

# Circumspice

May | June 2024



## Picnic Perfect

Discover the art of crafting the perfect picnic! Packed with essential tips and three delightful recipes, elevate your outdoor dining experience with ease and flavor.

### Ramp Up to Relocation

Get an update from our General Manager, Curt.

### Community Happenings

We support and invest in our community.

### Do It Yourself

Learn how to do something new right at home.

### Co+op Explorers

Enjoy some activities for kids.

### Ways to Save

Learn how you can save at the co-op.

## Ramp Up to Relocation

General Manager

Curt Webb

This time of year I often write about the sprouts, birds, ramps, and morels, and I am as grateful as ever for the opportunities I have to immerse myself in Spring. But my mind is occupied with all-things-relocation, and I want to share some updates on work accomplished and work underway.



The addition is up! We've moved beyond walls and a roof as mechanical, electrical, and refrigeration piping is in place. Drywall is up and painting has begun. Most noticeable for passersby are the windows that were installed the week of May 6. As soon as interior painting is complete floor finishes will be applied. Then equipment installation commences.

In the back-of-house, our stairs are in. Our floors are poured in the elevator shaft. Trusses and roof on the shaft are next. Our receiving space is nearly finished, and our office space is awaiting flooring and final trim-out.

On the outside, HVAC units are in place on the roof. The refrigeration condenser unit is on site, waiting to be hoisted to the rooftop. New electrical service will be installed this month.

Opening product orders are being compiled, staffing plans finalized, and we're in the process of creating systems for how we will work in the new space (it's so much easier to do when you can physically be there!). We're planning new programs for our prepared foods department and we can't wait to share those offerings.

We are finalizing interior decor and creating accompanying materials. The mural for our seating area is getting final touches and we are eager to see it in real life! Marketing is working on our communication strategies for the lead up to opening and the celebration of our grand opening.

All in all we have gained momentum, and from the inside it feels like things are moving fast. It's still early May, but it will be the end of summer before we know it. We'll be preparing to open our doors and welcome everyone into the community's new co-op! Your continued support is making it all possible. Thank you!



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Please submit story ideas for the July/August 2024 Issue by June 6th, 2023 to the following email address...

[marketing@keweenaw.coop](mailto:marketing@keweenaw.coop)

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[www.keweenaw.coop](http://www.keweenaw.coop)

### cir-kum-spi-ce

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

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Circumspice is published six times per year for the owners and customers of **Keweenaw Co+op**. Circumspice 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.

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#### On the Cover

Picnic Perfect

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**Keweenaw Co+op Market and Deli**  
1035 Ethel Avenue, Hancock, MI 49930  
906-482-2030  
[www.keweenaw.coop](http://www.keweenaw.coop)

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# relocation



# community

## March 31st Little Brothers Friends of the Elderly - Easter Meals

Little Brothers-Friends of the Elderly is a national network of non-profit volunteer-based organizations committed to relieving isolation and loneliness among the elderly. They offer to people of goodwill the opportunity to join the elderly in friendship and celebration of life.

Their motto “where service to the elderly begins by being a friend” reminds them that the most important gift they bring when they knock on the door is the gift of friendship. With every service they provide and with every gesture that they do, they do it in the spirit of friendship.

Easter meals with Little Brothers-Friends of the Elderly are a special occasion that everyone can enjoy. The local senior programs organization invites the community to share a meal, help out with dinner, and enjoy the company of the copper country’s elders on Easter Sunday.



### Donation of Dill and Cucumbers

527 Hancock Street - Hancock

[www.houghton.littlebrothers.org](http://www.houghton.littlebrothers.org)

## May 25th, June 22nd, July 13th, and August 31st Keweenaw Roller Derby

Keweenaw Roller Derby (KRD), is a flat track roller derby league based out of the Keweenaw Peninsula in the Upper Peninsula of Michigan. The league formed in September 2012 for individuals over the age of 18 and draws its members from all over the copper country.

KRD accepts those who are willing to work hard and have fun regardless of shape, size, orientation, and level of athleticism. Through practice, team involvement, and participation in league business, KRD fosters self-esteem, community spirit, sportsmanship, and leadership skills. The league also coordinates with other roller derby leagues in the UP to establish a thriving, committed roller derby community throughout the area.



### Donation of Bananas & Cheese Sticks/ Event Sponsorship

Calumet Colosseum - Calumet

[www.keweenawrollerderby.com](http://www.keweenawrollerderby.com)

## Round UP

with  
**pocket change**  
you can make a  
**big difference**  
in our own community

April - June:  
Bridging Gaps Child Care



## Bring-a-Bag Recipient

(January through June 2024)



over 20,000 bags  
saved in 2023!

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.

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### June 1st **MTU Women's Basketball Golf Scramble**

The Michigan tech women's basketball team will host its annual golf tournament on Saturday, June 1st at Portage Lake Golf Course. Registration for the tournament begins at 8 a.m. with a 9 a.m. shotgun start.

The format for the tournament is a four person 18-hole scramble with all participants receiving 18 holes of golf, cart, registration gift, lunch, and dinner appetizers. The cost to play is \$360 per team or \$460 per team which includes a hole sponsorship.

#### **Event Sponsorship**

Portage Lake Golf Course - Houghton  
[www.events.mtu.edu/event/mtu-womens-basketball-scramble](http://www.events.mtu.edu/event/mtu-womens-basketball-scramble)

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### June 1st **Keweenaw Pridefest**

Keweenaw Queers invite you to join them for live music, lawn games, face painting, and community tabling. A limited amount of refreshments will be available for no cost, along with food for purchase from Munchee Machine, 7 Wonders, and other food trucks. Admission for attendees is free, and this event is open to the public.

#### **Donation of Fruit/Event Sponsorship**

Hancock Beach - Hancock  
[www.keweenawpridefest.org](http://www.keweenawpridefest.org)

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### June 13th - 16th **Bridgefest**

Bridgefest is a weekend celebration of the Portage Lake Lift Bridge and the communities that it connects. Bridgefest is in its 37th year of this annual celebration, with this year being its 64th year dedication of the Bridge!



#### **Event Sponsorship**

Events throughout Houghton & Hancock  
[www.bridgefestfun.com](http://www.bridgefestfun.com)

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### June 22nd **"Big Annie" Statue Gala**

Join Keweenaw Community Foundation for this gala dinner celebrating "Big Annie" Clemenc, with live music, food, and captivating speakers. Enjoy a buffet dinner featuring ethnic cuisine. Listen to a performance of the original song, "Annie", by Penny Menze. Bid on exclusive items in the silent auction. Finish off the night with the sounds of the Keweenaw Brewgrass band. Help raise funds to build a statue of "Big Annie" in downtown Calumet, to preserve her legacy for generations to come!



#### **Donation of a Gift Basket for Silent Auction**

The Calumet Theatre - Calumet  
**Get Tickets: [www.calumettheatre.com](http://www.calumettheatre.com)**

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### **Sauna & Hunter Blind Raffles Copper Country Habitat for Humanity**

Copper Country Habitat for Humanity is having two raffles this year to help fund their 2024 building projects. They plan to sell tickets at Baraga County Lake Trout Festival, Bridgefest, Baraga Lumberjack Days, Strawberry Festival, Pasty Fest, and the Houghton County Fair. Tickets will also be sold at their Habitat ReStores five days a week and by their board and committee members.

#### **Donation of Gift Cards for Raffles**

[www.copperh4h.org](http://www.copperh4h.org)

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### **Wednesday Night Summer Concert Series & Thursday Night Kids Movie Magic The Calumet Theatre**

The Calumet Theatre is committed to offering a quality entertainment experience that provides diverse cultural and artistic opportunities while preserving the historic character of the Theatre.

Join them on Wednesday nights for a free show at their Summer Concert Series and Thursday nights for \$1 Kids Movie Magic with prizes given away during intermission!

#### **Season Sponsorship**

The Calumet Theatre - Calumet  
[www.calumettheatre.com](http://www.calumettheatre.com)

*Celebrate summer with a leisurely picnic. Our simple recipes and tips will help you plan a picnic that's delicious, fun and bug-free!*



# Picnic Perfect

Here are some easy ways to make your picnic a success

## Prep everything ahead of time

This may seem like a no-brainer, but putting in the time to chop your veggies, assemble your kebabs, or slice your baguette before leaving the house will keep the fuss—and mess—to a minimum once you get outside.



## Keep it earth-friendly

Bring reusable napkins (you'll not only avoid fly-away paper napkins, but cloth napkins can also be used to wrap food and bottles for transport). If you are using disposable products, look for recycled and biodegradable options at the co-op.



## Stay bug-free

Bring small citronella candles to place along your picnic table. If you're picnicking on a blanket (where fire isn't the friendliest option), pack a bottle of chemical-free mosquito repellent from the body care section of your co-op.



## Avoid foods that spoil easily

That means mayo, cream-based dips, and fresh cheeses are best left at home—unless you're planning to transport them a short distance on ice and eat them immediately. Any leftovers should be thrown away (so plan your portions carefully!).



## Practice food safety

Take care to make sure all raw meats are wrapped separately, and transport them on ice. Use separate cutting boards and utensils for handling raw meat (bring an extra plastic bag to keep them in), and wash your hands as often as possible. Hand sanitizer is a must.



## Cook meat with care

If you're grilling outdoors, keep raw meats below cooked meats on the grill at all times, and make sure they're cooked thoroughly before eating (a meat thermometer can confirm doneness). Hamburgers should be cooked to 160 degrees, poultry to 170 degrees, and beef, veal, and lamb cuts to 145 degrees.





# Picnic Favorites

## Shish Tawook

Serves 4-6. Total Time: 4 hours (20 minutes active).

1 cup Greek yogurt, nonfat  
½ cup lemon juice  
¼ cup chopped fresh garlic (about 12 cloves)  
⅓ cup olive oil  
¼ cup apple cider vinegar  
2 tablespoons tomato paste  
½ teaspoon ground ginger  
¼ cup chopped fresh mint  
1 teaspoon paprika  
½ teaspoon cayenne pepper  
2 pounds boneless, skinless chicken breast,  
cut into 2-inch cubes  
1 red bell pepper  
1 green bell pepper  
1 small eggplant  
8 ounces whole fresh mushrooms, rinsed and halved

1. In a medium-sized bowl, mix together the yogurt, lemon juice, garlic, olive oil, vinegar, tomato paste and spices. Add the cubed chicken to the marinade and refrigerate for at least 4 hours or overnight.
2. Heat the grill to 375°F.
3. Seed peppers and cut into approximately 2-inch squares. Slice the eggplant crosswise into ¼-inch thick slices. When the grill or oven is hot, remove chicken from the marinade and place on skewers, alternating with the cubed peppers, eggplant slices and mushrooms. Place kabobs on grill, and cook, covered with grill lid, for 10 to 12 minutes or until chicken is done and vegetables are tender, turning occasionally. Let stand 5 minutes before serving.

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

*A lemony, garlicky, minty yogurt marinade makes for out-of-this-world shish tawook.*





## Mediterranean Cucumber Tomato Salad

Serves 4. Prep time: 15 minutes.

- 2 tablespoons olive oil
- 1 garlic clove, peeled and minced
- Juice of 1 lemon
- ¼ cup chopped fresh mint
- ¼ cup chopped fresh parsley
- ½ cup diced red onion
- 2 cups diced cucumber
- 2 cups diced tomatoes
- Salt and pepper to taste

1. In a large mixing bowl, gently toss together all of the ingredients. Add salt and pepper to taste.
2. Let sit 10-15 minutes before serving to allow the flavors to meld.

This chopped salad is amenable to all sorts of variations. Add Kalamata olives, feta cheese, cubes of watermelon or cantaloupe, or just about any other seasonal diced veggies you like. Serve on a bed of fresh spinach or cooked leftover grains.

*This simple, refreshing salad is perfect for picnics or any summer meal.*



## Crockpot Calico Beans

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

- 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
- ⅓ 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.
2. Heat olive oil in a skillet over medium-high heat and sauté the onion, pepper and garlic for 5-10 minutes until tender.
3. Add the onions and peppers to a crockpot along with the rest of the ingredients and stir well.
4. Turn the crockpot to low and cook for 5 hours. Taste for salt and pepper. Serve warm.

*Not too sweet, not too tangy, these just-right beans are the perfect dinner, party or potluck side.*

# Do It Yourself

Composting is more than just a way to recycle food scraps and yard waste—it's a powerful tool for reducing waste, enriching soil, and cultivating a healthier planet. Whether you're a gardening enthusiast, an eco-conscious homeowner, or simply curious about sustainable living practices, composting is a simple and rewarding practice that anyone can incorporate into their lifestyle. In this beginner's guide to composting, we'll explore the basics of composting, its benefits, and how to get started on your composting journey.

**What is Composting?** Composting is the natural process of decomposing organic materials, such as food scraps, yard waste, and plant-based materials, into nutrient-rich soil amendment known as compost. Composting mimics the natural decomposition process that occurs in forests and fields, but in a more controlled environment that accelerates the breakdown of organic matter into usable compost.

*Composting offers a multitude of benefits for both the environment and gardeners alike. Here are just a few:*

1. **Reduces Waste:** Composting diverts organic materials from landfills, where they would otherwise contribute to methane emissions—a potent greenhouse gas.
2. **Enriches Soil:** Compost is a valuable soil amendment that improves soil structure, enhances nutrient content, and promotes healthy plant growth.
3. **Saves Money:** By creating your own compost, you can reduce the need for store-bought fertilizers and soil amendments, saving you money in the long run.
4. **Fosters Sustainability:** Composting is a sustainable practice that helps close the loop on the organic waste cycle, promoting a more circular and regenerative approach to waste management.

*Ready to start composting? Here's how to get started:*

**Choose a Composting Method:** There are several composting methods to choose from, including backyard compost bins, tumblers, vermiculture (worm composting), and indoor composting systems. Consider your space, lifestyle, and composting goals when selecting the right method for you.

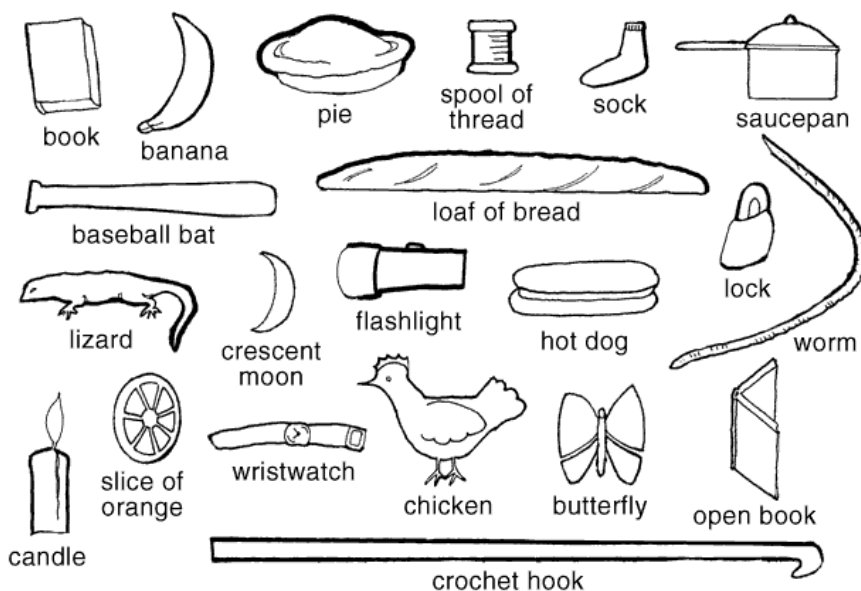
**Collect Organic Materials:** Collect organic materials for your compost pile, including fruit and vegetable scraps, coffee grounds, eggshells, yard waste (such as leaves and grass clippings), and plant-based materials (like shredded paper and cardboard). Avoid adding meat, dairy, oily foods, and pet waste to your compost, as these can attract pests and create odors.

**Layer and Maintain:** Layer your organic materials in your compost bin or pile, alternating between nitrogen-rich "green" materials (like food scraps) and carbon-rich "brown" materials (such as leaves and cardboard). Keep your compost moist, but not soggy, and turn it regularly to aerate and accelerate the decomposition process.

**Patience and Persistence:** Composting is a natural process that takes time, so be patient and persistent as you wait for your compost to mature. With regular maintenance and attention, you'll soon be rewarded with nutrient-rich compost that's ready to use in your garden.

Composting is a simple yet impactful way to reduce waste, nourish soil, and promote a more sustainable way of living. Whether you're a seasoned gardener or a novice enthusiast, composting is a practice that anyone can embrace to make a positive difference for the planet. So why not start composting today and join the growing community of compost enthusiasts working towards a greener, healthier future for all?

## Can you find these Hidden Pictures®?

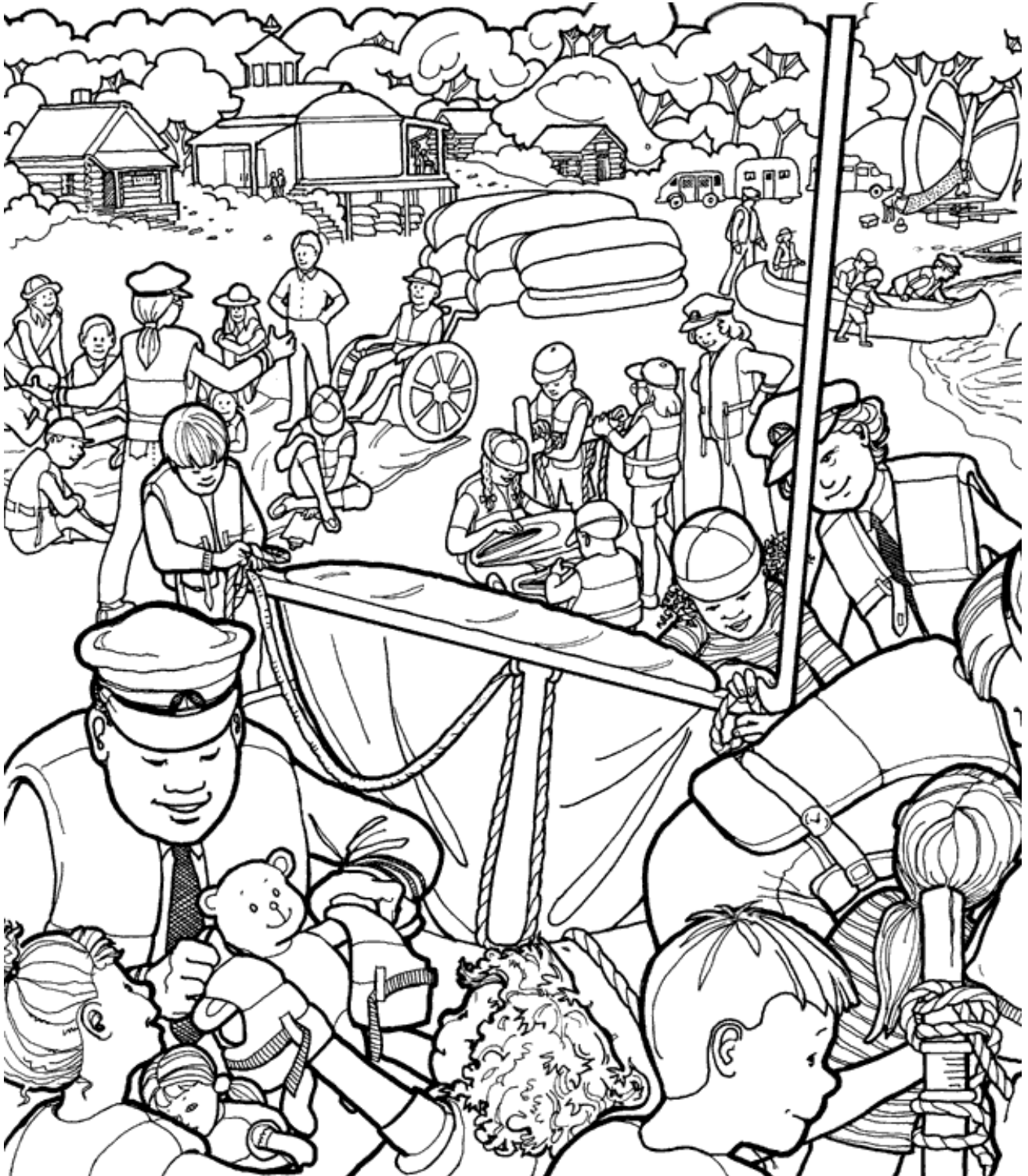


Learn more at  
[www.epa.gov/recycle/composting-home](http://www.epa.gov/recycle/composting-home)

Hidden Pictures®



## Boating Camp By Elizabeth Allyn





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

with **pocket change** you can make a **big difference** in our own community

we raised **\$2,562.05**

from January 1st through March 31st, 2024

**Western UP Food Bank & Keweenaw Wild Ones**

## 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 Owners (changes monthly).



**Double Up Food Bucks (DUFEB)** shoppers are able to earn up to \$20 per day with no spending limit.

## IT'S GOOD TO BELONG

*enjoy the perks of ownership!*



### 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 **Keweenaw Co+op** — its easy and we have affordable payment plans. As an owner, you may enjoy the following benefits:

*save 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

*Community owned and operated since 1973.*



### Owner Appreciation

Owners\* receive a **10% DISCOUNT** on one shopping trip **EACH QUARTER**. You choose the day within the designated Owner Appreciation month (February, May, August, and October).

\*Owners must be current on their payment plans to qualify.

# May is Owner Appreciation Month!

**Owners receive a 10% DISCOUNT for one shopping trip EACH QUARTER.**