

# The Tarning Point



May 2007

Newsletter of Good Tern Natural Foods

Spring Issue

## As the Co-op Terns

— Tim Sullivan

Hi everyone - we have made it through yet another winter. After this April's storms who would have thought the sun would actually come out again? But here we are in the 60's, sunny and the garden (and mountains, beach, bbq...) is calling. This will be the first year in some time that I've had a space to garden, and I'm looking forward to planting a bunch of the Fedco seeds we have in and hearing other "tales from the garden" as the season unfolds.

We already have locally-grown spinach and salad mix. Many of the area farmers have built greenhouses to extend their seasons, and we still have some Maine-grown root veggies. Liz is already busy talking with farmers about what we will need and what they can supply. This already looks to be a great produce season - and we hope you will take advantage of it.

Exciting news from Portland - a group has formed to create a new co-op there. See [www.can-so.org/foodcoop/](http://www.can-so.org/foodcoop/) for more information. There is also a statewide group forming to help facilitate the creation of new co-ops (not just food retail) in Maine. More co-ops mean more

buying power which means lower prices and more Maine products to meet the demand.

Speaking of Maine products - be sure to check out the Made in Maine section in front of the registers. Robin's chocolate sauce is to die for...seriously. We now have a line of gluten-free mixes, Winterport wines and Nezinscot preserves. And other Maine products are scattered around the store, like Nezinscot organic raw butter, cottage cheese and pesto, 30 Acre Farm sauerkraut, Dairy Delights goat yogurt, and Blue Barrens blueberries.

A big thanks to the Board for voting in a new health insurance plan for the staff. Thanks to Liz for finding out the different plans, and to Joe Patten for researching them. It is a great comfort to know this plan is available to the staff.

And thanks to you - member/owners of the Good Tern - for your continued support of the co-op and buying locally, and for reducing your credit card usage. Together, we are reducing our dependency on the corporate-controlled food supply and keeping our money local.



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## The Frolic

— Daniel Bennett

I just returned from Franklin County, Pennsylvania, where I was staying with some Amish friends for three weeks. They are trying to maintain a simpler life within these busy times. I am inspired by the successes which they craft in a close

knit society, based largely on mutual support, reliance, responsibility, food, faith and laughter. Their involvement in and dependence on (to varying degrees) the modern world is a major stress. Kids

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# The Plight of the Dandelion

— Sarah Jessop

Beleaguered Dandelion, we have so maligned our notion of you: Enemy. Weed. Invasive Pest. Each Spring we view your tightly-clumped rosettes as bastions to do battle with, your golden heads as a blemish on our lawns. Having wrenched your long tap root up from the soil of garden edgings and driveway fissures, we toss your feisty bundle into the compost heap, satisfied we have thwarted the invader. But we need not consider you so.

To help our chosen plants to thrive, we remove weeds. As Michael Pollan maintains in his delightful book, *Second Nature: A Gardener's Education*, not to weed would be a service to no one, and certainly not to any romantic idea of wilderness. What really needs re-imagining is our notion of what a weed is, and how we as humans have played an integral role in the evolution of the plants we dismiss as undesirable intruders. In Pollan's estimation, "absolute weediness" does in fact exist. Weeds are not, as the gentler Emersonian contingent would have it, simply "plants out of place" or whose economic function has yet to be identified. Pollan goes further, and playfully turns our imagined relationship to weeds inside-out, quoting Jack R. Harland in *Crops and Man*; "If we confine the concept of weeds to species adapted to human disturbance, then man is by definition the first and primary weed under whose influence all other weeds have evolved." Pollan's point is that weeds are plants that have coevolved—and done so brilliantly—to thrive where humans do.

The majority of the weeds we imagine as native to North America were introduced by the Puritans in the 1660's. Dandelion, St. John's Wort, daisies, crabgrass, clover, pigweed, lamb's quarters, mullein—even Queen Anne's lace, yarrow and plantain—none grew on North American soil before the arrival of Europeans.<sup>1</sup> Some, as with Dandelion and clover, were introduced deliberately, while others traveled, "in forage, in earth used for shipboard ballast, even in pants cuffs and cracked boot

<sup>1</sup> Although a handful of lesser known species of Dandelion, (including the smaller Northern Dandelion, *Taraxacum cernuifolium*) are native to the continent, the common Dandelion known to every field and lawn (*Taraxacum Officinale*) originated in Europe.

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See Dandelion on page 4  
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# Community perspectives

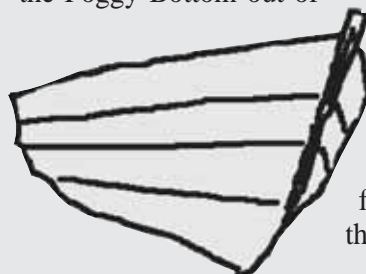
## *The Fair Chance*

— Olive Pierce

I set out to take pictures for my book *Up River* expecting to be able to plan my time. "Are you going out to haul on Thursday?" I quizzed my lobster fisherman friend Fern Carter. "Well..." he answered after a thoughtful pause, "I might, if there's a Fair Chance." The broad "a" gave his words extra solemnity. That meant, I discovered, that Fern might go out to haul on Thursday if it didn't blow, if the tides were right, and if his brother Burt didn't need him to help fix his truck.

The Fair Chance, I soon learned, was the guiding principle of Fern's community. The days unfolded according to the dictates of Nature and the needs of other people, not by the clock. At first I was frustrated. "This is not the way things should be done," I fumed. At the same time I knew that if my car got stuck in a snowdrift Fern would drop everything to come dig me out or, if he couldn't do it, he would recruit someone who could.

Last fall, during a particularly violent rainstorm, the harbormaster of Round Pond called to tell me that our family skiff, the Foggy Bottom, was filling with water on its mooring and was about to sink. "Can't you do something!" I pleaded. "It's blowing too hard to go out," he said. So I called Fern's son Bimbo. Immediately he and his son-in-law Jim headed from Bremen to Round Pond in Bimbo's lobster boat in 70mph winds. They backed the Atlantic Mist into Round Pond Harbor, being careful not to foul moorings, and towed the Foggy Bottom to shore. By then she had overturned. They couldn't right her because it was high tide, so Bimbo came back at midnight at low tide with a couple of strong teenagers from the community and turned her right side up. The next day at high tide he was back again, this time with his nephew Matt, and towed the Foggy Bottom out of



the water on his cousin Raymond's boat trailer. Now she is up on blocks in Jim's dooryard, the motor drained and flushed. She will be ready for us in the spring, thanks to the law of the Fair Chance.

# A World Gone Right

— Kenneth Lux

The State of the World is an annual book-length report centered on environment issues. This year's forward to the book uses the phrase, "a world gone wrong." A very effective set of words, simple, accurate, and conveying the idea that there is something fundamentally off course about the way we live today. A world gone wrong also implies that we could have a world gone right. This raises the intriguing idea that despite the huge variety of problems that confront us in all aspects of society and personal life, including global warming, weather disruption, energy and resource depletion, ever growing population, political failure and corruption, and war; these may possibly have a more or less single and underlying cause. The situation compares well to a body that's sick, displaying fever, respiratory problems, and recurrent illnesses. All of these can be the result of a single of virus that has infected the body. The AIDS virus would be an actual example of such a disorder.

E.F. Schumacher, the British environmental economist, and author of the well known *Small is Beautiful: Economics as if People Mattered* (1973), believed that this was the case, and in a later book, *Guide for the Perplexed*, he gave his diagnosis. He referred to it as the "failure of the modern experiment." This "modern experiment" is based on an outlook and



value system whose prominence began, starting in the West, about 350 years ago. This "experiment" replaced the traditional locally based, spiritually centered outlook that had been a part of almost all previous societies going back to the origins of human existence. Instead all central organizing principles are based on material values, accumulation and profit motive.

As an Oxford economist, involved with the rebuilding of Europe after WWII, Schumacher was particularly attuned to the economic system as expressing this new materialistic outlook. Schumacher pronounced "modern" economics a failure, and attributed our social breakdown to it. He continued to develop a system of "Buddhist economics," after a trip to Burma, which helped confirm that "production from local resources for local needs is the most rational way of economic life."

At this juncture we have institutionalized the profit motive within our economic system on a grand scale. The political power of corporations has never been greater, and their dominance as legal "people" within our "representative" government is a matter of fundamental concern. Crafting alternatives rather than looking to corporations for solutions is described in *Small is Beautiful*, as a decentralized, locally based, human scale world, which can develop a sustaining healthy community. As Bill McKibben writes in *Hype vs Hope* (Mother Jones Nov/Dec 06,) "Helping corporations do the right thing through regulation is not a new idea. It's more or less what we used to do, in the long period from Teddy Roosevelt and the trustbusters on to about the 1980s. In fact, corporations are the infants of our society- they know very little except how to grow (though they're very good at that), and they howl when you set limits. Socializing them is the work of politics. It's about time we took it up again."

This work has already begun. Worldwide recognition of the hazards of this "modern experiment" is growing. The formation of numerous local cooperatives, such as the Good Tern demonstrate what sustenance can result from like-minded community efforts. We can take hope in our efforts to make a World Gone Right.

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soles.”<sup>2</sup> Whatever the case, their seeds flourished where Europeans settled and tilled the soil. Undisturbed soil now hardly exists on the North American continent, and weeds continue to flourish wherever humans have been, along roadsides and railroad tracks, and other “waste places” designated by plant guides as the weed’s primary habitat. By his reference to human “weediness,” Harland playfully brings us our own derogatory reference to unbridled propagation, invoking the imperialistic tendencies and the history of humans to run rampant over new and unconquered ground.

What have been so unfortunately forgotten, are the benefits our own long history of cohabitation with “weeds.” True, some weeds have evolved to mimic the very plants we selectively reproduce for food, often foiling our attempt at agriculture in the process. Many more have proven invaluable culinary mainstays, medicinal allies, and indicators of soil type, mineral content, soil fertility and water tables.

As May tentatively heralds springtime in Maine, let us seek to reinvigorate our relationship with the Dandelion by enriching our understanding of this remarkable weed. We may then greet its first tender greens with fascination (along with our garden hoe).

Dandelion was prized as a salad green by American colonists, and its seeds were first brought for this purpose. According to Weed Scientist Jim Trower of the University of Wisconsin, dandelion seed was later provided to American settlers for the more fanciful purpose planting on sod roofs—not for the binding properties of root structure, but to turn a roof into a giant sun spot on the prairie, a beacon to guide the traveler home. The origin of Dandelion’s name gives further explanation of its uses. The English word “Dandelion” comes from the Latin *Dens lionis*, meaning “Lion’s Tooth,” and later the French “*Dent de Lion*.” Although there is some dispute

over the original notion, according to Mrs. Grieve’s *A Modern Herbal* (1900’s), its name is generally thought to originate by the “somewhat fanciful resemblance” of its deeply serrated leaves to a lion’s canine teeth reference the strength of its medicinal properties. Its Latin genus is *Taraxacum*, a Latin word thought to derive from Greek *taraxos*, meaning “disorder” and *akos* meaning “remedy.”

Dandelion’s second common name, “Piss-In-Bed,” further specifies its medicinal forté.

Dandelion leaves have long been used as a diuretic, mentioned for this use as early as the 11th century in the works of Arab physicians, and the 13th century by the Welsh physicians of Myddfai. As a diuretic, dandelion is used to treat high blood pressure by reducing the volume of fluid in the body. Unlike conventional diuretics, which involve potassium depletion, dandelion leaves’ affect a net gain of potassium. In Canada, Dandelion is recognized as a Licensed Natural Health Products by Health Canada, the Canadian equivalent to the FDA, and sold there as a common diuretic.

Western herbalists regard Dandelion root as a gentle yet powerful detoxificant. According to Vermont herbalist Rosemary Gladstar, Dandelion Root is considered one of the most “highly used herbs in the world,” and the “herb supreme” for all liver disorders, digestive upsets, and gall bladder problems. In her woman’s herbal guide, *Herbal Healing for Women*, Dandelion makes an appearance in a remarkable number of remedies, from pre-menstrual bloating to menopausal

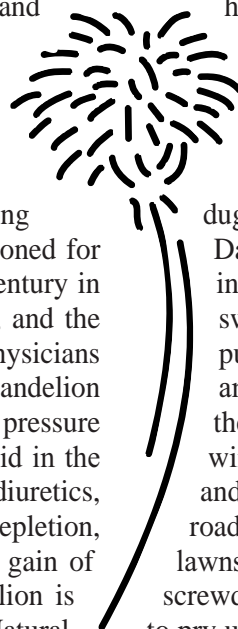
symptoms. Andrew Chevalier, in *The Encyclopedia of Medicinal Plants*, calls Dandelion a “remarkably well-balanced remedy encouraging a steady elimination of toxins due to infection or pollution.” Together with Burdock root, it forms the most commonly recommended internal remedy for acne, often the result of internal toxicity or hormonal imbalance. Similarly,

Chevalier recommends Dandelion decoction as a remedy for Hangover.

In order to have medicinal properties, roots should be dug once they are 2 years old. Dandelion roots are best dug in the Autumn, when their sweetness and starches begin to pull downward from the leaves and flower and concentrate in the roots as the plant prepare for winter dormancy. Find robust and healthy plants away from roadsides and pesticide treated lawns. With a large, flat-edge screwdriver or similar tool, begin to pry up the plant from below. Once loosened, grasp the base of the rosette, and pull upward slowly and steadily, taking care not to break it. Save the greens for the next set of recipes! The following is a fun and tasty Root-Ber Tea recommended by Gladstar:

Dandelion root may also be roasted and ground into Dandelion Coffee. Susanna Moodie sings the praises of Dandelion Coffee in her book, *Roughing it in the [Canadian] Bush*. Ms. Modie was a British author living in Duoro Township, a settlement near

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**“ROOT-BEER” TEA or LIVER/ENDROCRINE TONIC TEA**

Combine the following and steep in a pot of boiling water:

May be served chilled or hot.

- 3 parts sassafra root bark ½ part wild yam root
- 2 parts sarsaparilla root ½ part cinnamon bark
- 1 part dandelion root ½ part ginger root
- 1 part licorice root ½ part yellow dock root
- Pinch of stevia or brown sugar to taste (optional)



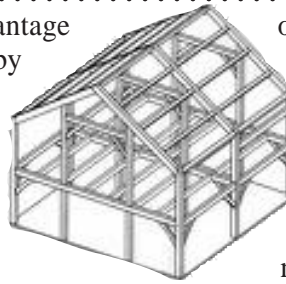
<sup>2</sup> Pollan, Michael. *Second Nature: A Gardener’s Education*. p. 131

and grown ups can be tempted by the glossy “American Dream” which is being so well marketed worldwide. 95% of the youths choose to stay Amish, and “join church.” Although they use gas lights and fridges, many houses are just like ours, and they too get the bank breathing down their necks to get the siding on over the Typar. The friends I was visiting are timber framers who I have worked with out here, and one son, Stephen, had scrounged spare timbers, and bought some, to cut the frame for his new barn. A necessity if your transport needs are met by one of your two horses pulling a plain, black, fiberglass buggy. He and his wife, Miriam, held a “Frolic” to raise the building.

Frolic is allegedly a Pennsylvania Dutch term, though it could not be found in their dictionaries. It is a term I would like to introduce here. Anyone who has ever gathered as a group of people with a purpose to achieve some task, friends playing/working together, will appreciate the double meaning in the term Frolic. We, locally, seem to have a hard time asking for help. Our Work Party has the awkward result of being neither work nor party. Given,

the Amish have the advantage of many close families, by blood and geography. They meet every other week for church, at someone’s house in rotation, and immediately following the service the benches stand to make a table, and a meal is had. Communication is readily available, as are numerous skilled people. We too have a closely interrelated network of skilled people. We don’t have to go to the barn or shed to use the phone, and we have (as of yet) the advantages of motorized, high-speed transport. I wonder if we could formulate a network of people exerting themselves for mutual benefit, working as a team in various ways to help each other.

At Stephen & Miriam’s Frolic, coffee and fresh donuts from an Amish Baker were served mid-morning followed by a hearty lunch to the 24 rain-soaked men who were there that day, as well as several women, who were helping look after the young kids and the food. Those roles are more standard in Amish culture than in ours. The 10-14 year-old boys had fun seeing how they could be



of use, watching for cordless drills needing fresh batteries, carpenters on the roof framing needing nails, and men aloft in the growing frame needing oak trunnels. Dirt piles needed climbing too, at which their younger siblings excelled.

On that rainy day, we stood up the frame for a 26’ x 38’ barn, with a shed off the back, got the tin roof on, and a bunch of the sidewall sheathing. Much fun was had in the accomplishment of much “work.” A few run-off horses had to be caught, then everyone left in the late afternoon to attend to their own lives and families.

The Frolic is the blending of work and party, recognizing the fun in productive cooperation, denying the drudgery of work hoping for a fun party at the end. Imagine if our high school sports teams worked together to help build homes for people, or clear brush to open farmland again, or whatever else can be imagined. Perhaps we could get together ourselves with such great effect, helping one another far more than each individual’s contribution, and we could frolic as we do so.

## Notice Board

### Good Tern Co-op Annual Meeting

May 5

Watts Hall, Thomaston

Potluck at 6pm Meeting at 7pm

Drumming group Jump and juggler

Steve Athearn will be performing

8 pm Dance with DJ Mark Elwin

### Pot Luck Dinner & talk

Pen Bay Area Chapter, Weston Price Foundation

May 11th 6pm, at Deliverance Farm in Warren, we will be showing the film The Global Banquet. This is a fantastic documentary about how globalization and “free trade” are affecting the global food supply and how we eat. Approximately 1 hour long.

June 8th 6pm, Dr. Emily Mahar, a naturopathic physician in Camden, will be talking about her practice and how she integrates the nutrition principles of traditional diets into her practice.

Families with children are welcome! Please bring your own plates, cups and utensils and a dish to share. Any questions Call Emily or Adam Rawn 691-9327

## Be an inspiration

write for the co-op  
Newsletter

**\* The Good Tern Natural Food Store \***  
**2007 Spring Educational Series**  
open to the public, suggested donation \$5  
held at The Good Tern, unless otherwise noted  
class times are 7-8:30 p.m. please call 691-9327 to register

***May 8 (tuesday) - Healing with Homeopathy  
with Dee Webster***

Homeopathy is a wonderful form of healing that ranges from helping with the common cold to healing chronic diseases. And as wonderful as homeopathic cures are, the challenge is how to best use it. How do we pick the best remedy for acutes when a few seem to match? How long do we take a remedy? When do we switch to constitutional treatment? This talk by homeopath, Dee Webster will help to answer some of these questions along with any other questions you bring along. Come join us in learning to how better use this wonderful form of healing. Dee Webster, CHC, has had a homeopathic practice for 16 years and has an office in Camden.

***May 10 (thursday)- Fighting Fatigue: What Does  
Natural Medicine Offer? with Tim Hagney, ND***

This presentation will be discussion rather than lecture in form; questions and experiences are welcomed. Doctor Hagney received his degree in Naturopathic Medicine from the National College of Naturopathic Medicine in Portland, Oregon in 1992 and has been practicing in mid coast Maine since 2000.

***May 15 (tuesday) - Overcoming Stress with  
Chiropractic Work with Dr. Aimee Davis***

Dr. Aimee Davis of In-Touch will discuss the 3 forms of stress (chemical, emotional, physical) that she works to overcome in her chiropractic work using Network Spinal Analysis (NSA), a system of improving spine and nervous system function through light touch. Gentle contacts along specific spinal points achieve greater brain-body awareness and improve neural function with resultant changes in personal wellness and quality of life. Dr. Aimee will teach a breathing exercise as well.

***May 23 (wednesday) - Learn to Make Soy  
Candles with Juanita Waterman***

Unlike paraffin candles, soy candles are non-toxic and fun to make. It doesn't take long, clean up is easy and it is a great thing to do with kids. There is no cost to make a tea candle, but if you would like to make a 5 oz. candle please bring \$10 to pay for materials.

***May 30 (wednesday) - Veggie Sushi 101 with  
Maho Hisakawa***

Learn to make nutritious sushi with easy-to-find veggies. Maho Hisakawa will demonstrate how to assemble sushi and share ideas for veggie fillings.

*Located at 750 Main Street in Rockland, The Good Tern has been nourishing the Midcoast for over 25 years. The 2007 Spring Educational Series is presented by the Education and Outreach Committee of The Good Tern Natural Food Food Store. The Committee meets monthly at The Good Tern cafe and welcomes member participation. For more information, please inquire at the store.*

present-day Peterbrough, Ontario. (This is the same Susanna Moodie who inspired Margaret Atwood's Journals of Susanna Moodie). She quotes a Scottish physician Dr. W. Harrison (disputed Howison) of the Royal Medical Society of Edinburgh, on his enthusiastic recommendation of the brew: "It possesses," he says, "all the fine flavor and exhilarating properties of coffee, without any of its deleterious effects. The plant being of a soporific nature, the coffee made from it when drunk at night produces a tendency to sleep, instead of exciting wakefulness, and may be safely used as a cheap and wholesome substitute for the Arabian berry, being equal in substance and flavour to the best Mocha coffee." Sipped before meals, Dandelion Coffee is thought to stimulate digestive function.

**DANDELION COFFEE:**  
Roast roots at 350 until crisp and brown.  
Grind, French press, and serve.

Spring is the best time to harvest the greens, when the leaves are tender and before the plant has put its full effort into flowering. In taste, they are similar to the mustard green, and bring a bite of fresh bitters to any tossed salad. The bitter compounds stimulate digestion. In addition to their diuretic properties, the leaves are high in vitamin A and vitamin C, and deliver more bio-available iron and calcium than spinach. Move over, Popeye.

**SPRINGTIME SWEETS AND BITTERS SALAD:**  
Sautee sliced beets, ginger and garlic in olive oil, allowing them to sweeten and candy as they brown. Slice the dandelion root and parsnip into thin strips and add to sautee. Lightly steam fresh Dandelion greens with Bok Choy or Kale. Add a splash of lemon juice and salt and pepper to taste.

Deb Soule, of Avena Botanicals, in A Women's Book of Herbs, recommends a fun recipe for Dandelion Tempura, great to prepare with children. Taught

**DANDELION TEMPURA:**  
Take 1 cup of whole wheat pastry flour or a mixture of brown rice, barley, and whole-wheat flours (or gluten-free baking mix) and add 1 teaspoon of arrowroot.  
Add 1 egg yolk, a teaspoon of apple cider vinegar, a cup of water, pinch of salt and some freshly minced garlic. Mix gently. Consistency should be similar to pancake batter.  
Heat Canola oil in frying pan, dip flower heads into batter and fry quickly until golden brown. Place in a brown paper bag to drain. Serve hot.

to her by fellow herbalist and mentor, Adele Dawson, the recipe calls for the bright yellow flowers to be battered and fried a golden brown.

An old Pennsylvania Dutch recipe recommends a second use for the charming yellow blossoms: Dandelion Wine, crisp and refreshing on a hot summer night.

**DANDELION WINE**  
(from an old Pennsylvania Dutch recipe):  
Collect four quarts of Dandelion blossoms. Wash and place in an Earthenware crock.  
Pour five quarts of boiling water over the Blossoms and let stand 36 hours. Strain through muslin or cheesecloth into another large crock or jug. Add grated rind and juice of 6 oranges and 5 lemons.  
Tie cheesecloth over jug and let stand in warm kitchen for 1 week until it begins to ferment. Then let stand in cooler place for 3 more months. At the end of 3 months, wine should be clear and amber colored.  
Bottle and enjoy.



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