

Circumspice

March | April 2024



Power Up Your Breakfast

Unlock the secrets to starting your morning off right with this guide to delicious, nutritious, and high-protein breakfast recipes.

We Asked, You Answered!

Get an update from our Board of Directors.

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.



We Asked, You Answered!

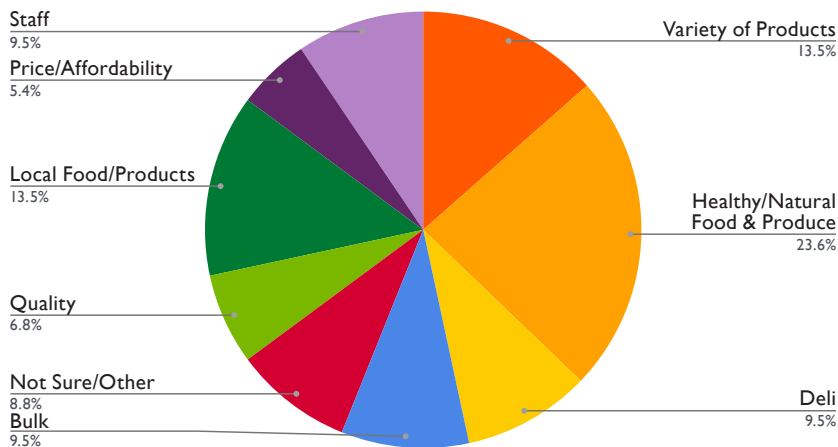
Owner and Community Engagement Committee

Cathy Campbell-Olszewski, Kim Green, Cynthia Hodges,
Joan Schumaker-Chadde, and Whitney Warstler

Your Keweenaw Co+op Board of Directors wanted to check in and make sure we are meeting the needs of our community. We surveyed over 400 owners, shoppers and community members in the last quarter of 2023. If you were a part of our effort, thank you for sharing your thoughts and ideas. We, as a cooperative, are an autonomous association of persons united voluntarily to meet our common economic, social, and/or cultural needs and/or aspirations through a jointly-owned enterprise.

We wanted to know: i) What is important to you in the co-op? ii) How should the co-op serve the community? The results showed that having a place to purchase healthy, natural food and local food and products, as well as a wide variety of products, was most important to respondents.

What is important to you in the co-op?



Unlike big box and chain grocery stores, our co-op has an additional goal to serve the community. When we asked owners and shoppers how we should do it, the overwhelming response was the improved store, which we are going to have soon! Also important was to continue our community presence and our donation programs to serve the community, such as bring-a-bag donations, round up, highway cleanup, etc. In addition, very high on the list was education. We would like to add more educational programs in the future.

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

marketing@keweenaw.coop

Art Director Ariele Pizzo

Stories Keweenaw Co+op

Copy Editor Betsy Smith

Printer Designotype

Circumspice is printed on post-consumer recycled paper and is available for pick up at the co-op and on the web at:

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.

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.

On the Cover

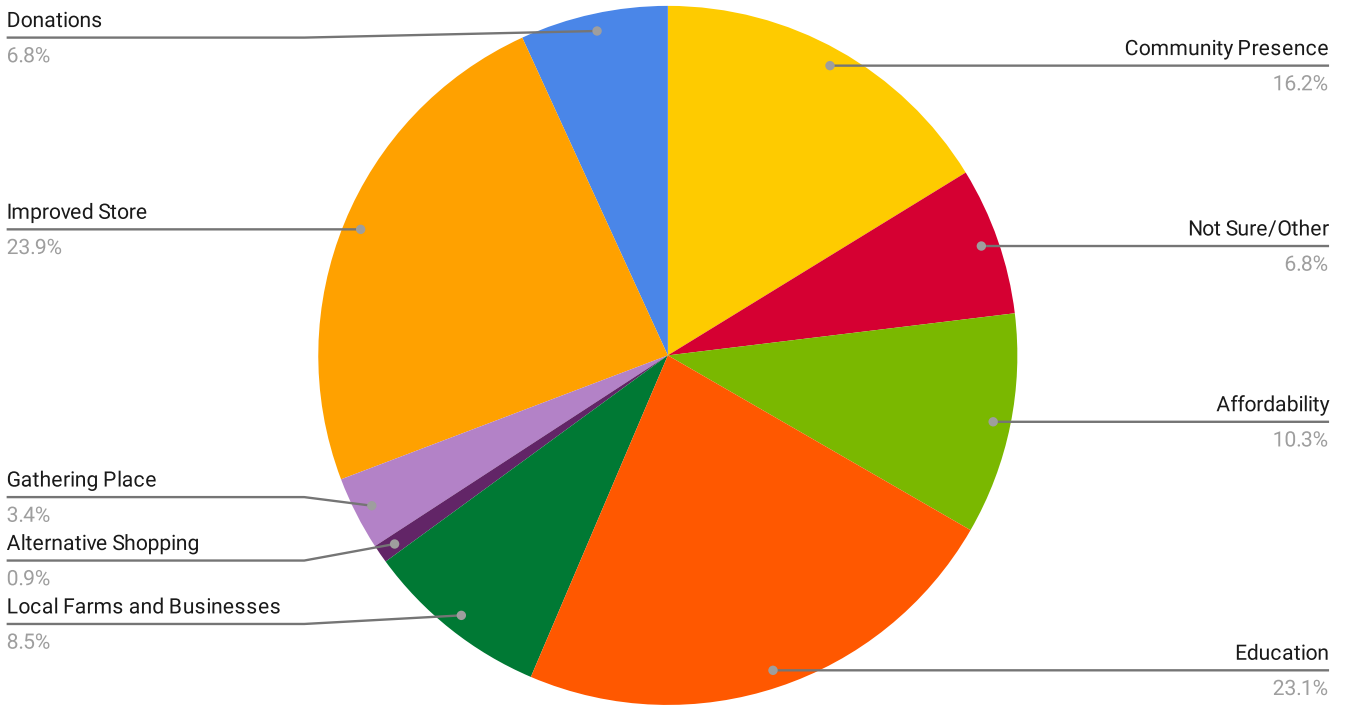
Power Up Your Breakfast

Keweenaw Co+op Market and Deli
1035 Ethel Avenue, Hancock, MI 49930
906-482-2030

www.keweenaw.coop

©2024 Keweenaw Co+op Market and Deli

How should the co-op serve the community?



We also wanted to understand priorities: what is most important? Organic/whole food and local food and products are high on the list. Also corporate citizenship and an emphasis on high quality food.

We want to make sure we capture the needs of our community. Caring and connection are an important part of the co-op experience - we need to make sure all the decisions made in our co-op are imbued with care for everyone in our community.

Q2 How should the Co-op as a whole prioritize the following five values? Please drag and drop your highest priority into the top position, your next priority into the second position, and so on to the bottom.



Q1 What do you value most as a Co-op Shopper? Please drag and drop your highest priority into the top position, your next priority into the second position, and so on to the bottom.



Ben Sandel from Columinate, a national consulting cooperative serving mission-driven organizations, including food co-ops, reminds us that “we help make our community kinder, healthier, and more just by being an owner of our co-op.” Because that is what we do when we are a part of a co-op. We make the community a better place.

community

February 3rd Keweenaw Family Resource Center - Cabin Fever Reliever

The mission of the Keweenaw Family Resource Center is to support, enrich, and strengthen family life in the Copper Country by providing a variety of programs which focus on families with young children.



KFRC was at the Nara Nature Chalet for a snack & a craft along with:

- Snowshoeing
- Sledding
- Scavenger Hunt
- Other Outdoor Activities



Case of Bananas

Nara Nature Chalet - Houghton

www.kfrckids.org

February 6th Keweenaw Chamber of Commerce - Lunch & Learn

Thank you to those that joined the Lunch + Learn Series with Chris Miller, Board Chair/Founding Member, of the National Coalition for Community Capital - NC3.

During the series we were engaged on ways to empower our communities through investment and ownership of community-based businesses and projects by using NC3s models and programs. We were educated with tools that create the investment paths for our local investors and projects.

Learn more: www.nc3now.org

Soup, Sandwiches, and Cookies

Finnish American Heritage Center - Hancock

www.keweenaw.org

Round UP

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

January - March:
Keweenaw Wild Ones

April - June:
Bridging Gaps Child Care

February 15th Michigan Tech Office of Sustainability & Resilience - Sustainability Film Series *The Seeds of Vandana Shiva*

Now in its 14th year, the Sustainability Film & Discussion Series continues to bring relevant and provocative films to Michigan Tech's campus to spur discussion and reflection amongst faculty, staff and students at Michigan Tech, as well as, the entire Keweenaw community. The Series provides a rare opportunity for people of diverse ages, backgrounds and life experiences to engage in meaningful discussion facilitated by a local expert on the topic. Everyone is welcome to attend.

Time: 7 PM, 3rd Thursday of each month, Jan-May.

The Seeds of Vandana Shiva explores the interconnectedness of seeds, food, environment, and social justice through the remarkable life story of the Gandhian eco-activist and agro-ecologist, Vandana Shiva.

Veggie Tray, Cookies, and Fruit

Fisher, Michigan Technological University - Houghton

www.blogs.mtu.edu/sustainability/2024/01/22/2024-sustainability-film-series/

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.

March 20th
Keweenaw Chamber of Commerce - Lunch & Learn

Join the Keweenaw Chamber of Commerce on Wednesday, March 20, 2024, for a presentation by Matt Thyer, owner of Up and Running Technology Solutions.

The presentation will focus on the following:

1. **Current Cyber Threat Landscape:** Learn about the latest cyber threats targeting businesses and how to protect your organization against them.
2. **Data Breach Prevention:** Discover strategies to prevent costly data breaches and safeguard sensitive information.
3. **Business Continuity Planning:** Understand the importance of business continuity plans in the event of a cyber attack or data breach.
4. **Compliance and Regulations:** Stay up-to-date on relevant cybersecurity regulations and compliance requirements to avoid penalties and legal issues.

NOON - 1 PM
Chamber Members - FREE
Non-Members - \$10
All are WELCOME!
Pre-registration **REQUIRED**
at info@keweenaw.org

Soup, Sandwiches, and Cookies
Finnish American Heritage Center - Hancock
www.keweenaw.org

March 24th
Iranian Community at Michigan Tech - Nowruz Festival

Nowruz is the ancient Iranian Holiday to celebrate the new year at the start of spring. Michigan Tech's 9th Nowruz celebration features an Iranian banquet, dance, live music, and stand-up comedy. The event will be followed by a one-hour after-party.

MUB Ballroom at MTU from 5 to 9 PM
Tickets will be available in the MUB Commons
Non-Student Ticket: \$25
Student Ticket: \$18

Dolma
Michigan Technological University - Houghton
www.involvement.mtu.edu/organization/iraniancommunity



Bring-a-Bag Recipient

(January through June, 2024)



April 18th
Keweenaw Chamber of Commerce - Lunch & Learn

Join the Keweenaw Chamber of Commerce on Thursday, April 18, 2024, for a presentation by Jenna Smith from Manpower.

The presentation will focus on the following:

1. Provide a clear understanding of what an Employer of Record (EOR) is and its relevance to small businesses.
2. Explore challenges faced by small businesses in HR and payroll management, and why an EOR can be a good solution for some businesses.
3. Cover payroll processing, benefits administration, compliance management, and legal requirements.
4. Discuss EOR as a risk management solution, safeguarding businesses from HR-related risks.
5. Showcase real-life success stories of small businesses that have thrived through EOR services.

NOON - 1 PM
Chamber Members - FREE
Non-Members - \$10
All are WELCOME!
Pre-registration **REQUIRED**
at info@keweenaw.org

Soup, Sandwiches, and Cookies
Finnish American Heritage Center - Hancock
www.keweenaw.org

over 20,000 bags saved in 2023!

Power Up Your Breakfast

Rise and shine! Fuel your day with these healthy, high-protein breakfast options.



Kale and Chickpea Mini Frittatas

Servings: 12. Prep time: 45 minutes; 15 minutes active.

- 12 large egg whites
- ½ teaspoon salt
- 1 15-ounce can chickpeas
- 4 leaves kale, chopped finely
- 1 large tomato, chopped
- ¼ cup chopped fresh parsley
- 1 teaspoon dried thyme

1. Heat the oven to 350°F. Line a 12-cup muffin pan with paper liners, or grease with shortening or butter, and set aside. (The egg whites will stick if you don't line or grease the pan well.)
2. Whisk the egg whites and salt in a medium bowl; reserve.
3. Drain the chickpeas in a wire strainer and place in a large bowl. Add the kale and tomatoes to the chickpeas. Add the parsley and thyme and mix well, then divide mixture between the muffin cups, placing the items loosely so the egg whites can flow around them. Divide the egg whites between the muffin cups, about ¼ cup of egg per muffin. Tap the pan on the counter to settle the ingredients.
4. Bake for 25 to 30 minutes, until the eggs are set and firm. Cool on a rack before refrigerating or freezing in an airtight container or plastic freezer bag.

Bake these low-fat frittatas ahead of time and store them in the fridge. They're easy to take along as you run out the door on a busy morning!

Reprinted by permission from grocery.coop. Find these and more great power breakfast recipes at grocery.coop.

Peanut Butter Berry Smoothie Bowl

Servings: 2. Total time: 15 minutes.

- 1 cup plain nonfat Greek yogurt
- ¼ cup peanut butter
- 1 large frozen banana
- 1 cup frozen strawberries
- 2 tablespoons strawberry jam

Toppings

- 2 cups fresh strawberries, sliced
- 1 cup granola
- 2 tablespoons chopped roasted peanuts
- 2 tablespoon chia seeds

1. Place the yogurt, peanut butter, banana, strawberries and jam in a blender, and secure the lid. Puree until smooth. Divide the smoothie between two low, wide bowls and spread mixture evenly. Arrange the sliced strawberries on each bowl, then garnish with the granola, peanuts and chia seeds. Serve immediately.

A bowl so delicious, it's almost like having ice cream for breakfast — but with nutritious protein and fruit you can feel good about eating.





Avocado and Egg Brown Rice Bowl

Servings: 2. Prep time: 15 minutes.

- 1 ½ cups leftover cooked brown rice
 - 2 teaspoons canola oil or butter
 - 2 large eggs
 - 1 large avocado
 - Optional garnishes: Sliced pickled ginger, kimchi, toasted sesame seeds, sautéed greens or leftover cooked vegetables, shredded cheese, hot sauce
1. Reheat rice gently in a small pan with a few drops of water, or in the microwave. Divide the heated rice between two wide bowls. Heat a cast iron or non-stick sauté pan over medium heat for a minute, then add the oil or butter

to the hot pan. Crack each egg into the pan and reduce the heat to medium-low. Cover the pan and let cook for about 2 minutes, until the whites are set and the yolk is jiggly when you shake the pan gently.

2. While the eggs cook, cut the avocado in half lengthwise, and remove the pit. Use a paring knife to slice each avocado half in the shell, then scoop the slices out with a spoon. Fan half of the avocado slices over each bowl of rice, and place a cooked egg on each bowl. Serve with optional garnishes for a hearty breakfast or lunch.

For an even heartier breakfast, add sausage, cubed tofu or bacon crumbles to this whole-grain dish.

Peanut Butter Pancakes

Servings: 4 (12 pancakes). Prep time: 30 minutes.

1 cup whole-wheat pastry flour
1 tablespoon sugar
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 large egg
½ cup creamy peanut butter, divided
½ cup nonfat Greek yogurt
1 ¼ cup milk or almond milk, divided
1 teaspoon vanilla
3 tablespoons maple syrup
1 teaspoon coconut oil
Bananas, grapes, strawberries or
lightly sweetened cranberries

1. Heat the oven to 200°F, to keep the pancakes warm while you finish cooking.
2. In a large bowl, combine the flour, sugar, baking powder, baking soda and salt, and whisk to mix well. In a medium bowl, combine the egg, ¼ cup peanut butter, and yogurt and stir to a smooth paste. Whisk in a cup of the milk gradually, then

the vanilla, until smooth. Stir the egg mixture into the flour mixture, just until combined.

3. Preheat a griddle or a large non-stick or cast iron skillet over medium heat. When hot, brush lightly with oil. Use a ¼ cup measure to scoop portions of batter into the pan, leaving space between the rounds of batter. As the pancakes start to form bubbles on top, reduce the heat to medium-low. Cook for about 2 minutes on the first side, until the edges look cooked and the top is bubbled. Carefully flip each cake and cook for about 2 minutes longer. Transfer to a large, heavy platter and place in the oven as you finish the remaining pancakes.
4. Before serving, combine the remaining peanut butter, coconut oil, remaining ¼ cup of milk and maple syrup and stir over low heat just until warmed and pourable. Stack three pancakes, top with the peanut butter sauce and add sliced or whole fruit.



Do It Yourself

Fun Gardening Projects to Try with Your Kids!

By: Eve Adamson

Tube garden

Start your seeds and recycle at the same time. Toilet paper tubes are small and easy for small hands to manipulate. Plant tomato, pepper, pea, or bean plants in toilet paper tubes filled with potting soil, in early spring. Prop them upright in a tray or flower pot. When the seeds sprout, pop the whole toilet paper tube into the garden after the soil is warm.

Salad in a box

Any window box, bucket, basket, or other container with drainage at the bottom will do. Fill your container with potting soil and plant a variety of lettuces and spinach in rows, circles, or just scattered over the top. Press into place and water lightly. Keep the soil moist. When the greens sprout, trim off a few leaves each day of different plants, to include in a salad. For kids who don't like bitter tastes, butter lettuces are a good choice.

Salsa garden, pizza garden, or spaghetti garden

Devote your garden plot to a food theme your kids can relate to. For a salsa garden, plant tomatoes, tomatillos, bell peppers, jalapeno peppers, onions, and cilantro. For a pizza garden, plant Roma tomatoes, onions, garlic, basil, spinach, eggplant, or whatever else you like on your pizza. For a spaghetti garden, try Roma tomatoes, onions, garlic, basil, oregano, and thyme. Just add meatballs.

Mushroom garden

If your child has a daring palate, try growing mushrooms. Many companies sell mushroom growing kits that make it easy to spawn this fascinating fungus in a box in your home.

Herb circles

A round container or a small circle dug out of your sod can be an herb circle. Plant basil, lavender, tarragon, thyme, and edible nasturtium flowers in concentric circles. Your child can sample the different smells and tastes, and help you decide which herbs to add to which foods.

Flowers and fruit garden

For some kids, fruit is an easier sell than vegetables. If you have the space, plant watermelons, cantaloupe, or honeydew melons, interspersed with native wildflowers, for a pretty but gastronomically satisfying garden experience.

Pumpkin garden

Two or three pumpkin plants will sprawl and spawn just what you need for Halloween crafts as well as pumpkin pie, pumpkin butter, pumpkin bread, and pumpkin puree you can add to applesauce, smoothies, or even chili. Marigolds nestled between the vine make a prettier plot.















Bean teepee

If you have the space, give your child the gift of this magical-seeming, ephemeral playhouse. You don't have to use leftover molding like my dad did, any thin wooden pole or bamboo rod will work. For each teepee, put five or six poles, about 5 to 6 feet long, in the ground in a circle, approximately 3 feet in diameter. Prop or tie the tops together. Plant pole beans around each stake. Water and mulch, then watch as each teepee leafs out, creating a private space just for small people.

Gardening with your kids gives them many gifts. They learn where food really comes from. They learn how to work together with others towards a common goal. They learn a practical skill. They learn how fresh food tastes. They learn the feel and smell of wet dirt and mulch. And they learn that they have the power to take something as small and full of potential as a seed, and nurture it until it becomes everything it was meant to be. Just like you are doing with them.

I SPY Spring



- | | | | | | | |
|--|--|--|---|---|--|--|
|  7 |  5 |  6 |  11 |  7 |  4 |  6 |
|  13 |  8 |  5 |  10 |  5 |  8 |  4 |



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 **\$1,736.72** from January 1st through March 3rd, 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 (DUFB) 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.