



The Voice of the Keweenaw Co-op Market & Deli

Circumspice

HANCOCK, MICHIGAN

FALL 2008

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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.

NEW! Co-op Gift Boxes

One box you won't find at the big-box store...

Buying local this gift giving season just got a whole lot easier. Starting in November, the Co-op is offering custom-order gift boxes filled with your choice of over 75 products from 20 of our local and regional suppliers.

Local and regional products have always been a feature at the Keweenaw Co-op. Food co-ops like ours are part of local food networks along with community gardens, Community-Supported Agriculture (CSA), farmers' markets, and seed savers groups.

Thanks to the Local Food Movement and recent books like Barbara Kingsolver's *Animal, Vegetable, Miracle*, we're seeing more and more locavores foraging in our aisles each week.

As a consumer-owned cooperative business we are also an important part of a community-based economy. We give priority to local and regional products and services whenever we

have the option. So when it came to choosing a container to hold our gift items we wanted it to be locally produced as well.

We turned to the Sustainable Keweenaw Resource Center (SKRC) for help finding a locally produced container suitable for our needs.



Student designers Brandon Faust and Kacey Kreuter presenting their concept for the Co-op gift box.

The SKRC, located in the Center for Global Design & Business, is a community outreach service of Finlandia University's School of Art & Design. They offer an online directory of local products and services that they are developing as part of a network

(...continued on page 11)



Circumspice

1035 Ethel Avenue
Hancock, MI • 49930
(906) 482-2030
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 1st. Refer submissions and questions to faye@keweenaw.coop.

Editor: Faye Carr
General Assist: Barb Hardy
Printer: Book Concerns

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

Organic Ready-to-Heat Rice & Grains
For fans of organic rice and grains, get ready for more taste – and more convenience. Seeds of Change® is proud to introduce the first and only certified organic microwavable rice and grains. Try one or all four varieties available.



Bulk Foods — Greg Green

SunRidge Farms™ Mocha Marble Crunch
SunRidge Farms™ is committed, through each of their products and actions, to the betterment of all living beings on our planet. If you love chocolate and coffee then try this mix. The chocolate covered espresso beans give this mix its unique appeal.



Books — Karen Rumisek

“The Better World Shopping Guide” by Ellis Jones
A great little pocket field guide. Companies are rated on their social and environmental responsibilities. Organized by product category. The first 75 Co-op members (current with their annual dues) to ask at the register will **get a complimentary copy!**



Cheese — Anitra Bennett

Onetik, Ossau-Iraty
This original Pyrenees Mountain cheese, a product of France, is made with sheep's milk and is aged four months or more. Semi-hard and salty with a mild sheepiness, it's great paired with sweet apples or pears for Fall, and slightly dry red table wines.



Produce — Liz Archer-Hess

Organic Salad Girl Salad Dressing
The first certified organic salad dressing made in Minnesota, with dreamy flavors: pomegranate pear, curry & fig, crisp apple maple, and blueberry basil. They offer a pledge of doing business with integrity, whimsy, and joy. Try some with fresh local greens.



Wine — Daniel Krueger

Orleans Hills Winery, Our Daily Red
Simple, fruity and acidic, it serves well with red meats from burgers to steaks; it should also make a decent vegetarian match with cheddar or other relatively mild cheese. Try a bottle with Anitra's cheese selection above.

From the Board

by Roger Woods — President



The Sandwich Phenomenon

I was hoping for a phone call. One I have yet to receive, but I am coming to grips with why I haven't.

As Board President, I post the agenda for the monthly Board meeting seven days before the meeting to keep member-owners aware of what we are doing on their behalf. I have often worried that the agenda isn't understandable or informative to members, so I decided last month to try a test. Between agenda items I wedged the following teaser: "First non-board member to read this gets a free deli sandwich, call Roger at 370-2927".

I personally think that nobody can turn down a free deli sandwich, and since I haven't received a phone call, does that mean nobody reads the agendas? Why should they? With our transition to the Policy Governance® model, our agendas can be tedious to read and really haven't given our members a sense of "what have you done for me lately."

So what have we done lately? First we have been listening, via member surveys, board/member interactions (see box below), and General Membership meetings. Now we are starting to act on this input.

I wrote last quarter about the issue of relocation. In order for us to begin to make that happen we needed to understand the basic foundation of the Co-op, our Bylaws. Luckily for the Co-op we were approached by a member who is co-op lawyer. He has helped us better understand our current Bylaws and offered his services to help us update them. With his help we now understand that we don't have equity ownership; instead we are voting members who receive a discount if we choose to pay our yearly membership fee. We don't have ownership, therefore we don't have equity. We believe we need equity to fund a possible relocation.

This is one example of the work we need to communicate to the members, to help you understand what issues we are addressing. Board meetings are an opportunity for you to provide input to the Board. So make sure you check out the exciting agendas posted on the bulletin board near the bulk foods. Sorry no more free sandwiches. ::

Linking with Member-Owners & Customers

On the second and fourth Wednesday of each month, from 5pm - 7pm, board members will be at the store hoping to share time with shoppers. Look for their table and please stop by for a tea and a chat!

board of directors

Cindy Drake
scorpios2@live.com
Director
Term ending 2011

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

Sigrid Resh
scresh@mtu.edu
Director
Term ending 2010

Rhiannon Schmidt
rhiannon.schmidt@gmail.com
Director
Term ending 2011

Roger Woods
roger@homerproductivity.com
President
Term ending 2009

Curt Webb
General Manager
curt@keweenaw.coop

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). Sign up at the Co-op.



Sliced rolls ready to eat.

Maki-Sushi (roll) Workshop

Learn the basic techniques of nori rolling

Saturday, October 18

10:15 am to 12:00 pm

Members: \$20

Non-members: \$25

Instructor: Noah Aschauer

If you're not making nori rolls at home you're missing out on a delicious and extremely healthy meal. Fun and easy to make, nutritious, and versatile. Noah provides all the basic ingredients to use with your new rice paddle and bamboo mat (included with workshop fee). It may take you a while to get the rice and the rolling just right, but once you become experienced you'll be able to whip out several nori rolls in no time. A very popular class. Class size is limited to 10, so sign up early!

Welcome back students!
Students shop Sundays
for a 5% discount!

Plant Medicine Workshop

Making cherry bark cough syrup

Saturday, November 8

12:00 pm to 4:00 pm

Members: \$15 + \$10 Materials fee

Non-members: \$20 + \$10 Materials fee

Instructor: Andrea Corpolongo-Smith

A hands on class where students learn to make cherry bark cough syrup. Participants are guided through the steps from peeling bark from branches to pouring finished syrup into jars. Each person will take home eight ounces of syrup and handouts detailing the syrup making process with suggestions for making and using other medicinal syrups. Materials (including jars for syrup) are provided and identifying choke cherry trees for future syrup making is discussed.

Wine and Cheese Pairing

An evening with the Deli giants

Daniel & Anitra

Wednesday, December 3

6:00 pm to 8:00 pm

Members: \$20

Non-members: \$25

Instructors: Daniel Krueger & Anitra Bennett

A tasty exploration of wine and food and the art of pairing them up. The Co-op Deli staff will provide cheeses, fruits, and appetizers (plus anecdotes). Attendees will bring a bottle of wine to share (and their taste bud vocabularies).

From the GM

by Curt Webb — General Manager

In late August we had a sobering incident in the Co-op neighborhood. The business next door suffered major losses from an electrical fire. As the smoke billowed and the firefighters worked to extinguish flames, I stood back, helpless, and imagined the possibility of the fire spreading to our building. The Hancock Fire Department ordered an evacuation of the Co-op, ensuring the safety of our staff and customers. The fire departments on the scene kept the flames contained, but the threat across our side alley was very real. Conditions would need to have changed only slightly for the fire to spread. "What then?" I thought. Could our business sustain such a blow?

I was relieved by the fact that we review our insurance plans annually and adjust our coverage accordingly. And as you know, the Board is looking at overall organizational preparedness in hopes of an expansion or move. For me, this incident prompted the question: Could we accelerate that process in response to a business-stopping disaster? The answer, besides let's not find out, is most likely.

While we haven't addressed all the questions

we've at least thought about them, prioritized them, and have begun seeking the answers.

One of the big remaining questions in this "what if?" scenario is how do we get from point A to point B in a timely fashion within our cooperative structure? As a member-owned, democratically controlled organization, certain aspects of the project must come before the membership. Such a decision-making process is often lengthy and drawn out. Your Board is making great strides in developing mechanisms both for member

outreach and to gather member input. But if we think about a case of urgency, it becomes clear that there is still much work to be done.

Should unforeseen disaster arise, the preparation we do now will ensure a solid and viable recovery. As members, you will be asked to participate in this process. As you do, I urge you to first think about what's best for our community and then let your imagination run wild. ::



"Should unforeseen disaster arise, the preparation we do now will ensure a solid and viable recovery"

Come Celebrate the Co-op's Birthday

35
YEARS

WHEN: Sunday, November 9

WHERE: Keweenaw Brewing Company (KBC)

11am-1pm Family Time (Alcohol Free/Smoke Free)
Brunch Potluck (Bring a dish to pass)

2pm-6pm Dinner Potluck (Bring a dish to pass)

Food · Prizes · Music · Dancing · Fun & Games

Glass Dismissed!

Better-Bottle® Carboys

by Dan Butler-Ehle — Brewing Supplies Coordinator

Many of our homebrewing and winemaking supplies customers have been dismayed the past several months at the soaring prices of glass carboys. While the raw materials for glass are still relatively cheap, the overriding factor in glass price is the cost of fuel. Glass production requires a lot of energy, and then the transportation expense on carboys is high because they are not only bulky, but also both heavy and fragile.

Unfortunately, that trend will likely go on indefinitely as fuel costs continue to rise. And to make matters much worse, the only North American manufacturer of glass carboys permanently ceased production earlier this year—meaning that all the world's glass carboys must be imported from Italy.

The popularity of glass carboys as home fermentation vessels received its biggest boost about twenty-five years ago when the bottled water industry's switch to plastic jugs resulted in a large surplus of used glass carboys. Many distributors were happy to get rid of them for just a couple bucks each.

That surplus is long gone, leaving many home vintners and brewers looking for an alternative. First candidate was the plastic water-cooler jug that had already replaced them in many applications. Unfortunately, those jugs are not suitable for home beer or wine making. They are made of BPA Polycarbonate, which is oxygen permeable, develops a porous surface that cannot be sanitized by conventional means, and, according to the Website mentioned below, has been demonstrated to cause "adverse genetic and endocrine effects [even] at extremely low concentrations". The National Institutes of Health in both the US and Canada have recently described it as dangerous.

But I am pleased to announce that there is now another option to the energy-intensive glass carboy and to the unsuitable BPA jug: the Better-Bottle®. While it may look and weigh very much like the BPA jugs, this new type of vessel, made of pure PET without any plasticizers or additives, is a completely different

material that is ideal for beer or wine.

Better-Bottle® was designed from the ground up to be a fermenter that is superior even to glass.

Like glass, it is extremely durable, crystal clear, easily sanitized, non-oxygen-permeable, and will not stain, absorb flavors, or impart tastes and odors. But it even lacks many of glass's shortcomings: it is unbreakable, extremely lightweight, and consumes only a fraction of the energy glass does to produce and transport. And, best of all, it's cheaper.

But the innovation does not stop there. Better-Bottle® has developed several additional fittings that could revolutionize the way you handle your wine or beer. The deluxe version of the bottle with racking adapter features a port near the base that can be fitted with a SimpleFlo™ valve to allow you to rack without a siphon and easily adjust the intake level for sediment-free transfers. With a second ported bottle and a pair of Better-Bottle® Universal Closures, you can even do completely closed-system, CO2-purged transfers just like the pros. Have you ever lost a batch because the water in your fermentation lock dried up or grew mold? The DryTap™ is a reliable airlock that never requires water.

The Keweenaw Co-op carries the Better-Bottle® in 3-gallon, 5-gallon, and 6-gallon sizes, in both the plain version and the deluxe with the racking adapter installed. As an introductory special, you can save \$7 on the deluxe versions until the end of October. Check out www.better-bottle.com for a lot more detailed descriptions, usage suggestions, technical information and scientific studies. ::



Enviro-Tote™ Co-op logo bags are returning in November!



Enviro-Tote™, Inc. has been creating environmentally friendly promotional tote bags since 1990. Their bags are made from unbleached and colored cotton, certified organic cotton, and The Bottle Bag™, a material made from 100% recycled soda bottles. All their products are made in the United States. Enviro-Tote™ is a family-owned, woman-owned and operated company. Each bag is individually cut, hand-stitched and screen-printed at their plant

in tax-free Bedford, New Hampshire.

Enviro-Tote™ is a company with a conscience. The environment is important to them and they believe in generating as little waste as possible in all they do.

Even though Enviro-Tote™ is not a local or regional business it is comforting to know their business practices are mindful and sustainable. So when the long awaited bags arrive you can purchase your's with the same comfort we do when we order them. The new bags will be adorned with the apple logo along with the message to buy organic, so watch for their arrival in early November. ::

WELCOME to the following new member-owners who joined the Co-op between June 4 and September 16, 2008:

Dave McIntosh
& Kathryn Leverenz
Frank McGuire, Ben Dau
& Aaron DeWahl
Ruth Gleckler
Judith Foreman
Tammy LaBelle
Nicholas & Mary Hopman
Sandra & Frank Beauchamp
Dave & Nancy Regis
Linda Kersten & Erik Hansen
Gale & Richard Slates
& Holly DeKiep
Stephen Markve
Donald & Donna Larson
Syd & Marty Fassen
Eli, James, Sandra, Charlie
& Robert Luoma
Geri & Rick Mason
Melissa Hartman
Susan & Mike Lutz
Jean & Nathan McParlan
Laura & Jayden Mahon
& JP Suchoski
Sean Gohman
John O'Neil
Annie & Mark Klein

Sarah Kelly
Angela Campioni
Samala & Pat Lennox & Misty
Peddicord
Suzanne McDonough, Darrell
Radson & Emily Radson
Barbara Mantila
David Taylor
Quentin & Carole Wilson
Ella & Brooks Wilkerson
Barbara & Matthew Keniston
Jessica L. Voght
Deborah Makkonen
Arnie, Linda & Emily Kinnunen
David & Joy Talvensaarja
Jason Mittlestat & Kristin Beck
Charles Suvanto
Jeanne & John Mishica
Sherry Mattson & Richard Draper
Clare, Gary & Christina Mishica
Luke Burnett
Chrystal Primeau & Phil Maleod
Mary Lahнала, Kristen
& Russ Provost
Elizabeth & Wayne Weaver
Dolores & Gary Kilpala
Bonnie Pasko

Adrienne, Philip & Jacob Keranen
Sue & Warren Phipps
Bety Carmichael & Paul Schneider
The Condon Family
Barbara Moore
Ariel Lake
David & Molli Glowacki
Danielle MacDonald
& Brian Forman
Mare Mueller
& Drew Grottowcki
Susan Boxer
Kevin Schuldt
Ryan & Diane Jones
Jennifer & James Donovan
Peter Widih & Jon Tempterton
Karl Albrecht
Ruth Gill & Simon Carn
Sarah Stehn, Caleb Johnson,
Nick Jensen & Matt Metz
Lorelee Miller & Josh Kocjan
Tom & Margo Rudd
Susan Roberts
Luke Tofte
& Jacob Rytlewski
Shannon Brodeur
Jonathan Soper

Practical Wellness

Xylitol

by Superior Family Chiropractic

We have all seen the word xylitol on gums, toothpaste, and nasal sprays, but what is xylitol? Xylitol is a naturally occurring sugar alcohol that is often used in place of sugar. It was discovered over 100 years ago in Germany and France, but the many benefits of xylitol were not noted until the late 1970's in Finland where it is widely used.

Xylitol is most known for its "tooth-friendly" properties. With regular use of 100% xylitol gum, Finnish studies show that it may actually aid in repairing minor cavities. These gums have been available in Finland and the U.S. since the 1970's. Long-term use of xylitol suppresses the most harmful strains of oral bacteria, making a long-lasting change in those bacterial communities. In 1988 the first xylitol endorsement in the world was by the Finnish Dental Association. Over the past 20 years, many of the world's dental associations have followed their lead. Not only did the Finnish Dental Association endorse xylitol, but in the 90's many Finnish daycare centers offered the children xylitol gum after each meal.

Although xylitol tastes and looks exactly like sugar, xylitol is really sugar's mirror image. While sugar is detrimental to the body, xylitol actually heals and repairs. Xylitol is considered a five-carbon sugar, which means it's an antimicrobial, preventing the growth of bacteria. While sugar is acid-forming, xylitol is alkaline enhancing. Xylitol also has 40% fewer calories and 75% fewer carbohydrates than sugar and is slowly absorbed and metabolized. Eating sugar causes tooth decay by creating a highly acidic condition in the mouth. This acidity strips tooth enamel of

minerals, causing it to weaken and making it more vulnerable to attack by bacteria leading to tooth decay or demineralization. Xylitol is non-fermentable and therefore cannot be converted to acids by oral bacteria, thus helping to restore a proper alkaline/acid balance in the mouth. This alkaline environment is inhospitable to destructive bacteria and it inhibits plaque formation.

To be effective, xylitol needs to be used daily on an ongoing basis and its use does not replace brushing and/or flossing. A recently published study shows that we need 6-10 grams of xylitol daily in order to reduce cavity-causing bacteria. Smaller amounts do not have a meaningful impact on the bacteria. Because of this, one should be careful when choosing gums that claim to have xylitol in them. Most dentists recommend that we use xylitol at least 3 times each day. The most ideal times to use xylitol are the times when we are at greatest risk – after meals, snacks and sodas. Because xylitol comes in gums and mints, it can be used conveniently at these critical times.

Xylitol is a natural insulin stabilizer, therefore it causes none of the abrupt rises and falls that occur with sugar. It actually helps in stopping sugar and carbohydrate cravings. Foods sweetened with xylitol will not raise insulin levels. Because of xylitol being virtually insulin-independent, it makes a perfect sweetener for diabetics as well as those wanting to lose weight.

Along with providing better oral health by reducing bacterial growth, xylitol also has been shown to inhibit the growth of bacteria that cause middle-ear infections in young children. In one research study conducted by the Department of Pediatrics at the University of Oulu in Finland, xylitol flavored chew-



ing gum was found to reduce the incidence of middle-ear infections by 40%, significantly decreasing ongoing middle-ear complications and the need for antibiotics. Regularly washing the nose with a spray containing xylitol decreases the number of harmful bacteria there as well.

Another exciting benefit from xylitol is its role in reversing bone loss. A group of Finnish researchers has found that dietary xylitol prevents weakening of bones in laboratory rats, and actually improves bone density. The scientists speculated that xylitol's bone density-enhancing properties are due to its ability to promote intestinal absorption of calcium. These studies are certainly encouraging although more research is needed for human applications regarding osteoporosis.

Xylitol looks, feels, and tastes exactly like sugar and leaves no unpleasant aftertaste unlike a lot of sugar substitutes. It is available in many forms. In its crystalline form, it can replace sugar in cooking, baking, or as a sweetener for beverages. Approved by the U.S. Food and Drug Administration (FDA) in 1963, xylitol has no known toxic levels. The only discomfort that some sensitive people may notice initially when taking large amounts is mild diarrhea or slight cramping. Since the body naturally produces xylitol daily as a result of metabolic processes, as well as the enzymes to break it down, any discomfort usually disappears within a few days as the body's enzymatic activity adjusts to a higher intake. Check out the Co-op for xylitol and xylitol-containing products. ::



Energy Bar Brigade™

Clif Bar and TerraCycle have teamed up to create a unique program designed to reduce the amount of energy bar wrappers going into landfills. Sponsored by Clif Bar, the "Wrapper Brigade" program will donate 2 cents to charity for every used wrapper collected by individuals and organizations.

The wrappers will be fused and woven into a strong material which will be used to make backpacks, gym totes and other products.

The Keweenaw Co-op has been on the waiting list and finally moved to the top to qualify for participation. We have chosen the Copper Country Humane Society as our charity. You can take your empty wrappers to the Co-op and to the Humane Society.

"We're very excited to take our sustainability efforts to a new level with the Wrapper Brigade program," said Carly Lutz, Clif Bar brand manager. "From using organic ingredients in our bars to selling them in recycled paperboard caddies on store shelves, we are mindful of the importance of trying to reduce our footprint on the planet. Just like our consumers, we're passionate about the outdoors and want to protect and preserve the places we play." Cyclists probably recognize Clif Bar as the maker of all-natural and organic energy bars. But did you know that TerraCycle is the maker of Worm Poop plant food line—the first consumer product to earn the right to carry the Zerofootprint seal. The seal signifies that the materials and manufacturing process used to produce its products have virtually no negative environmental repercussions.

Perhaps it does not seem like a huge contribution to the planet, but we feel that every little bit helps. If we can keep those few wrappers out of landfills and reuse them instead, we are happy. Below are the acceptable energy bar wrappers for the program. ::



Clif Bar • Balance • Luna • Nature Valley • Power Bar

Fresh Turkeys at the Co-op

Supporting Local & Regional Suppliers

No, we're not talking about cackling customers—we're talking Thanksgiving Turkeys raised at Briar Hill Farm in Herron, Michigan. Each year the Keweenaw Co-op pre-orders a fixed number of fresh, pasture-raised, Broad Breasted White turkeys that we sell to a lucky few who remember to place their order and pay their deposit in advance.

The turkeys are raised by Douglas and Lee Kirkpatrick and sold through Krause Farm in Engadine as part of the Big North Farmer's Co-op. Big North started in 1999 by farmers who saw the need in their community for organic, sustainably produced, locally processed foods. Their goal is "to offer the consumer the choice of our fresh, high quality, locally grown foods and by doing so, create a stable, local market for the farmers within our cooperative."

The Kirkpatricks raise their turkeys without pesticides, hormones, herbicides, antibiotics or growth stimulants. They, along with all the members of the Big North Co-op, pledge to humanely treat their animals and work with the environment and nature to offer the healthiest products for the least environmental impact.

We talked to Lee Kirkpatrick about the pasture-raised method she and her husband use on their farm. She explained that the brooding process starts in August with day-old poults (what you call a baby turkey). The poults stay in the brooder, a protected area of their barn, for the first six weeks of their life until they are ready to move outside to the pasture. Out on pasture they use a hoop-house for shelter during the night, otherwise the turkeys are free to range the pasture foraging for alfalfa, clovers, grasses, and grit

(which poultry use to grind their food since they don't have teeth). Six-hundred feet of mobile fencing is used to secure a portion of the pasture. This secured area is rotated around the hoop-house to provide fresh forage throughout the season.

We learned that poultry, unlike ruminants, cannot live on grasses and legumes alone. Lee explains that turkeys are by nature grain eaters. In the wild, they eat acorns and seeds that they find throughout their wide

range. "We use corn, oats, wheat, and soy for grains. We do not have organic grains as the cost and availability is prohibitive. We do buy locally and have our own recipe that we have ground. In addition to the grains we add vitamins and minerals, kelp, fishmeal, and grit which helps them digest their food."

At about 16 weeks, the turkeys are processed in a Michigan licensed mobile processing trailer that Briar Hill Farm shares with several other small farms. Even with lots of help, it takes around 20 hours

to get all the processing done. The turkeys arrive fresh at the Co-op within the next 4 days.

General Manager, Curt Webb, admits he hasn't quite got used to planning for Thanksgiving in June, which is around the time Greg Krause calls to see how many turkeys the Co-op wants to pre-order for the season. This year the Co-op ordered 50 birds. That's 10 more than previous years, but it's always a gamble whether that will be too many or not enough. We plan on researching for 2009 by keeping a record of how many people express interest this season. So if the turkeys are sold out before you get a chance to place your order, or if you think you might want a turkey next year but are not ordering one this year, make sure and let us know. (...continued on page 11)



Cost may be more of an influencing factor this year than in the past because meat prices are going up due to increased animal feed costs. Last year they sold for \$3.59/lb, but prices are expected to climb as high as \$3.99/lb this season. We have very little control over bird size, but in the past years they've averaged around 15 pounds, ranging from 12 to 20 pounds. Because we price our turkeys at a very low margin they are not eligible for any further discount.

We'll start taking orders a month in advance, first come, first served. The deposit will be \$10.00, non-refundable. Pick up will begin on the Tuesday preceding Thanksgiving. In the past years we've been ready by noon, assuming Krause is on schedule. They must be picked up before 7pm on Wednesday, November 26.

Be one of the lucky ones this year and plan ahead. :: (Photo credit Applecreek Farm)

NEW! Co-op Gift Boxes continued from page 1

linking local material handlers, processors, manufacturers, designers, retailers, and consumers.

The SKRC suggested a partnership with Finlandia's design program and Vocational Strategies Incorporated (VSI). Employing student designers to design a concept for the box, and VSI clients to manufacture it. Faye Carr, coordinator of the gift box project at the Co-op, met with the students as they each presented their concept and prototype. One of the main design criterion for the project required working with the skill level and manufacturing methods available at VSI. Like many other VSI products, the gift box will be made with locally harvested White Cedar.

Since 1970, VSI has been providing training for adults with mental and physical disabilities. The core of the agency's effort involves developing individual vocational skills, providing supported employment opportunities, and ensuring community-based job integration. They rely heavily on the revenue generated from the sale of products and service contracts to financially support their programs.

Faye Carr explains, "The Co-op has already worked with VSI for the last two years to provide supported employment opportunities. Developing this product contract is one more way we can work together to the social and economic benefit of our community."

Gift boxes are something the Co-op has considered doing for many years, but we haven't been ready to act on until now. This year we will test the market by do-

ing a fixed number of boxes. If the gift box service is successful, it will be available year round.

Orders for the boxes need to be placed two weeks in advance and require a deposit. We'll accept orders through December 15th or until we run out of boxes, whichever happens first. The gift box product catalog and order form are available at the Co-op and/or you can email questions to gifts@keweenaw.coop.

For those of you who struggle with too many choices, or need a last minute gift we will offer a few pre-packaged gift boxes for sale in the store. Or for those of you who feel too limited by our local and regional product selection you can buy the box separately and fill it yourself. ::



Over 75 local and regional products. Choose from syrups, spreads, condiments, wild rice, candy, coffee, wine, beer, candles and more.

Gift Box info available at the Co-op or email questions to gifts@keweenaw.coop

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

PRESORTED STD
U.S. Postage
PAID
Houghton, MI
Permit No. 9



**OMEGA
HOUSE**
a final gift of home

All Souls Benefit Concert

Saturday, November 1st, 7pm
at the Rozsa Center

*Featuring the music of: Seth Bernard, May Erlewine,
Breathe Owl Breathe, Erin Smith & Squeaky Clean Cretins*

(Tickets at the Rozsa box office. \$15 General Admission, \$10 Students)

October is National Co-op Month! Stronger Together — Go.coop!



(Co-ops at the Keweenaw Co-op)

Frontier Natural Foods • Alvarado Street Bakery • Equal Exchange • Organic Valley Farms • Co-op Partners • Blue Diamond Growers • Wisconsin Cranberry Co-op • Brunkow Cheese Co-op • Maple Leaf Cheese Co-op • Mt. Sterling Creamery Organic Farm Marketing • Nevada County Wine Guild • Big North Farmer's Co-op National Cooperative Business Association