

The Voice of the Keweenaw Co-op Market & Deli

# Circumspice

HANCOCK, MICHIGAN

WINTER / SPRING 2012

## Building a Movement, a Co-op, and a Team

by Curt Webb — General Manager

**2012** is the International Year of the Cooperative. “Cooperative enterprises build a better world” is the key message. In this spotlight the Keweenaw Co-op has an opportunity to show the world the cooperative difference.

Co-ops put people first. We are community-based and service-oriented. Co-ops are great innovators and the results are local jobs, better services, and improved access to products—all on behalf of our Member-Owners.

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*Circumspice*

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**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 May 15th. Refer submissions and questions to faye@keweenaw.coop.

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

## 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 and on the website.  
**SRP (suggested retail price) / CVP (core value price)**



**Seventh Generation Bath Tissue - 12 pk.**

Soft and hypoallergenic bath tissue makes it easy to lessen your environmental impact. Buying products made from recycled paper reduces the need for virgin wood pulp, which means more trees are left standing.

**SRP \$13.39 / CVP \$10.99**



**Tom's of Maine - Stick Deodorant**

**Soothing Calendula & Fragrance Free**

Made with odor fighting hops to keep you confidently fresh all day. Calendula has soothing chamomile and aloe. Fragrance free is 100% natural fragrance. Aluminum-free & long lasting.

**SRP \$7.39 / CVP \$5.99**



**Mrs Leeper's Rice Vegetable Twists - 12 oz.**

Pasta is crafted using traditional, time-honored methods. Natural organic ingredients are carefully blended and slow dried for pasta that is simply delicious. Organic and Gluten-free.

**SRP \$4.39 / CVP \$3.69**



**NOW Magnesium Citrate - 180ct Softgels**

Magnesium is the fourth most abundant mineral in the human body. Magnesium Citrate is easily absorbed, and NOW® Magnesium Citrate Softgels are provided in a liquid base with chelated forms for superior bioavailability. (See article page 6.)

**SRP \$25.99 / CVP \$20.79**



**Taylor Farms Organic Spring Mix - 5 oz.**

A mild assortment of tender organic baby lettuces. Planet-friendly salad containers are made with post-consumer, reclaimed, plastic (PET) beverage bottles.

**SRP \$3.99 / CVP \$3.29**

## To Price or Not to Price

by Curt Webb — General Manager

Over the next few months, individual price stickers will disappear from most goods at the Keweenaw Co-op. Here's why.

In September 2011, when the repeal of the Michigan Scanner Law that required each retail item to be adorned with its price took effect, most area retailers stopped ASAP. In fact, many stopped as soon as the repeal was passed in March.

We did not act so fast. At the Co-op we understood and agreed with the spirit of the Scanner Law—consumer protection. How can the consumer be assured that the price scanned at the register matches the product price if each item is not marked?

We surveyed area grocers in November and found that we were the last store with a scanning cash register system that was still pricing individual items. Interestingly, some smaller grocers who don't scan were somehow managing to do away with some of their price stickers as well.

In the name of efficient use of labor and resources, we concluded that the Co-op needed to follow suit. But, to feel good about this change we needed to analyze our systems to ensure this was also the best decision for our patrons.

The fact is, we can assure more accuracy as we transition away from individual price stickers. With our old system, there were multiple people involved with the pricing process. A crew was required to individually sticker each item. Someone else was responsible for price checking and updating prices in the cash



register system. More hands equaled more opportunities for error, and occasional mistakes did happen.

Given the opportunity to start with a fresh system, we identified areas where those past mistakes could happen and eliminated them. We will have a dedicated and trained crew who will be in charge of all price updates. They will be responsible for changes in the computer system as well as posting the price signage on the shelf with each product. No price will be posted without first being checked and then double-checked in the system.

We hope that you understand our decision and continue to trust that your local Co-op is looking out for your best interest. If you have questions or concerns, don't hesitate to contact someone on the Pricing Team. The transition will occur as we sell down on items that have already been stickered. In the meantime, we thank you for your patience. ::



kora's korner...

Just for Kids! Visit *kora's korner*  
at [www.keweenaw.coop](http://www.keweenaw.coop)

◀ Look for these and other kids cooking resources at the Co-op



# W A N T E D

Enthusiastic Member-Owners to join Board of Directors and take active role in guiding the success of the Co-op. Three-year term. Requires 12-15 hours per month. Meets the second Wednesday of each month at 6pm in the Co-op Community Room. Quarterly stipend. No experience necessary: on the job training provided. Contact [board@keweenaw.coop](mailto:board@keweenaw.coop) to apply and come to the **Annual Meeting on March 29th.**

## Keweenaw Co-op Board Directors...

Serve as the link between Co-op Member-Owners and the General Manager, the Board provides the vision and guidance for the organization. • Monitor the governance policies, the Board ensures that the Co-op is ethically managed. • Examine fiscal reports, the Board monitors the financial health of the Co-op.

## Duties and Responsibilities:

Read, understand, and uphold the Keweenaw Co-op Policies and Bylaws.

Regularly attend board meetings.

Use meeting materials to be informed, participate actively, and support group discussions.

Attend all meetings of the Member-Ownership.

Share with other Directors in committee and task-force work.

Fulfill commitments within agreed upon deadlines.

Maintain a current knowledge base about the Co-op's programs and staff.

Be easily accessible to Member-Owners, Staff and other Board Members as needed.

Serve as an advocate for the Co-op.

Disclose conflicts of interest immediately.

Keep confidential information confidential.

## From the Board

by Libby Meyer — Director

### Your Co-op Needs You!



The next Annual Meeting (March 29) will bring to an end the long and accomplished terms for three key Keweenaw

Co-op Board members: Roger Woods and Diane Miller whose terms end in March, and Cynthia Drake who will be stepping down. These Board members were instrumental in our move to reincorporate the Keweenaw Co-op as a true cooperative. Now, as we look toward the future and consider another move, one to a new location, we want to encourage Member-Owners to step up and take part in shaping that future. Three positions will be open on the Board and a fourth position is up for re-election, as my first term ends.

***"Three positions will be open on the Board and a fourth position is up for re-election..."***

The Keweenaw Co-op Board of Directors is a dedicated group of people who bring diverse perspectives to the essential role of organizational governance. Our common denominator is that we value the Keweenaw Co-op and understand its importance in the community. As a Board, we have two primary functions. One is as a link between the Keweenaw Co-op and its Member-Owners. We welcome insight from Member-Owners and encourage community involvement. The other is to set policies and oversee that they are put into practice. These policies are directed by our mission and guide us in our decisions.

Each member of our Board brings different skills and as a Board we utilize the assets of our individual members. In truth, the only qualification for a Board member is a desire to become an active part in shaping the direction of the Co-op and a willingness to learn. As we begin our research into the feasibility of moving our facilities, a journey that may take several years, you have the opportunity to contribute to that important and exciting process.

If you are interested in discovering what the Keweenaw Co-op Board of Directors is all about, please contact us at [board@keweenaw.coop](mailto:board@keweenaw.coop) or come to our next Board meeting on the second Wednesday of the month at 6:00 p.m. in the Co-op Community Room. In this "International Year of the Cooperative", please consider making the most important contribution you can make: your talents, your energy and your time. We look forward to meeting you! ::

## board of directors

**Chris Alquist**  
calquist@hotmail.com  
Secretary  
Term ending 2014

**Carl Blair**  
cblair@mtu.edu  
Vice President  
Term ending 2013

**Cynthia Drake**  
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Director  
Term ending 2014

**Robyn Johnson**  
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Director  
Term ending 2013

**Libby Meyer**  
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Term ending 2014

**John Slivon**  
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Director  
Term ending 2013

**Roger Woods**  
roger@homerproductivity.com  
President  
Term ending 2012

## Practical Wellness

by Dr. Jinny Sirard & Dr. Tyler Roy, Superior Family Chiropractic

# Mg

### Are You Getting Enough Magnesium

**M**agnesium (Mg) is the fourth most abundant mineral in the human body, essential in over 300 metabolic reactions. It is integral for the proper function of many of our body systems and is vital for our overall health. However, recent data reveals many of us may not be getting enough of this nutritional element and consequently, this may be affecting our health.

- While calcium helps with muscle contraction, Mg is responsible for muscle relaxation and deficiency can lead to chronic muscle spasm and pain.
- Magnesium helps regulate blood sugar levels, is involved in proper energy metabolism and protein synthesis, helps regulate blood pressure, supports a healthy immune system, and is critical for normal brain and nervous system function.

#### Why is Magnesium So Important?

- Magnesium is essential for bone health and vital for proper calcium absorption.
- Approximately 50 – 66% of total body Mg is found within the skeletal system, 1% is present in our blood, while the remaining magnesium is found within cardiac and skeletal muscle.
- Magnesium plays an integral part of proper muscle function and keeps our cardiac rhythm normal.

#### How Much Magnesium Do We Need?

Magnesium is found in a variety of foods, however, even with a healthy diet it's possible that many of us may be getting less than enough. A study conducted in France found that 72% of males and 77% of females obtained less than the recommended daily allowance (RDA). The latest government research found a staggering 68% of Americans aren't getting enough magnesium as well. The current RDA for adult males and

females is 420mg and 320mg respectively.

Nonetheless, some evidence suggests these figures may be conservative and our body may actually require more for optimal health—2.5 to 4.5 milligrams per pound of body weight may be a reasonable range. Magnesium requirements are greater for more active people, especially athletes. Some prescription medications such as diuretics can also deplete Mg.

Magnesium is anti-inflammatory in our body and can have a positive effect on C-reactive protein, a protein in the blood that rises when there is inflammation present in the body. C-reactive protein may indicate cardiovascular disease and possible heart attack and other inflammatory disorders. Sub-optimal Mg levels can also inhibit our ability to deal with stress as magnesium is an integral part of the detoxification of cortisol, our body's stress hormone. Magnesium has also been linked to insulin sensitivity and central obesity, both of which are cardiovascular risk factors.

There is some clinical evidence suggesting Mg supplementation may have positive effects on blood pressure as well as diabetes and heart disease. Magnesium can also promote bowel regularity, enhance

memory and benefit individuals under stress. Magnesium may also be beneficial to individuals with insomnia and difficulty sleeping and may prevent certain types of cancer.

#### What Foods Contain Magnesium?

Fish rich in omega-3 fatty acids is an excellent source of Mg as well as spinach and other leafy greens. Legumes, cashews and other nuts, some fruits and vegetables, yogurt, and oatmeal all are excellent sources of Magnesium as well. (See table of food sources of magnesium below.)

The most bioavailable, or easily absorbed form of Magnesium comes from whole foods. Subsequently, the best way to ensure you're receiving adequate amounts of Magnesium is by eating an abundance of Mg rich foods. However, even with a healthy diet we may not be meeting our metabolic requirements and may consider adding a Magnesium supplement. In a healthy individual there is virtually no risk of over consumption of Magnesium as any excess is excreted by the kidneys. ::

Food	Serving Size	Cals	Mg (mg)	Daily Value(%)	Food	Serving Size	Cals	Mg (mg)	DV(%)	Food	Serving Size	Cals	Mg (mg)	DV(%)
Almonds	0.25 cup	206	98.67	24.7	Halibut	4 oz-wt	158.8	121.34	30.3	Sesame Seeds	0.25 cup	206.3	126.36	31.6
Asparagus	1 cup, raw	26.8	18.76	4.7	Kale	1 cup, cooked	36.4	23.4	5.8	Shiitake Mushrooms	5 oz-wt, raw	48.2	28.35	7.1
Beets	1 cup, raw	58.5	31.28	7.8	Kidney Beans	1 cup	224.8	74.34	18.6	Soybeans	1 cup	297.6	147.92	37
Black Beans	1 cup	227	120.4	30.1	Leeks	1 cup, raw	54.3	24.92	6.2	Spinach	1 cup, cooked	41.4	156.6	39.1
Blackstrap Molasses	2 tsp	32.1	29.39	7.3	Lima Beans	1 cup	216.2	80.84	20.2	Strawberries	1 cup	46.1	18.72	4.7
Broccoli	1 cup, raw	30.9	19.11	4.8	Millet	1 cup	207.1	76.56	19.1	Summer Squash	1 cup, raw	18.1	19.21	4.8
Brown Rice	1 cup	216.4	83.85	21	Mustard Greens	1 cup, cooked	21	21	5.2	Sunflower seeds	0.25 cup	204.4	113.75	28.4
Brussels Sprouts	1 cup, raw	37.8	20.24	5.1	Mustard Seeds	2 tsp	20.3	14.8	3.7	Swiss Chard	1 cup, cooked	35	150.5	37.6
Buckwheat	1 cup	154.6	85.68	21.4	Navy Beans	1 cup	254.8	96.46	24.1	Tempeh	4 oz-wt	222.3	87.32	21.8
Cantaloupe	1 cup	54.4	19.2	4.8	Oats	1 cup, cooked	166.1	63.18	15.8	Tofu	4 oz-wt	86.2	34.02	8.5
Cashews	0.25 cup	189.5	100.04	25	Pinto Beans	1 cup	244.5	85.5	21.4	Tomatoes	1 cup, raw	32.4	19.8	5
Cauliflower	1 cup, raw	26.8	16.05	4	Pumpkin Seeds	0.25 cup	180.3	190.92	47.7	Tuna	4 oz-wt	157.6	72.57	18.1
Collard Greens	1 cup, cooked	49.4	38	9.5	Quinoa	0.25 cup	156.4	83.72	20.9	Turnip Greens	1 cup, cooked	28.8	31.68	7.9
Flax seeds	2 tbs	112.1	82.32	20.6	Raspberries	1 cup	64	27.06	6.8	Watermelon	1 cup	45.6	15.2	3.8
Green Beans	1 cup, raw	31	25	6.2	Rye	0.33 cup	188.5	61.35	15.3	Wheat	1 cup, cooked	151.1	58.24	14.6
Green Peas	1 cup, raw	115.7	53.72	13.4	Scallops	4 oz-wt	127	62.37	15.6	Winter squash	1 cup, baked	75.8	26.65	6.7



## Growing a Local Living Economy

by Barbara Hardy — Co-op Member-Owner

When I became a Member-Owner of the Keweenaw Co-op in 1999, my new role as part of a cooperative business inspired me to learn more about how our economy works. It turns out I had a lot of learning to do. I couldn't even answer the basic question: Where does money come from? Can you? If not, you're not alone. Henry Ford said: "It is well enough that people of the nation do not understand our banking and monetary system, for if they did, I believe there would be a revolution before tomorrow morning."

I found out that money is created from debt. It is loaned into existence out of nowhere by banks. It creates a system that puts us forever at the mercy of the money-lenders, and gives whoever is in charge of the monetary system the power to determine how society develops by deciding who and what gets funded. Wrap your head around this: There is always more debt than there is money available to pay it back. This system requires continuous growth on a planet with finite resources. It is inherently unsustainable and intentionally inequitable. So where is the revolution?

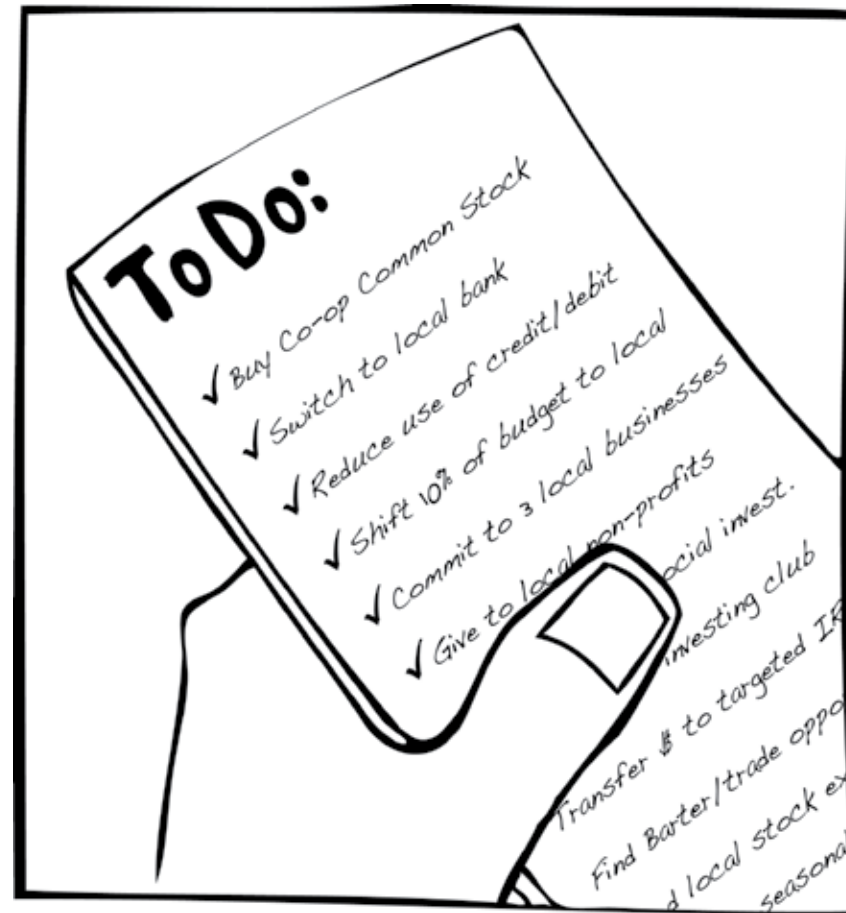
Gar Alperovitz, professor of political economy at the University of Maryland and a founder of the Democracy Collaborative, believes there has been a quiet revolution moving us toward an alternative system without anyone even noticing. According to her research, some 130 million Americans now participate in the ownership of co-op businesses and credit unions, and more than 13 million Americans are worker-owners of more than 11,000 employee-owned companies, six million more than belong to private-sector unions.

My partner Rick and I are two of the 130 million that are making this shift from Wall Street to Main Street, and it started with investing in the Keweenaw Co-op. We want to be part of the transition to a "living economy", where the function of a true market economy is not to make money for the rich and powerful, but to allocate human and material resources justly and sustainably to meet the self-defined needs

of people and community. A view we were happy to find reflected in the Keweenaw Co-op's Ends.

In addition to the Co-op, we continue to look for other marketplace alternatives that align commerce with the common good. We now do all our banking locally as members of the Michigan Tech Employees Federal Credit Union. We are in the process of migrating our retirement savings from less bad corporations to truly good local and social investments. We are making an effort to spend less so we can give more. Instead of material gifts this holiday season, we gave each of our nieces and nephews an honorary donation in their name to a charitable cause of their choice. We barter more, and use currency less. When we do use currency, we favor cash or check, not credit or debit. We were shocked to find out that the Co-op pays almost \$43,000/year in credit and debit card processing fees. Money that would otherwise be part of the Co-op's annual net income and reinvested in the business or refunded to Co-op patrons—money that would otherwise have stayed in the local economy.

There are many more things we can do to ensure economic power resides locally to the greatest extent possible, and to sustain a vibrant, livable community and healthy ecosystem in the process. My awareness of what we can do with what we have now has ex-



panded greatly in the last five months since I've been participating in a webinar series on "Accelerating Community Capital" hosted by the Business Alliance for Local Living Economies (BALLE). Each month we focus on a different topic and spotlight pioneering and innovative solutions to questions like: What are the most promising new models to connect your local businesses with local lenders, investors, and donors? How can you earn a living rate of return while supporting your favorite businesses that support local

food, renewable energy, and independent retailers? What are the potential benefits for investing in your home, your own energy efficiency, and your family? Every webinar adds something new to my list of things I want to participate in or help start: a local investing club, a regional stock exchange, a self-directed IRA, a cooperative local energy grid...the list goes on.

So how do we continue to grow a living economy in our community? Economist David Korten suggests starting with a few simple questions. What do local people and businesses regularly buy that is or could be supplied locally

by socially and environmentally responsible independent enterprises? Which existing local businesses are trying to practice living economy values? Are there collaborative efforts aligned with living economy values already underway? Korten suggests the answers will point to promising opportunities.

Rick and I, inspired to find answers to these questions, started the Sustainable Keweenaw Resource Center (SKRC) in Hancock. The SKRC is a volunteer-operated community resource center and online network that collects and shares answers to

these questions and provides learning resources to people who want to act on the opportunities. Since 2008 we've been building a local directory and map of people, businesses, groups, and projects working on creative, caring, responsible, relationship-based solutions to our community challenges. We use Green Map®, an international online mapping platform with a universal set of custom icons, as one of our tools to track these initiatives in the Keweenaw. The icons are divided into three main categories (1) Sustainable Living, (2) Society and Culture, and (3) Nature. They are useful at tracking not only what elements we have (i.e. community gardens), but what elements we don't have (i.e. electric vehicle charging stations). I encourage the reader to visit [www.skrconline.net](http://www.skrconline.net) to learn more, and to share information about local efforts or resources that you know about.

I was pleased to find out there is already at least one regional BALLE network member, "UP with Local", a cooperative alliance of businesses, organizations and individuals working together in support of a local living economy in Marquette and Alger Counties. They promote support of national projects such as "10% Shift", and "The 3/50 Project", both of which call for a financial commitment to shift a portion of your annual budget to supporting local businesses. They also launched a local campaign called "Build Your Backyard" which encourages local giving to non-profits in their region, noting that non-profits employ a quarter to a third of all employment in the U.P. making them vital to our UP economy.

As a foodie and edible gardener I'm excited to see a growing number of social and economic innovations focusing on our local food system. I consider food my most intimate connection to the land. The food system is a logical place to start the transition to a just, sustainable, and compassionate living economy because everyone needs and cares about food. It can be grown just about everywhere, and it is freshest and most wholesome when local.

One of the ways Marquette Food Co-op owners direct their energy to growing a living economy and resilient food system is through their Hoop House Pilot Project. The program, started in 2009, educates local farmers, potential farmers and the community on ways to extend the growing season using hoop houses (a type of greenhouse) and sustainable growing meth-



ods. By the time you read this newsletter I hope to have attended their January workshop offered in Calumet. A similar effort downstate in Ann Arbor by the Food Systems Economic Partnership and Selma Café expands on this idea by funding and building the hoop houses in partnership with the farmers. Selma Café is a local-foods breakfast salon, offering a gathering place for friends and community to imagine and create a new vital and sustainable regional food economy.

Proceeds from Selma Café breakfasts create a fund to finance small loans to build the hoop houses. The loans are paid back by the farmers using the proceeds from the production of the hoop houses, which in turn go to financing additional hoop houses for more farmers.

There are even ways to support a living economy for communities that produce food items that we buy here but we can't grow here (but we don't want to give



**Build Your Backyard**

Locally supported living economy initiatives

up). For me that is chocolate and bananas, for Rick it is coffee. All three of these items we buy Fair Trade from Equal Exchange through the Co-op. If we really wanted to put our money where our mouth is, we could invest in Equal Exchange's targeted Certificate of Deposit (CD). Their targeted CD works in much the same way as a traditional CD, and the return is about the same, except your money goes to supporting small, Fair-Trade growers instead of Wall Street.

There are so many opportunities and so little space left to tell you about them! Hopefully I've tickled your taste buds to find out more about how you can redirect your life energy to create and support living economies in your shopping, employment, and investment choices. If you haven't already, I suggest starting where we did, by buying a share of Common Stock in the Keweenaw Co-op. ::

## New Member-Owners

Joined between October 4, 2011 - January 18, 2012

- |                 |                    |                 |                        |
|-----------------|--------------------|-----------------|------------------------|
| Brenda Bergman  | Jerry Gedvillas    | Meredith LaBeau | Brenda Rosenlund       |
| David Bezotte   | Christi Grame      | Diana Langdon   | Carol Salo             |
| Ronda Bogan     | Christine Halkola  | Lynn Makela     | Katie Snyder           |
| Marianne Brokan | Steven Hein        | Rissa McDonough | Melissa Wahlberg       |
| Heather Broniec | Joseph Hendrickson | Loretta Morris  | Melanie Kueber Watkins |
| Stacey Brown    | Erika Hersch-Green | Aaron Norman    | Adam Wellstead         |
| Evan Dixon      | Shaun Kangas       | Bruce Olson     | Richelle Winkler       |
| Melissa Dowler  | Barbara Keniston   | Fran Passerello | Adam Yeoman            |

**KEWEENAW CO-OP** Join Today!

*On Our Way to 1000 Member-Owner Households by Earth Day 2012...*

Hancock 179	Laurium 21	Copper Harbor 9	Copper City 3	Painsdale 2	Ontonogon County 28
Houghton 146	Lanse 17	Dollar Bay 8	Dodgeville 3	Ahmeek 1	Marquette County 6
Calumet 78	Baraga 15	Allouez 7	Eagle River 3	Gay 1	Dickinson County 1
Chassel 42	Pelkie 14	South Range 7	Toivola 3	Tamarack City 1	Iron County 1
Lake Linden 28	Mohawk 11	Hubbell 6	Jacobsville 2	Trimountain 1	Down/Out-of-State 23
Atlantic Mine 22		Eagle Harbor 5			

700 725 750 775 800 825 850 875 900 925 950 975 1000

**The Co-op Membership Drive has Started with a Goal of 1000 Member-Owners by Earth Day 2012!**

## Building a Movement, a Co-op, and a Team

*Continued from the cover...*

According to the National Cooperative Business Association, cooperative economic power is demonstrated in the U.S. by \$650 billion in annual revenues, more than 2 million jobs and more than 29,000 enterprises. Beyond the numbers is the shared social value that cooperatives generate by the way we do business.

Cooperative values of equity, equality, self-help, democracy, and solidarity speak to a population dissatisfied with the dominant corporate business model. Cooperation stands out as a viable business alternative and at this point in time, the opportunity for cooperative development is great.

The Keweenaw Co-op is spreading the word. We are embarking on a Membership Drive with a goal of reaching 1,000 Member-Owners by Earth Day 2012. We believe that if we effectively tell our story, people will respond. We will draw them in with our service and keep them with our values.

This is our message: **Membership equals ownership**—we are member-owned and member-controlled. **Membership equals economic advantage**—member-owners share in profits based on their patronage. **Membership equals service to the community**—we directly improve our lives and community by our effort. By participating in the Co-op, Member-Owners help ensure that our community has reliable access to

sustainably produced, healthful food, wares, services, and practices.

Envisioning a future where the Keweenaw Co-op serves a larger Member-Owner community, we have begun to evaluate our staff structure, training, and systems. A major element of this work is the development of a management team.

While we climbed from one million to over two million in sales without the typical organizational evolution, it is clear that to operate at any larger scale will require further delegation, accountability, communication, and oversight. A core team of managers committed to continuous improvement and a systematic approach will make this happen. We will seek outside support and training from qualified individuals and like-minded organizations to ensure that we are following best practices. The Co-op will evolve with the goal of building a better cooperative on behalf of our growing role of Member-Owners. ::





## Bulk Product Guide Coming Soon...

by Cynthia Hodur — Bulk Spice Buyer

**D**o you know all the uses for the 250+ items in the bulk spice, herb and tea section? Neither do I. Which is why I'm dedicating 2012 to educating us all about the myriad of products we carry from Frontier Natural Products Co-op.

Be on the look out for recipes—for food, natural cleaning products, home remedies and more. Look for information cards—a new one each month. Also coming soon is a product guide that will let you know what each product is and how you can use it. And be

### CALENDULA

Calendula flowers (a.k.a. marigold) have skin-soothing, protecting and toning properties. They are used in all types of skin care preparations including salves, body washes, scrubs, creams, ointments and lotions. A gentle but powerful herb, calendula flowers can be used on damaged, sensitive, chafed or irritated skin. Calendula is often combined with other herbs such as comfrey leaf, aloe, St. John's wort and lavender flowers.

In foods, calendula petals are sometimes used as a substitute for saffron, to provide a similar color to saffron and somewhat mimic the rich flavor of saffron. The spicy flavor of calendula is used to season baked goods such as breads and cakes, egg dishes, soups and fish. Fresh calendula petals are used to add color and flavor to salads and to decorate desserts. Of



sure to check out the spice, herb and tea guides located in the brochure holders attached to the bulk spice, herb and tea section.

All the information I'll be sharing over the next twelve months is courtesy of Frontier and can be found on their website ([frontiercoop.com](http://frontiercoop.com)) if you'd like to do some research of your own.

Below is a sneak peak of the type of information you'll find in the soon to be released product guide.

Gourmet interest are such treats as calendula butter, calendula vinegar and calendula salad dressing. Calendula's sunny yellow petals are a nice addition to a winter-warming tea, adding a bit of summer sun and cheer to the cup. Historically calendula was also used to color butter and cheese.

Calendula flowers are an ingredient in hair rinses, shampoos, shaving creams and deodorants. In shampoo and hair rinse, calendula is added to formulas made for light-colored hair as it helps to brighten blonde or red hair. A dye for fabric can also be extracted from the flowers.

### CARDAMOM

This versatile spice is prized by Indian, Scandinavian and Middle Eastern cooks. Sweet and spicy, warm and aromatic, cardamom adds a distinctive touch to cakes, pastries and breads and is equally compatible with meat dishes, curries, sweet potatoes and beans. Try crushing the seeds and adding to coffee for an authentic Middle Eastern treat. Delicious, aromatic, and therapeutic, cardamom has long been appreciated. Ayurvedic writings from the fourth century B.C. discuss the healing properties of cardamom, and the ancient Greeks and Romans used it in foods and for medicines and perfumes.

Try cardamom in cakes, cookies and pies, stews and loaves, meat and vegetable pies, fruit salads and des-

serts (like baked apple), mulled wine, grape jelly, pickles, sausage seasoning, soups (especially split pea soup), and with sweet potatoes, carrots and squash.

### GUAR GUM

Guar gum is the ground endosperm of the guar bean, an annual legume native to India and Pakistan. Its primary use is as an emulsifier and thickening agent; it has 8 times the thickening power of cornstarch.

### HERBES DE PROVENCE

This traditional French blend of aromatic herbs contains savory, thyme, rosemary, basil, tarragon and lavender flowers. For a taste of the Mediterranean, include a splash of this flavorful blend in dips and dressings, soups and salads, sides and entrees.

Add early-on in cooking, to allow the flavors to meld—and the scent to linger. It's distinctive without being overpowering, so you'll find it enhances a wide variety of foods.

Suggested uses: Add to cream and vegetable soups and stews. Use for marinades for meat, poultry, fish, seafood, tofu and tempeh. Combine with oil and vinegar for a house vinaigrette. Add to fruit salad. Rub or sprinkle on meat, poultry, fish, or tofu before grilling, broiling, baking, or frying. Sprinkle on potatoes before roasting or after baking. Add to cooked pasta, with a little olive oil and Parmesan cheese. Sprinkle on cooked grains, such as rice and millet. Use to flavor butter or margarine, then spread on bread or steamed vegetables. Use as a topping for focaccia or toasted breads. Combine with basic cream base for a delicious dip. Cut potatoes into wedges. Toss in a large bowl with olive oil, Herbs de Provence, salt



Cynthia in the Co-op's Bulk Spice Department.

(optional) and black pepper. Spread on cookie sheet and bake about 25-30 minutes, until lightly browned.

### WINTER SAVORY

Native of the Mediterranean region, there are about 14 species of the genus *Satureia*, a member of the mint (*Lamiaceae*) family. Winter savory (*Satureja montana*) is a semi-woody, semi-evergreen perennial, grown like summer savory for its use in the kitchen. It has dark green, leathery leaves and the slender stem is covered with little hairs. The small, fragrant flowers are white.

Suggested uses: Try in marinades, salads, and sautés. Add it to meat (especially turkey and pork), poultry, fish, egg, and cheese dishes. Add it to soups (especially chicken, beef, and any creamy soups), tomato sauce, salads, chutneys, and dressings (especially vinaigrettes). It combines nicely with other seasonings (especially thyme and sage) and it's often boiled with beans and peas. It's also commonly found in stuffings, meat pies, and salami. Winter savory enhances many vegetables—like asparagus, eggplant, peas, onions, cabbage, squash, and Brussels sprouts. ::

## co-op classes



### Finnish Classics

*Pulla & Pannukakku*

**Saturday, February 25**

12:00 pm to 2:00 pm  
Member-Owners: \$5  
Non-members: \$10  
Instructor: Rose Chivses

*In one easy lesson learn how to make delicious Finnish sweet bread (Pulla). In addition, enjoy constructing a Finnish breakfast, brunch favorite known as Pannukakku. Yes, you will be able to sample the finished products.*

*About the Instructor:*

*Rose is a Copper Country native. She and her husband George have operated a Bed and Breakfast in Calumet for 25 years. Rose is happily sharing with you traditional family recipes that have been handed down from her grandmothers and mother.*

**Do you have a skill to share?  
Contact Faye Carr at the Co-op.**

### Gluten-Free Baking

*Learn to make tasty gluten-free breads!*

**Saturday, March 17**

12:00 pm to 2:00 pm  
Member-Owners: \$5  
Non-members: \$10  
Instructor: Colleen Hix

*A demonstration of making a basic yeast-raised loaf of the (gluten-free) staff of life, followed by a discussion of the chemistry and mechanics of baking without gluten. We will sample some of the many flours that can be used in gluten-free baking, and learn their unique properties and best uses. Leave the class with recipes and tasty samples, as well as an understanding of how gluten-free baking works and how to adapt your favorite wheat-based recipes at home!*

### Cornish Pasties

*Learn to make this classic vegetarian style*

**Saturday, April 14**

12:00 pm to 2:00 pm  
Member-Owner: \$15  
Non-members: \$20  
Instructor: Faye Carr

*Making pasties is traditionally a time to gather with friends and family. We will recreate this tradition and assemble a meat-less healthful version. Course fee includes sampling of the finished product and four unbaked pasties that you will make to take home to bake and share later. Bring your own rolling pin if you have one.*

## Gluten-Free Recipe Exchange

**When:** 3rd Monday of each month, 6:30 - 7:30 pm (September-May)

**Where:** Portage Lake District Library

**This program is free and open to all.** For more information, please call a member of the group at 281-5216. You may also call the library at 482-4570 or visit [www.pldl.org](http://www.pldl.org).

**GLUTEN  
FREE**

Look for yellow  
"GLUTEN-FREE"  
labels on the shelf  
tags at the Co-op.

## Green news from...

### Book Concern Printers

Book Concern Printers in Hancock, who prints the Co-op Newsletter, has switched to a totally green, state of the art Computer to Plate (CTP) digital technology called an iCTP Platewriter for interfacing with their offset printing press.

The new system, manufactured in Denmark, images and processes all of the metal printing press plates used to print in house without the use of any chemicals for image and final plate processing. According to owner, Jack Eberhardt: "This one piece of CTP equipment has replaced 5 other conventional pieces of equipment which were powered by electricity so we are creating less of an energy footprint in our production flow. That means it is more environmentally friendly and more economical for us, and our clients, to produce publications with this new digital technology.

"We also have three other complete digital printer systems that do not use any chemistry but they have a limited size of up to 12" x 18". The new CTP system supports our printing press which can handle up to 18" x 25", a larger format that our clients need for book and other general commercial and business printing needs.

"Our company is committed to taking steps towards more environmentally friendly processes for commercial printing needs ranging from business cards to books and more."

## From the Produce Manager

by Denina Kaunonen

### Local & Regional Produce

Providing locally grown produce is something that has been an important practice for Produce Managers at the Keweenaw Co-op. This past summer, more growers have shown interest in supplying to the Co-op. The result is a larger list of local growers. Working with people in the community to provide such an important service has been one of the most rewarding parts of my job. Consequently, I have become more concerned about the source of our organic produce we receive on a weekly basis.

As Produce Manager and Member-Owner of the Keweenaw Co-op, I focus on supplying healthy, high quality produce with a lowered carbon footprint; values shared by Co-op Members-Owners. Keeping the carbon footprint low on our produce is not always an easy task as most of our organic produce comes from the West Coast or Mexico. One way I am able to reduce the footprint of the produce is by choosing regional produce through Co-op Partners Warehouse ([www.cooppartners.coop](http://www.cooppartners.coop)), located in St. Paul, Minnesota. Co-op Partners has partnered with local growers in the Midwest region to provide local and regional produce to their customers. This partnership has ensured the availability of several regional items year-round. ::







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Jessica Spear, Owner

# 2012

## Keweenaw Co-op Annual Meeting

**Thursday, March 29**  
**5:00-8:00 pm** (Dinner at 5:00)  
**Call to Order at 6:00**

Location to be announced later  
on the website and in the store.

***Specially prepared food from the Co-op Deli • Childcare provided***

*Note: The 2011 Annual Report will be available in the store and online at [www.keweenaw.coop](http://www.keweenaw.coop)*