

# Hunger

Continued from Page C1

what they can use.”

Some sites, Garland said, lack refrigerated storage or are only open a day or so a week to dispense food. In those cases, crops such as carrots, beets or potatoes are easier to handle and keep than perishable fresh greens or beans, which may be more appropriate for soup kitchens that prepare and serve daily meals.

It can also come down to demand, she said.

“If the sites only want cucumbers, we ask our gardeners to grow more cucumbers and not force kale down their throats,” Garland said. “We also work with the sites so they can demonstrate how to prepare some of the other produce in ways to get people to consume more healthy food options.”

There is little doubt the program that gets the fresh, healthy food to Mainers is needed in the state, she said.

“It’s one of the favorite parts of my job,” Garland said. “The stories that I hear are really powerful.”

The memory of a person she knew who came to her some years back, saying they were in need of food still impacts Garland.

“I still get choked up about it,” she said. “This was someone I had no idea was in such a tough place. I was always passionate about wanting to minimize food insecurity, but this really made it hit home.”

Ben Scheetz is a master gardener and board member of the Bangor Area Food Council who shares Garland’s passion.

“We who love to garden, love that this is a way to help people,” Scheetz said. “I was very naive on how much food insecurity there is in our community and in our state, and to be able to help fill those gaps with fresh produce is wonderful.”

Scheetz works with other growers on the University of Maine’s demonstration gardens and said 100 percent of the produce grown there — 9,000 pounds last year — goes to area food distribution sites such as Hope House, Manna Ministries and local food pantries.

“My first time involved [in Maine Harvest for Hunger], I was able to deliver a lot of the food directly to the sites,” Scheetz said. “It was amazing to see first-hand how it was appreciated and to interact with the staff. You can tell they are very thankful and that what we are doing definitely means a lot.”

Anyone can be involved, whether they garden or not, Garland said.

“It’s really about connecting the people who need it with healthy food,” she said. “If you’re not a gardener, you can volunteer with a gleaning program or with helping to distribute the food to sites who need it. Just see if there is a food distribution site in your area and have a conversation with the people there.”

People interested in volunteering with Maine Harvest for Hunger can also contact their local University of Maine Cooperative Extension office, Garland said.

“Maine Harvest for Hunger has become an important part of what we do at extension,” Wertheim said. “The food system is what we do by helping farmers and gardeners grow better food and helping to reduce food insecurity is part of that, as well.”

## ‘Spotlight’ to be shown in Ellsworth

ELLSWORTH — The Grand will screen “Spotlight,” this year’s Best Picture Oscar winner, as the next film in its CineGrand series of the best recent movies.

Showings are offered at 7:30 p.m. Tuesday, April 12, and 1 p.m. Wednesday, April 13. Ticket are \$7, \$6 for seniors and students, \$5 for Grand members. Matinee movies tickets are \$5.

For information, call 323-309-7051 or go to grandonline.org.

## GET CREATIVE

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Demand for local honey products, such as this collection of spiced honey spreads from The Honey Exchange in Portland, is on the rise.

# Honey

Continued from Page C1

ly honey oasis. Bees, just like Mainers, have to be tough to survive.

The state’s Northern climate and long winters “presents the biggest challenge,” said Cowin. “Bees are spending half the year in a hive,” so in May when the season starts, they are on a frantic search for nectar.

Beekeeping experts such as Cowin encourage farmers and landowners to do more to protect the bees in our midst.

“Farmers can put down cover crops like crown vetch or sweet clover or buckwheat — each can help produce a lot of honey,” he said.

Still Maine’s brief honey flow, from mid-May to Sep-

tember, can be dashed by a few weeks of inclement weather.

“Rain at the wrong time can cut down the flow. Too much water and flowers can’t produce nectar. Not enough rain and the same thing happens,” said Cowin, who tends to 40 hives scattered on farms in the Hampden area, Castine and even at Bangor International Airport.

Cowin plans to set up a shop similar to the Gavens in a barn in Hampden soon. In the meantime, he will continue to raise the profile of beekeeping and encourage others to do their part.

“As a consumer you can help influence this by buying local honey,” he said.

“We are right in the midst of the growing period. Hopefully more people will want to get involved in helping bees thrive,” he said.

## Sheep-shearing schools offered

FALMOUTH — The Maine Sheep Breeders Association and University of Maine Cooperative Extension will offer sheep-shearing schools in April.

Kevin Ford will instruct at a two-day blade shearing school 1-4 p.m. Friday, April 15, and 8 a.m.-3 p.m. Saturday, April 16, at Sabbathday Lake Shaker Village, 707 Shaker Road, New Gloucester.

The \$120-per-person fee includes a shearing manual and lunch on Saturday. Participants will be taught to set up, sharpen and use nonelectric hand shears or blades.

Enrollment is limited to 10; previous sheep-shearing experience is recommended. Shears will be available for purchase. Spectators are welcome.

Register online at [umaine.edu/livestock/sheep/sheep-shearing-schools](http://umaine.edu/livestock/sheep/sheep-shearing-schools). For information, or to request a disability accommodation, call Melissa Libby, 581-2788 or 800-287-7170 (in Maine).

## Vegetable gardens part of library series

UNION — Using a 10-by-14-foot starter garden plan developed by his students, Doug Fox, professor of hor-

ticulture at Unity College, will talk about the steps needed to turn a bit of lawn into a vegetable garden at 7 p.m. Thursday, April 14, at the library, 392 Common Road. He will discuss how to interpret a soil test, till

your soil, add amendments, form beds, minimize weeds, use insect row cover and more.

The talk is free and open to all. For information, call Vose Library at 785-4733.



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# ALBUM

## Anniversary



Fessenden 50th Anniversary

BANGOR - David and Ann Fessenden celebrated their 50th wedding anniversary on March 26, 2016, with their family. They were married at Columbia Street Baptist Church. David retired from the Bangor & Aroostook Railroad and Ann from St. Joseph Hospital.

## Notice

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