

CSAs

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do all that cooking for themselves. I hand-choose everything.”

Baking since she was a little girl, she'll experiment with treats ranging from chaga brownies and holiday breads to quiche.

The herbalist, originally from New York City, offers an herbal CSA featuring medicinal elixirs, beauty care products and glass jars of shrubs, a botanical mix of honey and apple cider vinegar in flavors like elderberry or ginger. She also makes her own fire cider and liver tonics (a dandelion and burdock mix). “Fall is the traditional time to take care of your liver and do a gentle detox to get things ready for winter.”

What do customers like best about it?

“I think it’s really about the love,” she said. “A lot of people don’t bake pies. Everything I offer is homemade, from butter to lard. I’m an old-fashioned cook with old-fashioned techniques with a gourmet twist.”

On the half shell

In West Bath, the CSA model is diving into aquaculture. Jordan Kramer harvests oysters from his farm in the New Mead-

ows River. Then, a day later, bivalve lovers can pick up the briney jewels in Portland. The startup, only a month old, called Winnegance Oyster Farm, is affordable and popular. This year is a short season for Kramer, who is doing a trial run taking weekly pre-orders.

“I have a planned harvest each week and on Friday and Saturdays people pick them up outside my home in Portland,” said Kramer.

Next season people will buy a number of shares ahead of time. Doing the math, each oyster will be sold for approximately \$1.25, which is “quite a bit less” than most purveyors and raw bars.

He offers weekly shares up to Thanksgiving and next year oyster lovers can buy 10 or 20 dozen in advance. He chose New Meadows River because “the water is clean and it is a naturally productive ecosystem.”

Bread share on the rise

Imagine not having to schlep to the bakery every week for whole grain bread? Starting in November, a tap of the smart-phone will be all that’s needed for carb lovers on the midcoast to access healthy and hearty bread when Brazen Bakery comes online.

The new bread share run by baker Jeff Dec is launching in Waldoboro. The concept: bring

nutritious bread to the masses. For four weeks, shareholders will receive a whole grain loaf, and add-ons like baguettes or naturally leavened bread. Because “you can’t just start up a bakery without putting down thousands, this allows us to keep overhead low to focus on really high-quality products,” said Dec.

Armed with a technical assistance grant from the the Maine Grain Alliance, Dec is developing a software system so customers can order bread online at www.brazenbaking.com. When the startup is up and running, pick-up locations in Camden and Rockland will be announced.

“We are focused on quality. We want to improve the nutrition people have in their households — that’s our mission,” said Dec, who baked professionally at Pearl Bakery in Portland, Oregon, and teaches baking classes across the country. To Dec, breadmaking is “not about being the hip bakers with tattoos, but using these great grains.”

He’s committed to baking with Maine-grown grains and improving people’s health.

“We’ve come pretty far from the grains that came over to this country from Europe to grains overly processed,” said Dec.

Brazen Bakery is an affordable way for the baker to change that recipe.



COURTESY OF LAUREN PIGNAT

Homemade pies, cheese, greek yogurt, milk and chaga brownies are part of Swallowtail Farm and Creamery’s full pantry CSA.

Muffins

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ones available seemingly everywhere this time of year. Sweet, tender and moist, they have a dollop of sweet cream cheese baked onto them and can be topped with salty pepitas — shelled, roasted pumpkin seeds.

We love ‘em. I hope you do, too.

You should know that, despite the three bowls it will take to mix the ingredients, the muffins are super easy to make and can be ready in under 45 minutes. Eat them hot from the oven or make them a day or two ahead of time to enjoy later.



Pumpkin Cream Cheese Muffins.

SARAH WALKER CARON | BDN

Sarah Walker Caron is the senior features editor for the Bangor Daily News and author of “Grains as Mains: Modern Recipes

Using Ancient Grains,” available at bookstores everywhere including

BAM, The Briar Patch and Bull Moose in Bangor. For more delicious recipes,

check out Maine Course at mainecourse.bangordailynews.com.

Oliver

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pictures of her deck garden — you’d be surprised how much you can grow in tubs and window boxes — and a couple of weeks ago sent a picture of an end-of-season salad of tomatoes, chives, parsley, and purple carrots. She wrote, “A little Italian dressing and you’re good to go!” It looked perfectly lovely.

In desperation, I have been known to stew up the last few tomatoes, add the last five green beans, a stunted zucchini, a couple of hopelessly leggy carrots and a small too-little-to-store cabbage and called it soup. I’ve even canned or frozen that combination, or a similar one, under the name of “soup starter.” Later, I added a bit of meat or beans or lentils or pasta.

It was fun to have a pile of

vegetables that actually suggested something as coherent as the salsa. Right now there is a final batch of ratatouille sitting in a basket, and after that I am back into improvisation territory.

You don’t have to have piles of spare vegetables to make the salsa. Here is roughly what I did under friend Barbara’s tutelage. Once you get past the corn and tomato part, you are in the department of “suit yourself” and “add to taste.”

Send queries or answers to Sandy Oliver, 1061 Main Road, Islesboro 04848. Email sandyoliver47@gmail.com. For recipes, tell us where they came from, list ingredients, specify number of servings and do not abbreviate measurements. Include name, address and daytime phone number. And make sure to check out Sandy’s blog at tastebuds.bangordailynews.com.

Deli

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Moon,” shared by a popular song by Neil Young, became the basis from which the shop’s musical ties were born.

From the Janis Joplin — a melt of ham, swiss, tomato and Raye’s mustard — to the Jefferson Airplane — a concoction of oven roasted turkey, provolone, spinach, onion, tomato, roasted red peppers and pesto mayo — the names adorning Harvest Moon’s menu traverse time.

“We did debate whether or not it was a little over the top to name all our sandwiches after artists,” Manaker said. “We thought that might be a little too gimmicky. But as soon as we opened our doors, people loved that part.”

Harvest Moon Deli’s sandwiches and paninis offer Orono and Bangor premium deli meats, fresh vegetables, many homemade condi-



SHELBY HARTIN | BDN

The newest location of Harvest Moon Deli is slated to open in Brewer this Friday.

ments and locally baked bread. Sandwiches are made to order. Soups and salads also are available.

The new Brewer location will offer the same special menu and harvest color scheme, but a larger space allows for a lounge and plenty of seating.

“We want each location to have its individual charm. We want a similar

feel with unique characteristics,” Richardson said. “We may do a grand opening later, but we want to get our feet under us first. Stay tuned for a grand opening.”

To stay updated on the new location’s opening, visit Harvest Moon Deli’s Facebook page at [facebook.com/harvestmoondeli](https://www.facebook.com/harvestmoondeli).

Our new line up is designed to bring you closer to the topics that matter. Every day.


MONDAY

Whether farming for livelihood or simply wanting to improve your healthy lifestyle, Homestead brings you closer to living deliberately, lessening your carbon footprint and to how others across the state are staying better in tune with the land.


TUESDAY

We stay focused on Maine’s business scene to keep you up-to-date and on the cutting edge. Columnist Deb Neuman looks at Maine businesses and entrepreneurs, alongside features that will help you navigate financial issues and make sound decisions.


WEDNESDAY

Want to stay on top of what’s new and trendy on the Food scene? Join Senior Features Editor Sarah Walker Caron and find out the latest and the greatest the state has to offer. From farm-to-table to the fun of wine making, our staff is dedicated to keeping you full of great ideas, recipes and where to find delicious food!


THURSDAY

We’re ready to help you plan your weekend! Each Thursday, you’ll see all the “can’t-miss” events planned across the state to help you maximize your weekend and stay tuned in!


FRIDAY

From planning your weekend, a day hike or getting ready to go on the hunt, writers John Holyoke and Aislinn Sarnacki, along with spectacular photography from the BDN visuals team, show you the best of what Maine’s wilderness and great outdoors has to offer.


SATURDAY

Tune in as award-winning journalist Meg Haskell rejoins the Bangor Daily News to chronicle the experiences, challenges and issues facing the “Baby Boom” generation—a generation poised to shape Maine’s future. Every weekend, Meg gives you a look at what’s NEXT.

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