

Circumspice

November | December 2023



Apples Anytime

Explore an array of possibilities for savoring this versatile fall favorite at every meal. You'll quickly discover that "an apple a day" isn't nearly enough!

Honoring the Past, Looking Towards the Future

Get an update from our Board President, Roger.

Community Happenings

We support and invest in our community.

Ways to Save

Learn how you can save at the co-op!

Keweenaw
COOP
market and deli



Please submit story ideas for the January/February 2023 Issue by December 6th, 2023 to the following email address...

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The name Circumspace, Latin for "look around," was inspired by Michigan's state motto—Si Quæris Peninsulam Amoenam Circumspace. 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.

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

On the Cover

Apples Anytime

Keweenaw Co+op Market and Deli

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www.keweenaw.coop

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honoring the past, looking towards the future by roger woods, board president

Though I was unable to attend the 50 year celebration, just having the chance to celebrate 50 years as a co-op is amazing. From the back room of Funkey's Karma Cafe to our current location, a huge number of people have made it happen. In case you are unaware, member numbers are in order of joining. I am a four-digit member since we didn't get to the Copper Country until 2002 (we joined before we bought our house and had jobs). We still have single-digit owners shopping on a regular basis, which indicates a continued passion for the cooperative movement.

What will the co-op look like in another 50 years? How can you be involved in that process? As a Board, we recognize that for most owners, shopping at the co-op is a transaction, but the co-op is more than a transaction. We, as owners, have the opportunity to determine the direction of the co-op in the future. I joined the Board because of my business experience, others have joined for their passion for the co-op model, one even joined because they wanted seat belts in our small shopping carts!

Is the co-op an important part of your world? What could you do to help move it forward? I am wrapping up my 9th year on the board in two different stints and plan on being an active member of the finance



committee going forward even though I am not going to run for the Board again. How can you contribute to moving your co-op through the next 50 years? Board service? Committees? We have a variety of needs to fill gaps in our governance of the co-op, would you be willing to be a part of that?

Given one of the themes in this issue, I have to go back to a piece of advice I got when living in Vermont. What is the best time to plant an apple tree? 5 years ago. We need to invest in the future of our co-op, not just through our non-voting investment certificates or our shopping dollars, but our time. Please reach out to board@keweenaw.coop if you are interested in planting that apple tree for the future.

community

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.

August 25th & 26th Porcupine Mountains Music Festival

The Porcupine Mountains Music Festival takes place on Friday & Saturday, the weekend prior to Labor Day weekend.

Chips & Salsa for Artists

Porcupine Mountains Wilderness State Park

www.porkiesfestival.org

September 30th Keweenaw Interactive Art Walk

Keweenaw Interactive Art Walk is held on the last Saturday of September. The idea is to engage people with art and nature, and to expand creativity through the collaboration of writers and artists. You can view the art and writing pieces on the Carrot Ranch website.

Apples for Attendees

Rabbit Bay Road

www.carrottranch.com/art-walk/

September 16th Parade of Nations

The Parade of Nations' mission is to celebrate multiculturalism and ethnic diversity in the Keweenaw. They enable people to remember how much we have in common, while learning to appreciate our differences.

Gift Cards for Giveaways

Multicultural Festival at the Dee Stadium with a parade through Hancock and Houghton.

www.mtu.edu/international/get-involved/parade-nations/

September 30th Bach in the Mine

Bach in the Mine is a fundraiser for the upcoming 2024 Pine Mountain Music Festival season. Support will ensure that they can continue to provide our community with the highest quality classical music programming.

Gift Card for Fundraiser

Quincy Mine Hoist House

www.pinemountainmusicfestival.com

November 3rd Hancock Rotary Wine Tasting

Hancock Rotary's Annual Wine Tasting Event is a community and fundraiser event. The goal of the fundraiser is to raise money for Hancock Parks and other Rotary projects.

Gift Basket for Silent Auction

Finnish American Heritage Center

www.facebook.com/HancockRotary/

September 21st and October 19th Lunch & Learn

Keweenaw Chamber of Commerce recently hosted two sessions: one by Sand Bar Productions on using Instagram and Facebook for business, and another by UP Michigan Works about their community benefits and funding programs for employers.

Sandwiches, Soup, and Cookies

Finnish American Heritage Center

www.keweenaw.org

October 12th Hunting and Sports Dinner

The Calumet Lions Club supports the Calumet Lions Club Park, the leader dog program, and two scholarships every year to local seniors. Additionally, they pay for local people to receive free eye glasses if they can't afford them.

Gift Card for Raffle

National Guard Armory

www.facebook.com/calumetlionsclub/

December 7th @ 6 PM Keweenaw Holiday Hoopla

A community holiday event that raises funds for local skilled trades scholarships hosted by Keweenaw Chamber of Commerce, Keweenaw Young Professionals, Copper Shores Community Health Foundation, and Keweenaw Economic Development Alliance (KEDA). The online auction will be open from December 1st at 12:00 PM and will end at the event on December 7th from 6-9 PM.

Gift Baskets for Silent Auction

Bonfire at The Continental Fire Co.

www.keweenaw.org



over 17,000 bags
saved so far in 2023!

Bring-a-Bag Recipient

(July through December, 2023)



Apples Anytime

Ah, autumn — perfectly embodied in the humble apple. More than 17,000 varieties of this tempting fruit have been identified, and Red Delicious is only the beginning.

At the co-op, you'll find apple varieties that boast wide-ranging flavor profiles, from the oh-so-tart to satisfyingly sweet. Some are ideal in a lunchbox, while others shine in baked goods. Explore an array of possibilities for savoring this versatile fall favorite at every meal with these recipes. You'll quickly discover that “an apple a day” isn't nearly enough!



Reprinted by permission from
grocery.coop.

French Toast with Warm Apple Pecan Compote

Servings: 6. Prep time: 60 minutes.

Compote

- ¾ cup water or apple juice
- ¼ cup brown sugar
- ¼ cup maple syrup
- ½ teaspoon cinnamon
- ¼ cup raisins
- ¼ cup chopped pecans
- 3 cups apple, peeled and cut into ½-inch pieces
- Pinch of salt
- 1 tablespoon cornstarch
- 2 tablespoons butter

French Toast

- 2 tablespoons butter
- 5 large eggs
- 1 cup milk
- 2 tablespoons maple syrup
- Pinch of salt
- 1-pound loaf of soft-crustured bread (such as brioche or challah) cut into 1-inch thick slices

1. To make the compote, bring the water, brown sugar, maple syrup, cinnamon and raisins to a boil in a saucepan. Add the pecans, apples and salt. Bring the mixture to a simmer and cook for about 15 minutes, stirring occasionally. Add the cornstarch and butter and simmer another 3 to 5 minutes until slightly thickened. Keep warm while preparing the French toast, or prepare the compote the night before and reheat.
2. Heat the oven to 300° F. Place a metal rack in the oven to keep pieces of finished French toast warm while the rest is cooking. Melt a little of the butter in a large skillet (or two skillets to make the process go faster) over medium-low heat. Whisk the eggs, milk, maple syrup and salt in a large bowl. Soak each slice of bread in the egg mixture for about 30 seconds on each side. Place in hot skillet and cook each side for 3 to 4 minutes until golden brown. Add more butter for each new piece of toast added to the pan. Slice French toast into triangles and serve topped with warm apple compote.



Waldorf Salad with Yogurt and Honey

Servings: 4 – 6. Prep time: 30 minutes.

- 1 lemon, juice and zest (about 2 to 3 tablespoons juice)
 - ½ cup Greek yogurt
 - 1 teaspoon honey
 - Salt and pepper to taste
 - 2 cups apple (1 large apple), cut into bite-sized pieces
 - 1 cup seedless grapes, halved
 - 1 cup celery (2 to 3 ribs), cut into ½-inch pieces
 - ½ cup toasted walnuts, coarsely chopped
1. In a small bowl, whisk together the lemon juice, zest, yogurt and honey. In a large salad bowl, gently toss the apples, grapes, celery, and walnuts with the dressing. Season to taste with salt and pepper. Substitute nonfat Greek yogurt for a lower-fat version if you like.

Breakfast, lunch and dinner — or anytime in between — there are endless ways to enjoy apples all day. Visit grocery.coop to find more delectable apple recipes.



Cinnamon Apple Coffee Cake

Servings: 8. Prep time: 55 minutes; 15 minutes active.

- ½ cup whole wheat flour
- ½ cup all-purpose flour
- 1 cup rolled oats
- ¾ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon allspice
- 1 ½ teaspoons cinnamon
- 1 cup sugar
- ½ cup vegetable oil or melted coconut oil
- 1 egg, beaten
- ¼ cup milk
- 1 teaspoon vanilla
- 1 cup diced apple
- ¼ cup dried cranberries

1. Heat the oven to 350°F. Butter or oil an 8 x 8 inch pan.
2. In a large mixing bowl, whisk together the flours, oats, baking soda, salt, spices and sugar. Stir in the remaining ingredients until just combined. The batter will be very thick. Spread the batter evenly into the pan. Bake for 35 to 40 minutes or until a toothpick stuck in the middle comes out clean. Let cool before slicing.

This moist cake featuring dried cranberries and whole grains is sure to become a coffee break favorite.



Gingered Beet and Apple Salad

Servings: 6. Prep time: 30 minutes.

- 1 pound beets, peeled
- 1 apple (about ½ pound)
- ¼ pound carrots, peeled
- ½ cup fresh parsley, minced
- 2 tablespoon apple cider
- 2 tablespoon apple cider vinegar
- 1 tablespoon fresh ginger, minced
- 2 tablespoon olive oil
- Salt and pepper to taste

1. Using the shredding blade of a food processor or a grater, shred the beets, apple and carrots. Mix well with the remaining ingredients. Season with salt and pepper. Serve immediately or refrigerate to let the flavors blend.

Fresh apples and apple cider make this beautiful, jewel-toned slaw refreshing and delicious. Try using a variety of beets — like golden or chioggia beets — for an even more colorful salad.



Butternut Apple Bisque

Servings: 6. Prep time: 45 minutes.

- 1 medium onion, diced
- 1 tablespoon butter or vegetable oil
- 1 tablespoon curry powder (or more, to taste)
- 1 butternut squash, about 1 ½ pounds, seeded, peeled and cubed
- 1 Granny Smith apple, cored, peeled and cubed
- 5 cups low-sodium vegetable stock
- Sea salt to taste

1. In a 4-quart pot, heat the butter or oil and saute the onion over medium heat until soft, about 5 minutes.
2. Add curry powder and sauté 3 more minutes, being careful not to burn.
3. Add squash, apple and vegetable stock to the pot and bring to a boil.
4. Reduce to a simmer, cover and cook 20 to 30 minutes, or until the squash is tender.
5. Puree the soup in a food processor or blender and salt to taste.

Tip: For some extra spice, add 1 tablespoon ginger, peeled and chopped, to the pan at the same time as the onions, or add chopped candied ginger as a garnish before serving.

Autumn in a bowl! Warm up with tart Granny Smith apples, creamy butternut squash and a dash of curry powder.



Apple Raspberry “Nachos”

Servings: 4. Prep time: 20 minutes.

- 1 cup frozen or fresh raspberries
- 1 tablespoon maple syrup
- ½ cup chocolate chips
- 2 large Honeycrisp apples, halved, cored and sliced thin
- ¼ cup pecans, chopped
- 2 tablespoons shredded coconut
- 2 tablespoons plain or vanilla yogurt

1. In a small pot, simmer the raspberries and maple syrup for 5 to 10 minutes, stirring frequently. Remove the raspberry sauce from the heat and pour into a small container through a fine mesh strainer to remove the seeds. Set aside the finished sauce.
2. Melt the chocolate chips either in a double boiler or by microwaving for about 3 minutes on low, in a microwave-safe bowl.
3. To build the nachos, spread out or overlap the apple slices on a platter or large plate. Lightly drizzle the apple slices with the melted chocolate and raspberry sauce, sprinkle pecans and coconut over the top, and serve with yogurt as a dipping sauce.

Mix and match your favorite toppings for a creative, kid-friendly afternoon snack.



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

We Raised
\$3,627.84
From July 1st through
September 30th, 2023

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

**Western UP Food Bank & Keweenaw
Outdoor Recreation Coalition**

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 Member/Owners (changes monthly).

Double Up Food Bucks (DUFB) shoppers are able to both earn and spend up to \$10 per day.

IT'S GOOD TO BELONG

Ownership has PERKS



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

- Get coupons 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



Owner Appreciation

Owners* receive a 10% discount on all **regularly priced** items for one shopping trip **each quarter**. You choose the day within the designated Owner Appreciation month.

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

February is Owner Appreciation Month!

Owners receive a 10% DISCOUNT on all REGULARLY PRICED items for one shopping trip.