



The Voice of the Keweenaw Co-op Market & Deli

Circumspice

HANCOCK, MICHIGAN

FALL 2007

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Practical Wellness

by Dr. Mischa Doman & Kemmy L. Taylor-Doman, D.C.



Mischa and Kemmy with their daughter Nadja on the adjustment table at Superior Family Chiropractic, their practice in Chassell.

Essential Fatty Acids and Our Health

kir-`kum-spi-ke

The name Circumspice, Latin for look around, was inspired by Michigan's state motto—*Si Quaeris Peninsulam Amoenam Circumspice*. Which means, "If you seek a pleasant peninsula, look around." The motto originally appeared on the Great Seal in 1835 designed by Lewis Cass.

Lifestyle choices and knowledge are the keys to taking a proactive role in bettering our health and achieving natural wellness. Our team at Superior Family Chiropractic is fortunate enough to regularly witness the power we have to improve the quality of our lives through informed decisions.

By now most of us are familiar with Essential Fatty Acids. Essential Fatty Acids (EFAs) are

called "essential" because your body cannot produce them on its own requiring the need for them to be ingested. EFAs, also called "good fats", are categorized into two groups: omega-3 and omega-6 with the 3 and 6 referring to the first carbon double bond position on the fatty acid chain. It is important that these EFAs, omega-3 and omega-6 be consumed in the recommended ratio of 3:1

(...continued on page 6)



Circumspice

1035 Ethel Avenue
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www.keweenaw.coop

STORE HOURS

Mon-Sat 10am-8pm
Sunday 10am-5pm

The Circumspice newsletter is published four times a year for the member-owners and customers of Keweenaw Co-op. The newsletter is published to provide 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. Submissions must be received one month prior to publication. The next deadline is December 3rd. Refer submissions and questions to faye@keweenaw.coop.

Editor: Faye Carr

The Circumspice newsletter is printed on post consumer recycled paper. This paper is recyclable.

The Circumspice newsletter is also available on our website www.keweenaw.coop.

featured products

Staff selections from their department. Try a few out!



Grocery — Kay Lang

Pacific Foods Organic Soup Varieties

These artisan inspired soups are simmered slowly in small batches and spiced just right for an authentic taste. Select from: Split Pea with Ham & Swiss Cheese, Spicy Black Bean with Chicken Sausage, Savory White Bean with Smoked Bacon.



Brewing & Wine Making — Dan Butler-Ehle

Brewer's Best Brewing Kits (makes 5 gallons)

These kits are a great value for your next homebrewing project—whether it's your third or your thirtieth! Over twenty styles available, each with top-quality malt extracts, crushed grains, and hops. Yeast, sugars, and caps included too!



Health & Bodycare — Karen Rumisek

Pomology Dietary Supplement Formulas

Pomology harnesses nature's ultimate antioxidants, through the advanced application of fruit science, into unique patent-pending formulations designed for health. Look for men's and women's multis, antioxidant, menopause, prostate, and joint formulas.



Bulk Foods — Greg Green

Stark Sisters Granola

Every batch follows Debra Stark's original slow-roasted recipe. Organic oats, rye and barley & pure Vermont maple syrup. It's vegan, wheat free & kosher! Made with unrefined sweeteners only. It's the crunchiest, nuttiest granola on the market.



Bulk Spices & Herbs — Marena Higgins

Bulk Organic Fair Trade Teas

In addition to our coffees we are now offering a wide range of bulk teas from Frontier Co-op. These excellent teas are located in the bulk herb section alongside diffusers and other tea accessories. Experience soothing aroma and integrity in every cup.



Organic Wine — Daniel Krueger

Muscadet Sevre et Maine "Sur Lie"

Organic, biodynamic, vegan, 5th generation family winery. Hand-picked and Shire horse-plowed fields. Light white, very dry, with a slight spritz from fermenting "Sur Lie" Tart and citrusy with apple, lemon, and melon flavors.

From the Board

by Roger Woods — President

There are many analogies and sayings related to links, chains, and organizations (even a TV show). The Board at the Keweenaw Co-op is working on creating a stronger link: the Board-Membership linkage.

Over the last couple of years the Board has solicited feedback from the member-owners at our annual meetings to better understand what the membership wants the Co-op to be. This work set the groundwork for a stronger Board-Membership linkage.

During the 2006 General Membership Meeting (GMM), participants answered the following questions: "What is the Co-op for?" and "Who is the Co-op for?" We received responses related to food and products, services, and the organizational Ends (overall goals and priorities).

The Board focuses on Ends related feedback, for example, "community action regarding food and health". This year each GMM attendee contributed three statements: a like, a dislike and a wish they have for the Co-op. The Board and the General Manager—Curt Webb worked to separate this

feedback into operational items for staff (e.g. one person liked "cheese selection"); and Board related big picture items (e.g. one person liked "community-building environment—it penetrates the shopping experience. I usually hate shopping, but I love shopping at the Co-op, it puts a smile on my face!").

These exercises help the Board focus on determining Ends policies as part of our shift to a Policy Governance model. Ends policies address why we exist as a co-op and what difference we make. However, feedback is limited by the number of GMM attendees. While we have seen an increase in the number of attendees at the GMM, this year only 42 of the over 850 active member households were represented—and an even smaller portion of the total customers.

In order to gain additional insight, the Board will be asking member-owners and customers for help in the ongoing development of our Ends. Look for the monthly question posted at the Co-op.

Your participation will help us to create the strongest link. See *A Stronger Link* on the sidebar of page 7 for more information. ::

cooperative governance

The Co-op Board of Directors is elected by the General Membership. The Board meets monthly on the third Wednesday of the month in the Community Room at the Co-op. The current month's agenda is posted on the member-owner bulletin board at the store one week before each meeting. The board operates using the Policy Governance® model (www.carvergovernance.com). Member-owners and customers are welcome to attend. Send board related questions to Roger Woods (roger@homerproductivity.com or ph 487-7712).

board of directors

Robyn Johnson
robyn@brockit.com
Director
Term ending 2010

Cory McDonald
cpmc dona@mtu.edu
Treasurer
Term ending 2010

Diane Miller
dimiller@mtu.edu
Vice President
Term ending 2009

Anne Peterson
anipetersin@hotmail.com
Director
Term ending 2009

Sigrid Resh
sresh@mtu.edu
Director
Term ending 2010

Katie Searl
kmsearl@yahoo.com
Secretary
Term ending 2010

Erin Smith
ersmith@mtu.edu
Director
Term ending 2009

Roger Woods
roger@homerproductivity.com
President
Term ending 2009

General Manager
Curt Webb
curt@keweenaw.coop
906.482.2030

co-op events

Classes, workshops, and demonstrations are open to everyone. Unless indicated otherwise, all events take place in the Community Room on the second floor of the Co-op. If you need assistance with the stairs please contact Faye Carr at the Co-op (906-482-2030).

Demystifying Bulk Buying
Saturday, October 22
 10:15 am to 11:30 am
 Members: \$5
 Non-members: \$7
 Instructor: Diane Miller

Shopping the co-op bulk department for all your pantry staples not only saves you money, it also saves on packaging and allows you to purchase exactly what you want. This workshop will help you to navigate through the beans, grains, oils, and rice like a pro. Course fee includes a small bottle of fair trade vanilla you dispense yourself! Sign up early, class limited to 10 people.

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*"Give me
 odorous at sunrise
 a garden of
 beautiful flowers
 where I can walk
 undisturbed"*

~Walt Whitman

Thank you Kathy Halvorson
*for all the beautiful flowers
 from your garden!*

Winter Harvest Storage

by Kathy Halvorson — Co-op Member

The night air has more of a nip and our thoughts turn to storing up for winter. If you've been maintaining a garden, or buying from local farmers, you can use simple techniques to ensure you have a ready store of fresh or frozen local vegetables this winter.

There are lots of storage techniques available—some are ancient and others of more recent vintage. Jam and pickle making are quite old techniques. If you are interested pick up one of my favorite preservation books, *Summer in a Jar* by Andrea Chesman.

Freezing fruits and vegetables is a more recent technique. Freezing most fruits, from melons to blueberries, is quite easy. Purchase heavy-duty freezer bags and freeze the fruits in sizes convenient for you. You don't need to blanch or cook them first. Lay soft fruits on a cookie sheet in the freezer until frozen and then put them in bags so they don't stick together.

Freezing vegetables is more complicated, but it typically involves blanching one to five minutes, submerging in an ice water

bath, drying, and freezing in heavy-duty freezer bags. I consult the *Joy of Cooking* for blanching times for each vegetable; other basic cookbooks list times as well. With excess tomatoes, I roast them in a hot oven with onion, basil, and olive oil until well cooked, cool, and freeze in plastic containers. This makes a nice base for a pasta sauce or soup and is also a nice stewed

tomato side dish. Use your frozen fruits and vegetables within a year, but jams and pickles properly canned can last for years.

A less energy-intensive way of storing vegetables through winter is to leave vegetables that over-winter in the garden or to store them in a root cellar. Some of the vegetables that over-winter easily are leeks, Ruso-Siberian

kales (like Red Russian, not Lacinato), and some chards, collards, and brussels sprouts. I've harvested every month of the year out of my garden. I put a post out by the plots I want to harvest in January through March so that I can find them in the heavy snow. Leeks and brussels sprouts last as long as there is heavy snow cover. Once the snow melts, they tend to bolt quickly. (...continued on page 10)



Produce Manager, Gina Bjork, holding a basket of locally grown storage onions.

From the GM

by Curt Webb — General Manager

This summer Board member Robyn Johnson and I were privileged to represent the Keweenaw Co-op at the Consumer Cooperative Management Association (CCMA) conference in La Crosse, Wisconsin. CCMA is an annual co-op summit that in 2007 brought together over 400 co-op board members, managers, and staff, representing 34 states, 2 countries, and 77 cooperatives for workshops, lectures, and good old-fashioned camaraderie.

Attending this conference was undoubtedly the highlight of my working year. I often find myself head down, pushing through the daily grind. It's easy to forget the big picture, the mission that retail cooperators across the country are working toward: to cultivate sustainable local economies, promote healthy lifestyles and environments, and build community using the vehicle of a member-owned natural foods store. The cooperative world is a tight-knit network of individuals who are passionate about these causes. Collectively, we've experienced it all, and the collective solutions shared at CCMA brim with inspiration.

I was reminded that managing a co-op is an honorable job—that it can be a comfortable, sustainable, and fulfilling occupation—something I sometimes lose sight of. There is history in the new-wave co-op movement, and many of the forerunners are still in there working for the cause. I was humbled by my mere dozen years as a cooperator held up against those who were attending their 30-somethingth CCMA.

I also was reminded how far off the road our Co-op had been allowed to slide in terms of member participation, community outreach, and education. Attending the conference reinforced for me the importance of more closely linking our store with its mem-

ber-owners and the broader community. We are getting closer. With my personal goals of better time management, planning, and delegation, I am hopeful that my role at the Co-op can enter a new phase, one of ensuring that the Co-op fulfills the membership's long-term vision for the Co-op's role in our community.

The next step for success at the Keweenaw Co-op requires big-picture thinking and a clear vision. This requires inspiration and effort on everyone's part—the Board, the membership, and the staff. We are poised to lead the Keweenaw to a brighter future. In terms of sustainability, health, and local economy, mainstream society is waking up to our cause—the one we've been promoting for 34 years.

One of the prevalent topics at CCMA was engaging co-op members and the co-op's broader community in long-range planning—a timely theme for us as well. As we move forward, we've learned that we need to solicit member input at all stages of planning. Our new Communications Coordinator position is a big step toward achieving this goal. Active community and member outreach and education is a large part of that job, as is as developing the necessary tools for this engagement. The newsletter you are holding is one such product. Look for our new website in the coming months (more on that in the next newsletter). Look for more surveys and educational information in the store. It's up to us find appropriate vehicles for input that engage our member-owners in the process. It's up to you to participate. ::



2006 Financial Addendum

Our estimated Federal Income Tax payments for 2006, which were reported in the 2006 Annual Report, did not cover our 2006 tax burden. We paid the estimated tax for 2006 as required, based on 2005. However, the carryover loss from 2004, greatly reduced 2005's tax burden. The bottom line is, we owed an additional \$18,687 in taxes. Therefore, our net income for 2006 was \$72,472 rather than the previously reported \$91,158. Typically, adjustments would be reported in the year that they were actually made (in the case, 2007). But, because of the large sum, our accountant recommended back-posting this adjustment to 2006.

Essential Fatty Acids and Our Health (continued)

to be used optimally by the body.

Although there are many sources containing both omega-3 and omega-6 fatty acids either together or separately, few contain the proper balanced ratio. Omega-6 fatty acids, or linoleic acids, are abundant in corn oil, sunflower oil, raw nuts, seeds and legumes. Omega-3 fatty acids, also called linolenic acids, are found in deepwater fish, fish oil, and some oils such as canola, flaxseed and walnut oil. Nuts are also a great source of omega-3 fatty acids, particularly hazelnuts, almonds and cashews. The best fish oil sources are salmon, mackerel, anchovies, sardines and herring, which have a high fat content and provide more omega-3 than other fish. Flaxseeds are also a good source of omega-3 fatty acids containing low amounts of saturated fats and calories and have no cholesterol.

Hemp seeds and hemp oil, dubbed “nature’s most perfectly balanced oil”, are far superior to any other source of omega-3 and omega-6 fatty acids. Hemp seed oil is truly unique. Approximately 80% is polyunsaturated fat—the highest of any vegetable oil. Specifically, it contains the EFAs omega-6 and omega-3 in the ideal ratio for absorption by the body. Hemp seed oil also contains Gamma Linolenic Acid (GLA) from which omega-6 is naturally converted giving one other reason hemp seed oil is superior to flaxseed oil. The Hemp seed also has far more protein than other plant based sources—containing 25% protein—comprised of all eight essential amino acids. Its protein content is second only to that of the soy bean. Hemp seed derivative products are ideal for ensuring that there is adequate complete and assimilable protein in the vegetarian diet due to the protein being primarily composed of edistin and albumin, components of human blood plasma.



Essential Fatty Acids have numerous health benefits. They support the cardiovascular, reproductive, immune and nervous systems. The human body needs the EFAs to manufacture and repair cell membranes, enabling the cells to obtain optimum nutrition and expel harmful waste products. A primary function of these “good fats” is the production of prostaglandins which regulate body functions such as heart rate, blood pressure, blood clotting, fertility, conception and also play a role in immune function. EFAs are essential in children particularly for neural development and maturation of sensory systems.

Since the late 1970s dozens of studies have shown the power of omega-3 and/or omega-6 fatty acids in preventing and treating many illnesses and conditions. These studies have been published in many respectable medical journals such as: American Journal of Cardiology, American Journal of Clinical Nutrition, American Journal of Health-System Pharmacy, Archives of Internal Medicine, New England Journal of Medicine, Archives of Psychiatry and Journal of Lipid Research to name a few. There are many conditions helped by regular Essential Fatty Acid consumption. Some of these conditions include: arthritis and other inflammatory diseases, ADD, constipation (due to the high fiber content of the hemp or flax seed), menopause, cardiovascular conditions, PMS, neurodermitis/skin ailments and osteoporosis.

Even more good news about essential fatty acids is that nutrition experts generally recommend only a tablespoon or two per day in order to provide optimal cell function and for them to do their job effectively. We hope that this information has been helpful and will add to your wellness lifestyle. ::

Department & Staff News

The community is beginning to use the Co-op as a hub for networking organizations and information about health, food, and the environment.

The Body Care and Vitamin department has an excellent and well-earned reputation for their knowledgeable staff and superior product selection.

Our Deli consistently receives raves about the amazing food assembled everyday in their harmonious kitchen. They are proudly unveiling a new specialty sandwich and salad menu in October (see menu on page 8). Both of these individual departments along with the entire Co-op were nominated for the “Best of the Copper County” awards. The winners will be announced in October. We would like to thank everyone that voted for us.

The new Communications Coordinator—Faye Carr and Anitra Bennett—Assistant Deli Manager attended the Michigan Tech Keweenaw Community Expo to wel-

come new and returning students with samples of the Deli’s infamous hummus, beauty care products, and organic pastas. Many students commented on how much they love the Co-op and were glad to have us in their college community.

The Keweenaw Co-op invests time, money, and energy into local organizations’ events and programs that benefit the community. We don’t just sell local, we buy local too. All of the staff is very conscientious about finding a local source for services and products they buy, just look around our glorious Produce Department that is displayed full of local and organic produce. The Keweenaw Co-op is the result of like-minded people working toward the common good, thanks for taking this journey with us!

If your group or organization would like to schedule their meetings or conduct a workshop in our Community Room contact Faye Carr for details at 482-2030 or faye@keweenaw.coop. ::

Communications Coordinator

A new Co-op staff position



We welcome Faye Carr as the new Co-op Communications Coordinator. This position was created to help foster and sustain communication between staff, board, membership, customers, and the encompassing community.

In addition to general marketing and administrative tasks, Faye helps coordinate education and outreach activities, member services, the Co-op website and listserv, newsletter, Community Room, and much more. If you would like to contact Faye, she can be reached by email at: faye@keweenaw.coop.

Co-op Cookbook

A Keweenaw Co-op cookbook is in the works. We need a lot more recipes, and you are encouraged to send yours, please! We also welcome stories about the recipe, and we ask that you also credit any other sources if that’s appropriate. Joyce Koskenmaki has generously offered to illustrate this book, and we are very excited about it. The cookbook should be ready for publication sometime next year, just in time to help the Co-op celebrate its 35th birthday.

You can submit your recipes in a number of ways: Bring them to the store and put them in the envelope on the bulletin board near the Bulk Food section; mail your recipes to the Co-op; or email them to Diane at dimiller@mtu.edu. You are also welcome to use these channels to express any desire to work on the cookbook.

A Stronger Link

The Co-op Board of Directors continues to work on defining and meeting the organization’s Ends (overall goals and priorities). Starting in October, we will post a monthly question in the Co-op to collect feedback from our members and customers. Each month we will review the responses as part of our Ends development. We will share feedback and resulting action with members in as many ways as possible, including posting results in the store. Your participation counts!

Co-op Deli Speciality Sandwich & Salad Menu

Daniel Krueger, Co-op Deli Manager and all the Deli crew are proud to unveil the new Specialty Sandwich & Salad Menu in this newsletter. Daniel is a food enthusiast and obviously has been for a while...Daniel and Anitra, his assistant, have labored for a long time creating these unique sandwiches and salads. If you are unable to decide on one of the 13 unique creations you can "create your own" from the extensive variety of ingredients that include artisan breads, natural cheeses, gourmet meats, fresh veggies, and handmade dressings. The salad menu includes four salads, Greek, Ceasar, Chef, and Garden. The salad menu includes, "create your own" salad too, the Co-op Deli crew will prepare your creation from the list of unique ingredients.

We bet you are going to love the new menu. Look for the new Deli fax menu and order form in the future for ready-to-go convenience.

Specialty Sandwiches

- | | |
|---|--|
| 1 Maasto Hiito \$4.99
Turkey Breast, Smoked Ham, Smoked Turkey, Onions, Lettuce, Tomato, Mayonnaise, Choice of Baguette | 11 Middle Eastern Lawash \$3.49
Hummus, Tabouli, Tomato, Cucumber, Carrot, Lettuce, Choice of Lawash Flatbread |
| 2 Brockway Mountain \$5.49
Roast Beef, Smoked Ham, Turkey Breast, Swiss Cheese, Onion, Lettuce, Dijon Mustard, Horseradish, Choice of Baguette | 12 Cowboy Lawash \$3.99
Roast Beef, Colby, Avocado, Medium Salsa, Jalapeno, Lettuce, Choice of Lawash Flatbread |
| 3 Bird & Basil \$5.49
Double serving of Smoked Turkey, Pesto, Black Olives, Mozzarella, Provolone, Tomato, Choice of Baguette | 13 Evie's Tuna Salad \$3.49
Chunk Tungal Tuna + Evie's Special Additions, Lettuce, Tomato, Choice of Lawash Flatbread or Wheat Pita |
| 4 Italian Hall \$5.49
Prosciutto Ham, Tuscan Salami, Provolone, Lettuce, Tomato, Onion, Balsamic Vinaigrette, Choice of Baguette | Create Your Own Sandwich \$2.99-\$4.49
Create your own meat & cheese or veggie sandwich. Choose from a variety of fixings. |
| 5 Co-op Club \$5.49
Double serving of Turkey Breast, Smoked Ham, Colby, Lettuce, Tomato, Onions, Mayonnaise, Choice of Baguette | |
| 6 Lookout Mountain \$4.99
Fresh Mozzarella, Pesto, Tomato, Sprouts, Lettuce, Cucumber, Choice of Baguette | |
| 7 Gratiot River \$4.99
Baked Tofu or Turkey Breast, Avocado, Sprouts, Tomato, Lettuce, Roasted Garlic Spread, Choice of Baguette | |
| 8 The Hummer \$4.49
Hummus, Tabouli, Swiss Cheese, Black Olives, Lettuce, Tomato, Cucumbers, Choice of Baguette | |
| 9 Horseshoe Harbor \$4.99
Hummus, Tabouli, Reduced Fat Cheddar, Artichoke Hearts, Sprouts, Tomato, Choice of Baguette | |
| 10 Bootjack \$4.99
Goat Chevre, Kalamata Spread, Roasted Garlic Spread, Tomato, Sprouts, Cucumber, Choice of Baguette | |

Salads

- | |
|--|
| Greek Salad \$3.49
Mixed Greens, Spinach, Artichoke Hearts, Tomato, Kalamata Olives, Shredded Carrot, Feta Cheese, Choice of Dressing |
| Caesar Salad \$2.99
Romaine Lettuce, Shredded Parmesan Cheese, Croutons, Caesar Dressing |
| Chef Salad \$4.25
Mixed Greens, Tomato, Onion, Ham, Turkey Breast, Colby Cheese, Hard-Boiled Eggs, Choice of Dressing |
| Garden Salad \$2.99
Mixed Greens, Spinach, Tomato, Onion, Shredded Carrot, Bell Peppers, Choice of Dressing |
| Create Your Own Salad \$2.99
Your choice of 2 greens + 4 veggies + 2 crunchies + 1 dressing. Any additional items cost extra. |



Located in Houghton on a abandoned section of Pewabic Street, west of Dodge Street and east of Bridge Street—between the old Houghton High School lot and the County Courthouse.

Pewabic Street Community Garden provides a beautiful, peaceful, and friendly garden space in central Houghton for people of all communities to gather, garden, and grow.

Plots will be available for rent in Spring 2008. The garden is a volunteer project in collaboration with Keweenaw Community Foundation, City of Houghton, and Houghton County.

Contact Sarah at 483-3754 or email sacheney@chartermi.net. To donate: Send check payable to Keweenaw Community Foundation, PO Box 101, Houghton, MI 49931.

Co-op Dogs & Cats



Dogswell® one of the nation's leading manufactures of healthy, premium dog treats are available at the Co-op. We currently carry "Happy Hips" and "Vitality" for Dogs. "Happy Hips" helps maintain healthy joints with glucosamine and chondroitin. "Vitality" helps maintain healthy eyes, skin and coat with flaxseed and vitamins.

Both Dogswell® products are low in fat and are made with cage-free all natural chicken, no hormones, no antibiotics, no fillers, and no by-products. For more information about Dogswell® and Catswell® Healthy Premium Treats, visit www.dogswell.com or ask Kay Lang at the Co-op to order another variety for you and your companion animal.

We hope you find this newsletter both enlightening and useful, instead of putting your Circumspice in your recycling bin, please pass it along to a friend or neighbor. What a perfect way to introduce your Co-op to folks who aren't customers or members. Remember to ask them to do the same!

Now Hiring...

Co-op Board Administrative Assistant

The Keweenaw Co-op Board of Directors is looking for a part-time administrative and clerical support person to assist the Board Secretary.

Duties include but are not limited to: recording meeting minutes, preparing board meeting packets, posting board related notices, updating and maintaining Board Handbook and Board Policy Manuals, and assisting the Secretary with all aspects of the election process.

Preferred qualifications include: strong communication and organizational skills, including use of Microsoft Word, Excel, and the Internet; experience in administrative or clerical work; and previous experience with a board of directors. A detailed job description is posted at the Co-op.

Please contact Curt Webb—General Manager if you're interested.

email: curt@keweenaw.coop
phone: 482-2030

Winter Harvest Storage (continued)

Root cellaring is an easy way to store other vegetables. A recommended book is *Root Cellaring* by the Bubels. Preparing for root cellaring involves two steps: first, "curing" the vegetables for about two weeks at the prescribed temperature to dry out their skins to reduce the chances of rapid decay and second, storing them in a site that meets their temperature and moisture needs.

Root vegetables, including potatoes, beets, and carrots, including apples store best in cool (32-40 degrees), moist conditions. Squashes, garlic, onions, and sweet potatoes will store best if the air is a bit drier

and the temperature is warmer (45 to 60 degrees).

None of these vegetables will withstand freezing, so choose a place accordingly. I keep root vegetables in the double-door bulkhead of my basement until it gets into the low 20's. I store potatoes in flat trays and other root vegetables in gallon freezer bags with multiple slits for circulation.

My upstairs room is unheated, but not freezing. I move these vegetables to the room into the coldest corner and cover them with a blanket with a thick layer of newspaper underneath. I hang my garlic and onions in mesh bags on the other

side where it is warmer and put my squash on newspaper on the floor. I also keep green tomatoes on the floor of this room and allow them to ripen. You can extend your fresh tomato season a month or two past frost this way.

Most of the above vegetables last well into the new year stored this way—some are still good in May or June. There are many other storage techniques that may fit your circumstances better. ::

(Find more food storage and how-to-books in the Co-op's Book Department located in the Housewares Department.)

Copperman Triathlon Team Tofu Scramblers



Pictured above from left to right are Co-op staff members Greg Green, Curt Webb, and Fred Knoch at this year's Copperman Triathlon in Copper Harbor. The threesome teamed up (cooperatively) as the Tofu Scramblers. Greg biked, Curt ran, and Fred swam. They scrambled in at 2 hours and 10 minutes, placing 9th in the men's division. As a sponsor of this year's race, the Co-op was granted complimentary admittance. Way to go guys, keep eating your kale! ::

Organic Bytes

from the Organic Consumer Association (OCA)

Issue #116: USDA Says Almonds Labeled as 'Raw' or 'Organic' Must Be Pasteurized

Under pressure from industrial agriculture lobbyists, the USDA has quietly approved a new regulation that will effectively end distribution of raw almonds, while putting many smaller almond farmers out of business. The regulation is scheduled to go into effect on September 1st, unless thousands of consumers take action now.

The rule requires pasteurization of almonds, including organic, yet allows those same almonds to continue to be labeled as "raw". Nutritionists point out that raw, organic almonds are far superior, in terms of nutrition, to pasteurized almonds.

One of the FDA-recommended pasteurization methods involves the use of propylene oxide, which is classified as a carcinogen in California and is banned in Canada, Mexico, and the European Union.

Organic and family-scale almond farmers are protesting the proposed rule, saying it will effectively put them out of business, since the minimum price for the pasteurization equipment is \$500,000.

Learn more: www.organicconsumers.org

A New Office Space For The Co-op

Inventive Reuse Design Using Salvaged Hollow-Core Doors

The Co-op is growing... membership is growing, annual sales are growing, the number of staff are growing—and now, although modestly, the space is growing too. Over the last year the Co-op expanded the second floor to include the area previously occupied by Apartment #3. The apartment's living room and kitchen now serve as a much needed Co-op Community Room for meetings, classes and events. The most recent addition happened this summer, with a little help

from Co-op member and Finlandia University design professor Rick Loduha, what used to be the apartment bedroom transformed into a four-person office space.

Rick invited the Co-op to serve as a client in an experimental design research project that involved developing potential markets for reclaimed waste-stream resources using Inventive Reuse design. In other words, designing new uses and applications for materials or objects that are otherwise headed for the landfill. Directly reusing the objects, with little to no reprocessing, saves the embodied energy already invested. In this case, Rick had hundreds of hollow-core doors

that were reclaimed from a dormitory and in need of a new life. Used hollow-core doors are a common problem item for used building supply businesses because the supply is greater than the demand and



storage becomes an issue.

As a former employee and designer for a company specializing in modular home and office furniture systems, Rick saw an obvious (inventive) reuse for the doors as modular panels to create desks, dividers and shelving. It just so happened, at this same time, the Co-op was looking to furnish their new office space.

The project was a success! Rick designed a system that was functionally, aesthetically and economically viable—and since the labor and materials were donated—the Co-op got a price they couldn't beat. Come say hi and see the new space next time you're in. ::

Join our e-mail list to receive current Co-op news and events. Contact us: info@kweenaw.coop

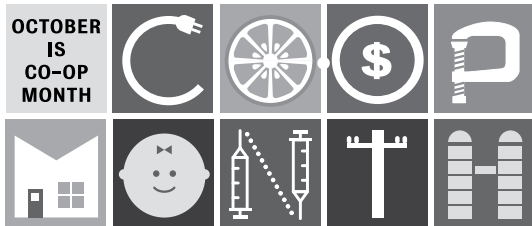
WELCOME!

We want to welcome the following new member-owners who joined the Co-op between July 1st and September 12, 2007.

John & Carol Drew
Wilho & Clara Michaelson
Elizabeth & William Nankervis
Hannah & Aaron Willette
Yogini Deshpande
Mary & Philip Lacourt
Barbara Nelson & Karl Johnson
Rachel Sommer
Kiiskila Family
Jeremy Sandrik & Kelly McFarlin
Dan Schneider
Megan Killian
Jeremy Rowe
Virginia Cornue
Bill & Brent Niblo
Andrew Joda, Chris & Kevin
Alice Hokenson
Laurie Brush Bauer & Larry Bauer
Erich Ottem & Mary Martin
Alletta Hanna & Laurie Curran
Mark & Susan Provoast
Page & Brian Isaksson
Mary & Robert Smolen
Irina Sachelarie
Latha & Viyan Poonamallee
Jill Haas
Chipo & Kedmno Hungwe
Melanie & Dale Keteri
Mimi Bruder & Don Hunt
Jerry & Patricia Trudell
L.Peterson, K.Holsworth & L.Rajala
Carly Long & Rudy Preston
Seth Depasqual & Beth Cook
Noah Mirovsky
David Orozco & Cynthia Hanifin
Richard & Nancy Imm
Tim & Christa Usimaki
Bob Hiltunen
Adrienne Hilman
Mir Sadri
Jennifer Heise
John Ollila
Michael Morelli
Donald Hill
J.Wilkens, M.Malekoff & M.Gwillia
Ann Kempainen
Wanda & Greg Givens

Keweenaw Co-op
Natural Foods Market & Deli
1035 Ethel Avenue
Hancock, MI 49930

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Houghton, MI
Permit No. 9



October 2007 National Co-op Month

*focusing on
Commitment to Community*

National Co-op Month, celebrated in October annually since 1930, is the time to tell others just how much your co-op is doing in your community. The theme for the National Co-op Month in 2007 is "Cooperatives: Owned by Our Members, Committed to Our Communities."

In 2007 the Keweenaw Co-op has been committed to our community by supporting the following groups and events:

Dial Help–Mexican Buffet • Little Brothers–Easter Dinner • MTU Big Foot Snow-Shoe • Keweenaw Krayons–Mardi Gras • NPR–WGGL Splendid Table • Copper Country Humane Society • Copperman Triathlon • Pewabic Street Community Garden • MTU Keweenaw Community Expo • New Power Tour–Energy Expo • Omega House–Full Moon Benefit Concert • Upper Peninsula Regional Blood Center • Portage Lake District Library • Keweenaw Sustainability Project. . .



We really do own it! The mortgage for 1035 Ethel Avenue, **your** Co-op, was paid-in-full on August 15, 2007.