

FOOD *for* THOUGHT

Marquette Food Co-op
Newsletter

Fall 2013



FOOD *for* THOUGHT



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Food for Thought

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Marquette Food Co-op

906-225-0671 • open daily, 9 to 9
info@marquettefood.coop
www.marquettefood.coop

Board of Directors

Glenn Sarka PRESIDENT
Brian Brady VICE PRESIDENT
Barbara Krause TREASURER
Rob Mielke SECRETARY
Tom McKenzie
Mike Potts
Janna Lies
Phil Britton
Matt Gougeon GENERAL MANAGER

Everyone is welcome to attend Board Meetings, held the third Tuesday monthly at 6pm in the Co-op's conference room. For board member contact info: www.marquettefood.coop

Disclaimer

The views within this publication are as diverse as the 3,500+ households sharing ownership of our Co-op, and thus do not represent the store, its Board of Directors, or staff. The Co-op does not prescribe health treatments or products. We offer the extensive knowledge of our staff, and encourage you to prescribe for yourself—every individual's right.

About Us

Food for Thought

This newsletter is published in-house four times per year for owners and friends of the Marquette Food Co-op.

Our Mission

Marquette Food Co-op exists so that:

Our owners, customers, and community have access to organic and wholesome products, and the benefits of a healthy, diverse, educated, and sustainable community.

Local producers and growers of organic, wholesome goods are supported as part of a strong and vibrant local food network.

Owners, customers, and community members are educated about food and related issues.

Owners and customers will benefit from access to local, organic, wholesome, and fairly-traded food and products.

Our Values

The cooperative principles

Voluntary and open ownership.

Democratic owner control.

Owners' economic participation.

Autonomy and independence.

Education, training, and information.

Cooperation among co-ops.

Concern for the community.



Calendar

Events are held in the Co-op's conference room unless otherwise noted.
Visit www.marquettefood.coop for full event details.

Board of Directors Meetings

September 24

October 15

November 19

(tues) 6pm

Living Allergen-Free

September 2

October 7

November 4

(mon) 6pm

rsvp 225-0671 x24

Wellness Days

September 29

October 27

November 24

(sun) 5% off all body care items, bulk herbs, teas & spices, general merchandise

Getting To Know Your Co-op

September 9 or 19

October 14 or 17

November 11 or 21

(mon or thurs) 6pm

rsvp 225-0671 x24

Local Farm Tours

September 1 : NMU Hoop House,
Hannah's Garden, Badger Creek Farm

(sun) 1-4pm

Labor Day – CLOSED

September 2 (mon)

Beer & Cheese Tasting

September 3

*(tues) 6:30pm @ ore dock brewing company
tickets available @ mfc or ore dock*

Celebrating Tomatoes: Salsa Contest and Kids Tomato Squish & Save

September 7

(sat) 10am-12pm @ children's museum courtyard

Consequences of the Modern Meat Industry

October 7 and 14

(mon) 6pm @ peter white public library

Baraga Block Party

October 12

(sat) 2pm-10pm

Harvest Potluck

October 25

(fri) 5:30pm @ the marquette armory

Cooking Classes

September 10 or 24: Mexican Street Food

October 23 or 30: Traditional Food of the Czech Republic

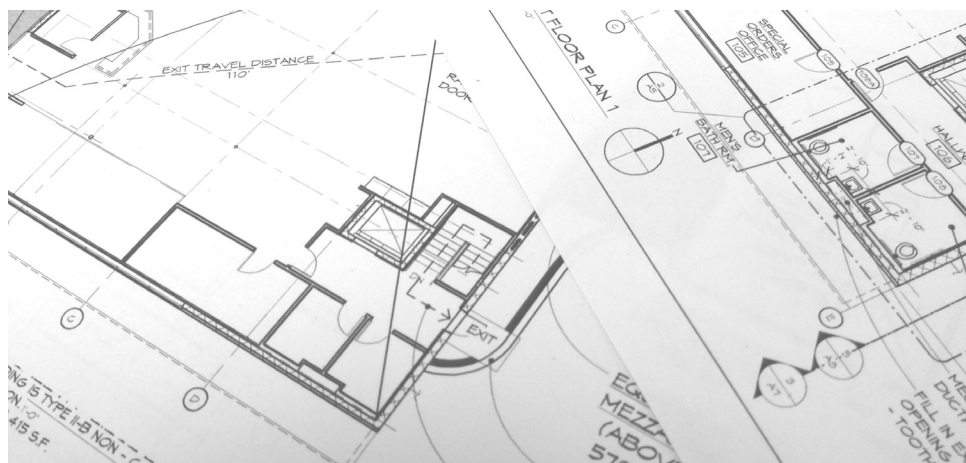
November 12 or 19: A Vegan Thanksgiving Feast

*6pm @ mshs home economics room
rsvp 225-0671 x23*

Thanksgiving – CLOSED

November 28 (thurs)

Expansion News



Our expansion project has gone out to bid and, at the time of this writing, our Board of Directors and management have chosen contractors to complete the work. We were fortunate that all contractors bidding our project were local and well-respected for their work. This made choosing contractors both difficult and enjoyable. Premeau Construction has been chosen for the general construction of our store, electrical work will be completed by Code Electric, plumbing and HVAC by Dressler Mechanical, and fire suppression by Excel. Criteria for choosing contractors was not limited to bid price, but also included work history, references, local (or not), communication, capacity to do the work, and ideas/thoughts on the project. Any or all of these criteria played into our selection process. Construction Manager, Jim Murphy, and I presented all information to the Board and made recommendations. Contracts will be awarded to these companies when financing is finalized. A contractor for site work is yet to be determined. We are moving as quickly as we can as our Upper Peninsula construction season, like our growing season, is short! We are

**Thank you all
for your patience
during this exciting
time in our Co-op's
history.**

also currently in the middle of the permitting phase of the project with County and City officials and simultaneously working with our lenders, Range Bank, Northern Initiatives, and the Michigan Economic Development Corporation to finish our financing. Myriad details must be determined as we approach a construction start date.

In the meantime, if you have considered investing in our expansion through the purchase of preferred shares, there is still time—and need for your investment. Any investment from members is less money we have to borrow from the bank. We are just shy of having raised

\$250,000.00 for expansion through the sales of shares, so help us reach the half million mark! If share purchases are not the right vehicle for you, Expansion Gift Certificates are available from a friendly Customer Service Specialist in the store, and can be purchased in small dollar increments. Every little bit helps!

It has been a long haul to get to this cusp of expansion. I am amazed at what it takes to make such a project happen. We have needed approval and understanding from our Board



of Directors. Legal assistance was required to navigate the waters of community investment and building purchases. Grocery industry expertise helped us design the store and create a merchandising plan. Architects and engineers drew the construction plans. City, County, and State officials supported the project. Lenders have had to understand our projected future in order to fund the project. But most importantly you, the members of this cooperative, have stood behind and believed in your organization and continue to sustain it through many changes in order to have it better serve your needs for wholesome food and goods. My role has been to facilitate between all the various stakeholders in this expansion. I have learned much and met many people in our community who have gained a new appreciation for what we do, what we represent, and how we positively impact our community.

We're almost there. I thank you all for your patience during this exciting time in our Co-op's history. Consider investing through the purchase of preferred shares. At a 4% dividend; it's truly hard to find a better rate of return these days, particularly one that allows you to invest locally. Together we will enjoy one last fall and



winter in our Baraga St. location. Let's give this old place a busy and profitable send off. It has served us well over the last 10 years, and soon we will have a new facility to grow the Marquette Food Co-op for the next generation of owners and community.

Matt Gougeon
general manager

906-225-0671 x10 / gm@marquettefood.coop

Upcoming Events



Food Events & Workshops

Beer & Cheese Tasting with the Ore Dock

Tuesday, September 3

6:30pm

Ore Dock Brewing Company (upstairs)

The Marquette Food Co-op and Ore Dock Brewing Company have teamed up again, matching delicious beer and cheeses for you to try in honor of Michigan Craft Beer Week. Ticket holders will enjoy five different beer and cheese samples, receive tasting information, and get to talk one-on-one with the Ore Dock brewer and MFC cheese buyer. Doors open at 6:30. Beer and cheese served from 7:00-8:30. Tickets are \$25 per person and are available at the Marquette Food Co-op or the Ore Dock. For more information contact Sarah at 225-0671 x23 or Anjila at 250-6622.

Celebrating Tomatoes: Salsa Contest and Kids Tomato Squish & Save

Saturday, September 7

10am-12pm

Children's Museum Courtyard

To celebrate the tasty local tomatoes we look forward to every year, the Marquette Food Co-op is hosting tomato themed events. The community is invited to stop in for fresh, local samples of tomatoes, and participate in a salsa

contest, judged by the Co-op Kitchen staff. The Children's Museum will also be celebrating with us, helping children squish tomatoes and save the seeds for next year's garden. This event is free to everyone. More details about the salsa contest can be found at www.marquettefood.coop. Pre-registration for the contest is appreciated but not required. For information or questions contact Sarah at 225-0671 x23.

Consequences of the Modern Meat Industry

Monday, October 7 and October 14

6pm-8:30pm

Shiras Room, Peter White Public Library

The United States has a huge supply of affordable and easily accessible meat. While the price at the store or restaurant might seem cheap, the hidden cost this industry imparts to our society is not. Participants in this two part class will read short works about our industrial meat system, and then discuss the economic, cultural, and social ramifications of the business. Discussion will be led by NMU's Dr. Michael Broadway, an expert in the field and author of *Slaughterhouse Blues: The Meat and Poultry Industry in North America*. This event is free to everyone. Preregistration is required. Call Sarah at 225-0671 x23 to reserve your spot.

Co-op Cooking Classes

Mexican Street Food

Tuesday, September 10 or September 24
6pm

MSSH Home Economics Room (126)

Inspired by the delicious street food of Mexico, the food in this class is simple but flavorful. Participants will learn recipes that can be used to make a variety of easy weeknight Mexican meals. Taught by Mary Moe of the Marquette Food Co-op.

Traditional Food of the Czech Republic

Wednesday, October 23 or October 30
6pm

MSSH Home Economics Room (126)

The Czech Republic is renowned for tender meat dishes, sumptuous sauces, and main courses that feature sweet flavors, such as berry filled dumplings. Taste classic Central European fare for yourself and receive recipes to recreate the experience at home. The class is taught by Alexandra Kralova, a Marquette resident originally from the Czech Republic.

A Vegan Thanksgiving Feast

Tuesday, November 12 or November 19
6pm

MSSH Home Economics Room (126)

Thanksgiving, a celebration of family, friends, and food can sometimes feel a little lonely for those who can't share in the feast. As family eating habits become more diverse, we don't always know how to cook for one another. Attendees of this class will learn how to make vegan comfort foods that fit right in at the harvest feast, and bring joy to everyone at the table. As an added bonus, many recipes will also be gluten-free! Taught by Jess Zerbel and Leon Katona of the Marquette Food Co-op.

Cost for all cooking classes is \$15 for Co-op owners, \$30 for non-owners. Preregistration is required. Call Sarah at 225-0671 x23 to reserve your spot.

Volunteer at the NMU Hoop House!

As a partnership with NMU's College of Professional Studies, the Marquette Food Co-op, and Northern Initiatives, the NMU Hoop House serves as a collaborative learning center for eaters of all ages who are curious about where food comes from and want to learn more about how it is grown. Through student-driven research and community education on sustainable agriculture, the project aims to expand our local food system, increase food security, and promote access to fresh, healthy food for everyone. Volunteer opportunities are available Mondays and Wednesdays, April through October.

For more info contact:

Abbey Palmer at 906-225-0671 x25
apalmer@marquettefood.coop



U.P. Food Exchange



Our Co-op has played a prominent role in the creation and ongoing maintenance of the U.P. Food Exchange. The U.P. Food Exchange (UPFE, The Exchange) is an entity created in November of 2012 with funds from a Regional Food Systems Grant from the Michigan Department of Agriculture and Rural Development. UPFE supports the local food activities already taking place within the Upper Peninsula's distinct regions (eastern, central, western), and assists with the development and ongoing maintenance of the three successful regional food hubs. UPFE serves as a resource portal for farmers, businesses, and individuals looking to connect with, and actively participate in, their local food system.

Still in its first year, the U.P. Food Exchange has accomplished many things, including, but not limited to the following: creation of an interactive and informational website, moving the U.P. Food & Farm Directory online and making it fully searchable, supporting the development of a local food coordinating body on the west end

of the U.P., assisting Harmony Health Foods in Sault Ste. Marie to increase their local food storage capacity, conducting a trucking/distribution study, and offering marketing assistance and food safety training to U.P. farmers.

The Exchange is working diligently with current farmers to increase their production capacity and with beginning farmers to get them started.

Two projects not mentioned above warrant more attention. The first is the online marketplace, which can be accessed through the UPFE website. We are excited about our online marketplace that will allow institutions (restaurants, hospitals, schools, etc.) to purchase local food from U.P. farmers. Currently, U.P. farmers are not producing enough to meet the demand for locally-grown food. This means that institutions may not

able to purchase everything they are looking for when the market first opens, but the Exchange is working diligently with current farmers to increase their production capacity and with beginning farmers to get them started.

We anticipate that most buying and selling will occur within the regional online marketplaces for the first couple of years due to small production capacity and the absence of a coordinated

distribution system. Once production increases, we will most likely see cross selling between regions, and by then, we will have some kind of aggregation and distribution system in place. Slow and steady wins the race, so bear with us as we plant marketplace seeds now that will continue to produce a more robust system with each passing year. A group of farmers and institutions from all three regions (east, central, west) has been testing out the system for several months now. We anticipate that the online marketplace will open sometime in September.

The second project is the coordination of a local food summit in each of the U.P.'s three regions. They will be modeled after the local food summit that has taken place in the eastern U.P. for the last two years. This year's summits, *Together at the Table: Recipes for a Sustainable Local Food System*, will take place the first week of November in Houghton, Marquette, and Sault Ste. Marie respectively. Keynote speaker Ken Meter of the Crossroads Resource Center, will be talking about each region's potential for improved economic growth via agriculture. Participants will have the opportunity to join in the discussion about how to best address local food issues in their region. Topics will include: initial results of the second U.P. Ag. Assessment, increasing local food use by institutions and restaurants, connecting growers and buyers, as well as a look at supply and demand issues such as expansion, distribution, and processing, purchasing local foods, and the economics of local foods. Farmer presentations, exhibits, networking opportunities, and a local food lunch



TOGETHER AT THE TABLE

RECIPES FOR A SUSTAINABLE LOCAL FOOD SYSTEM

All who eat are invited to attend the summit in their region!
Speakers, exhibits, local food lunch...

Tuesday, November 5th
HOUGHTON

Wednesday, November 6th
MARQUETTE

Thursday, November 7th
SAULT STE. MARIE

Brought to you by the U.P. Food Exchange
www.upfoodexchange.com | (906) 225-0671 x11

MICHIGAN STATE UNIVERSITY | Extension marquette food co-op Western Upper Peninsula Health Department

will all be part of the exciting one-day summits. Everyone who eats is encouraged to attend the summit in their region. Registration information will be available in late September.

Find more information about the online marketplace or the local food summits visit:
www.upfoodexchange.com.

Natasha Lantz community liaison

906-225-0671 x11 / nlantz@marquettefood.coop

October = Co-op Month



Harvest Potluck

Friday, October 25

5:30pm

Marquette Armory

Bring a dish to pass (with serving utensils), your drink of choice, dinnerware, and good spirits. Social begins at 5:30pm, dinner starts at 6pm.

The Armory is located on NMU's campus, at the corner of Wright and Lincoln. Parking is available in the Armory's lot off Lincoln.

The theme of this year's annual Harvest Potluck is World Food Day. Food Day is a nationwide celebration of healthy, affordable, and sustainably produced food, and a grassroots campaign for better food policies. We will be showing a film or two on food and also holding a food drive.

Our Co-op would like to do our part in helping our friends and neighbors in need. We are reaching out to you, our owners, to help us contribute to the health of our community.

As folks that value healthy alternatives to our nation's standard fare, we are asking for donations of items of the same caliber for our food drive. There are hundreds of families in our area that receive food from food pantries and many of them are unable to eat the vast majority of the food available to them due to health needs. We are seeking items that are non-perishable. The list of items below are a sample of the kinds of items that are harder to find in food pantries.

- *gluten free*
- *vegan*
- *low sugar*
- *dairy free*
- *soy free*
- *whole grain cereals*
- *whole grains*
- *dried peas*
- *dried beans*
- *dried lentils*
- *whole oats*
- *brown rice*
- *green cleaning products*
- *ground coffee*

Bring your items to the potluck and we will transport them to the Central Upper Peninsula Food Bank in Ishpeming.

Baraga Block Party

Friday, October 12

2pm-10pm

Baraga Avenue (between Front St. & Third St.)

Join Baraga businesses and beyond to celebrate the harvest. Each business will have something special to offer to promote the season. Our Co-op will have samples, a raffle prize, and harvest recipes. There will also be food, a beer and wine tent, children's activities, music, and more filling the street!

Questions? Call 225-0671 x26

Get your Thanksgiving Turkey from us!

Frozen Organic and Free Range
from Larry Schultz

\$3.99 per pound

Pre-order forms will be available in November

Introducing...



Greetings Marquette Food Co-op Owners! I want to tell you how honored I am to be your Store Operations Manager. These past few months have been a whirlwind of new faces and education.

If you are curious about who I am, here's a glimpse; I have spent the past 20+ years working in the food industry with an emphasis on restaurants. Most recently, I worked with the Border Grill as their Operations Coordinator. My time with Border Grill allowed me to delve further into my love for food and service. It is my passion to provide people with wholesome and healthy food that led me to the Co-op.

My main role is to support and oversee the MFC management and to give them the tools they need to successfully manage day-to-day operations of the store. I am working on several new programs to help give both our staff and management the confidence and know how to better serve each other while giving you the same great service you've come to expect from your Co-op.

I look forward to meeting all 3500+ of you in the future.

Sincerely,

operations manager

906-225-0671 x17

operations@marquettefood.coop

More new faces at the Co-op

David Rutkoske

Kitchen Manager

Patrick Myron

Produce Department Manager

Heather Hall

Grocery & Produce Departments

Lauren Michie

Wellness Department

Heather Glass & Tye Feltner

Co-op Kitchen

Sabrina McFerron & Candace Prill

Front End

Neal Curran & Will Mulligan

Produce Department

Staff Pick



"Here at MFC, one of the products that I love the most is **Artisana Coconut Butter**. Coconut butter is just raw coconut flesh. It's gluten free as well as vegan—but you don't need to be either to love it. It comes in an easy snack-sized packet or large jar. It's creamy and delicious as my chocolate replacement. Coconut Butter gives me healthy fats and an extra energy boost. I love to spread it on bananas and sprinkle chia seeds or almonds on top. A dollop of it goes great in smoothies and I add it to my cashew date bars for extra sweetness. It's also great spooned right out of the jar!"

Crystal Borst
sample coordinator

Marquette Food Co-op
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