



The Voice of the Keweenaw Co-op Market & Deli

Circumspice

HANCOCK, MICHIGAN

SUMMER 2010

in this issue...

Core Values	2
From the GM	3
Gardening	4
Summertime Tea.	5
From the Board	6
Member-Owners	8
Deli Menu Additions	9
Community	10
Neighborfood Watch	11

kir-`kum-spi-ke

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

Growing Vegetables, Flowers, and Herbs from Seed

by Katie Lavin - High Mowing Seeds



Main garden path of Co-op Member-Owners Ray and Viki Weglarz. They grow vegetables, herbs, flowers and fruit just outside their kitchen door.

Starting and maintaining a vegetable garden is a rewarding experience. It can also be frustrating and overwhelming if you are a first-time gardener. In general, seed packets contain information about the crop and its requirements. While most seeds can be started indoors 4-8 weeks before the planting outside date, many of us don't have the space or time to start seeds indoors. The good news is that most seeds can be directly planted in the garden! Sow your seeds and wait in wonder for their green growth to begin and discover the joys of gardening! See page 4 for some helpful guidelines about what can be direct-seeded and when.



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 four times a year for the Member-Owners and customers of Keweenaw Co-op. The newsletter is published to provide 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 September 1st. 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

Core Value Program

Select Core Value Products

The Keweenaw Co-op's mission is centered on healthy choices and affordable nourishment. 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. **SRP (suggested retail price) / CVP (core value price)**



Organic Valley – Milk, Half Gallon

Milk that comes from the pastured cows of their cooperative's family farms in the Midwest. Regional production means the milk comes from farms as close to you as possible, along with the knowledge that they're supporting family farms that care for the animals and land. SRP \$5.29 / CVP \$4.29



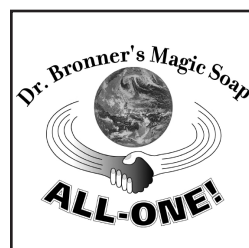
Eden Organic – Canned Beans

USA small farm organically grown beans prepared at Eden's certified organic and circle k kosher canner. Rich in dietary fiber and a good source of protein, iron, and magnesium. Fat free and with no salt added. Black, Kidney, Cannellini, and Garbanzo. SRP \$2.59 / CVP \$1.99



Food For Life – Organic Ezekiel 4:9® Bread

Made from freshly sprouted organically grown grains, is naturally flavorful and bursting with nutrients. Rich in protein, vitamins, minerals and natural fiber with no added fat. Try it served warm to release its exceptionally rich nutty flavor. Sesame variety included too. SRP \$5.79 / CVP \$4.79



Dr. Bronner's – Bar soaps

Dr. Bronner's classic bar soaps are completely biodegradable and vegetable-based. They are made with certified Fair Trade and organic oils! Simple ecological formulations based on old-world quality and expertise. SRP \$4.29 / CVP \$3.29



Ecover – Dishwashing Liquid

Lemon-Aloe, 32oz
Fresh fragrance from plant-based ingredients, gentle on your hands, cleans and degreases. Made with plant based ingredients with minimum impact on aquatic life, no animal testing and suitable for septic tanks. SRP \$5.49 / CVP \$4.49

From the GM

by Curt Webb – General Manager

Each spring I look forward to that first breakfast of asparagus, morels, and ramps. What a delicious start to the local food season. The natural timing of these delicacies calls me to reflect on the intricate cycle of things, and to pay attention at every stage.

To enjoy the bounty of this seasonal turn, one needs to know where to look. It takes some keen observation, some knowledge, and a little bit of luck. Timing is vital. There are signs to watch for. As I savored my spring breakfast this year, I reflected on other signs of the times.

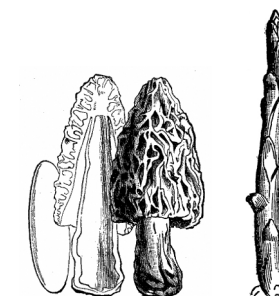
As I savored my spring breakfast this year, I reflected on other signs of the times.

The economy still reels from its cycle of boom and bust. It is clear that our interests were not in the forefront of Wall Street's concerns. We have learned how difficult it is to ensure accountability from afar. This is a hopeful sign. As an alternative, locally owned businesses' bottom line is linked both economically and socially to the wellbeing of the community. These business owners feel the impact of their decisions just as you and I do. At the Co-op, the positive response to our timely reincorporation is a sign an alternative model with ideals that include concern for community



Curt's Spring Breakfast

Simply saute fresh picked asparagus, morels and ramps in butter and serve on the side with some local eggs or a tofu scramble. Season with a pinch of salt and fresh ground pepper and share with someone you love on a beautiful Spring morning.

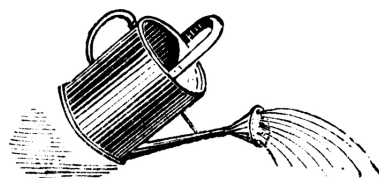


can succeed.

Growth and consolidation run a course that eventually reaches a breaking point, giving way to sustainable alternatives. The disturbing trend toward factory farms and industrialized food continues. Questions arise as corporations globalize in search of cheap labor and exploitable resources. Food is coming from places too distant to be of verifiable quality and the cost of transporting it is realized during disasters like the current Gulf oil spill (transportation being the second largest consumer of energy in this country).

We observe the timely resurgence of small scale, artisan producers like Rochdale Farms, Food for Thought, and Rishi Tea who are countering this trend and renewing confidence in the path our food takes from field to plate. One reason that people started natural food co-ops was to reconnect consumers to their source of food and give them more control over how their food is grown, processed, and sold. To this end, the Co-op continues to seek out and support local producers and suppliers—we celebrate our local producers like Native Sisters Soap, Danielson's Sugarbush, and Ray's Polish Fire to name just a few.

As we observe these cycles each of us has the opportunity to consider the consequential ripple effect of our choices and to be open to the creative responses that abound, whether it be on your plate, in your work, in your community, or at your local Co-op. The signs indicate that it is time to move on to the next phase. ::



Direct Seeded Spring Crops

These seeds can germinate in cooler soils and can withstand a light frost. Seed directly into your garden space or containers.

- Peas
- Salad mixes
- Beets
- Arugula
- Swiss chard
- Spinach

- Tat soi
- Radishes
- Cilantro
- Dill
- Kale



Direct Seeded Succession Crops

The following crops can grow all season. Do succession planting (i.e., sow every few weeks through late July for a sustained harvest).

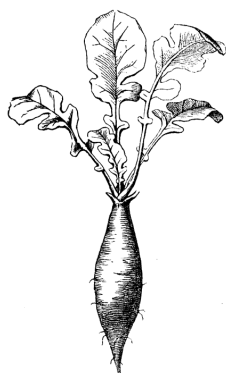
- Mesclun mix & other salad mixes
- Dill
- Cilantro

- Lettuce
- Beans
- Beets
- Carrots

Direct Seeded Fall Crops

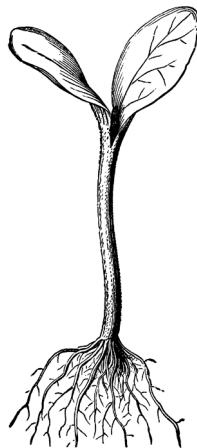
These seeds do best in Spring and Fall. Sow again in August for a Fall crop.

- Spinach
- Arugula
- Lettuce
- Kale
- Tat Soi
- Radishes



Direct Seeded or Transplanted Summer Crops

These seeds like a warmer soil and cannot withstand a frost. They can be started indoors 4-5 weeks before you transplant them out, or directly seeded into your garden.



- Basil
- Cucumbers
- Squash
- Pumpkins
- Fennel
- Melons
- Sunflowers
- Cosmos
- Zinnia
- Nasturiums

Transplanted Fall Crops

These seeds can be started inside in mid/late June for a Fall crop (transplant out in mid/late July). You can also plant them directly into your garden.

- Broccoli
- Cauliflower
- Kale
- Cabbage
- Collards



Summertime Tea

Enjoy a refreshing and tasty, healthy glass of iced tea by starting with whole, loose leaf tea leaves. In general, rooibos teas, black teas (which are traditional ice teas) and herbal teas are great over ice. Iced green teas can be delicious too, provided you choose a flavored or scented green tea that you enjoy. Mixing two or three teas together will get you a unique iced tea brew that is often better than any single tea.

Making homemade iced tea is very similar to making hot tea, however, there are a few differences. First, double the amount of loose tea used in your brew (as compared to hot tea). Next, immediately after the hot tea is brewed, pour it into a glass filled almost to the top with ice. The sudden cooling keeps the flavor and scent of the tea intact. Finish it off with a slice of lemon or sprig of mint for the perfect glass of cool, refreshing iced tea.

A variation of making iced tea is to brew your tea in the sun. Fill a glass container with tea and water and cap. Place outside where the sunlight can strike the container for about 3 to 5 hours. Move the container if necessary to keep it in the sun. When the tea has

Try one of these whole, loose leaf teas from Rishi Tea available at the Co-op:

- Black Tea - Earl Grey
- Black Tea - Masala Chai
- Rooibos - Blueberry (no caffeine)
- Rooibos - Jamaican Rum (no caffeine)
- Green Tea - Jade Cloud
- Green Tea - Jasmine Pearl
- White Tea - Silver Needle
- Pu-erh - Ginger & Citrus

Organic • Artisan • Fair Trade • Garden Direct



reached its desired strength, remove from sun and put it in the refrigerator. The tea will probably taste more mellow than what you are used to from using boiling water. The slow steeping has a way of bringing out a slightly different flavor from the tea. Also, because you didn't use boiling water, you should refrigerate the tea and drink it up pretty quickly - a day or two. It will not keep as well as iced tea made from boiling water. ::



From the Board

As we work toward making our Ends a reality, the Board is determined to “speak with one voice”—that is, we make decisions in ways that allow us to speak as a unified board. Meanwhile, this month our nine individual voices are working together to seek your input as Member-Owners as well as potential Board Directors.

Interested in becoming a Board Director? In March, you voted in three new Directors: Carl, Ted, and John. These new Board Members add energy to a group that includes long-time Co-op Member-Owners like Chris, who’s been with the Co-op almost since the beginning and sharing not only her energy, but also her historical perspective.

You are welcome to contact us at any time with questions or suggestions. Also, please watch for member surveys online and in the store! See Board contact info on the sidebar of page 7.



Roger Woods: What an exciting new time for the Co-op as we look forward to determining our future. With this in mind, the Board recently had a retreat to collaborate on further developing our Ends. Our Ends describe the value and identity of our organization; they help the Board and the staff make decisions; ultimately, they are about the difference that the Co-op will make in the world. This difference needs to be determined by the Member-Owners by communicating with the 9-member board. We have been seeking your feedback for the past several years, and we will continue to do this.

Cindy Drake: This is a very empowering time to be a part of the Keweenaw Co-op family. We are striving to move our co-op forward in a very forward moving venue...the co-operative one. As you peruse through what each current Board member is sharing here about the Ends our Co-op stands for, you should consider how you would like to become more involved in this cooperative movement. What gifts do you have to bring forward that would benefit all of us? Consider bringing them to the Board table...



Robyn Johnson: We strive to be a “source of quality goods”. How can we further define “quality” to reflect what our Member-Owners want, need, and expect? When you look at products on our shelves, what characteristics determine whether they are high or low “quality” products? Do you see a place for low “quality” products on our shelves?



Diane Miller: Over the past couple of years, it’s become increasingly clear that you value the Co-op as a center for “proactive socioeconomic, environmental, and health concepts.” Our reincorporation itself is evidence that an alternate economic model is vital to our community. General Membership/Annual Meeting discussions have revealed deep consideration for impacts on forms of life other than our own. And many in-store surveys suggest that the Co-op provides health information not readily available or even squelched by mainstream sources. We continue to welcome your feedback as we expand our policies—the policies that govern Co-op operations.

Libby Meyer: There were many thoughtful responses on ways for the Co-op to become a center for the “development and transfer of values and skills in our community”. Many people thought that local media including newspaper and television would help us to get the word out as well as aligning us with businesses with similar missions. Other Members suggested that the Co-op focus on providing information in the store about healthy eating, including helping school lunches to improve. Having a place to sit down and have a cup of coffee was also suggested. We encourage Member-Owners to share their views and provide suggestions about how we can better achieve our Ends.



Ted Bier: I have always felt that the Keweenaw Co-op was an important, healthy part of our community. This is why my wife and I joined as Members shortly after our move back to Houghton in 2006. I am very excited to be able to serve the Member-Owners on the Board of Directors and to be able to give back to an organization that has given so much to my family.

The Keweenaw Cooperative provides:

- a reliable source of quality goods and services to sustain a healthy community
- a center for proactive socioeconomic, environmental, and health concepts
- a forum for the development and transfer of values and skills within the community

—Keweenaw Co-op Ends Statement



John Slivon: I joined my first co-op in 1961. It was a car insurance co-op for military personnel. I’m still an active member though no longer in the military. I joined my first food co-op in 1980 in Minneapolis and have been a member of one or more food co-ops (at the same time) since then.

For me, co-ops represent ownership, community, the ability to have a say as to the kind of food that I consume and are the last place besides my garden where I can obtain food that is nutritious and safe to eat. I will try to make my term on the Board as relevant as possible.

Carl Blair: As is the case with many Member-Owners, Co-ops are a part of my life—I grew up with them in the Twin Cities and have also been a member in the UK while a student. As society transforms itself, Co-ops provide an opportunity to effect change. Our newly incorporated Co-op gives us all an opportunity to enjoy fresh good food but also actively work for a better world—why not?



Chris Alquist: When I joined the Co-op in 1974, I felt a gift had been placed before me. It gave me whole, natural, and minimally processed foods that I eagerly nourished my ever growing young family with, and it gave me a vibrant, caring, and deep thinking community to belong to, one

in which we eagerly and joyfully worked together to bring nothing less than peace, harmony, health, and goodwill to all. Being an active member in the Co-op has been a way of life, and I have marveled at and been thankful for its evolution and growing strength all these years. Now that the Co-op has reincorporated and its members are fully vested owners of it, the threshold on which we stand is wide and invites us to pass through with our sleeves still rolled up, ready to continue working for the greater good of all.

board of directors

Chris Alquist
calquist@hotmail.com
Secretary
Term ending 2011

Ted Bier
drtedblair@yahoo.com
Director
Term ending 2011

Carl Blair
cblair@mtu.edu
Director
Term ending 2013

Cindy Drake
scorpios2@live.com
Director
Term ending 2011

Robyn Johnson
robyn@brockit.com
Director
Term ending 2010

Libby Meyer
ecmeyer@mtu.edu
Director
Term ending 2012

Diane Miller
dimiller@mtu.edu
Vice President
Term ending 2012

John Slivon
john@jrdsdesign.net
Director
Term ending 2013

Roger Woods
roger@homerproductivity.com
President
Term ending 2012

Welcome

Welcome to the following new Member-Owners who joined the Co-op between March 1 and May 8, 2010!

Chimene Cadeau	David Larsen	Julie Dahl	Christina Mayworm
Michael Mallow	Ted Soldan	Bill Gale	Marshall Wickstrom
Katie Donovan	John Beckwitt	Azure Daniels	Dave Merk
Adrienne Hernandez	Janeen Stephenson	Mary Cronin	Erik Hansen
Peter Rilei	Susan Ruddy	Johanna Peters	Geri Mason
Deborah Pavolich	Tom Snyder	Thomas Lennington	Jennifer Donovan
Kimberly Dovin	Marianna Ewert	Adam Airoidi	Dean Woodbeck
Peter Chiomenti	Douglas McKenzie	Erin Froese	Brenda Edwards
Elizabeth Hakola	Ron Whiton	Rhiannon Schmidt	William Seppanen
Brian Pera	Ruby Marzke	Toni Waara	Jamey Anderson
Betsy Arend	Elizabeth Flynn	Courtney Hohnholt	Cheryl Mukavetz
Louise Siira	Sarah Green	Siena Tober	Charlotte Multer
Janeen Stephenson	Rosemary Grier	Doreen Skidmore	Carle Porkka
Richard Murley	Christine Protzel	Gretchen Gundlach	Jeanne Medlyn
Steve Zutter	Penny Gnadinger	Amanda Wais	Audrey Chamberlain
Linda Ott	Gary Willis	Sue Progacz	Harry Gable
Ann M. Sandberg	Jessica Brassard	Daniel Schneider	Tony Schwaller
Barry Pegg	Bethany Stevens	Bill Musselman	Richard Jansen

Welcome to the following new Board Directors who were elected by the Member-Owners at this year's Annual Meeting!

Carl Blair

Ted Bier

John Slivon

Have you moved? New phone number? New email? Let us know...

It is a Member-Owner's responsibility to communicate with the Co-op concerning changes to your contact information. This can be done at the store, by email, by phone, or by written notification. Member-Owner capital, including capital stock, patronage refund, and capital credits, will be forfeited if a Member-Owner cannot be located as described in the Co-op's Articles of Incorporation.

New additions to the Deli Specialty Sandwich & Salad Menu...

Specialty Sandwiches

- 1 Maasto Hiito \$4.99**
Turkey Breast, Smoked Ham, Smoked Turkey, Red Onions, Lettuce, Tomatoes, Mayonnaise, Choice of Baguette
 - 2 Brockway Mountain \$5.49**
Roast Beef, Smoked Ham, Turkey Breast, Swiss Cheese, Red Onions, Lettuce, Dijon Mustard, Horseradish, Choice of Baguette
 - 3 Bird & Basil \$5.49**
Double serving of Smoked Turkey, Pesto, Black Olives, Mozzarella, Provolone, Tomatoes, Choice of Baguette
 - 4 Italian Hall \$5.49**
Prosciutto Ham, Tuscan Salami, Provolone, Lettuce, Tomatoes, Red Onions, Balsamic Vinaigrette, Choice of Baguette
 - 5 Co-op Club \$5.49**
Double serving of Turkey Breast, Smoked Ham, Colby, Lettuce, Tomatoes, Red Onions, Mayonnaise, Choice of Baguette
 - 6 Lookout Mountain \$4.99**
Fresh Mozzarella, Pesto, Tomatoes, Sprouts, Lettuce, Cucumbers, Choice of Baguette
 - 7 Gratiot River \$4.99**
Baked Tofu or Turkey Breast, Avocados, Sprouts, Tomatoes, Lettuce, Roasted Garlic Spread, Choice of Baguette
 - 8 The Hummer \$4.49**
Hummus, Tabouli, Swiss Cheese, Black Olives, Lettuce, Tomatoes, Cucumbers, Choice of Baguette
 - 9 Horseshoe Harbor \$4.99**
Hummus, Tabouli, Organic Cheddar, Artichoke Hearts, Sprouts, Tomatoes, Choice of Baguette
 - 10 Bootjack \$4.99**
Goat Chevre, Kalamata Spread, Roasted Garlic Spread, Tomatoes, Sprouts, Cucumber, Choice of Baguette
 - 11 Middle Eastern Lawash \$3.49**
Hummus, Tabouli, Tomatoes, Cucumbers, Shredded Carrots, Lettuce, Choice of Lawash Flatbread
 - 12 Cowboy Lawash \$3.99**
Roast Beef, Colby, Avocados, Medium Salsa, Jalapeños, Lettuce, Choice of Lawash Flatbread
 - 13 Evie's Tuna Salad \$3.49**
Chunk Tongol Tuna + Evie's Special Additions, Lettuce, Tomatoes, Choice of Lawash Flatbread
 - 14 Sandwich of the Day (price varies)**
- Create Your Own Sandwich \$2.99-\$4.49**
Create your own meat & cheese or veggie sandwich. Choose from a variety of fixings.

Salads

- Greek Salad \$3.99**
Mixed Greens, Spinach, Artichoke Hearts, Tomatoes, Kalamata Olives, Shredded Carrots, Feta Cheese, Choice of Dressing
- Caesar Salad \$3.49**
Romaine Lettuce, Shredded Parmesan Cheese, Croutons, Caesar Dressing
- Chef Salad \$4.75**
Mixed Greens, Tomatoes, Red Onions, Ham, Turkey Breast, Colby Cheese, Hard-Boiled Eggs, Choice of Dressing
- Garden Salad \$3.49**
Mixed Greens, Spinach, Tomatoes, Red Onions, Shredded Carrots, Bell Peppers, Choice of Dressing
- Big Betsy \$4.49**
Mixed Greens, Baked Tofu, Avocados, Shredded Carrots, Tomatoes, Red Onions, Sprouts, Cucumbers, Sesame Sticks, Sunflower Seeds, Choice of Dressing
- Fanny Hooe \$3.99**
Baby Spinach, Chevre, Walnuts, Dried Cranberries, Red Onions, Tomatoes, Choice of Dressing
- Baltic Salame \$4.99**
Mixed Greens, Baby Spinach, Soprassata Salami, Fresh Mozzarella, Artichoke Hearts, Capers, Black Olives, Green Peppers, Cucumbers, Shredded Carrots, Pumpkin Seeds, Choice of Dressing

NEW!

Call and ask what the specialty sandwich of the day is, or check on our website:

906.482.2030

www.keweenaw.coop



Pre-Race Pasta Dinner
Friday, July 16
5pm - 8pm
Finlandia Hall, Hancock
\$10 adults / \$5 children

The Co-op will be catering the Pre-Race Pasta Dinner this year. There will be both vegetarian and meat options and you can be guaranteed that we 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 garden green salad, artisan garlic bread, homemade pasta sauces, cookies, 35th anniversary cake and refreshments. 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.

Tickets will be available at the Co-op and at the door.

2010 Heart & Hands Award



Celebrate a Copper Country person who has given of his or her heart & hands to promote **Peace, Justice or the Environment**

Nominations for 2010 are due June 11, 2010

Do you know anyone who has given of Heart and Hands in the service of peace, justice or the environment in our local community? Please consider nominating this person (or couple) for this year's Heart & Hands Award. The nomination form only takes a moment to fill out, and the recognition will mean a lot to a deserving individual! Submit nominations to:

President of the Board
 Heart & Hands Award
 53044 Hwy M203
 Hancock, MI 49930
 or tkintel@pasty.net

The award will be announced on July 4, 2010. The Awardee will have the privilege of naming a local nonprofit to receive the \$1000 award.

Include the following information:

1. Candidate name and address
2. Your name, address, phone number, and email
3. Answer in 500 words or less:

How has the candidate had a significant impact on the Keweenaw community giving of themselves in a caring, committed, or heartfelt way in the area of peace, justice, human needs and/or environmental stewardship? Please be specific about what form their contribution and involvement has taken.



Neighborfood Watch Summer 2010

by Diane Miller — Member-Owner

As your Co-op Board of Directors has become so fond of reminding you, the Co-op provides:

a reliable source of quality goods and services to sustain a healthy community...

Curt and the rest of the staff—with the help of local growers and other wider ranging progressive suppliers—do an excellent job of keeping quality foods available to us. Especially with the Core Value Program (which consistently features a variety of staple items at a discounted price, see page 2), it is amazingly easy to do our part—that is, to nourish one's self with a basic, organic, healthy diet. But there's another part of the bargain: as Co-op Member-Owners, it's also up to us to communicate how it is that we define "quality goods and services." Do heed Robyn's comments on page 6, and let your Co-op know what you think. You can: write a message in the comment book at the register, use the contact information in this newsletter (page 7) to communicate with Curt or any Board member, or be alert for online and in-store surveys—we really do listen to and use your feedback—the Board, to develop policy, and Curt, to manage the Co-op store according to that policy.

a center for proactive socioeconomic, environmental, and health concepts...

An issue under this category is the seven-year-old proposal to mine nickel, copper, and other metals from a site on the Yellow Dog Plains—public land on which the Anishinaabe have held hunting, fishing, and gathering rights since a treaty in 1842. The site that the mining company, Rio Tinto, proposes to blast a portal into is Eagle Rock—a sacred site for Native Americans. On April 23, members of the Keweenaw Bay Indian Community began to keep camp in the area to

protect it with ceremonies and an ongoing sacred fire. The group has been growing, and you can find out more and see photographs at www.standfortheland.com. Everyone is welcome to join them (directions are on the website). Whether you can join in person or not, this is a wonderful time to share non-perishable food. Bottled water and prepared, processed foods are discouraged because trash needs to be kept to a minimum. Contact Azure Daniels at 906-369-2645 to find out more about sending food or supplies.

a forum for the development and transfer of values and skills within the community...

Michael Pollan, in the April 20, 2008 issue of the New York Times Magazine, says that one of the most powerful things we can do to help this planet is plant a community garden. Beth Flynn, for example, has gardened with friends collectively on her land since 2005 (with seeds purchased from the Co-op). She and her fellow gardeners, with varying amounts of expertise, taught each other how to make the garden thrive. In addition to the environmental aspect, she says that the best part for her is "the communal aspect...the working together...the collectivity" as they learned and grew food. So, in addition to healthy food with a negligible carbon footprint, this work leads to healthy community. This is important: There is another group of folks who have been community gardening for the past several years on Pewabic Street in Houghton. We hope that they can continue to enrich their neighborhood with this work. However, a recent proposal to expand Houghton County's jail—now called the "justice center"—over the garden grounds could end this community resource. Although according to Sgt. Dan Judnich, there are already architects' drawings—this indicates to me that the plan may be settled—Sheriff Brian McLean is accepting community comment. Please contact: bmclean@houghtonsheriff.com ::



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

Address Service Requested

1ST ANNUAL CO-OP PICNIC

at McLain State Park, Main Shelter
Sunday, August 8 • Noon - 6 pm

*Celebrate the Co-op's new Members-Owners
and those to come...*



The Co-op is hosting a Potluck Picnic in McLain State Park, please bring a dish to share. The Main Shelter closest to the road has been reserved so the hike in won't be too long for carrying your lawn chairs, blankets, guitars, drums, children, toys, and food. Sing, dance, talk, play and eat some good food with your Co-op community. Bring your own reusable dishes and utensils. As details evolve we will keep you up to date on the website, facebook, emails, and postings on the bulletin boards.



Join us for the Canal Run Pre-Race Pasta Dinner hosted by the Co-op. (See page 10)