



The Voice of the Keweenaw Co-op Market & Deli

Circumspice

HANCOCK, MICHIGAN

SPRING / SUMMER 2012

OWNER APPRECIATION DAY





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 Member-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 Member-Owners. The next deadline for submissions is Sept. 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...

The Co-op's **Core Value Program** is a campaign to make everyday healthful pantry staples available to shoppers at affordable prices. Look for great values wherever you see the apple core. A complete list of our Core Values products is available as a brochure at the check-out area and on the website.



Core Values

We select products each month throughout the store for special discounts. See the Monthly Specials flyer in the store and on the Co-op website, and look for signs throughout the store to help you locate the sale items.

Monthly Specials

Owner Deals is our way of saying "Thank You" to our Member-Owners. Look for these exclusive rotating deals featured on the end caps of the aisles throughout the store.

Once each quarter the Co-op celebrates its Member-Owners with an **Owner Appreciation Day**. Member-Owners in good standing receive a 10% discount on their purchases (excluding Core Value and Monthly Specials).

Owners Only

We offer 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 lots, price is calculated at 20% over wholesale cost for Member-Owners, and 10% under retail cost for non-members.

Special Orders

All **students** (including non-members) 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-members) who shop on Wednesdays receive a 5% discount on their purchase.

From the Produce Department

by Denina Kaunonen — Produce Manager

Fair Trade

Chances are you have probably noticed products at the Co-op that are labeled "Fair Trade". What exactly does "Fair Trade" mean? "Fair Trade" is an organized social movement that strives to help producers and workers establish better trading standards, humane working conditions, receive fair wages and use sustainable growing methods. Along with focusing on producers and workers, the movement also aims to achieve high social and environmental standards. In order for a product to be "Fair Trade" certified, a number of criteria must be met. This usually includes, but is not limited to, high environmental standards, labor standards and developmental standards. The certification process is overseen by a standard-setting body and a certification body, both of which audit producers to ensure the agreed standards are met. Once a product or producer has met set standards, they can use a Fair Trade certified label.

The Fair Trade movement has been gaining ground with organic produce. We have seen an increase in the number of fairly traded produce items that are available for sale in the Produce Department. This has been a welcome change. Items such as blueberries, mangoes, pears and apples have become available as Fair Trade certified.

One Fair Trade certified item that has been making a big impact on workers and producers is Equal Exchange bananas. Equal Exchange (EE) is a worker-owned cooperative based in West Bridgewater, Massachusetts. "Only through organization, can small farmers survive and thrive" is one of Equal Exchange's underlying beliefs. One way Equal Exchange practices this belief is by working with small farmers who own

their own land and are also organized into their own producer co-ops.

Purchases of EE bananas also contribute to a Social Premium Fund. The Social Premium Fund is a "democratically-controlled fund that goes directly back to the growers and their communities" to be used for health care, education or environmental projects. The Social Premium Fund is financed through a one dollar premium importers pay for each 40lb case of bananas sold (or one-cent per each Fair Trade banana).

In 2011, EE purchased more than 13 million bananas from farmer cooperatives to distribute to people like us. More than \$2 million was paid directly to the small scale banana growers; \$200,000 was contributed to the Social Premium Fund at three banana cooperatives in Ecuador and Peru.

So how did the Keweenaw Co-op contribute to this fund? Our co-op purchased a total of 377 boxes (15,080 pounds) of EE bananas, directly contributing \$377 to the Social Premium Fund. To read more about the impact EE is making for small banana farmers and their communities visit their website at www.beyondthepeel.com.

Reading about the impact you can make as a consumer may empower you to make more informed decisions the next time you are shopping. It goes without saying, "all bananas are NOT created Equal".

When you chose Fair Trade, you chose to support a system that is in harmony with your values as a co-op member. Choosing Fair Trade supports the people behind the product and ensures that land is used sustainably as well. ::



Welcome New Member-Owners

Joined between January 18 - May 20, 2012

Todd Arney	Kirk Hammel	Michele Maatta	Jenny Rohlf
Michael Bailly	Anthony Heathcoat	Deborah McDowell	James Rota
Donald Brinkman	Laura Hill	Emily Mitchell	Beth Russell
Kris Bunker	Linnea McGowan Hobmeier	Joni Moore	Marja Salani
Eric Cadeau	Ellen Horsch	Richard Moore	Donald Savera
Cynthia Cote	Rebecca Johnson	Dan Motowski	Jennie Scott
Erica Denofre	Kathryn Kass	Elizabeth Murrell	Jinny Sirard
Heather Dunne	Josephine Kaurala	Bheki Naylor	Jeff Talcott
Lesley DuTemple	Sonora Keranen	Carole Noonan	Craig Tarvainen
Ron Eiloa	Margaret Loewy Kirby	Seiri Pekkala	Alexandra Tepasetkul
Charles Eshback	Michael Lahti	David Perram	Sherri Tuohimaa
Nancy Gagnon	Cheryl LaRose	Edward Petnoff	Laszlo Valentyik
Erin Gerard	Angela Lentini	Michael Premer	Matt Van Grinsven
Rachel Griffin	Sandy Lindblom	Ilana Pressel	Dennis Walikainen
Susan Hallwachs		Jean Pyykkonon	



From the Board

by Carl Blair — President

Greetings from your Board of Directors, I would like to introduce myself as the Co-op's new Board President. The Board elects officers each year at the first board meeting following the March Annual Meeting. I previously served as Board Vice President from 2011 - 2012. I am honored to be a part of the Co-op's Board and look forward to a good year working with the Co-op's excellent Staff and my Board colleagues.

This is a great time to be a part of a co-op. The Keweenaw Co-op is doing well. After a year of some growing pains, the first four months of 2012 have seen strong sales growth largely thanks to the hard work of the Staff and Board in previous years. This year, 2012, is also the International Year of the Co-op, a good time to re-examine what co-ops do for us and

what we can do for the co-op movement as a whole.

As we enter into summer and the trees leaf out and transform the landscape into a northern temperate jungle, I think about this as a good metaphor for the Co-op. From seemingly little things great results will come. This afternoon, before the May monthly Board meeting, as I was shopping at the Co-op I saw the first local produce of the year! Baby arugula arrived from Wintergreen Farm—one of the Co-op's many local suppliers. As the season progresses and more and more of our produce is locally sourced, consider what this can do for the area: more jobs, better food and a feeling of community—not bad for a bag of salad greens! On my way to the Produce Department I saw a young customer sniffing a bar of locally sourced soap with a big grin—happiness is a bar of soap? These are not the only locally sourced products—eggs, hot sauce, syrup, etc—these all add to the growth of the local economy and a better life for us all. In the years that I

Welcome New Board Members!



Jess Juntunen



Heather Dunne



Susan Serafini

Thank You For Your Service!



Roger Woods



Diane Miller



Cynthia Drake

have been a Member-Owner of the Co-op, each season I notice more local goods—growth can be a good thing.

In the coming months the Board will be asking for your input again as we seek to plan what new directions we can take to further the values and growth of the co-op movement and our co-op in particular. When asked, please take the time to share your thoughts and dreams so that as we grow, it can be in the areas that we want it to be. On the subject of growth, we are in the midst of our Membership Drive. Our current goal is to reach 1,000 Member-Owners by the August 12 Owner Appreciation Picnic (see back page). Currently the Co-op is just shy of 750 Member-Owners. In the next two months if just 1/3 of our current Member-Owners invited someone to join, we would reach, and I anticipate, surpass that goal. Surely you know someone who would like to support the values, community and good products of the Co-op, why not ask them? All are welcome, all are valued!

We have a strong and valued co-op. I look forward to working with you all to continue our excellent traditions and encourage the germination of some new ones. Together we can turn this summer into a season of co-op growth. See you at the Owner Appreciation Picnic in August! ::

board of directors

Chris Alquist
calquist@hotmail.com
Secretary
Term ending 2014

Carl Blair
cblair@mtu.edu
President
Term ending 2013

Heather Dunne
heather.dunne@finlandia.edu
Director
Term ending 2014

Robyn Johnson
robyn@brockit.com
Vice-President
Term ending 2013

Jess Juntunen
jjuntune@mtu.edu
Director
Term ending 2015

Libby Meyer
ecmeyer@mtu.edu
Director
Term ending 2015

Susan Serafini
sserafini@starband.net
Director
Term ending 2015

Heather Sewell
hthrsll@yahoo.com
Director
Term ending 2014

John Slivon
john@jrdesign.net
Director
Term ending 2013

Practical Wellness

by Dr. Jinny Sirard & Dr. Tyler Roy, Member-Owners

Lacto-fermentation: The Original Probiotic

The benefits of probiotics are tremendous. The human body is made up of 10 trillion cells and the number of microorganisms in our gut or intestines alone is 10 times this amount. Their benefits range from helping our body digest and assimilate certain foods like carbohydrates, mineral and vitamin absorption, preventing tumor proliferation and anti-carcinogenic effects, preventing allergies, and aiding in the healing and prevention of inflammatory bowel diseases. Most people do not know that between 60-70% of our immune system is actually found within our gut in the form of an extensive network of lymph tissue. Our relationship with these microorganisms is mutualistic and their existence is vital to our overall health and wellness. In fact, their importance in digestion is so marvelous their function is comparable to an additional organ. However, a diet rich in processed foods, refined sugars, and antibiotic use can dramatically alter the colonization of these “friendly bacteria.”

Probiotics can be found naturally in a number of foods. In fact, many cultures in the world have consumed naturally fermented foods as a source of probiotics for thousands of years. The process of lacto-fermentation refers to the process of lactic acid producing bacteria, namely lactobacilli, in the fermentation of a variety of foods. This process converts starches and sugars found in various foods into lactic acid, which is known to promote healthy intestinal bacterial growth, also known as “flora.” In addition to providing an excellent source of healthy bacteria, the act of lacto-fermentation also promotes the digestibility of foods, increases vitamin levels, generates helpful enzymes, and inhibits the growth of pathogenic or “bad bacteria.” Some examples of naturally fermented

vegetables that have been staple in cultures around the world are; sauerkraut, which is fermented cabbage is a popular dish throughout Europe. Kim-Chi, which is a cabbage combined with a mixture of other vegetables and seasonings, is a staple in Asian cuisine. Beet Kvass and Kefir are both valued in Russia for their health promoting qualities. Some other examples of fermented vegetables are turnips, cucumbers, carrot, and squash to name a few. Most recipes for fermented vegetables are relatively simple and can all be found in the *Nourishing Traditions* cookbook by Sally Fallon.

Many of the pickled products that we consume today most likely originated as a product of fermentation, which was an effective way to preserve foods before the modern technique of canning, which essentially kills all the living qualities of the food and preserves them indefinitely.

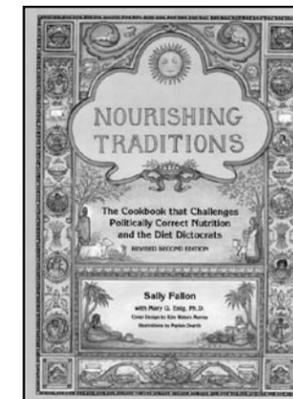
Fermented dairy products such as yogurt, kefir, and unpasteurized or raw cheese are the most well-known of the lacto-fermented foods and also hold a variety of benefits. The act of fermenting dairy products has been around for thousands of years. In fact, in most of the world, dairy is nearly always consumed in its fermented form. Only in the west do we consume dairy in its “raw” or uncultured form, which also happens to be pasteurized and homogenized. The benefits of fermenting dairy products are plentiful. First, the act of fermentation breaks down the difficult to digest protein found in milk known as casein, making the product much easier to digest. Culturing dairy products can also restore the enzyme lactase, which aids in the digestion of the milk sugar lactose, and is lost in the process of pasteurization. Interestingly, those that are lactose intolerant are often able to easily

"In fact, many cultures in the world have consumed naturally fermented foods as a source of probiotics for thousands of years."

Find these products at the Co-op:

(Right) *Nourishing Traditions* by Sally Fallon

(Below) Probiotic supplements, keifer, yogurt, sauerkraut, and kim-chi are located in the refrigerated section



of a healthy gut and digestive system is essential for whole body health.

For recipes and more information on fermented foods and cultured dairy products see *Nourishing Traditions* by Sally Fallon. ::

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

digest cultured dairy products. The fermentation of dairy products also increases vitamin B and vitamin C content. Regular consumption of cultured dairy products such as yogurt has been shown to decrease bad cholesterol levels and protect against osteoporosis. Yogurt has become a very popular food and has been heavily marketed for its quality of “regulating digestions”, while this is generally true, not all yogurt contains an adequate amount of live cultures and many contain copious amounts of sugar which has a negative impact on healthy gut flora colonization. The best sources are usually organic yogurt or kefir with the plain varieties being the lowest in sugar. Making homemade yogurt is a simple, inexpensive, and healthy way to add cultured dairy to your diet.

The benefits of consuming a healthy diet, complemented by consumption of naturally fermented foods rich in friendly, beneficial bacteria are tremendous. The wisdom of eating these foods has been observed in cultures around the world for thousands of years, and science is now discovering why. The importance

Sources:

Fallon, Sally, and Mary G. Enig, Ph.D. *Nourishing Traditions*. New Trends. 2007

Nokayama, Emyo Jennifer. “Inside Japan; Surprising facts about Japanese Foodways” 1999. Weston A. Price Foundation. 13 May 2012. <http://www.westonaprice.org/traditional-diets/inside-japan>

“Probiotic.” Wikipedia. 2012. Wikimedia Foundation. 11 May 2012. <http://en.wikipedia.org/wiki/Probiotic>

“Gut Flora.” Wikipedia. 2012. Wikimedia Foundation. 11 May 2012. http://en.wikipedia.org/wiki/Gut_flora



Local Farm Fresh Milk!

Reprinted from the Marquette Mining Journal

With a background of growing up on a large scale dairy farm in Minnesota, it was only natural that William Aho, of Houghton, MI, and his wife Anna, a country girl native to the U.P. should decide to buy a family milk cow, and experience a slice of the farming life with their young family. "We knew raw milk was what we wanted for our own family, and we got excited thinking about the many other dairy products we could make at home with fresh milk," said Anna.

However, not long after purchasing their very own Jersey, the Aho's realized that even one cow produced more milk than they could use. Thus was born Hidden Acres Farm and the idea of starting a cow-share program, and offering this delicious, fresh milk to the local public. Similar to a CSA farm, a cow-share program, sometimes called "cow boarding" allows individuals to

purchase part of a cow—a "share", and in exchange for a "monthly board-

ing fee" which covers the care, maintenance and costs of the cow, share-holders can pick up the fresh, raw milk from their cow weekly. "We started out selling shares to family members, and it grew from there," William said.

Now the couple has expanded their herd of Jerseys to include 6 cows, one of which recently gave birth to the first calf on the farm, a little bull, whom the Aho's son has dubbed "Jersey King". Their goal is to keep the farm a small operation, carefully cared for, and the livestock raised in clean conditions and on healthy feed. "We don't use anti-biotics, hormones, or chemicals," said William. "We do it as naturally as possible. The cows are grass-fed with little to no grain." If any grain is used, it's when grass quality is low, such as wintertime. William said that they are in the process of growing their own hay and feed, so they can dictate exactly what goes into the animals. Cleanliness is also a high priority at Hidden Acres, which is a must for

producing safe, quality tasting milk.

While there are any number of reasons for people to choose raw milk over pasteurized, the health benefits appear to be number one. When milk is pasteurized, valuable enzymes, vitamins and good bacteria are destroyed and milk proteins denatured. This same good bacteria, lactic acid, is what allows many who've been "lactose-intolerant" to be able to consume raw milk without issue. "Pasteurization, said Anna, was instituted to help prevent sickness from milk, which was coming about from poor nutrition in the animals, and dirty production methods." "It's been proven, time and again, that raw milk is actually far safer, and far healthier than standard pasteurized milk", she said. "It's been exciting to us, that people who haven't been able to drink milk for years because of a lactose intolerance, have had no problems with our fresh milk, and can drink it again!"

Because it's illegal to sell raw milk in Michigan, a cow-share

program, as Hidden Acres Farm offers, is the only way to access raw milk without actually keeping your own cow—and the hassle and work that goes with it. William explained it's important buyers understand he is not selling them milk directly, but rather is boarding their cow for them. A full share at Hidden Acres is a one-time \$100 fee, with a \$29 monthly boarding fee, getting the shareholder 1 gallon of milk a week. Half shares are available for \$50, with a \$16 monthly boarding fee, and giving the shareholder ½ gallon of milk per week. The initial herd share fee makes one part owner in the herd. A herd share agreement is signed by the shareholder and the farm. "Purchasing a share is an investment," William said. "When you purchase a share you own part of a cow. It's very similar to horse boarding or a CSA farm for vegetables except the product is milk from your cow."

Each gallon of milk produces 3-4 cups of cream. "Jersey's are known for producing a higher qual-



ity milk, rather than high production," said William. "Their milk is high in cream content, and is higher in calcium and protein than other cow breeds. They're a smaller cow, with a friendly disposition, and were a good fit with what we wanted to do."

The Aho's make their own sour cream, yogurt, ice cream and have experimented with cheese. They say it's been fun to learn, and have found most things to be easier to make than expected. "We share a few of our recipes with our shareholders," said Anna. "But so far no one has asked us what to do with too much milk or cream, so apparently using it all isn't a problem!" The beauty of raw milk is that it doesn't spoil like pasteurized milk. It will sour, but retain much good bacteria, and can be used in making other things.

Hidden Acres Farm is excited to now have a new drop station set up in Marquette where they are offering the Marquette area the opportunity to access farm fresh "Jersey" milk. The drop station is at the Marquette Baking Company next door to the Marquette Food Co-op. "The Marquette Baking Co is a very clean, neat and professional baking company and

we're pleased to have our drop station located there," said William. The milk is delivered to the Marquette Baking Co every Tuesday and is available for pickup after 1 pm during business hours. Because the Aho's are committed to remaining a small family farm with quality, rather than quantity emphasized, the number of shares they can accept is limited.

"A great way to stay in touch with the farm is through our Facebook page," shared William, where he said updates are frequently posted about everything from calves being born, to recipes shared. They also welcome tours for those interested in purchasing a share, with an advance notice. Says Aho, "People are becoming more interested in seeing where their food is coming from and they can come here and see exactly where that is—we are farming for our customers." ::

For more information on Hidden Acres Farm and their cow-share program, you may contact them at hidacresfarm@gmail.com, phone at 218-252-6735, or on Facebook, at [facebook.com/hidacresfarm](https://www.facebook.com/hidacresfarm).

Reskilling - For food, for fun, for the future!

Transitioning from oil dependence to local resilience

by Barbara Hardy, Member-Owner

Only a few generations ago our ancestors had the skills to make what they needed for daily life, or could trade for what they needed with someone else within their community. Skills that were essential to our grandparents, such as how to use hand tools, how to build structures, how to mend and make clothing, how to make medicine, how to forage, grow, preserve and store food have been reduced to novelties or hobbies in today's generations.

Most of us alive were born and raised in a consumer culture and as a result we have few basic skills, nor the need for them. I grew up in the San Francisco Bay Area where I've been told you can go to a restaurant every night of the week for the rest of your life without ever visiting the same restaurant twice. Thai, Chinese, Korean, Indian, French, Middle Eastern, Ethiopian...you name it, you can find it, buy it, and usually cheaper than you can make it yourself. It wasn't until I moved to the Keweenaw, where you can exhaust all the restaurant options in about two weeks, that I was compelled to learn how to cook. (Thank goodness for the Co-op's awesome selection of bulk and ethnic ingredients!)

I was equally spoiled growing up with every possible kind of fresh and exotic produce available that you could want. Farmers Markets boom all year long there. It's one of the best growing climates around, yet it wasn't until I moved to the Keweenaw that I really learned how to garden and put up food. If these things were as equally accessible and affordable in the Keweenaw, I may never have learned how to cook and garden—both of which I love to do and which I now consider essential to my health and well-being.

Rob Hopkins, founder of the Transition Movement and author of *The Transition Handbook*, believes reclaiming these skills for ourselves and for our community is an important part of making the transition away from global consumerism towards localized, earth-friendly economies. Hundreds of communities in the US and thousands around the world are using

the Transition model to start the process of relocating the essential elements that a community needs to sustain itself and thrive.

Each Transition Initiative starts with the question: How do we rebuild our community so it is resilient? Resilience is defined here as the ability of a system, from individual people to whole economies, to hold together and maintain their ability to function in the face of change and shocks from the outside. It may involve rebuilding local agriculture and food production, localizing energy production, rethinking healthcare, rediscovering local building materials in the context of zero energy building, rethinking how we manage waste, and more.

According to the Transition model, an integral part of building resilience is reskilling ourselves. "Facilitate the Great Reskilling" is step eight of the Twelve Steps of



"...reskilling gives people a sense of the power of solving problems, of practically doing things rather than just talking about them, and a sense of belonging that comes from working alongside other people."

Transition (from oil dependency to local resilience). Rob has witnessed that "reskilling gives people a sense of the power of solving problems, of practically doing things rather than just talking about them, and a sense of belonging that comes from working alongside other people".

The Regenerative Design Institute, one of the leading reskilling centers in the San Francisco Bay Area, suggests reskilling has the added benefit of requiring us to connect more deeply to the natural world. It invites us into a closer relationship with domestic and wild animals, and asks that we pay more attention to the changing of the seasons and the cycles of the natural world. It fosters a deep gratitude within us for all that nature continues to provide us.

Like myself, most people are motivated to reclaim these heritage skills—from cooking and gardening to carpentry and sewing—

because it's fun and rewarding. But there are practical benefits of diversifying your talents and living more directly. You can save money, reduce your dependence on fossil fuels, minimize or eliminate harmful chemicals from your life, create less waste, improve your health and well-being, and provide yourself with a form of insurance against economic downturn or environmental disruption. It causes you to rethink everything you do and repurpose, reuse, and recycle everything you use.

Building resilience through reskilling offers the potential for an extraordinary economic, cultural, and spiritual renaissance. A renaissance that will once again honor the generalist—true renaissance men and women who are versatile, with many interests and talents. "Specialization is for insects", said well-known science fiction writer Robert A. Heinlein, "a human being should be able to change a diaper, plan an invasion, butcher a hog, conn a ship, design a building, write a sonnet, balance accounts, build a wall, set a bone, comfort the dying, take orders, give orders, cooperate, act alone, solve equations, analyze a new problem, pitch manure, program a computer, cook a tasty meal, fight efficiently, and die gallantly."

In the Keweenaw and across the nation, many people have already started to reskill around food—learning to grow fresh vegetables in the backyard or at the local community garden, learning to preserve and put up the harvest to enjoy through the long winter, and learning to prepare and cook locally-grown and foraged foods. Many have moved beyond food to start reskilling around clothing, personal care products, furniture, and other needs of daily life. One of the things I love about living in the Keweenaw is the do-it-yourself attitude that most people still hold and honor. When someone sees something they like of yours—a scarf, a piece of jewelry, your kitchen cabinets—they will likely ask: "How did you make that?" instead of "Where did you buy that?"

The relatively undeveloped commercial consumer

culture in the Keweenaw, which is one of its main selling points in my opinion, has in a way made our area better prepared to reskill over more urban areas. Designer and historian Victor Papanek, one of my heroes, offers another reason. His research shows that people in northern climates historically developed a broader set of skills because they had a wider range of climatic scenarios to design for. Modes of travel, for example, could not be the same in the summer and winter. People in our area had to learn to design, build, and navigate a canoe in the summer—AND—learn to design build, and use skis, snowshoes, or sleds in the winter.

My partner Rick and I moved North to the Keweenaw in 1999, thirteen years ago, with the intention of creating and learning a more sustainable lifestyle for ourselves. We both came with a pretty good set of basic skills in the realm of design and construction. Every year we've built on that skill set in some way in attempt to increase our self-reliance.

Within my first year here, I was blessed to meet Viki Weglarz, a local gardener, and now good friend, who allowed me to share the work and harvest of her large garden until I was ready to start my own. The pleasure of working together and working with the earth led us to other skill building activities. We en-

rolled in a Permaculture Design course to expand our knowledge of home food production and storage, composting, water and energy systems, natural building, alternative economics, site design, and much more. We learned how to make our own herbal soaps and beeswax candles, and even sold them for a while. We learned how to make our own wine from local fruit. We learned how to cultivate our own mushrooms by inoculating logs and other organic materials. We took a Backyard Beekeeping class. Most recently we've been learning how to drum. All of these skills we've integrated into our lifestyle.

One thing I've learned about myself is that if I'm not learning, I'm not thriving. Which is why I've also taken a medicinal herbal class...learned how to knit, crochet, spin, weave, and make natural dyes by taking a fiber design class...joined an online cooking school and finally learned how to properly sharpen and hone my kitchen knives...you get the idea. The list of things I still want to learn is longer yet...how to graft fruit trees, propagate woody plants, build with green wood, repair my bike, sing, install my own alternative energy system, track, make cheese, keep chickens, create a coppice system to supply my firewood, and more.

An important part of the reskilling effort is not only to learn the skills, but to share them. I've had the

opportunity to do this by helping start the Ryan Street Community Garden and the Sustainable Keweenaw Resource Center (SKRC), by opening up our home for tours, and by writing articles like this one. We each have one or more skills to share.

The Transition model suggests the best place to start a community reskilling effort is to take stock of who in your community has what skills, and to work with existing groups, local sustainability centers, colleges, and so on where possible. Already this year we've had some good reskilling opportunities offered locally: Main Street Calumet hosted a presentation by Marquette Food Co-op on how to grow food using a hoop house, Portage Lake District Library hosted a workshop by Master Gardener Lynn Watson showing how to winter sow seeds, Lake Superior Stewardship Initiative's Dinner and Dialog series hosted Beth Squires demonstrating indigenous skills and Chuck Palosaari of the Bridge School sharing how they designed and built a rain garden—this very day

(that I'm writing this) is Bike 2 Work Day and I hope to make it down to the Bike Repair Booth this afternoon to learn a few things about how to maintain my bike.

Sometimes it's hard to keep track of everything that's going on. Any upcoming events or local reskilling resources that I hear of I post on the SKRC website (SKRCOnline.net). Keweenaw Now is another

good site to check regularly (keweenawnow.blogspot.com). I've often fantasized about having a local mentor network where you can post skills wanted and skills available to share. We have so many skilled and talented people available locally—next time you

hire someone to do something for you, you might ask if you can pay them a little extra to let you watch and ask questions. Reskilling festivals, like the ones in Ann Arbor, are another popular and fun approach.

Be part of creating a resilient, nourishing, and abundant future by taking a step towards reskilling yourself (and others) this summer—and have fun! ::

"An important part of the reskilling effort is not only to learn the skills, but to share them."



(From top left on previous page) Sara Salo of the School Food Tour talking to the Ryan Street Community Garden; Rose Chivses' Finnish baking class at the Co-op; Reading the Landscape field trip learning about local and organic produce at the Co-op.

(Left) The author and Co-op staff member Viki Weglarz demonstrating how to improve soil in the garden using the sheet-mulching technique at a Reading the Landscape event.

What skills do you want to learn this summer?

- | | | |
|----------------------|-----------------------------|---------------------|
| Alternative Energy | Cooking (basics) | Orchard Planning |
| Alternative Medicine | Dance | Permaculture |
| Animal Husbandry | Fiber Arts | Plant Propagation |
| Aquaculture | Fishing | Poetry |
| Ayurvedic | Food Preservation | Pruning |
| Bee Keeping | General Repair | Seaweed Harvesting |
| Bicycle Repair | Grey Water | Seed Saving |
| Biodynamic Gardening | Hand Tools | Sewing |
| Bird Language | Herbal Treatments | Solar Cooking |
| Blacksmithing | Indigenous Healing Wisdom | Solar Water Heating |
| Boat Building | Jewelry | Story Telling |
| Book Making/Binding | Knot Tying | Vermiculture |
| Carpentry | Music | Water Catchment |
| Ceramic Arts | Native Plant Identification | Wilderness Skills |
| Cheese Making | Natural Building | Woodworking |
| Composting | Natural Paints | Yoga / Meditation |

6th Principle: Cooperation among Cooperatives

by Cynthia Hodur — Assistant Manager

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

More than 800 million people around the world belong to cooperatives, and at least 100 million of them are employed by co-ops. And more often than you probably realize, co-ops play a vital part of your everyday life.

As a co-op, the Keweenaw Co-op doesn't work alone. We have cooperative partners throughout the country with which we share our cooperative principles and values. Cooperatives who also believe that the work they do makes a difference both in their communities and in this world.

Next time you shop, keep an eye out for products from the cooperatives listed below. Visit the Keweenaw Co-op website for more details.

Alvarado Street Bakery

(alvaradostreetbakery.com)

Blue Diamond Growers (bluediamond.com)

Cabot Creamery (cabotcheese.coop)

East Wind Nut Butters

(eastwind.org/nutbutter.php)

Equal Exchange (equalexchange.coop)

Frontier Natural Foods (frontiercoop.com)

Maple Leaf Cheese Co-op

(mapleleafcheese.com)

Mt. Sterling Co-op Creamery

(buymtsterlinggoatcheese.com)

Nevada County Wine Guild (ourdailyred.com)

North Hendren Co-op Dairy

(northhendrenbluecheese.com)

Organic Maple Co-op (maplevalleysyrup.com)

Organic Valley Farms (organicvalley.coop)

Rochdale Farms (rochdalefarms.coop)

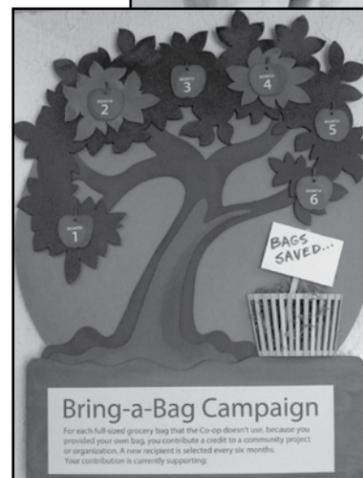


The Bring-a-Bag Campaign is one of the ways the Co-op gives back to the community. Every bag the Co-op saves because shoppers bring in their own reusable bags earns money for the community. A different recipient is awarded every 6 months. The current recipient is the Copper Country Community Arts Center.



(Above) Handing over 6 months of credits to Emily Newhouse, Director of the Barbara Kettle Gundlach Shelter Home.

(Left) The campaign indicator at the Co-op tracks credits for each 6-month cycle.



From the GM

by Curt Webb — General Manager

Is the Co-op on your list?

What do you value in this community? Beyond the sense of place brought about by the landscape and the full compliment of four seasons that I dearly love, in addition to the friendly people who don't hesitate to give a neighbor a hand, I value the specific entities in our community whose work enhances my quality of life.

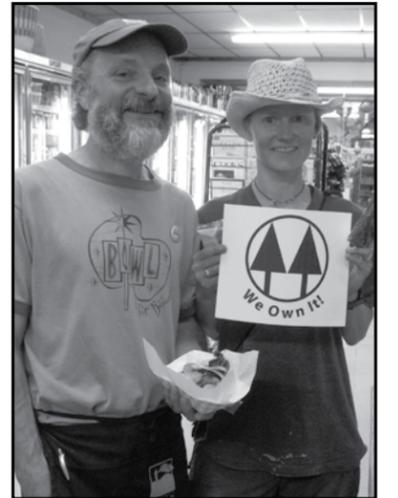
I have access to public radio and places to take in the arts and culture. There are groups promoting sustainability and preserving our wild spaces. There is support for our elders and hospice care. All these services are provided by community organizations focused on doing good.

Further, I value local business and a vibrant local economy. Our hard-working local entrepreneurs respond to our needs and care about our values. I value the things that keep the Keweenaw unique.

For me, this list would not be complete without the Keweenaw Co-op. Not only because it provides me with a job, which I do value, but because of the benefit it provides the community to which I belong. It is a great place to buy the things I want and, while I'm there, to catch up with my community in the aisles. The Co-op supports my values, and it uses a business model that I feel good about.

Not only do I belong to the Co-op, but the Co-op belongs to me. My support helps ensure that it is here for me and for you. It gives me a share in an organization that I believe in, a voice in its vision and future, and (when the Co-op is profitable) a financial reward. As a Member-Owner I accept my responsibility to keep an eye on the Co-op—by attending meetings, electing representatives to the Board of Directors, and staying informed about Co-op business.

The Co-op is eager and energized to do the right thing and to meet our community's needs. We aim for creative approaches to do this while keeping the organization prosperous. Your continued support ensures that Co-op remains here and remains responsive to the needs and will of our Member-Owners as well as the community at large. Now, please excuse me while attend to supporting all the community attributes that I value. ::



Co-op Manager Curt Webb with Keren Tischler (Curt's main quality of life enhancer).

We hear you!

In response to the many comments we received regarding Patronage Refunds this year, we want to let you know that we're investigating ways to do things differently next year: First and foremost, we're focusing hard on profitability. And we're exploring our options for the method of distribution, we'd like to give you an option of signing over your checks to a local non-profit partner, and we're identifying gaps in communication and working to remedy them.

Profit was small in 2011, which meant that many Member-Owners were below the \$5.00 minimum patronage refund allocation. For those of you who did receive a small check, we urge you to cash them. It will help us by limiting the bookkeeping burden that tracking outstanding checks adds.



The Value of Alternative Food Options

by Andrea Corpolongo Smith, Wintergreen Farm

As the co-owner and farmer of a 60 member CSA presently in its fourth year of production, I am gratefully aware of the current irreplaceable wave of people eager to connect with the source of their food. When folks find out what I do they beg to stop by the farm and get their hands in the soil or show their kids where food comes from.

Average bloggers aspire to butcher their own chickens. It's awesome. But for all the excitement about local food and enthusiasm for farming, there is another wave that small farmers

cannot help but notice: the wave of consumers gritting their teeth and quietly asking their farmers to bring down the price. We charge two dollars for 12 stems of kale and in our community (an especially low income area) that is considered exorbitantly expensive. What is that about? Why have Americans come to expect high quality food for unreasonably low prices, and what—if anything—can the current crop of small farmers do about it?

"Why have Americans come to expect high quality food for unreasonably low prices, and what—if anything—can the current crop of small farmers do about it?"

First, we have to acknowledge that Americans have a long history of separating ourselves from the source of our foods, even at a cost to our health. In an 1803 letter to soldier and farmer David Williams, Thomas Jefferson lamented the fact that the science of agriculture had lost "its primary dignity in the eyes of men". In our country's infancy—well before anyone could imagine the levels of mechanization our food

system would eventually encompass—Jefferson already saw that Americans were looking away from their farmers, willing to accept the food on their plates

without a critical understanding of how it arrived there. One hundred years after Jefferson attempted to sound the alarm, Upton Sinclair's *The Jungle* (Who can forget poor Jurgis, the *Forrest Gump* of his time?), described a dangerously unsanitary centralized food system that would have been entirely foreign to Jefferson, and famously, albeit unintentionally, terrified America into scrutinizing its food system. Were mistakes rectified? Did the public cry out for wholesome foods instead of a system which delivered mass-produced-rendered-whatnot? No. We just cleaned up the messiest parts. A little.

Laws were created to ensure meat inspection and prevent the sale of poisonous medicines. These laws eventually led to the creation of the Food and Drug Administration as overseer of America's food and medical systems. They led to an institutionalized food system complete with line after line of food safety standards for farmers and food handlers to meet. A system poised to become even larger and further removed from the people it feeds. I'm not going to argue that food safety is unimportant. If a centralized food system is going to exist, then certainly standards need to be in place to ensure that all of the central-



Wintergreen Farm 5 weeks before the start of their 2012 Community Supported Agriculture (CSA) season.

ized food is handled appropriately. Such a system, left without oversight, will harbor cut corners with the potential to harm workers and consumers. Instead, I'm going to argue something entirely different. I'm going to argue that Americans need to fully understand what it means to feed themselves with food that was produced in an institutionalized, centralized food system, and also understand what exactly they are paying for when they choose to purchase and eat food that was grown outside of that system.

An institutionalized system in which food carries a government guarantee of safety is convenient and, I believe, necessary to a centralized food system. Consumers can be comfortable in the knowledge that their food isn't going to cause them immediate harm, and growers know exactly what is expected of them in order to bring their products to market. But comfort and convenience come at a price. If every grower aims to meet the same expectations, eventually every grower ends up growing more or less the same thing, which leads to a lack of choices when we buy food. Sure, we have a lot of options at the grocery store, but they are the same options at every store. If a consumer wants something else it simply isn't available. If a grower wants to produce and sell something that doesn't already have standards set for it within our institutionalized food system he is faced with challenges—whether laws, the high start-up costs of following an uncharted path, or apprehensive produce managers - which often prove insurmountable. What exactly is the loss here? What would we have access to if our food system was not limited by standards? I can't say. We truly do not know what we are missing.

If institutionalizing our food has bred sameness, centralizing it has bred true uniformity. The centralization of our food system has also left us with lower quality, less nutritious foods and, it's at the heart of the price issue.

What do I mean by centralized? In a way our food system is the opposite of centralized. We know the story. A large seed company produces tomato seeds at a facility (why don't they call it a farm?) in China or Mexico. That seed is grown by a tomato farmer in Florida who is growing a monocrop in sandy soil that isn't really fit to support vegetables. The poor growing conditions mean the farmer has to apply synthetic fertilizers, pesticides, and fungicides which are produced all over the world. The resulting tomatoes are shipped to regional packing facilities or factories where they are packed or processed and sent along once again to stores or restaurants. So, in truth, hands in several countries have taken part in the production of any given



en mealy, pale orange, salad bar offering - which, as I said, seems the opposite of centralized. (We all know how bad this is for the environment and our taste buds, but it is kind of a win for teamwork, isn't it?) What hasn't happened is any sort of farmer to consumer connection. Those individual interactions between farmers and eaters across the country have been removed from our food system in favor of efficiency. Instead farmers are encouraged to specialize in one crop which is sent on to someone else for marketing or further processing. It's the specialization of farmers and the elimination of the farmer from marketing the end product that I'm referring to when I say centralized.

The uniformity, diminished quality, and flat-out cheapness of food enter the picture as farmers fit themselves and their products into this centralized system. Vegetables have to fit into an assembly line, and assembly lines only function if all of the parts are interchangeable. They also need to stand up to a lot of handling and all of the traveling described above. I'm pretty sure



farmers and consumers alike are all too familiar with the drawbacks of this part of the picture. We know that breeding vegetables for toughness and uniformity rather than taste and nutrition leads to flavorless low nutrient vegetables. But equally important to realize is that this assembly line aspect of the system also makes the vegetables cheaper, just as any mass produced item is cheaper than its artisanal counterpart. A hand thrown vase costs more than a factory produced vase. Consumers see that the two items are different, with different production costs, and are willing to pay more when they desire the higher quality handmade item. Vegetables raised from seed to market by the same local grower are equally different from vegetables raised on big farms - even big certified Organic farms, which are just another arm of the existing food system, with its own set of occasionally questionable standards (though Organic is the arm within the system producing the healthiest, least environmentally destructive

food)—and consumers need to learn to understand that difference.

Clearly food from small farms is not the same as food produced by large agribusinesses, and it makes sense that it should carry a different price tag, but shouldn't farmers define what it is, rather than point to what it is not? I was going to list the individual choices my husband and I make every day to ensure that we provide our customers with nutritious vegetables while simultaneously building soil fertility and avoiding the destruction of other resources in the process, but one great thing about small farmers is that every one of them is different. We each do our best to make

the right decisions for our particular circumstances and grow the best foods for our customers - a stark contrast to the uniform, profit driven growing methods seen within the mainstream food system. A description of our particular growing methods is just one of many awesome alternatives and so does not fully illustrate the differences between small, local farms and behemoth agribusinesses.

Another fabulous thing about small farmers is that if customers want to know about their growing methods or make sure their food is safe, they can simply ask their farmer. Small farmers are right there, selling food directly to their customers.

As a farmer I know it's a challenge to keep all of the above in mind when standing behind a table at the farmers' market. My vegetables are my babies, my art, and, in some ways, I suffer for them accordingly. When a customer questions their value it is difficult not to feel personally hurt and respond on an emotional level. But if I truly believe in what I am doing as a local farmer (and I do) I, and other small farmers like me, need to hold my head high and confidently remind people that I am offering an alternative to the existing broken food system in this country and my prices simply reflect the cost of thoughtfully produced food. At that point, the consumer must make his own thoughtful decision. ::

From the Bulk Department

by Dan Schneider - Bulk Buyer

Surveys & Wasps

Over the course of the past year, we have made a number of changes in the Bulk Foods Department: consolidating bulk products at the front of the store, refining our product line to include more organic selections and fewer junk-food offerings, stepping up our bin-cleaning program, and introducing a variety of products (notably organic dried beans) that are grown and processed in Michigan. Going forward, we hope to make further improvements to the bulk buying experience. But we need your help to do this.

Surveys

During the month of June, we will distribute a survey seeking your input on the Bulk Foods Department. You will be able to complete the survey in the store with paper and pencil, online using the web site surveymonkey.com, or by downloading and printing the survey from the Co-op web site. Your responses will inform future decisions about product offerings and other aspects of the bulk foods buying experience.

Wasps

We are also enlisting the help of wasps. Tiny, non-stinging wasps. Specifically, *Trichogramma* wasps.

These wasps are used in agricultural settings as a biological pest control. And a number of food co-ops have had success using them to control meal moths in their bulk foods departments.

Moths are a problem common to all bulk food retail operations. Thankfully, they are a seasonal problem in northern locations like ours. Here at the Keweenaw Co-op, efforts undertaken in the past year to improve the cleanliness of our bins and speed product rotation have made the Bulk Foods Department a lot less hospitable to moths. *Trichogramma* wasps will provide an additional measure of defense.

Community Food Co-op in Bozeman, Montana,

has used these beneficial insects in its bulk departments for years. Dana Huschle, Community Food Co-op's controller, said *Trichogramma* wasps have been an effective part of that co-op's moth-control strategy.

They arrive at the store as immature wasps within moth eggs that are adhered to one-inch squares of paper. Within a few days, the adult wasps emerge and seek moth eggs, which they parasitize. An adult *Trichogramma* wasp has a wingspan of only 1/50th of an inch; a magnifying glass is required to observe its movements. Huschle said he has never actually seen one of the wasps in a bulk food bin at Community Food Co-op. Although *Trichogramma* occur naturally throughout the United States, they usually do not occur in high enough numbers to be effective at suppressing pest populations. They have a short 8-10 day lifecycle and cannot survive Keweenaw winters.

If you have any questions about *Trichogramma* wasps, the upcoming survey, or anything else related to the Keweenaw Co-op's Bulk Foods Department, feel free to contact me by phone at 482-2030 or by email at danschneider@keweenaw.coop. Or just stop and talk to me the next time you see me in the Bulk Foods Department. ::





Keweenaw Co-op
Natural Foods Market & Deli
1035 Ethel Avenue
Hancock, MI 49930
www.keweenaw.coop

PRESORTED STD
U.S. Postage
PAID
Houghton, MI
Permit No. 9



37th Annual

CANAL RUN 2012

10 mile run • 10 mile walk • 5 mile run • 5 mile walk



Hancock, Michigan

Find the Canal Run on Facebook
www.hancockcanalrun.com

Pre-Race Pasta Dinner
Friday, July 20
4pm - 8pm
Finlandia Hall, Hancock
\$10 adults / \$5 children
(children under 6yrs eat free)

The Co-op Deli will be catering the Pre-Race Pasta Dinner again this year. There will be both vegetarian and meat options and you can be guaranteed that they will use the freshest ingredients. Anticipate some local produce from our local farmers to be included on the menu. The All-You-Can-Eat dinner will feature a garden green salad bar, artisan garlic bread, homemade pasta sauces, something sweet, refreshments and more. Gluten free pasta available for those with dietary restrictions. The evening will include live music and raffle prizes from local businesses. It is a good time to come and mingle with the runners and walkers that are in our area for the run, and you might just run into a neighbor, friend or colleague there. Bib pick-up available at the dinner from 4pm - 8pm.

Tickets available at the door.

3rd Annual Owner Appreciation

Picnic Potluck

Sunday, August 12

5:00pm - 9:00pm

McLain State Park • Main Shelter

Find more info on the Co-op website and Facebook