



2013 FALL / WINTER

Circumspice

906.482.2030 • www.keweenaw.coop

Hancock, MI

New! Co-op Kids Wear

(see page 3)



◀ Lillian, Co-op Kid
(Photo: Adam P. Griffis Photography)



Circumspice

1035 Ethel Avenue
Hancock, MI • 49930
(906) 482-2030
www.keweenaw.coop

STORE HOURS

Mon-Sat 10am-8pm
Sunday 10am-5pm

DELI HOURS

Mon-Sat 10am-7pm
Sunday 10am-4pm

The Circumspice newsletter is published three times a year for the Owners and customers of Keweenaw Co-op. The newsletter provides information about the Keweenaw Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of the Co-op Management, Board, or Owners. The next deadline for submissions is January 15th. Refer submissions and questions to faye@keweenaw.coop.

Editor: Faye Carr
General Assist: Barb Hardy
Printer: Book Concern Printers

The Circumspice newsletter is printed on post consumer recycled paper.

The Circumspice newsletter is available on the Web at www.keweenaw.coop.

Ways to save at the Co-op...

Co+op Deals change twice monthly. See the sales flyer in the store, on the Co-op website, and look for signs in the aisles. Additional money-saving coupons from **coop deals** Co+op Deals are available four times a year. Coupon booklets are at the Co-op.

Co+op Deals

The Co-op offers discounts on bulk or case quantities of in-stock products, and case or smaller quantities of products the Co-op does not regularly carry. For case quantities, price is calculated at 20% over wholesale cost for Owners. Sorry, no discounts for non-owners.

Special Orders

Once each quarter the Co-op celebrates its Owners with an **Owner Appreciation Day**. Owners in good standing receive a 10% discount on their purchases (excluding all sale items). Save the date:

FRIDAY, NOVEMBER 15th

Owners Only

In-House Sales are a way of saying thanks to our shoppers (Owners and non-owners).



Look for rotating deals throughout the store marked with a black and white sign.

In-House Sales

All **students** (including non-owners) who shop on Sundays receive a 5% discount on their purchase. Current student ID card required.

Student & Senior Day

All **seniors** 60 and over (including non-owners) who shop on Wednesdays receive a 5% discount on their purchase.

New! Co-op Onesies & Toddler/Youth Tees

Printed locally at Superior Graphics

- 100% Organic Cotton
- Dyed with eco-friendly, low-impact dyes
- Union Made in Fair Trade® Approved Facility
- Quality stitching
- Enzyme washed for extra softness



No cash, no check? No problem. New ATM at the Co-op!



New! An ATM in the Co-op

Did you know the Co-op spent \$43,156 on credit and debit processing fees in 2012? That's more than the annual net income. If all purchases were made with cash or check the Co-op's income could more than double!

But maybe you already know this, yet every once in a while you still find yourself at the check out with nothing in your wallet but a credit or debit card. With hand to forehead you momentarily consider putting your basket aside and coming back with cash, but no it's too much trouble, so you grimace and reluctantly hand over the little plastic card. And with a quick swipe there it goes, money that would otherwise stay in the community, in the Co-op, is lost. But fear no more! Now there is a Michigan Tech Employees Federal Credit Union automatic teller machine right in the store! And the Credit Union is a member-owned cooperative just like the Keweenaw Co-op.

From the Board

by Heather Dunne, Vice President & Carl Blair, President

First of all the Board of Directors would like to welcome all new Owners to the Co-op. We look forward to meeting you.

Being an Owner of the Keweenaw Co-op is more than just holding a share of a food cooperative, but helping to create a meaningful organization that gives back to the community through access to healthy products, education and outreach, and other Owner approved services. This is the main idea behind the cooperative principles *Democratic Member Control* and *Member Economic Participation* (see bottom bar). Together we have the opportunity to elevate our Co-op to a new level and help shape our future and that of our community.

The more Co-op Owners there are the more impact we can have on our community! Help spread the word by talking to your neighbors, co-workers and friends about how the Keweenaw Co-op is positively impacting our community. Talk about what draws you to the Co-op the most. Is it the local, Organic, Fair-trade, Non-GMO product selection? The sense of community? The workshops and classes? Or the friendly service?

Another way Owners can participate in the Co-op is to attend the monthly board meetings. While your Directors enjoy meeting with each other to talk about the exciting changes and improvements at the Co-op, we would like you there too! We want to see more Owners engaging in the democratic process of the

Co-op with fervor! (Board meetings are the second Wednesday of every month, at 6pm, upstairs in the Community Room.)

Change and improvements are in the air and we need your help! The Board is currently receiving training through Cooperative Development Services (CDS). CDS is a cooperative that gathers information from co-operatives around the country to help each other in areas of expansion and growth, improving retail operations, and leadership development and governance. We are in the process of planning a very

exciting Annual Meeting for March 2014. Please come and encourage your fellow Owners to attend too.

Staying connected and informed is an important

part of a successful cooperative. Feel free to talk to the Staff and the Board of Directors to find out what is happening with the Co-op. In turn, talk with your friends and family to find out what is happening in their communities and let us know. The Board enjoys engaging with Owners and exchanging ideas of how we can improve our Co-op and our lives. Co-op social events like Owner Appreciation Days and the Annual Picnic provide fun opportunities to connect and stay informed.

This is OUR cooperative and YOUR efforts will help us do what we all want—provide good food and service, educate and enhance, and be a source of sustainable growth for our community! ::

“The more Co-op Owners there are the more impact we can have on our community!”

The cooperative principles are guidelines by which cooperatives put their values into practice:

2nd Principle: Democratic member control

Cooperatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the

membership. In primary cooperatives members have equal voting rights (one member, one vote) and cooperatives at other levels are organized in a democratic manner.

3rd Principle: Member economic participation

Members contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually

Help us reach our goal of 1000 Co-op Owners. We only need 67 more households!

Welcome New Owners

Joined May 1 - October 1, 2013

Anna Aho	Emili Heikkinen	Colin Phifer
Tammy Ahola	Susan Hockings	Larisa Pollard
Noah Aschauer	Katriina Hopper	Scott Pollins
Melissa Baird	Leah Humphries	Kristen Rice
Anne Beffel	Judith Jukuri	Chuck Roberts
Danelle Bennet	Taylor Kaurala	Gary Rozumalski
Sandra Bernd	Mia Kemppainen	Chelsea Schelly
Emily Birch-Jones	Carla Kotila	Clare Seguin
Matthew Bradley	Nancy Langston	Jonathan Soper
Melanie Brown	Jim LaVallee	Sharon Stoll
Laurie Corbin	Lauren Law	Diane Taylor
Michael Davis	Anna Loar	Nichole Ubinger
Brian Delrue	Aya Minakata	Tracy Voet
Michele Donahue	Melissa Naasko	Lisa Waatti
Bridget Durocher	Stephanie Nichols	Joe Wagenbenner
Thomas Figures	Scott Nicklas	Robert Wagenbenner
Shanna Foreman	Mark Niemela	Robert Wareham
Joan Goodbody	Janice Nordsiek	Michael Williams
Rebecca Graff	Shamai Orkibi	R. Wusirika
Leslie Grantz	Julie Parkila	

the common property of the cooperative. They usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any of all of the following purposes: developing the cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

Visit ica.coop to see complete listing of cooperative principles.

board of directors

Chris Alquist
calquist@hotmail.com
Director
Term ending 2014

Carl Blair
cblair@mtu.edu
President
Term ending 2015

Heather Dunne
heather.dunne@finlandia.edu
Vice President
Term ending 2014

Mike LaBeau
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Director
Term ending 2016

Libby Meyer
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Director
Term ending 2015

Susan Serafini
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Treasurer
Term ending 2015

Heather Sewell
hthrswwl@yahoo.com
Director
Term ending 2014

John Slivon
john@jrsdesign.net
Director
Term ending 2016

Patrick Walls
patrick.walls1980@gmail.com
Director
Term ending 2016

Practical Wellness

by Dr. Jinny Sirard, Co-op Owner

The Amazing Health Benefits of Coconut Oil

Coconut oil has recently been deemed a “superfood” by many health and wellness experts due to an impressive list of health benefits.

Coconut oil is composed of 87-92% saturated fat. So how can it be good for you? Well, for starters the fat contained in coconut oil is a unique blend of healthy medium chain triglycerides that boast a number of health benefits.

Unfortunately, the anti-saturated fat campaign has misled people into believing that all saturated fats are unhealthy and cause heart disease, and therefore should be eliminated in our diet. Truth be told, many saturated fats are actually very healthy for you. Much of the research demonizing saturated fats as “artery clogging” and a promoter of heart disease is based on the assumption that all saturated fats are created equal. Though you may not know the difference, your body certainly does.

Some of the greatest evidence supporting the health benefits of coconut oil comes simply from observation. Epidemiological (or population) studies have demonstrated that cultures that consume great quantities of coconut oil and the fruit as a whole are some of the healthiest populations in the world, with practically no incidence of heart disease and chronic illness that plague the western world.

In areas such as Polynesia, where coconut is native to the land, people consume it in all of its forms as a main source of sustenance. Interestingly, these populations, such as the Tokelau and Pūpūka, consume the highest amount of coconut in all its forms, accounting for 34-68% of their caloric intake, and have low serum cholesterol levels and very low incidence of heart disease.



Benefits of coconut oil:

- Promotes metabolism**
 Coconut oil consumption has a unique favorable effect on thyroid function, which promotes a healthy metabolism. Additionally coconut oil has been proven to combat abdominal fat.
- Anti-aging**
 Oxidative stress leads to cell damage and ultimately aging. Coconut oil has a powerful antioxidant action in the body which can slow down the aging and degenerative process.
- Anti-inflammatory**
 Due to the wonderful anti-inflammatory characteristics of coconut oil, a number of inflammation driven diseases can be combated such as cancer, heart disease, arthritis, Alzheimer’s disease and autoimmune diseases.
- Immune boosting**
 Coconut oil has a tremendous positive effect on immune function. Coconut oil contains 50% Lauric acid, a saturated fat found in high quantities in human breast milk. It is a disease fighting fatty acid which protects from viral and bacterial infections. Coconut oil has also demonstrated anti-candida (harmful yeast) effects.

A few household uses of coconut oil:

- Cooking and baking**
 Use to replace butter and oils in baking recipes. The rich flavor of coconut oil is great for sautéing. It makes a terrific popcorn popping oil!

- Immune booster**
 As mentioned above coconut oil has wonderful antimicrobial benefits. Take a teaspoon a few times a day to give your immune system a boost when you need it.
- Skin moisturizer**
 Apply to dry skin or use as a daily moisturizer. Simply work a small amount into your hand and apply. Coconut oil also has the unique ability to protect from environmental contaminants that may be absorbed through the skin and it's rich in Vitamin E.
- Hair moisturizer**
 Use to repair damaged and dry hair by applying liquid form coconut oil to your hair and let sit. Wash twice to remove excess oil.

When choosing coconut oil it is very important to choose wisely. Always select virgin or extra virgin varieties. Refined coconut oil is processed and for this reason many of the health benefits may be lost. Unfortunately, some coconut oil products have been “hydrogenated”, a process which creates very unhealthy, disease causing trans-fats. So, be sure to avoid hydrogenated coconut oil products, and all hydrogenated oils/fats for that matter.

At the Co-op you can find a great selection of healthy coconut oil and coconut products so you too can experience the wonderful health benefits of this amazing fruit! ::

Information for Practical Wellness is provided by Superior Family Chiropractic in Chassell.

Sources:

The Use of Coconut Oil, a Healthy Medium-Chain Fatty Acid, as Part of the FirstLine Therapy Program." Functional Medicine Research Center (2008): n. pag. Web.

"Freedom Press - Online Store and Information Center." Freedom Press - Online Store and Information Center. N.p., n.d. Web. 12 Sept. 2013.

Gunnars, Kris. "Top 10 Evidence-Based Health Benefits of Coconut Oil." Authority Nutrition. N.p., 8 July 2013. Web. 13 Sept. 2013.

LoGiudice, Pina, ND. "The Surprising Health Benefits of Coconut Oil." The Dr. Oz Show. N.p., 29 Sept. 2012. Web. 15 Sept. 2013.

Unrefined or Refined Coconut Oil?

Choose unrefined coconut oil if you desire the fullest coconut flavor and the most phytonutrients. Choose refined coconut oil when cooking at higher temperatures. Refined coconut oil has a smoking point of 450 degrees Fahrenheit, while unrefined coconut oil has a smoking point of 350 degrees Fahrenheit.



Spectrum Naturals offers Organic unrefined and refined coconut oil, both available at the Co-op

Whole or white kernel?

Whole kernel oil, which is made from the coconut kernel with the inside skin left on, is more nutritious and has a slightly nuttier flavor whereas white kernel oil offers a more familiar choice to consumers who are familiar with this grade. Both oils have the same culinary and body care uses.



Dr. Bronner's offers both white and whole kernel coconut oil, Fair-Trade and Organic, available at the Co-op

Two opportunities to put your money where your mouth is and support local food

Wintergreen Foods: Farmers seeking Funders

(reprinted from indiegogo.com/projects/wintergreen-foods-farmers-seeking-funders)

We know that a lot of people in the Western Upper Peninsula want to see more local food options and more successful small farms in this region.

In fact, we want to see those things too.

So, we're opening a vegetable processing facility in Ontonagon County, called Wintergreen Foods.

Wintergreen Foods will provide products like bagged salad mixes, carrot sticks, and squash puree for sale to local school cafeterias. We are developing these products in partnership with cafeteria staff to ensure that they are easy to incorporate into school menus and profitable for everyone involved.

We'll also market these products to stores and restaurants, and produce items specifically for sale in area stores, such as dried tomatoes, zucchini chips, pre-cut pasty mix, and more.

Everything made at Wintergreen Foods will be made from local produce. Some grown by us, on site or at Wintergreen Farm, but much grown by other area farmers.

We plan to sell more than we can possibly grow ourselves and we want Wintergreen Foods to benefit the entire agricultural community in the Western Upper Peninsula.

We're already underway. We've purchased the location, the old Candlelight Restaurant. It has much of the equipment we'll need to get our facility started – including some cold storage space to allow us to keep locally grown produce fresh beyond our limited

growing season.

But we need a few more things. That's where you, and your money, come in.

We know we're asking for community support from a cash strapped community, so we are keeping our request modest. We'll also spend a significant amount of the money we receive at other local businesses, namely Peninsula Graphics, Burke Design and Baron Services.

With the \$8350 we're asking for, we'll purchase a small commercial dehydrator, packaging materials and labels, an impulse sealer (for sealing packages), a high capacity legal for trade scale, a six foot tiller, a row cultivator, a potato hiller, and a flail chopper. And we'll pay our neighbor the rest of the money we owe him for our "new" tractor as well as get a web site started.

The dehydrator and packing equipment will allow us to begin producing specialty dried items before the end of the 2013 growing season. Dehydrated products have a relatively long shelf life (compared to fresh salad greens), so they're the perfect place to start as we expand our relationships with area grocery stores, restaurants, and institutional kitchens.

We even have an agreement in place to sell dehydrated fruits and vegetables in the Ontonagon school vending machine this fall.

The field equipment will help us make the jump from our current two acres of vegetables to our goal of growing about five acres of vegetables next year. Even



Future home of Wintergreen Foods

with the employees we intend to hire in the spring of 2014, we'll need to increase our mechanization to properly manage that much land.

We'll use the flail chopper to cut mountains of grass for composting. We love compost.

Of course, this campaign can raise more than \$8350. It's up to you. Every extra dollar will help us grow this new facet of our agricultural business that much faster.

We will put any funds over \$8350 towards these costs:

- We'll need some cash to remove a rotten section of flooring above the crawlspace along the southeast side of the building. Once we get it out, we'll level out the ground and pour a concrete pad - future flooring for about 400 square feet of additional cold storage space we plan to build as soon as practical. The rest of the building is sound.

Seeds & Spores Fire Relief

(reprinted from youcaring.com/help-a-neighbor/seeds-spores-fire-relief)

July 10th 2013: We were awoken at 4:45am on July 8th 2013 in the morning with a phone call that the barn was on fire. We watched it burn to the ground as the 4 local fire departments tried to contain the blaze...

...**July 17th 2013:** We are in full recovery mode out here at the farm, and have had time to do nothing else but keep pushing forward. The tremendous support from our community has been energizing us. Basic things, such as eating and sleeping, are helping us, too. We are adjusting to the new normal. Our farm crew has been amazing, strong, flexible, and cohesive.

Friday night, the fire dept. had to return because the gravity bin full of organic corn kept smoldering and covering the neighborhood with smoke. The fire investigation necessitated that the collapsed metal roof be removed. Once this was done on Monday, an excavator was able to remove all of the rotting remains of the food from our cooler and freezers. This improved the smell significantly! After this first round of excavating, some of the pallets of mineral started smoking again and, last night there were flames. They were controlled with water from the well. We are

- Additional funds will help us immensely by allowing us to purchase the many "little things" (like gloves, hairnets, business cards, parchment paper...) we'll need and cover the on-going expenses involved in a food processing business, such as licensing and certification fees, water testing, utilities, and payroll as we get things rolling.

We understand that not everyone has money to spare. If you can't contribute funds, please contribute a tiny bit of your time and energy by sharing this campaign with absolutely everyone you know. ::

[Through October 7th folks can contribute via the Indiegogo campaign here: igg.me/at/wintergreen. Beyond that, we will be happy to take contributions in person at the Food Day event, or people can mail contributions to: Wintergreen Farm, 33122 US-45 Ontonagon MI 49953]

hoping that we are done with smoke and flames now.

Our makeshift wash/pack tent has been working fine. Our neighbors found us a washing machine to spin the lettuce mix. Another donated tent has become our "kitchen". We are renting a semi trailer to be used for dry storage. We have also been renting a walk in cooler on Green Garden Hill and have been using a friend's covered trailer for transporting produce. This week's CSA (community supported agriculture) boxes were packed right out of the cooler. We made it to the farmers market on Saturday and have still been able to fill our Marquette Food Co-op orders.

We purchased a refrigerated trailer that is being transported from Wisconsin. Having this parked right at the farm will be very helpful. We also just received a pallet of livestock minerals



How will the U.P.'s Food & Farm Economy measure up?

Anticipating the results of Ken Meter's study

How much money is spent on food in the Upper Peninsula? How much of the food we consume is grown locally? Ken Meter, food system analyst and president of the Crossroads Resource Center in Minneapolis, will be answering these questions and more on November 5th at the Food Summit in Houghton (See page 13).

Ken has performed studies on local farm economies in 95 regions across 32 states and is considered one of the foremost food system analysts in the United States. His work integrates market analysis, business development, systems thinking, and social concerns.

Earlier this year the Upper Peninsula Food Exchange (UPFE) commissioned Ken Meter to conduct a Food & Farm Economy Study for the Upper Peninsula with funding they received from a Regional Food Systems Grant from the Michigan Department of Agriculture and Rural Development.

Ken has recently completed this study and is preparing to present the results as the keynote speaker at the upcoming U.P. Food Summit. The results of the study will give a picture of the existing food system in the Upper Peninsula—how many people buying how many dollars worth of food, number and types of farms, products being produced, farm income and expenses, sources of inputs, health conditions, and so on.



◀ **Ken Meter,**
food analyst
and president
of Crossroads
Resource Center

Most importantly it will show the potential wealth lost to sources outside the region each year and how to grow our local food system to capture this wealth and improve our health.

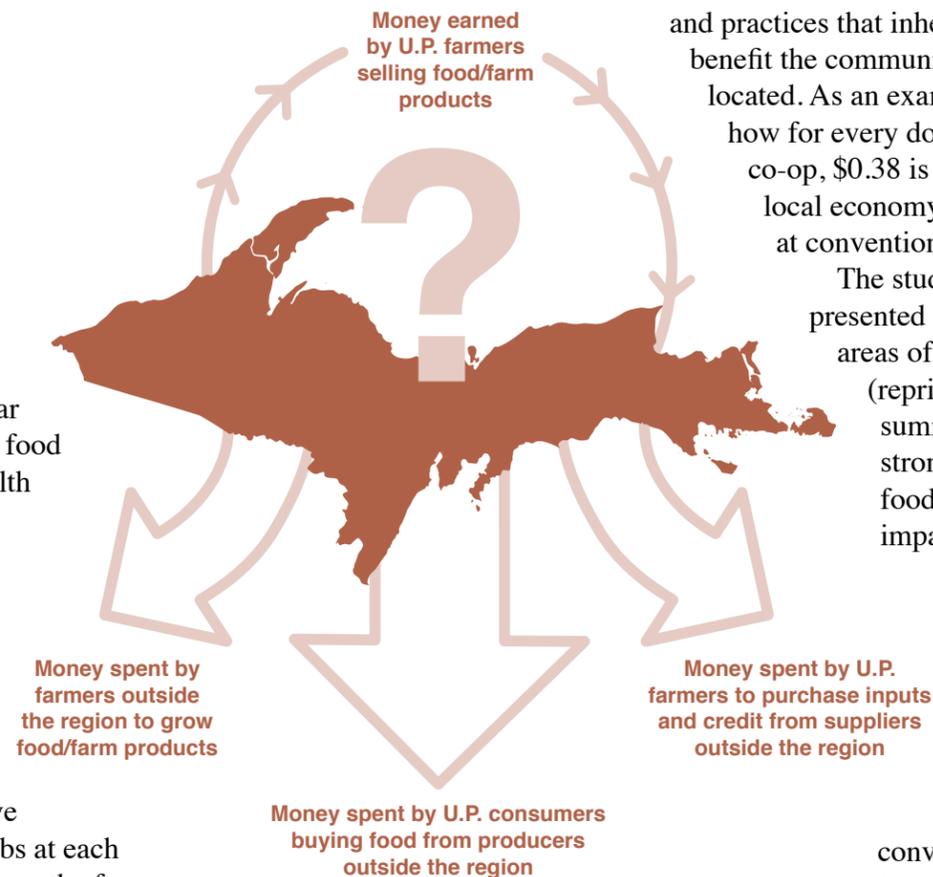
We all play a role in the local food system and have the opportunity to both impact and benefit from it. Increasing the amount of locally produced food we eat has the potential to improve our economy and create jobs at each phase of the food system—on the farm, at processing and distribution facilities, seed and breed stock operations, equipment dealerships, feed and compost suppliers, grocery stores, restaurants, and elsewhere. But it's not just about economic opportunity, local food systems also improve our region's self-reliance, health, and connectedness.

We tried to get a sneak peek of the report for this article, but mum's the word until the Food Summit in November.

The social and economic impacts of food co-ops

Ken's report won't give specific data regarding the role of food co-ops in the local food system but a 2012 study by the National Cooperative Grocers Association, *Healthy Foods Healthy Communities: The Social and Economic Impacts of Food Co-ops*, shows that co-ops have the edge in supporting local food systems and building relationships with growers as compared to conventional grocery stores.

The study highlights how food co-ops, unlike their conventional counterparts, are owned and governed by member-shoppers and rooted in cooperative principles



and practices that inherently serve and benefit the communities where they are located. As an example, the study shows how for every dollar spent at a food co-op, \$0.38 is reinvested in the local economy compared to \$0.24 at conventional grocers.

The study results are presented in the four following areas of impact/benefit (reprinted from the report summary at <http://strongertogether.coop/food-coops/food-co-op-impact-study/>):

Supporting Local Food Systems & Sustainable Foods

Though "local" has popped up in conventional grocery stores in recent years, retail food co-ops are leaps and bounds ahead of the pack. Where conventional grocers work with an average of 65 local farmers and food producers, food co-ops work with an average of 157. Likewise, locally sourced products make up an average of 20 percent of co-op sales compared to 6 percent at conventional stores.

Years after creating the market for organic foods, co-ops are still the place to find them. Of produce sales at food co-ops, 82 percent are organic, compared to 12 percent for conventional grocers. And, organics make up 48 percent of grocery sales in food co-ops, compared to just 2 percent in conventional grocers.

Local Economic Impact

The economic impact that a grocery store has on its local economy is greater than just the sum of its local spending, because a portion of money spent locally recirculates. For example, food co-ops purchase from local farmers who, in turn, buy supplies from local sources, hire local technicians to repair equipment,

and purchase goods and services from local retailers. To some extent, conventional grocers do too, but the gap is still significant. For every \$1,000 a shopper spends at their local food co-op, \$1,604 in economic activity is generated in their local economy—\$239 more than if they had spent that same \$1,000 at a conventional grocer.

Employee Benefits

The average co-op earning \$10 million per year in revenue provides jobs for over 90 workers. In total, 68 percent of those workers are eligible for health insurance, compared to 56 percent of employees at conventional grocers. Co-op employees also earn an average of nearly \$1.00 more per hour than conventional grocery workers when bonuses and profit sharing are taken into account.

Environmental Stewardship

Grocery stores—co-ops and conventional alike—generate a significant amount of waste. What sets retail food co-ops apart is what they do with that waste. Co-ops recycle 96 percent of cardboard, 74 percent of food waste and 81 percent of plastics compared to 91 percent, 36 percent and 29 percent, respectively, recycled by conventional grocers.

At the Keweenaw Co-op?

How does the Keweenaw Co-op measure up compared to these national findings? Perhaps that should be the topic of a future study. One area that wasn't accounted for in this national study, but is an important part of the Keweenaw Co-op's social and economic impact, is charitable contributions. In keeping with the cooperative principles and values, the Co-op currently donates 15% of its net income to community organizations and local farm initiatives.

We know, and Ken Meter's study will show, there is much work yet to be done on our local food system. As the largest and longest-standing retail hub for local foods in the Western U.P., the Keweenaw Co-op has a key role to play. That is why an important part of the Co-op's vision for the future is to increase its capacity to offer local foods and serve local farmers. To make this work we all need to commit to eating local. Even one meal a week will make a difference. Start now! ::

Seeds & Spores Fire Relief (continued from page 9)

so that we can start mixing feed again. A large shipment of bins has just arrived. These are important for the CSA, harvesting, storage in the cooler, and the farmers' market. The replacement seeds for succession planting have been arriving. We have also been replacing tools, the printer, berry containers, egg boxes, harvesting supplies, labels, veggie bags etc.

The intense heat and lack of rain this week has been a bit challenging, so we have had to spend a lot of time and effort to keep the irrigation moving over all the fields and in the greenhouses. The animals are hot and listless, too. Swimming in the Chocolate River has been refreshing to us during lunch and at the end of the day!

Most importantly, you need to know how much we appreciate your outpouring of love and support. The kind words and encouragement are so helpful to us. The music benefit and auction at the Ore Dock Brewery was packed last night. Many thanks to all of

you who created this event, donated music, art and auction items, and also to those who attended.

The donation page [youcaring.com/help-a-neighbor/seeds-spores-fire-relief], which was created by some of our friends, blows us away. We are receiving donations from friends, family, neighbors, local customers, and generous folks from other states that we have not yet met. Please understand that we are so grateful to you all. Our tragic fire is bringing everyone together in a way that we never could have imagined. We feel the love and hope you do, too.

Seeds and Spores Family Farm would not exist if our community didn't have visions and dreams of healthy food and lifestyles, conscious consumerism, and a vibrant local economy. Thank you all. ::

[The YouCaring.com online fundraiser ended October 1, but monetary donations are still accepted by mail at 724 Greenfield Road • Marquette • 49855, and at the Marquette Food Co-op.]

Keweenaw Food Day Come Celebrate Local Food

OCTOBER 24

Apple Cider Pressing

Pumpkin Decorating

Local Food Sampling

Live Music & Door Prizes

Educational Displays

TED Food Talks Screenings

Presentation of Wintergreen Foods

at Portage Lake District Library

Free Admission - Everyone Welcome!

Keweenaw FOOD DAY.ORG
OCTOBER 24, 2013

Come Celebrate Local Food!

- Andrea Corpolongo Smith presents: Wintergreen Foods - A Regional Food Hub
- TED Food Talks Screenings
- Educational Displays & Booths
- Apple Cider Pressing, Pumpkin Decorating & Other Food Fun
- Local/Seasonal Foods Sampling
- Live Music, Door Prizes & More...

Portage Lake District Library (rain or shine)
Thursday, October 24 • 2-6 p.m.
Free Admission - Everyone is Welcome!

TOGETHER AT THE TABLE

RECIPES FOR A SUSTAINABLE LOCAL FOOD SYSTEM

Three Summits to choose from

Tuesday, November 5th-Houghton	8:30 am - 4:30 pm in each location
Wednesday, November 6th-Marquette	Pre-registration \$15 until Wednesday, October 30th. Registration at the door \$20.
Thursday, November 7th-Sault Ste. Marie	

Visit www.upfoodexchange.com or call 906-225-0671 ext. 11 for details and to register.

A limited number of pre-registration scholarships are available. Call to inquire.

Western U.P. Food Summit – “Together at the Table” to Strengthen the Local Food System

by Ray Sharp – Western Upper Peninsula Health Department

The U.P. Food Exchange, a new organization devoted to bolstering local food production and distribution across the Upper Peninsula, is hosting food summits in Houghton, Marquette and Sault Ste. Marie in early November. The Western U.P. Summit is set for Tuesday, November 5 from 8:00 am to 4:30 pm upstairs at the Dee Stadium on the Houghton waterfront.

The title of the gathering, “Together at the Table,” emphasizes the need for coordination to enhance the local food system for farmers, gardeners, stores, restaurants, schools, and consumers. The keynote speaker, Ken Meter, president of the Minneapolis-based Crossroads Resource Center, will present the results of an in-depth analysis of the U.P. farm

economy (see page 10).

Other topics for the day-long conference include an overview of the U.P. Food Exchange and the Western U.P. Food Hub, updates from MSU-Extension and the state agriculture department, a discussion of the new Michigan Food Law which enables restaurants and institutions to serve locally grown produce, information about a garden to table initiative in the Hancock Schools, and plans for a food aggregation and processing center in Ontonagon.

The fee to attend is \$15 advance, \$20 at the door, to cover the cost of a lunch featuring locally sourced foods. For more information and to register, visit upfoodexchange.com. ::

U.P. FOOD EXCHANGE
growing local food systems

The Plowshare is the new incarnation of the U.P. Farm Bulletin. Now managed by the U.P. Food Exchange, you will still hear about events and projects related to U.P. agriculture and local food. Subscribe at: upfoodexchange.com/news-and-events/our-newsletter/

THE PLOWSHARE
The Newsletter of the
Upper Peninsula Food Exchange





Co-op Month

"Each October, cooperatives across the United States celebrate the cooperative difference, business model and the contributions of cooperatives to their communities. Minnesota was the first state to observe Co-op Month in 1948, and it spread quickly to the entire nation. Co-op Month became a government-sponsored national event in 1964. The responsibility for planning was turned over to cooperatives in 1971. Annual celebrations play a key role in educating members and communities as well as the public and policy makers about the role cooperatives play in strengthening the economy, providing jobs and improving life in local communities." For more info visit:

ncba.coop/coop-month



Non-GMO Month

"Non-GMO Month [October] was created by the Non-GMO Project in 2010 as a platform for raising awareness on the GMO issue. Citizens and organizations across North America are waking up to the failure of GMO technology, and discovering the risks GMOs pose to our health, our families, and our planet. Non-GMO Month is an opportunity to coordinate our voices and our actions, so that we can stand up loudly and clearly for our right to know what's in our food, and to choose non-GMO. Protecting consumer choice and a non-GMO food supply require a multi-faceted approach and lots of team work, which is why this website was created. Together, we make Non-GMO Month happen by creating and participating in events, and spreading the word in our communities." For more info visit:

www.nongmomonth.org

www.nongmomonth.org



Fair Trade Month

"The month of October is TransFair USA's Fair Trade Month, and the 2013 theme is 'Buy Fair Be Fair'. TransFair USA is the United States's only third-party certifier of Fair Trade products. Therefore they have leveraged the month of October to increase consumer awareness of what fair trade certified products are available, how to find them, and what impact they have locally and globally. The global impact can be felt as we begin to remove harmful child labor practices and slavery from the supply chain." For more information visit:

befair.org

co-op classes

Classes, workshops, and demonstrations are open to everyone. Unless indicated otherwise, all events take place in the Community Room on the second floor of the Co-op. If you need assistance with the stairs please contact Faye Carr at the Co-op (906-482-2030). Register and pay at the Co-op. Class size is limited to ten participants. If a class size of 8 is not met, the class will be cancelled.

Homemade Body Care & Household Cleaners

Tuesday, October 22

6:30 pm to 8:00 pm

Owners: \$10

Non-owners: \$12

Instructor: Susan Burack

Learn how to make laundry soap, cleaners, lotions, tooth powder, facial masque, body butter, and more. Save money, eliminate chemicals, improve the environment. Recipes and samples provided.



Kora in the kitchen. Visit Kora's Korner cooking blog for Co-op kids online at www.keweenaw.coop/koras.php

Juicing for Health & Wellness

Saturday, November 2

11:00 am to 12:30 pm

Owners: \$10 + \$3 Materials Fee

Non-owners: \$12 + \$3 Materials Fess

Instructor: Jess Juntunen

Curious about juicing? Fall is a perfect time to add healthful juices to your life and routine. Support your overall mental, emotional, and physical health through the creation of delicious juices. Whether you are just beginning, or have some experience, you will be sure to walk away with some new knowledge and exciting ideas and inspiration. In this class we will demystify the variety of juicers on the market, discuss benefits of juicing, take home some unique recipes, discuss using juices as a way to nourish and heal your body, and make and drink your own creations.

Kids Cook Too

Saturday, November 16

11:00 am - 1:00 pm

Owners: \$10

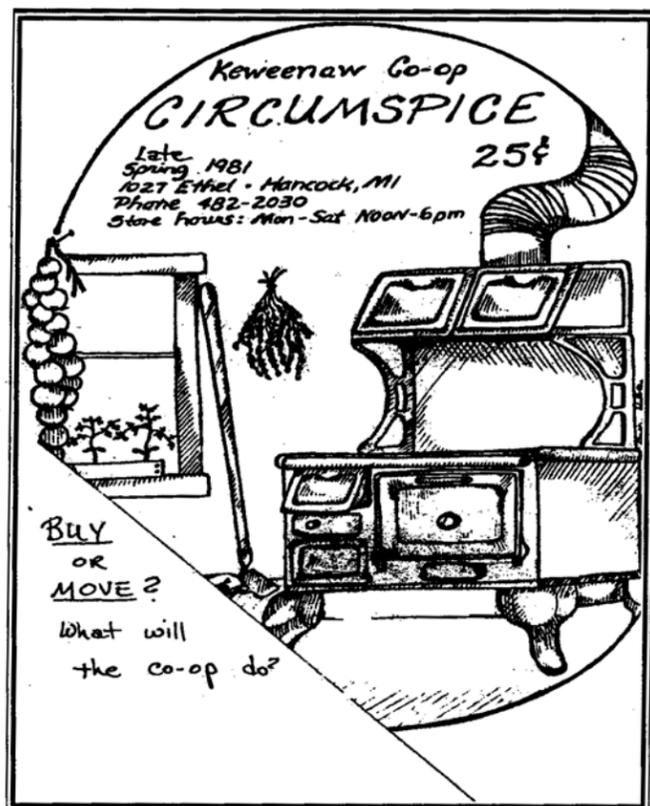
Non-owners: \$12

Instructor: Kora Johnson

A cooking class by kids for kids focused on healthy eating (muffin quiche and stir-fry). Hosted by 10-year old Kora and her assistant Chef Danielle from the Co-op kitchen. Kora wants everyone to know how fun and exciting cooking and being in the kitchen can be, regardless of age.

Proceeds from this class will be donated to Wintergreen Foods (see page 8). All kids under age 12 must be accompanied by an adult.

Keweenaw Co-op celebrates 40 years in 2013!



Applesauce Bread

(from page 99 of the *Keweenaw Co-op 20th Anniversary Cookbook 1973-1993*)

- | | |
|----------------|------------------|
| 1/2 cup butter | 1 tsp vanilla |
| 1 tsp nutmeg | 1 tsp soda |
| 2 cups flour | 2 eggs |
| 1/3 cup nuts | 1/2 tsp salt |
| 3/4 cup honey | 1 cup applesauce |

Preheat oven to 350°. Grease bottom only of bread pan. Mix all ingredients in one bowl. Put filling in pan. Bake 50-60 minutes. Makes 1 loaf. This recipe doubles very well. (Spring 1980)

◀ From page 17 of the *Keweenaw Co-op 20th Anniversary Cookbook 1973-1993*.



The Bring-a-Bag Campaign is one of the ways the Co-op gives back to the community. Every bag the Co-op saves because shoppers bring in their own reusable bag earns money for the community. A different recipient is awarded every 6 months.

BikeFINLANDIA
(Recipient from November 2013-April 2014)
www.facebook.com/pages/Bike-Finlandia

BikeFINLANDIA is a non-profit student organization. The mission is to increase access to bicycles, develop a bicycle-friendly infrastructure, and nurture a bicycle culture. *BikeFINLANDIA* promotes biking as a healthy alternative to motorized travel in and around campus.



From the GM

by Curt Webb — General Manager

Giving Back

Giving back to our community can take many shapes and forms. The Keweenaw Co-op's Ends guide our work and they are written in terms of what the community receives from us: Reliable access to sustainably produced healthful food, wares, services and practices, specifically food that is high quality, safe, nutritious, Organic, Fair-Trade and Cruelty-Free as well as access to local and regional products. Further, we provide resources and educational opportunities about healthy practices and sustainable choices to foster an informed community.

And that's what we do, but we know we can always do more. We approach our work with an eye for continuous improvement and seek creative ways to do what we do better. A vision, built around those Ends, drives our work.

Our Vision: The Keweenaw Co-op is the first place our community goes for sustainably produced healthful goods. We meet the growing demand for high quality, safe, nutritious, Organic, Fair-Trade, Cruelty-Free and local products; we do so with exceptional customer service and operational efficiency. We fortify that with easy access to services, education and resources that allow our community to make informed decisions about their health and environment.

With our vision in hand, we have been refining our product line with an eye toward choice and value while balancing consumer demand with our Ends' directives.

We focus on profitability to ensure we have a viable business that will be here for our community into the future, that we use our Owner's investment responsibly, that we are able to make needed improvements to meet Owner needs and better serve our community, and that we become an even better place to work.

"Our Vision: The Keweenaw Co-op is the first place our community goes for sustainably produced healthful goods."

We are building organizational capacity for growth and by seeking training to build staff skills and knowledge about best cooperative business practices, from customer service training to improving financial performance. We have a wealth of resources and peer support available to guide, teach and inspire us, and we are learning to ask for help.

As you know, for the past two years we have been on a path of analyzing, learning and preparing for an expansion or relocation. Our Management Team and Board of Directors each just completed an assessment of our readiness to move to the next stage of this project. The verdict: We have come a long way, but there is still work to do. I can confidently say that we



are closer than ever before to making this a reality.

In the meantime we continue to work to build a shared vision for our future Co-op.

This vision takes the themes from the vision spelled out above and expands on them, drawing a picture of how that might best manifest itself in the physical world. Over the coming year we will test this vision, gather feedback, refine it and test it again. Watch for more opportunities to participate along the way.

I am pleased that the Keweenaw Co-op is an integral part of our local community, not only by providing the services mentioned above, but also that we are able to support local charitable organizations through our Bring-a-Bag Campaign and to sponsor numerous community events. Thank you for making this possible to give back, together. ::

From the Bulk Department

by Dan Schneider - Bulk Foods & Coffee Buyer



What have you done with my coffee!?

Recognizing that for a lot of people, coffee ranks somewhere near oxygen and food on the list of life's necessities, some explanation is in order concerning recent changes in the coffee section here at the Keweenaw Co-op.

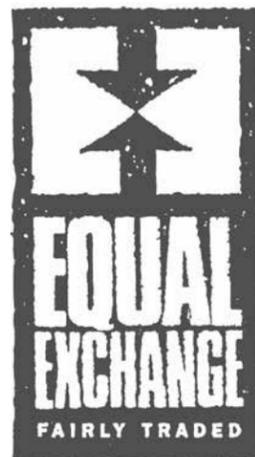
The general need for change in our coffee department, resulting in a smaller, more carefully curated selection, arose from a desire to offer for sale the freshest coffee possible. There had been several roasts that sold slowly, the beans remaining in their bins for weeks at a stretch and suffering the deleterious effects of time. These coffees have been eliminated from our permanent selection, though several will make periodic appearances on a rotating basis.

What follows is a description, organized by roaster, of the fates and destinies of our various coffees:

Equal Exchange

Equal Exchange, a worker-owned cooperative, has provided us with a sharp new display unit with bin space for eight roasts, down from the 13 roasts their old fixture accommodated. The most popular roasts will remain consistently available (French Roast; Breakfast Blend; Love Buzz; Peruvian French Roast; Mind, Body & Soul). But Equal Exchange roasts a lot of other coffee that is worth trying. Seasonal roasts, like the Bird of Paradise roast on sale during the

month of October, will be part of a rotation with some of the Equal Exchange roasts that are more familiar to our customers (Guatemalan, Black Silk Espresso, etc.). This rotation strategy will also help us accommodate the seasonality of single-origin coffee beans, allowing us to present these beans at the time of year when they are at their best.



Higher Grounds

The plans for this Traverse-City-based roaster are similar to those described above for Equal Exchange. Justice Blend and Mayan Magic Espresso will have a consistent home on our shelves. Roasts like

Ethiopian Yirgacheffe and Gayo Mountain Sumatran will make intermittent appearance, rotating with new offerings such as Bolivian Pumiri and Guatemalan Aititlan. Higher Grounds Medium Roast Decaf will be back, its elimination from our coffee selection having gone over like a lead balloon.

Twin Lakes Java

Not a lot will change for local roaster Twin Lakes Java. But these beans can now be found in a new location: on the set of shelves to the left of the coffee bins. Selling TLJ's French and Ethiopian roasts in bulk bins was tried, but these will be sold in one-pound bags in the future.



New! Keweenaw Coffee Works

Locally Roasted, Sustainably Grown

Many of the beans we offer include special certifications such as Fair Trade, Organic or Rainforest Alliance. However, because some of these certifications are not available in particular regions and/or certifications such as these can be costly; we look for other signs of human and earth friendliness. Does the coffee come

from a farming cooperative? Does the cooperative offer any special services to the farmers, such as health care and/or educational services? What type of farming practices do they use? Is the coffee an heirloom varietal? These are the types of questions we ask when speaking with our suppliers. We proudly stand by each and every one of our coffees and remain steadfast in our support of farming cooperatives and fair trade/earth friendly practices! Oh, and our bags are biodegradable/compostable... in case you were wondering. We invite you to come, Get Roasted with us!

keweenawcoffeeworks.com • 326 5th St, Calumet • 906.337.6220



photo by Brockit.com



Keweenaw Coffee Works (NEW!)

We'll be selling four coffees from this Calumet-based roaster in bulk bins, plus

their Traprock Decaf blend in one-pound bags. Their Yooper Blend and Elbow Grease Espresso have already won fans, and their other roasts are definitely worth trying (look out, especially, for the Borealis Blend, a light-roasted Ethiopian bean with unusually distinct fruit notes in the flavor and aroma).

Peace Coffee

Some of Peace's slower selling roasts will step aside to make room for some of their more interesting beans, to wit: the Alchemy Series. The very cool Alchemy Series coffees are limited edition roasts promoting



connoisseurship of coffee. They come in a distinctive white bag with extensive roaster's notes cleverly attached with a rubber band. We'll offer roasts from the Alchemy Series as they become available throughout the year.

Cafe Mam

Eugene, Oregon-based Cafe Mam, which was our least popular roaster based on sales, has been supplanted by . . .

. . . Just Coffee (NEW!)

Just Coffee is a worker owned cooperative in Madison, Wisconsin, which roasts excellent coffees with funky names. They are committed to Fair Trade and a fully transparent supply chain. Try their Nicaraguan Las Diosas light roast coffee. The beans come from four women-owned coffee co-ops that are members of the Fundacion Entre Mujeres (La FEM), an organization dedicated to the empowerment of women.



That should about cover it. If you have any questions about these changes, let me know. We can talk about it over a cup of coffee. ::



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- (Serves 4-6)
- Stuffed Vegan Tofu Roast \$35.00
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 - Wheat-Free Stuffing (extra wild rice). \$37.50
 - w/Gravy & Roasted Vegetables. \$52.50