

Food For Thought

marquette food co-op newsletter
summer 2013

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food for thought

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marquette food co-op

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board of directors

Gina Eggers
Rob Mielke
Tom McKenzie
Glenn Sarka
Mike Potts
Brian Brady
Janna Lies
Barbara Krause
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.

printed on 100% post-consumer recycled paper



calendar

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

living allergen-free

June 3

July 1

August 5

(mon) 6pm

rsvp 225-0671 x24

wellness days

June 30

July 28

August 25

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

fourth of july

July 4 (thurs) co-op open all day

getting to know your co-op

June 10 or 20

July 8 or 18

August 12 or 15

(mon or thurs) 6pm

rsvp 225-0671 x24

hoop house workshops

June 5 : Weeds 101

July 9 : Seed Saving 2

August 28 : French Intensive Gardening

6pm @ nmu hoop house

rsvp 225-0671 x25

local farm tours

June 2 : Grand Bees Apiary

June 23 : Guindon Farms

July 7 : Seeds & Spores Family Farm,
Ever Yielding Acres

August 18 : Wixtrom Natural Farms

August 25 : Shady Grove Farm

September 1 : NMU Hoop House,
Hannah's Garden, Badger Creek Farm
(sun) 1-4pm

farmers market demos

June 15 or 22 : Garlic Scapes
date based on availability

July 27 : Food Demo TBA

August 31 : Tomato Tasting
(sat) @ the marquette commons

board of directors meetings

June 18

July 16

August 20

(tues) 6pm

thank you outgoing board members

Mary Kramer

Rick Kochis

Kathy Leone

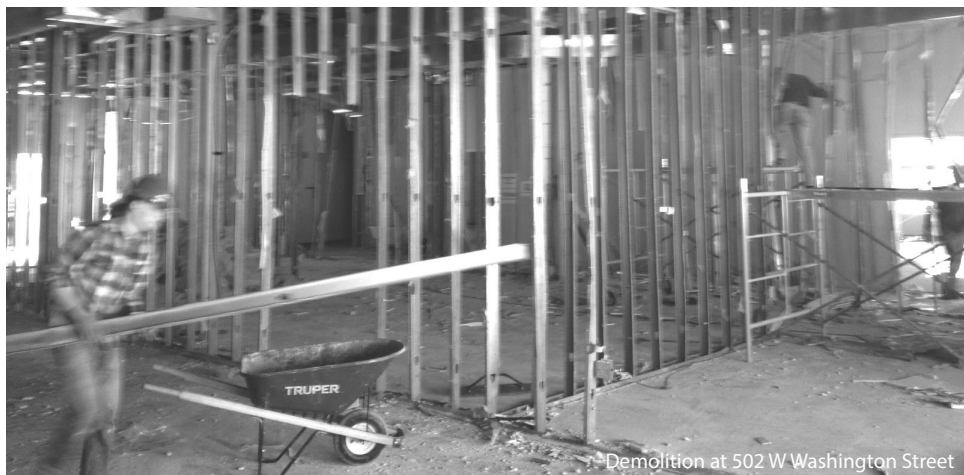
welcome new board members

Janna Lies

Barbara Krause

Phil Britton

expansion news



Demolition at 502 W Washington Street

As of this writing, demolition inside our new building is nearly complete and we've sold 145 shares of "series A preferred stock"! It certainly sounds as though expansion of your Marquette Food Co-op is underway. But there's still more to do before we are "full steam ahead." Some plan details need to be finished before we put the project out to bid, including the atrium entrance to the building, interior lighting design, and the mechanical design of our new store. All this will happen soon, at which point we will finalize our financing plans and get construction started. Your new store will be built this summer and fall, and we will determine a move-in date once construction starts.

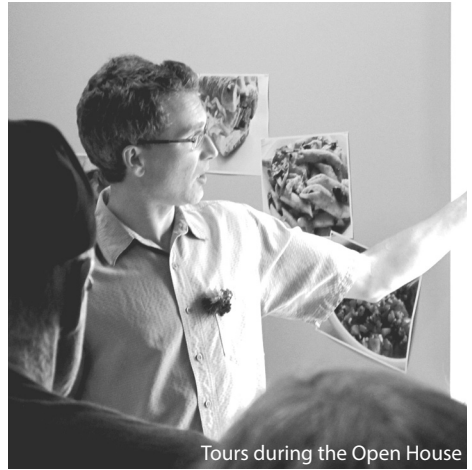
In the meantime, consider investing in the project, either through the purchase of preferred shares, expansion gift certificates, or by contributing to our community room kitchen. (www.indiegogo.com/projects/the-marquette-food-co-op-classroom) We need your help. This expansion has been a long time coming and the push to get it going is happening right now! Thanks to everyone who attended our open house on April 30. It was a huge success and many members pledged investment that night, so come on in and let's seal the deal!

The comment we have heard often from the beginning of this project is that members don't want to lose the "look and feel" of the current store. I contend that much of the look and feel of our store has to do with the people who work here and their level of commitment to the cooperative principles. I know there is a fear that the new store will feel too large and formal, but rest assured, even at three times our current space, we will likely feel crowded soon enough. Consider that you could fit about six of our new store inside the walls of other area retail grocers! We've hired two regional firms for interior design and lighting, The Retail Planit (www.retailplanit.com) and Creative Lighting Design and Engineering, (www.cld-e.com). These Wisconsin designers have been given the information we've collected over the last three years from members and staff and have transformed it into a beautiful color palette, signage, texture, and light. While we aim to maintain our unique cooperative identity, the new store will contain elements of a "public market."

Another comment I hear is "Why don't we use local companies for interior design of the store?" The firms we chose do this kind of work regularly and were excited to work with our very indepen-



Owners visit the Open House



Tours during the Open House

dent business as they are both small independent firms themselves. They are eminently set up to provide us with the components, materials, and equipment to fit out our store in a timely manner according to a construction schedule. That said, there will be opportunity for our local folks to contribute décor, art, and utilitarian pieces to our store over time. Already bike racks and stained glass have been proposed. And the big question of what to do with that giant retaining wall behind the parking lot remains to be addressed!

We are close to seeing all our months of planning and work come to fruition. We still need your help through investment and contribution. Keep checking our Facebook and website for continued updates or peek through the windows at 502 W. Washington to get a sense of the scale of the place. In the meantime, come down to the store and enjoy the final months at our current location which has served our needs for the last ten years. Thank you for your patience and assistance. We're almost there.

Matt Gougeon
general manager

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Help Contribute To Our Dream Classroom

www.indiegogo.com/projects/the-marquette-food-co-op-classroom



EDUCATION

The Marquette Food Co-op Classroom

by Marquette Food Co-op

📍 Marquette, Michigan

Marquette Food Co-op needs a stellar classroom to get people excited about cooking!

\$1,265 USD

6%



32 days left

18 funders

local food events



Get more involved in local food this summer!

Farm Tours

The Farm Tours are a great way to see the farms and meet the farmers who supply the Co-op. Twelve farms will host open-houses on Sundays throughout the summer. This year, each farm has selected a topic to highlight on a guided tour that focuses on a unique aspect of the farm's operations. So even if you've been to a farm for past years' tours, take advantage of this free opportunity to learn more about how real farms work here in the central U.P. For more details and information please pick up a Tour Guide in the store (or check out the Co-op website).

**Sunday, June 2 • 1-4 pm • L'Anse
Grand Bees Apiary**

Keeping bees and maintaining hives

**Sunday, June 23 • 1-4 pm • Cornell
Guindon Farms**

Farm tour and hay rides

**Sunday, July 7 • 1-4 pm • Skandia
Seeds & Spores Family Farm**

Farm diversity—the farm as a living organism

Ever Yielding Acres

Increasing soil fertility

**Sunday, August 18 • 1-4 pm • Republic
Wixtrom Natural Farms**

*Field trial results for organic potatoes and SARE
Field Day*

**Sunday, August 25 • 1-4 pm • Gwinn
Shady Grove Farm**

Permaculture and farming small spaces

**Sunday, September 1 • 1-4 pm • Marquette
NMU Hoop House**

*Tomato tasting with specialty salts from Mar-
quette Food Co-op.*

Hannah's Garden

Easy ways to bring gardening into your life

Badger Creek Farm

Raising dairy goats

Hoop House Workshops

The NMU Hoop House, a three-season greenhouse on Northern's campus that is managed by our Co-op, offers gardening workshops in the summer on topics ranging from seed saving to French intensive gardening methods. These workshops are taught by experienced local producers who have been working in the U.P. for years.

This volunteer-run hoop house is an educational facility that provides a place for gardeners, beginning farmers, school groups, and community members to learn and practice innovative methods of food production with an emphasis on



season extension. The food produced in the hoop house is donated to high need populations and is used in the fall by NMU's Culinary Arts program in the student-run Culinary Café and Chez Nous. Volunteer opportunities are available!

These workshops are held in the NMU Hoop House at the Jacobetti Center. A \$5 donation is suggested and preregistration is required. Please contact Abbey for more information on these projects.

Weeds 101

June 5 • 6 pm

Learn how to identify common garden weeds for food – and which ones are threats to the health of your garden and the larger ecosystem.

Save Your Own Seeds II

July 9 • 6 pm

Your garden can provide you with all the seeds you need for next year. Saving seeds preserves genetic diversity in garden plants and ensures that varieties adapted to our unique growing conditions are available to future generations.

French Intensive Gardening

August 28 • 6 pm

Learn an urban farming method that has its roots in 19th century France. French intensive gardening uses raised beds, careful soil preparation, and space-saving techniques to maximize yields in small gardens.

Abbey Palmer

special projects coordinator

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Farmers Markets

Our local farmers markets will be open in late May and early June. Despite the late spring, expect to find locally raised plant starts, fresh kale, spinach, and radishes, as well as honey, beef, and chicken at the Marquette Farmers Market. Stop by to meet new vendors! Be on the lookout for posters at the Co-op announcing the cooking demonstrations and tastings that will be happening at the Marquette market throughout the summer, in addition to the autumn's ever-popular cider pressing. Our local food system is growing, and more and more people are getting involved.

Munising Farmers & Artisans Market

Tues. 4 - 7PM • End of May- Mid October
(also open Thursdays during July and August)
Bayshore Park

Jackson Mine Farmers & Crafters Market

Wed. 4:30 - 7PM • May 29 - Sept. 18
Miners Park

Gwinn Farmers Market

Thurs. 5 - 7PM • June - September
Old Gwinn Middle School

Big Bay Farmers Market

Sat. 9AM - 12PM • Starts June 22
Uptown Big Bay

Marquette Farmers Market

Sat. 9AM - 2PM • May 25 - October 26
Marquette Commons

u.p. food exchange



Natasha Lantz (left) and Kathryn O'Donnell (right) visit the Washtenaw Food Hub site
Image courtesy of Lindsay Way and the Washtenaw Food Hub

Growing Local Food Systems

The U.P. Food Exchange (UPFE) 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.

The Exchange is housed by our Co-op, which helps to organize and coordinate its activities as part of a collaborative relationship with MSU Extension. The Exchange has been well received across the U.P. during its first six months and has experienced more initial momentum than anticipated, evidenced by the 40+ new listings in the U.P. Food & Farm Directory of farms and businesses that sell local food products in the U.P. UPFE has made it possible to spread the word about local food and farming to a much greater audience than ever before. The print version of the directory will come out in early June.

We have also seen an increased opportunity to partner with others at the state and federal level. UPFE has been able to bring attention locally, state-wide, and nationally to the issue of very small and small farm food safety and its poten-

tial impact on our local economies and food hub development. Recently, we learned of the opportunity to use UPFE grant funds to pay Ken Meter of the Crossroads Resource Center to conduct three agricultural impact studies in the respective regions of the U.P. as well as a compilation study of the entire U.P. This data will be used to illustrate the current and potential impact of agriculture as economic development here.

The U.P. Food Exchange is truly functioning as we envisioned. UPFE is serving as a resource portal for farmers, businesses, and individuals looking to connect with, and actively participate in, their local food system. What else is UPFE doing for local food? Below are answers to frequently asked questions.

What is a Food Hub?

A regional food hub is a business or organization that actively manages the aggregation, distribution, and marketing of source-identified food products primarily from small to mid-sized producers to strengthen their ability to satisfy wholesale, retail, and institutional demand.

Regional Hub Missions

All those with an interest in local food and agriculture are eligible to participate in regular meet-

ings and be part of the teams that create and coordinate the efforts of each hub.

- The Eastern U.P. Food Hub (EUP Food Hub) seeks to develop and implement strategies that will help support the viability and sustainability of EUP agriculture and food production with a goal to see growers/food producers earn more from food production and to make locally produced food more available to restaurants, schools, and other institutions in the EUP.
- The Central U.P. Food Hub (CUP Food Hub) seeks to build and maintain a healthy, sustainable, local food system in Michigan's Central Upper Peninsula that is accessible to *everyone* via advocacy and lasting policy change.
- The Western U.P. Food Hub/Policy Council (WUP Food Hub) seeks to be convener of dialogues and partnerships leading to plans, policies, and systems that improve access to affordable and healthy foods for residents of Michigan's Western Upper Peninsula.

How are the regional food hubs managed and organized?

The three regional food hubs are the responsibility of and housed by the business or agency that organizes and coordinates the activities of the respective hubs. Each hub has a slightly different mission, but shares similarities in structure. Each hub has Steering, Education/Access, and Policy Committees. Each region also has representation on a U.P. wide Distribution/Capacity Building Committee.

Who is running the Exchange?

The Exchange is a collaborative effort being led by the Marquette Food Co-op and MSU Extension in conjunction with the Western U.P. Health Department.

How will the Exchange sustain?

The beauty of the Exchange is that it is not an organization but an extension of work already being done by the partner businesses and agencies. The Exchange represents a visible collaboration of the local food efforts, activities, services, and resources that the partners have been providing from the start. All businesses and organizations involved in the Exchange will play a role in ensuring its ongoing success through continued collaboration and shared responsibility.

How can I get involved?

Please visit the website at upfoodexchange.com to learn about UPFE and your regional food hub, check out the online marketplace, look for local food in the U.P. Food & Farm Directory, sign on as a supporter of the U.P. Food Exchange and the Michigan Good Food Charter, and sign up for the community forum and the monthly Plowshare newsletter (if you aren't already receiving it). We are also looking for people in every U.P. county to serve as volunteers to assist UPFE with events and promotions, as well as spread the word about UPFE resources in their respective areas.

www.upfoodexchange.com

Natasha Lantz community liaison

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what's new



owner buys

sales just for owners

OWNER BUYS Re-imagined

Your Co-op managers and buyers are pleased to announce a way to keep the variety of Owner Buy products more exciting! These items will now offer deeper discounts on fewer items twice per month in more store departments.

Owner Buys now include the Fresh departments, as they say in the biz. Produce, Cheese and the Co-op Kitchen grab-and-go, as well as Beer & Wine, are now represented in these sales! Plus, Wellness, Bulk, Frozen, and Grocery still have great OB choices to offer.

Owner Buys will now change bi-weekly: running the 1st – 15th, with a second group of products for the 16th through the end of the month. Pick up an Owner Buys flier as you enter the Co-op and look for the purple signs.

Get your local plant starts!

In-Store and pre-order

Visit the store by June 10th for more details.

basic buy

save 20% or more every day!

BASIC BUYS for everyone, everyday

As an independent, community-owned grocery, our Co-op can't buy in aggressive quantities like the big stores, but we are constantly looking for opportunities to get creative about confronting food prices. We have taken our Basic Buys program and redesigned it with these considerations in mind:

- Deeper discounts on fewer items - most are over 20% savings from the regular price!
- Meal solutions using popular items in the store-including fresh produce.
- New attention to local, regional and organic products. Local bread from the Marquette Baking Company and Michigan-made tofu are now included as Basic Buys!

Take a look at the Basic Buys page on the web site—www.marquettefood.coop—or shop the yellow “Basic Buy” signs around the Co-op to get these great values.



Rush Hour Recipe

Have You Noticed RUSH HOUR RECIPES?

Introducing RUSH HOUR RECIPES! Home-cooked meals are not just a dream when some of the work is done for you. With one featured recipe each week, we've streamlined shopping for a rush hour slow down to enjoy more time at the table.

- Grab a Rush Hour Recipe and a pencil at the entry next to the Produce case
- Check off your ingredients on the shopping list on the reverse side
- Go home and follow the recipe to work your culinary magic
- Get it on the table fast. Rush Hour Recipes are usually four servings, prep-to-fork in about 1/2 hour

Each recipe also includes menu suggestions and nutrition tips to expand on your mealtime nutrition—and conversation. There is also an archive shelf for recipes from the past few weeks for those who would like to depend on Rush Hour Recipes more often.

We have been working with Minneapolis Nutritionist Jennette Turner to launch this exciting program. She works with the Wedge

Natural Foods Co-op to maintain a similar program they call “What’s For Supper?” You can learn more about Jennette’s services by visiting www.jennette-turner.com

Rush Hour Recipes will also be posted and archived at www.marquettefood.coop

Bryan Spencer grocery buyer

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wellness

WELLNESS DAYS

Stop by the Co-op on the last Sunday of every month to get some extra savings on Wellness products. You can get an extra 5% off everything in the department, from vitamins/supplements to body care, general merchandise, or bulk herbs/spices (excluding all sale items or special orders). Take advantage and get that item you’ve had your eye on. We will also raffle off a prize on Wellness Day just to make it that much more of a special event.

David Sprouse wellness manager

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