



FRESH FEED

The Marquette Food Co-op Newsletter

November 2022



THE BIG vs THE LITTLE PICTURE



Matt Gougeon
General Manager

Over the course of my work week, I read a lot of industry news. Recently, I read a national story about a giant corporate grocery merger, which may have made it into your own purview simply because of its significance, and then another hyper-local grocery story that illuminated the problem inherent in the national story. Let me briefly summarize the national story. Grocery giant Kroger is making a \$24 billion dollar purchase of grocery giant Albertsons. Yes, \$24 billion dollars. Now, here's the gist of the local story. People in rural areas pay significantly more for groceries from small independent grocers because large national retailers don't serve these areas and small independents have higher costs.

Here's a smidge more detail from these stories. Kroger and Albertsons are among the top grocers in the nation. Combined, they have over 5,000 stores. Their combined national market share of selling food to people will be 13%. This is still less than Wal-Mart's 22% of the nation's grocery market. This means that two single corporations will sell 35% of all the groceries in the nation. Meanwhile, rural people buy groceries from local independents whose costs are much higher due to smaller volume purchasing from suppliers and excessive shipping costs. In most cases, large national grocers essentially own their own supply.

If rural folks travel to buy groceries from large stores, the price savings are negated by travel and time costs. Seems like an uneven playing field. On one hand, we can say that this is just how our capitalist system works and that is just a fact. So be it. On the other hand, rural independent grocers are utterly necessary, and people depend on them. But small independents continue to get pushed out of existence in all the places where they are needed because of the uneven playing field.

In recent years, dollar stores have tried to fill this gap. However, they do so badly. They lack fresh food, have poor and exploitive employment reputations, and siphon dollars out of the communities they move

into. Not a good result. Currently, our federal government is getting involved in examining this giant merger. Personally, I can't imagine it will be anything more than a speed bump for Kroger and Albertsons to get over.

In the end, I take solace in our cooperative model. Community investment in a grocery store is both an inoculation and antidote to what ails this industry. The value created by folks who share interest, ideals, and commitment can't be priced out of the market. We can certainly face fierce headwinds, but we have the ingenuity and the deep roots to withstand a storm and continue to find our way to serve our community in impactful, healthy ways.

Here's a link to an opinion piece about the giant merger and the dangers therein: *Op-Ed: Will the Kroger and Albertsons' merger mean lower prices?* - [Los Angeles Times](#)

And here's the local article, written by one of our owners, Dr. Michael Broadway: [The Upper Peninsula's Food Price Premium](#). Spoiler alert: There is shopping price comparison chart embedded in this article. I shopped the same grocery list to see where we fell in the local continuum depicted in it. We came in least expensive after the national grocer...

Feel good. Shop the Co-op.

LEAD *Your* CO-OP!

Run for the MFC Board of Directors

Interested in contributing to your Co-op? You can contribute by sharing in the governance of our organization. You can apply or encourage someone you know who could be an asset to apply.

HAVE
QUESTIONS
BEFORE YOU
COMMIT?

Visit us at our weekly sampling table in the store, Fridays & Saturdays in October!

Check out more information at
marquettefood.coop/board/about
or email board@marquettefood.coop

Applications Open
October 15– January 15



SQUASH GUIDE



Delicata Squash

Flesh is sweet, nutty, and a bit drier than other squash, with a distinct corn-like flavor. The skin of the delicata is edible.



Carnival Squash

Flavorful yellow flesh that is buttery and sweet once cooked. Excellent in soups.



Acorn Squash

The yellow to orange flesh of this squash is known for being especially tender, moist, and sweet. Wonderful cut in half and baked.



Buttercup Squash

A variety of Turban squash with orange flesh and a flavor reminiscent of a sweet potato.



Butternut Squash

The sweetest of the winter squash with a full, hearty flavor. The smooth, bright orange flesh purees easily.



Festival Squash

Mild flavor with a light sweetness. If the squash is hard to cut into, it may be baked whole before working with the flesh.



Hubbard Squash

Tender and golden yellow flesh. The thick skin of this squash makes it one of the best storing of the winter squash varieties.



Red Kuri Squash

The thick, creamy yellow flesh is nutty and sweet. The thin, hard skin of this squash makes it much easier to cook with the skin on.



Spaghetti Squash

When cooked, the flesh falls away from the skin in noodle-like strands. Seeds can be roasted and enjoyed like pumpkin seeds.



Pie Pumpkin

This full-flavored squash is perfect not only for pies, but also for soups, breads, and curries.

TIPS FOR STORING

(from growfully.com)

- 1. CURING:** place squash in a dry, sunny window for 7-10 days, rotating several times to even distribute the sunlight
- 2. WIPE CLEAN (optional):** use a light vinegar solution (1:4 vinegar to water ratio) and wipe squash to remove dirt and kill bacteria
- 3. PACK IT:** wrap loosely in newspaper and pack into large, open boxes in a cool, dry place (ideal environment is 55 degrees)
- 4. INSPECT & USE:** regularly inspect your squash and use any that are showing dark spots or are starting to shrivel

SQUASH SAUCE WITH BUCKWHEAT NOODLES

Pair this with a salad or seasonal cooked greens for a simple but satisfying meal.

You may use stock, heavy cream, or a combination to bring the squash to a sauce consistency. We like to start with stock to loosen the squash and add flavor, then add a small amount of heavy cream to add richness.

- **buckwheat or whole wheat noodles**
 - **Butternut honeynut or other moist sweet squash**
 - **grated fresh ginger**
 - **heavy cream, vegetable stock, chicken stock, or a combination**
 - **grated Parmesan or Grana Padana**
 - **salt to taste**
 - **pinch of nutmeg**
 - **pinch of cayenne**
-

Cut squash in half and place in a pan with the open side down. Put a little water in the pan, cover, and roast at 400°F until fork tender.

Scoop squash from shell and mash thoroughly in sauce pan. Add a little grated ginger. Add your liquid until you have a nice thick sauce. How much liquid you need depends on the dryness of the squash you happen to have. Gently heat, stirring occasionally, until the sauce is fully heated through.

Once the sauce is warmed through and the consistency you'd like, add cheese to taste, nutmeg, and a dash of cayenne pepper. Salt to taste. Keep warm over low heat.

Meanwhile, boil noodles in salted water until done. Drain. Place in serving bowl. Add sauce, mix well. Top with extra cheese if desired.



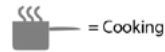
APPLE GUIDE



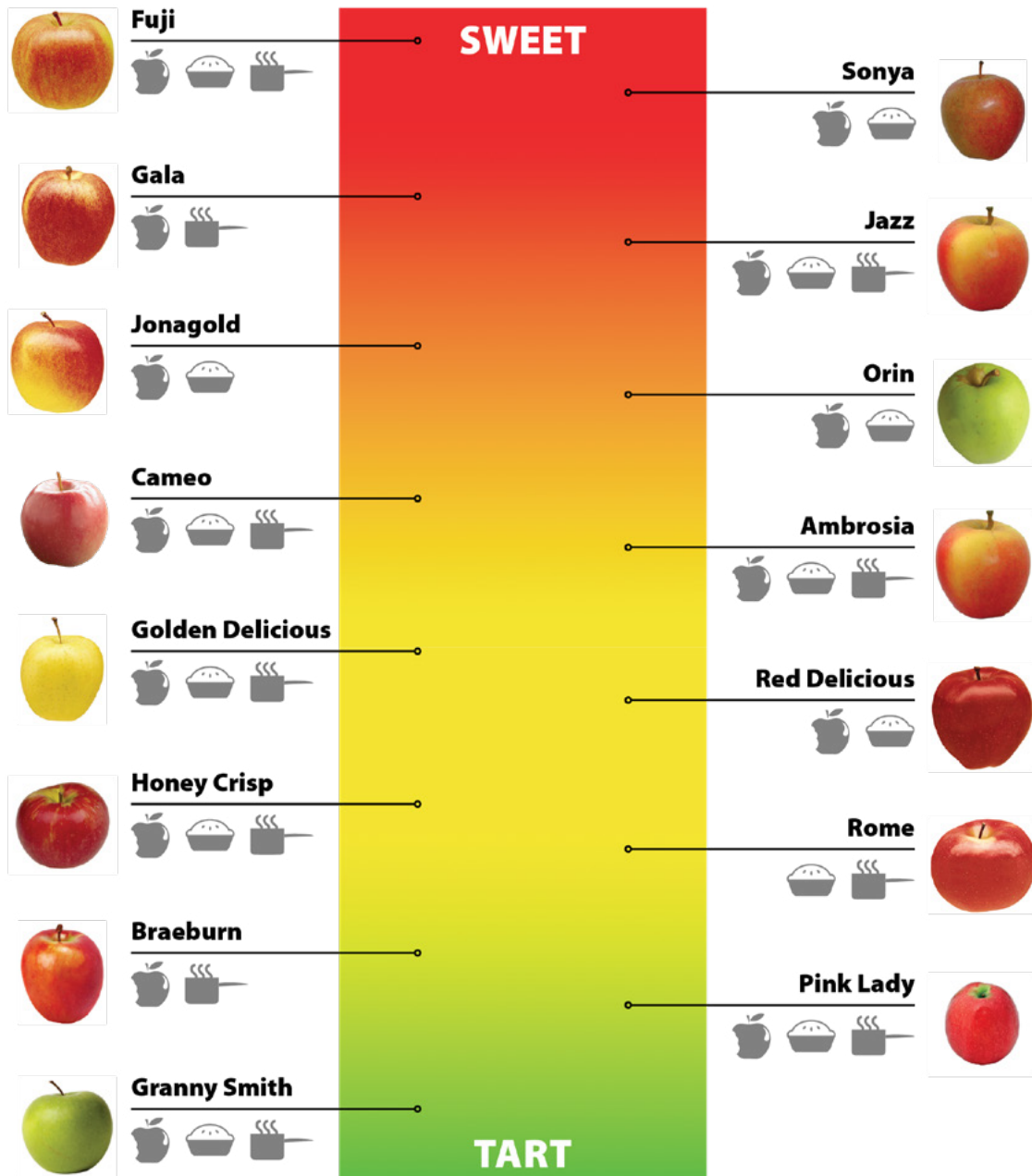
= Fresh Eating



= Baking



= Cooking



APPLE & CELERIAC SALAD

recipe from italianfoodforever.com

- 1 medium celeriac, peeled & matchsticked
- 4 stalks celery, thinly sliced
- 2 C celery leaves, coarsely chopped
- 1 large Granny Smith Apple, quartered, cored, and cut into matchsticks
- 1 large lemon, squeezed
- ⅓ C Italian parsley

DRESSING

- 3 T apple cider vinegar
- 2 t Dijon Mustard
- ⅓ C extra virgin olive oil
- salt & pepper to taste

Toss the celeriac and apple with the lemon juice to prevent discoloration.

In a large serving bowl, toss together the celeriac, celery, celery leaves, apple, and parsley.

In a small bowl, whisk together the vinegar, mustard, and olive oil.

Season with salt and pepper, then toss with the salad to lightly coat. Serve immediately.



PEAR & CRANBERRY CORNBREAD MUFFINS

GLUTEN
FREE
RECIPE

Makes approx 18 muffins | Recipe by Jess Zerbel

As we gather for the holidays, it's important we keep in mind diverse dietary needs and include dishes in our holiday spreads that our gluten-free friends can enjoy. The combination of tart whole cranberries with the sweet pear in soft and pillowy cornbread makes these muffins great for breakfast or dessert.

- 2 T ground chia + ½ C water
- zest of 1 lemon
- 1 inch knob ginger, grated
- 5 T melted coconut oil
- ½ C applesauce
- 3 T lemon juice
- 1 C water
- ½ C coconut sugar
- 1 ½ C medium ground cornmeal
- 1 ½ C almond meal
- 1 ½ t baking soda
- ½ t cinnamon
- pinch of salt
- 2 slightly under ripe pears, chopped
- 1 C cranberries

Grind chia seeds and mix with water. Let sit until it becomes a gel, about 10 minutes.

Preheat oven to 350F. Combine dry ingredients in a large bowl. Combine wet ingredients, ginger, lemon zest, and chia gel. Pour wet ingredients over dry and stir until uniform texture is achieved.

Add pears and cranberries, mix thoroughly. Line muffin tins and pour batter to top of liner.

Makes approx. 18 muffins. Cook until toothpick inserted in the center comes out clean, about 20-25 minutes.

A Note on Flour for Gluten Free Baking

Flour mixes (per cup) While you can buy pre-packaged gluten-free flours designed for different purposes, it is a good idea to have one go-to flour you pre-mix and keep on hand. Below are some combinations staff at the Co-op have liked.

VARIATION 1:

½ C brown rice flour + ½ C garbanzo bean flour

VARIATION 2:

½ C oat flour* + ½ C garbanzo bean flour

VARIATION 3:

6 C rice flour + 2 C potato starch + 1 C tapioca flour

Gluten-free flours should be bought prepackaged, as there's possibility of gluten contamination when buying in bulk.



NEW ADDITIONS TO BEER & WINE

If you've been shopping recently, you may have noticed exciting changes to our beer and wine department. We've added over 60 interesting, exciting, and unique products to our beer and wine selections, including ciders, and meads from regional producers and midwestern craft breweries. There is even a co-op in the mix too, with Fair State Brewing Co-op from Minneapolis.

"People come to browse the store for inspiration all the time or just to see what's new. I wanted to bring that same feel to our Beer & Wine department" says Merchandising Manager Jess Zerbel.

We'll be sampling products in the store over the next few months, so keep a look out for an opportunity to try something new. Unsure of where to start? Here are some of Jess' favorites:



NEON MELON HOPEWELL

Illinois

Re-fermented on 3lbs of honeydew and cantaloupe per gallon, then bottle-conditioned for five months. High acid with pronounced melon character. Part of an ongoing series of fruited, mixed-culture sour ales. Inspired by the vibrancy and levity of pét-nat* wines, Neon should be enjoyed fresh, cold, and with friends.

**Pét-nat is a wilder version of a sparkling wines like Champagne and Cava*



MIRROR UNIVERSE FAIR STATE BREWING CO-OP

Minnesota

Double dry hopped hazy IPA brewed with wheat, oats, and lots of Citra, Mosaic, and El Dorado hops. Each month Fair State partners with a different nonprofit organization, selected by the member-owners, whose work focuses within the impact areas of democracy, justice, or combating climate change.



BANANAS FOSTER FOREVER MEAD CRAFTED

Ohio

2017 Silver Medal Winner at the Mazer Cup International Mead Competition. Notes of rich banana, vanilla and honey sweetness with caramelized sugar flambe'. Coffee aroma on the nose but not the palette provides depth and balance.



OLD SHUCK LONDON PORTER NORTH PIER

Benton Harbor, Michigan

This deep dark brew is an ode to Old Shuck, the ghostly demon dog that roamed the countryside in 16th century England.



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Double dry hopped hazy IPA brewed with wheat, oats, and lots of Citra, Mosaic, and El Dorado hops. Each month Fair State partners with a different nonprofit organization, selected by the member-owners, whose work focuses within the impact areas of democracy, justice, or combating climate change.



KIM SOUR LAGER SINGLECUT

New York

Bright, vibrant, lush. Singlecut sour-mashes wheat malt and lager for an extended period, adding whole hibiscus flowers and a touch of black current, creating a vibrant rose hue and incredible aroma. Notes of dark fruit, floral tannin, bright lemon, and a touch of sweet wheat.

→ *FREE TURKEY GIVEAWAY*

**SATURDAY,
NOVEMBER 19**



**FREE
PASTURE-RAISED
FROZEN TURKEY
WITH PURCHASE
OF \$150 OR GREATER.**

WHILE SUPPLIES LAST. ONE FREE TURKEY PER CUSTOMER

FREE TURKEYS RANGE FROM 10 – 12 LBS.

BALANCE MUST STILL EXCEED \$150 AFTER USING OWNER REWARDS TO BE ELIGIBLE.

'TIS THE SEASON FOR SAVING AT THE CO-OP

There's a whole new set of tear-away coupons on the shelves! Be on the lookout for extra savings on your favorite products!





CHECK OUT OUR NEW ITEMS!



117 W. Baraga
Marquette, MI 49855

OPEN WEDNESDAY – SATURDAY
8AM – 4PM

ROUND UP AT THE REGISTER



Friday, November 25th – Saturday, December 31st



Let's kick off the season of giving strong and UNITED.

Last year, we raised \$5,116 for the United Way of Marquette County. This year, they need our help more than ever. Together, we can reach (and hopefully even exceed!) our goal of \$5,000.

Throughout the month, cashiers will be asking shoppers to round their grocery total to the next full dollar, with proceeds benefiting 28 local & regional charity organizations that offer programming and services for our area youth and elderly, as well as those seeking basic needs such as food, shelter, and medical assistance.

Shopping online? You can also donate through our webstore! shop.marquettefood.coop

NEW ITEMS

November 2022



Deep Indian Kitchen Spinach Paneer Samosas

Always made from scratch, Deep Indian Kitchen's Spinach Paneer Samosas are vegetarian, handmade, and feature ingredients such as spinach, paneer, onion, turmeric, and green chili. First, they cook down fresh spinach (palak) with a zesty blend of ginger, garlic, and spices. Then toss it with their creamy cheese (paneer) and stuff it in a hand-folded pastry crust. Each box of these tasty frozen samosas contains chutney to pair with. Heat in the oven or microwave.



Crafted Artisan Meadery Gose Project: Blackberry

This gose-inspired mead, made by Crafted Artisan Meadery, is a tribute to a historic brew that has once again found renewed popularity. With their rise from obscurity, an on-going project pulling from both mead and the gose-style seemed fitting. A rush of tart blackberries is balanced by wildflower honey and an addition of Hawaiian Alaea sea salt. Tasting Notes: Tart, refreshing blackberry with balanced sweetness, coriander and slight salinity on finish.



Pamela's Organic Tiger Nut Flour

Although it looks like a nut, the Tiger Nut is actually a root vegetable! Pamela's 100% Tiger Nut Flour, ground from tiger nuts, can be used for gluten-free, grain-free and Paleo recipes. Substitute Tiger Nut Flour for ¼ cup or more of the flour called for in your favorite recipes to add fiber and sweet flavor to baked goods or use as a 1-for-1 substitute for wheat flour in muffins, cakes, cookies, and quick breads. Use Tiger Nut Flour in place of almond flour or almond meal to get the benefits of grain-free without using nuts.



Japas Sawā Yuzu

Sawā is the Japanese translation for "sour". Japas' Sawā Yuzu is refreshing and includes added Yuzu, a Japanese citrus of sharp acidity. Yuzu is extremely aromatic, and reminiscent of Sicilian lemon, mandarin, and grapefruit. This sour also takes Amarillo and Cascade hops in dry hopping, further enhancing the citrus characteristics of this rare fruit.

CALENDAR OF EVENTS

NOVEMBER 2022

DEAD RIVER VENDOR SAMPLING

November 4
11am–1pm

SIPS AND NIBBLES

November 5
12–2pm

DINNER WITH THE DOCTOR: EAT TO BEAT DIABETES

November 7
4–5pm

ORE DOCK VENDOR SAMPLING

November 9
4–6pm

BARREL & BEAM VENDOR SAMPLING

November 10
4–6pm

SIPS AND NIBBLES

November 12
12–2pm

DEER SEASON OPENING DAY

November 15

ANISHINAABE SCAVENGER HUNT

November 16 – 25

DOWNTOWN MARQUETTE LADIES NIGHT

November 17
4–8pm

\$150 TURKEY GIVEAWAY

November 19

SIPS AND NIBBLES

November 19
12–2pm

THANKSGIVING WINE SALE

November 16 – 23

THANKSGIVING HOT BAR

November 23

THANKSGIVING DAY

November 24

ROUND-UP AT THE REGISTER FOR UNITED WAY

November 25 – December 31

SIPS AND NIBBLES

November 26
12–2pm

DINNER WITH THE DOCTOR: EXERCISE FOR EVERYONE

November 29
4–5pm

THE FRESH FEED

*This newsletter is digitally published
monthly for owners and friends of the
Marquette Food Co-op.*

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Everyone is welcome to attend Board Meetings, held the third Tuesday monthly at 6pm in the Co-op Classroom.
For more info: www.marquettefood.coop

Disclaimer

The views within this publication are as diverse as the 5,000+ 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.



502 W. Washington St.
Marquette, MI 49855

In-store Hours 8am – 9pm
Grocery Pickup 11am – 6pm

www.marquettefood.coop
Marquette, MI 49855

