

NEW ITEMS



Solid Dish Soap Bar Ash House Soap Studio

We have another option for reducing waste in your household while a high quality product. We now carry bar soap for dishes! Ash House Soap Studio's classic dish bar soap's minimal packaging lets the beautiful soap and it's lovely, lightly lemony fragrance shine. The soap is scented with therapeutic grade essentials oils and uses natural clays and botanicals for color. Located in Ohio, the Soap Studio works with local small makers, producers, and growers for as many ingredients as possible.



Organic Niter Kibbeh Grassfed Ghee Pure Indian Foods

One way to add more authentic flavor to your Ethiopian food at home is to use Niter Kibbeh, a traditional clarified butter (ghee) that is seasoned with a complex mix of spices such as cardamom, cumin, coriander, and cinnamon. This organic ghee company is owned by an Indian couple who immigrated to the U.S. in the 90s, bringing with them the family knowledge in ghee making. The original family company was started in 1889 and is still operating in Northern India.



Shilajit Beloved Apprentice Kit Beloved Shilajit

Shilajit, which translates from Sanskrit as "rock invincible," is a naturally occurring mineral pitch found seeping out of rocks at high altitudes. It has been documented in Indian, Tibetan, Chinese, Persian, and Arabic traditional medicine. It is becoming more widely known in other parts of the world and clinical studies are beginning to show the potential for a wide range of benefits. Composed of decayed humus and plant material that was compressed for thousands of years, Shilajit is known for its rich mineral content and bioactive compounds, offering benefits such as enhanced energy, improved metabolism, and support for immune health. Studies today are showing this compound can help prevent bone loss, prevent anemia, help with male infertility, and even have neurological benefit. This apprentice kit is a great way to try out the product before committing to a larger amount. Highly recommended by our Wellness Team!



Organic Berbere Seasoning Frontier Co-op

Frontier Co-op Berbere blend will be similar to the spice notes you taste in classic Ethiopian dishes such as doro wat or red lentil stews. A blend of twelve aromatic spices, this is pepper blend that in the Ethiopian state language of Amharic means "pepper" or "hot." But this is the perfect blend for people who are normally wary of hot foods. Berbere's peppers are tempered by other spices, which may be warm, earthy, citrusy, and even sweet. This blend is also great as rub on chicken, beef, or fish.

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8am - 9pm

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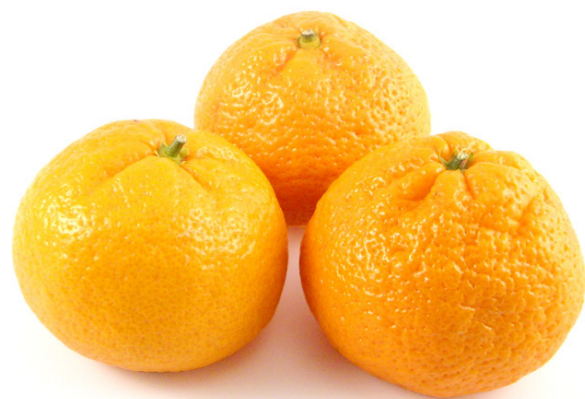




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Marquette Food Co-op
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per pound



20% Off

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750ml



Chardonnay
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750ml



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