



2014 SPRING / SUMMER

# Circumspice

906.482.2030 • www.keweenaw.coop

Hancock, MI



## Bee Part of the Solution

The Honey Bee and the Amazing Benefits of Honey

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U.P. Bees & Superior Beekeeping Club

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What would grocery stores look like without bees?

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Developing Landscape Plantings that Provide Pollinator Habitat

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◀ A native pollinator visiting a cherry tree in an urban garden in Hancock this spring.



*Circumspice*

1035 Ethel Avenue  
Hancock, MI • 49930  
(906) 482-2030  
www.keweenaw.coop

**STORE HOURS**

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

**DELI HOURS**

Mon-Sat 10am-7pm  
Sunday 10am-4pm

The Circumspice newsletter is published three times a year for the Owners and customers of Keweenaw Co-op. The newsletter provides 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, Staff, Board, or Owners. The next deadline for submissions is September 15th. Refer submissions and questions to faye@keweenaw.coop.

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The Circumspice newsletter is available on the web at www.keweenaw.coop.

## Ways to save at the Co-op...

**Co+op Deals** change twice monthly. See the sales flyer in the store, on the website, in the Mining Gazette, and look for signs in the aisles.



Additional Co+op Deals coupons are available six times a year. Coupon booklets are available at the Co-op.

**Co+op Deals**

The Co-op offers discounts on bulk or case quantities of in-stock products, and case or smaller quantities of products the Co-op does not regularly carry. For case quantities, price is calculated at 20% over wholesale cost for Owners. Sorry, no discounts for non-owners.

**Special Orders**

Once each quarter the Co-op celebrates its Owners with an **Owner Appreciation Day**. Owners in good standing receive a 10% discount on their purchases (excluding all sale items). Save the dates:

**Monday, August 4  
& Saturday, November 15**

**Just for Owners**

**In-House Sales** are a way of saying thanks to our customers (Owners and non-owners).



Look for rotating deals throughout the store marked with a black and white sign.

**In-House Sales**

All **students** (including non-owners) who shop on Sundays receive a 5% discount on their purchase. Current student ID card required.

**Student & Senior Day**

All **seniors** 60 and over (including non-owners) who shop on Wednesdays receive a 5% discount on their purchase.



**The best things come in little packages!**

**Co-op Gift Cards**  
Always great taste!



## New Co-op Gift Cards

A better way to pay...

- Use instead of cash, check or credit cards, no processing fees to pay.
- Cards are reusable; customers can add value to existing cards at checkout.
- Easy to use. Cards are activated and redeemed at checkout.
- Redeemable at any participating NCGA Co-op.
- No monthly inactivity fees and cards do not expire.

## Keweenaw Co-op Return Policy

The Co-op strives to keep prices low for our customers. Minimizing the amount of returned merchandise is one way we can do this. If you need to make a return, please go to a checkout lane for assistance. We do not exchange items. You must return the merchandise and repurchase what you want.\*

### REQUIRED FOR RETURN

1. A receipt or proof of purchase must be presented.
2. Returns must be handled within 7 days of purchase if the item is Bulk Food or perishable.
3. All other returns must be completed in 30 days.

### REFUNDS

1. A cash refund is given only when the original purchase was made with cash or check. Credit card purchases will be refunded to the credit card used at the time of the sale.
2. If you do not have a receipt for the item you are returning, you may apply the amount of the return to a new purchase on the same day of the return.

### Can I Return My Item?

#### YES

- If defective or spoiled before expiration date.
- If a Deli item was unsatisfactory.
- If unused and unopened and resalable.

#### NO

- If you didn't like the taste of something. Please contact the manufacturer.
- If you discover you are allergic to the product. Please contact the manufacturer.
- Bulk, refrigerated, Produce or frozen items unless spoiled.
- Clearance items and/or Special Orders.

\* The Co-op reserves the right to refuse returns on a case-by-case basis. If you have questions, please contact General Manager, Curt Webb 906-482-2030 or curt@keweenaw.coop.

## From the Board

by Carl Blair & Mike LaBeau

Happy spring and summer to you all! We are finally emerging from one heck of a winter. When you read this we hope you are surrounded by life, growth, health, and hope. This is why our Co-op exists!

There are two topics that the Board would like to touch upon, both related and both signs of the positive direction and future the Keweenaw Co-op is heading.

The first item is our grateful acknowledgement of Curt Webb's 10 YEARS of service as the Co-op's General Manager! When Curt arrived just over ten years ago, he took over the helm of a foundering ship. The business was leaking money, the physical plant was long overdue for repairs, and the morale of the crew was low. Now, in 2014, the Co-op has a strong core staff that is actively working to improve all aspects of the business, and a healthy bottom line that improves by the month—allowing us to plan for the future, not just by hoping it so, but by taking concrete steps.

These steps have included not only serving our Owners, customers, and suppliers better; they have allowed the Co-op to take a more active role in the wider cooperative movement and be an example of how a small cooperative business can be a vital part of the local community and economy.

Curt will, of course, attribute this to the Staff, to you—the Owners, and to our wonderful local suppliers. All true, except that, without Curt it may not have happened. So, next time you're at the Co-op noticing the ever increasing range of local products, the truly remarkable staff, and the ongoing renovations and improvements, take a moment to thank Curt—he will probably be hard at work, filling the coffee bins and preparing us for the next ten years of great leadership. Thanks Curt!

The second topic the Board would like to discuss is our current and ongoing work refining the Co-op's Global Ends Statements which we hope you—the Owners—will help us with. This is a Call to the Ends! What are 'Ends'? Global Ends are ultimately what precipitate from the actions (Means) of the

hardworking General Manager, Staff, Board, and also—you—as an active Owner of the Keweenaw Co-op! As you are aware, The Keweenaw Co-op Board uses the Policy Governance® system developed by John Carver. Policy Governance® allows the Board to focus on the future and the Co-op's impact on the world. All of the actions of the Co-op are a vector to ultimately meet our Global Ends Statement—so what are they? The Keweenaw Co-op Ends:

*The Keweenaw Co-op exists so that the community has reliable access to sustainably produced healthful food, wares, services, and practices.*

- *Customers will be able to purchase food that is high quality, safe, nutritious, organic, fair-trade, and cruelty-free.*
- *Customers will be able to purchase local and regional products.*
- *Community members will participate in education and outreach programs/events.*
- *Community members will utilize educational resources.*

At the Annual Meeting (did we see you there?) this year's discussion was brought to the above statements. Do the Ends statements reflect the ultimate goals of why you own the Co-op? What makes the Co-op different or special now that there are other sources of Non-GMO, sustainable and Organic foods? Do you as an Owner understand the advantages of a cooperative business model? How do you define community? The folks who regularly shop at the co-op? Owners and non-owners? Are we just a grocery store, or is there something more, perhaps a social commitment (to the future)? The Board is elected by and represents the Owners; it is YOU that is the Keweenaw Co-op. Why do we exist?

As some of our longer term Owners may recall, the Co-op was originally formed as a buying club based out of Funkey's Karma Café in Houghton as a way to bring natural and Organic foods to the area. Now you can buy these items at Walmart, more or less, or from the Tori in Hancock and other area Farmers Markets. So what makes the Co-op distinct? Where and what do you think the Co-op should be in the coming years?

## board of directors

**Carl Blair**  
cblair@mtu.edu  
President  
Term ending 2015

**Heather Dunne**  
heather.dunne@finlandia.edu  
Vice President  
Term ending 2017

**Samantha Gonzales-Flora**  
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Term ending 2017

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Term ending 2015

**John Slivon**  
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Director  
Term ending 2016

**Patrick Walls**  
patrick.walls1980@gmail.com  
Director  
Term ending 2016

We have a remarkable luxury—choice! There is money in bank, there is a firm base of Owners, and a great Staff and Management Team.

So this is what the Board asks you to do. Build upon the exercise at the Annual Meeting—thank you to those who responded! The Board encourages you as an Owner to read Ends Statements from other co-ops and understand the difference between an Ends Statement and Means (actions) to precipitate these Ends. Carver suggests answering these questions about your business or organization to help determine your Ends: “What difference, for whom, and what worth?” Contact the Board with your thoughts—by email, letter, and open discussion in the parking lot! ::

## Welcome New Board Members



**Sam Gonzalez-Flora** is originally from Flint, Michigan and moved here in 2004 to go to NMU. She moved back to the U.P. in 2012 after spending 5 years in Columbus, Ohio suffocated by city life. During those 5 years she craved the pace of life in the U.P. and the smell of the pine trees every single day. Sam has been working in the graphic design and advertising field since she graduated from the Columbus College of Art and Design and is currently the Art Director at the Marketing

Department Inc. in downtown Houghton. In her free time she enjoys spending time with her family, reading, cooking delicious food with ingredients from the Co-op, and being outdoors. Sam is excited about her new adventure of being on the Board at the Co-op and is looking forward to being part of its future growth and change.



**Mike Mallow** roasts and sells coffee locally for the wholesale market. You may recognize him from Twin Lakes Java, the gourmet retail business that he established and operated from 2001- 2010. Prior to that he worked as a computer operations and system analyst, Respiratory Therapist, and Community Health Educator. Mike is passionate about quality of life issues—from how we care about our health to how we look at our

environment. He believes the Co-op provides an interesting window into these life issues.



# From the GM

by Curt Webb — General Manager

## Inspiration Abounds

In 2014 co-ops on either side of us are taking impressive strides forward. The Marquette Food Co-op and the Chequamegon Food Co-op (Ashland, WI) each serve larger yet similar demographics to our own. It is exciting to watch these relocation and expansion projects unfold and to see what is possible in other small northern communities. I have looked over plans and toured the new locations and I want one of those!

These projects fuel the fire for the Keweenaw Co-op to embark on a project of our own. As our shiny new neighboring co-ops raise the bar for what is possible, we can follow their example, build our vision, learn from their experience and ultimately do the same.

I love how Marquette puts it: "MORE CO-OP: more choices, more food, more community." The Marquette Co-op has expanded twice in 10 years and is completing their third and current project which is opening as I write. With 9,000 square feet of retail space, the new co-op is beautiful and spacious. It

includes expanded services from a full-service deli with seating, a meat counter, a teaching kitchen and classroom and additional space to house regional food hub operations. This project is expected to generate \$3.4 million in new private investment and add 30 new jobs.

The Chequamegon Co-op started construction of their future home in March of this year. Their new store, two doors down from their current location, will include 6,000 square feet of retail space, plus a

deli, seating area and cooking classroom. At this early stage the aesthetic

of the physical space can only be imagined, but the plans show ample aisles and an efficient layout that will serve Ashland well. Their new co-op is currently projected to open this fall.

None of this happened overnight. The Marquette project was years in the making, with countless delays due to legal constraints on their fundraising ability, which through hard work and legislative change they overcame. Chequamegon purchased their building

***I love how Marquette puts it: "MORE CO-OP: more choices, more food, more community."***



### 10 years of managing the Co-op drives GM into the bush...

Only kidding Curt! We'd like to congratulate and thank our General Manager, Curt Webb, for 10 years of commitment and service to the Keweenaw Co-op Owners and community. The Co-op has never been stronger or healthier than it has under Curt's care—and things are only getting better! Next time you are in the store, stop and let Curt know how much we appreciate him. Thanks Curt!

Keweenaw Co-op Staff sending a thumbs up to Marquette Food Co-op on their new store.



three years ago, and then worked to secure funding to transform it into a grocery store. Projects of this magnitude can demand countless hours of visioning, planning, negotiating and fundraising before they come to fruition.

With all this as a backdrop, we are building our own organizational capacity for such a project. This means focusing on both the basics and the big picture: service, systems and profitability; vision, leadership and capital. As we work to improve, we have the support of our peers and we learn from their experience. We are not doing this alone.

Keweenaw Co-op continues to advance a relatively small project in our current store to tide us over until we are ready for the big move. I like to think of this as a practice project. We get to learn about investment and timelines and build relationships with designers, architects and suppliers. It requires maintaining a multiple focus: running our

current operation while moving a project forward. And we will get to experience the energy and chaos of working amidst change.

Observing the impressive results of the work in Marquette and Ashland helps us clarify our vision for the future of the Keweenaw Co-op. I encourage each of you to visit our neighboring co-ops, soak up the possibilities and bring back the inspiration that we must harness to move our organization forward. ::

## Welcome New Co-op Owners

January 23 – May 28, 2014

- |                  |                 |                      |                |
|------------------|-----------------|----------------------|----------------|
| Tess Ahlborn     | Paul Jensen     | Richard MacGillivray | Elaine Robins  |
| Sam Ahrens       | Sandra Jensen   | Adrienne Minerick    | LaVerne Roos   |
| Pat Bacon        | Charyl Johnson  | Meredith Murley      | Margo Santti   |
| Cynthia Barrett  | JoAnne Johnson  | Mariana Nakashima    | James Schaberg |
| Cathy Bethel     | Babette Jokela  | Dale Ninko           | Amy Schrank    |
| Laurie Bornhorst | Adam Kentala    | Pamela Oakes         | Glen Shaw      |
| Kate Burke       | Richard Leivdal | Gregory Ollila       | Angela Hitten  |
| Olivia Harris    | Bruce Lofland   | Charlene Pearce      | Rick Wissman   |
| Chad Hiltunen    | Tim Lucero      | Kathleen Quinlan     |                |

## Practical Wellness

by Dr. Jinny Sirard, Superior Family Chiropractic

### The Honey Bee and the Amazing Benefits of Honey

Approximately 1/3 of global food production is dependent on pollination, chiefly by honey bees. Sadly, honey bees are disappearing at an alarming rate. A recent phenomenon called “Bee Colony Collapse” (BCC) is threatening the world bee population. Although many theories exist explaining the decline of honey bee populations, it is believed BCC is multifactorial, or caused by many factors. A recent study by the Harvard School of Public Health demonstrated that the use of neonicotinoids, a popular class of insecticides, are a highly likely cause of bee colony collapse. Other causes linked to bee declination include monoculture farming, the widespread farming of genetically modified organisms (GMOs), and prolific antibiotic use in farming. There is also research that suggests certain viruses and parasites may play a role in BCC.

#### How can we help save the bees?

- Support local beekeepers. **BUY LOCAL HONEY!** (See local supplier information on next page.) It is simply the best. In the United States there are very few standards for honey. In other words, no government certification exists. Research done by Food Safety News found that more than 75% of honey sold in US groceries stores isn't pure honey. Most store bought honey is completely devoid of pollen due to the process of ultrafiltering (a high-tech process in which the honey is subjected to high temperature and high pressure therefore filtering out all pollen). This process leaves a product so far from its original form it can hardly be called “honey.” Imported honey can also be contaminated with toxic chemicals and antibiotics.
- Grow gardens. There is a popular saying “grow gardens, not lawns,” and when it comes to the bees this is true. Lawns provide no environmental

benefit. If you aren't a gardener you can consider letting parts of your lawn grow longer and support the growth of indigenous wildflowers, which bees love. Simple online research can give you an extensive list of flowers and plants that bees love, depending on where you live. Consider doing a little extra planting this year for the bees! (See article on page 12 for details on creating pollinator habitat.)

- Eliminate pesticide use. Pesticides such as neonicotinoids cause paralyzing neurological symptoms in exposed bees, causing them to act erratically and drastically decrease their likelihood of surviving winter. Due to the damaging effects of neonicotinoids, they are currently banned in the European Union but not in the United States. Grow an organic garden. Avoid using harmful chemicals in your garden and/or lawn.

#### Amazing uses of honey:

- Use LOCAL honey medicinally to combat seasonal allergies. Due to the natural pollen content of honey, you can take it medicinally as a form of immunotherapy with no side effects. Local honey is key, of course. The honey must contain pollen similar to the environmental pollen that triggers the histamine response when in the air.
- Help fight off sore throats. Honey has antiseptic and soothing effects that can aid in healing and provide relief from sore throats.
- Red hot honey recipe: ½ c raw local honey, 5 to 7 cloves of fresh, crushed garlic, and 1 tsp cayenne pepper. Take as needed for even the



worst sore throats. The antimicrobial effects of garlic and honey combined with the anti-inflammatory powers of cayenne pepper, will provide relief from sore throats and help to eradicate the infection as well. This is a favorite recipe in my family!

- Honey lemon tea: steep sliced lemon in boiling water. Once cooled enough to drink, stir in honey to taste. This recipe is more kid friendly than the red hot honey recipe.
- Use topically as a wound dressing. Honey can be used topically to prevent infections to minor wounds. Simply rub honey into the wounded area and cover with a dressing. Honey has been successful in eradicating post surgical infections in hospitals according to recent research and can even combat hard to treat antibiotic resistant bacterial infections.
- Sweeten hot beverages with honey as a substitute for sugar. Use all natural honey in exchange for sugar for a guilt-free, health boosting sweetener in tea and coffee. It also works well in lemonade.
- Homemade “Gatorade”: yummy and great for hot summer days!
- Cook with it! Choose recipes that call for honey instead of sugar for healthier baking. ::

#### Resources:

Mack, Eric. "The Cause Of Colony Collapse Disorder, Disappearing Bees Becoming More Clear." Forbes. Forbes Magazine, 12 May 2014. Web. 15 May 2014.

Schneider, Andrew. "Tests Show Most Store Honey Isn't Honey | Food Safety News." Food Safety News. Food Safety News, 07 Nov. 2007. Web. 14 May 2014.

Anderson, Courtney. "Honeybee Colony Collapse Disorder Not Only Affected by Pesticides." Guardian Liberty Voice. 14 May 2014. Web. 13 May 2014.

Mandal, Medishna. "Honey: Its Medicinal Property and



'I Forgive You Honey'  
(Chassell, MI) featured at  
Keweenaw Food Day

#### Local Honey Suppliers at the Co-op:

- White Birch Apiaries – Chassell, Michigan  
*New location and owners (honey in jars)*
- Pepp Family Farm – Toivola, Michigan  
(honey in jars and squeeze bears)

#### Regional Honey Suppliers at the Co-op:

- The Honey House – St. Croix Falls, Wisconsin  
(bulk honey)
- Wienke's Market – Door County, Michigan  
(honey in jars and squeeze bears)
- Y.S. Organic Bee Farm – Sheridan, Illinois  
(specialty honey, royal jelly, bee pollen, propolis)

**U.P. FOOD  
EXCHANGE**

Find more local honey  
suppliers by searching the  
U.P. Food & Farm Directory  
at [upfoodexchange.com](http://upfoodexchange.com)

Antibacterial Activity." Asian Pac J Trop Biomed. (2011): 154-60. US National Library of Medicine. Web. <<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3609166/>>.

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Al-Walli, N. S. "Result Filters." National Center for Biotechnology Information. U.S. National Library of Medicine, Mar. 1999. Web. 19 May 2014.

"Condition Care Guide." Natural Treatment of Burns. Web. 15 May 2014.

# U.P. Bees & Superior Beekeeping Club

*UP Michigan Bees*

After retiring from the world of everyday work, Joel Lantz decided to combine his passions for education and beekeeping by spending his time raising, learning, and teaching all things bee.

Joel lives in Skandia, Michigan and is the author of the U.P. Michigan Bees website (upbees.weebly.com) and founder of the Superior Beekeeping Club. He created the website for people interested and dedicated to keeping bees in the Upper Peninsula.

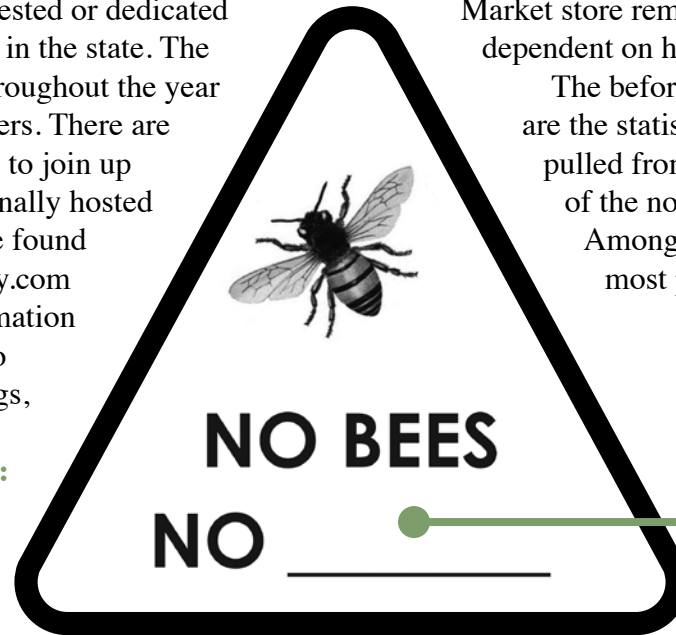
Joel has been keeping bees for 20+ years and enjoys sharing what he's learned. He says, "you'll find that for every beekeeper out there there are just as many ways to go about keeping bees." He hopes you will find some ideas to take away from his website and make them your own.

The website includes an interactive map of beekeepers in the Upper Peninsula. It is a fun way to see the spread of both hobby and commercial beekeeping in the Upper Peninsula of Michigan. Joel invites people to help populate this map by adding the location of your hives today! You are free to add as much or as little information as you would like to share (note: you must enter your street address in order to place the marker, but your address will NOT be displayed for all to see).

If you want to stay up-to-date on what is happening in the world of U.P. Michigan Bees check out Joel's blog page: *Musing of a Beekeeper*. When not immersed in this pursuit much of Joel's time is spent chasing after his young grandsons and granddaughter, who he calls—the next generation of beekeepers.

The Superior Beekeeping Club, based in the central Upper Peninsula, was formed in Spring of 2008. Now, with 200+ members of interested or dedicated beekeepers, it is one of the largest in the state. The club meets every month or two throughout the year to offer support to hobby beekeepers. There are no dues and no bylaws so it's easy to join up and be as active as you like. Originally hosted on Joel's website, they can now be found at: superiorbeekeepingclub.weebly.com and on Facebook. For more information or to be added to the contact list to stay current on events and meetings, contact Michelle Landis at superiorbeekeeping@gmail.com.::

Look for these signs in the Produce Department at the Co-op



- |               |                |
|---------------|----------------|
| Apples        | Eggplant       |
| Onions        | Cucumbers      |
| Avocados      | Celery         |
| Carrots       | Green onions   |
| Mangos        | Cauliflower    |
| Lemons        | Leeks          |
| Limes         | Bok choy       |
| Honeydew      | Kale           |
| Cantaloupe    | Broccoli       |
| Zucchini      | Broccoli rabe  |
| Summer squash | Mustard greens |

## SHARE THE BUZZ What would grocery stores look like without bees?

One of every three bites of food comes from plants pollinated by honey bees and other pollinators, and pollinator populations are facing massive declines. At Whole Foods Market in University Heights, Rhode Island, some customers recently found out just how this may affect their lives.

To raise awareness of just how crucial pollinators are to our food system, the University Heights Whole Foods Market store removed all produce that comes from plants dependent on honey bees and other pollinators.

The before-and-after photo (right) is shocking – as are the statistics. Whole Foods Market's produce team pulled from shelves 237 of 453 products – 52 percent of the normal product mix in the department.

Among the removed products were some of the most popular produce items:



"We don't always notice it when walking down a grocery aisle, but pollinators are a critical link in our food system. More than 85% of the plant species on earth require bees and other pollinators to exist, and these plants include some of the most nutritious parts of our diet. Despite their importance, we continue to see alarming declines in bee numbers," said Eric Mader, Assistant Pollinator Conservation Director at The Xerces Society.

On a positive note, Whole Foods Market has partnered with The Xerces Society and launched their *Share the Buzz* campaign to help protect pollinator populations. For more information, visit [wholefoodsmarket.com/sharethebuzz](http://wholefoodsmarket.com/sharethebuzz).

### What would the Co-op Produce Department look like without bees?

Here at the Keweenaw Co-op we're trying to "bee part of the solution" too. To help raise awareness about the critical role pollinators play in the growth and reproduction cycle of many of the plants sold in the Produce Department,



## Healthy Bees for Healthy People

By Ray Sharp, Western U.P. Health Department—Co-op Owner & Local Beekeeper

If you care about food, you should care about honey bees. Many of us value bees for their tasty and nutritious honey, but did you know that bees are the most important cross-pollinators of 30 percent of the world's food crops and 90 percent of wild plants? More than \$15 billion a year in U.S. crops are pollinated by bees, including many fruits, berries, grains and nuts.

But honey bees, and our food supply, are endangered by a condition known as Colony Collapse Disorder (CCD), which is causing bee populations in North America and Europe to plummet. More than one-third of bees used in agriculture have disappeared in the last

20 years. There is growing evidence that CCD is linked to pesticides used in farming, along with other factors like parasitic mites that bees seem to be increasingly vulnerable too perhaps as a result of the pesticides.

What can we do to help? Reduce or eliminate pesticides from our gardens, and purchase foods grown on bee-friendly farms that reduce or eliminate pesticide usage and leave habitat for bees, such as wild grasses and flowers, around their fields. (See more ideas on page 12)

**The information for this article came primarily from a publication by the Natural Resources Defense Council, dated March 2011, titled "Why We Need Bees."**

Photo: Worker bees bringing pollen back to hives at the home of Keweenaw Co-op Owners Wendy and Ray Sharp.



## A Pollinator Partnership

A NAPPC and Pollinator Partnership™ Publication\*

### Developing Landscape Plantings that Provide Pollinator Habitat

Whether you are a farmer of many acres, land manager of a large tract of land, or a gardener with a small lot, you can increase the number of pollinators in your area by making conscious choices to include plants that provide essential habitat for bees, butterflies, moths, beetles, hummingbirds and other pollinators.

#### Food

Flowers provide nectar (high in sugar and necessary amino acids) and pollen (high in protein) to pollinators. Fermenting fallen fruits also provide food for bees, beetles and butterflies. Specific plants, known as host plants, are eaten by the larvae of pollinators such as butterflies.

- Plant in groups to increase pollination efficiency. If a pollinator can visit the same type of flower over and over, it doesn't have to relearn how to enter the flower and can transfer pollen to the same species, instead of squandering the pollen on unreceptive flowers.
- Plant with bloom season in mind, providing food from early spring to late fall.



- Plant a diversity of plants to support a variety of pollinators. Flowers of different color, fragrance, and season of bloom on plants of different heights will attract different pollinator species and provide pollen and nectar throughout the seasons.
- Many herbs and annuals, although not native, are very good for pollinators. Mint, oregano, garlic, chives, parsley and lavender are just a few herbs that can be planted. Old fashioned zinnias, cosmos, and single sunflowers support bees and butterflies.
- Recognize weeds that might be a good source of food. For example, dandelions provide nectar in the early spring before other flowers open. Plantain is alternate host for the Baltimore Checkerspot.
- Learn and utilize Integrated Pest Management (IPM) practices to address pest concerns. Minimize or eliminate the use of pesticides.

#### Shelter

Pollinators need protection from severe weather and from predators as well as sites for nesting and roosting.

- Incorporate different canopy layers in the landscape by planting trees, shrubs, and different-sized perennial plants.
- Leave dead snags for nesting sites of bees, and other dead plants and leaf litter for shelter.
- Build bee boxes to encourage solitary, non-aggressive bees to nest on your property.

◀ A simple and practical pollinator house made from a bundle of bamboo canes. Source: Buzzillions.com contributor, AussieBotanist.



*“A garden is only as rich and beautiful as the integral health of the system; pollinators are essential to the system – make your home their home.”*

Derry MacBride – Chairwoman, Garden Club of America

- Leave some areas of soil uncovered to provide ground nesting insects easy access to underground tunnels.
- Group plantings so that pollinators can move safely through the landscape protected from predators.
- Include plants that are needed by butterflies during their larval development.

#### Water

A clean, reliable source of water is essential to pollinators.

- Natural and human-made water features such as running water, pools, ponds, and small containers of water provide drinking and bathing opportunities for pollinators.
- Ensure the water sources have a shallow or sloping side so the pollinators can easily approach the water without drowning.

Your current landscape probably includes many of these elements. Observe wildlife activity in your farm fields, woodlands, and gardens to determine what actions you can take to encourage other pollinators to feed and nest. Evaluate the placement of individual plants and water sources and use your knowledge of specific pollinator needs to guide your choice and placement of additional plants and other habitat elements. Minor changes by many individuals can positively impact the pollinator populations in your area. Watch for—and enjoy—the changes in your landscape!



**EXTREME CAUTION:**  
Remember that pesticides are largely toxic to pollinators!

### Meet the Pollinators - Bees

Bees are well documented pollinators in the natural and agricultural systems of our region. A wide range of crops including soybean, apple, cucumber, squash and asparagus are just a few plants that benefit from bee pollinators.

Most of us are familiar with the colonies of honey bees that have been the workhorses of agricultural pollination for years in the United States. They were imported from Europe almost 400 years ago.

There are nearly 4000 species of native ground and twig nesting bees in the U.S. Some form colonies while others live and work a solitary life. Native bees currently pollinate many crops and can be encouraged to do more to support agricultural endeavors if their needs for nesting habitat are met and if suitable sources of nectar, pollen, and water are provided. Bees have tongues of varying lengths that help determine which flowers they can obtain nectar and pollen from. (See page 14-15 for details.)

The bumble bee (*Bombus* spp.) forms small colonies, usually underground. They are generalists, feeding on a wide range of plant material from February to November and are important pollinators of tomatoes. The sweat bee (family Halictidae) nests underground. Various species are solitary while others form loose colonies. Solitary bees include carpenter bees (*Xylocopa* spp.), which nest in wood; digger, or polyester bees (*Colletes* spp.), which nest underground; leafcutter bees (*Megachile* spp.), which prefer dead trees or branches for their nest sites; and mason bees (*Osmia* spp.), which utilize cavities that they find in stems and dead wood. Cactus bees (*Diadasia* spp.) are also solitary ground nesters.

[Visit [www.pollinator.org](http://www.pollinator.org) to read about the other pollinators in our region—butterflies, moths, beetles, flies, birds, bats.]

## Habitat & Nesting Requirements

### Bumble Bees

Abandoned mouse nests, other rodent burrows, upside down flower pots, under boards, and other human-made cavities. Colonies are founded by a queen in the spring and don't die out in the fall. New queens mate then and overwinter in a sort of hibernation. Bumble bees are usually active during the morning hours and forage at colder temperatures than honey bees, even flying in light rain.

### Large Carpenter Bees

Soft dead wood, poplar, cottonwood or willow trunks and limbs, structural timbers including redwood. Depending on the species, there may be one or two brood cycles per year. These bees can be active all day even in the hottest weather.

### Digger Bees

Sandy soil, compacted soils, bank sides. Anthophorid bees (now in the Apidae) are usually active in the morning hours, but can be seen at other times.

### Small Carpenter Bees

Pithy stems including roses and blackberry canes. These bees are more active in the morning but can be found at other times.

### Squash and Gourd Bees

Sandy soil, may nest in gardens (where pumpkins, squash and gourds are grown) or pathways. These bees are early risers and can be found in pumpkin patches before dawn. Males often sleep in the wilted flowers.

### Leafcutter Bees

Pre-existing circular tunnels of various diameters in dead but sound wood created by emerging beetles, some nest in the ground. Leave dead limbs and trees to support not just pollinators but other wildlife. Leafcutter bees can be seen foraging throughout the day even in hot weather.

### Mason Bees

Pre-existing tunnels, various diameters in dead wood made by emerging beetles, or human-made nestin substrates, drilled wood boards, paper soda straws inserted into cans attached to buildings. Mason bees are generally more active in the morning hours.

### Sweat Bees

Bare ground, compacted soil, sunny areas not covered by vegetation. Like most bees, sweat bees forage for pollen earlier in the morning and then for nectar later.

### Plasterer or Cellophane Bees

Bare ground, banks or cliffs. Colletid bees can be active in the morning or later in the day.

### Yellow-Faced Bees

In dead stems. These bees are more active during morning hours.

### Andrenid Bees

Sunny, bare ground, sand soil, under leaf litter or in soil in banksides and cliffs. These generally spring-active bees are most commonly seen on flowers during the morning when pollen and nectar resources are abundant.

Gardeners have a wide array of plants to use in their gardens. It is best to use native plants which have evolved to support the needs of specific native pollinators. Some pollinators, however, are generalists and visit many different plants, both native and non-native. Be sure that any non-native plants you choose to use are not invasive. Remember that specialized cultivars sometimes aren't used by pollinators. Flowers that have been drastically altered, such as those that are double or a completely different color than the wild species, often prevent pollinators from finding and feeding on the flowers. In addition, some altered plants don't contain the same nectar and pollen resources that attract pollinators to the wild types.

HABITAT REQUIREMENTS FOR BEE-POLLINATED GARDEN FLOWERS AND CROPS											
	Bumble	Digger	Large Carpenter	Small Carpenter	Squash/ Gourd	Leafcutter	Mason	Sweat	Plasterer	Yellow-faced	Andrenid
<b>FLOWERS</b>											
Catalpa			X								
Catnip	X	X					X				
Clover		X									X
Columbine	X										
Cow parsley										X	
Goldenrod	X	X				X		X			
Impatiens	X										
Irises	X		X								
Lavender	X	X	X			X					
Miilkwort								X			
Morning glory				X							
Penstemon	X	X					X				
Passion flowers			X								
Phacelia	X	X		X		X	X	X	X		X
Potentilla										X	
Rose	X		X				X	X		X	
Salvia	X	X	X			X	X				
Saxifrages								X		X	
Sorrel				X							
Sunflowers	X	X	X	X		X		X	X		X
Violet								X			X
Wild Mustard		X							X		
Willow catkins									X		X
<b>CROPS</b>											
Almond	X						X				X
Apple							X				
Blueberry	X	X									X
Cherry							X				X
Eggplant	X		X					X			
Gooseberry	X										X
Legumes	X	X				X		X			
Watermelon	X							X			
Squash/ Pumpkins/ Gourds			X		X						
Tomatoes	X	X	X					X			
Thyme	X	X					X	X		X	

\*Content for this article was extracted from the NAPPC and Pollinator Partnership™ Publication: **Selecting Plants for Pollinators—A Regional Guide for Farmers, Land Managers, and Gardeners in the Ecological Region of the Laurentian Mixed Forest Province (including the states of: Michigan, Minnesota, and Wisconsin; and parts of: Maine, New York, Pennsylvania, and Vermont.)**





## High Mowing Organic Seed Company to Launch First Full Line of Non-GMO Project Verified Organic Vegetable Seeds

**H**igh Mowing Organic Seed Company (HMOS) recently announced that it is launching the first full line of organic, Non-GMO Project Verified vegetable seeds for farmers and gardeners. With over 90% of its varieties verified to date, HMOS's entire line of over 650 varieties will be verified by late summer 2014. HMOS seeds are already Certified Organic.

The term GMO, or genetically modified organism, refers to any organism which has had the genes of a different species spliced into its DNA. This differs from traditional methods of plant breeding, where the breeder pollinates the plants by hand, moving pollen from one plant to another, and only members of the same species can be crossed to create a new variety.

Genetic modification results in varieties that contain genes from two different species.

GMOs are not permitted under the National Organic Program, the federal regulatory framework governing organic food, and HMOS has never sold genetically modified seeds. As new GM crops are released to the general public, however, the risk of these crops cross-pollinating organic crops increases. HMOS has committed to Non-GMO Project's independent verification to help reduce these risks.

"High Mowing Seeds has been a dedicated Non-GMO leader," said Megan Westgate, Executive Director of the Non-GMO Project. "A Non-GMO food supply is reliant upon Non-GMO seeds, and HMOS has shown its commitment to preserving and building Non-GMO choices by starting at the source. We couldn't be more honored to be working with such a purpose-driven company." HMOS has been offering their expertise on seed issues to the Non-GMO Project

since 2008.

Both HMOS and the Non-GMO Project believe consumers have a right to know what's in their food and should be able to make an informed choice based on clear labeling of food products and ingredients. 64 other countries around the world now require labeling of GMOs. On May 8th, Vermont passed a bill that makes them the first U.S. State to require GMO labeling. HMOS is dedicated to ensuring consumer choice and safety by verifying their seeds and adhering to a strict policy regarding GMO contamination.

***"The term GMO, or genetically modified organism, refers to any organism which has had the genes of a different species spliced into its DNA."***

"We have the remarkable opportunity to shape and steward the future of our seeds and help protect their purity for generations to come," said Tom Stearns, founder of HMOS. "Non-

GMO Project Verification enables us to take a detailed and systematic approach to preventing GMO contamination in all our seed production and handling. HMOS will continue to invest in collaborations like the Non-GMO Project, because organic, Non-GMO seeds have to be the foundation of the healthy food system of the future."

Located in Northern Vermont, High Mowing Organic Seeds has been a Non-GMO, 100% certified organic seed company since its founding in 1996. In 1999, HMOS developed the Safe Seed Pledge, and the partnership with the Non-GMO Project further ensures gardeners, farmers and consumers can feel confident about the quality and source of their seed, as well as the food grown from it.

***This article can be found online at: [www.nongmo-project.org/2014/05/20/high-mowing-organic-seed-company-to-launch-first-full-line-of-Non-GMO-project-verified-organic-vegetable-seeds/](http://www.nongmo-project.org/2014/05/20/high-mowing-organic-seed-company-to-launch-first-full-line-of-Non-GMO-project-verified-organic-vegetable-seeds/)***

(Continued from page 11)

## What would grocery stores look like without bees?

Produce Manager, Denina Kaunonen, initiated a new signage campaign. You may have already noticed triangular signs like the one featured in the center of the spread (on page 10) next to some of your favorite produce items.

Denina explains: "When pollinating insects go from flower to flower transferring pollen as they go, they ensure the creation of the fruit or vegetable (think apples or squash). We also need pollinators to ensure production of seeds for the next generation on some crops. These plants will produce a crop when grown from seed, but will not create seeds if they are not pollinated. Below are two lists of produce we sell at the Co-op that are dependent on pollinators to create the crops we eat. Without these hardworking insects our Produce Department would be very sparse!"

### Pollination Required for Producing Crop:

Cucumbers	Blackberries
Kiwis	Nectarines
Avocados	Raspberries
Turnips	Mangoes
Apricots	Sweet Cherries
Squash (hard varieties)	Sour Cherries
Apples	Melons
Pumpkins	Pears
Blueberries	Plums
Zucchini & Summer Squash	Peaches

### Pollination Required for Producing Seeds (will grow from seed but need pollination to produce seed for next generation):

Onions	Cauliflower
Carrots	Cabbage
Celery	Brussels Sprouts
Beets	Turnips
Mustard Greens	Watermelon
Broccoli	Kale

***Information for this article came from the Whole Foods news release dated June 14, 2013, titled: "This is what your grocery store looks like without honeybees."***

## Who do you know

THAT GIVES **HEART & HANDS** TO PROMOTE PEACE, JUSTICE, OR THE ENVIRONMENT IN THE COPPER COUNTRY?



Do you know somebody who gives Heart & Hands in the service of peace, justice or the environment in our local community? Please consider nominating this person (or couple) for this year's Heart & Hands Award. There are two categories of nominations, adult and youth (age 21 and under). Awardees select local nonprofit to receive monetary award. Submit nominations to:

Heart & Hands Award  
53044 Hwy M203  
Hancock, MI 49930  
or [tkinzel@pasty.net](mailto:tkinzel@pasty.net)  
906.482.6827

Include the following information:

1. Candidate name and address
2. Your name, address, phone, and email
3. Answer in 500 words or less:

How has the candidate had a significant impact on the Keweenaw community giving of themselves in a caring, committed, or heartfelt way in the area of peace, justice, human needs and/or environmental stewardship? Please be specific about what form their contribution and involvement has taken.

The award will be announced at the annual HorseTail Scramble on July 4th. For more information and nomination form please visit:

**[www.HeartAndHandsSociety.org](http://www.HeartAndHandsSociety.org)**



The Bring-a-Bag Campaign is one of the ways the Co-op gives back to the community. Every bag the Co-op saves because shoppers bring in their own reusable bag earns money for the community. A different recipient is awarded every 6 months.

## Current Recipient: 31 Backpacks

(May-September 2014)

The mission of 31 Backpack is that No Child Should Go to Bed Hungry!



Students who qualify for a reduced or no cost lunch receive breakfast, lunch, and a snack at school. What happens on weekends? They go hungry! Not anymore, not in the Copper Country. To combat childhood hunger, 31 Backpacks provides severely at-risk children a backpack filled with nutritious child-friendly foods for them to take home on the weekends, when they might otherwise go hungry. The food is packed and ready to hand out at the end of each week. This program is both free and confidential for the child and family.



**BikeFINLANDIA (from left: students Brittney Coleman & Joanie Maloney with faculty Diane Miller), the Bring-a-Bag Campaign recipient for November 2013-April 2014, receives their donation check from Co-op General Manager, Curt Webb (right).**

*“BikeFINLANDIA, a bicycle loan program started by Finlandia students, is proud to receive this spring's Bring-A-Bag donation! The group, which loans bicycles to students and rents them to community members at very low cost, relies on volunteers to refurbish donated bikes. Until now, the bikes had been going out the door—and down the street—ridden by helmet-less riders. With the help of the Co-op donation, however, the group will be able to facilitate and promote safer riding through helmet use. Thank you, Co-op!”*

-Diane Miller



## Friday, July 18 - Pasta Dinner

**Time:** 4-8 pm

**Place:** Finlandia University, Finlandia Hall

**Cost:** \$10/adult, \$5/child (6-12 years old), children under 6 years eat free

The Keweenaw Co-op continues the annual tradition of providing a healthy and delicious meal for Canal Run participants the night before the race to prepare runners for a great event. Everything is made from scratch.

Raffle prize drawings throughout the evening! Tickets are 6 for \$5 or \$1 each.



### Canal Run Gives Back!

*The Canal Run Gives Back campaign was launched in 2012 as a way for the event to give back to the community. The growth of the race over the years has truly been a community effort and the Organizing Committee is delighted to share this success with local non-profit organizations and projects.*

*If you feel your organization or project should be considered please fill out the form available on the Canal Run website [www.hancockcanalrun.com](http://www.hancockcanalrun.com). Applicants must be local and have 501c3 non-profit status (if applicable), must ensure that the donated money will stay in the community, and must demonstrate that the majority of the donation will be used for projects, not promotion of the organization. Deadline for applications are one week following the event for review by the Donations Committee. The committee will accept applications anytime before this deadline.*

### MENU

#### Spaghetti (gluten-free pasta available)

- w/ Italian sausage marinara
- w/ tomato basil sauce & roasted vegetables

#### Garlic Bread

#### Salad & Fruit Bar

- spring mix and baby spinach
- crudites and home made dressings
- fresh Greek salad (feta, peppers, olives)
- Moroccan carrot salad
- strawberries, grapes, honeydew melon

#### Carrot Cake & Banana Pudding

## July 19 - Race Day

### Co-op Volunteers Needed!

Calling all Co-op Owners. We need at least 14 volunteers to represent the Co-op and help with this year's event! Are you interested in participating? Contact Faye Carr, Keweenaw Co-op Marketing & Outreach Coordinator, by phone (482-2030) or email ([faye@keweenaw.coop](mailto:faye@keweenaw.coop)). Thanks!

Can't help out this time? There are other Co-op sponsored events where we could use your help. Contact Faye to get on the call list.



Keweenaw Co-op  
 Natural Foods Market & Deli  
 1035 Ethel Avenue  
 Hancock, MI 49930  
[www.keweenaw.coop](http://www.keweenaw.coop)

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



**Starting June 16, UNFI truck delivery day changes to FRIDAY!**

*You're invited...*

**Co-op Owner Appreciation  
 Harvest Potluck Dinner & Dance**



photo: Patrick T. Power

**Sunday, September 14**  
 from **5:00-9:00 PM**

Finnish American Heritage Center, Hancock

*An evening of recognition and sharing*  
**Featuring Oren & the Back Room Boys!**

(see [keweenaw.coop](http://keweenaw.coop) & Facebook for event details)

Co-op Owner  
 Appreciation Days  
**Aug. 4 & Nov. 15**  
*see page 2*



**July 18**  
**Pasta Dinner**  
*see page 19*

**The Co-op  
 will be open  
 Friday, July 4!**