenol compounds such as gingerols and shogaols. Ginger is included in the carminative classification of herbal remedies because it is rich in volatile oils. Carminatives soothe and settle the gut wall, thereby easing pains and helping the removal of gas from the digestive tract.

Ginger is an important cooking spice native to Asia, where its use spans at least 4,000 years. It has been used as a medicine in Asian, Indian, and Arabic herbal traditions for centuries to help aid digestion and treat diarrhea and nausea. In ancient China, ginger was regarded as a healing gift from God and was commonly used to warm and cleanse the body. Chinese sailors chewed ginger root for seasickness thousands of years ago and, as they traveled, their remedy did too, from Asia to India to the Middle East and on to Europe.

Ginger has been used for centuries for its digestive healing powers. The ancient Greeks ate ginger wrapped in bread after large meals to prevent digestive repercussions. This eventually led to it being added to dough to give us gingerbread. In 16th century Europe, ginger became such a popular digestive herb that it was put on every table along with salt and pepper. There are multiple studies regarding ginger's stomach-soothing abilities. A UCLA Medical Center study found ginger to be an effective remedy for nausea and vomiting due to either motion sickness or pregnancy. A British study found ginger to be more effective than a placebo or Dramamine at relieving motion sickness. A study published in the *Journal of Travel Medicine* reported that a 500-milligram dose of ginger prevented seasickness and the need for motion sickness medication in 1,741 tourists on a whale-watching boat trip. In Thailand, a study showed that a 1-gram dose of ginger before surgery was as effective as a leading pharmaceutical in the prevention of postoperative nausea and vomiting. Recent research shows that ginger reduces the severity and duration of nausea during chemotherapy.

In addition to its use as a digestive aid, ginger extract has been used in traditional medical practices to reduce inflammation. Ginger contains high amounts of the enzyme zingibain, a powerful anti-inflammatory substance which is even more potent than the bromelain in pineapple or the papain in papaya. It contains at least four COX-2 inhibitors, which are powerful anti-inflammatory compounds that inhibit a particular pain-causing enzyme in the body. Unlike prescription COX-2 inhibitors such as Celebrex, ginger has no serious side effects. In one study, Indian researchers gave 1 ½ to 3 ½ teaspoons of ginger daily to 18 people with osteoarthritis and 28 people with rheumatoid arthritis. Over three quarters of these



JUST FOR THE HEALTH OF IT

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**ON THE WALL @ THE
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NOVEMBER: Estelle Poole
Drawings & Paintings

DECEMBER: Becky White
Landscape Paintings

*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*

Department Notes

Continued from page 4

and processed. I spoke to the owner of the Castine company and was told the organic chicken comes from an Amish farm in Pennsylvania and is shipped to W. P. Bean in Bangor, where it is processed and made into sausage using Island Acres Farm's recipes.

We always appreciate your questions and feedback. As many of you are aware, the Blue Hill Co-op has a buying policy which guides our department managers. This policy is designed to protect our customers from purchasing food and other items produced with the use of pesticides, herbicides, gmo's, antibiotics, growth hormones, high fructose corn syrup, artificial sweeteners, colors, or flavors, preservatives, additives, cottonseed oils, or hydrogenated oils. We will not carry irradiated foods, farm-raised fish, or foods grown by hydroponic means.

Please feel free to contact me with any questions or concerns about our buying policy or about any of the products carried in our Grocery Department. Thank you for your patronage!

*Michael Luciano
Grocery Buyer*

Autumn Immunity & Health Boosters

Welcome to fall. Along with the vibrant colors come new challenges to our well-being, on many levels. Here are some new products and information that might be useful as you attempt to stay well.

As many of you know, the elderberry plant has been known for its immune enhancing properties since Biblical times. We have several products that contain this powerful immune booster. New Chapter's "Immunity Take Care" (formerly called "Blockade") has the distinction of containing every known elderberry compound in every dose. New Chapter is the first in the industry to use Direct Analysis Real Time technology (known as DART) to "fingerprint" then replicate every dose, to avoid the swings that are natural in traditional methods of extraction and encapsulation. They recommend just one lozenge a day, and claim that compounds are in your blood within 30 minutes.

If you want something more traditional, consider an exceptional local product new to the Co-op, called "Anthoimmune." Produced in Dresden, Maine, this elderberry syrup combines organic elderberries, organic elder flowers, and organic Maine blueberries, for a comprehensive array of bioactive ingredients. "Anthoimmune" contains high levels of anti-inflammatory flavonoids including quercetin, rutin, and kaempferol. We also carry the much loved "Sambuguard" and Honey Gardens "Rejuvenation" formula. We also offer Avena Botanicals' simple tinctures of elderberry, now available at a 30% discount.

We also carry some reasonably priced Now immune boosters, including "Allibiotic," a powerful combination of allicin (from garlic), olive leaf extract, elderberry, and oregano; "Immune Renew," a mushroom-based product that includes the acclaimed herb astragalus; and "Total Well Being," a combination of echinacea, garlic, olive leaf, elderberry, and quercetin. Now also offers an elderberry and zinc lozenge at an extremely affordable price.

Many of our customers have been pleased to discover that New Chapter has once again trail blazed with their "WholeMega," a non-fractionated and distilled fish oil processed without the use of high temperatures, which destroy important properties. Taken from wild Alaskan salmon that are caught sustainably in one of Alaska's most pristine fisheries, this fish oil offers all 16 omega oils and preserves the astaxanthin, a powerful antioxidant. Unlike other fish oils, "WholeMega" is a food-grade supplement, and undergoes a higher level of scrutiny for purity. Levels of metals and toxins are far lower than those found in other leading fish oils that are produced using a different process. These other oils are taken from a variety of fish, many of which have high levels of toxins. Benefits of fish oils include anti-inflammation, enhanced cognitive function, and mood elevation.

Speaking of mood and immune function, vitamin D supplements are now recommended for people in New England because we don't get enough sun (vitamin D is produced in our bodies through sun exposure of the skin). Studies have shown a correlation between vitamin D and breast cancer levels, multiple sclerosis, bone health, mood, and more. We offer vitamin D3 in the recommended liquid form or in gel caps. Vitamin D is one of

the least expensive supplements.

If depression or anxiety is challenging you, Now offers "Mood Support," "True Calm," "GABA," and "Tryptophan" supplements. Of course, consult your doctor, but if avoiding the pharmaceutical route or big expense is a must for you, these products or New Chapter's "Mood Take Care" (super critical extract of St. John's Wort) may be worth exploring.

The world of multivitamins can be overwhelming. I recommend those that are fermented and supplemented with probiotics because your body treats them like food. Isolates are bio-transformed in the yeast-free fermentation process so your body can absorb them without stress to the organs or wasteful processing of indigestible isolates. New Chapter originated this process and the Co-op offers an everyday discount of 25% below the suggested retail price on their "Every Man's One Daily" and "Every Woman's One Daily." That means you can take one of the best multivitamins for less than 50 cents a day.

New Chapter's "Bone Strength Take Care" (90 count bottle) carries the same 25% discount. This amazing product contains plant-based calcium, and has quickly become the biggest selling calcium supplement in the natural supplement industry. It's the only one to clinically demonstrate bone density growth. It contains 800 milligrams of vitamin D3 and nattokinase, which is derived from fermented soybeans. Consumed widely in Japan, nattokinase helps in the absorption of calcium. Interestingly, there apparently is no word in the Japanese language for osteoporosis. Note that fermented soybeans do not pose the same problems as non-fermented soybean products.

On the other side of the aisle, keep a lookout for our ever-expanding line of Weleda creams. In October, Weleda's new pomegranate creams arrived and are now selling at an introductory price of 20% off. Also new are the Organix neem cream and neem facial soaps, as well as locally produced goat milk soap from Howling Hill Farm. If cracked skin is a challenge, Weleda's "Skin Food" and "Foot Balm" will be on sale at 20% off for the month of November. Avena Botanicals and Indian Meadow Herbals—producers in Rockport and in Eastbrook, respectively—offer wonderful products for dry damaged hands, too.

*David Walker
Health & Beauty Aids Department Manager*

We're Talkin' Turkey!

We are taking orders for fresh Maine turkeys until November 19 at 3 p.m. Turkey pickup day will be Tuesday, November 24 between noon and 3 p.m. All turkeys are from The Turkey Farm in New Sharon, Maine. They are free ranging, locally raised, non-gmo grain-fed, growth hormone-free, and antibiotic-free.

When you come in to pick up your turkey, buy an additional \$100 or more worth of groceries at the Blue Hill Co-op and we will donate 5% of the sales total (excluding the price of the turkey) to a local food pantry. The Co-op is committed to supporting access to healthy food for all of our area families. We will donate to the Tree of Life or Island Food Pantry for your grocery purchases over \$100 when you pick up your bird. The more you spend, the more we give!

Note: Membership Coupon #4 may not be used for pre-orders such as turkey orders.

For more information, call Karen at 374-2165 or e-mail her at generalmanager@bluehill.coop.

Christmas Angels

The Christmas Angels are spreading their wings and spreading joy for their twenty-first year. The Co-op community has been invited to donate gifts and warm clothing to families in need through this wonderful program organized by the Blue Hill Congregational Church. Can you help us adopt a family or two for the holidays by contributing gifts or money? The program takes place in early December, and we are looking for a Co-op owner to help coordinate the Co-op's effort. Please contact Eileen at 374-2165 if you can help. Peace to all!

Olivia Strong (left) and friends watch apples being pressed at 5 Star Nursery & Orchard during the Co-op's final farm tour of the season. Olivia is the daughter of Co-op owners Mia & Al Strong.



ELC and Food Security

Have you taken the Eat Local Challenge?

During the month of November, we are challenging people in our community to spend more of their food dollars on locally sourced or Maine-made products. As most of you are aware, buying local products is not only healthy for our local economy, it's also healthy for us, our families, and our environment. Buying local or Maine products is building the infrastructure for food security and food safety in this era of factory farms and multi-national corporations.

Do you know where your food comes from?

- Buying local products reduces our carbon footprint and supports the local economy by keeping \$\$ in our community. Studies show that a dollar spent locally generates twice as much income for the local economy.
- Consuming fresh foods from small farms in our area is more nutritional and gives you more security as to what your family is actually eating.
- Knowing the people who grow, raise, or produce your food brings it full circle and connects you with your neighbors.
- Supporting the Blue Hill Co-op keeps a year-round market open for local farmers and producers, and guarantees access to fresh, wholesome, natural, organic, and safe foods. The Co-op also provides educational programs on food security, such as workshops about root cellar storage, preserving/canning, and fermentation.

How can you make an all-local or all-Maine meal this time of year?

- Be creative! Involve your children!

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WANTED: Advertising POO-BAH

This awesome person will coordinate the ads for each issue of the Newsletter. If you enjoy talking to people and want to be part of the Co-op newsletter team, contact Eileen Mielenhausen (374-2165, membership@bluehill.coop) for details on this working owner opportunity.

WANTED: Local Yarn Spinners

Are you a Co-op owner who likes to write? Why not consider writing articles for the Co-op newsletter? Topics vary. In general, article content should reflect the values and mission of the Co-op. So, you can have your own byline AND earn a working owner discount at the Co-op. Contact Eileen Mielenhausen (374-2165, membership@bluehill.coop) for details.

Annual Meeting & Election

Co-op owners celebrated another successful year at the Annual Meeting on September 20. Besides honoring outgoing board members, the annual meeting included reports from the board and general manager, statements by the candidates, questions from owners, a potluck dinner, door prizes, and musical entertainment.

Prizes were donated by the following individuals and businesses: author Jane Crosen, Strawberry Hill Farms, Zero Balancing with Benjamin Fox, David Walker & Blue Hill Yoga, author and artist Barbara JOY Hare, David's Folly Farm, and the Blue Hill Co-op.

Winners of the door prizes were: Steve Benson, Nancy Boothby, Karen Doherty, Edee Howland, Eileen Mielenhausen, Phil Norris, Cecily Page, and Anne Walker.

Thank you to the 200+ owners who voted in the election and to each one of the seven wonderful and worthy candidates who ran. Special thanks go to Lucy Benjamin for assistance with coordinating the annual meeting, and to Kevin Poland & Maine Weather for donating their time and talent as musicians.

Membership Coupons

Discount coupons were mailed in the October issue of the Co-op News. If you are an active owner (equity paid up to date) but have not yet received a membership coupon, please contact me. Membership coupon #4 is worth 10% off a one-time purchase of groceries for supporting and senior owners, and is valid until December 31, 2009.

Co-op 101 Training

In order to better serve our owners and attract potential owners, I have created a training module on cooperatives, co-op history and membership, and have been

conducting staff trainings this summer and fall. The "Co-op 101" training is modeled on a slide presentation shared with us by the Concord Cooperative Market, who also shared their alcohol training with us last summer.

Our dedicated and resourceful employees are now even better informed about what it means to be a cooperative business and are more prepared to answer questions from customers and potential owners about membership in the Co-op.

Educating Co-op owners and the larger community about the cooperative movement and business model aligns with our mission and ends policies. So, please feel free to ask us!

Membership Recruitment

October was National Co-op Month (as well as Fair Trade Month). All across the country, co-ops celebrated and brought attention to what co-ops are all about. Here in Blue Hill we have been promoting our retail food co-op in the media, in addition to recruiting new members at fairs and festivals and in the store.

Our goal is always to encourage more individuals and families to join the Blue Hill Co-op and invest in this community-owned, socially responsible business. This past year our membership has decreased because of owners closing their account or merging with their partner's. Although about 100 new owners have joined since January, our numbers are down from last year. By contrast, in 2008, 200 people joined as new owners. And, as of this writing, 18 people have become fully vested owners of the Blue Hill Co-op by making the full \$200 equity investment in our shared business! Go Co-op!

Eileen Mielenhausen
Membership & Marketing Coordinator

MEMBERSHIP UPDATE

GRATITUDE CORNER

- Thank you to all the farmers who participated in the **Bountiful Harvest Farm Tours** this summer and fall:

Phil & Heather Retberg,
Quill's End Farm
Deborah Wiggs & Phil Norris,
Clayfield Farm
Dan Nygaard & Leslie Anderson,
Dan's Flower Farm
Colleen Prentiss & Bob Sullivan,
Old Ackley Farm
Dennis King & Jo Bartlett,
King Hill Farm
Jeff & Trudi Beardsworth,
Homewood Farm
Tim Seabrook & Leslie Cummins,
5 Star Nursery & Orchard

Special thanks to Mia Strong for coordinating these tours, and to all of you who participated! We look forward to bringing you a new group of farms next summer.

- We are also grateful to Robin Byrne and Beth Neils from the Co-op Café for setting up a colorful booth at the **Taste of the Peninsula** event on October 18, part of the **Foliage Food & Wine Festival**. Robin, Beth, and Eileen braved the cold to promote the Co-op, to sample bulk items (Thanks, Amy!), and to sell cider, local veggie & cheese wraps, brownie bites, and t-shirts. And we recruited a few new members!

Also, thanks to Chefs Scott Devlin and Linda Phillips for entering a delicious Café Shrimp Chowder in the First Annual Chowder Cook-off.

- Finally, we are extremely grateful to Prudy Heilner for many years of service as our advertising coordinator for the Blue Hill Co-op News. Prudy is stepping down after doing a fantastic job of selling, collecting, and accounting for all the business and classified ads you've read in the newsletter the past seven years. Thank you, Prudy! We are now looking for an equally fabulous working member to take over this position (see ad on page 7).

ALTERATIONS

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

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: Blue Hill Co-op Newsletter • PO Box 1133 • Blue Hill, ME 04614 • or drop off at the Co-op.

Eat Local Challenge

Continued from page 7

Make a game of trying to create a meal from all ingredients within a 100-mile radius, 50-mile radius, or even 20 miles from home—including the harvest from your own garden.

- Need some menu ideas? Have a recipe to share? Find recipes or post them on this website created by Co-op owner Leda Beth Gray: bluehilllocalrecipes.pbwiki.com.

Challenge yourself! Challenge your friends and co-workers! Share your story with us (go to www.bluehill.coop or send e-mail to membership@bluehill.coop), or read others' inspiring stories online at: www.eatlocalchallenge.com.

Just for the Health of It

Continued from page 5

patients reported significant relief from pain and swelling, and no side effects after consuming this much ginger for as long as 2 years. Dr. Andrew Weil reports that patients using 1 gram of dried ginger capsules daily to relieve inflammation and musculoskeletal pain improved significantly, and identifies no reasons why its use could not continue indefinitely for anti-inflammatory purposes.

Although more research is necessary to tell if ginger will benefit those with heart disease, preliminary studies suggest that ginger may lower cholesterol and can prevent the blood from clotting. Ginger slows the production of thromboxane, a compound that causes blood platelets to clump together and clot. Studies find this benefit similar to that of aspirin. Both the blood-thinning and cholesterol-lowering benefits may protect the blood vessels from blockage and the damaging effects of atherosclerosis, which can lead to a heart attack or stroke. Herbalist Paul Schulick notes that an Israeli cardiology clinic now recommends ½ teaspoon of dried ginger daily. Ginger also boosts the strength of the heart muscle tissue, improving circulation and cardiac output.

Laboratory studies have also found that components in ginger may have anticancer activity. Inside the shavings of a ginger root are chemicals called sesquiterpenes that specifically work against cold viruses. It also contains substances that suppress coughing and reduce pain and fever, and has mild sedative properties.

Ginger products are made from fresh or dried ginger root, or from steam distillation of the oil in the root. The herb is available in extracts, tinctures, capsules, and oils. Fresh ginger root can be prepared as a tea. Ginger is a widely used spice in cooking in both fresh and dried form. Pickled and candied gingers are also forms used for cooking and baking. In general, ginger intake should not exceed 4 grams daily, and this includes the ginger obtained from food sources such as ginger ale, gingerbread, and ginger snaps. Usually, food sources contain no more than 0.5% ginger. It is important to read labels to make sure a product actually contains ginger since many products use "ginger flavoring" that does not contain any components of ginger root. It is important to notify your medical provider if you are using ginger capsules or tinctures regularly.

Sources:

Healthy Aging, Andrew Weil, MD

The Green Pharmacy, James Duke, PhD

The Complete German Commission E Monographs Therapeutic Guide to Herbal Medicines, Blumenthal, Goldberg, Brinckmann

Ginger: Common Spice and Wonder Drug, Paul Schulick

Ginger: An Overview, *Journal of the American Family Physician*

American Journal of Obstetrics and Gynecology

Lancet

Blue Hill Co-op Mission Statement & Ends Policies

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

Blue Hill Food Co-op 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.

This policy shall be monitored annually by the General Manager in a written report to the Board and also by the Board.

This policy shall be read aloud at the annual meeting of the owners.

Mission Statement approved by the Board 03/20/2007

*Global Ends approved by the Board 09/19/2007,
revised 7/21/2009*

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TREASURES

from home and all over the world

NEW CARGOES

Blue Hill's little department store www.newcargoes.com

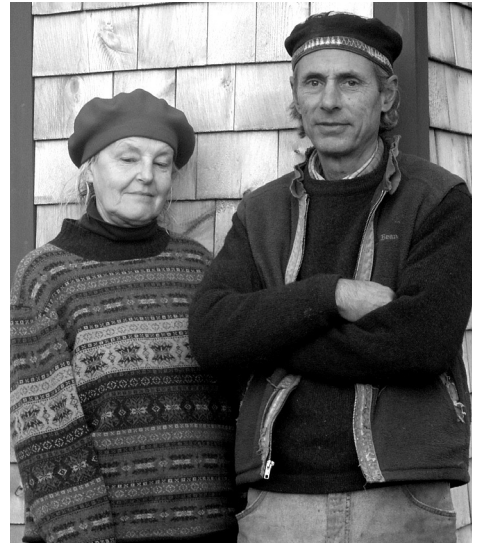
■ 49 Main Street, Downtown Blue Hill ■ Open Every Day ■

Farmer Profile: 5 Star Nursery & Orchard

by Allison Watters

Looking out over the towering peach and apple trees of Leslie Cummins' and Tim Seabrook's orchard, it's hard to believe this was a forested landscape in the not-too-distant past. The oceanfront parcel in Brooklin was cleared in the late seventies when the two budding farmers met locally and found they both enjoyed raising their own food. A small garden and a handful of fruit trees were planted before the couple had even built a house to live in. That winter, the two found a caretaking job just down the road at E.B. White's homestead. They admired and sampled the apples from old varieties of trees that grew there. Wanting to find a way to grow these heirlooms in their own burgeoning orchard, that spring Tim grafted and raised their first whips. They hung signs at a couple of general stores to sell their fruit. Their nursery had begun!

After years of trial and error, Leslie and Tim have now perfected their techniques and have developed many types of hearty apple and peach trees that will produce well in this coastal climate. They sell their MOFGA-certified trees in the spring from their farm at 853 Bay Road in Brooklin and through Fedco Seeds. Their seedlings, cider, fruit, and vinegar can be found, in season, at the Co-op and at several local farmers' markets. Recently, they erected their cider house and rebuilt the apple press that can even be used to press the bounty from your own small orchard next autumn, when the smell of fresh-ripened apples drifts through the air again.



by Allison Watters

Staff Profile: Linda Phillips



A native of Southwest Harbor, Linda has travelled the world as a cook. She began to cook seriously at thirteen and has followed that passion ever since. After attending the Culinary Institute of America in New York, she found work with the Disney Corporation setting up several hotels at a Euro Disney resort. "I went to school to cook so I could travel," Linda admits. After living outside Paris for three years, Linda returned to the U.S. to live in Orlando, Florida and stayed long enough to raise her now-fifteen-year-old son. Recently, the two decided it was time to head back north to find a smaller high school.

Now, while her son attends GSA, Linda offers her talents in the Co-op Café. She enjoys the superior local and high quality ingredients she is given to create dishes with. She describes her work as akin to being an elf in Santa's workshop. "We get all the best stuff, and then we get to make up wonderful meals for people," she marvels. In addition to working four or five days in the Café, Linda also orders, cuts, and wraps many of the fabulous cheeses that the Co-op offers its customers.

After her son finishes high school, Linda says she looks forward to travelling as a cook in Asia. In particular, she would like to visit Saigon and Mount Fuji. Until then, however, she is content to bask in the beautiful surroundings of the Blue Hill Peninsula, spending time hiking with her two dachshunds.

Staff Profile: Scott Dorrity

by Allison Watters

The charming Scott is one of the new cashiers at the Co-op. He hails from the village of West Enfield, Maine and has attended school at Hampden Academy, Eastern Maine Community College, and the University of Maine at Machias. He recently moved with his mother and grandmother to Ellsworth, which is how he has found himself employed in Blue Hill.

Between checking out customer purchases on a quiet Sunday afternoon recently, Scott spoke about his latest interest, running. As a runner, Scott noticed that many people involved in the sport don't seem to realize that there is a strong connection between how you eat and how your body functions. In the future, Scott hopes to work towards a cooperative healthcare system in which people are given incentives for treating their body well. He envisions employment in an insurance company working with people to decrease their insurance premiums. Scott's fascination in health and how it relates to athletic performance led him to his work at the Co-op, which he describes as an "awesome place to work." He is constantly impressed by the laid-back yet hardworking attitude of his coworkers.

Scott's personal running record is a mile in four minutes and thirty-one seconds, and he looks forward to participating in marathons and half-marathons next season. In Scott's slower moments, he enjoys juggling and playing the guitar. He specializes in creating acoustic arrangements of popular R&B and rap songs, and has several of his compositions posted on YouTube.

