

# Circumspice

January | February 2024



## Winter Squash Guide and Recipes

Savor the season with our Winter Squash Guide—bringing you a harvest of hearty delights and recipes that warm the soul.

### Project Progress and Delays

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.

# Project Progress and Delays

General Manager, Curt Webb

You can't control everything that happens to you, but you can control the way you respond. Keweenaw Co+op continues its diligent work behind the scenes preparing to present you with an excellent experience and expanded offerings in our new store, when the time comes. Like you, our staff are ready to be in our new space, and we share frustration with project delays.



We have made progress. That single lane on Hancock Street back in October was our new water main being installed. Thanks to the City of Hancock for assistance in making that happen! [photos 1, 2, 3]

Demolition, framing, plumbing, and electrical rough-in is substantially complete in the existing structure. Posts and beams have been added to replace bearing walls that are being removed to connect existing spaces to the sales floor addition. [photos 4, 5, 6]

Speaking of the sales floor addition, this has been a major source of delay. Engineering changes delayed steel production for the addition, but fabrication is finally underway. In the meantime, the underground plumbing and conduit is laid, and the foundation and floor has been poured. [photos 7, 8]

Between drafting our original plans and ordering our freight elevator, Michigan changed its elevator code. At first the elevator company proposed a design modification that they thought would satisfy the State. After a fair bit of administrative back-and-forth, the State ultimately denied the elevator company's request for an exception, and we were back to the drawing board. Plans were modified and approved, and we could finally move forward with the construction of the elevator shaft. [photos 9, 10, 11]

A few long lead time items that could have delayed the project have arrived. Electrical switchgear and refrigeration cases had to be ordered 10 to 13 months in advance. [photos 12, 13, 14, 15]

This project is moving forward, just not on our original timeline. That timeline is being retooled once again, and we are targeting mid-2024 for opening our doors. Our excitement has not wavered. We look forward to being able to serve you even better in our new space!



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Please submit story ideas for the March/April 2024 Issue by February 6th, 2023 to the following email address...

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

**Art Director** Arielle Pizzo

**Stories** Keweenaw Co+op

**Copy Editor** Betsy Smith

**Printer** Designotype

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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

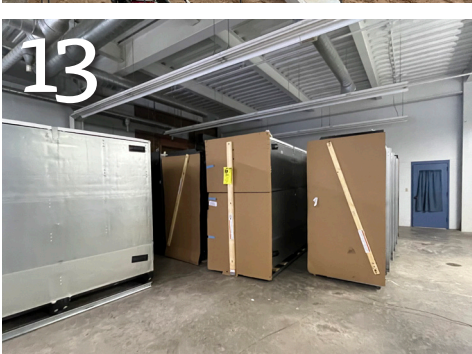
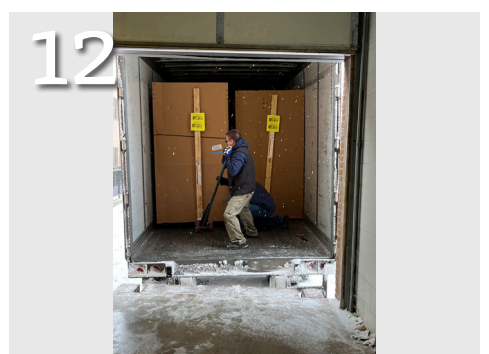
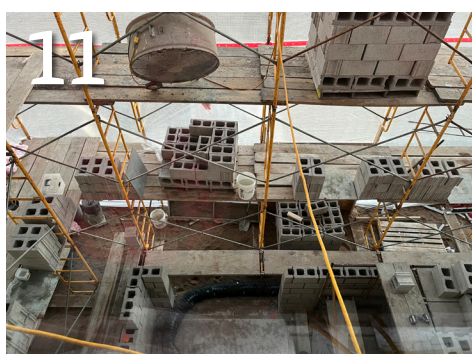
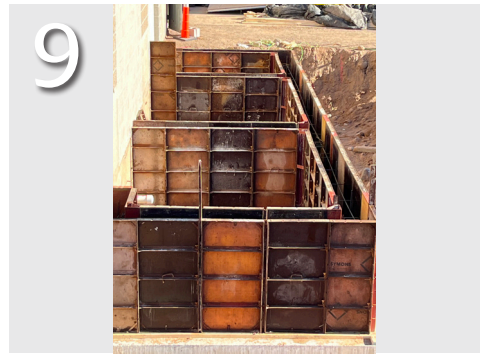
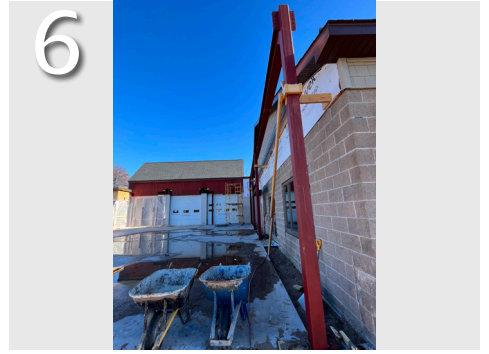
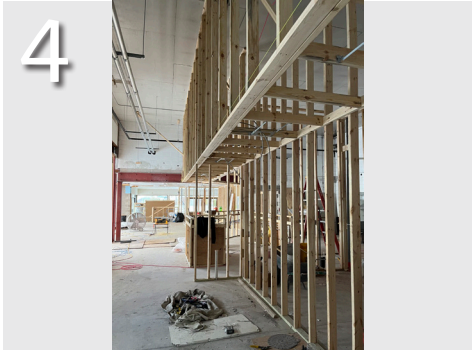
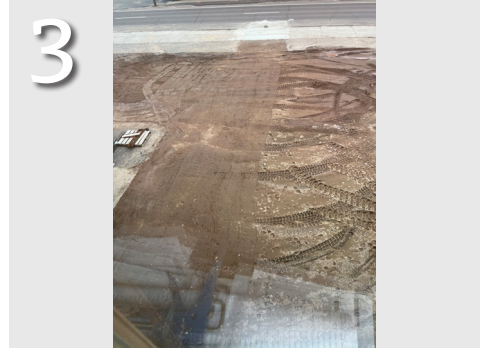
Winter Squash Guide and Recipes

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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 updates



# community

## November 23rd LBFE Thanksgiving 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.

**Celery, Green Onions, Lemons, and Oranges for Meals**

*Little Brothers Friends of the Elderly - Hancock*

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



## December 9th Chassell's Old Fashioned Christmas "Home for the Holidays" Home Tours

Enjoy a walk through the historic Chassell while touring selected homes beautifully decorated for the holidays.

**Veggie Trays and Cookies for Home Tours**

*Chassell*

**Facebook: Chassell's Old Fashioned Christmas**



## December 2nd Barkell Elementary PTO

The PTO helps support the school through fundraising to meet specific and targeted needs - Scholastic book orders, playground equipment, field trip support for those who cannot otherwise afford, etc.

**Orange Juice for Pancake Breakfast**

*Barkell Elementary - Hancock*

[www.hancockpublicschools.org/elementary-ptu.php](http://www.hancockpublicschools.org/elementary-ptu.php)



## December 18th and 19th Meals on Wheels Holiday Cookie Fundraiser

Meals on Wheels delivered 96,000 meals and traveled more than 41,000 miles throughout Houghton and Keweenaw counties in the last year, in addition to offering weekly and daily congregate meal sites all over the community.

**Cookies for Fundraiser**

*Copper Shores Community Health Foundation - Hancock*

[www.coppershores.org/meals-on-wheels](http://www.coppershores.org/meals-on-wheels)

## December 8th Xi Sigma Pi Silent Auction

All proceeds will be directed to Xi Sigma Pi Forestry Honors Society to support their annual research symposium for topics in natural resources, as well as maple leaves for new member induction.

**Gift Basket for Silent Auction**

*U.J. Noblet Forestry Building Admin - Houghton*

[www.involvement.mtu.edu/organization/xi-sigma-pi--forestry-honor-fraternity](http://www.involvement.mtu.edu/organization/xi-sigma-pi--forestry-honor-fraternity)

## December 25th LBFE Christmas 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.

**Celery for Meals**

*Little Brothers Friends of the Elderly - Hancock*

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



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.

**January 13th  
Calumet High School  
Bowling Team**

To give kids an option to be part of a team and to help keep them active during the winter months. Bowling is a sport that allows the kids to be on a team when other sports may be too physical for them.

**Gift Basket of Spices and Coffees  
for Fundraiser**

Miller's Recreation - Laurium

**Facebook: The Calumet High School  
Bowling Team**



**February 7th - 10th  
Blue Key National  
Honor Society - Winter  
Carnival**

Organized by Blue Key National Honor Society since 1934, Winter Carnival started in 1922 and has grown into one of the biggest annual winter celebrations in the nation. Known for huge, intricate snow statues around campus and the community, Carnival also brings Huskies together to compete in broomball, comedy skits, human ice bowling, and a royalty coronation.

**Event Sponsorship**

Michigan Technological University - Houghton  
[www.mtu.edu/carnival/2024](http://www.mtu.edu/carnival/2024)



**March 1st - 3rd  
CopperDog**

"Hey! Let's organize a sled dog race!" That's what a small group of people said in 2009, and from that initial idea the CopperDog 150 and CopperDog 40 sled dog races were born. CopperDog is more than just sled dog races. In addition to promoting community vitality through sled dog racing, CopperDog strives to provide education on the history and sport of sled dog racing. Numerous public events – such as classroom visits, volunteer training, "Meet the Dogs" events, and free sled dog rides – are held throughout the year.

**Event Sponsorship**

Downtown Calumet  
[www.copperdog.org](http://www.copperdog.org)



Thank you for participating in the recent survey conducted by Keweenaw Co+op's Board of Directors. We had a great response, both in numbers and variety. The Board is busy categorizing and summarizing the Ends-related feedback received through all the means deployed. The board will share highlights of this information with the community in an upcoming Circumspice.



**over 20,000 bags  
saved in 2023!**

**Bring-a-Bag  
Recipient**

(January through June, 2024)





# A Guide to Winter Squash

Choosing a winter squash to prepare can be confounding—here are common varieties of squashes you’ll love.

**W**inter squash are harvested late summer through fall, then cured or “hardened off” in open air to toughen their exterior. This process ensures the squash will keep for months without refrigeration. When selecting any variety of winter squash, the stem is the best

indication of ripeness. Stems should be tan, dry and on some varieties, look fibrous, frayed or corky. Fresh green stems or those leaking sap signal that the squash was harvested before it was completely ripe. Ripe squash has a vivid, saturated color and a matte, rather than glossy, finish.

*Check out the plentiful winter squash recipes and articles at [grocery.coop/winter-squash](https://grocery.coop/winter-squash)*



### Acorn

Mild, versatile flavor and a tender-firm texture that holds up well when cooked. Hard rind helps squash hold its shape when baked.

**Best uses:** *baked, stuffed, cubed and added to grain salads*



### Blue Hubbard

This huge squash is perfect for feeding a crowd! Bright orange flesh has a buttery, nutty flavor and a dry, flaky texture similar to baked potato.

**Best uses:** *baked, mashed and topped with butter, sea salt and black pepper*



### Butternut

Vivid orange flesh is sweet and slightly nutty with a smooth texture that falls apart as it cooks. Rind is edible but squash is usually peeled before use.

**Best uses:** *soups, purees, recipes where smooth texture is highlighted*



### Delicata

Rich, sweet, flavorful yellow flesh tastes like a mix of chestnuts, corn and sweet potato. Quick-cooking with a thin, edible skin. Highly seasonal.

**Best uses:** *sauteéd until caramelized, broiled, baked*



### Heart of Gold/Carnival

This hybrid squash inherits its tender-firm texture from Acorn and its sweet, nutty flavor from Sweet Dumpling, offering the best of both parents.

**Best uses:** *baked, stuffed, broiled with brown sugar*

### Kabocha (Green/Red)

Smooth, dense, intensely yellow flesh that is similar in sweetness and texture to sweet potato.

**Best uses:** *curries, soups, battered and fried as Japanese tempura*



### Pie Pumpkin

Mildly sweet squash with a rich pumpkin flavor, perfect for pies and baked goods. Different from carving pumpkins, these are bred for sweetness and size.

**Best uses:** *pies, custards, baked goods, curries and stews*



### Red Kuri

Vivid orange, mildly sweet and smooth, dense squash with a delicious chestnut-like flavor. Makes a rich and velvety puree.

**Best uses:** *Thai curries, soups, pilafs and gratins, baked goods*



### Spaghetti

Pale golden interior is stringy and dense – in a good way! Use a fork to pry apart cooked flesh which resembles spaghetti in texture and mild flavor.

**Best uses:** *baked and separated, then dressed as you would pasta*



### Sweet Dumpling

Petite, softball-sized squash with a pale gold, dry starchy flesh that is similar to a potato but which is renowned for its rich, honey-sweet flavor.

**Best uses:** *baked with butter and cinnamon*





# Winter Squash

## Cinnamon Apple Stuffed Squash

Serves 4-6. Total Time: 60 minutes.

2 acorn squash, cut in half, seeds removed  
3 tablespoons unsalted butter  
3 cups diced yellow onion  
2 celery stalks, diced  
3 cups diced apple, cored and seeds removed  
(about 2 large apples)  
½ cup dried cranberries  
2 tablespoons maple syrup  
⅓ cup water  
½ teaspoon cinnamon  
Pinch each of salt and black pepper

*Slice the stuffed squash halves into wedges to serve as a side with ham, turkey or chicken, or serve each half as a vegetarian entrée.*

1. Preheat oven to 375°F. Place acorn squash halves face down on a rimmed sheet pan or baking dish and add ½ inch of water to the pan. Bake squash for 40 minutes.
2. While the squash is baking, heat the butter in a saucepan over medium heat. Add the onion and celery and sauté for 5 to 10 minutes until soft. Add the apples, cranberries, maple syrup, water and cinnamon; stir well and cook another 5 to 10 minutes until the apples begin to soften. Season with salt and pepper. Remove from heat.
3. After the squash has baked for 40 minutes, remove from the oven, turn them cut side up and fill each with the apple stuffing. Place back into the oven and bake another 15 to 20 minutes until the squash is tender. Serve warm.

Reprinted by permission from grocery.coop. Find recipes and information about your food and where it comes from at grocery.coop.





## Winter Squash and Apple Bake

Serves 8. Prep time: 1 hour 20 minutes; 20 minutes active.

- 2 pounds winter squash, peeled, seeded and cut into  $\frac{1}{4}$ -inch thick slices
  - 2 Granny Smith apples, cored and cut into  $\frac{1}{4}$ - to  $\frac{1}{2}$ -inch thick slices
  - 3 tablespoons maple syrup
  - 3 tablespoons brown sugar
  - 2 tablespoons flour
  - $\frac{1}{4}$  teaspoon ground cinnamon
  - $\frac{1}{4}$  teaspoon ground nutmeg
  - $\frac{1}{4}$  teaspoon ground allspice
  - Pinch of salt and black pepper
  - $\frac{1}{4}$  cup cold butter, cut into small pieces
  - 1 tablespoon butter, melted
1. Preheat the oven to 375° F. Grease a 9 x 13 inch casserole dish with melted butter. Evenly layer the squash and apple slices in the casserole dish, alternating and slightly overlapping the squash slices with the apple slices, until all slices are gone. Drizzle the maple syrup over the squash and apples.
  2. In a small bowl, mix together the brown sugar, flour, spices, salt and pepper. Mix the butter into the flour/sugar mix with your fingers to make a crumbly mixture. Sprinkle the mixture evenly over the top of the squash and apples. Cover the dish with foil and bake for about 40 minutes or until the squash and apples start to become tender. Remove the foil, and let casserole brown for another 15 minutes. Serve warm.

*Use your choice of local apples and winter squash in this recipe*



## Squash, Cabbage and Kale Kimchi

Makes 4 cups. Prep time: 1.5 days; 30 minutes active.

By Robin Asbell.

- 1  $\frac{1}{2}$  pounds butternut or other squash, peeled
  - 4 cups water
  - 2 tablespoons kosher salt
  - 2 cups slivered cabbage
  - 2 cups slivered kale
  - 1  $\frac{1}{2}$  teaspoons kosher salt
  - 1 tablespoon fish sauce or tamari
  - 3 cloves garlic, chopped
  - 2 tablespoons red pepper flakes
  - 1 teaspoon sugar
1. Peel and thinly slice the squash, no thicker than  $\frac{1}{8}$  of an inch. In a large bowl, mix the water and 2 tablespoons kosher salt until the salt is dissolved. Add the squash slices and stir, then let stand for 2 hours to soften.
  2. Drain the squash, reserving the brine. In a medium bowl, toss the cabbage and kale with 1  $\frac{1}{2}$  teaspoons salt and massage, squeezing, for a minute. Let stand for at least 15 minutes, then massage and squeeze again, the leaves give off liquids when squeezed. Rinse with cool water and wring out the shreds and put in a bowl with the drained squash slices.
  3. In a cup, stir the fish sauce or tamari, garlic, red pepper flakes and sugar and pour over the squash mixture. Toss to mix well. Transfer to a large jar or glass storage tub and pour the reserved brine over just to a cover the lower half of the vegetables. Cover and let stand for a day at room temperature, then refrigerate and serve for up to a week.

# Do It Yourself

## Kombucha

By: Robin Asbell

Total Time: up to 2 weeks  
Servings: 34 (4 oz servings)

In recent years, kombucha has gone from a relative unknown to a sought-after beverage. The bubbly, refreshing brew is a source of healthy probiotics, and many people like to drink it daily to keep their inner microbiome well-populated.

Making your own kombucha at home is a fun and satisfying DIY project. The only challenge is finding a SCOBY, the Symbiotic Culture Of Bacteria and Yeasts that floats in your brew, infusing the liquid with good bacteria while consuming the sugar you put in to feed it. I found that putting the word out at my co-op netted me a fresh SCOBY, since anyone who brews on a regular basis will have extras. Another strategy is to look at the bottles of plain, unflavored kombucha at your store and select the one with the largest floating blob of SCOBY. Strain the drink, and use the contents of the strainer as your SCOBY culture. The starter tea, or already-brewed kombucha, is essential to acidify the brew enough to keep less desirable bacteria from flourishing, so don't skimp on this ingredient.

### Ingredients

14 cups purified water  
4-8 teabags (white, green or black, not caffeine-free herbal teas) or 4-8 teaspoons loose tea  
1 cup sugar  
2 1/2 cups starter tea (already-made kombucha; you can use bottled)  
SCOBY

### Equipment

1 gallon jar or crock, no metal  
Thermometer  
Strainer  
Cloth to cover jar and rubber band or string to secure it  
Bottles with good lids for finished kombucha

### Preparation

1. Start by sanitizing your jar, strainer, measuring cups and spoons and stirring spoon; either run them through the dishwasher or boil enough water to pour into the jar, drop the spoons and cups in, and then drain. Pour boiling water over the strainer. Let dry. Wash your hand thoroughly; don't use antibiotic soap.
2. In a large pot, bring 2-3 cups of the purified water to a boil. Add the teabags or loose tea and steep for about 5-10 minutes, then remove the teabags, or strain into the clean one gallon jar. Stir the sugar into the hot tea until dissolved, then add the remaining water. Use your thermometer to check the temperature of the tea—you need it to drop to under 85°F. When the tea is cool, slip the SCOBY into the mixture. It should float, if it falls to the bottom and stays there it may be dead.
3. Cover the jar with cloth and secure with the rubber band or string. Keep the jar in a warm spot; the kombucha will brew more quickly at 75- 80 degrees. If you live in a cooler climate, you may want to invest in a warming device, like a brew belt or a seed sprouting mat that doesn't get above 75 degrees. The kombucha takes 7-9 days in a warm room, but takes up to two weeks in a cool room.
4. Check the kombucha daily. A layer of SCOBY should form on the surface, making a thin film at first, then growing thicker. Floating yeast colonies will form, and as your kombucha starts to bubble, they will rise and fall. After the first few days, put a straw down the side, to avoid disturbing the surface, and take a taste. At first it should taste like sweet tea, and gradually become less sweet and more fizzy, like plain bottled kombucha. It will smell like cider vinegar, but not taste that sour. If it starts to taste very sour, it is overdone, and some of the good bacteria are dying off. It is still useful as vinegar, so don't throw it away. When it is ready, remove the SCOBY and bottle the kombucha.
5. If your SCOBY does not float, or a skin never forms on top of the brew, or any kind of visible mold occurs, discard and start over.
6. Keep your SCOBY at room temperature in enough plain brewed kombucha to cover by an inch, or start a new batch immediately. They can keep, in a dark spot like a cupboard, for three months, as long as you keep replenishing the kombucha.
7. For bubbly kombucha, bottle the tea with a strong lid and leave it out to carbonate itself by continuing to ferment overnight. Be very careful, since the bottles can explode. Some brewers recommend using plastic bottles for this process. When the plastic bottle becomes very firm when squeezed the kombucha is done. Chill the tea to stop the action. Drink cold. The kombucha should keep for a month.
8. To flavor your kombucha, pour flavored waters or juices into the bottles before adding the finished kombucha, or put slices of ginger root or zest right in the bottle.



### How to grow a SCOBY

[youbrewkombucha.com](http://youbrewkombucha.com)

1. Purchase at least 2 cups (16 fl. oz) of unflavored, raw (unpasteurized) kombucha.
2. Pour that kombucha into a glass jar, then cover it with a breathable cotton cloth secured with a rubber band.
3. Leave that jar in a dark, well-ventilated spot for at least 4-5 weeks. Try not to agitate it, because even minor movements can cause the SCOBY formation to sink. If it's particularly cold where you live, it may take 6-8 weeks.
4. After the SCOBY has grown to at least 1/2-inch thick and the kombucha has evaporated/concentrated down to about a cup of very acidic liquid, you can use it as starter tea to brew a batch of kombucha along with your newborn SCOBY.

# coop explorers activity page



© Itay Bitay Fun for Coffee Cups and Crayons



Tommy is trying to catch a fish. But there aren't any fish in the water. Can you see where five little fish are hiding?

## ON THE FARM

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BARN SHEEP  
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 PIG HORSE  
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 GOAT WELL

RaisingOurKids.com



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**  
**\$2,218.40**  
From October 1st through December 31st, 2023

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

**Western UP Food Bank & Keweenaw Family Resource Center**

**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 (DUFB)** shoppers are able to earn up to \$20 per day with no spending limit.

**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 **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.