

Circumspice

September | October 2023



Slow and Easy

Embrace convenience with flavorful slow cooker meals - effortless creations, incredible taste, and the anticipation is worthwhile!

Connecting with Community

Get an update from our General Manager, Curt.

Community Happenings

We support and invest in our community.

Ways to Save

Learn how you can save at the co-op!

Keweenaw
COOP
market and deli



Please submit story ideas for the November/December 2023 Issue by September 6th, 2023 to the following email address...

marketing@keweenaw.coop

Art Director Ariele Pizzo

Stories Keweenaw Co+op

Copy Editor Betsy Smith

Printer Designotype

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www.keweenaw.coop

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The name Circumspace, Latin for "look around," was inspired by Michigan's state motto—Si Quaeris Peninsulam Amoenam Circumspace. 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.

Circumspace is published six times per year for the owners and customers of the **Keweenaw Co+op**. Circumspace provides information about the Keweenaw Co-op, local cooperative partnerships, food, nutrition and heartwarming 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

Slow and Easy

Keweenaw Co+op Market and Deli
1035 Ethel Avenue, Hancock, MI 49930
906-482-2030
www.keweenaw.coop
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connecting with community

by curt webb, general manager

We're excited to be putting our co-op's new logo to work! Keweenaw Co+op Market and Deli recently adopted a fresh new look in anticipation of our relocation to our new downtown store next year.

Rest assured, Keweenaw Co+op remains the same co-op you know and love, but with a renewed focus on reaching new shoppers and inviting area visitors to check out the co-op. The updated brand will inform the design of the new store and position the co-op to more effectively share its message.

The new logo has been well-received in our community and by our co-op peers. We are enjoying applying this new brand to the myriad applications that we use to communicate the co-op's story—no small job, but we're getting it done!

To thrive in our new location, we need everyone in the community to understand what makes our co-op different and why they might want to shop here. Our logo can help visually communicate this.

The plus sign highlights our cooperative ownership and the strong bond we share with other co-ops and the Co+op brand. The logo is probably already familiar to you, since it is designed to work with our Co+op Deals flyers, coupons, bags, and other containers that are already in use at the store. You'll continue to see our new logo popping up around town and in the store.



There is an element of fun in designing our new store around a fresh new logo! I personally look forward to reaching even more of our community with a welcoming and consistent message backed up with exceptional people, service, and products. It is awesome to embrace an image shared by food co-ops across the country as part of our new image.

Though the logo serves as a visual representation of the co-op, it's the exceptional staff, dedicated owners and shoppers, local farmers, and delicious food that truly set Keweenaw Co+op Market and Deli apart. As a 100% community owned business, the co-op remains committed to meeting the needs of area shoppers and fostering a thriving local community. Thank you for your continued support.

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.



7.21.23 Adopt-a-Highway

Our Summer Adopt-a-Highway crew picked up 10 bags of trash - many being half-full, the least amount of litter we can remember!



7.07.23 Copper Country Ski Tigers

Copper Country Ski Tigers had their Run the Keweenaw fundraising event on July 8th and 9th. Run the Keweenaw is a trail-running stage race on the beautiful and rugged trails of the Keweenaw Peninsula. We donated a cart full of goods to fuel the participants.



8.07.23 Keweenaw Wild Bird REC

Keweenaw Wild Bird REC received a donation of \$553.30 through our Bring-a-Bag fund! Every bag the Co-op saves because shoppers bring in a reusable bag earns money for the community. At the end of each 6-month campaign, the savings are donated to a local organization or project selected by the Co-op Ownership.

7.13.23 Canal Run

The 48th annual Canal Run was held on July 15th. Since 2011, the organizing committee has been able to donate over \$20,000 to area non-profit organizations as part of its Canal Run Gives Back program. We donated a variety of goods to provide nourishment to the runners.



8.02.23 CCISD ELK

CCISD Equipment Loans of the Keweenaw (ELK) received a \$1,617.34 donation as our Round UP recipient - splitting the total with the Western UP Food Bank for the months of April through June. CCISD ELK provides adaptive recreational and sports equipment for loan to those of any age, in any county of the Upper Peninsula. Their equipment loans are FREE to qualified users.



over 10,000 bags saved so far in 2023!

B-a-B Recipient
(July through December, 2023)





Slow and Easy

When convenience counts, turn to your slow cooker for flavorful meals that are low effort, high reward and worth the wait.

Reprinted by permission from [grocery.coop](https://www.grocery.coop). Find recipes, plus information about your food and where it comes from at [grocery.coop](https://www.grocery.coop).

Slow Cooker Orange Chipotle Beef Tacos

Serves 6. Prep time: 4 to 8 hours; 20 minutes active.

- 1½ pounds beef chuck roast
- 2 tablespoons tomato paste
- 1 teaspoon chipotle powder
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ½ teaspoon salt
- 4 cloves garlic, peeled
- 2 large seedless oranges, quartered
- 12 taco shells or corn tortillas
- 3 cups shredded lettuce
- 3 medium tomatoes, chopped
- 1½ cups shredded Monterey Jack cheese

1. Place the beef in a slow cooker. Stir together the tomato paste, chipotle, cumin, oregano and salt in a small bowl, then rub the mixture over the beef. Place garlic cloves and oranges on top of the meat and cover the pot. Turn temperature to high and cook for 4 hours, or on low for 7 to 8 hours. When the meat shreds when pressed with a fork, turn off the cooker and take out the insert to cool. Use tongs to transfer the meat to a bowl to cool, and shred the beef.
2. Place a strainer over a small pot and strain the liquids from the cooker into the pot. Squeeze the oranges over the strainer. Bring the juices to a boil and cook for about 10 minutes, until reduced to a syrupy consistency. Pour over the shredded beef and toss to coat. Taste for seasoning; add salt or more chipotle, if desired.
3. Serve with taco shells or warm corn tortillas, lettuce, chopped tomato and shredded cheese. Pair these tacos with tortilla chips and homemade guacamole or your favorite salsa. The meat can also be folded into larger tortillas with leftover cooked rice to make tasty burritos.

A slow cooker transforms affordable cuts of meat like chuck roast, pork shoulder and chicken legs into tender, juicy main dishes.



Slow Cooker Chicken Cacciatore

Serves 6. Prep time: 8 hours; 1 hour active.

- 14 ounces diced canned tomatoes
 - 1 large onion, chopped
 - 1 medium green pepper, chopped
 - 1 medium zucchini, sliced
 - 2 ribs celery, chopped
 - 3 cloves garlic, chopped
 - 1 teaspoon dried basil
 - 1 teaspoon dried oregano
 - ½ teaspoon salt
 - ½ cup dry red wine
 - ½ cup chicken stock
 - 4 ounces tomato paste
 - 6 chicken legs, skinless
 - 2 cups brown rice
1. In a large slow cooker, combine the tomatoes, onion, green pepper, zucchini, celery, garlic, basil, oregano, salt, red wine, chicken stock and tomato paste. Stir to mix, then add the chicken legs and press down to cover them with the vegetable and spice mixture as much as possible. Set the cooker on low and cook for 7 hours.
 2. Start cooking the rice about 45 minutes before the chicken is finished cooking.
 3. When chicken cooking is completed, taste and add salt and pepper as needed. Serve a cup of cooked brown rice in a wide bowl or pasta plate, with a chicken leg and vegetable sauce.



Crockpot Calico Beans

Serves 10. Prep time: 5 hours, 15 minutes; 15 minutes active.

- 1 tablespoon olive oil
 - 1 yellow onion, diced
 - 1 red bell pepper, diced
 - 2 garlic cloves, minced
 - 1 15-ounce can pinto beans
 - 1 15-ounce can butter or cannellini beans
 - 1 15-ounce can kidney beans
 - 1 15-ounce can crushed tomatoes
 - 1/3 cup ketchup
 - 3 tablespoons maple syrup
 - 2 tablespoons tamari
 - 1 tablespoon apple cider vinegar
 - 2 teaspoons Worcestershire sauce
 - Salt and pepper to taste
1. Rinse and drain the canned beans. Heat olive oil in a skillet over medium-high heat and saute the onion, pepper and garlic for 5-10 minutes until tender.
 2. Add the onions and peppers to a slow cooker along with the rest of the ingredients and stir well. Turn the slow cooker to low and cook for 5 hours. Taste for salt and pepper. Serve warm.



Slow Cooker Teriyaki Beef Ribs

Serves 6. Prep time: 7 hours, 30 minutes; 30 minutes active.

- 4 pounds beef short ribs (about 4 inches long)
 - 3/4 cup teriyaki sauce
 - 1 tablespoon Sriracha sauce
 - 2 tablespoons sesame seeds
 - 2 medium scallions, finely chopped
 - Canola oil
1. In a large skillet, heat a tablespoon or so of canola oil over medium-high heat, and swirl to coat the surface with oil. When the pan is hot, place several ribs, meaty side down, in the hot oil. Cook for 1 to 2 minutes to sear and brown the surface. Transfer the ribs to a 4-quart slow cooker, and continue until all the ribs are browned, adding more oil as needed.
 2. In a cup, mix the teriyaki sauce and Sriracha sauce and pour over the ribs, turning to coat. Cover the slow cooker and set to low. Cook for 7 hours.
 3. Uncover the ribs and transfer them to a platter; cover to keep warm. Pour the liquids from the cooker into a small pan and bring to a boil over high heat. Reduce to a strong simmer and cook for about 10 minutes, to reduce and thicken the sauce. If desired, skim the fat from the sauce.
 4. Pour the sauce over the ribs and sprinkle with sesame seeds and scallions. Serve warm.

Citrus-Chile Pork with Herb Sauce

Serves 6. Prep time: 6 hours, 30 minutes; 30 minutes active.

- 6 cloves garlic, sliced
- 2 large jalapeños, seeded
- 2 tablespoons extra virgin olive oil, divided
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 1 teaspoon salt
- 3 ½ pounds pork butt or shoulder, bone-in
- 1 large orange, quartered
- 1 large lime, quartered
- 2 large scallions, chopped
- ½ cup fresh cilantro
- 3 cups cooked brown rice

1. In a food processor or food chopper, mince the garlic and jalapeños; remove half to use later for the sauce. Add 1 tablespoon of the olive oil, cumin, oregano and salt and process to mix.
2. Trim extra fat layer from the roast. Place the roast in a 4- to 6-quart slow cooker. Rub the olive oil mixture all over the roast — make sure the whole roast is covered. Place the orange

and lime quarters on top of and around the roast, then cover tightly. Cook on low heat for 6 hours.

3. When the pork is tender, transfer to a cutting board, reserving the juices and the citrus quarters for the sauce. Let stand for 5 minutes before cutting; keep warm while you make the sauce.
4. To make the sauce, place the remaining tablespoon of olive oil in a small pot and place over medium-high heat. Add the reserved garlic and jalapeño mince and saute for about 1 minute. Squeeze the reserved orange and lime into the pot, using a strainer to catch any seeds. Pour in the reserved roast juices. Bring to a boil and cook for about 10 minutes to thicken slightly. Add the scallions and cilantro and simmer on low for 1 minute.
5. Remove the bone, then slice the pork and serve it on a bed of rice, drizzled with the citrus sauce.





Student Discount day is every Sunday — show us your valid Student I.D. and receive **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
\$2,522.33
From July 1st through August 20th, 2023

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

Western UP Food Bank & Keweenaw Outdoor Recreation Coalition

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) shoppers are able to both earn and spend up to \$10 per day.

IT'S GOOD TO BELONG

Ownership has PERKS



Special Order Discount

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:

- Get coupons when you join!
- Owner Deals
- Owner Appreciation Months
- Special Order Discount
- 6% OFF 6 Bottles of Wine
- Vote in the annual election
- Annual patronage refund



Owner Appreciation

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.

October is Owner Appreciation Month!
Owners receive a **10% DISCOUNT** on all **REGULARLY PRICED** items for one shopping trip.