



Circumspice



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K E W E E N A W
CO-OP
 Market & Deli
www.keweenaw.coop

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www.keweenaw.coop

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

Circumspice is published six times per year for the owners and customers of the **Keweenaw Co-op**. *Circumspice* provides information about the Keweenaw Co-op, local cooperative partnerships, food, nutrition and heart-warming community stories. Views and opinions expressed in this publication do not necessarily reflect those of the Co-op Management, Staff, Board, or Owners.

On the Cover

Summertime Celebrations

Keweenaw Co-op Market & Deli
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back to the future

—by **roger woods**, board president

I admit I have a soft spot for 80’s movies, particularly movies that star Michael J. Fox (*Back to the Future*, *Secret of My Success*, etc.) How is this applicable to the Keweenaw Co-op? As I noted in our recent groundbreaking, past Boards have been always contemplating another physical move, AKA *Back to the Future*.

Those past Board of Directors were contemplating the same issues that drove the recent Board decision to buy the property at 610 Quincy St; visibility, off street parking, loading docks, sit-down deli seating. During our reincorporation in 2008 a past Board Member (Chris Alquist) researched the past Board meeting minutes to understand what had been tried in the past related to relocation. It had been discussed as soon as they moved to the current location in 1986 with only \$290,145 in sales versus the current sales of \$5.1 million and only 9 off-street parking spaces!

I marvel at how many past Board members were passionate about the Co-op and made it a point to spend effort to explore relocation options, including my previous stint on the Board from 2008-2012. Now that we have a new location, we need to think about the future (notice the connection.)

The Board has decided to spend time this year after the recent relocation push, to focus on the “Ends”, a term in Policy Governance®



related to “what is the difference that we make in the world”. The Board will be engaging with the community to understand what difference we make and how our Co-op can fulfill that expectation. We hope that you will provide your input throughout this process.

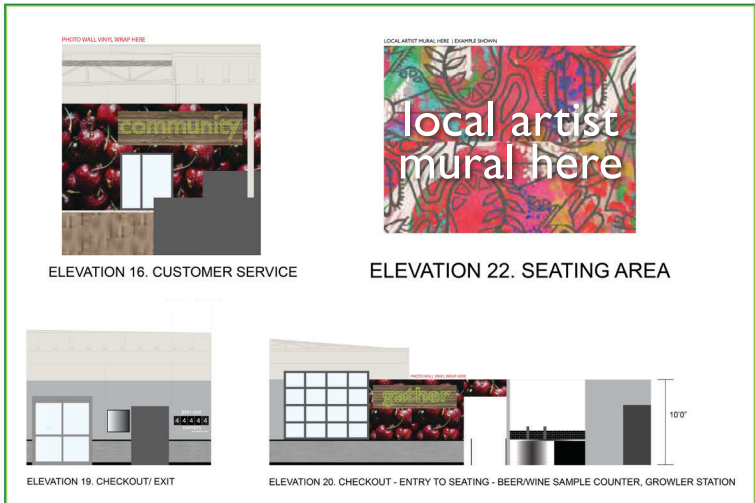
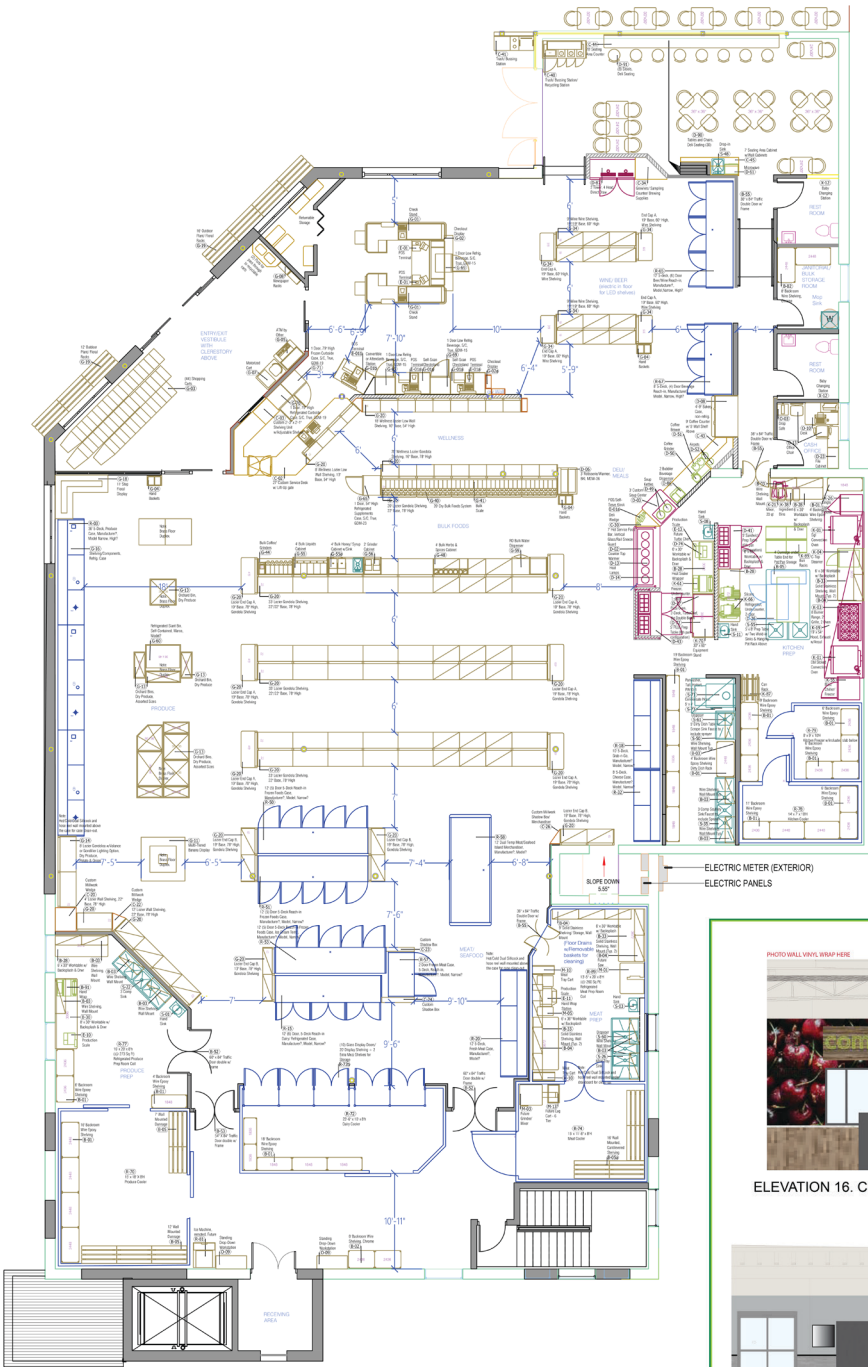
We are at an exciting time for your Co-op, 50 years of history (Back) and hopefully 50 more (Future)!





community

We support and invest in our community by actively engaging in local partnerships, supporting **local farmers and producers**, and consistently reinvesting in **community-driven** initiatives that foster **sustainable growth** and well-being for all.



6.15.23 Keweenaw Co-op Groundbreaking Ceremony

We recently hosted a community gathering at our new location, 610 Quincy Street, to celebrate our groundbreaking ceremony on Thursday, June 15th. The new store will boast an impressive size of over 14,000 square feet, nearly double the space of our current store. To accommodate our growing community, we're thrilled to provide 58 dedicated parking spaces in our lot, along with 10 adjacent on-street spaces—six times the capacity of our current parking area. Additionally, we are actively working on securing EV charger(s) to further support sustainable transportation options.

The new store will feature both indoor and outdoor seating areas, offering our valued customers a chance to relax and enjoy their meals amidst a beautifully designed rain garden. We are excited to expand our product selection in every department, ensuring an even wider range of options for our community.

Mark your calendars, as we project our Grand Opening to take place in the Spring of 2024! During the groundbreaking event, we showcased interior mock-ups for the new store, which you can currently explore on the "Relocation" section of our website at keweenaw.coop.



Make it a Seafood Summer

Top Reasons to Eat Seafood

1. **Protein Powerhouse:** Seafood is rich in high-quality protein, essential for muscle growth and repair.
2. **Omega-3 Boost:** Enjoy the brain-boosting and heart-healthy benefits of omega-3 fatty acids found in seafood.
3. **Essential Minerals:** Seafood provides essential minerals like zinc, iodine, selenium, and iron for optimal bodily functions.
4. **Flavorful Variety:** Explore a wide range of delicious flavors and textures, from delicate fish to succulent shellfish.
5. **Sustainable Choice:** By choosing seafood responsibly, you support sustainable fishing practices and help protect marine ecosystems.

Salmon Veggie Packets

Serves: 4. Prep time: 30 minutes; 15 minutes active.

- 1 tablespoon olive oil
- 1 small red bell pepper, chopped
- 1 small red onion, sliced
- 8 large green olives, pitted and chopped
- 1 teaspoon dried thyme
- ¼ teaspoon salt
- 4 6-ounce salmon fillets

1. Heat oven to 375°F. Get a baking sheet with a rim to hold the packets. Cut 4 square sheets of parchment, about 14 inches long, then fold each corner to corner to form a triangle, and crease the paper. Open each sheet and place on the work surface.
2. In a medium bowl, combine the olive oil, red pepper, onion, olives, thyme and salt.
3. Place a salmon fillet along the fold of each parchment square, leaving at least an inch and a half around the edge closest to you uncovered to seal the packets. Place a quarter of the

veggie mixture on top of each fillet. Fold over the parchment to enclose the food. Starting at one corner of the packet, fold short sections of the edges of the parchment to crimp the edges of the packet closed.

4. Place the packets on the sheet pan and bake for 20 to 25 minutes, until the packets are puffed and the salmon is cooked through. Place each packet on a plate and serve so that diners can open the paper packet and release the fragrant steam at the table.

Variations: Change up this dish to suit your family's taste and incorporate seasonal veggies. Combine cauliflower florets, chopped tomato, capers, basil and olive tapenade, or try snap peas, carrot, tamari and toasted sesame oil. The key is to chop or slice the vegetables small enough so they will steam quickly inside the packets.

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Citrus-marinated Shrimp Skewers

Serves: 4. Prep time: 45 minutes; 15 minutes active.

- 2 pounds extra-large shrimp, peeled and deveined, patted dry
- ¼ cup extra virgin olive oil
- 2 teaspoons orange zest
- 1 teaspoon lemon zest
- 2 tablespoons orange juice
- 2 tablespoons lemon juice
- 1 clove garlic, pressed
- 1 teaspoon minced ginger
- 2 tablespoons fresh parsley
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper

1. Skewer the shrimp, four shrimp per skewer, and place in a baking pan or similar container.
2. In a cup, whisk the olive oil, orange zest, lemon zest, orange juice, lemon juice, garlic, ginger, parsley, salt and pepper. Pour the marinade over the shrimp and turn to coat.
3. Refrigerate the shrimp for 30 minutes to 1 hour.
4. Preheat the grill. Pour a tablespoon of vegetable oil into a cup, then use a wadded paper towel, held with tongs, to oil the grate. As you take each skewer out of the marinade, let it drip for a few seconds, then place on the oiled grate. Discard the marinade. Cook for about 2 minutes per side, until the shrimp is browned and cooked through. Transfer to a plate and serve.



Chipotle-lime Grilled Arctic Char

Serves: 4. Prep time: 1 hour, 30 minutes; 25 minutes active.

- 4 6-ounce arctic char fillets
- 4 cloves garlic, peeled
- 1 cup cilantro or parsley leaves
- 2 tablespoons fresh lime juice
- 3 tablespoons extra virgin olive oil, divided
- 1 teaspoon salt
- ½ teaspoon chipotle powder
- Lime wedges (for accompaniment)

1. Pat dry the char and let it come to room temperature.
2. In a food processor, combine the garlic and cilantro or parsley. Process to mince finely. Add the lime juice, 1 tablespoon olive oil, salt and chipotle powder and process until smooth. Reserve.
3. Preheat the grill to medium heat on one side (leave one side with no coals underneath if using a charcoal grill). Just before grilling, pour a couple of tablespoons of olive oil in a cup and use tongs and a wadded paper towel to swab the cool side of the grate with oil. Place the fish on the heated grate, skin side down, and close the lid; cook for 4 minutes. Carefully turn the fish and place on the cool side of the grill for about 2 to 3 minutes, or until the fish is cooked through but still a little pink in the middle. Turn again, flesh side up, and drizzle with the prepared sauce.
4. Transfer to a platter and serve.

Healthy Kids Lunches

Simple ideas to banish lunchbox boredom.

By Mandy Makinen

Okay, parents. We all know that back to school is, although bittersweet for our children, pretty good for us. Our children are again occupied in noble pursuits, they get regular exercise, they have plenty of time with their friends and the echo of “I’m bored” vanishes from the halls of our homes. Things are always good for a few weeks — at least until a new boredom sets in. School lunch burnout.

For those who regularly pack lunches for an elementary school-aged child, you may have run into a few common points of friction. Namely, boredom with content, arguments over what did not get eaten that day, and issues revolving around trading for junk food. Let’s look over the issues, one at a time.

Battling boredom

I had always planned on being the mom who would break out the cookie cutters to make lunchtime sandwiches special, or who would creatively market sacks of carrot coins or a stand-up broccoli forest to my child. But the reality is, that takes time.

Our family tries to put emphasis on dinner and eating (mostly) home-cooked meals together

at night, so with already limited time in the evenings, packing elaborate bag lunches has fallen by the wayside.

Working under time constraints might take some of the creativity out of presentation, but it doesn’t have to mean a boring or unbalanced lunch. We adopted a baseline of this equation: 1 + 1 + 1 = 1. One fruit or vegetable (e.g., carrots, banana, cucumber, apple), one protein (turkey, peanut butter, ham, cheese), and one carbohydrate (bagel, crackers, English muffin, tortillas) = one lunch. Dividing lunch-building into predictable units makes it easy for my son to participate by choosing different, changing components. One of the best side effects of this lunch style is that it teaches my son about nutrition — which types of food have what nutritional value. Now my son knows that peanut butter is a protein, not a vegetable. He knows that a banana is not a significant source of complex carbohydrates but that a whole wheat bagel is.

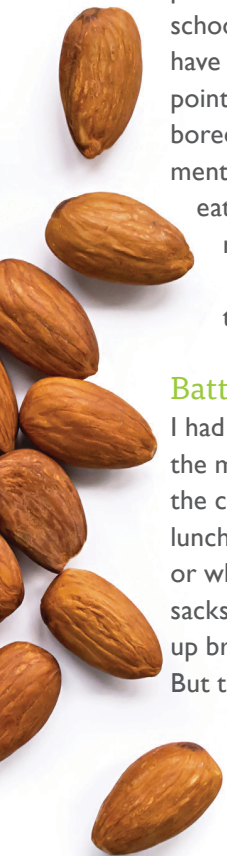
Emphasize efficiency

There was a time, I am sure, when all kids would sit down to lunch at school with enthusiasm and dig in, focused on the task of chewing their food and getting refueled for an afternoon of

learning. I believe that time was somewhere around the year 19-oh...never?

The truth is that lunch is, and has always been, an important social time for kids. This is when jokes get told, bragging gets done and where today’s hilarious sight gags are tomorrow’s doctor’s visits (raisins in the nose, anyone?). This is also when your child is supposed to focus and eat their whole lunch.

Remembering to keep portions small and the eating process efficient (think bite-size finger foods) helps ensure that more food gets eaten. This is the way toddlers eat, but I find it works great at any age (I love





a “snack lunch” at the office myself). It doesn’t have to look extremely coordinated to be a good lunch — a handful of nuts, a bag of snap peas, some cheese cubes, grapes, whole wheat bagel half. All these things are easy to eat, and more important, can be safely eaten while paying attention to at least three other things at once.

Less lunch trading

My son reports that a lot of unsanctioned lunch trading happens. Packaged, processed foods designed for lunchboxes — fruit snacks, cookies, chips and cheese puffs — are a hot commodity. For a kid who brings a healthy lunch every day, those things help him build an argument that his mother is the meanest, most boring person alive. It’s disappointing to think that the healthy meal we spent time and money planning and purchasing could be traded for less healthy food on a whim. Though I suspect my son’s whole wheat bagel or almonds rank low in lunch table trading values.

But to alleviate the feeling that my child is going to be scarred by his health-fanatic mom who never

allowed him to have fun foods, we’ve added “mystery” items to the lunchbox — something that doesn’t fall into the main food groups: fruit leather, organic chocolate milk, natural energy bars, a single serving of chips. We shop for these mystery items, along with the rest of his lunch, at our local food co-op, where it’s easier to minimize the stuff I don’t want him to eat: high-fructose corn syrup, hydrogenated fats, artificial chemical sweeteners and dyes. My hope is that he’ll covet these treats enough that they don’t end up in trading action and it keeps him eating our home lunches, which are healthier than the alternative overall, for years to come.

$$1 \text{ fruit / vegetable} + 1 \text{ protein} + 1 \text{ carbohydrate} = 1 \text{ lunch}$$

Dividing lunch-building into predictable units makes it easy for kids to participate by choosing different, changing components.

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On Wednesdays we honor our SENIORS with **5% OFF** of your purchase. If you're at least **60 years** old, come in and get your discount.

Round UP

We Raised
\$3,002.57
From April 1st through
June 25th, 2023

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**Western UP Food Bank & CCISD
Equipment Loans of the Keweenaw**

WAYS TO SAVE



Everyone SAVES with **Co+op Deals** (changes twice monthly).



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



Get the **Freshest Deals** in town (changes weekly).



Owner Deals offers discounted pricing for our Member/Owners (changes monthly).



Double Up Food Bucks (DUFB) DUFB shoppers will be able to both earn and spend up to \$10 per day. You will still be able to earn and spend DUFB throughout the year.

IT'S GOOD TO BELONG

Ownership has PERKS



Owner Specials on Bulk Orders

Pre-ordered bulk offers apply to any product available to the co-op, whether we regularly stock it or not. Orders must be a full case (sack, bag, etc.) to qualify for case pricing. The price is calculated at 20% over cost.

Invest in the **Keweenaw Co-op** — its easy and we have affordable payment plans. As an Owner, you may enjoy the following benefits:

- Owner Deals
- 6 for 6% OFF Wine Discount
- Patronage Refund Eligibility
- Voice & Vote in our co-op's future
- Board of Directors Candidacy Eligibility



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

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

August is Owner Appreciation Month!

Owners receive a **10% DISCOUNT** on all **REGULARLY PRICED** items for one shopping trip.