



Circumspice



Spring Revival

Message from our President *pg. 2*

Community Happenings *pg. 3*

Nurturing Little Green Thumbs *pg. 4*

Lighten Up with Legumes *pg. 6*





KEWEENAW
CO-OP
 Market & Deli
www.keweenaw.coop

Please submit story ideas for the May/ June 2023 Issue by April 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 Your 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

Spring Revival

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



flurries

—by roger wood, president/treasurer

Typically, we would definitely be worried about snow flurries in the Copper Country in winter, our Keweenaw Co-op Board has been dealing with flurries of a different type over the last 2 years. The opportunity to relocate to Quincy street has created flurries of work at various stages of the project.

After the decision was made to purchase the building, the Board started to figure out how to fund the project in conjunction with General Manager, Curt, and his team. After much deliberation and legal consultations, the Board underwent a successful re-incorporation process in order to create a non-voting investment certificate offering as part of our Capital Campaign. As with any project (I should know because I teach Project Management) tasks have taken longer than expected.

Due to the hard work of Cynthia Hodges and the Capital Campaign team (and lots of volunteers), we hit the target of \$1 million in January! The support of owners, community members and Michigan residents has been outstanding. Stakeholders from other Co-op were impressed that we could create that level of support within a smaller community. There is still time to get involved and we would like to pay you to invest in your Co-op! Curt and the Board continue to work through the financing, project planning and logistics, though our target opening date will be moving out depending on when we close the financing.

While I know our owners and community are more focused on the excitement the new store offers, there are some flurries (think



of them as lake-effect snow) that are still on-going and we could use your help to clear the “snow”. The move back to a Michigan corporation has driven quite a bit of updates to our policies, a group that has had the benefit of non-Board members to help move that “snow”. We have a variety of volunteer opportunities that would continue to help move that “snow”, please reach out if you are interested to boardpresident@keweenaw.coop.

The Board will be reaching out to our owners and the community this year to help us envision the future for the Keweenaw Co-op, we hope you bring your Yooper scoop and help us clear the snow!





1.17.23 We Hit Our \$1M Goal
 WE DID IT! We are SO EXCITED that we've hit our \$1M goal in our capital campaign. Thank you to all of you who have invested! It's not too late to be a part of our new store - investments will be accepted through April. Invest in your community today!

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.

12.20.22 LBFE Christmas 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 celery and onions for their Christmas meals. Thank you to all the volunteers that make these holiday meals happen each year.



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!



1.31.23 Western UP Food Bank Donation
 Western UP Food Bank is our local chapter of Feeding America Food Banks. They started as a food bank service offered through the Community Action Agency. They later became their own official nonprofit organization in 2004.

2.07.22 KeHE Summer Show
 We sent some of our Coordinators to Nashville, TN to the KeHE Summer Show. At KeHE Distributors, their mission to serve and feed America is fueled by an obsession with natural & organic, specialty, and fresh products. We care about the products on our shelves and have dedicated employees designated to ensuring we provide quality products that you can feel good about.





Nurturing Little Green Thumbs

By Eve Adamson

When my two sisters and I were youngsters, my dad had a great idea. One warm May day, as the three of us stood in the grass of our big backyard watching and wondering what he was up to, he cut 15 six-foot lengths of molding left over from our recent basement remodel, stuck them into the warming dirt of our garden in three circles, and lashed the tops of each together with twine to make three “teepee” forms. Next, he tore open a packet of pole bean seeds and gave us each a small handful. He showed us how to plant them around each wooden stake, and then he watered the soil with the green garden hose, while we ran through the spray.

Every day, we went out to the backyard with my dad to check on our seeds. When the sprouts emerged, we cheered. He showed us how to pluck out the weeds and keep the soil moist. As the beans began to grow, in the impressively speedy way they tend to in the rich Iowa soil, something amazing happened. Without any prompting or guidance from us, vines sprouting leaves and bean pods began to wind around the wooden stakes until they reached the top. The leaves and tendrils grew thicker and denser, until one day, each of us could crawl inside our little green houses and be completely alone. I remember sitting in the cool dirt, quietly marveling at the way the vines filtered and freckled the bright July sun. It is one of my fondest childhood memories.

Sometimes I would pluck a tender raw bean and eat it. It tasted like spring to me — fresh and grassy. Or, I would

collect them in a bowl and bring them into the kitchen, so my mother could make them for dinner. I didn’t even mind eating them too much — with a little butter. They tasted nothing like those mushy beans from the can we had to eat in the winter, and those fresh beans prompted me to try the garden carrots, lettuces and tomatoes, too.

There’s something about growing things that appeals to kids, and several casual studies suggest that when kids grow their own vegetables, they are more likely to eat vegetables. It was certainly true in my case. Decades later, my own son, who at 14 remains suspicious of most green things, finally became more open minded when his summer camp grew a vegetable garden.

If gardening is the way to get kids to eat more vegetables (not to mention spend more time with you), then why aren’t we all doing it? Even if you only have a small backyard plot, or room for a few containers on your deck or porch, you can get growing together.

Gardening with your kids gives them many gifts. They learn where food really comes from. They learn how to work together with others toward a common goal. They learn practical skills. They learn how fresh food tastes. They learn the feel and smell of wet dirt and mulch. And they learn that they have the power to take something as small and full of potential as a seed, and nurture it until it becomes everything it was meant to be. Just like you are doing with them.

Reprinted by permission from grocery.coop.

Fun gardening projects with kids

Tube garden

Start your seeds and recycle at the same time. Toilet paper tubes are easy for small hands to manipulate. Plant tomato, pepper, pea or bean seeds in tubes filled with potting soil, in early spring. Prop them upright in a tray or flower pot. When the seeds sprout, pop the whole tube into the garden after the soil is warm.

Salad in a box

Any window box, bucket, basket or other container with drainage at the bottom will do. Fill it with potting soil and plant a variety of lettuces and spinach scattered over the top. Press into place and water lightly. Keep the soil moist. When the greens sprout, trim off a few leaves each day to include in a salad. For kids who don't like bitter tastes, butter lettuces are a good choice.

Mushroom garden

If your child has a daring palate, try growing mushrooms. Many companies sell mushroom growing kits that make it easy to spawn this fascinating fungus in a box at home.

Herb circles

A round container or a small circle dug out of your sod can become an herb circle. Plant basil, lavender, tarragon, thyme and edible nasturtium flowers in concentric circles. Your child can sample the different smells and tastes, and help you decide which herbs to add to which foods.

Flowers and fruit garden

For some kids, fruit is an easier sell than vegetables. Try planting watermelons, cantaloupe or honeydew melons, interspersed with native wildflowers, for a pretty and gastronomically satisfying garden experience.

Bean teepee

If you have the space, give your child a magical-seeming, ephemeral playhouse. You don't have to use leftover molding like my dad did; any thin wooden pole or bamboo rod will work. For each teepee, put five or six poles, about 5 to 6 feet long, in the ground in a circle, approximately 3 feet in diameter. Prop or tie the tops together. Plant pole bean seeds around each stake. Water and mulch, then watch as each teepee leafs out, creating a private space just for small people.

Salsa garden, pizza garden or spaghetti garden

Devote your garden plot to a food theme kids can relate to. For a salsa garden, plant tomatoes, tomatillos, bell peppers, jalapeno peppers, onions and cilantro. For a pizza garden, plant Roma tomatoes, onions, garlic, basil, spinach or whatever else you like on your pizza. For a spaghetti garden, try tomatoes, onions, garlic, oregano and thyme.

Pumpkin garden

Two or three pumpkin plants will sprawl and spawn just what you need for Halloween crafts as well as pumpkin pie, pumpkin butter, pumpkin bread, and pumpkin puree you can add to applesauce, smoothies, or even chili. Marigolds nestled between the vine make a prettier plot.



Find more ideas for gardening projects with kids and recipes for your harvest at [grocery.coop](https://www.grocery.coop).



Lighten Up with Legumes

Legumes lend protein to these satisfying, low-fat main dish recipes.

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

Lemony Lentil Spinach Soup

Serves: 4. Prep time: 50 minutes; 15 minutes active.

- 1 tablespoon extra virgin olive oil
- 2 large carrots, chopped
- 1 cup lentils
- 4 cups water
- ½ large lemon, seeds removed
- 1 teaspoon oregano
- ¾ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 4 cups fresh spinach, chopped
- ½ cup fresh parsley, chopped

1. In a large pot, warm the olive oil over medium-high heat for a few seconds, then add the carrots. When they start to sizzle, lower the heat to medium-low. Stir often for about 5 minutes.
2. Add the lentils, water, lemon half and oregano. Increase the heat to high and bring to a boil, then reduce to medium-low and place the lid on the pot, slightly ajar.
3. Cook until the lentils are tender and starting to fall apart, about 40 minutes. Use a slotted spoon to remove the lemon, and let cool, then squeeze the soft flesh into the stew.
4. Stir in the salt, pepper, spinach and parsley, and simmer until the spinach wilts, about 2 minutes. Remove from heat and serve hot.



Red Beans and Rice

Serves: 4 – 6. Prep time: 50 minutes; 15 minutes active.

- 1 cup water
- ½ cup long grain brown rice
- 1 large red bell pepper, chopped
- 1 large carrot, chopped
- 2 tablespoons Cajun seasoning
- 1 teaspoon salt
- 1 bunch collard greens, chopped
- 1 15-ounce can kidney beans, including the liquid

1. In a 2-quart pot, bring 1 cup of water to a boil, and add the brown rice, red bell pepper, carrot, Cajun seasoning and salt. Return to boil and cover tightly, reduce to low, and cook for 40 minutes.
2. When all the water is absorbed and the rice is tender, stir in the collard greens and kidney beans with liquid. Re-cover the pan and leave over low heat for 5 to 10 minutes to cook the greens and heat the beans. (Times vary depending on how you like your greens.)
Serve hot.

This New Orleans classic is incredibly satisfying. Try it as a side dish to roasted chicken, or as an entrée with a slice of cornbread.



Split Pea Soup with Spinach

By: Robin Asbell

Serves: 4 – 6. Prep time: 2 hours; 30 minutes active.

- 1 ½ cups split peas
- 7 cups water
- 1 medium potato, cubed
- 3 ribs celery, chopped
- 1 medium onion, chopped
- 1 medium carrot, chopped
- 1 bay leaf
- 1 teaspoon thyme
- 1 teaspoon salt
- 4 ounces baby spinach, chopped
- ½ teaspoon black pepper

1. Pick over the peas for any stones or twigs, if necessary, then put in a large pot with the water and bring to a boil. Reduce to a simmer, and add the potato, celery, onion, carrot, bay leaf, thyme and salt. Simmer for an hour and a half, checking occasionally to stir and add water if needed.
2. When the split peas are falling apart, stir in the spinach and simmer just until the spinach is wilted. Add black pepper. Serve hot.

Paired with a hunk of crusty bread, creamy split pea soup is comfort food that will warm you from the inside out.



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 \$736.53

Between February 1st through February 15th, 2023

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

Western UP Food Bank



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 value-added 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

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

- Voice & Vote in Our Co-op's future
- Patronage Refund Eligibility
- Owner Only Special Deals
- Owner Only 6 For 6 Wine Discounts
- 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.



Owner Specials on Bulk Orders

Pre-ordered bulk offers apply to any product available to Our 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**.

Is Board Service Right For You?

The Keweenaw Co-op is seeking new members to join our board and help shape the future of our thriving cooperative. — visit www.keweenaw.coop for details.