



Circumspice



Fire Up the Grill



Intersection and Connection *pg. 2*

Community Happenings *pg. 3*

The Fruit and Veggie Grilling Guide *pg. 4*



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

Please submit story ideas for the July/ August 2023 Issue by June 6th, 2023 to the following email address...

marketing@keweenaw.coop

Editor/Art Director Ariele Kauppila

Stories Keweenaw Co-op Staff

Copy Editing Betsy Smith

Printer Designotype

Circumspice is printed on post-consumer recycled paper and is available for pick up at The Co-op and on the web at:

www.keweenaw.coop

cir-kum-spi-ce

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

Fire Up the Grill

Keweenaw Co-op Market & Deli
 1035 Ethel Avenue, Hancock, MI 49930
 906-482-2030
www.keweenaw.coop
 ©2023 Keweenaw Co-op Market & Deli

intersection and connection

—by curt webb, general manager

The Keweenaw Co-op’s current home may not have all the attributes that analysts would call ideal (but as you know we are actively working to change that!). Even so, you have placed us at the intersection of so many good things in our community. We are honored to facilitate connections that make life in the Keweenaw special.

You connect with seasonal change. When I think about traditions from my childhood, one that resonates in springtime is hunting for morel mushrooms. My mother once famously called out “Stop the car!” as we were driving over a railroad crossing near my house and she rushed out to harvest a few large yellows, grinning like a champion. It seemed that my whole family had the skill, or maybe we just lived in the perfect spot. I’ve carried on that tradition everywhere I’ve lived, but in my 20 plus years in the Keweenaw, I’ve expanded my foraging to include whatever each season has to offer.

We live in a place with a relatively short growing season so anything that grows has to pack a lot of action into a little bit of time. As crocuses emerge from the snow again (and again), we are reminded that the season of growth is right around the corner, with abundance close behind.

At the Co-op, our focus on local food starts to ramp up in the spring, climbing toward its pinnacle in the fall. As those fresh offerings appear our community responds with energy and excitement. We are already seeing local greens even as the snow lingers. Your hunger drives our connection with the season.

You connect with local farmers. In addition to buying locally-grown food at the Co-op, you support our farming community by visiting farmers markets, joining a CSA, or asking for local food at your favorite eatery. The Co-op continues to expand our relationships with local farmers, and we are excited to grow as a place of connection between farmers and eaters in the coming year. We’re already starting to think about this year’s Farm Tour – a wonderful opportunity to meet local growers and learn about their specialties.

You connect with the Keweenaw. Often the connection to the growing season gets even more personal. Right now you might be nurturing tender plant

starts from seeds you saved or purchased at the Co-op. The Co-op is proud to support the independent, do-it-yourself spirit of our community.

And many of you have been out there in the sugar bush collecting sap, a sweet pastime that keeps us active during the shoulder season. There are so many ways to take advantage of each season’s abundance.

You connect with each other. Conversations in the aisles revolve around phenology. What birds have returned? What’s sprouting in the backyard or the woods? You share your observations and musings – for me, these are signs like when the tree buds just turn to leaves prompts the start of the morel hunt, or that when the crows get vocal it’s time to tap those maples. This flow whets our appetite for knowledge of the interconnectedness of things. The collective wisdom that resides in our community is awesome and it is exchanged at the Co-op every day.

Together, we are building community! It’s not something we can put on our shelves, special order for you, or even design into the new store. In part, it happens organically - by virtue of our values in action, our community is enhanced and more resilient. In addition to the spontaneous connections, your participation through your patronage, feedback, attendance at community events, or as a board or outreach volunteer is making our community better.

Though we’ve been working away at this busy intersection that is our store, as we move into the next season, and things get brighter and greener, we’ll enjoy the rush of opportunities to further strengthen our role as your community hub. As we strive to deliver value to our Owners we will continue to work on both the tangible and intangible aspects of our endeavor.

It is exciting for me to see, feel and share all these connections. The Co-op is a community accomplishment, and we wouldn’t be here without you. We’re so glad you joined us in creating this story together, and perhaps some foraged memories too.





2.22.23 Lunch & Learn

The Keweenaw Chamber of Commerce held the February Lunch & Learn at the Jutila Center. Michigan Works presented about all of the services they offer for employers, employees, and those seeking work. The Keweenaw Co-op donated soup, sandwiches, and cookies for the lunch.



community

Our business is our community and the **Keweenaw Co-op** works hard to serve and support you. Here are some samples of our efforts.

4.07.23 LBFE Easter Donation

Little Brothers Friends of the Elderly is an organization that is near and dear to our hearts. This year, The Keweenaw Co-op donated cases of organic dill and cucumbers for their Easter meals. Thank you to all the volunteers that make these holiday meals happen each year.



3.31.23 Iranian Community @ MTU

The Iranian Community at Michigan Technological University celebrated the Iranian New Year on April 2nd. The Keweenaw Co-op donated dolmas for 250 students/faculty/staff/local community for their celebration.



3.15.23 Temple Jacob

Temple Jacob reached out to the Keweenaw Co-op for a donation for our local women's shelter during their planned retreat as part of Jewish Tikum Olem traditions (repairing the world). The Keweenaw Co-op provided them with a donation of disposable and reusable feminine hygiene products.

50th Anniversary

Did you know that 2023 is the Keweenaw Co-op's Golden Anniversary? Visit www.keweenaw.coop to share your thoughts and memories so we can tell the story of our first 50 years and be entered into monthly giveaways leading up to the celebration!



3.04.23 Keweenaw Nordic Ski Club

The Glide 'N Gorge is a popular event to combine winter trail use looping around Swedetown Gorge (about 3.8 miles) with the social and culinary event of sampling healthy foods. The Keweenaw Co-op donated a meat/cheese tray and bread - Keweenaw Nordic Ski Club matched the donation.



The Fruit and Veggie Grilling Guide

Giving fresh vegetables, stone fruit, and even lettuce a turn on the grill will intensify their flavor, with delicious results.

By Tara Duggan

While most people associate outdoor grilling with burgers, hot dogs and steaks, the grill imparts big flavors to fruits and veggies, too. A wide array of produce paired with spice rubs, marinades and sauces galore will keep your patio table overflowing with delicious additions to your grilling repertoire.

Seasonal summer vegetables just happen to be perfect for grilling: zucchini, eggplant and bell peppers are naturally tender and become even sweeter on the grill. Slice these vegetables about 1/4-inch thick and toss them in an easy marinade for 30 minutes (or better yet, overnight) before grilling for a few minutes per side.

A simple combination of wine vinegar, olive oil, chopped garlic and herbs, and salt and pepper are all you need for a tasty marinade. This easy mix will turn grilled vegetables into Italian antipasti to serve with bread, olives and cheese. Or change the blend to vegetable oil, sesame oil, soy sauce, rice vinegar, and chopped garlic and ginger for Asian-flavored vegetables that are delicious with rice. Store-bought dressings with a vinegar base make wonderful marinades as well.

Summertime peaches, apricots, nectarines and figs are delicious grilled. Cut fruit in half and remove any pits, then coat lightly with oil. For a sweet-savory side dish to grilled pork, chicken or lamb, sprinkle on a little salt, pepper and balsamic vinegar, then grill for a few minutes per side. And

for dessert, dust with brown sugar, then place the halves on a clean part of the grill for a few minutes per side before serving with ice cream or pound cake (or both).

Grilling tips

Use moderate heat, not high.

If it's a charcoal grill, move the charcoal to one side and grill your fruits and veggies on the other side, over indirect heat.

Oil your grill thoroughly.

Fruits and vegetables are high in natural sugars, which means they can easily burn and stick to the grill. Before you begin cooking, clean the grill well, preheat it, and then use several layers of paper towel dipped in vegetable oil to grease it.

Cut vegetables into the largest possible pieces.

This will prevent them from falling through the grill grate and avoid extra time spent flipping more pieces. For example, cut zucchini in slices along the length of the vegetable, rather than slicing into small rounds.

Give corn on the cob a head start.

Blanch it in boiling water for a few minutes, then grill for 5 to 10 minutes to finish cooking and add smoky flavor.

Reprinted by permission from grocery.coop. Find more recipes, plus information about your food and where it comes from at grocery.coop.



Grilled Pluots

Servings: 4 . Total time: 25 minutes.

- 4 pluots
- 2 teaspoons water
- 1/8 teaspoon cinnamon
- 2 tablespoons orange marmalade
- 1 cup vanilla ice cream
- 1/4 cup cinnamon-flavored granola (optional)

1. Heat the grill to high.
2. Slice the pluots in half lengthwise, then twist to open and remove the pit. Set aside.
3. In a small bowl whisk together the water, cinnamon and marmalade until well blended, then brush the mixture onto each pluot half. Place the pluots, flesh side down, on the hot grill and cook for 3 to 4 minutes, brushing occasionally with more marmalade. Turn the pluots skin side down, brush the flesh with marmalade and grill 2 more minutes until tender and caramelized. Remove from the heat, place the grilled pluots on a dessert plate, top with ice cream and sprinkle with granola.



Grilled Fruit Kebabs

Servings: 6. Total time: 20–30 minutes.

- ½ cup ginger ale
 - 2 tablespoons honey
 - 2 tablespoons orange juice
 - 1 tablespoon vegetable oil
 - ¼ cup brown sugar
 - ¼ teaspoon ground allspice
 - 2 sprigs fresh thyme, stems removed
 - Pinch of salt
 - Pinch of cayenne pepper (optional)
 - 1 pound fresh ripe peaches and/or plums, pitted and cut into quarters
 - 1 small pineapple (2–3 pounds), peeled, cored, and cut into 2-inch cubes
 - 6 metal or bamboo skewers (soak bamboo skewers in water before using)
1. Prepare and heat the grill.
 2. In a small bowl, whisk together the ginger ale, honey, orange juice, oil, brown sugar, allspice, thyme leaves, salt and cayenne pepper, if using.
 3. Thread the fruit onto the skewers and place them on a rimmed sheet pan. Brush the fruit with some of the marinade. When the grill is hot, put the skewers on and grill on each side for 3 to 4 minutes, glazing the fruit with more marinade every couple of minutes.



Grilled Marinated Zucchini

Servings: 6. Total time: 50 minutes; 20 minutes active.

- 1 pound zucchini
 - 2 tablespoons olive oil
 - 2 tablespoons minced garlic
 - Zest from 1 lemon
 - 2 tablespoons lemon juice
 - 1 tablespoon red wine vinegar
 - 1 teaspoon dried oregano
 - Salt and black pepper to taste
 - ¼ teaspoon crushed red pepper flakes (optional)
1. Remove the ends from the zucchini and slice them lengthwise into halves or thirds.
 2. In a small bowl, whisk together the olive oil, garlic, lemon zest and juice, vinegar and spices. Place the zucchini in a large dish or on a rimmed sheet pan and pour the marinade over the zucchini. Let sit for 30 minutes or more, stirring occasionally.
 3. Heat grill to medium-high heat. Grill the zucchini slices for 3 to 4 minutes on each side, basting with any remaining marinade when flipping. Serve warm.

Toss the zucchini with chunks of fresh tomato, feta cheese and cooked couscous for a light Mediterranean salad.

Grilled Romaine Salad

Servings: 4. Total time: 25 minutes.

Dressing

- ¼ cup freshly grated Parmesan cheese
- 1 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- ¼ teaspoon freshly ground black pepper

Salad

- 1 ear corn
- 2 slices day-old bread
- 2 tablespoons extra virgin olive oil, divided
- 1 large head romaine lettuce
- ¼ medium red onion, thinly sliced
- ½ avocado, chopped

1. Make the dressing by whisking together the cheese and lemon juice in a small bowl. Add the olive oil, balsamic and black pepper and whisk again until incorporated. Set aside.
2. Heat an outdoor grill or stove top grill pan to medium-low, about 350°F.
3. Place the corn on the grill and grill for about 4 to 5 minutes per side until the kernels start to char. Remove from grill once the whole ear is slightly charred, cut the kernels off the cob and set aside.
4. While the corn grills, drizzle the bread with 1 tablespoon of olive oil and place on the grill for about 1 to 2 minutes per side until just slightly toasted and grill marks appear. Remove from the grill and cut into cubes.
5. Cut the head of romaine in half lengthwise, keeping the core intact. Wash each half thoroughly, gently shake off any excess water and dry well.
6. Drizzle both halves of romaine (cut side) with the remaining tablespoon of olive oil. Place the lettuce halves on the grill, cut side down and grill for 1 to 2 minutes per side until the outer leaves just start to wilt and the core has some nice grill marks.
7. Plate the grilled romaine on a serving platter, top with the grilled corn kernels, sliced red onion, chopped avocado and grilled croutons.
8. Drizzle the dressing on top and serve warm.





Student Discount day is every Sunday — show us your valid Student I.D. and we take **5% OFF** of your purchase.



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 \$721.56

Between April 1st through April 23rd, 2023

With **pocket change** you can make a **big difference**

Western UP Food Bank & CCISD Equipment Loans of the Keweenaw



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.

May is Owner Appreciation Month!

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