

A low-angle photograph of a pine tree against a clear blue sky. The tree's branches and needles are silhouetted against the sky. In the foreground, there are out-of-focus white blossoms with yellow centers and some reddish-brown leaves. The text is overlaid on the right side of the image.

Marquette Quarterly

marquette food co-op newsletter

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marquette food co-op

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board of directors

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Kathy Leone TREASURER
Rob Mielke SECRETARY
Gina Eggers
Mary Kramer
Tom McKenzie
Mike Potts
Brian Brady
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.

printed on 100% post-consumer recycled paper



about us

marquette quarterly

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

March 19

April 16

May 21

(tues) 6pm

living allergen-free

April 1

May 6

(mon) 6pm

rsvp 225-0671 x24

wellness days

March 31

April 28

May 26

(sun) 5% off all body care items, bulk

herbs, teas & spices, general merchandise

board of directors election

March 4 - March 18

info & voting @ www.marquettefood.coop

expansion open house

March/April TBA @ 502 w washington st

tour our new building and help us grow!

annual owner feast

March 22 (fri) 5:30pm @ mqt armory

easter day

March 31 (sun) co-op open all day

memorial day

May 27 (mon) co-op open all day

getting to know your co-op

March 11 or 21

April 8 or 18

May 13 or 16

(mon or thurs) 6pm

rsvp 225-0671 x24

movie nights

April 11 : GasLand

May 9 : The Real Dirt on Farmer John

(thurs) 6pm

workshops

March 6 : Growing Fruit Trees

April 18 : Raising Chickens

May 1 : Adv. Brewing: Forming Recipes*

6pm @ p.w.p. library comm. rm (*@ co-op)

rsvp 225-0671 x23

hoop house workshops

March 26 : Seed Saving 1

April 24 : Planning a 3-Season Garden

May 22 : Integrated Pest Mgmt

6pm @ nmu hoop house

rsvp 225-0671 x25

cooking classes

March 19 or 28 : Primi & Pasta

April 9 or 16: Beginner Cheese Making

May 7 or 14: Indian Cuisine

6pm @ mshs home ec. rm

classes are full, 225-0671 x23 for waiting list

local farm tours

May 26 (sun) 1 - 4pm

Rehmorr Farm, Rock River Farm,

Rock River Garden & Greenhouse

help us grow!



Our Co-op's future home at 502 W Washington Street.

With a little luck, by the time you read this Marquette Food Co-op will have been given a green light by the state of Michigan to begin selling preferred shares of our corporation. Although I am restricted by Michigan Securities Regulation when it comes to speaking about details of our preferred shares offering before we're given permission, I will say a few things about the path ahead for customers looking to invest in Marquette Food Co-op's expansion.

It's been quite a journey, writing a securities offering and registering it with the State of Michigan. In May 2012, we were given the opportunity to write and file a Small Company Offering Registration (SCOR) with the state. The SCOR discloses information about the MFC and is the vehicle of State approval for selling additional stock. The particular agency we are working with at the state is the Office of Finance and Insurance Regulation. This office has oversight for security registration in Michigan and gives approval (or not) to entities filing securities registrations.

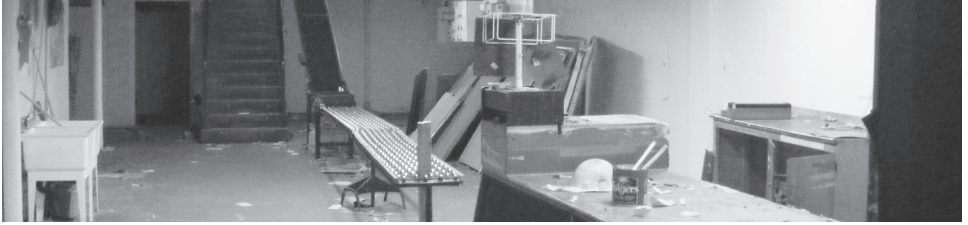
The SCOR is a seldom used and ostensibly simpler registration method that possesses advantages and a variety of structural difficulties for use by any cooperative, including our own. Suffice to say here, those difficulties were both linguistic in nature and relative to the function of member equity treated as common stock. The upshot being the SCOR had to be significantly retrofitted to meet the needs of our Co-op's structure. The SCOR, while well

suited to a start-up company or a manufacturing firm, is not ideal for a 41-year-old community-owned grocery store. In the end, our trailblazing securities registration will allow us to sell preferred shares of the MFC to many people in relatively small amounts. This was the biggest advantage the SCOR allowed us.

Owners looking to invest in our expansion must request a Disclosure Document from me, the Co-op's General Manager. This hefty piece of reading details our past and current business, the expansion project, and how money raised from the sale of preferred shares will be used in funding the expansion. The document is used to judge whether or not investment in the Co-op makes sense for you.

Owners who purchase preferred shares will receive a physical stock certificate. Preferred shares must be purchased with a check. No cash. No credit cards. All checks must be written to Range Bank—not Marquette Food Co-op. Range Bank will be holding all funds until they can be used for construction. Feel free to contact me with any questions, but please know that I may not be allowed to answer any specific questions about our share offering until permission to do so has been granted by the state.

As an alternative to the preferred shares—which are only available to owners who reside in Michigan—a menu of other ways to contribute will be made available. These include:



crowdfunding

Online fundraising for specific projects, with special rewards for many contribution levels.

expansion gift certificates

Buy to support expansion, then redeem after our new store's Grand Opening.

the expansion fund

A simple jar near the registers, allowing everyone to help expansion with leftover change.

A windfall of expansion promotions will pop up once we get word from the state. There will be an Expansion Open House held at our new building, to give all customers the chance to contribute onsite and take tours of the buildings before construction starts!

Thanks for your patience, everyone. And thank you for your patronage. We've come a long way, and still have a ways to go yet. Together we're making the cooperative difference in our community by continually building a stronger Marquette Food Co-op.

Matt Gougeon **general manager**

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upfe?

Food hubs are businesses or organizations actively working with farmers and buyers to coordinate supply and demand. This is accomplished through the aggregation, distribution, and marketing of source-identified local and regional food products, primarily from micro to mid-sized producers to individuals, wholesalers, retailers, and/or institutional buyers.

The U.P. Food Exchange (UPFE) is an agricultural hub created through a Regional Food Systems Grant received from Michigan Department of Agriculture & Rural Development in November. MSU Extension's Michelle Walk and I are responsible for overall development of UPFE, and coordination of activities in the central and eastern U.P., with the Western U.P. Health Department's Ray Sharp and Sara Salo overseeing activities in the west.

UPFE connects local food activity within each of the Upper Peninsula's three distinct regions (eastern, central, and western). This project aims to establish both online and physical aggregation sites for farm products, improve local food storage, as well as educate farmers, consumers, and institutions about the benefits available through UPFE.

A strong local food system is the core of UPFE's mission. Food doesn't just sustain our bodies—it sustains our communities too. Producers take pride in what they do, marketing and selling their products to allow their operations to grow. UPFE helps our local economy, contributes to our food security, and ensures that more people in our communities have access to the freshest foods available.

The initial project spans 15 months, beginning with website and online marketplace creation, then moving into physical enhancement of existing storage/aggregation facilities.

The development and distribution of resources to farmers, consumers, and institutions is ongoing throughout the project. UPFE will create/designate a food aggregation site in each region to provide the resources needed to respond to the regions' specific food needs.

This project will affect local agriculture throughout the U.P., as evidenced by an increase in the number of farmers listing their products through the online network, an increase in the number of farmers listing their farms in the U.P. Food & Farm Directory, and an increase in farm products moving between regions.

UPFE's actions are a crucial part of the process of making agriculture a growing and sustainable part of the U.P.'s economy again. Serving as a cohesive network for U.P. farmers, many of whom have been operating in isolation, UPFE will bring these farmers together to share resources, strengthening each individual operation. The U.P. is geographically remote from resources, making it necessary to share what we have.

Having UPFE as a central coordinating body, where all entities involved with agriculture can come together to grow the local food system just makes sense. As an informational and infrastructural hub, UPFE helps farmers share knowledge and provides the agencies working with these farmers a mechanism to reach audiences in an efficient, effective manner.

The website will be a fantastic resource for local food and agriculture resources. Two key features are the Online Market and the U.P. Food & Farm Directory:

U.P. FOOD EXCHANGE

growing local food systems

food & farm directory

Since 2005, the Co-op has published the U.P. Food & Farm Directory to highlight local farms selling products and services directly to the public. It remains a producer-only directory: the farms included must grow, raise, or gather their own products. Products like vegetables, fruit, herbs, flowers, meat, dairy, eggs, honey, maple syrup, and fibers are listed, as well as the farms and markets where you can buy them.

Last year we included community gardens— invaluable resources to growing your own food. This year the whole directory is going digital! Farmers can update their own listings, and you can search the U.P.-wide directory by product, farm, or region to find exactly what you need.

To be listed in the directory:

1. click *directory* at upfoodexchange.com
2. fill out your contact info
3. click the tab to categorize your listing

Questions? Call 906-225-0671 x11

Don't worry—we're still printing the directory too. Pick up a copy at Marquette Food Co-op, local farmers markets, the MSU Extension office, or the NRCS office. To order multiple copies, call Kelly at 906-225-0671 x26.

online marketplace

Our online market will allow individuals and institutions to purchase local food across the U.P. Buyers and sellers will create accounts within their regional marketplace. The online marketplace is currently in the testing phase, and will become available once the system is fully operational.

Given that local food supply doesn't currently meet demand, you may not be able to purchase everything you're looking for when the market first opens. Be patient as we work with farmers to increase production capacities. Once the market is open, it will allow farmers to network and sell direct to consumers and institutions across the entire Upper Peninsula.

We anticipate most buying and selling will occur within regions during the first few years. Once production increases, and the distribution system is fully coordinated, we will most likely see cross-selling between regions. Slow and steady wins the race, so bear with us as we plant seeds that will continue producing a more robust food system with each year.

Natasha Lantz community liaison

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

at the hoop

This has been quite a year for hoop houses. These plastic greenhouses, heated only with passive solar energy, extend the growing season for food crops and flowers by several months here in the extreme north. They're one of the most popular developments in the sustainable agriculture movement. Several farmers in the area have utilized USDA/NRCS cost-share programs to purchase hoop houses and local schools are incorporating hoop houses into their classrooms (and lunch rooms). The NMU Hoop House, where the Co-op facilitates workshops and coordinates daily operations, has been getting more and more attention from the community.

To strengthen the project's connection with NMU students, in addition to our regular workshops and tours, we began offering lectures, presentations, and hands-on activities on local food systems, sustainable agriculture, and healthy eating. These options provided a way for NMU instructors to integrate the Hoop into their programs and generated more sustained interactions with students that foregrounded the importance of knowing where food comes from.

There's a tremendous amount of interest in local food among students. As a result of First Year Experience class tours, instructors who solicited presentations, and workshops like Dorm Room Gardening, the Hoop found itself with lots of volunteers at weekly work days. A volunteer program to organize training, responsibilities, and projects has been formed. During the growing season, these volunteers are trained in the basics of growing food at the hoop house; now, they're participating in crop planning for this year and are anticipating the first round of seeding in early March.

**When we feed ourselves,
we become unconquerable.**

– Eliot Coleman

Our food/compost exchange program with the culinary students at NMU continues to let the cooks at the Culinary Café and Chez Nous see the benefits and challenges of incorporating local food into the restaurant-kitchen setting in action. The Hoop got special billing at a National Association of College & University Food Services banquet, which showcased the work of interns who brought local food harvested from the Hoop to the table at this event for the first time. The Hoop was even embraced at the level of its title, officially receiving the name NMU Hoop House.

The project continues to find eager partnerships with local farmers, many of whom are the instructors for our workshops. These farmers have offered more than their knowledge. Many thanks to Cedar Creek Farm and Rock River Perennial Gardens for plant starts last year, and to the volunteers who replaced the plastic on a windy day in October! Improvements to the physical operations include a drip irrigation system donated by Rock River Farm and tomato and grape trellises donated by dedicated community members.

Check out our upcoming workshops on the following page, along with classes held in cooperation with Superior Central School's hoop house in Eben. There's nothing as empowering as planting, growing, and eating your own food. Sign up to learn how!

Want to know more about hoop house projects in the area? Find us on Facebook or contact me directly.

Abbey Palmer
special projects coordinator

906-225-0671 x25 / apalmer@marquettefood.coop



nmu hoop house

Seed Saving 1 & 2

March 26 (tues) & July 9 (tues) 6pm

Your garden can provide you with all the seeds you need for next year. The first of this two-part class is an intro to the concepts of seed saving, including what you need to know when you plan your garden in the spring.

Planning a 3-Season Garden

April 24 (wed) 6pm

This class focuses on planning a garden to fit your family's needs throughout the year, so we'll talk about season extension techniques: hoop houses, low tunnels, and cold frames.

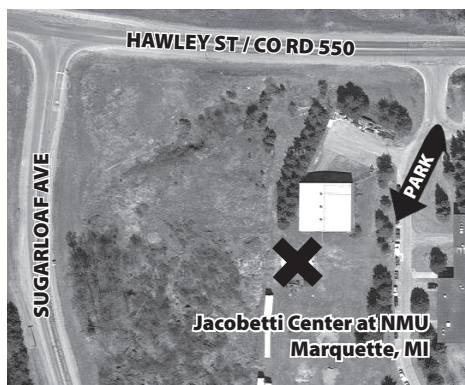
Integrated Pest Mgmt

May 22 (wed) 6pm

Learn how to manage pests—some of them new to the U.P.—using the most economical means with the least hazard to people, property, and the environment.

\$5 suggested donation

RSVP 225-0671 x25



superior central hoop

Cooking Together

March 15 (fri) 6pm

Learn healthy recipes for meals and snacks that make it fun to share the kitchen. Kids of all ages, and their parents, friends, or guardians—will make food together using produce from the Superior Central hoop house.

Great Spring Greens

April 12 (fri) 6pm

Learn about different varieties of greens, how to grow them, which will do best in your garden, and how to extend the growing season to have fresh greens almost year-round!

Five Salads

May 17 (fri) 6pm

Learn to make delicious salads with greens from the hoop house. In addition to five nutritious and inexpensive new salads, you'll also make your own dressing from scratch.

\$10 single, \$15 you + a friend

RSVP 225-0671 x25

on fracking

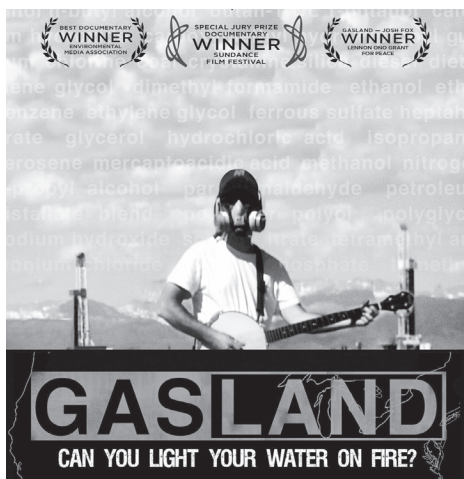
Their names are Carol, Steve & Jackie, Susan, Marilyn & Robert, and Christine. They share a bond. Two bonds, actually: They all own, or owned, farms. And those farms, along with their own health and the health of their farm animals, have all been ruined by fracking.

More than 600,000 fracking wells and waste injection sites have popped up across the United States, according to ProPublica. The oil and gas industry, along with federal regulators, would have you believe that injecting trillions of gallons of toxic liquid deep into the earth is harmless.

But tell that to Jacki Schilke of North Dakota, who lost two dogs, five cows, chickens—and her health—after 32 oil and gas wells sprouted up within three miles of her ranch. Or Christine Moore, a horse rescuer in Ohio, who sold her farm after a well went up five miles from her farm, creating an oily film on her water and making her too sick to care for her horses.

With hundreds of thousands of fracking wells and waste injection sites in the U.S., it's likely that our food supply already contains water, plants and animals (meat) contaminated with fracking chemicals. While we hear a lot about drinking water contamination, including people's water catching on fire straight out of the faucet, that shouldn't be our only concern. Contaminated crops and farm animals raised for food are also possible avenues for exposing humans to fracking chemicals.

Of course, not all farm animals are destined for the food chain. Those unfortunate enough to live near fracking wells reveal the potential danger from fracking chemicals to our own health. Farm animals have the same susceptibility to disease that we have, but because they are exposed continually to air, soil and groundwater, and have more frequent reproductive cycles, they exhibit diseases more



movie night : thurs. april 11, 6pm
free + snacks @ the co-op

quickly, presaging human health problems. A study involving interviews with animal owners who live near gas drilling operations revealed frequent deaths. Animals that survived exhibited health problems including infertility, birth defects and worsening reproductive health in successive breeding seasons. Some animals developed unusual neurological conditions, anorexia, and liver or kidney disease.

What causes those health problems? Among the hundreds of toxic chemicals used in fracking are arsenic, benzene, ethylene glycol (antifreeze), formaldehyde, lead, toluene, Uranium-238, and Radium-226. The American Academy of Pediatrics' list of common health problems from exposure to fracking chemicals includes autism, asthma, cancer, heart disease, kidney failure, infertility, birth defects, allergies, endocrine diseases and immune system disorders.

read the full article at:
www.organicconsumers.org

board brief

vote march 4 - 18 : www.marquettefood.coop

Voting will commence shortly for open board positions on Marquette Food Co-op's Board of Directors! The slate of candidates is nine strong for seven open positions, including four incumbents. You have the opportunity, as owners of the Co-op, to get to know the candidates by reading their bios, contacting them with questions, and voting for those you feel best qualified to represent your interests. The candidates elected by owners will be announced at the Annual Owner Feast.

We are proud of the number of owners that have offered to serve. It is representative of the increase in ownership of our Co-op. In 2012, a record 523 people purchased equity shares in MFC, a 34% increase from 2011. As of this publication, our ownership stands more than 3,500 strong. More folks in the community have connected with our mission and committed to our future by becoming an owner.

Some have gone even further to offer to serve on the board and help guide the visioning and governance of the Co-op. Please take the time to read the bios of each candidate, give thoughtful consideration, and most importantly, take the time to vote!

All voting will take place online, March 4 - 18. Visit www.marquettefood.coop for candidate info and voting. If you do not have internet access, please stop by the customer service desk and staff will assist you.

We look forward to sharing the Marquette Food Co-op's annual report—including expansion plan updates—and, of course, the best meal of the year at our Annual Owner Feast, March 22 at the Marquette Armory. See you at the feast!

Board of Directors
marquette food co-op

annual owner feast

friday, march 22 • 6pm dinner, 7pm meeting



Our yearly owner meeting is coming quick! Bring a dish to pass (with serving utensils), dinnerware, and your beverage of choice.

Discuss expansion with your Co-op community, enter to win a variety of local raffle prizes, and eat great food with great company. Childcare is provided 5:30 - 7:30pm.

**This year's feast will be held at
Marquette Armory**

Help is needed for door prizes, childcare, and food setup!

contact 906-225-0671 x26 / outreach@marquettefood.coop

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