



# FRESH FEED

The Marquette Food Co-op Newsletter

April 2022



# THE TRANSFORMATIVE COOPERATIVE



**Matt Gougeon**  
General Manager

I recently had a long conversation with our Outreach Director, Sarah Monte, about the work we do at the Co-op. That conversation was prompted by a few questions I had for her to contextualize the work she leads, as a piece of the whole cooperative. Of course, it's impossible to pull any activity or job here at the MFC out of context given the integral nature of things. But it served us to highlight how the MFC has changed and is facing the future. In saying this, I am not expressly referencing change wrought by the pandemic. Some of the points we made in our conversation are things known, but others were revelatory in the way when you realize some small mundane thing you do overtime turns into something of greater value in the end. To use a gardening analogy, it's like making compost from table and cooking waste.

To begin with, the cooperative business model is unique. It is designed specifically to share equity, values, oversight, and risk. It also intends to share results (i.e. profit), but not at the expense of having a community need unfulfilled. However, the cooperative model bumps up against an economic system that is inherently designed to thwart what a cooperative intends. That design favors majority-owned distant corporations, which are short-term-profit focused for insatiable shareholder reward. Yet, here we are, thriving on "Main Street," expanding and diversifying our operations. To be sure, there are elements of the prevailing economic systems that we must navigate. For Co-ops, there are two bogeymen that bump in the night of our consciences: capital and profit. Cooperators often don't want to talk about or acknowledge the need for capital or to be a profitable business. The ways in which cooperatives access capital and return profit on investment are similar to corporate methods. There is, in fact, no special magic behind a co-op that distinguishes it from operating an efficient business. We tactically and pragmatically access

capital from owner investment and debt. We invest profit and cash back into the company to sustain it and grow revenue to continue to meet community need. Capital and profit are not adversaries to be avoided or defeated. Instead, they are partners that bring organizational discipline to create financial stability. Only when we are disciplined and stable can the actual co-op magic happen, and this brings me back to my earlier revelatory realizations.

For a long time, this cooperative was partially built on our outreach efforts into the community, helping people see the Co-op for what it is and how it could benefit them and the broader community. More recently, while still involved in outreach, we have been doing more in the realm of community development. We do this through our work with the Upper Peninsula Food Exchange (see a current exciting grant opportunity led by UPFE on page 3) and with partner organizations. There is a concerted effort at building infrastructure for the community around food as a foundation to build equity, resiliency, and quality of life. This, in turn, serves as a foundation for successful economic development as sometimes, economic development initiatives fall short because there is no resilient community ready to receive it.

Community development is also important in another way. Ever more, our society becomes transactional, fomented by political divisions, unrelenting use of social media, the widening wealth gap, and the stresses of a declined economy that pit us against one another in trying to get our needs met. In our small way, the Co-op's work at community development intends to move us from the transactional to the transformative. Looking squarely to the future, you may rely on your Co-op to foster disciplined stability, in the face of uncertainty, to bring transformative change — like food waste into compost.

***Feel good. Shop the Co-op.***



## We're excited to announce a grant opportunity for U.P. Farmers!

The U.P. Food Exchange, in partnership with Upper Peninsula Food as Medicine Team and Upper Peninsula Commission for Area Progress (UPCAP), is excited to announce a grant opportunity for area farms to build cold storage facilities for storing fresh produce.

The grant program, funded by the Superior Health Foundation, will award up to \$14,000 to three farms from each of the U.P.'s three regional planning districts. Funds can be used for the materials and labor to build new or additional facilities, as well as access to technical assistance for construction and HVAC. This funding will support the increase of local food production by ensuring that farms have a place to safely store produce until it can be sold.

"Farm debt is a huge problem across the country. Even small-scale farming requires taking on a high amount of debt that is difficult to pay back, especially with an income that varies seasonally," said Sarah Monte, outreach director at the Marquette Food Co-op and UPFE member. "UPFE is thrilled to be working on a project that helps minimize or remove a financial barrier for our area farms. All of us in the community benefit when local farms succeed."

Cold storage facilities are essential for extending the agricultural sales season by providing space for keeping storage crops that can be sold well into the winter, directly supporting the growth of the U.P. farm economy and increasing access to local food for all residents.

"Currently, approximately 1 in 7 individuals or 14 percent of U.P. residents are food insecure. With the national average at 10.5 percent, the local numbers are significant," said Tammy Rosa, nutrition program manager at UPCAP. "UPCAP participates in many community initiatives throughout the region and is very excited to be a part of this collaboration of partners working to improve the food security of residents with economic barriers, while building a stronger regional food system."

### APPLICATIONS OPEN MARCH 16, 2022

- **Application Deadline is April 18, 2022 at 5pm**
- **Awards Announced May 6, 2022**
- **Project Completion Deadline is September 30, 2022**

To learn more and to access the grant application, visit [upfoodexchange.com/cold-storage-grant-program](https://upfoodexchange.com/cold-storage-grant-program). Questions can be directed to [info@upfoodexchange.com](mailto:info@upfoodexchange.com) or 906-225-0671 x723.

This grant is tied to the U.P. Prescription for Health program, in which physicians "prescribe" fresh produce vouchers to individuals at risk or diagnosed with a chronic health condition that are also experiencing economic barriers to purchasing food. To learn more about Prescription for Health, visit [upfoodexchange.com](https://upfoodexchange.com)

*Funds were awarded to the Food as Medicine (FAM) team, a collaborative group of organizations from across the U.P., to create a Prescription for Health Program and distribute mini-grants to farms for cold storage facilities that will support the production and distribution of fresh, locally grown produce. The U.P. Food Exchange is a local food hub that coordinates and supports local food activities in the U.P., serving as a resource portal for farmers, businesses and institutions looking to actively participate in their local food system. UPFE is handling the aspects of the grant related to the cold storage program and farmers markets.*

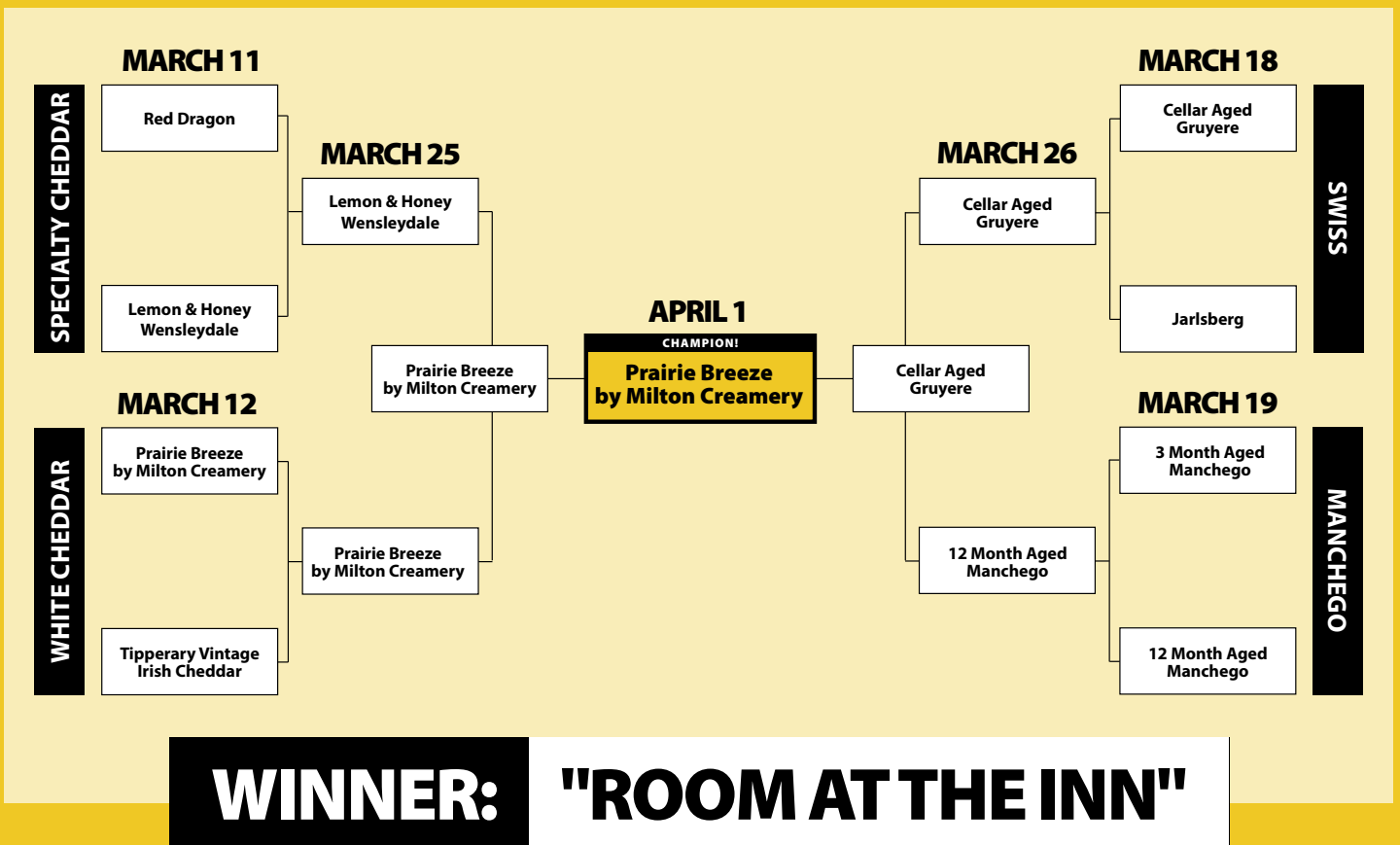


# CHEESE MADNESS

AT THE CO-OP

*Winner!*

**PRAIRIE BREEZE  
BY MILTON  
CREAMERY**



**THANKS TO ALL WHO PARTICIPATED!**



2022

Marquette Food Co-op

# ANNUAL MEETING OF OWNERS

THANKS TO ALL  
WHO ATTENDED!

# co-op values\$

We're happy to introduce our new Co-op Values flyer, which highlights a wide selection of competitively priced items throughout the store.

Co-op Values encompasses hundreds of items with low, everyday pricing (not sale prices)! All items are competitively priced, coming in lower or comparable to other stores in the area. When these items are on sale or a coupon is available, you can save even more!

*Keep an eye out for our orange Co-op Values shelf tags.*



co-op  
values\$



# Easter Sale

**APRIL 13 – 19**

**STORE CLOSED SUNDAY, APRIL 17**



# SPRINGTIME RECIPES

## CREAM CHEESE, RADISH & DILL SCONES

Recipe from Lisa Ludwinski/Sister Pie

- 1 ¼ C heavy cream
- 1 large egg
- 2 C all-purpose flour
- ¾ C whole wheat flour
- 1 T + 2 t baking powder
- 2 t kosher salt
- 2 T granulated sugar
- ½ C (1 stick) unsalted butter, straight from the fridge
- 1 C julienned radishes
- 4 oz cream cheese, cold, cut into ½ -inch pieces
- ½ C minced fresh dill
- Flaky sea salt, for sprinkling tops

Preheat your oven to 425°F. Line a baking sheet with parchment paper.

In a small bowl, gently whisk together 1 cup of the cream and the egg.

In a large stainless steel bowl, combine the all purpose and whole wheat flours, baking powder, kosher salt, and sugar. Place the butter in the bowl and coat on all sides with flour. Use a bench scraper to cut the butter into ½ - inch cubes. Work quickly to break up the cubes with your hands until they are all lightly coated in flour. Continue to use the bench scraper to cut the cubes into smaller pieces – the idea is that you were cutting each cube in half.

Switch to a pastry blender and begin to cut in the butter with one hand while turning the bowl with the other. It's important not to aim for the same spot at the bottom of the bowl with each movement, but to actually slice through butter every time for maximum efficiency. When the pastry blender clogs up, carefully clean it out with your fingers or a butter knife and use your hands to toss the ingredients a bit. Continue to blend and turn until most of the butter is incorporated but you still have quite a few larger chunks – think about the process of making pie dough and then stop before you get to the peas and Parmesan size stage.

Add the radishes, cream cheese, and dill and use your hands or the bench scraper to toss them evenly throughout the butter flour mixture. Pour the cream mixture into the dry ingredients. Use a silicone spatula to incorporate it into the flour mixture, and mix until you no longer see pools of liquid. Using the tips of your fingers (and a whole lot of pressure), turn the dough over and press it back into itself a few times. With each effort, rotate the bowl and try to scoop up as much of the dough as possible, with the intention of quickly forming it into one cohesive mass. Remember to incorporate any dry, floury bits that have congregated at the bottom of the bowl. Once the dough is fully formed, it's time to stop!

Turn the dough out onto it lightly floured surface, making sure to scrape every last bit from the bowl. Pat the dough into an 8 inch circle, and use the bench scraper to divide the dough into 8 equal wags. You can form the scones in advance and freeze them for up to three months before baking. Simply placed unbaked scones on the parchment lined baking sheet and freeze for at least 1 hour. Once The scones are frozen solid, wrap them tightly in plastic wrap and return to the freezer.

Transfer the scones to the parchment lined baking sheet, leaving at least 2 inches between them. Brush the tops of the scones with the remaining ¼ cup cream and sprinkle a few flakes of sea salt on each.

Place the baking sheet in the oven and bake for at least 18 to 25 minutes, until the scones are evenly golden brown and nearly doubled in size. If baking from frozen decrease the oven temperature to 400°F and bake for 25 to 35 minutes. You can test the doneness by gently pressing the top of a scone – it should spring back when done. Remove the baking sheet from the oven and transfer the scones to a wire rack to cool.

The scones are best eaten warm, split open and slathered with more cream cheese. While I highly recommend eating the scones on the day they're baked, you can store leftovers under a pie dome for up to 2 days.

### – OTHER COMBINATIONS –

Cheddar & Chive • Bacon, Thyme & Gruyere • Spinach & Feta  
Rosemary & Parmesan • Blue Cheese & Pecans  
Sun-dried Tomatoes, Basil & Mozzarella





## SPRINGTIME RECIPES

### HONEY LAVENDER SYRUP

Recipe from *A Flavor Journal* | Makes about ½ C or 8 servings

- ½ C honey
- ½ C water
- 2 T fresh lavender leaves OR dried lavender buds

Heat water in a small saucepan until hot, but not boiling. Add honey and lavender leaves (or buds) and stir until honey is completely dissolved.

Remove from heat, and let steep for one hour. Stir every fifteen minutes or so to recombine the lavender into the liquid.

Strain the syrup through a fine mesh sieve, and into an airtight container. Press down on the lavender in the fine mesh sieve to squeeze more flavor into the syrup. Discard lavender.

Use for coffee or cocktails (or whatever you please!), and store in the refrigerator for up to two weeks.



Lavender is available in our bulk department!

#### NOTES

Alternatively, you can combine honey and lavender in a jar, then pour in the hot water. Seal tightly with a lid, then shake until the water and honey have combined (it will be a little foamy on top). Let the lavender steep for an hour, shaking every 15 minutes or so. Strain the syrup and discard the lavender.

A serving is one tablespoon.

### HONEY LAVENDER LATTE

- 2 shots espresso or strongly brewed coffee
- 1-2 T honey lavender simple syrup
- 1 C milk of choice

Brew espresso or coffee and add to mug. Stir in simple syrup. Heat milk and froth until it doubles in size. Pour into espresso. Enjoy.



### LAVENDER BEE'S KNEES

- 2 oz dry gin
- 1 oz honey lavender simple syrup
- 1 oz freshly squeezed lemon juice
- lemon twist for garnish (optional)

Add gin, honey-lavender simple syrup, lemon juice and a handful of ice to a cocktail shaker. Put on the top and shake vigorously for 30 seconds.

Strain into a chilled martini or coupe glass. Garnish with a lemon twist if desired. Enjoy!



# RECYCLE 9 6

The Marquette County Solid Waste Management Authority (MCSWMA) is committed to the effective management of materials produced in Marquette County. Utilizing a balanced sustainable-economic approach, extending the life of the Marquette County Landfill is our goal. Environmental protection, as well as the health and safety of our staff, licensed haulers, and the general public, is paramount.

## DO YOUR PART TO PROMOTE & SUSTAIN **SAFE & EFFECTIVE** RECYCLING IN MARQUETTE COUNTY!

There is no denying that recycling has great benefits for the planet, but to see the benefits firsthand in a community like ours is truly remarkable. Recycling has saved us landfill space, which means we don't have to close the current facility and start anew. Recycling combats climate change by saving our very limited natural resources and it creates jobs nationwide – there are 12 new jobs in our own facility in Marquette County.

We, as a community, have made great strides in the recycling effort. Over the last year, many of our cities and townships have purchased recycling bins through state grants. This has increased residential participation great. Now, we want to focus on getting people to recycle the correct way.

We have received numerous used needles, sharp knives, rusty fishing lures, nails, ammunition, and lithium ion batteries (which have caused fires) in our recycling facility. This is very concerning because the health and safety of the public, recycle haulers, and our staff, is paramount.

We want the public to understand that just because something is labeled as “recyclable,” doesn’t mean WE have the ability to recycle it. If we can’t, there may be avenues available other than your curbside recycle bin. For example, batteries are recyclable, but cannot go into your recycle bin. There are numerous locations in our area that accept them, including the Marquette Food Co-op. Sharps/needles cannot go into your recycle bin. These are considered medical waste. There are pharmacies locally that will take them. MCSWMA also accepts them for FREE from Marquette County residents during our household hazardous waste collections from May-October. You can also call the landfill to schedule an appointment.

Sincerely,  
**MCSWMA**



# “WISHCYCLING”

The act of putting something in the recycling bin and hoping it will be recycled, even if there is little evidence to confirm this assumption. This can create extra labor, contaminate the waste stream, damage equipment & hurt workers.

## ITEMS THAT REQUIRE SPECIALIZED RECYCLING *NOT FOR CURBSIDE*

### BATTERIES

20 locations throughout Marquette County – visit [recycle906.com](http://recycle906.com) for a full listing

### ELECTRONICS

Goodwill, 3125 US-41/M-28 in Marquette

### GLASS

Drop off at Marquette County Landfill, 600 County Road NP in Marquette or contact your municipality

### PLASTIC BAGS

Drop off at Walmart, Lowes, Super One Foods, Target, Kohls, Econo Foods, and Meijer

### METAL

Dropped off at MCSWMA free of charge

### MEDICAL WASTE (sharps/needles)

Household Hazardous Waste Collections ([recycle906.com/events](http://recycle906.com/events))

### HOUSEHOLD PRODUCTS WITH TOXIC INGREDIENTS

Household Hazardous Waste Collections ([recycle906.com/events](http://recycle906.com/events))

## WHEN IN DOUBT, VISIT [RECYCLE906.COM](http://RECYCLE906.COM) AND USE THE “MATERIALS WIZARD” TOOL

The screenshot shows the 'Materials Wizard' web interface. At the top, there are three icons: a magnifying glass labeled 'Wizard', a recycling symbol labeled 'Game', and a question mark labeled 'Need help?'. Below these is a search bar with the placeholder text 'Type the name of a waste item and we'll tell you how to recycle or dispose of it.' and a 'Search' button. Under the search bar, there is a section titled 'Popular Searches' with four circular icons: a battery labeled 'Battery (Disposable)', a piece of styrofoam labeled 'Styrofoam', a television labeled 'Television', and a glass jar labeled 'Glass Jar'. At the bottom of the interface, there are links for 'Privacy', 'Terms of Service', and 'Cookie Policy', and a note 'Powered by R2Collect'.

## QUICK TIPS

Put lids **BACK ON** plastic bottles before recycling

Quickly rinse items  
*(not looking for perfection)*

Pizza boxes are acceptable  
if clean/no food residue

Shredded paper in **PAPER** bags, not plastic bags

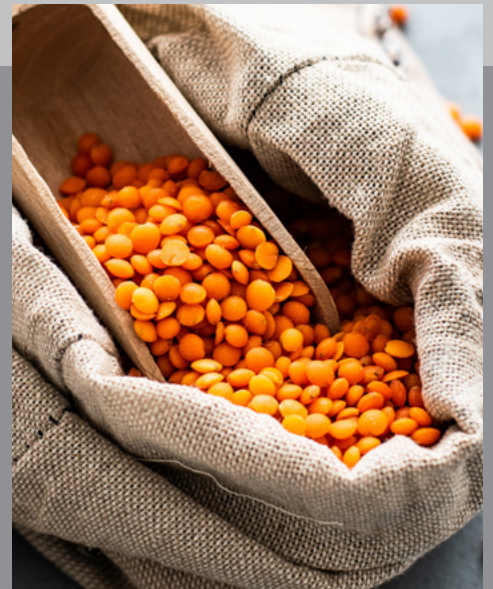
**FOLLOW MCSWMA ON FACEBOOK FOR MORE QUICK TIPS, AND TO ENTER SPECIAL GIVEAWAYS!**



# BULK SALE

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

**APRIL 20-26**



## 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.

## RECIPE USING BULK INGREDIENTS

# GINGERED RED LENTILS

Recipe from *660 Curries* by Raghavan Iyer | Makes 4 Cups

*With both fresh and dried chiles, this does have some zing. Luckily, it is perfectly tasty with or without the heat so you can reduce or omit the chiles for a milder curry.*

- 1 C red lentils
- 1 small red onion, coarsely chopped
- 4 large garlic cloves, coarsely chopped
- 4 lengthwise slices fresh ginger (each 2" long, 1" wide, and 1/8" thick), coarsely chopped
- 2 fresh green Thai, cayenne, or serrano chiles, stems removed
- 2 T ghee or neutral oil such as canola, safflower, grapeseed, etc.
- 1 t cumin seeds
- 2 dried red Thai or cayenne chiles, stems removed
- 1 medium size tomato, cored and finely chopped (or half a small can of diced tomatoes)
- 1 t coarse kosher or sea salt
- ¼ t ground turmeric
- ¼ C finely chopped fresh cilantro leaves and stems

Place the lentils in a medium size saucepan. Fill the pan halfway with water and rinse the lentils, even rubbing with your fingers. The water will become cloudy. Drain this water. Repeat three or four times until the water is relatively clear, drain.

Add 3 cups of water to the lentils and bring to a boil, uncovered, over medium heat. Skim off and discard any foam that forms on the surface. Reduce heat to medium low, cover the pan, and simmer, stirring occasionally, until the lentils are tender, 18-20 minutes.

While the lentils are cooking, combine the onion, garlic, ginger, and fresh chiles in a food processor. Mince the ingredients, using the pulsing action. Letting the blades run constantly will produce a watery blend.

Heat the ghee or oil in a small skillet over medium-high heat. Add the cumin seeds and dried chiles and cook until the chiles blacken and the seeds turn reddish-brown and smell nutty, 5-10 seconds. Immediately add the onion blend, reduce the heat to medium and stir-fry until the mixture is light brown around the edges, 3-5 minutes.

Stir in the tomato, salt, and turmeric. Simmer, uncovered, stirring occasionally, until the tomato softens and ghee starts to separate around the edges of the sauce, about 3-6 minutes. Stir in the cilantro.

Stir the sauce into the cooked lentils. Ladle some of the lentil mixture into the skillet and stir it around to wash it out; add this to the lentils.

Cover the pan and simmer over medium high heat, stirring occasionally, until the flavors mingle, about 5 minutes, then serve.



## EARTH DAY Raffle



ENTER TO WIN!  
**APRIL 20 – 26**  
ONLINE + IN-STORE

# SUSTAINABLE PRODUCTS



## HiBAR Plastic-free Shampoo and Conditioners

HiBAR was created by four friends who felt very strongly about reducing plastic in their lives. HiBAR is a plastic-free brand that makes genuine shampoos and conditioners which are high performing and salon quality. HiBAR shampoo and conditioner bars are biodegradable and do not contain sulfates, phthalates, parabens, silicones, or gluten.



## ZenBunni Coffee of the Cosmos

ZenBunni's medium roast Coffee of the Cosmos has flavor notes of chocolate, caramel, and a touch of citrus peel. It's made with organic and fair trade coffee beans that are grown on regenerative, Demeter-certified Biodynamic farms. This kind of farming focuses on restoring soil fertility, enhancing biodiversity, and sequestering carbon. Regenerative Agriculture is the single most effective course in supporting drought resilience and reversing Climate Change!



## Force of Nature Ground Bison Ancestral Blend

Force of Nature animals are raised on pasture, using regenerative farming methods. This company cares for the soil, respects diversity in plants and animals on the land, and focuses on natural outcomes versus synthetic inputs. That means no tilling, no synthetic chemicals, no hormones or antibiotics, and beautiful, wide-open spaces. The Ground Bison Ancestral Blend was developed to conveniently incorporate the nourishing properties of organ meats into a modern diet. Try using Bison Ancestral Blend in place of ground meat in your favorite recipe and enjoy the health benefits of our most nutrient dense product.



## tikal Natural Malbec & Syrah Blend

Tikal's Natural 2017 Malbec & Syrah blend is an Argentinian red wine made with certified organic grapes grown on a Demeter-certified Biodynamic vineyard. It has a beautiful pomegranate color and aroma of fresh red cherries with light French oak undertones. The palate is fresh and lively with black raspberry and spiced mocha notes. All Tikal wines are certified sustainable through Bodegas de Argentina.

The Co-op carries MANY environmentally-friendly, sustainable brands throughout the store!

*Here are a few more of our favorites:*

### GROCERY

- Kashi
- Spartico – Red Wine
- If You Care
- Organic Valley
- Riojana
- Cascadian Farms
- Equal Exchange

### MEAT

- Thousand Hills

### PRODUCE

- Equal Exchange

### WELLNESS

- New Chapter
- Dr. Bronner's
- SunLeaf
- The Humble Co.
- Fat and the Moon
- Oregon's Wild Harvest
- Carlson
- Preserve





# Marquette Citizens' Climate Lobby

*is looking for testimonials!*

**HAVE YOU OBSERVED THE EFFECTS OF CLIMATE CHANGE?  
HOW HAS THIS AFFECTED YOU?**

*OUTDOOR ACTIVITIES, FLOODING, ETC.*

**SHARE YOUR STORIES!**

*WITH VIDEO, PICTURES, AUDIO, OR TEXT FILES*

**DON'T HAVE A PERSONAL STORY TO SHARE,  
BUT YOU ARE CONCERNED ABOUT CLIMATE CHANGE?**

**LET CCL KNOW WHY  
YOU CARE ABOUT  
CLIMATE CHANGE!**

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CCL will collect your stories and post them as a collage on Facebook, or another platform. By submitting your stories, you agree to let CLL use the information. Please email questions to [marquette@citiizensclimatelobby.org](mailto:marquette@citiizensclimatelobby.org)

**PLEASE SUBMIT  
YOUR STORIES BY  
UPLOADING THEM  
HERE**





# DINNER — with the — DOCTOR

Join us at the Marquette Food Co-op for a meal and health discussion with doctors from the residency program at Upper Peninsula Health System. Each month you'll learn about how diet choices impact your health – and how you can make that impact a positive one! The accompanying dinner will exemplify the topic covered that night, and you'll go home with the recipes to recreate the meal at home.

**Held Thursdays from 4-5pm  
in the Marquette Co-op Classroom**

**APRIL 11**  
**ANTI-INFLAMMATORY DIET**

**MAY 2**  
**TAKE A BITE OUT OF STRESS**

**MAY 10**  
**MAKING HEALTHY BEHAVIORS STICK**

*All classes & meals are free, supported by a grant  
from the Superior Health Foundation*

**REGISTER AT [EVENTBRITE.COM](https://www.eventbrite.com)**

**For questions contact Pamela Valdez,  
906-225-0671, x 701**



# NEW ITEMS

April 2022



## Organic Red Grapes

We are thrilled to announce that organic red grapes are back in season and available again in the Produce Department! Grapes are packed with nutritious goodness and make a wonderful fresh snack, dessert, or a key ingredient in many dishes including charcuterie plates, chicken salad, smoothies, and more!



## Hu Kitchens Grain-free Chocolate Chip Cookies

Made with simple and natural ingredients, Hu Kitchens' Grain-free Chocolate Chip Cookies are delicious, classic cookies – done the Hu way. Their grain-free, no-added-sugar, paleo, and keto-friendly chocolate chip cookies are sweetened with dates and made with cassava flour. Enjoy these mini crispy & crunchy cookies for dessert or as a sweet snack.



## Marquette Food Co-op Frozen Andouille Pork Sausage

The Marquette Food Co-op's house-made Andouille Pork Sausage brings hearty, smoky heat to any dish, whether scrambled eggs, stew, rice or pasta dishes, soups, grits, or braised greens. It's a must have in jambalaya and gumbo and makes a natural partner for seafood like lobster, shrimp, scallops, or even a clambake.



## New Chapter Multivitamin Gummies

New Chapter Multivitamin Gummies are a handy way to supplement your diet. More and more people rely on gummy supplements for the self-care they need! New Chapter multivitamin gummies deliver super convenient nutrients for men, women, and kids. Their gummy goodness makes it easy for the whole family to support wellness every day. These delicious gummies are made with non-GMO ingredients, and they are vegetarian & gluten free.



## Dinner with the Doctor: Anti-Inflammatory Diet Class

April 11  
4-5pm  
MFC Classroom  
Free, open to public  
[Register here](#)

## MFC Board Meeting

April 19  
6-8pm  
MFC Classroom

## Easter Sale

April 13-19

## Closed for Easter

Sunday, April 17

## Bulk Sale

April 20-26

## Fly Tying & Fish Frying Cooking Class

April 25 or April 27  
6-8pm  
MFC Classroom  
[Register here](#)

## THE FRESH FEED

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

### Content & Editing

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Mary Pat Linck  
Zosia Eppensteiner  
Kevin Pierfelice

Matt Gougeon GENERAL MANAGER

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](http://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 10am - 7pm

[www.marquettefood.coop](http://www.marquettefood.coop)  
Marquette, MI 49855

