



FRESH FEED

The Marquette Food Co-op Newsletter

April 2021



NEXT!



Matt Gougeon
General Manager

As we move into this second year of the pandemic, we, here at the Co-op, await what comes next. Whatever that might be! I am certain that pandemic related restrictions will eventually recede. When that happens is unknown. But what we do know is that eventually, and rightfully so, there will some balance returned to the “food at home” and “food not at home” equation for our owners and customers as restaurants fully open again. The past year has caused a seismic shift in eating and shopping habits. It’s for us, and I think anyone who works in every single aspect of food systems, to assess what we’ve learned and apply it as best we can to a not-fully-known future.

The grocery world is a place where planning is paramount, as it is for all the retail industry. We have multi-year contracts with suppliers and production expectations with local vendors. We often purchase product well in advance of holidays and plan promotions throughout the year ahead. This past year upended any plans that had been made and cast doubt over any attempt to plan moving forward. That said, we know a few things that have changed are permanent. Our webstore is here to stay. Increased demand for convenience in shopping and a smooth, easy shopping trip is a priority, including at the point of checkout. Fresh food and meals ready to eat or with minimal prep continue in importance, but how they are accessed has changed. Meaning: don’t bet on our hot bar to come back. Not in the way it had existed, anyway. The salad bar will likely be experiencing change as well.

Challenges aside, it feels good to have a whole new set of trends and likely outcomes of the pandemic to sort through. They are essential to our future planning and, dare I say, make planning fun again compared to the crisis planning of the past year. We already have a few new things to implement and we think you will really like them. I’ll leave that right there as a tease. One thing I will divulge that begins this month is that through our national association, the National Cooperative Grocers, we have a new contract with an additional natural foods wholesaler called KeHe. KeHe will help diversify our supply chain and mitigate some of the



supply issues we experienced over the last year. They are another basket to put our eggs in.

So, while everyone is waiting for some sense of normal to return, for us at the Co-op, we await the new normal. Again. So it is in the grocery business. Nothing stays the same for too long. But it will be nice when we can at least look forward a couple of years at a time again. Then again, maybe one of the permanent changes of the pandemic for us is to keep things fresh and new, improving at a more frequent pace. For sure, the big lesson of the pandemic is to not take anything or anyone for granted anymore. Let’s continue to lean on one another and share the responsibility for getting through the next months together. It will be beautiful on the other side and we’ll have a few new things for you to enjoy at the Co-op.

Feel good. Shop the Co-op.

CELEBRATING
50
YEARS
OF THE
MFC

Founded in 1971, this year marks the 50th anniversary of the Marquette Food Co-op! To celebrate, we'll be sharing snippets of MFC history each month in the newsletter and on social media.

Follow along with the hashtag #MFCis50 on Facebook & Instagram

A move to Baraga Ave.

In 2000, there was serious discussion about expanding so that the Co-op could offer its members more products and become more of a one-stop shop. The decision was made to move to bigger premises, sell the Washington St. building and relocate to a leased building. Years of planning followed, and the Co-op opened its doors at 109 West Baraga Avenue in July 2002. By June 2005, sales had increased to over \$1,000,000 per year, and the staff had grown to 24.



Have a special photo or memory of the MFC to share?

Send it to kdewar@marquettefood.coop or message us on Facebook or Instagram.

2021

VIRTUAL

ANNUAL MEETING

— OF OWNERS

**THANK YOU TO ALL
WHO ATTENDED!**

**TO WATCH A RECORDING OF THE MEETING
CONTACT SARAH MONTE**
smonte@marquettefood.coop

Easter Sale

MARCH 31 – APRIL 6

STORE CLOSED SUNDAY APRIL 4



\$4.99

Marquette Food Co-op
Carrot Cake

You Save 50¢
each



\$2.99

Organic
Asparagus

You Save \$2.00
per pound



20% off

Beeler's
Bone-In ½ Ham

per pound



\$5.99

Crow & Miss
Chocolate Bars

You Save \$3.00
70 g, select varieties

– WHILE SUPPLIES LAST –

THE MANY WAYS WE STRIVE FOR SUSTAINABILITY IN PRODUCE AND HOW YOU CAN HELP!

Gabriel Hudson
Produce Department



If you're reading this newsletter, perhaps you're already aware of the means in which the MFC strives for sustainability. Maybe you practice sustainable living yourself and already understand the importance of it. While we may be preaching to the choir here, there's no harm in practicing our key notes, strengthening our voice, and celebrating a community of people singing in key.

The world needs our song of sustainability more than ever. From wildfires on the west coast to polar vortexes plummeting temperatures below freezing in states like Hawaii, issues surrounding climate change may seem abstract and "over there." But when you walk through our produce section, over there becomes right here. From here to MSU North Farm is 31.8 miles, a 36 minute drive. From here to Salinas, California (where we get some of our packaged greens) is 2,486 miles – that's 37 hours sitting in a refrigerated truck. Yet, the distance between California carrots and local MSU carrots in our produce section is less than a foot.

The other day, while I was loading some fair trade bananas from Ecuador, I overheard a little girl and

her guardian shopping. The girl kept asking, "What is that?" And her guardian said, "That's celeriac... that's romanesco... those are Brussels sprouts." It struck me that the girl only asked about what she saw in front of her. Her guardian could only answer what she knew. I realized that we must also learn to ask about what we don't see. Imagine if the girl had asked "How can we get bananas all the way from Ecuador?" Imagine being her guardian and unfazed by the depth of her curiosity.

To lighten the load of questions you might receive from your neighbors or your own children, here are some of the ways that the MFC Produce Department practices sustainability.

We strive to only sell organic and/or local products. Regardless of the criticism against organic and local, it is irrefutable that farms that strive to be organic are critical about how their practices affect the land for generations to come. It is also irrefutable that buying local cuts carbon emissions from delivery and supports local businesses and farmers — many of whom are your fellow shoppers.

We're working on reducing plastic from our department. It's nearly impossible to completely eliminate plastic, but — considering COVID-19 prevention — we're working on providing as few plastic-packaged products as we can. As an alternative to plastic bags, we provide paper bags: biodegradable and still inexpensive.

We redirect blemished produce to our deli for use in prepared foods or to staff to further reduce food waste. So long as it isn't moldy, it's still delicious.

We reuse wax boxes that much of our produce gets shipped in. We store them

and offer them to farmers or anyone who has a need for them for reuse.

We compost about 80lbs of produce-waste a day. Community members collect the bins we fill from behind the store. No produce from our store ever goes to a landfill. Unsellable produce that's not fit for human consumption all gets used as animal feed or compost for local gardeners and farmers...and their chickens.

We upcycle the green bags that farmers package their vegetables in as trash bags.

We can't be a truly sustainable business unless our community is also sustainable. So here are some ways you can help.

Buy organic, local, and in-season. Your dollar is a driving force in what we provide.

Bring your own bags and cut down on plastic. We actually sell reusable produce bags. You can also use a washable canvas bag to tote your produce until it gets to your fridge or forgo bags entirely for produce that doesn't need them, like bananas, onions, and avocados. Choose loose items instead of those packaged in plastic clamshells when possible.

In addition, use paper bags more. If you're not concerned about dampness, essentially everything we offer can go in a paper bag. If there are pre-packaged products like beans and peas that are tagged in bags, ask a produce clerk if there's still some in the back to package in a brown bag. Yes, that sounds like a lot, but, speaking as one of those clerks: five minutes of my time is nothing compared to the hundreds of years

it takes for the single plastic bag to breakdown in a landfill.

Don't go for perfect looking produce. Over 40% of produce in the U.S. doesn't reach the dinner table because it's slightly blemished. Perhaps, for every perfectly yellow banana, buy a speckled one.

Consider working here. A perk, as mentioned: we get so much free food because it's just a day past it's sell-by date or it has just one too many blemishes.

By the time that curious girl I mentioned earlier is 30-ish, it'll be 2050, which is a major deadline for the replenishment of the ocean, the atmosphere, the forests, and the planet as a whole. I'm approaching 30, myself. Perhaps my generation is as gluttonous as my parents', but with a pinch more guilt. I hope that the next generation won't have to feel that guilt, and they won't have to if we act now. It has to be now.

Shopping organic and local is, superficially, more expensive than shopping conventional. I hope you realize that choosing organic and local is not only an affordable price for sustainability and health, it's an investment. An investment in our community, its farmers, and its people: you, your children, and your children's children.

Of all the choices you make in these complicated times, thank you for choosing to shop with us. The curiosity you express, the patience you portion, and the delight you share with us in conversations about family or recipes — these are the most valuable resources we could ever ask to sustain.

STEPS TAKEN BY OUR OTHER DEPARTMENTS

PREPARED FOODS

- 500lbs of cut vegetable waste is given to local composters each month
- Uses locally produced eggs, maple syrup, and hot sauce in deli/hot bar/grab & go recipes
- Uses blemished or near expiring ingredients from produce & grocery departments in prepared foods

MEAT & SEAFOOD

- The Meat department buys products from 7 local farms
- Seafood is sourced from sustainable companies when possible
- Grinds close-to-expiring chicken into pet food & freezes
- Working to reduce plastic packaging

GROCERY

- Saves product boxes and provides to Front End for customers to use instead of bags
- Promotes reusable containers in bulk department and offers paper bags as an alternative to plastic
- Purchases from vendors with sustainable practices in place

FRONT END

- Cashiers promote the use of reusable bags by offering a 5 cent bag discount
- Provides an option for customers to opt out of printed receipts
- Uses plastic-free receipt rolls (vendor also plants a tree for every case of receipt paper purchased)
- Virtually all internal documentation and communication within department is paperless

WELLNESS

- Offers clean products (less environmental toxicity, quality ingredients, safer working environments in labs/factories, organic)
- Sources products packaged in glass or without plastic

BULK SALE

**15 OF YOUR FAVORITE,
MOST PURCHASED
BULK PRODUCTS**

APRIL 21-27



HOW TO SHOP BULK

1

**BRING IN YOUR OWN
JAR (HAVE A CASHIER
WEIGH IT BEFORE
FILLING) OR USE ONE
OF THE PROVIDED
CONTAINERS**

2

FILL YOUR CONTAINER
*take as little or as
much as you need*

3

**WRITE THE CODE OR
"PLU" ON A LABEL**
*or directly on
package itself*

4

CHECK OUT & ENJOY!

When you shop bulk, you save money, reduce waste, and get the freshest ingredients possible in the exact quantity you need.

RECIPES USING BULK INGREDIENTS

COCONUT CHIA SEED PUDDING

Serves 4

- 1 can coconut milk
- 5-6 T chia seeds (adjust depending on desired consistency)
- 1 T local honey or maple syrup
- ½ t pure vanilla extract
- Pinch of salt
- Toppings of your choice (fruit, nut butter, chocolate chips, jam, granola, toasted coconut flakes, etc.)

Mix all ingredients (except toppings) very well, cover, and refrigerate overnight. Before serving, stir once more, add toppings, and enjoy.



LENTIL SOUP

A simple soup, with great, unique flavor.

- 1 large onion, finely chopped
- 1¾ C red lentils
- 7½ C vegetable stock
- 1 t cumin
- juice of ½-1 lemon
- salt and pepper, to taste
- olive oil, to taste

If using bouillon cubes, powder, or paste, make stock. Combine onion, lentils, and stock. Simmer about 30 min, or until lentils have disintegrated. If the soup seems too thick, add water to reach desired consistency.

Add cumin, lemon juice, and salt / pepper to taste. Drizzle olive oil on top to taste and serve.

Variations:

1. Add 2 peeled and chopped tomatoes while cooking.
2. 1t tumeric and hot chilies.
3. Add 1lb fresh shredded or a 1/2lb frozen spinach 10 minutes before the end of cooking.



(VEGAN/RAW) NACHO DIP WITH CRUDITÉ

makes about 2 cups | Recipe by Angie Cherrette

- 1 C cashews
- 1 red bell pepper, stem and seeds removed
- ½-1 jalapeño
- 2 cloves garlic
- 2 T red onion
- 2 T lemon juice
- 2 T-¼ C nutritional yeast
- 2 T tahini
- ½ t salt
- ¼ C water
- 2-3 cucumbers
- 4 carrots

Combine ingredients (except cucumber and carrots) in a food processor and process until smooth. Adjust for taste adding more salt or nutritional yeast to reach the desired taste. Slice cucumbers and carrots and serve with the nacho dip.



FOR THE KITCHEN

10
Swedish dish towels
- instead of -
Paper towels & sponges

11
Metal straws
- instead of -
Plastic straws

12
Beeswax or bowl covers
- instead of -
Plastic wrap



Bee's Wrap Reusable Food Wrap

"Versatile, eco-friendly, and aesthetically pleasing, these wraps greet you with the warm scent of beeswax as if to thank you for cutting down on plastic and trash."

— Gabriel H., Produce

Ecologie Swedish Dish Towels

"Swedish dish towels are versatile, reusable and easy to care for. I use mine for washing surfaces, dusting and general kitchen cleanups. It is highly absorbent and very easy to rinse and ring dry."

— Brigitte D., Operations

FOR THE BATHROOM

5
Bar product in paper packaging
- instead of -
Soap/shampoo/conditioner
in plastic bottles

6
**Menstrual cups or organic tampons
with cardboard applicator**
- instead of -
Conventional menstrual products in
plastic packaging

7
Natural deodorant in glass bottle
- instead of -
Deodorant with harmful ingredients
& plastic packaging

8
Toothpaste tablets in glass jar
- instead of -
Toothpaste in plastic packaging

9
Organic floss in eco-friendly packaging
- instead of -
Floss in plastic container



Radius Organic Floss

"Radius organic floss not only doesn't waste packaging, it doesn't waste any time as the only floss that glides perfectly through my strange teeth and never gets stuck or breaks."

— Evan Z., IT

Sunleaf Moisturizing Shampoo & Body Soap

"As someone with long, thick hair, I was not expecting this product to work well. But it did! My hair felt soft despite not using any conditioner!"

— Erin B., Front End

ON-THE-GO

1
Reusable to-go mug
- instead of -
Disposable coffee cup

2
Reusable silicone bags
- instead of -
Plastic bags

3
Wooden reusable cutlery
- instead of -
Plastic cutlery

4
Reusable shopping bag
- instead of -
Paper or plastic



To-Go Ware Reuseable Bamboo Utensil Set

"Everyone in my family has their own set of bamboo to-go ware that's much sturdier than plastic utensils when we're on the go, and we love that they come in kiddo and adult sizes with a variety of colored pouches."

— Kelsey T., Front End

Chico Reusable Bag

"My ChicoBag is compact so it's able to always be with me, stored away in my purse, ready for it's next grocery haul."

— Kelsie D., Outreach

GREEN CLEANING D.I.Y. RECIPES

CITRUS ALL-PURPOSE CLEANER

Recipe adapted from wholefully.com

- **1 quart tightly packed citrus peels**
(clementine, orange, lemon, lime, grapefruit—
whatever you're eating!)
- **White distilled vinegar**
- **Water**
- **Lemon essential oil, optional**

Pack a quart size glass jar tightly with leftover citrus peels, and then fill jar to the top with vinegar. Close and set in a sunny spot to infuse for at least two weeks.

Strain the vinegar, discard the peels, and store the vinegar in a glass jar in a dark, cool spot.

To make all-purpose cleaner, pour 1/2 cup of the vinegar into a spray bottle. Add in 2 cups water, and 20 drops lemon essential oil, if using. Screw on lid and shake well.

To use: shake the mixture well, and then spray onto surface and wipe clean with a damp cloth. Do not use on natural stone countertops or tiles.

LAUNDRY POWDER

Recipe from [@sustainyourself](https://www.instagram.com/sustainyourself) on Instagram

- **1 cup baking soda**
- **1 cup washing soda**
- **1 bar grated castile soap**
- **A few drops of essential oil**

Mix all ingredients and store in glass jar.

Use 2-3 T per load depending on load size and soil level.

To make washing soda: bake 1 C of baking soda on a baking sheet (an even layer) at 400 degrees for 1 hour and mix halfway through.

WELLNESS WEEKEND

APRIL
9-11

25% OFF

BODY CARE, VITAMINS,
+ SUPPLEMENTS

*excludes items
already on sale*



NEW ITEMS

April 2021



Josie's Organics

Sweet Kale Chopped Salad Kit

Josie's Organics Sweet Kale Chopped Salad Kit includes a delightful blend of hearty organic greens, roasted pumpkin seeds, dried cranberries, and a tangy poppyseed dressing. Made with a nourishing mix of kale, green cabbage, broccoli, and radicchio, this salad can be enjoyed many ways including eating fresh as is, mixed with cooked grains, roasted with your favorite veggies, and so much more.



Marquette Food Co-op

Ground Turkey

MFC Ground Turkey is made in-house right here at the Marquette Food Co-op with Ferndale Market turkey thighs. Ferndale Market is an independently owned Minnesota farm that specializes in raising free-range turkey. You may have had their turkey for Thanksgiving if you got it from the Co-op. MFC Ground Turkey is great for making turkey burgers, meatballs, and tacos. Goes great with cheese, condiments, and pickled veggies.



Rao's

Meat Lasagna

Rao's legendary New York restaurant specializes in authentic Italian cuisine, including scrumptious meat lasagna. They sell a lovely assortment of homemade-style pasta sauces, frozen entrees, and more, so you can get the Rao's experience in your own home. Their frozen meat lasagna is ready to heat and eat. Delicious and warming, this pasta, layered with fresh ricotta cheese, mozzarella, beef, pork sausage, and marinara sauce, is sure to please.



Pop & Bottle

Vanilla Oat Milk Collagen Latte

Ready for a latte with benefits? Enter Pop & Bottle's Vanilla Oat Milk Collagen Latte. It is a delicious and beautifying plant-based latte made with fair trade organic coffee, pure oat milk, a hint of sweetness, and marine collagen for an added glow to hair, skin, and nails. Tasty and nutritious!



Cascadian Farm

Organic Hearty Blend with Farro, Broccoli, Carrots, & Chickpeas

While in the freezer aisle, grab a bag of Cascadian Farm's Organic Hearty Blend with Farro, Broccoli, Carrots and Chickpeas. It is a winning combination of nutritious ingredients that work well on its own or base for a hearty homemade meal. Just add sauce, protein, additional veggies, cheese, etc.



Alaska Wild Fish Co.

Smoked salmon Cream Cheese Spread

Alaska Wild Fish Co. Smoked Salmon Cream Cheese Spread is made using only premium wild caught Salmon fillets, smoked to perfection, and blended with the finest fresh cream cheese that is free from BGH, antibiotics, and preservatives. A family owned and operated company, Alaska Wild Fish Co. has been a family tradition for three generations.



Kite Hill

Dairy-Free Tzatziki

Kite Hill's Tzatziki is the refreshingly zesty dip you have been waiting for. Made with fresh cucumbers, garlic, dill, and tangy lemon, it is the perfect complement to pita chips, veggies, or as a finishing touch to a savory meal. In everything they make — from award winning plant-based yogurts and cheeses to delicious pastas, dips, and even food for kids — Kite Hill strives to create foods that are both irresistible and sustainable.



Tints of Nature

Bold Colours

Tints of Nature Bold Colours offers a range of bright bold colors including teal, purple, pink, orange, green, fuchsia, blue, and rose. The vegan and cruelty free formula is packed with naturally derived ingredients and is free from Ammonia, PPD, Parabens, Silicone and Sulfates. For best results use on light, bright, natural blonde, or bleached hair. Lasts between 3-6 washes.



GROCERY PICKUP

In-store Shopping
9am – 9pm

Shopping for At-Risk Populations
8am – 9am

Grocery Pickup
10am – 7pm

\$30 minimum purchase required online.

Product availability & price subject to change.

Items must be picked up during dates of sale to secure sale price.

If an item is out of stock, staff will substitute with a comparable product if available. You will have the opportunity to approve substitutions at pick-up.

Any changes to your order will be communicated at pick-up.

Your order will be ready at the time you selected for pick-up. We will not call when your order is ready.

Grocery Pickup call **906.225.0671 x706** when you arrive

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 **9am – 9pm**
At-risk Population Hours **8 – 9am**
Grocery Pickup **10am – 7pm**

www.marquettefood.coop
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