

SUMMER 2017

# Circumspice

Hancock, Michigan  
www.keweenaw.coop  
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## The 'How-To Issue'

Helpful Tips & Hints to  
Improve Your Mind,  
Health and Well-Being  
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# Ways to Save



Through our membership with National Cooperative Grocer we are able to offer these outstanding pricing programs:

**Co+op Basics** offers everyday low prices on many popular grocery and household items.

**Co+op Deals** change twice monthly. See the sales flyer in the store, on the website, in the Mining Gazette, and look for signs in the aisles.



Additional Co+op Deals coupons are available six times a year (coupon booklets available at the Co-op).

## store specials

**STORE SPECIALS** are a way of saying thanks to all of our customers. Look for rotating deals throughout the store.

## fresh deals

**FRESH DEALS** are a way of saying thanks to all of our customers. Look for rotating deals in our fresh departments.

**5% DISCOUNT**

## Students & Seniors

All **STUDENTS** who shop on **Sundays** receive a 5% discount on their purchase. Current student ID card required. All **SENIORS** 60 and over who shop on **Wednesdays** receive a 5% discount on their purchase.

**OWNERS ONLY**

**BULK ORDERS**

The Co-op offers Owners\* special pricing on bulk or case quantities of pre-ordered product. Applies to any product available to the Co-op, whether we regularly stock it or not. Orders need to be a full case, sack, bag or whatever form the item comes from the wholesaler to qualify for case pricing. The price is calculated at 20% over cost.

**10% DISCOUNT**

## OWNER APPRECIATION

Owners\* receive a 10% discount on all **REGULARLY PRICED** items for one shopping trip **EACH QUARTER**. You choose the day within the designated Owner Appreciation month.

\*Owners must be current on their payment plans to qualify.



07.15.17 All hands on deck to support the second largest sporting event in the U.P. Thank you team Keweenaw Co-op for volunteering at our water station. Todd Gast, Mary Myers and Faye Carr at left.



06.20.17 Supporting Houghton's "opening day" for their 2nd Annual Farmer's Market.

# Community

One of our many goals at Keweenaw Co-op is to serve the local community. Here is a sample of our efforts. Thank you as always to ALL of our volunteers. If you are interested in being an integral part of our community and would like to volunteer, please email [marketing@keweenaw.coop](mailto:marketing@keweenaw.coop).



06.16.17 Celebrating many years of partnering with the American Cancer Society's "Relay For Life." This year's offering was celebrated in tandem with "BridgeFest 2017" weekend.



06.15.17 Keweenaw Co-op was a crowd FAVE during "BridgeFest 2017" Parade in downtown Houghton.





## DIY Home Preservation Ideas

### “Putting Up” a Keweenaw Summer Harvest in a Mason Jar

—By Charity Emkin

**M**y first winter in the Keweenaw was certainly one of a novice. When the inaugural 18 inches of downy fell, I scooped for hours, relishing the fluffy magic of Lake Superior. But after a few months of scooping for up to four hours a day, I was hankering for some warmth. Spring was a delight this year and I tasted the true Yooper gratefulness that one experiences for every sunny, warmish day we are granted—however few that may be. Spring followed with over twenty days of rain in June and the summer seems to be slipping away so quickly. Whether you are a fan of roots or shoots, there are ways to keep some of the sweet summer sun in your autumn days and beyond.

The Co-op supports many local farms and offers a selection of seeds for those yearning to get their hands dirty. As the bounties of earth’s goodness rolls in, finding the easiest way to get the tastiest result is a must.

My cooking style is generally recipe-less and involves a lot of improvisation. I have a hard time making the same thing twice, so I stick to formulas rather than strict, specific guidelines.



Pesto, Superior Spreader, Creamy Dairy Free Seasoning

The origins of Pesto-like spreads have been recognized going as far back as the first century (AD), found in a poetic recipe titled “Moretum” in the latin Appendix Vergiliana. Italy is a peninsula, Keweenaw is a peninsula. When in Rome...do as the “Yoopers” do!

This recipe can be as easy as two ingredients; or as complicated as your imagination! The basic formula consists of a leafy green and an oil, though the ingredients that you choose to put into the pesto beyond that is totally up to you. Below are listed examples of leafy greens, oils, and additional ingredients that pair well with both.

#### Ingredients:

- **Leafy Green** Garlic Scapes, Green Onions, Arugula, Kale, Mustard Greens, Dandelion Greens
- **Oil** Sunflower, Hemp, Olive or Your Favorite Oil
- **Additional Ingredients** Salt, Lemon, Vinegar, Vegetable Broth Powder, Nuts, Hemp or Sesame Seed, Herbs, etc.

#### Steps:

- Add Greens and Oil into a blender
- Add additional ingredients and blend
- Pour into freezer safe glass container or silicone ice cube tray
- Freeze!

**Enjoy on** Pasta, Toast, Marinades, Vegetables

**Safe Keeping** A week in the refrigerator. Six months in the freezer.

Kvass [kvahs, kwahs], Fermented juice, Energy for the longest days



Kvass is a traditional Slavic and Baltic fermented beverage made from rye bread. Over the centuries, this recipe has been played with as all good recipes should be. This beverage contains the friendly bacteria Lactobacillus, which is found

in the air and on our bodies. Below is the basic formula used to make Kvass with additional suggestions to include local fruits and vegetables.

#### Ingredients:

- **Roots** 2 pounds of Red or Yellow Beets (Or try it sweet and spicy with Radishes)
- **Tart** 1 Lemon, quartered (Rhubarb would be a good local substitute)
- **Sweet and Juicy** 2-3 Oranges (Apples, Cucumber, or Berries would be a good local substitute)
- **Healthy Spices** 1 thumb-sized piece of Ginger and/or Turmeric
- 1 tablespoon of Sea Salt
- 6 cups of Water

#### Steps:

- Wash the outside of all produce
- Chop roots into 1 inch cubes. Cut up the “tart” and “sweet” and squeeze or smash them
- Place all of the prepared ingredients into a 1/2 gallon mason jar or 2 quart jars
- Grate ginger and turmeric on top
- Pour over brine and weigh down with a boiled rock or other weight. Use a crock, plastic Ball jar top or a regular Ball jar top with a few layers of wax paper.
- Ferment at room temperature for 4-5 days. Once a day open the jar to release any gases (if you have a crock).
- Strain liquid and cool in the refrigerator for another week, burping every couple of days.

**Enjoy as** A Mixer, Marinade, Add Sparkling Water or Do a Shot!  
**Safe Keeping** Two Weeks in the Refrigerator.

Hopefully you will be able to put your own spin on these two staples as I have. Creating your own personal relationship with the food you eat keeps the motivational, creative juices flowing. Find your own beet, but lettuce all come together and celebrate the true riches of summer. ::

**Quick note:** Kvass is a fermented product which contains a trace amount of alcohol with levels similar to kombucha tea. Both of these foods are raw, so consult your health practitioner if you have any questions. If you see me in the store, be sure to let me know how your summer preservation is going!

## Preserving Your Organic Harvest

—By Co+op, stronger together

**W**ant to enjoy the most healthful food—like local, organic fruits and vegetables—year round? Preserving the bounty you’ve grown yourself or purchased from your local food co-op or farmer’s market makes it possible. And for those who live where the growing season is relatively short, it’s great way to extend the season. Simple food preservation techniques can lock in flavor, help maximize your food dollars, support local agriculture, and give you a chance to really get to know the food you eat and serve to your family.

#### Produce possibilities

Check out the list of what’s in season in your area on our home page to jump-start your imagination. If it’s June, that could mean local strawberries are plentiful—and ripe for freezing. In July or August, a big bubbling batch of tomato sauce or salsa could be just the thing. Of course, a walk through your garden or local co-op to see what’s fresh and abundant is also a great way to identify preservation possibilities.

#### It’s not just grandma’s pantry

Putting up jewel-toned jars of pickled beets and brandied peaches may be what comes to mind when you think “food preservation,” and canning has become popular across generations, with plenty of unique recipes that appeal to a range palettes. But canning isn’t all there is. Other simple ways to preserve local and seasonal foods include drying, freezing, curing, pickling and even cellaring (yes, putting your food in a root cellar; grandma did know best, didn’t she?)

For beginners, dehydrating and freezing foods are a snap—and no special equipment is required.

For helpful tips on freezing, canning and other preserving methods, please visit our website at <http://strongertogether.coop/food-lifestyle/cooking/preserving-your-organic-harvest>





## Healthier Eating Guide

The Acronym R-O-Y-G-B-I-V is a Helpful Tool

—by Savannah Dougherty



**M**y earliest memories of the phrase “Eat the Rainbow” are from my kindergarten days 20 some years ago. The phrase recently made its way back in my mind, a good reminder as I approach another year of life. Although I consider my eating habits to be generally healthy, I found myself turning to convenience over nutrition and recognized there were some changes I needed to make if I want to live a long, strong, healthy life.

So what does “Eat the Rainbow” mean and why is it important to human health? Let’s begin with the word rainbow. We know rainbows are visible to the human eye when light reflects, refracts and disperses through water particles. We often see this phenomenon arching across the skies after a rainstorm. The acronym ROY G. BIV correlates with the color spectrum sequence that we see in a rainbow: Red, Orange,

Yellow, Green, Blue, Indigo, and Violet. It is quite spectacular to catch these seven colors displayed across the sky, however we often overlook the relation that these colors have to our own lives as humans.

“Eating the Rainbow” is all about consuming colorful vegetation in our daily diets to live optimal, healthy, balanced lives. Notice that for every color of the rainbow, a fruit and/or vegetable exists in that same color, and contains essential vitamins and minerals to support our health. Our physical bodies are beautifully complex and require specific inputs to operate at the highest efficiency. When our bodies do not receive those inputs, it responds in ways that manifest as physical discomfort, a clouded mind, and in severe cases, disease. Fortunately our bodies want to thrive and are constantly replacing old cells with new ones at extremely fast rates. To put it in perspective, by the time you have finished reading this sentence 50 million of your cells will have died and been replaced by new ones. That’s pretty amazing! When we nourish our bodies with nutritious inputs, a renewed vitality is restored in our cells leaving the body feeling healthy and energetic.

There are so many positives reasons to incorporate rainbow-colored fruits and vegetables into your diet. We have many choices when it comes to what we eat, but if you want to look and feel your best, try the “Eat the Rainbow” challenge by eating food from each color every day and see how you feel! ROY G BIV won’t let you down! ::



### Breaking down R-O-Y-G-B-I-V

Let’s see how Eating the Rainbow each day can impact your lifelong health

#### RED

- **Health Benefits:** Improves heart, blood & joint health, reduces inflammation, protects against prostate cancer, lowers cholesterol, reduces tumor growth
- **Vitamins & Micronutrients:** Vitamin C, Lycopene, Anthocyanin, Ellagic Acid, & Quercetin
- **Foods:** apples, tomatoes, berries, watermelon, beets, pomegranate, cherries



#### ORANGE & YELLOW

- **Health Benefits:** Promotes healthy eyes and skin, boosts antioxidant intake, promotes electrolytes and anti-inflammatory to reduce post-exercise sore muscles, prevents catching a cold, lowers blood pressure, encourages PH balance of the body
- **Vitamins & Minerals:** Vitamin C, Vitamin A, Potassium, Lycopene
- **Foods:** carrots, bell peppers, citrus fruits such as oranges & tangerines, melons, pumpkin, papaya, lemons, mango, pineapple, pears



#### GREEN

- **Health Benefits:** Powerful detoxers, improves immune system, slows macular degeneration, reduces risk for certain cancers like colon, bladder, and breast, regulates enzymes in the liver
- **Vitamins & Minerals:** Iron, Vitamin K, Magnesium, Calcium, Lutein, Folate, Potassium
- **Food:** broccoli, dark leafy greens [lettuce/spinach/kale etc.], avocado, cucumber, beans, celery, zucchini, kiwi



#### BLUE, INDIGO & VIOLET

- **Health Benefits:** Lower cancer risks, healthy bladder, keeps memory strong, improves skin, increases antioxidant consumption, improves mineral absorption
- **Vitamins & Minerals:** Vitamin C, Potassium, Folate
- **Food:** blueberries, eggplant, raisins, plums, grapes, figs, blackberries, purple potatoes



### RAINBOW VEGETABLE SALAD

—by Nancy Buchanon  
<https://www.acomunaltable.com/rainbow-vegetable-salad/>



Prep Time 30 min Cook Time 10 min  
Total Time 40 min

#### INGREDIENTS

##### HONEY LIME DRESSING

- 3 Tablespoons fresh lime juice
- 2 teaspoons honey
- 1 Tablespoon red wine vinegar
- 1 Tablespoon pomegranate juice
- 1/2 teaspoon garlic puree
- 1/4 teaspoon salt, to taste
- 1/4 teaspoon freshly ground pepper, to taste

#### SALAD

- 4 cups arugula
- 1 1/2 cups cooked Harvest Grains Blend (or a mixture your favorite grains/legumes)
- 1 cup grated carrots
- 1/2 cup red bell pepper cut into 1/4 inch dice
- 1/2 cup shelled edamame
- 1/2 cup fresh mint leaves
- 1/2 cup fresh parsley leaves
- 1/2 cup pomegranate seeds
- 1/2 cup sunflower seeds and/or pumpkin seeds

1. **For the Dressing:** Combine the lime juice and honey in a small bowl and whisk to combine.
2. Add the salt, vinegar, pomegranate juice and garlic puree. Whisk to combine.
3. Slowly drizzle in the 2 Tablespoons grapeseed oil. Taste, adding more salt/pepper if desired.
4. **For the Salad:** Combine veggies and herbs in a large bowl and toss to combine. Drizzle with 6 Tablespoons of the Honey Lime Dressing and toss. Serves 4.



# Tips on Brain Health

## You, Me and the Avocado Tree — Nature's Symphony

—by Heather Britz

**A** process that begins in the mind—a perception. Induced synapses unite to elicit a memory or a feeling, which may then elicit a physical response throughout the body. Our thoughts convey information to the body, which then reacts. For example, my body doesn't fully relax unless my mind does. A breath-centric mindset initiates an inhale to fully expand within. The breath fully extinguishes throughout, easing physical tension. Repeat. Repeat again. With warm palms, that flight response has digressed to mere excitement. Deep breathing soothes my aggravated amygdala. My shoulders soften, my grip loosens and my thoughts are clear again. It's so serene. I know it won't last long, so I enjoy it now. Here the mind rests in undifferentiated reality while the body is soothed by the parasympathetic nervous system. Interacting living processes of physiology and molecular geometry. A symphony of terpenes and pheromones, antioxidants and minerals, of sounds and feelings, and states of being occurring. A re-cycling re-configuration of energy.

Empower the mind and the body by all these available elements, like a conduit for the symphony of senses. Those same elements also empower supermassive black holes, the molecules simply have alternative arrangements. That sounds kind of dark, yet quasars are so bright. This irony delights and brings to light synapse joy. Like long, slow waves emitted by a gypsy's skirt, emanated from her dancing spin. Synchronized electrical pulses from neurons communicating. Theta wave bliss accompanies her spin. Transient, yet everlasting, our brains are constantly in some wave state (emanating electrical activity). Different keys unlock different doors. The keys are molecules, the doors are perceptions, the results are wave states. Beta and Gamma waves power our information processing systems—active, yet focused, while alpha and theta waves nourish us with joy, relaxation and flow states. Some traditions describe uncovering a gem—Nirvana, Nibbana, Samadhi, undifferentiated reality—delta waves—sublime bliss. Whatever you call it, our brain waves change based on what we're doing and feeling (sensing). This is what our minds are based on in the present moment, the foundation of mindfulness. Recognizing our actions and our senses, cause and effect. Wax on, wax off. You understand. Our



**“Wait, are avocados even sustainable? Well, who gets to decide what’s sustainable? The Earth, so treat Her nicely.”**

bodies experience this through food, too. What we put in it is the cause, followed by some effect. For example, oleic acid in the avocado I ate for lunch soothed the myelin sheath in my brain, protecting the nerves therein. But of course, this is gross oversimplification, for a symphony is composed of many instruments, not just violins, for aren't there infinite combinations of causes and effects?

The point is, everything we consume with our senses has a cause and effect in the body, and a cause and effect in the world. And beyond the chemical reactions between the avocado and me, somebody else had acquired that avocado for me. Someone else dedicated their energy and time to nourish me. Not just me, but the fortunate us. The everybody who lives in a country that benefits from powerful, often unilateral, trade partnerships brought to us by manipulated politics. Without their efforts, and the efforts of those who came before them, down to the root of avocado domestication (*Persea americana*; 1500s; Meso-America, Northern South America; sacred to many before and during that European, mostly Spanish and Portuguese conquest), I, we wouldn't be so fortunate today. Wait, are avocados even sustainable? Well, who gets to decide what's sustainable? The Earth, so treat Her nicely (or will we outsmart Her at last?!). Oh excuse my language, I meant It. I mean it.

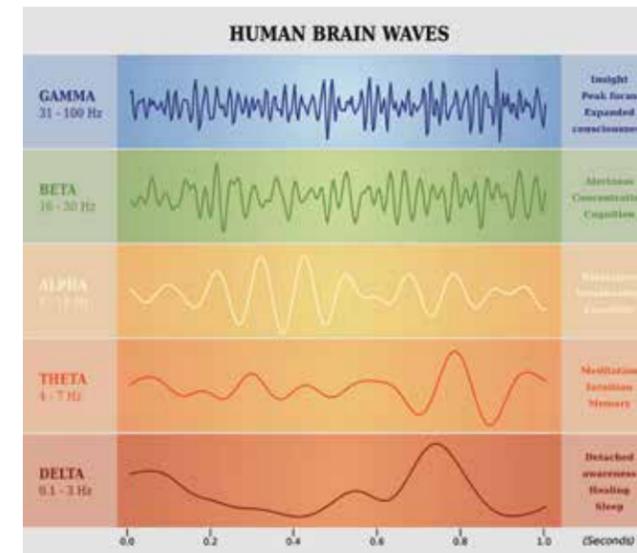
Moreover, I wake e.v.e.r.y.d.a.y. enjoying the \*fruits\* of somebody else's hard labor with my morning coffee, acquired by Keweenaw Coffee Works or Equal Exchange before it eventually ended-up in my cup. With so many people in the world, there's no room, and no excuse, for the 'negative' side effects of trade and capitalism, i.e. why would I want to be nourished by manipulated trade policies that barely (adverb, 1. 'almost not') benefit the person

who picked or prepared my breakfast, lunch and dinner—parts of the day I usually enjoy and rely on to fuel my day. Recycling processes of reconfigured energy. Whether it comes from here, there or far away—there is a person behind our food, products and services. What else even matters? Well, the rest of the ecosystem, of course.

Like most things, what you put in, you get out. And anyone who has ever planted a garden or crept around sweltering strawberry fields (yes, the U.P. swelters sometimes) for hours in July knows that farming, growing food in general, is no easy task. That's why we pay for the convenience to purchase it and not to grow and pick

it ourselves. This is not for guilt, blame or shame, but rather, these are the thoughts that come to my mind when I buy food (thus participate in the marketplace, anyways) or when I go out to eat (hmm another market transaction), and there's no way I'm alone on that. My consciousness aches with so many components to consider. How do we obtain qualitative sustenance with a positive karmic effect? How can intentions embedded in positivity, positively affect others? Or is positivity just another skewed, subjective perception? Now I'm taking

this too personally. Those familiar anxious feelings again. Excited by so many enticing choices, yet guilt by association, to not wanting to support THAT. This is why I work and shop at the Co-op, or any co-op, really. I trust that co-ops are making many of these qualitative choices for me. Co-ops and I tend to share similar values and I appreciate how the symphony of something seemingly intangible like values can interact for the benefit of many in the tangible realm. And this quiets my mind a little more in this loud world. Within this fabric of space-time lie the fabric of life, and it's all interconnected— you, me and the avocado tree. ::



**GROCERY STORY**  
OWN YOUR LOCAL GROCERY STORE  
CHANGE THE WORLD  
Bring this book to life on  
**KICKSTARTER**  
07.17.17 - 08.16.17

a book by Jon Steinman of Deconstructing Dinner



## Interwoven Paths

### Celebrate Nearly 350 Years of Cooperatives and Labor

—by Curt Webb, General Manager

Cooperatives have been around for a long time, the first dating back to 18th century England. Workers banding together to procure affordable, untainted food for themselves. Into the early 19th century, when the term victuals was still in common use, cooperative societies continued to spread, but most were destined to fail.

In 1844 the Rochdale Society of Equitable Pioneers formed. They learned from the lessons of their failed predecessors and wrote down their guiding principles. The Rochdale Principles guide the formation and operation of co-ops to this day. You can see them on display above the checkouts at the Keweenaw Co-op.

Our fore-bearer co-op offered high-quality butter, sugar, flour, oats and candles. And we still offer these staples 173 years later. The Rochdale Co-op model focused on building member equity to ensure solvency, and was the first to pay a patronage dividend to its owners, models that our Co-op adopted in 2010.

The focus was broader than food and finance. The principles of education and concern for community set apart co-ops to this day. The cooperative values of self-help, self-responsibility, democracy, equality and transparency define our way of doing business.

While cooperatives continued to form in England, other forms of co-ops were starting in other countries. By the early 1900s co-ops were coming into their own in the U.S. ranging from agricultural co-ops and wholesale co-ops to credit unions, followed later by electric and telephone co-ops. Modern day food

co-ops arrived on a “new wave” of cooperation that focused on natural foods and goods. The Keweenaw Co-op was established in 1973 as part of this movement that continues to expand today.

Another idea was forming about the same time as the earliest U.S. co-ops: a holiday that celebrates labor. The labor movement championed the idea of Labor Day, a tribute to the social and economic achievements of American workers. It’s early form took the shape of self-activity in the streets. By 1894, in acknowledgment of the contributions workers made to the strength, prosperity and well-being of our country, Labor Day became a national holiday.

In 1898, Samuel Gompers, head of the American Federation of Labor, called it “the day for which the toilers in past centuries looked forward, when their rights and their wrongs would be discussed...that workers of our day may not only lay down their tools of labor for a holiday, but upon which they may touch shoulders in marching phalanx and feel the stronger for it.”

For many people today the meaning of Labor Day has been lost. Businesses remain open. Parks remain open. Often this holiday marks the end of summer far more than it celebrates the toils of our labor.

I encourage you to rekindle some traditions this Labor Day. Take the day to gather with friends and celebrate your work and the work of those around you. Look at what you’ve accomplished and how your community is better for it. And take time to relax your body and your mind. The Keweenaw Co-op is closed Labor Day for that very purpose. Please celebrate along with us. ::

#### Co-ops & Labor Timeline



**1769** First documented consumer cooperative is formed [Fenwick Weavers Society] in England.



**1776** Declaration of Independence is signed in Carpenter’s Hall.



**1790** First U.S. Cooperative [factory] is formed.



**1844** Rochdale Society of Equitable Pioneers from in England.



**1852** First Credit Union [in Germany] is formed.



**1868** The first 8-hour workday for federal workers takes effect.



**1882** On September 5th, the first Labor Day is celebrated.



**1886** The international tradition of celebrating May Day begins for worker’s rights.



**1894** Labor Day becomes a U.S. National Holiday.



**1902** Department of Labor is created by an act of Congress.



**1908** First Credit Union [United States] is formed.



**1913-1914** The first unionized strike within the Copper Country affecting all copper mines in the region. See Red Metal PBS documentary on youtube.com.



**1962** President Kennedy issued Executive Order 10988 giving federal workers the right to join unions and bargain for wages and working conditions.



**1964** On July 2nd, President Johnson signs the Title VII of the Civil Rights Act of 1964 banning discrimination in the workplace.



**1970** “New Wave” of Consumer Co-ops begins.



**1973** Keweenaw Food Co-op is founded.



**1993** The Family and Medical Leave Act was passed.



**1999** National Cooperative Grocers Association forms.



## From the Board

### The Urgent Importance of Being “Stronger Together”

—by Carl Blair, President

Frequently when I have had the opportunity to write the Board’s contribution to the newsletter it has been a very pleasant and easy thing to do. I would pick a phrase or topic, e.g. “growth,” or “harvest,” and pull relevant thoughts together, edit, submit it to the newsletter editor; who is now Todd – we are so glad you are with us! – then sit back and wait for it to come out; at which time I would look at Curt’s contribution and wish I could do as well, and then move on.

All very pleasant and easy to do and I could have done so this time, too. Really things at the Keweenaw Co-op are doing very well indeed: monthly sales growth is solid, each month there are more owners, more money in the bank, and we now consistently have over 10,000 transactions a month! I recall not too long ago when we were thrilled with 7,000 – 8,000 in the summer. The management and operations teams are doing wonders – look at the produce department! One challenge is having enough local produce to buy to pass along to us – a nice challenge as it encourages more local farmers to produce more.

So since all is truly good here at the Keweenaw Co-op and we can look forward to continued success and growth with more local suppliers, more classes, more organics and more sales allowing us to finally move on to relocation – I know I am frustrated there too – then why am I worried and concerned?

Things are not good in the co-op movement as a whole. Without – I hope! – violating confidential sales figures it is possible to state that many co-ops are seeing decreases in sales, along with other challenges in an increasingly competitive landscape.

In the immortal words of Alfred E. Neuman, “What me worry?” In the less immortal words of the Keweenaw Co-op Board President – yes we need to worry!

Will we ride this all out? – without a doubt. But will

it reduce our abilities to grow – yes, relocate – certainly, influence local policies and foodways – come on; what do you think...

In the battle against big box stores, non-local foods, and impersonal, non-responsive corporations, the co-op movement is fighting a losing rear guard action. Absolutely our Co-op is safe, for the moment, but is that enough?

What to do? We must shore up what we have. We need to not just think it is a good idea to actually pay with cash, check, or gift card, not credit, but to do it! Do not talk about recruiting new owners – reach out! Do it, talk the talk! Do not just say I will shop more often – do so, special order what is not on the shelves – if it sells it will appear!

This is nothing new; I’ve written this, Curt has written this, even Roger wrote this back in the day. Is it enough? Yes, to stave off disaster for us. But what of the wider co-op community? Become active, advocate, yes even in politics, educate, but most importantly: FOLLOW THROUGH WITH YOUR GOOD INTENTIONS!

After the Annual Meeting I had a really great discussion with some of our newer and younger owners who did not just say things along the lines of, “You should,....” meaning “You,” as in Carl Blair, should do what I want! Rather they were saying, “We ought to,” “could we,” and “why not?” How refreshing!

I know some are involved in the wider issues/struggles already – so please let us know what you are doing so we can support you because there are over a thousand of us waiting to help. Talk to each other, talk to the Board, talk to the staff, this is our co-op and we need to work together and DO SOMETHING! You are not alone, you have allies and support.

Let us get some interest groups together by the first of the year, don’t wait for me or someone to ask you, do it! Make the Keweenaw Co-op a center, a bastion of strength, a place of ideas and action, let our growth help us and others!

Just as we have done for over 40 years, we will succeed! For we are indeed, “stronger together!” ::

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# Summer FUN PAGE

## Explorers Word Search

How many **Back to School** words can you find?

- |            |            |           |
|------------|------------|-----------|
| Eraser     | Glitter    | Lunch Box |
| Calculator | Glue Stick | Homework  |
| Crayons    | Pencils    | Books     |
| Journal    | Markers    | Pens      |
| Sharpener  | Compass    | Backpack  |
| Blackboard | Scissors   |           |

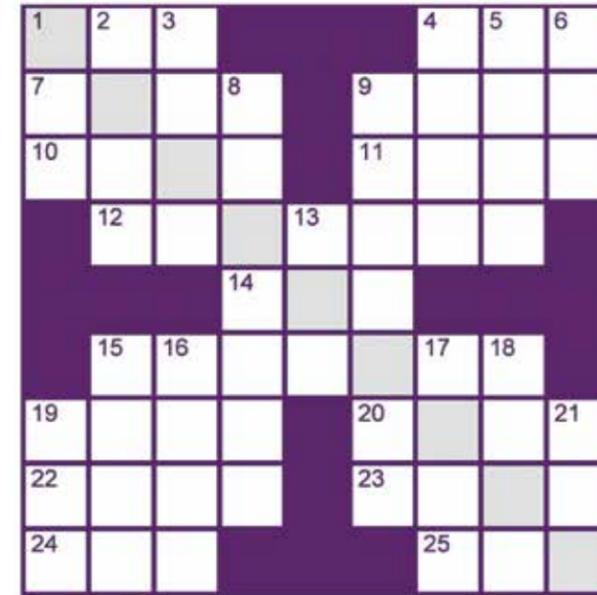
P	C	T	S	R	A	B	M	A	R	K	E	R	S
G	L	I	T	T	E	R	E	N	E	C	K	R	C
L	A	S	S	A	P	M	O	C	E	M	O	L	
H	S	U	D	R	A	O	B	K	C	A	L	B	E
O	G	T	K	C	I	T	S	E	U	L	G	O	R
M	J	O	U	R	N	A	L	N	O	A	A	N	A
E	X	J	E	B	A	C	K	P	A	C	K	B	S
W	B	B	E	P	E	N	C	I	L	S	O	R	E
O	C	R	G	O	S	H	A	R	P	E	N	E	R
R	S	R	L	U	N	C	H	B	O	X	R	O	G
K	K	E	B	A	E	C	R	A	Y	O	N	S	E
S	O	S	C	I	S	S	O	R	S	G	K	T	B
R	O	T	A	L	U	C	L	A	C	J	S	N	A
E	B	C	L	E	E	O	L	S	P	E	N	S	I

## The Most Important Meal of the Day

The title is the clue to the word in the grey shaded boxes in puzzle

### ACROSS

- Get in a pool
- Farm female
- Flower with a bulb
- Black cat, maybe
- Cut the fat
- Warm-hearted
- Back-to-school purchases
- Island strings
- Fir or pine
- Ancient ornamental collar
- Debussy subject
- Sound of relief
- Gaelic language
- Thickness
- Allow



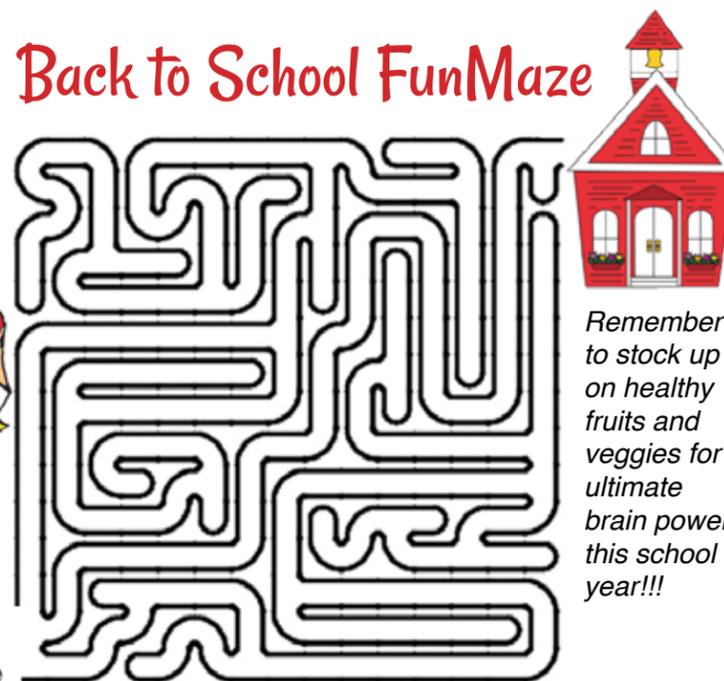
### DOWN

- 'One No,' in bridge
- Iroquoian indian
- Wedding cake feature
- Arabic for 'commander'
- Cysts
- Conclude
- Firm
- Painter Georgia
- Schuss, e.g.
- Helix
- Spree
- \_\_\_ of Sandwich
- Thick
- Cooking meas.
- After expenses



Help the Co+op Explorer Kids Find Their Way to the Little Red School House

## Back to School FunMaze



Remember to stock up on healthy fruits and veggies for ultimate brain power this school year!!!

**KEWEENAW CO-OP**

# CALLING ALL NATURE EXPLORERS

If you are between the ages of **3 and 12 years old**, then this summer **Co-op Explorers Club** urgently needs your assistance. Here's your mission...

- With the help of your parent/guardian, we want you to hunt down your favorite tree, vine, herb, flower, fruit or vegetable...whether it's local or unearthed on vacation...whether it's exotic or weird looking...have your parent/guardian photograph the front of your Co-op Explorers Passport, Program Card or Explorer Sticker next to your discovery.
- Have your parent/guardian send the picture to [www.marketing@keweenaw.coop](mailto:marketing@keweenaw.coop) to be featured on our Instagram account =>@keweenaw.coop.
- Tell us **what the plant is, where you found it, and why you chose it.**
- Have all of your friends and family follow our Instagram account, and like your entry photo for a chance to win one of three awesome explorer prize packs!
- The top three "liked" photos will win this year's "Calling All Nature Explorers" contest.

It's that easy!!! Have fun this summer and be a Keweenaw Co-op Explorer.

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*\*Not a Co-op Explorer yet? You can sign up for the program in our produce department, where you will receive a free passport, membership card, sticker and tattoo! Signing up for the program is free and all children are encouraged to enroll their children.*

*\*\*All entries should include: 1) The parent/guardian and child's name 2) A day-time phone number 3) A picture of a plant with accompanying passport, program card or sticker 4) Brief answers to the three questions (What is it, Where did you find it, why did you choose it?)*



# Farm Life in the Keweenaw

Local farmers share their stories on how their property was transformed into farmland.

—by Danielle Drake-Flam

**W**ith a harvesting season as short as the one we have in the Keweenaw, it's impressive to examine the amount of work that local farmers must put into producing the fresh produce that we see on the shelves of our local grocery stores. These local farmers, however, have managed to extend that season quite a bit by installing hoop-houses and planting storage crops. Owners of Osma Acres, North Harvest, Gagnon Farm and the Wood'n Spoon talk about their start in the Upper Peninsula and how they have transformed their properties into the successful farmlands that they are today.



**Osma Acres Farm**  
53465 Osma Acres Rd,  
Stanton Township  
**Hours:** Thursday/Friday  
4:00 pm - 6:00 pm & Saturdays  
from 9:00 am - 1:00 pm

What began as a wish to own enough property to house both her family and her sister's, Judy Lell opened **Osma Acres Farm** alongside her husband Billy and her sister and brother-

in-law, Melanie and Chris Walls, eight years ago.

Mostly a vegetable farm, Osma spans 40 acres and produces a bountiful harvest of fresh vegetables ranging from corn and beans, to strawberries and raspberries. The farm contains a large hoop-house, growing 300 tomato plants and 300 eggplants, which allows the season to extend into the cold

month of October. Installing it five years ago, however, was not an easy task and Lell explained that a large part of it's success was due to their neighborhood support.

"Actually it was breathtaking to see[...]We have some wonderful neighbors," Lell said. "When we were putting the hoop-house up we called them to come and help because the company that manufactures this had a small crew but was not enough people. So they all came and friends from church [came] and it was just totally awesome that this community, this little community, pulled together to make it happen for us. We all support each other."

Lell explained their family history, mentioning that she and her sister are not originally from the Upper Peninsula. As second-generation immigrants from Romania, the two grew up in Detroit, and while Melanie has always had

a passion for gardening, Judy loved to travel.

"My sister always had a garden, a big vegetable garden," Lell explained. "We were from downstate. I didn't because I was travelling all over, and then I met my husband, and now I am a country girl. I was strictly a city girl, not anymore."

Judy and Billy met while overseas working in Saudi Arabia. They soon married, but it wasn't until they came home to the U.S. on their holiday that they discovered the Keweenaw.

"We came here on vacation with my sister," Lell said, "They were going camping up here so we decided to go with them and my husband fell in love with it up here."

Osma Acres provides fresh produce to the Keweenaw Co-op and Lell explained that she enjoys working with the Keweenaw Co-op because it is community oriented.

**North Harvest Farm**  
26262 Tikkanen Road,  
Calumet, Michigan  
**Hours:** Currently, not open to the public

**North Harvest Farm** is owned and operated by Ashley and Jake Kronshage, who have been studying farming techniques under Gary Hughes for the past few years. The couple bought prospective farming land off of Tikkanen Road, formerly owned by the Tikkanen family, back in 2015. Before the land became North Harvest, it was vacant for about twenty years, having previously been used for growing strawberries and large gardens.

"They rented it a little bit, finally sold it to us, because they really wanted to see it become kind of a farm again," Ashley said.

In past years, North Harvest had been primarily operating on the Hughes' property where Jake and Ashley own two large hoop-houses. This is the first year that they have seriously grown produce on their new Tikkanen Road property.

"I just never thought we would have something like this," Ashley exclaimed, "And the fact that it's just like a mile or so from the Hughes, it must be good farmland I suppose."

Ashley, who worked in the produce section at the Keweenaw Co-op for three years, enjoys the partnership that her and Jake now share with the Co-op.

Ashley concluded, "That was kind of neat that they were willing to try some new things, see if it worked. You know, take sort of a little bit of a risk in a sense and then continue to try. They want to work with us[...]I couldn't imagine not giving stuff to the Co-op."

Currently, North Harvest produces greens, lettuce and kale in their small hoop-house on their Tikkanen property, while they cultivate the larger plants such as potatoes, beans, peas and lettuce on

the Hughes' property. By next year, they plan to have everything transferred over to their own farmland in hopes of extending their growing season, which currently lasts until mid-October.



**Wood'n Spoon**  
174 Stanton Ave,  
Mohawk, Michigan  
**Hours:** Monday-Saturday  
10:00 am - 5:00 pm

**The Wood'n Spoon** is owned and operated by Bruce and Gretchen Beaudoin. The Beaudoins, who also run a small farm on their property on Dover Road in Hubbell, began the business 19 years ago after purchasing the building, which was formerly a bar called La Villa Lunch. After quite a bit of remodeling, the Beaudoins opened up the Wood'n Spoon, a small gift shop where they sell homemade jams and honey, hand-crafted wooden spoons, Yooper trinkets and countless baked-goods.

On the farm, the Beaudoins produce strawberries and many other berries for their large selection of homemade jams. They grow fresh vegetables and also raise honey bees. The homemade honey is sold alongside freshly baked bread, cookies and jams.

In previous years, the Wood'n Spoon has provided fresh produce to the Keweenaw Co-op, though

they recently have only grown enough to supply their store. Generally, the shop opens up after Memorial Day and remains open until the end of October.

Bruce Beaudoin talked a bit about the frequent questions that he gets asked, joking that in his twenty years of farming and shop-talk, his answers are almost rehearsed.

"People do always come in and ask me, 'who grows the strawberries' and I've grown strawberries for twenty years and it's kind of like, 'me?'" Beaudoin laughed, going on to say that many ask about the thimbleberries as well, "Yeah, 'what's a thimbleberry' of course, for the jam, ten times a day. I should just have a recording I flip on."

Their usual clientele includes seniors, as they accept the fresh produce coupons that are handed out at local nursing homes, and many out-of-towners on their way up north because the store is located right off of US 41.



**Gagnon Farm**  
Coles Creek Road,  
Atlantic Mine, MI  
**Hours:** Monday-Friday,  
Sunday 9:00 am - 7:00 pm

**The Gagnon Farm** is home to 40-acres that became a vegetable farm back in 1965 when Jerry Gagnon took over the land from his family. Jerry and Karen Gagnon, alongside their children, work long shifts from daybreak to dusk, weeding, planting, watering and de-bugging their gardens and fields.

"We don't use any kind of herbicide or pesticide here," Jerry explained, "It's a lot of work."

All of the Gagnon's produce is grown out in the gardens and fields, as they only use a small hoop-house for starting plants before transplanting them into the big garden.

"We stick to the main vegetables— we don't do the little specialty things, because we want to move the vegetables as quickly as we can," Karen said.

Gagnon Farm works with the Keweenaw Co-op, bringing in fresh produce a couple of times a week. Before Jerry took over, his mother delivered vegetables from their farm to the Co-op. Now, they grow everything from potatoes to beans to strawberries, but their big sellers are beets and carrots because they are so sweet.

Jerry attributes this to the high, dry soil of their farmland.

"It's a good outlet, the Co-op is," Jerry said, "There's a lot of people that don't get to come out to the country and buy their vegetables so we can sell our vegetables there."

"And the Co-op is very receptive to local produce," Karen added, "You know grocery stores and that, if they advertise local, it's not local from the area, it's local from wherever the flyers are printed."

Gagnon Farm's season typically lasts all they way through October 31st, when the pumpkins are done. Karen mentioned that this is typically her favorite time of year, as they host headstart class field trips to the farm and many families come out to pick pumpkins. The younger kids are fascinated by the Gagnon's turkeys, which are usually fairly large by fall, while the adults enjoy finding the perfect pumpkin.

"They have a lot of fun. You'd think the kids are the one's that have a hard time picking out pumpkins but it's not, it's the adults," Karen laughed, "They come out and just stay and have a ball. That's the fun part of it, it's demanding, but it's fun." ::

**Marquette:**  
Michigan Red Wine

**Fayette Harbor:**  
Plum & Honey Wine

**La Rosé Jardin:**  
50% Sabrevois and  
50% St. Croix grapes

**Mead:**  
Honey Wine

These wines and many other varieties of **Threefold Vine Wines** are available to choose from at your **Keweenaw Co-op**.



PHOTO: TYLER MORGAN

# From Vine to Wine

Threefold Vine Winery, a Local Winery that Cultivates Cold Climate Grapes with Warm Hearts

—by Rachel Walls-White

**D**o you love wine? Are you looking for high quality and delicious wines with a local flair? Well, your hopes and dreams have come true with wines from *Threefold Vine Winery* located in Stephenson, MI. Owned and operated by Janice and Andy Green, they've been growing grapes here since 2002—opening their successful winery in 2007. Janice and Andy are 5th generation “Yoopers” and farming is in their blood. Raising cows, chickens and bees—growing hay and various grains as well—they wanted to find some way to bring their love of wine onto their farm. Thus, grapes that can tolerate and thrive in cold weather climates were planted and cultivated.

The Greens locally grow all of the grapes that they use to make their tasty wines. Their main focus

was to use the Elmer Swenson grape, which is known to tolerate cold weather. They also grow experimentally—such as “Geneva Station” grapes from New York and an “anonymous” strain of Elmer Swenson grape which was delegated a “Lot Number.” Elmer himself personally assigned the Lot Number to the Greens.

When Janice and Andy added bee hives to the farm they also began making Mead (or Honey Wine) an alcoholic beverage

created by fermenting honey with water, sometimes with various fruits, spices, grains, or hops. Coincidentally, they have begun growing their own hops and are in the planning stages for future utilization. We at the **Keweenaw Co-op** are overjoyed to offer wines with locally grown grapes from a winery in the Upper Peninsula of Michigan. We encourage you to try some of their excellent wines and mead, available in our store now. ::



**Elmer Swenson: The Godfather of Midwest Winemaking**

Elmer's interest in grapes was primarily focused on breeding table grapes. However, that all changed in 1977 when the University of Minnesota released the *Swenson Red* hybrid and then the *Edelweiss* hybrid as a result of his successful grape breeding.

In 1979 he received a grant to continue his grape breeding efforts after his retirement from the University of Minnesota. Elmer formed a corporation with another breeder/teacher to develop and market grape varieties. Over the next ten years they patented five of Swenson's hybrids, including the *St. Croix*, *St. Pepin*, *LaCrosse*, *Espirit* and *Kay Gray* varieties.

Other more recent University releases—such as *La Crescent*, which combines Swenson's *St. Pepin* with the *vitis vinifera Muscat Hamburg*—were developed by **Peter Hemstad** and **Jim Luby** at the Minnesota Horticultural Research Center, but were based on Elmer's earlier work.

A snippet from the *Inquisitive Vintner*: A Yooper, psychology professor, amateur winemaker... and his daughter.

## The Wine Guide

### PINOT NOIR

**Style/Color:** Dry Light Red

**Body:** Light

**Characteristics:** Raspberry & Clove, Cranberry & Mushrooms

**Pairings:** Spiced Duck, Mushroom Risotto, Hearty River Fish, Lobster

### MERLOT

**Style/Color:** Dry Red

**Body:** Medium

**General**

**Characteristics:** Blackberry, Black Cherry, Plums, Cedar, Leather

**Pairings:** Red Meats, Short Ribs, Jambalaya, Spicy Dishes

### CABERNET SAUVIGNON

**Style/Color:** Dry Red

**Body:** Medium – Heavy

**General**

**Characteristics:** Blackberry, Black Currant, Black Cherry, Eucalyptus, Mint, Cedar, Leather

**Pairings:** Red Meats, Pot Roasts, Hearty Fowl like Duck, Spice Rubs, Marinades

### ZINFANDEL

**Style/Color:** Dry Dark Red

**Body:** Light to Medium

**Characteristics:** Jam, Berry, Black Pepper, Cherry, Plum, Licorice, Smoke

**Pairings:** Red Meats, Quail, Turkey, Pork, Hard and Rich Cheese like Manchego, Red Peppers, Caramelized Onions, Roasted Squash

### MALBEC

**Style/Color:** Med. Dry

**Body:** Medium

**Characteristics:** Dark Fruits, Chocolate, Floral, Leather,

Smoke, Black Pepper

**Pairings:** Lean Red Meat, Dark Poultry, Blue Cheese, Goat Cheese, Mushrooms, Cumin, Smoked Paprika

### SAUVIGNON BLANC

**Style/Color:** Dry Pale Yellow

**Body:** Light to Medium

**Characteristics:** High Acidity, Slightly Herbal, Green, Gooseberry, Citrus

**Pairings:** Roasted Poultry, Grilled Fish, Brie, Swiss, Gruyere, Arugula, Avocado, Jicama, Basil, Cilantro

### CHARDONNAY

**Style/Color:** Dry Golden

**Body:** Medium to Heavy

**Characteristics:** Citrus, Tropical Fruits, Apples, Pears, When Oaked; Butter, Cream, Caramel

**Pairings:** Semi-soft Cow and Goat Cheese, Poultry, Pork Loin,

Oily Fish, Lobster, Crab, Shrimp

### PINOT GRIGIO

**Style & Color:** Dry to Semi-Sweet White

**Body:** Light to Medium

**Characteristics:** Medium to High Acidity (Italy), Lime, Lemon, Nectarine, Peach

**Pairings:** Pork, Chicken, Roasted Vegetables, Hot & Sour Soup, Brioche, Light to Medium Cheese

### RIESLING

**Style/Color:** Dry to Sweet White

**Body:** Light

**Characteristics:** High Acidity, Low Alcohol, Stone Fruit, Pineapple, Minerality, Honey (if sweet)

**Pairings:** Duck, Pork, Chicken, Crab, Highly Spiced and Aromatic Dishes, Light Cheese, Dried Fruit

# Get Roasted

Keweenaw Coffee Works Combines Ethical Farming and Human Rights With a Local Roasting Flair

—by Todd Gast

**K**eweenaw Coffee Works is a coffee micro-roastery located in Calumet, MI that focuses on providing fresh, quality coffee that is sustainably produced. The philosophy behind every cup of their coffee is: small is beautiful. “We work closely with our suppliers to support small artisanal farms.” says co-owner Valerie Baciak.

“We use bio-compostable packaging, look for certified beans when available and never cut corners.” Their products are made with lots of love and integrity—every time! “We know if we don’t love it—you won’t love it either.” says co-owner Nate Shuttleworth. “So, when you drink our coffee, rest assured we’ve done our research and taken the time to inspect all aspects of our product to meet your expectations. Passion is our number one ingredient!” “For all of us at Keweenaw

Coffee Works, our top priorities when selecting a coffee include: quality, sustainability, integrity and how to best tell it’s story through roast profiling, naming and label design.” says Valerie Baciak. “KCW invites you to “Get Roasted” with them as their products are not only available at their Calumet location, but at many coffee shops, restaurants and grocers in the area, and are also available online. Keweenaw Co-op has been carrying KCW products since 2013, when they first opened.



## KCW at a Glance

Small micro-roastery focused on quality, sustainability and community.

### Mission Statement

“Doing Well by Doing Good” is the mantra and central motto of their business model.

### Opened 2013

### Location

326 5th St, Calumet, MI 49913

### Hours of Operation

Mon-Fri: 10:00 am – 5:30 pm  
Saturday: 10:00 am – 5:00 pm  
Sunday: Closed



## Nate Shuttleworth: Roaster

Born in Cambridge, England, raised in Melbourne, Australia and relocated to Chicago at the age of 16, Nate Shuttleworth began his culinary career working the delis of Chicago in 1995. After attending culinary school in California, Nate worked at several food and beverage establishments holding positions ranging from store GM to Sous Chef of a Michelin star rated restaurant and Executive Chef of other fine restaurants. From late 2007 to early 2009, Chef Nate spent

18 months studying the culinary scene in Melbourne, AUS. Melbourne is known internationally for its number of quality cafes and excellent coffee. It was here that Nate was inspired to return to the States and start planning for the opening of Keweenaw Coffee Works.

When Nate is not roasting he enjoys fishing, playing his guitar, making beer and cider, woodworking/furniture making, cooking and snuggling his dogs. Yes, even bearded coffee roasters have a sensitive side.



## Valerie Baciak: Marketing and Operations

Born and raised in Iron Mountain, MI, Valerie has spent a lot of time in the Keweenaw, staying summers in Chassell and Calumet for family visits in her youth. In 2000, Valerie headed to Chicago, IL to attend school. During her time in Chicago, she worked in the hospitality industry doing event planning. Even though her passion for food and beverage never left her, she joined the communications team at Brella Productions from 2009-2016 to help develop their sales operations. Valerie worked directly with both principles to make sure that all the moving parts are working to insure profitability and strong communication. Combining both

her hospitality background and her operations experience, Valerie uses her skills to juggle all the moving parts of KCW behind the scenes. When KCW isn’t keeping her busy, Valerie enjoys cooking, reading, jewelry-making and yoga. She also enjoys long walks in the North Woods with her coffee roasting husband and her two best friends, her dogs Jasmine and Orinoco. When Valerie introduced Nate to the Upper Peninsula over 10 years ago, Nate was completely taken with the area’s beauty. After their wedding in 2012 at the Keweenaw Mountain Lodge in Copper Harbor, already having developed their business plan for KCW, Nate and Valerie decided it was time to make the move North. They both enjoy living and thriving in the Keweenaw community. ::



## The Whole Bean and Nothing but the Bean

- **Origins:** All flavors characterize the Country/Region of origin.
- **Sourcing:** Beans are sourced from small, artisanal farms such as the women producers of the Chiapas Region, which includes the microregions of Soconusco, Siltepec, Porvenir and Tapachula. They produce beans for the flavor “What The Water Gave Me.” Original artwork for the label was designed by Mexican artist Melissa Washburn.
- **Cup Notes:** Describes what flavor profiles are embodied in the coffee—such as toffee, vanilla, hazelnut, etc.
- **The Guild:** Monthly subscriptions for many options of home-delivered coffee.

## Roast Profiles

- **Lighter Roasts:** the coffee will exhibit more of its “origin character”—the flavors created by its variety, processing, altitude, soil content, and weather conditions in the location where it was grown.
- **Medium Roasts:** As the beans darken to a deep brown, the origin flavors of the bean are eclipsed by the flavors created by the roasting process itself.
- **Darker Roasts:** The “roast flavor” is so dominant that it can be difficult to distinguish the origin of the beans used in the roast.



Keweenaw Coffee Works sells several varieties of their tasty coffee roasts to choose from at your Keweenaw Co-op.

► (L-R) Jeff Flam on his bike during this year's BridgeFest Parade, posing in front of Keweenaw Co-op's dairy cases and unloading the truck on delivery day.



## “Day in the Life” With Jeff Flam

—By Kendall Belopavlovich

**K**eweenaw Co-op proudly employs a diverse mix of people who come from all areas of the world possessing varied backgrounds, nationalities, religions, walks of life, etc. Together, we collaborate on a scale of 40+ employees who work every day to improve the quality of your store, the products you purchase and your user experience when you visit with us. We think that it is important for the community to get to know the people who work here. A shining example of our friendly, positive, fun crew comes from Jeff Flam. He has been with Keweenaw Co-op for six years. Jeff has worked in various positions for the store and as he'll tell you, “interacting with customers, owners and community members” is his favorite component!

### What position did you start working in?

“In a nutshell it would be called stocking, I started in the grocery department stocking in grocery-dairy-frozen.”

### What is your position now?

“Now I'm the frozen and dairy buyer and I eased my way into this position when I began ordering for the dairy and frozen sections under the previous grocery manager. They had been ordering food for the whole store alone!”

### What is your favorite part of working at the co-op?

“Definitely the people—both my fellow employees and my customers. I love seeing repeat customers come into the store and shop with their smiling faces. It's also great to get to know new faces in the community this way.”

### What do you like to do in your spare time, hobbies, etc?

“I like to bike, go kayaking and work on projects.”

### What is your favorite place to visit in the keweenaw?

“Right now, it's probably got to be the river trail down by Tomasi Road in Hancock.” ::

## Q&A: Co-ops vs. Farmer's Markets?

### Q: Does Keweenaw Co-op Compete With Local Farmer's Markets?

**Answer:** We say “No.” At Keweenaw Co-op, we believe that each will enhance and complement the other. For example, when you buy your beautiful, locally grown, Copper Country strawberries in July from the Farmer's Market or street-side vendors, we will have the organic cream, butter and flour for your strawberry shortcake as well as other healthy and delish grocery items you need. Our goal is to complement the Farmer's Market, not compete.



Opening day for Houghton's second annual Farmer's Market.

### Local Farmer's Market Schedules

**Baraga** Every Wednesday, 3:00 - 6:00 pm until October, Baraga County Historical Museum

**Calumet** Every Saturday, 10:00 am - 2:00 pm, Sixth Street

**Hancock** Every Wednesday and Saturday, 10:00 am - 2:00 pm, until September. Quincy Street

**Houghton** Every Tuesday, 3:00 pm - 6:00 pm until late October, Portage Street

**Lake Linden** Every Saturday, 10:00 am - 2:00 pm until October, Calumet Street

**Ontonagon** Every Wednesday, 3:00 pm - 6:00 pm, River Street

co-ops  
**grow**  
communities

SHOPPING LIST

Be sure to include cooperatively owned and sourced products to your list to grow your community owned Keweenaw Co-op.

#### BULK

- Alter Eco – grains, rice, sugar, chocolate
- Equal Exchange – coffee, dried fruit, nuts

#### GROCERY

- Alter Eco – grains, rice, sugar, chocolate
- Divine Chocolate
- Dr. Bronner's – coconut oil
- Equal Exchange – coffee, tea, chocolate
- Guayaki – beverages
- La Riojana – wines
- Organic Prairie – jerky
- Organic Valley – shelf-stable beverages
- Riojana – olive oil
- Shady Maple Farm – maple syrup
- Theo Chocolate

#### DAIRY AND MEAT

- Organic Valley – cheese, yogurt, milk, eggs
- Organic Prairie – meats

#### PRODUCE

- Equal Exchange – bananas
- Organic Valley – produce

#### SUPPLEMENTS, BODY CARE, AND HOUSEHOLD

- Alaffia – body care, hair care, facial care
- Dr. Bronner's – soaps, body care products
- EveryDay Coconut – body care, hair care, facial care
- EveryDay Shea – body care, baby care, soaps
- Maggie's Organics – clothing, accessories

## board of directors

**CARL BLAIR**  
cblair@mtu.edu  
President  
Term ending 2018

**SERGEI CASPER**  
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Director  
Term ending 2018

**PETER CHIOMENTI**  
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Term ending 2020

**HEATHER DUNNE**  
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Vice President  
Term ending 2020

**JOE FREED**  
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Director  
Term ending 2018

**KIM GREEN**  
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Director  
Term ending 2019

**MIKE LABEAU**  
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Director  
Term ending 2019

**SUSAN SERAFINI**  
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Treasurer  
Term ending 2018

**PATRICK WALLS**  
patrick.walls1980@gmail.com  
Secretary  
Term ending 2019



Current Recipient (through October, 2017)



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.

## Why Co-ops Matter



Cooperation is defined as working together towards the same end, and joining forces to accomplish a task that one can't achieve alone. Simply put, co-ops provide the framework that allows people to get what they want in a way that better meets their economic, social and cultural needs.

And because cooperation builds strong bonds between the people who use products and the people who supply them, co-ops offer a way to transform the way business is done. Co-ops give you the opportunity to get the products and services you need on a daily basis while strengthening the community around you.

In addition to a co-op's commitment to serving its members, most adhere to a set of seven principles that help guide the business. And as a result, many co-ops set a standard for the surrounding business community with a commitment to environmental and social responsibility.

### Did You Know

The .coop web address extension has been adopted by over 3,000 co-ops and while many cooperatives may use .com or other domain extensions, when you see .coop, you can be sure that it's a cooperative. For more information, visit [www.coop](http://www.coop).

## FOOD GLOSSARY

**FOOD SHOPPING** can be confusing, but learning the language doesn't have to be an exercise in frustration. This glossary identifies **marketing jargon** and **lists common terms** you'll find on everyday food labels so you can get to the bottom of what you're buying and eating. A few of the terms listed here are regulated lawfully by government agencies. Others are certified by a third-party organization that upholds a single set of widely used, but not legally binding, standards. But most of the **terms aren't held to specific standards** and even have varying meanings. When in doubt, ask your helpful and friendly **KEWEENAW CO-OP** staff.

Common Food Terms		
Term	Definition	Is it Regulated or Third-Party Certified?
Artisan/Artisanal	Hand-made, high-quality products	No
Cage-free	Poultry raised outside of cages	No
Conventional	Products created using practices standard in industrial agriculture	No
Fair Trade Certified	Products produced and procured using practices that promote fair wages and environmental sustainability	Certified by TransFair USA
Free-range/Free-roaming	Animals raised in an unconfined environment	Regulated by USDA for meat poultry only (not eggs)
Grass-fed/Pastured	Livestock that feeds on grass, both fresh pasture and dry grass feed	No
Heirloom or Heritage	Naturally pollinated crop species or livestock breeds that have been cultivated over generations	No
Humane	Meat from animals that were able to engage in natural behavior, given ample space, and provided clean water and a healthy diet free of antibiotics and hormones	Certified by the Certified Humane Raised and Handled Program
Local	Food produced near where it's sold or eaten	No
Natural	Meat products containing no artificial ingredients or added colors and only minimally processed	No, defined by USDA for meat products only
Organic	Products that have not been exposed to synthetic pesticides or fertilizers, genetic modification, growth hormones, or antibiotics	Regulated by USDA
Sustainable	Food produced in a way that is mindful of the well-being of animals, workers, the environment, and the local community and does not deplete nonrenewable resources	No

## Welcome New Owners

Joined February 01 – June 30, 2017

Kiran Abrams	Michelle Jarvie-Eggart	Mary Probst
Ryan Bischer	Victor Jarvis	Cari Raboin
John Bowen	Chad Johnson	James Robertson
Julie Branyon	Rachel Juris	Maureen Ronquist
Jennifer Capello	Marney Kloote	Jillian Sarazin
Julia Clayton	Diane Kopke	Jeff Schreiber
Danielle Cramer	William Kotajarvi	Bill Sewell
Tobias Dawson	Kevin Lampela	Karen Siekas
Heather Deering	Julie Linder	Cynthia Brandon Slocum
Carolyn Dekker	Lori Marois	Alexander Smith
Meredith Ebert	Jessica McDonald	Kate Theisen
Cristopher Edwards	Julie Meyers	Siena Tober
John Farquhar	Susan Miko	Tony Villareal
Tera Fenixx	Mia Moilanen	Zeying Wang
Todd Gast	Mariya Mostipan-Johnson	James Waters
Mary Groeneveld	Anthony O'Keeffe	Traci Webb
Mary Alisa Guertin	Debra Pakkala	Gloria Westcott
Cindy Helppi	Alison Pontynen	Lori Witting
Sherry Hill	William W. Predebon	



**KEWEENAW CO-OP**  
*Circumspice*

1035 Ethel Avenue  
Hancock, MI • 49930  
(906) 482-2030  
[www.keweenaw.coop](http://www.keweenaw.coop)

**STORE HOURS**  
Open daily 8am–8pm

### kir-kum-spi-ke

The name *Circumspice*, Latin for "look around," was inspired by Michigan's state motto—*Si Quæris Peninsulam Amoenam Circumspice*. It means, "If you seek a pleasant peninsula, look around." The motto originally appeared on the Great Seal of Michigan in 1835 designed by Lewis Cass.

The *Circumspice* newsletter is published three times a year for the Owners and customers of the **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, Staff, Board or Owners.

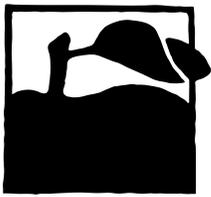
**Please submit story ideas by September 1st to the following...**  
[marketing@keweenaw.coop](mailto:marketing@keweenaw.coop)

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# Calling All Co-op Explorers Page 13

## OWNER APPRECIATION MONTH

Owners receive a 10% discount on all **REGULARLY PRICED** items for one shopping trip **EACH QUARTER**. You choose the day within the designated Owner Appreciation month.

### AUGUST, 2017

Celebrate Local Farms, Products, Companies and Arts/Entertainment

### OCTOBER, 2017

Celebrate International Co-op Month, Non-GMO Month and Fair Trade Month

 **10% Discount**  
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an **Afternoon** 2017  
 - presented by Michigan Tech - on the **Town**

**Saturday**  
**September 2, 2017**  
 11a.m. - 3p.m.

## WELCOME STUDENTS



*Finlandia University*  
 First Day of Classes  
 August 28th, 2017



*Michigan Tech University*  
 First Day of Classes  
 September 5th, 2017



**Saturday,**  
**September 16th**  
 7:30 pm

Parade of Nations  
 THINK **globally**  
**Celebrate** 2017  
**locally**  
 COPPER COUNTRY

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