

The Voice of the Keweenaw Co-op Market & Deli

# Circumspice

HANCOCK, MICHIGAN

FALL / WINTER 2012



**Support  
Local**



**Celebrate  
Community**



**Share Skills**



**Give Back**

## in this issue...

Ways to Save . . . . . 2	From Produce Dept . . 8	Fresh Turkeys . . . . . 15
kora's korner . . . . . 3	From the Deli . . . . . 10	Vegan Holiday Menu . 15
From the Board . . . . . 4	From the GM . . . . . 12	6th Co-op Principle . . 16
Practical Wellness . . . . 6	Food Day Events . . . 13	Personal Care . . . . . 18



*Circumspice*

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

**STORE HOURS**  
Mon-Sat 10am-8pm  
Sunday 10am-5pm

**DELI HOURS**  
Mon-Sat 10am-7pm  
Sunday 10am-4pm

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

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

The Circumspice newsletter is printed on post consumer recycled paper.

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

## Ways to save at the Co-op...

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



**Core Values**

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

**Monthly Specials**

**Owner Deals** is our way of saying "Thank You" to our Owners. Look for the twin pines signs throughout the store for these exclusive rotating deals.

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

**Owners Only**

We offer discounts on bulk or case quantities of in-stock products, and case or smaller quantities of products the Co-op does not regularly carry. For case lots, price is calculated at 20% over wholesale cost for Owners, and 10% under retail cost for non-members.

**Special Orders**

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

**Student & Senior Day**

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

# kora's korner...

## Celebrating 1-year of kora's korner!

*Interviews...*



*Putting-Up...*



*Cooking & Baking...*



Hey Co-op Kids! Read about Kora's cooking adventures, interviews with other Co-op kids, and what she's doing this month. Visit keweenaw.coop and look for her link.

*Restaurant Reviews...*



*Shopping...*



*Book Reviews...*



## From the Board

by Carl Blair — President

On behalf of your Board there are several points I would like to highlight in this issue of the newsletter. All is going quite well for our Co-op, lightning strikes

not like the Web, there will be paper copies available at the Co-op.

To return to a topic I have mentioned before, please continue to encourage people to invest in the Co-op. My household recruited four new Owners in the last six months. One of the couples mentioned to Cynthia, the Co-op's Assistant Manager: "Carl *told* them they *had* to join!". Well, yes I did, but, if all Owners recruited 1-2 more new Owners before the end of the year just consider the impact!

I'd like to list some "good things" I see happening at the Co-op that sometimes fall between the cracks and are not acknowledged:

**Our Staff:** My summer was chaotic so I did not go to the Co-op as usual with a weekly list, instead I went more often to buy what was needed on a daily basis. This was great because as often as I was there I had

aside! For those who did not hear, the Co-op was hit by lightning this summer and electronics were disturbed. While unfortunate, I thought it was impressive the problems were mostly fixed "in-house"—we have a good crew.

The Co-op Board is made up of nine members elected from a total body of—hopefully by the time you read this—nearly 800 households. The Board needs your help. What are your visions for the Co-op? You will soon receive a link to a short survey—please fill it out, we want your thoughts. For those who do

## Welcome New Co-op Owners

Joined between May 20 – September 13, 2012

Jane Anderson	Gowtham	Daniel Liebau	Ronald Savela
Rebecca S. Anderson	Frann Grossman	Joel Liimatainen	Tony Schwenn
Stephanie Bliss	Peter Hahn	Kathy Liimatta	Scott Sherrill
Alfred Bourdeau	Kirk Hammel	Eli Luoma	Matthew Sorg
Megan Brueggeman	Patricia Heiden	Alice Margerum	Patricia Stimac
Laura Brush	Scott P. Heikkinen	Robin Meneguzzo	Lynn Sullivan
Charlotte Catoni	Melissa Hronkin	Yuenyong Nilsiam	Betsy Tahinen
Matthew B. Chye	Bonnie Huhtasaari	Lorri Oikarinen	Joanne Thomas
Evelyn Colon-Peters	Erin Johnson	Gil Peterson	Stephanie Tubman
Karin Cooper	David Jukuri	Pauline Peterson	Beth Veinott
Emily Dennis	Karen Kimmett	Kari Pietrzyk	Elly Wagner
Leslie Desmond	Sharon Kisiel	Noelle Pinar	Patrick Walls
Miriam Dobrofsky	Bethany Klemetsrud	Marina Pinelis	Thomas Ward
Kalsae Eiszewski	Thomas Klever	Marnie Polcky	Becky Weeks
Mary Furbeck	Mark Koppana	Christy Richards	Luanne Whitmer
Anthony Geglio	Lynda Kyro	Dorothy Riutta	Jordan Wood
Debbie Gershenson	Ann Lepisto	Michael Rusanowski	Clare Zuraw

## board of directors

**Chris Alquist**  
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Secretary  
Term ending 2014

**Carl Blair**  
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Term ending 2013

**Heather Dunne**  
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**Heather Sewell**  
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Director  
Term ending 2014

**John Slivon**  
john@jrdesign.net  
Director  
Term ending 2013

many opportunities to see Staff actively helping customers, encouraging new memberships, and making the store a fun place to be—thanks.

**Local Products:** This summer has been, I think, the best yet for local produce and products, and more are appearing all the time! Co-ops build local economies by supporting local growers. Big box stores build...? But the heck with economics, local goods just taste better!

**Community Involvement:** From races, to commemorations, to college and university life, the Co-op is there. I am not at all of these events, by any means, but when I am there, I hear from folks, "Oh yes, you were also at...".

**Member-Owner Events:** The Co-op Picnic, Owner Appreciation Days, Annual Meeting, Co-op Classes... We are the Co-op and our active participation is what will lead us to further successes. As President of the Board, I enjoy meeting new folks, whether original members or those who joined just this year/month. There is not one who wasn't a pleasure to chat with (even if we debated about how much cumin should go into a salad!). But aside from such critical issues, the Member-Owners are what make us who we are, and actually we are a pretty good lot.



**Welcome  
Derik Spoon**  
the new Co-op  
Assistant Grocery  
Buyer

## Practical Wellness

by Dr. Jinny Sirard & Dr. Kemmy Taylor, Co-op Owners

### To Salt, or Not to Salt, that is the Question

There's no doubt the topic of salt consumption has become increasingly controversial. If you care about nutrition, which most of us do, you may find yourself cringing when somebody passes the salt. Medical experts have drummed into us for decades that eating too much salt causes high blood pressure, making us have heart attacks and strokes and possibly even causing death. Although it is true heavy salt consumption may increase blood pressure, consuming too little can have negative effects as well.

Your body needs salt to maintain proper health and normal physiological functions. This comes from salt consumption in our diet, in the form of sodium chloride. Both sodium and chloride are needed by all living creatures in varying small quantities. A 1997 study in the New England Journal of Medicine found that certain dietary modifications can reduce blood pressure along with moderate salt consumption of approximately 3 grams per day.

#### Is there a Difference between Salts?

Yes, there is a difference between which salt you choose. Salt comes in two primary forms: natural, unrefined salt (sea salt) and refined, processed salt (table salt). As far as your health is concerned, the former tends to be far superior.

Sea salt is formed from the evaporation of sea water whereas refined table salt is made from salt that is chemically altered by heating under extremely high temperatures removing nearly all trace minerals. Table salt also contains additives including iodine (an essential mineral for thyroid function which is found in lesser amounts in sea salt) and anti-caking agents/chemicals that prevent clumping. Anti-caking agents such as the ferrocyanide and aluminosilicate may have negative health implications. The simple process behind natural sea salt production yields approximately 85% sodium chloride with the remaining 15% com-

posed of naturally occurring minerals such as silicon, phosphorus, copper, chromium, vanadium, iron, sulfur, zinc, magnesium, and trace amounts of iodine to name a few. These trace minerals are beneficial to human health and provide a flavor superior to that of table salt. Table salt contains approximately 98% sodium chloride and is stripped of all essential minerals. The intense heat used in the refining process of table salt creates an altered chemical structure. Some varieties of sea salt are bleached, so be sure to choose a variety that is minimally processed. Natural sea salt has a coarse texture and usually has a pink or grey color.

#### Benefits and Function of Natural Salt in the Human Body:

- Regulates blood pressure by maintaining and regulating the fluid balance in the body.
- Prevents dehydration, especially in warm weather when perspiring. It is also very important for athletes to prevent cramping and spasm associated with dehydration.
- Sodium is needed to create electrical impulses that allow our nerves to communicate.
- Essential for sleep regulation.
- Supports our adrenal glands and hormone regulation.
- Salt is a strong anti-histamine.
- Forms various cations for the action of enzymes within our body.
- Trace amounts of chromium is found in natural salt and may benefit those with type II diabetes due to its role in energy metabolism and blood sugar stabilization.



- The trace minerals in natural salt play a role in a multitude of physiological functions

One of the biggest problems with salt consumption in the United States is where it is coming from. It is estimated that approximately 80% of sodium consumption in our country comes from refined foods, which we all know should be limited. Most processed foods have extremely high sodium content and fairly low nutritional value compared to freshly prepared

A few of the many packaged and bulk sea salts available at the Co-op

foods, yet another reason to avoid processed foods.

Additionally, the salt that is used in processed foods is of the highly refined, non-iodized variety.

Perhaps limiting processed foods and preparing fresh healthy dishes with the addition of the healthier variety of natural salt is a reasonable way to ensure adequate salt intake all the while adding flavor along with the benefits of essential trace minerals. You can find a great variety of natural salts at the Co-op. ::

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

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The authors Dr. Kemmy (left) and Dr. Jinny (right) representing Superior Family Chiropractic at the Co-op's August Owner Appreciation Day.

## From the Produce Department

by Denina Kaunonen — Produce Manager

### We ARE Local and We SUPPORT Local!

The Keweenaw Co-op's Global Ends Policy states: *The Keweenaw Co-op exists so that the community has reliable access to sustainably produced, healthful food, wares, services and practices.* Buying local is one way the Produce Department makes sure the Keweenaw Co-op's Ends are followed. As we become more aware of the costs and impacts of shipping food long distances, the idea that we buy and sell food grown close to home becomes increasingly important. The Produce Department at the Keweenaw Co-op supports the movement toward "buying local" by making an effort to sell locally grown produce. We are at the center of this effort through our development of relationships with local farmers in our area.

The Produce Department at the Keweenaw Co-op embraces the cooperative principle "Concern for Community" and gives preferential treatment to local produce over Organic produce and purchases local whenever possible. "Local" is defined by the Produce Department as Houghton, Baraga, Keweenaw,

Ontonagon and Marquette counties. Our local produce is identified with yellow signs that say "local". This helps our local produce stand out so it is easier to identify. The costs of Organic certification are often prohibitive to small scale growers. The growing practices of our local growers are posted in the produce section if you are interested in reading about their growing methods.

There are many reasons to choose local foods. Choosing local food supports the local economy by keeping money in the community. Choosing local reduces our carbon footprint; this is especially true in the Keweenaw, where most of our food comes from

thousands of miles away. Choosing local ensures you are getting the most nutritional value from your food; local food is not ripened on a truck but picked at its seasonal peak. Choosing local creates food security by supporting local growers.

This season in the Produce Department, the Keweenaw Co-op has supported more than ten local growers. We have worked with our local growers on a daily basis; ordering produce, receiving deliveries and communicating with the growers about how our mutual needs can be met through our partnerships.

Personally, one of the most rewarding aspects of my job as Produce Manager is fostering the relationships with our local growers. Getting to know the people behind the food they bring to the Co-op and developing great working relationships are just two examples. This season we

have seen an increase in the amount of local growers interested in providing food to the Keweenaw Co-op. This local season has not yet ended and preparations are underway for the next season. What an exciting time in the Produce Department! There is great satisfaction in knowing the purchases we make support our community and the growers that provide wholesome, sustainable food for us. The Produce Department at the Keweenaw Co-op is local and we support local!

The following growers are a few of the people the Keweenaw Co-op has supported during this local growing season.



#### The Gagnon Farm - Atlantic Mine

Jerry and Karen Gagnon have been farming for 35-40 years. The Gagnons started farming because of "a love of growing things" and it shows! The Gagnons have become one of the Co-op's major suppliers in the past few years. Some of their featured crops are potatoes (Red, Russet, Yukon Gold, White), green and yellow beans, sweet onions, cabbage, sweet corn and Brussels sprouts, just to name a few! This past summer the Gagnons also sold produce to customers at their farm.

#### The Hughes Farm - Calumet

(www.hughesfarm.net)

Gary and Pat Hughes have been farming for close to 30 years. Along with selling produce to the Co-op, the Hughes also run a farm stand from their farm. This year the Co-op carried many produce items from the Hughes which included asparagus, their signature lettuces (red leaf, green leaf, romaine and bibb), several varieties of kale, bunched beets and carrots, parsley, slicing tomatoes, cherry tomatoes, basil, savoy cabbage, cilantro, garlic (Chesnok variety), apples and pears.

#### Over the Fence Farm - Mass City

(www.overthefencedesignsgallery.blogspot.com)

Pam Beal and Wayne Walma farm and garden on less than one acre and started because they "wanted to raise their own food". Pam and Wayne have made appearances at the Keweenaw Co-op singing the praises of garlic scapes and handing out wonderful recipes that feature garlic scapes and garlic. Pam and Wayne's signature crops are sweet onions and garlic (Red Russian and German White varieties).

#### Ransom Farm - Houghton

Chip and Cindy Ransom have been farming for close to 30 years. Along with providing produce to the

Keweenaw Co-op, Ransom Farm also supplies other local businesses with produce, including Portage Hospital in Hancock and The Harbor Haus in Copper Harbor. A few of Ransom's signature items are spring mix, spinach, collards, basil, zucchini, Hungarian hot peppers, and pickling cucumbers and pickling dill.

#### Seeds and Spores Family Farm - Marquette

(www.seedsandspores.com)

Seeds and Spores Family Farm is operated by Jeff Hattfield and Jeff Chiodi in Marquette, Michigan. In addition to selling produce to the Keweenaw Co-op, Seeds and Spores Family Farm sells their produce at their on-site farm stand, to the Marquette Food Co-op, and to many local restaurants and businesses in the Marquette area. Some items the Keweenaw Co-op has carried from Seeds and Spores are broccoli, chard, basil, shiitake mushrooms, oyster mushrooms, heirloom tomatoes, purple beans, dragon tongue beans, cippolini onions, watermelons, and cantaloupe.

#### Wintergreen Farm - Ontonagon

(http://wintergreen-farm.blogspot.com

and www.facebook.com/wintergreenfarm)

Scott and Andrea Corpolongo-Smith have been farming for almost ten years. Along with supplying produce to our Co-op and the Ironwood Co-op, Scott and Andrea also have a CSA and sell produce at the Hancock Tori Market, the Lake Linden Farmer's Market and the Ontonagon Farmer's Market. Scott and Andrea developed a love of farming in college and when asked what they enjoyed most about farming, they replied, "we love being able to use our minds and our bodies to provide healthy food to our community". A few items Wintergreen Farm has provided to the Co-op are arugula, braising mix, sorrel, pac choi, basil, Juliet tomatoes, kohlrabi, chard and sungold tomatoes. ::

## Reasons to Choose Local

- Support local families
- Keep money in the community
- Better for the environment; reduces our carbon footprint
- Produce is picked at its peak at the height of freshness and nutrition
- Respect the natural rhythms of nature; eating foods in season
- Preserve open spaces

# New from the Co-op Deli

## Build Your Own Juice

Juice, The Final Frontier or at Least a New Vista...

After a lot of thought and planning the Co-op Deli is ready to start up its Juice Bar! We're starting off with a pretty simple menu but we're excited to provide the freshest juices in the area made with Organic and local fruits and vegetables. Juice is an excellent way to source and broaden your intake of fruits and vegetables. You might not be keen on chewing on parsley or kale, but add a bit to your apple juice and now you have a large amount of Vitamin A and K and a healthy amount of Iron added to the mix. We hope you enjoy.

### *The Basic*

Apple, Carrot or Orange  
12oz/4.99

### *Additional Fruit or Vegetables*

Apple, Beet, Carrot, Ginger, Kale,  
Orange, Parsley, Spinach  
+50¢ each

### *Redjacket*

Beet, Carrot, Spinach  
12oz/\$5.99

### *Torch Lake Detox*

Apple, Orange, Parsley  
12oz/\$5.99

### *Rabbit Bay*

Apple or Orange, Carrot, Ginger  
12oz/\$5.99



Daniel Krueger,  
Co-op Deli Manager

James Michel,  
Co-op Bakery Supervisor

## Artisan Sourdough Breads

Fresh Baked Every Wednesday & Saturday

### *Semolina Sourdough*

100% semolina Italian sour is lightly flavored with cracked peppercorns and sharp cheddar cheese

### *LaFlute Gana*

A slow fermented sour, which is lightly sweetened with corn flour

### *Roasted Garlic Sourdough*

Our Pain au Levain flavored with sweet roasted garlic & cheese

### *German Sourdough Rye*

A moist traditional rye sour filled with flax, sesame & sunflower seeds

### *Pain de Champagne*

A rustic hearty French country style sour

### *Pizza Alle Patate di Genzano*

This crusty Italian pizza is topped with roasted garlic olive oil, fresh rosemary, sweet onions & potatoes

### *Soulful German Farmhouse Rye*

A hearty traditional rye sour, warmed with tasted coriander, cumin, fennel & anise seeds

### *Pain au Levain*

Our interpretation of the quintessential French sour

## From the GM

by Curt Webb — General Manager

### Let's Start a Habit

**C**ooking from scratch. Eating in season. Commuting by bike. Each requires intention, awareness, creativity, and time. Each provides its own form of savory exhilaration. Any of them could be a prime candidate for your next habit.

For me, the intention to knit these activities into the fabric of my lifestyle has been lurking for a decade or more. I realized that the surest way to know what I was eating was to start with whole ingredients of known origin (often from my own backyard) and prepare it myself. I recognized the superiority of a fresh, homegrown tomato. And I understood the impacts of driving twenty or more miles five or more times a week.

But in reality, I kept on with what I knew well—convenience—with occasional forays away from the norm. Entirely local meals were cause for slow celebration. Getting on my bike in place of the car a few times a summer gave me a sense of accomplishment.

In the past year, however, my partner and I set some achievable goals and kept track of where our intentions regarding food and transportation intersected reality. This very awareness has been the seed for growing new habits. Much of my time away from work is now spent with food, and in between, on a bike.

So how does one chronicle a year of eating or bicycling? We log our harvest, the food we put up and when we use it, and adjust our planting mix annually, stretching it as near to the next garden season as possible. Last year's garlic was finished as this year's crop offered fresh scapes.

In the spring of 2011 I set out to ride my bike the twenty miles to work and back at least once a week. By summer's end, nearly 50% of my commuting was by bike. With the change of seasons, I continued to ride a few commutes each month last winter.

This year, my goal was to ride more than I drove. Soon, I committed to bike anytime it was feasible. I joined the National Bike Challenge for the summer, which further motivated me to get on my bike (at least for a short spin) every day. The result totaled over 3,200 miles, nearly 3,000 of which replaced car miles.

There were unmeasured benefits. There's meditation: slicing in the kitchen or pedaling 45 minutes on a calm, misty morning. There are mental blocks overcome: I now love fermented veggies to the point of craving, and don't mind a ride in the cold, rain, wind, or uphill. There are challenges turned to opportunities: to keep up with the garden—100 pounds of tomatoes, never-ending cukes; or to ride every day no matter what, to haul that load, to get there by bike.

As a byproduct, I have grown disinterested in my car. It's hot and stuffy and I have to follow the routes that all the other drivers take--drivers who seem to be in a hurry. I haven't sold the car—yet. But my perspective has changed.

It is an exciting journey that I'd recommend to anyone. Small steps make anything possible. As intentions are set and priorities shift, time is granted. The paybacks are in simple pleasures: creative problem solving becomes the new fun. Regularly repeated actions become new routine and habits form. Form a good habit or two and see where it takes you. ::



Curt picking up his share of raw milk from Hidden Acres Farm.

www.foodday.org  
**FOOD DAY**

## It's time to Eat Real!

a nationwide celebration and  
 movement for healthy, affordable  
 & sustainable food

These events are brought to you by  
 the Keweenaw Co-op, Western Upper  
 Peninsula Health Department,  
 Portage Lake District Library,  
 and Portage Health.



### WED, OCT 24

Keweenaw Eat Real  
 Educational Market  
 & Film Screening

PLACE: Portage Lake District Library  
 TIME: (Market) 3-6 PM, (Film) 6:30 PM



The Keweenaw Eat Real Educational Market will be an interactive showcase of community food producers and distributors that features food samples, growing methods and food preparation techniques. This mini-expo will be followed by a showing of the film "Dirty Work, The Story of Elsie's Farm".

### FRIDAY, OCT 26

Keweenaw  
 Harvest Feast

PLACE: The Brownstone in Atlantic Mine  
 TIME: 6-10 PM

A farm-fresh community meal, food drive, and Halloween celebration. The menu will be catered by Portage Health Executive Chef Mark Pitillo and feature seasonal produce from local farms.

Entry is \$10 + 10 healthy non-perishable food items. For more info visit:  
<http://portagehealth.org/harvestfeast>





### Co-op Month

"Each October, cooperatives across the United States celebrate the cooperative difference, business model and the contributions of cooperatives to their communities. Minnesota was the first state to observe Co-op Month in 1948, and it spread quickly to the entire nation. Co-op Month became a government-sponsored national event in 1964. The responsibility for planning was turned over to cooperatives in 1971. Annual celebrations play a key role in educating members and communities as well as the public and policy makers about the role cooperatives play in strengthening the economy, providing jobs and improving life in local communities. The slogan for Co-op Month 2012 is the same as that for the International Year: "Cooperative Enterprises Build a Better World." This slogan conveys the contributions that cooperatives make to social and economic development."



### Non-GMO Month

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

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<http://www.nongmoproject.org/non-gmo-month/>

### Fair Trade Month



"The month of October is TransFair USA's Fair Trade Month, and the 2012 theme is 'Every Purchase Matters'. The goal behind this years theme is to stress and illustrate how individuals can get involved with Fair Trade and what impact that can have on farmers and laborers across the globe. TransFair USA is the United States's only third-party certifier of Fair Trade products. Therefore they have leveraged the month of October to increase consumer awareness of what fair trade certified products are available, how to find them, and what impact they have locally and globally. The global impact can be felt as we begin to remove harmful child labor practices and slavery from the supply chain."

**Give Thanks.  
Give Back.  
Give Local.  
Give Now.**

**Donate to Little Brothers  
Friends of the Elderly  
at the Co-op.**

*Accepting all non-perishable food items including bulk goods.*

*Please come join us...*

**Co-op Owner  
Appreciation Day**

Mark your calendar. All Day on Thursday, November 1 we will celebrate Co-op Owners with a day of sampling, music, and a 10% discount.

**November 1, 2012**

### Co-op's Own

**Pre-order for Thanksgiving  
by Nov. 18**

**Pre-order for Christmas  
by Dec. 20**

(Serves 4-6)

Stuffed Vegan Tofu Roast . . . . . \$ 30

w/Gravy & Roasted Vegetables. . . . . \$ 40

(Optional) Gluten-Free Stuffing

Fresh Baked Pies & Rolls Available  
Throughout the Holiday Season

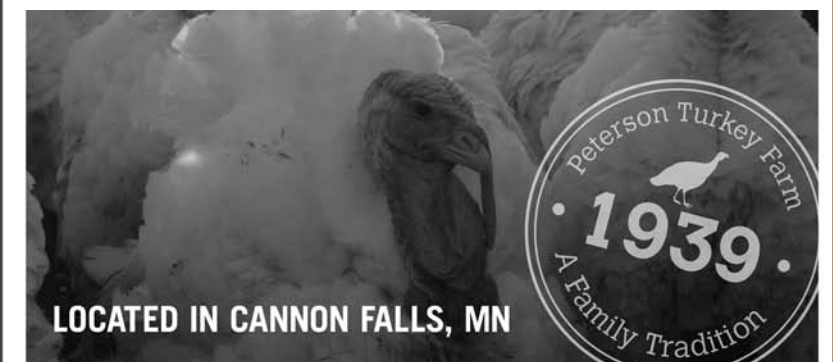


### Thanksgiving Turkeys

**Available to pre-order  
October 15!**

**\$2.59/lb**

- Raised on a family farm
- Free-range
- Fresh





## Cooperation Among Cooperatives: The Sixth Cooperative Principle

by Dan Schneider - Bulk Buyer

Fellow Cooperators, take note:

*"Cooperatives serve their members most effectively and strengthen the cooperative movement by **working together** [emphasis added] through local, national and international structures."*

That is the Sixth Cooperative Principle as it was stated by the International Cooperative Alliance (ICA). I added the emphasis on **working together** myself, because it is the heart of what cooperation means.

Principle Six is the cooperative principle that connects us to the wider cooperative movement being celebrated this year, 2012, the United Nations-designated International Year of the Cooperative. As a consumer cooperative, the Keweenaw Co-op works together with other co-ops when we purchase the goods we sell from cooperative sources.

"Principle Six, I think of it as a business mandate—if you want to stay in business, you need to support businesses like yourself."

That is from Andrea Cumpston, director of communications and marketing at the National Cooperative Business Association.

"Cooperatives supporting cooperatives," Cumpston says, "that is one way to ensure that the cooperative economy as a whole survives and thrives."

By purchasing products from cooperatives, we support companies that share values central to our cooperative identity: self-help and democracy, equality and solidarity, honesty and social responsibility. These are values that go all the way back to the Rochdale Pioneers and the founding of the cooperative movement.

Equal Exchange provides a good example of co-

operative values in action and the positive impact cooperation can have on a global scale. Pioneers of Fair Trade in the USA in the 1980s, Equal Exchange is a worker cooperative based in Bridgewater, Massachusetts with 100 worker-owners. Those worker-owners market products—coffee, tea, chocolate, cocoa powder, bananas—supplied through trading partnerships with small-farmer cooperatives in Africa, Asia, Latin America and the United States. It is an example of an "international structure" like the ICA was talking about.

Rodney North, an Equal Exchange worker-owner whose actual job title is "The Answer Man" (he handles Equal Exchange's media inquiries and the like) says cooperation is an essential part of Fair Trade commerce truly practiced.

"Historically, Fair Trade has been one of the only ways to actively support small farmer co-ops in the developing world," North says. "They struggle and need our solidarity."

Working cooperatively allows small farmers to gain access to the global market without sacrificing their autonomy to global corporations. Together, as cooperators, they have far more strength than they would have as individual farmers.

"When working within a cooperative, working with hundreds of their neighbors, these small farmers can do things they could never dream of before—buying trucks, building warehouses and quality control laboratories, building processing mills," North says. "They can now be owners of a substantial business and are no longer under the thumb of local elites."

We contribute to all this as consumers, if only in a small way, when we buy a pound of coffee or bar of



chocolate from Equal Exchange.

During October, Cooperative Month, our Co-op will highlight products come from Equal Exchange and other cooperative sources. These include products grown by small-farmer cooperatives (Wholesome Sweeteners sugar); produced by worker cooperatives (East Wind nut butters); produced and marketed by larger-scale cooperative farmers (Organic Valley dairy and meat products); and purchased through a buying cooperative\* (Frontier Natural Foods Co-op spices, teas and other products).

Look for the "Co-op in the Co-op" signs on the shelves. Keep in mind the Sixth Principle.

*\* Keweenaw Cooperative Inc. has been a member of Frontier Natural Foods Co-op since the early 1980s.*

### Co-ops at the Co-op:

**Wholesome Sweeteners** is not a Cooperative. But this Texas-based company purchases all of its sugar from small-farmer cooperatives in Costa Rica, Malawi, Mexico and Paraguay. Wholesome Sweeteners granulated sugar has been Fair Trade Certified since late 2005. The company also supports beekeeping cooperatives in the developing world with its line of honey, which has been Fair Trade Certified since 2008.

**Divine Chocolate** is the company through which members of the Kuapa Kookoo cooperative, in Ghana, sell their cocoa in the form of chocolate bars. A small-farmer cooperative, Kuapa Kokoo, was established in the early 1990s in Ghana. Translated to English, its name means "good cocoa growers." Kuapa Kokoo farmers currently own a one-third stake in Divine Chocolate in the U.S.A., with Divine Chocolate Ltd., Lutheran World Relief and SERV International (one of the first two Fair Trade organizations established in North America) providing additional investment.

**Frontier Natural Products Co-op** has remained firmly committed to their founding values since 1976 — integrity, openness, social responsibility, and re-

spect for the environment. Values that very much align with the values of the Keweenaw Co-op. We carry over 260 bulk herbs, spices and tea from Frontier. We also carry aromatherapy products from Aura Cacia and grocery products from Simply Organic, both of which are owned and operated by Frontier.

**Equal Exchange** is a pioneer of Fair Trade in the U.S.A. It was founded in 1986 as a worker cooperative with 100 worker-owners based in West Bridgewater, Massachusetts. Equal Exchange supports small farmers by trading directly with farmers who own their own land and belong to worker-owned cooperatives themselves. Equal Exchange's underlying belief is "only through organization can small farmers survive and thrive." Equal Exchange supports farmer cooperatives in Africa, Asia, Latin America and the United States.

**East Wind Nut Butters** is a worker-owned cooperative within the East Wind intentional community in Tecumseh, Missouri. East Wind produces peanut, almond and cashew butters as well as sesame tahini. Some of their products are organic. Interestingly, East Winders learned their nut-butter-making skills from the Once Again Nut Butter Collective, then a worker cooperative.

**Organic Valley** began in 1988 with a group of Wisconsin farmers who, frustrated by the loss of nearly 2,000 family farms each week nationwide, set out to solve the problem through organic agriculture. The farmers formed CROPP (Cooperative Regions of Organic Producer Pools), which today is the largest organic farming cooperative in North America with more than 1,766 farmer-owners in 33 U.S. states and four Canadian provinces. CROPP created the brand Organic Valley Family of Farms to market its products. It has become one of the largest organic brands in the nation.

**Maple Leaf Cheese Cooperative** was established in 1910 by a group of local, Wisconsin family farmers in order to establish a consistent, trustworthy market for their milk. Maple Leaf is still farmer-owned, and some

Continued on page 19



## 9 Toxins to Avoid in Personal Care Products

from Green American

**1. PARABENS:** They're in adult and baby shampoo and many other products, and they are estrogen mimickers that can lead to cancer.

**2. FRAGRANCE:** The FDA requires that food, drug, and body care companies list their ingredients on their products—but chemicals used to scent products can be clumped under the vague term "fragrance." Found in everything from shampoo to deodorant, a single product's secret fragrance mixture can contain potentially hundreds of toxic volatile organic compounds.

**3. NANOPARTICLES:** Found in lotions, moisturizers, make-up, and particularly sunscreen, these untested ingredients are so small, many scientists are very concerned about their potential health effects, as they can penetrate cell walls and are highly reactive. Products with nanoparticles aren't often labeled as such, so check your conventional body care products at [CosmeticDatabase.org](http://CosmeticDatabase.org).

**4. FORMALDEHYDE:** A common hardener in nail polish and an ingredient in bath products, this chemical is a known carcinogen. Nail polish also often contains the developmental toxicant TOLUENE.

**5. PHTHALATES:** These hormone disruptors have been linked to male genital abnormalities, liver and kidney lesions, and higher rates of childhood asthma and allergies. They're often hidden in the fragrances of an array of products for men, women, and children, and listed as DIBUTYL PHTHALATE in nail polish.

**6. PETROLEUM BY-PRODUCTS:** Listed as mineral oil, petrolatum, liquid paraffin, toluene, or xylene, these chemicals are found in a dizzying number of products, including many shampoos and soaps. Of most concern is the fact that they are often contaminated by cancer-causing impurities like 1,4 DIOXANE, which is a probable carcinogen. Industry has done very little to prevent such contamination.

**7. TRICLOSAN:** A primary ingredient in anti-bacterial soaps and products, triclosan has been linked to hormone disruption and the emergence of bacteria resistant "superbugs."

**8. LEAD:** It's a potent neurotoxicant, and it's been found in several popular brands of lipstick and men's hair coloring kits.

**9. MERCURY:** A neurotoxicant that can severely damage human health, mercury—often listed as "thimerosal"—is still used in some cosmetics like mascara.

Find product safety ratings at [CosmeticDatabase.org](http://CosmeticDatabase.org). Find research on individual ingredients at [Toxipedia.org](http://Toxipedia.org), and always avoid these nine worst toxins. View this article online at <http://www.greenamerica.org/pubs/greenamerican/articles/MarAprMay2011/Nine-Toxins-to-avoid-in-personal-care-products.cfm>



salon bénéfique  
organic. vegan. sustainable

**Steve:** We offer products and services that are certified Organic, vegan, chemical- and perfume-free, with no animal testing or animal by-products, and from responsible sources.

### Faye Carr visits the new salon bénéfique in Houghton

Inspired by the words "Organic" and "vegan" on the Copper Country Mall marquee, Faye Carr visited salon bénéfique to talk with owner Steve Gostlin.

**Faye:** What do you want to tell the readers of the Keweenaw Co-op's newsletter about how you can connect with them and their values.

**Faye:** So, all of these products that you are using in your salon, how does that affect the cost compared to the other neighboring salons, and how will you get people to try salon bénéfique?

**Steve:** We are hoping that we have discovered a niche, obviously there are lots of places you can go to get a haircut and all of them are fine and there is room for everybody. But what we are offering, no one else is, as far as I know and that is a toxic-free

environment, with Organic and vegan products and services at a price point that is very competitive with everyone else. We have the long-term approach where we want to build our clientele with our friends and neighbors who are looking for a healthier alternative to their beauty and skin care.

**Faye:** How did you choose your name?

**Steve:** salon bénéfique translates from the French to English as beneficial salon. We wanted to capture something that was a little more upscale sounding, but was easy to translate. When you think of SB you think of beneficial, it connotes that experience more than a catchier name.

salon bénéfique is located in the Copper Country Mall in Houghton. Phone: 906.231.7045

## The Sixth Cooperative Principle

Continued from page 17

of its families are now in their second and third generation as members of the cooperative. Cooperative ventures such as theirs, were the foundation upon which so much of Wisconsin's present day cheese heritage was built.

**Ellsworth Cooperative Creamery** is based in the Heart of Wisconsin's Dairyland - Ellsworth, Wisconsin, proclaimed the "Cheese Curd Capital of Wisconsin" by Governor Anthony S. Earl in 1984. Ellsworth Co-op's 490 proud farm family owners live throughout Wisconsin, and in Minnesota. They formed their cooperative in 1910 in order to manufacture and sell butter. In 1966, they expanded into cheese production and began selling packaged cheese curds two years later.

**Cabot Creamery Cooperative** is a 1,200-plus farm family dairy cooperative with members in New England and upstate New York. Cabot produces all-natural, award-winning cheeses. Owned by their dairy farmers since 1919, they create wonderful cheeses and other delicious dairy products.

**Rochdale Farms** is a multitiered collaborative project that brings in partners from a chain of participants, many of them cooperatively structured. Currently the producers include: Old Country Farms Amish Dairy Cooperative, Pastureland Cooperative, Edelweiss Graziers Cooperative, Burnett Dairy Cooperative, the award-winning Caves of Faribault; and a third generation creamery in Richland Center, Wisconsin Rochdale Farms sells all of its cheeses exclusively to natural food cooperatives.

**Alvarado Street Bakery** is located north of San Francisco. A worker cooperative producing healthful, organic whole grain breads for 30 years. The Co-op's roots are in the San Francisco Bay area's "Food for People Not Profit" movement of the late 1970s. They grew out of the non-profit organization the Red Clover Worker's Brigade when five brigade workers formed the worker cooperative in 1981.



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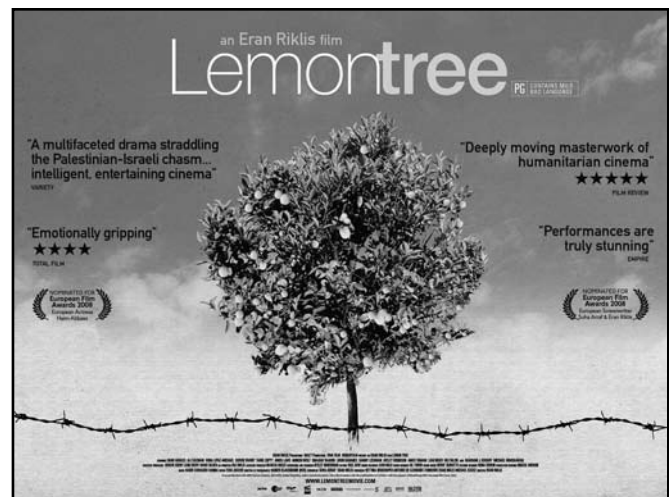


## Club Indigo Coming Attraction... starring the Co-op Catering Cast and Crew

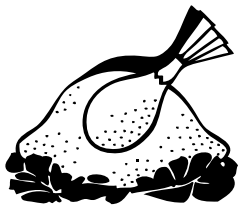
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