

# **FOOD** *for* **THOUGHT**

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**Marquette Food Co-op**  
Newsletter

Winter 2014



# FOOD for THOUGHT



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## Food for Thought

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## Marquette Food Co-op

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www.marquettefood.coop

## Board of Directors

Glenn Sarka PRESIDENT  
Brian Brady VICE PRESIDENT  
Barbara Krause TREASURER  
Phil Britton SECRETARY  
Tom McKenzie  
Mike Potts  
Janna Lies  
Emily Wright  
Leroy Snooks  
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](http://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](http://www.marquettefood.coop) for full event details.

## Board of Directors Meetings

**December 17**

**January 21**

**February 18**

*(tues) 6pm*

## Wellness Days

**December 29**

**January 26**

**February 23**

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

## Getting To Know Your Co-op

**December 9**

**January 13**

**February 13**

*(mon) 6pm*

*rsvp 225-0671 x24*

## Christmas

**December 24** (tues) closed @ 5pm

**December 25** (wed) closed all day

## New Year's

**December 31** (tues) closed @ 7pm

**January 1** (wed) closed all day

## "More Than Honey" Movie + Honey Potluck & Auction

**January 2**

*(thurs) 6pm @ Peter White Public Library  
call 250-2511 for more info*

## Local Farm & Food Service Provider Meet & Greet

**January 13**

*(mon) 8am - 9:30am*

*rsvp 225-0671 x11*

## Oryoki

**January 15**

*(wed) 6pm @ Lake Superior Zendo*

*rsvp 225-0671 x23*

## Beekeeping 101

**January 27**

*(mon) 6:30pm @ Peter White Public Library*

*rsvp 225-0671 x23*

## Thinking About Food

**February 3**

*(mon) 6pm @ Peter White Public Library*

*rsvp 225-0671 x23*

## School Hoop House & Garden Conference

**February 22**

*(sat) 10:30am @ Peter White Public Library*

*call 225-0671 x25 for more info*

## Cooking Classes

**January 21 or 28: Chinese New Year  
Dinner**

**February 11 or 18: Making Your Own  
Masala - Creating Indian Spice Mixtures**

*6pm @ mshs home economics room*

*rsvp 225-0671 x23*

# From The GM



## Do You Know Our Deli Manager?

We are once again seeking a Deli Manager for your new Marquette Food Co-op. Managing the Prepared Foods Department in our new store is a very big job. We are looking for someone who has management experience, is an avowed foodie, and can direct staff in the creation of a variety of delicious, healthy foods. Our challenge has been finding someone with a balance of these qualities. Attention

to food costs and labor needs is essential. This job is perfect for that person who wants to create a dynamic and fabulous deli experience

for Co-op members and customers, from menu creation to systems building—but not have to pay for it out of their own pocket! By this I mean we are looking for someone with the entrepreneurial spirit to open our deli and have the benefit of a known budget with which to do so. How many times does an opportunity like this come about in our wonderful community of Marquette?

**Every day the new store comes closer to reality...**

Why am I telling you this? It's simple. The single biggest reason MFC members wanted an expansion was the creation of a deli. This newsletter goes out to several thousand people, and I think you know who our next Prepared Foods Manager will be! Spread the word. The search is on. Go to [www.marquettefood.coop](http://www.marquettefood.coop) for the job posting and description and forward it to your friends and family. Our new Prepared

Foods Manager is out there somewhere. Help us bring that person home to Marquette!

## Expansion Update

Construction at the new store is going well. So far, no surprises have occurred and we are on pace for a spring opening. You have probably noticed that much of the steel and cement block construction is well under way. Underground utility work, parking lot reconstruction, and a first layer of asphalt are completed. Inside the building, heating ducts are being installed, concrete has been cut in preparation for plumbing and

electrical work to begin, and the elevator shaft is under construction.

Every day the new store comes closer to reality, but even though construction has begun we are still seeking member investment. There is still time for you to purchase preferred shares of the MFC. We will be selling shares until near the end of March 2014. Just contact me at the store or send me an email to get your questions answered or set up a time to come in and purchase. Our financing is in place and by the time you read this, our loans will have been closed. But the least expensive money to fund our project is our own. Please consider purchasing one or more preferred shares of the MFC before the end of March.

Eighty-eight members have purchased 330 shares so far, with many more verbal commitments to purchase made. Get your share and be a part of the excitement of direct community investment!

May the New Year bring you courage in these still shaky economic times. Your Co-op's expansion will stand as an example of community resilience and self-reliance in 2014. I hope you have a healthy and happy holiday season.

**Matt Gougeon**  
**General Manager**

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

# Prepared Food Manager

For the past forty years, the Marquette Food Co-op has been a leader in bringing wholesome food and goods to our community. A much-anticipated part of our store's expansion is the introduction of a Deli and Prepared Foods Department, which will offer a variety of foods for different diets based on products with integrity and what is locally available in season. This position is an opportunity to be an innovator in our local food scene and to rise to the challenge of our expectations for quality food.

The Marquette Food Co-op is a marketplace for locally grown and organic food. We are part of a larger food community, and serve as a link that allows our owners and customers to support family farmers. As the Deli and Prepared Foods Manager, you will have the opportunity to create dishes that take into account ingredients that were grown with care by farmers and producers.

If you are ready to build a department from the ground up that gives our shoppers an outstanding new food experience, please apply!

*The ideal candidate would possess the following qualifications:*

- Management experience in a high volume food production facility
- Hands on experience in procedure/recipe writing from concept to reality
- Ability to train and give consistent feedback to staff
- Commitment to quality control and product integrity
- Working knowledge and understanding of food service financials and food service software
- Experience in ordering and receiving product
- Ability to develop working par systems and cost control
- Some knowledge of natural foods and dietary needs
- Outstanding Customer Service skills
- Familiarity with Cooperative Principles

# From The Board



**T**he holidays offer a time to reflect on the many blessings the Marquette Food Co-op family has enjoyed over the past year. We continue to field a strong, diverse board of directors through the greatest expansion in our Co-op's history. Our owners have invested over \$300,000 for this expansion through the purchase of preferred stock, and we continue to provide statewide leadership on the issue of sustainable local food production.

However, with great blessings come great responsibility; much still needs to be done to carry our Co-op's mission to ensure that our owners, customers, and community have access to organic and wholesome products and the benefits of a healthy, diverse, educated, and sustainable community.

**We are asking  
you to share your  
time and talents  
with the rest of  
your cooperative  
community.**

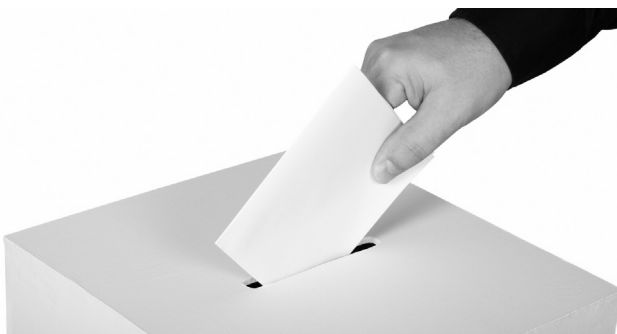
In order to ensure a smooth transition into the new store and map out the exciting possibilities that come with expansion, the Co-op needs members to step up and

serve on the MFC Board of Directors (BOD). As Marianne Williamson said, "Nothing liberates our greatness like the desire to help, the desire to serve." There couldn't be a better time to liberate your greatness! Owners are being sought by the BOD to serve on our volunteer board. Applications can be found at the customer

service counter in our store. The process is simple and fun. Candidate applications and bios will be accepted through December 31, 2013, at which time they will be reviewed by the Elections/Nomination committee and posted in the store, spring newsletter, and our website. Board elections will occur

in March of 2014 to coincide with our General Meeting of Owners. New terms begin June of 2014. The BOD meets on the third Tuesday of every month from 6 – 8:30 pm. Each board member serves a three year term, with the ability to be re-elected for a total of three terms. Board members are expected to serve on committees like the Elections/Nomination Committee and the Communications Committee. We are asking for you to share your time and talents with the rest of your cooperative community. The goals of the MFC cannot happen without commitment and effort from our owners. We look forward to welcoming you as a newly elected board member. Questions regarding the application process, board requirements, and time commitment can be addressed by contacting board members Glenn Sarka and Thomas McKenzie or simply asking previous board members - they are in the store every day!

Our Co-op is also in need of a new Board Recorder. Ginny Dunn, who faithfully served as the recorder for five years is stepping down to enjoy a more hospitable climate during the winter months. The Board would like to thank Ginny for her service and wish her the best of luck in her new endeavor. The Board recorder must attend all Marquette Food Co-op board meetings, record the important discussions and decisions of the board meetings in an organized way, post board minutes and agendas in the entry of the Food Co-op, and take notes for special meetings. Details about this position are posted in the store and online.



Finally, in order to keep the expansion moving forward we need to raise additional funds from our members through the sale of preferred stock. Every dollar we raise through preferred stock purchases is money we do not have to borrow from a bank. Stock purchases are also a way for owners to show the bank and the community how much we believe in the Co-op and its future. Finally, purchase of preferred stock is an owner investment that provides the holder with a 4% return on investment.

With the active involvement of our ownership in guiding our Co-op, keeping the wheels of governance moving smoothly, and through the active investment by owners in the expansion, we can all look forward to a Co-op that continues to serve our community for many Holidays to come.

### **Glenn Sarka**

Board President  
906-360-8007 / [gsarka@yahoo.com](mailto:gsarka@yahoo.com)

### **Tom McKenzie**

Elections/Nominations Committee Chair  
906-362-7125 / [temckz@charter.net](mailto:temckz@charter.net)



# 'Tis The Citrus Season



**T**he weather outside is frightful, but the produce department at the Marquette Food Co-op is ever so delightful! It is citrus season once more, the time of year when citrus is at its sweetest and juiciest—not to mention greatest value. We are currently offering an abundant variety of fresh fruits and eagerly awaiting the arrival of a few others.

Always a staff favorite, the **Cara Cara Orange**, sometime referred to as the “Red Navel” will make its return. These exceptionally sweet oranges have a deep red interior with a subtle berry-like aftertaste. We’ve also received fresh shipments of **Mandarin** Oranges from California and Florida which make for great additions to school lunches as they are small, sweet, have few seeds and are very easy to peel. Soon to arrive are the ever popular **Kumquats**, packed with a powerful punch of sweet and sour flavor and nutritional value. Rich in Vitamin A, Vitamin C and Potassium, these little guys make an excellent snack and provide you the energy you need to make it through the day. Nothing says Holidays like sweets. **Meyer Lemons** make an excellent substitute for the typically sour fruit as they are sweeter and more complex—perfect for lemon bars.

Throughout the winter season, the citrus selection will continue to grow more colorful and vibrant. Make sure to check back regularly to see if your favorite fruit is back in stock. After all, we could all use the extra boost of Vitamin C during these cold U.P. winters.

Tips for getting the most from your citrus:

- *Pick out heavier fruits as they are sure to have higher juice content.*
- *Give the fruit a squeeze. Slightly soft fruit often means less pith and makes for excellent juicing.*
- *Citrus with a more vibrant and sweet smell are at their freshest.*
- *Before you peel your fruit, roll it on a table gently but firmly. This loosens the skin fibers making for an easy peel. Rolling kumquats between your fingers releases the fruits aromatic oils and mellows the normally sour taste they provide.*

**Travis Wright**  
**Produce Supervisor**

906-225-0671 x13 / [twright@marquettefood.coop](mailto:twright@marquettefood.coop)



# Seasonal Wellness

healthy gut flora, and aid in digestion, just to name a few of the benefits.



**W**inter has arrived, and so has the cold and flu season. Our bodies need nourishment as well as rest to help fight off those bugs, although we don't always get enough of either while we prepare for family visits and holiday travel. There are a few things you can do to keep your immune system in good running order to help at least shorten any sickness you may acquire this season.

**Astragalus root** is an herbal used in Eastern cultures for centuries. It is best known for boosting the immune system, while new studies are coming out all the time for other benefits. We currently have astragalus root in our bulk section, to be made as a tea, and in capsule form through **Oregon's Wild Harvest**.

Another immune-boosting supplement we carry that you may not have heard of is a mushroom blend called **MyCommunity** by **Host Defense**. In the last 50 years or so, scientists have been confirming the huge benefits that mushrooms have to offer us. Mushrooms provide immune support,

**Our bodies need  
nourishment as well  
as rest to help fight  
off those bugs.**

While these two supplements can help you before getting sick, we do have a couple items that can provide support after being exposed while you are traveling. **Host Defense** also makes a product called **MycoShield** that is perfect for traveling. It is a blend of five types of mushrooms you can take as a preventative or as daily maintenance. Another product that has been very beneficial to my family and me is the **Thera Zinc Spray** by **Quantum**. It contains elderberry, echinacea, zinc, and some essential oils that have helped me knock out colds and even stop sore throats.

There are a lot of things we can do to stay healthy this season, and the Wellness department is here to help. If we don't have something you are looking for, we can probably get it in by placing a special order. And, don't forget, if you are a MFC owner, you get an extra 20% off all special orders. Let us know how we can help you.

Feel free to stop by the Wellness desk to ask us a question. Happy Holidays and stay healthy!

**David Sprouse**  
**Wellness Manager**

906-225-0671 x22 / [wellness@marquettefood.coop](mailto:wellness@marquettefood.coop)

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**For educational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.**

<http://www.webmd.com/heart/astragalus-root-heart-benefits-side-effects>

<http://www.livestrong.com/article/127416-echinacea-astragalus/>

<http://products.mercola.com/mushroom-immune-support/>

# Cheesy Holidays



**H**oliday celebrations call for cheese. A cheese plate is a perfect addition to the holiday table, an excellent dessert course, and a low stress dish to pass at potlucks. Since cheese tastes best at room temperature, you don't have to worry about keeping cheese hot or cold when traveling to functions. Cheese doesn't need much preparation; simply place it on a cutting board with some accoutrements like nuts, fruit, veggies, chocolate, and charcuterie. At the cop you can peruse around one hundred varieties of cheese for just the right selections.

This year we have exceptional holiday offerings in our cheese cooler. Look for authentic **Fontina d'Aosta**, a pungent and intense Italian cheese made in the Aosta Valley since the 12th century. Typically used as a melting cheese, **Fontina** will add a robust flavor to all of your favorite Italian dishes. **Fontina** is known for its earthy,

mushroom-like taste. It is exceptionally good with roasted meats and big red wines. Pair it with its Alpine neighbor the great **Emmentaler Swiss** in fondue for a flavor explosion.

**Brie le Châtelain** is made in the Vosges Mountain Range of France. It is produced from the milk of grass-fed cows that are pastured at an elevation of about 4,500 feet. The flavor is reminiscent of many Alpine cheeses; it is heady with a strong vegetal taste. This brie is perfect for the adventurous cheese lover.

Since the 11th century, **Gruyere** has been made in the Alpine region between Switzerland and France. Today Roth Kase's Master Cheesemakers produce an award winning version of **Gruyere** called **Grand Cru Surchoix**. This handcrafted cheese has the aroma of caramel and nuts with full, deep concentrated flavors of sweet butter and warm spices. It is a testament to

**This year we have  
exceptional holiday  
offerings in our  
cheese cooler.**

# New Items

good milk, outstanding craftsmanship, and traditional methods. It is a knockout when served with roast beef, onion soup, or grated on butternut squash. It can stand alone as a snacking cheese or you can pair it with Bolzano Sausage made from heirloom pork and Riesling, Cabernet Franc, or Merlot.

No matter your taste, we've got something for you! Like the beautiful **Huntsman**, a color explosion of layered blue Stilton and bright yellow **Double Gloucester**. It's what happens when tangy blue cheese gets a creamy hug. **Blueberry Chevre** is a sweet vanilla goat milk cheese that is rolled in blueberries preserved from seasons past, a satisfying combination of sweet and tangy. **Gjetost** a slow cooked goat and cow milk cheese is a delicious caramel treat. **Saint Angel** is an option for a palate with a preference for creamy and elegant flavors. If savory and sharp appeals to you, try **Spanish Manchego**, **Riviera Olives** from France, and **Olli Wild Boar Sausage** from San Francisco.

This holiday season, be sure to check out our cheese cooler where taste adventures await you. Happy holidays.

P.S. Santa loves cheese.

## Audra Campbell

### Cheese Buyer

acampbell@marquettefood.coop



We have two new sparkling wines for the holiday season. Number one is **Charles Lafitte Sparkling Rose**. A fresh, elegant sparkler with fragrances of picked berries and a beautiful deep salmon hue. Number two is **Adami Prosecco**, a dry, crisp, and pleasantly tart sparkling wine. The palate is full-flavored with a crisp acidity. For the cider lovers in the crowd, we have a **Perry cider** from **Uncle John's Fruit House Winery** in lower Michigan. A delicious pear cider, more dry than sweet. Let's celebrate!

## Clare Sauer

### Beer & Wine Buyer

csauer@marquettefood.coop

## New Faces at the Co-op

Kris Wierenga

Grocery Department

Rachel Means

Grocery Department

Bruce Ventura

Grocery Department

Zach Schneider

Produce Department

# U.P. Food Exchange



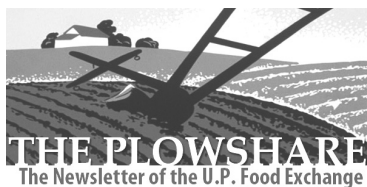
**T**he expanding reach of UPFE is evident from the growing number of farms and businesses listed in the U.P. Food and Farm Directory and the steadily increasing number of subscribers to the Plowshare newsletter. The UPFE website ([www.upfoodexchange.com](http://www.upfoodexchange.com)) has grown to include community posting boards, access to an Online Marketplace for producers to sell directly to institutional buyers, access to a searchable version of the U.P. Food and Farm Directory, an updated calendar of events, and other information about upcoming news and events.

Born out of funds from Regional Food Systems Grant through the Michigan Department of Agriculture and Rural Development, The U.P. Food Exchange (UPFE) is a collaborative effort being led by the Marquette Food Co-op and MSU Extension in conjunction with the Western U.P. Health Department. UPFE has been chartered with the task of serving as a resource portal for all of the local food-related activities going

on in the U.P. and has been hard at work tackling its first year goals at a steady clip.

## U.P. Local Food Summits

In November, the U.P. Food Exchange held its first local food summits in Houghton and Marquette, and it's third in Sault Ste. Marie. More than three hundred people attended the summits, which fostered great discussions and networking. People from a wide cross section of fields participated in the event, providing insight from diverse perspectives.



Panelists of farmers, grocers, restaurant owners, members of city councils, educators, and others gave attendees a chance to ask questions and see working examples of successful partnerships within their local food

hub.

Keynote speaker Ken Meter presented his research with compelling data that highlighted challenges of the U.P. food system and offered ideas and models for

addressing these challenges. Ken pointed out examples of thriving food hubs in other parts of the country and noted that the U.P. Food Exchange is making good strides towards developing a vibrant local food network.

Each event ended with small group brainstorming sessions on how best to address issues in each of the food hubs. Topics included food safety, outreach/education, capacity building, youth engagement, policy, and economic development. Great ideas came from these sessions to help guide UPFE's work in the coming year and how each of us can be involved.

### **Food Service Provider and Farmer Meet and Greets**

In response to the demand for greater access to local food, the U.P. Food Exchange serves as a liaison between local farmers and food service providers to navigate the barriers hindering the sale of local food to restaurants, schools, hospitals, and other institutional buyers. Through the UPFE website, local food can easily and efficiently be bought and sold through an Online Marketplace. To facilitate greater use of this site, UPFE is hosting a series of "Meet and Greet" sessions across the U.P. These sessions will encourage farmers and buyers to network, get to know each other, discuss their needs and challenges, and make plans for the coming year.

### **Farm Food Safety**

UPFE is part of a USDA pilot study exploring new ways to address small farm food safety certification. The study will monitor the creation and implementation of a food safety plan that can be adopted by groups of farms. The goal is to make it easier for



smaller and mid-size farms to comply with food safety regulations through sharing the documentation and financial burden. The program will begin this winter and trial implementation will begin in the 2014 growing season.

### **Educational Work**

UPFE has a number of trainings, workshops, and conferences in the coming year all geared toward making the U.P.'s local food system more resilient. These events include training for Farm-to-School programs, a farmer's market manager's conference, workshops on maintaining school hoop houses and wholesale training for farmers.

### **Neal Curran**

#### **UPFE Project Assistant**

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



# Upcoming Events



## **Oryoki**

Wednesday, January 15

6pm

Lake Superior Zendo (2222 Longyear Ave, MQT)

Oryoki is a meditative form of eating. This class emphasizes the ritual as it is practiced in the Japanese branches of Buddhism, specifically Zen. Our local Buddhist temple has kindly offered to teach people about this precise and beautiful meal that encourages the eater to reflect on the innumerable labors that bring us our food and sustain our lives. Participants will be guided through a Oryoki meal by Rev. Tesshin Paul Lehmberg and Orion McDonald-Young. Cost is \$5 minimum, though the temple would accept more as a donation. Preregistration is required. Limited spots are available. Call Sarah at 225-0671 x23 to reserve your spot.

## **Chinese New Year Dinner**

Tuesday, January 21 or January 28

6pm

MSHS Home Economics Room (126)

The Chinese New Year is a multi-day celebration that in 2014, begins on January 31. Generally, homes are cleaned from top to bottom and adorned with red paper decorations for the festivities. While the house cleaning is optional on your part, Co-op owner and former board member Jeannie Wagner is ready to help you with the food. Participants in the class will learn how to make some of Jeannie's favorite traditional foods of the Chinese New Year, as well as hear more about the customs of this important Chinese holiday. \$15 for Co-op owners, \$30 for others. Preregistration is required. Call Sarah at 225-0671 x23 to reserve your spot.

## **Beekeeping 101**

Monday, January 27

6:30pm

Community Room, Peter White Public Library

It's hard to beat fresh honey, especially if you harvest it yourself. Devotees of this natural sweetener, mark your calendars: the ins and outs of beekeeping will be shared by an experienced keeper. This event is free, though donations to the bee club will be accepted. Registration is appreciated. Call Sarah at 225-0671 x23.

## **Thinking About Food**

Monday, February 3

6pm-8pm

Shiras Room, Peter White Public Library

Consider this a philosophical history of the contemporary local food movement, with the vocal eaters who have influenced its course as your guides. Read short works by authors like Wendell Berry, Alice Waters, and Michael Pollan in preparation for a spirited discussion of the question "What does it mean to eat?" This even is free to everyone. Preregistration is required. Call Sarah at 225-0671 x23 to reserve your spot.



## **Making Your Own Masala - Creating Indian Spice Mixtures**

Tuesday, February 11 or February 18

6pm

MSHS Home Economics Room (126)

The sheer number of spices listed in many Indian recipes can seem overwhelming to the uninitiated. With just a little practice however, creating delicious curries is possible even for quick weeknight meals. Participants in this class will learn about many Indian spices and their flavors. They will have hands-on experience creating their own spice mixtures, or masalas, to use in a variety of recipes covered in the class. Where to find Indian ingredients and what kitchen tools are useful to have will also be addressed. \$15 for Co-op owners, \$30 for others. Preregistration is required. Call Sarah at 225-0671 x23 to reserve your spot.





**Marquette Food Co-op**  
109 W Baraga Avenue  
Marquette, MI 49855