

# Home

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ies made with egg whites from her heritage chickens and augmented with herbs and fruit growing outside her door. “It’s about food and flavors and community. Keeping it local, keeping it simple, keeping it organic.”

In business for only a few months, how does the solo-preneur keep life balanced?

“I grind flour when the kids are in school,” said Taylor, who transforms her kitchen island into a baker’s workshop after her two girls head off for the day. “I try and work it so that the kitchen is not overrun with my stuff.”

To stay on top of housework and make sure the macarons behave, Taylor carries a timer as she runs around to fold clothes and pay bills.

When her girls come home they find their mother ankle-deep in flour. They pitch in, taste test, and her eldest daughter is even helping with her next brain-wave: an ice cream company. Her only rule: “When I am folding the eggs you can’t bother me.”

She doesn’t try to hide her entrepreneurial discipline, just the contrary.

“Our children learn by imitation. They come to you as a blank slate. How you carry yourself as a parent is



ANNE TAYLOR LAUNCHED A SUCCESSFUL MACARON BUSINESS, USING EGGS FROM HER HERITAGE CHICKENS, IN HER HARPSWELL HOME. SHE MAKES COOKIES IN HER KITCHEN WHILE HER CHILDREN ARE AT SCHOOL.

COURTESY OF PETER H. TAYLOR

very important,” said Taylor. “I was not prepared for the world, but I figured it out. I want my daughters to get a head start, finding a balance between being creative and able to support themselves.”

In downtown Portland’s Dartmouth Street, the seductive aroma of chocolate wafts from the headquarters

of Christopher Hastings Confections. The year-old small-batch company is gearing up for a retail space, but for now the compact home kitchen of founders Nate Towne and Mark Simpson serves perfectly.

Fine-tuning their popular Maine sea salt caramels, sold at pop-up shops and a few locations in Portland,

and testing the market is more affordable from their domestic hearth. Supplies are kept in bins, equipment is stashed on stainless steel wire racks, a three-season porch is the packaging and boxing area.

“You have to have constant organization of the kitchen or it overtakes your life,” said Simpson, the head

chocolate maker, who is turning out a few hundred bonbons a week in a 10-by-8-foot room.

When it’s time for dinner, the chocolate shop disappears and, presto change, the kitchen returns.

“You’ve heard of tiny house living?” said Towne. “This is tiny kitchen living.”

# Music

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friends also are musicians and bring instruments to every gathering. “The point is living a good life,” Green said.

Briggs, 28, of Monroe runs the Roots and Wings Farmstead with her partner, Sean James, and has been writing and playing music since she was a child. Green, 33, of Monroe is a medical marijuana caregiver whose prior musical claim to fame was opening for Maine folk troubadour David Mallett at a show when she was only 16. Giglio, a classically trained cellist, studied musical theater in New York City. But instead of pursuing Broadway dreams, she had what she calls a “major lifestyle shift” and ended up homesteading in Maine.

When the trio first got together to play music last



ABIGAIL CURTIS | BDN

BECCA BIGGS OF MONROE PLAYS BANJO AND SINGS WITH THE NEW WALDO COUNTY TRIO SUGARBUSH.

January, they realized pretty quickly they wanted to continue. During the long, snowy winter, practices were an important creative outlet. The rollicking, soulful Americana music they write and play tells stories from their own lives. When it came time to find a name for the

trio, they looked around them. At that time, they were practicing at a home that originally belonged to a back-to-the-lander who came from Vermont. There was a big sign that read “Sugarbush,” harkening to maple syrup country, and the women loved it.

“We bring a strong, fem-



ABIGAIL CURTIS | BDN

AMY GREEN OF MONROE PLAYS GUITAR AND BANJO AND SINGS IN SUGARBUSH.

inine voice,” Briggs said.

They started to play at open microphone nights in the area and before long were asked to perform at local farms and then at other venues, too. So far this winter, they only have a couple of performances scheduled, including a winter solstice event in

Whitefield. But they anticipate their days and nights will be full of music — and that, as Sugarbush keeps developing, they won’t be bored.

“This is a challenge, and I love a good challenge,” Briggs said. “And I love how much I’m growing as a musician and a person.”

## Group organizes gift-making classes

DAMARISCOTTA — The Damariscotta River Association will host a day of homestead holiday gift making Sunday, Dec. 6, at Great Salt Bay Heritage Center, 110 Belevdere Road. Instructor will be Kim Scheimreif, owner of Shepherds and Such Homesteading Farm.

The wax workshop will be held from 9 to 11:30 a.m. Participants will create a wax bowl, wax flower, salve, a candle and learn the properties and other uses of beeswax. The fee is \$60.

The felting workshop will be held from noon to 2:30 p.m. Participants can make a felted accessory such as a cellphone case, small bag or eyeglass case. Participants will have the choice of making either clay or wooden buttons to adorn the accessory. The fee is \$50.

The herbal class will be held from 3 to 5:30 p.m. It will offer opportunities to blend medicinal teas and make a tincture to take home. The group will discuss foraging and the properties of a variety of plants, how to make smudge sticks and other uses of plants and herbs. The fee is \$30.

For information, call 563-1393, email [dra@damariscottariver.org](mailto:dra@damariscottariver.org) or visit to [damariscottariver.org](http://damariscottariver.org).

## Hats for Homeless seeking knitters

BANGOR — Hats for the Homeless Bangor Project is seeking people who knit or crochet to help provide warm hats, mittens and scarves to be distributed to the homeless and less fortunate in Greater Bangor. Warm items are given to the Bangor Police Department and other assistance agencies. The next deadline for having the items ready is Jan 17. For information, email [hatsforthehomelessbangor@gmail.com](mailto:hatsforthehomelessbangor@gmail.com) or sign up at website, [hatsforthehomelessbangor.blogspot.com](http://hatsforthehomelessbangor.blogspot.com). Visit their Facebook page at [facebook.com/groups/hatsforthehomelessbangor](https://www.facebook.com/groups/hatsforthehomelessbangor).

## Farmers market announces change

BELFAST — The Belfast farmers market has headed indoors Fridays to Aubuchon Hardware on Route 1. The market will run from 9 a.m. to 1 p.m. in the greenhouse attached to the store. Items available will include vegetables, meats, baked goods, cheeses, dairy, farm crafts, prepared foods, maple syrup, honey, jams and jellies, and seafood.

## Down East party to include wreaths

GRAND LAKE STREAM — Downeast Lakes Land Trust will hold its annual wreath-making party from 6 to 9 p.m. Tuesday, Dec. 1, at Grand Lake Stream School Building.

Using the balsam tips gathered at the tipping field trip from 1 to 3:30 p.m. Nov. 29, participants will learn the art of wreath making, create beautiful holiday decorations and enjoy the warmth of community.

Refreshments and snacks will be served. For the tipping field trip, bring gloves, warm clothing and sturdy footwear. For information, contact the Downeast Lakes Land Trust by calling 796-2100 or emailing [cbrown@downeastlakes.org](mailto:cbrown@downeastlakes.org).

# Markets

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more vendors, and it will have better customer flow,” said Tierney. Around the corner from the Urban Farm Fermentory, there is plenty of parking and more space.

When the farm isn’t running, vendor Lauren Pignatello of Swallowtail Farm and Creamery plans to turn it into “a farm and herbal cafe with a yogurt and elixir bar and apothecary.” Once Pignatello receives necessary permits, she will be aging cheese here, too.

“We’re starting out small but using the space as a workshop for our herbs and products and doing some packaging of our cheese and Greek yogurt there,” she said.

In Saco, the year-round Saco River Market enters its fifth season. Tucked into the



KATHLEEN PIERCE | BDN

LOCATED IN A FORMER TEXTILE MILL, THE SACO RIVER MARKET HAS FEATURED FARMERS, FOOD PURVEYORS AND ARTISANS ON SATURDAY MORNINGS YEAR-ROUND FOR SIX YEARS.

ground floor of a former textile factory on Saco Island,

the market is free-ranging, varied and ever evolving.

From handmade pasta to Greek olive oil to kale to

wood-fired bread to alpaca gloves, you never know what surprises await 9 a.m. to 12:30 p.m. Saturdays. On average, there are 40 vendors.

“There is no doubt there’s a huge need. Meat growers are open year-round, and they need a venue,” said Irene Lim, president of the market and owner of Fernleaf Bakery and Coffee House in Saco. She sells pastries and fresh-brewed coffee from Carpe Diem Coffee Roasting Co. in North Berwick.

“It started out as a winter market, and we kept it going year round,” said Lim.

When it launched, Lim said not many other options existed for direct farm purchasing in the dead of winter.

Now “they have been popping up more and more. When we started, we were the only one around,” she said.

For information on winter farmers markets, visit [www.maine farmersmarkets.org](http://www.maine farmersmarkets.org).

## Study: Income inequality makes the rich more Scrooge-like

BY MELISSA HEALY  
LOS ANGELES TIMES

As the annual “season of giving” dawns, a new study finds that stark income inequity — a dramatically rising trend in the United States — makes the “haves” less generous toward others.

Higher-income people were less inclined to be generous both when they came from states where income inequality is high and when they were made to believe that there was a sharp divide between rich and poor, a new study found. And they were less charitable in both cases than were low-income people.

Since the 1980s — the end of a 30-year period during which the middle class

flourished in the United States — wealth has grown increasingly concentrated at the top of the economic ladder, while low-income Americans have commanded a smaller and smaller share of the nation’s wealth.

In 2013, the top 0.1 percent of households received approximately 10 percent of the pretax income, versus approximately 3 percent to 4 percent between 1951 and 1981. The Congressional Budget Office reckoned that between 1979 and 2007, households controlling the top 1 percent of the nation’s wealth increased their incomes 275 percent, while the incomes of those in the economy’s lowest tier picked up a mere 18 percent.

A study published in the Proceedings of the National Academy of Sciences on Monday compared the giving patterns of rich and poor two ways. Using results from a nationally representative survey that included a donation opportunity at the end, researchers looked at how patterns of giving corresponded to wealth distribution in donors’ home states.

Of the 1,498 people who participated in that survey, donation by those with household incomes above \$125,000 was more prevalent among those who lived in states in which income inequality was low. Among wealthier survey-takers from states with higher income inequality, fewer took

the opportunity to donate.

The authors also conducted an experiment in which 704 people were presented with simulated information portraying their home states as having either high or low income inequality, and then given the opportunity to bestow raffle tickets on another participant.

When they were prompted to believe they lived in a state with high income inequality, those with household incomes above \$125,000 were less generous than when they believed incomes in their state were more equitably distributed.

The authors found no such difference in donor behavior among people whose household income was below \$15,000.

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