



FRESH FEED

The Marquette Food Co-op Newsletter

April 2023



SIGNS OF LIFE



Matt Gougeon
General Manager

According to the calendar, it's officially Spring. When one steps outdoors, one might question that fact. Regardless, there's a lot more daylight these days and that's sign enough of coming out of winter. I'm ready, for sure. There are plenty of other signs of change and life anew around your Co-op. Much of it the spirit lifting variety. Recently, we held a successful Annual meeting. Pre-pandemic, this event would draw over 250 people. However, we skipped 2020 and had a virtual Annual Meeting in 2021. This kind of killed the momentum for returning to an in-person meeting last year which was poorly attended. However, this year's meeting grew back to over 100 folks! We shared a good meal, had live music, and discussed at length the business and financial condition of the company. While this is a Board sponsored and run event, I really like it because I get to directly address owner questions in person. I find it satisfying. I think the attendees do, too. The level of openness between the organization and the owners cannot be overstated. Once again, I was told I talked too long. However, my intention is to answer every question to the best of my knowledge. Here's some broad take-aways from my exchange with folks.

- People really want to be together again.
- There is real appreciation for what the Co-op provides this community.
- People have a lot of specific additional "wants" of the Co-op.
- There are many new residents of Marquette who find the Co-op invaluable to their living here.
- Staff are very much appreciated by the owners.

All good stuff.

Here's more good stuff. You will notice some changes to the old café area happening. We've been working to bring the café back. This message has been loud and clear from our owners. It won't look exactly as it was, as we still require some of that space for processing and storing owner special orders, but it will be comfortable. No open date is yet set, but more information will be forthcoming.

A pre-pandemic project has come back to life. We are replacing all remaining fluorescent lights with LEDs. Back in 2014, the cost and less prevalence of available LED fixtures meant that a large portion of our lighting was fluorescent, i.e., the aisle lights and large "egg" lights plus many others. Soon we'll be 100% LED, which will translate into much less energy usage. We're also slowly making changes with the Marquette Baking Company. Mostly it's things you wouldn't notice but know that we are making progress in and amongst everything else that needs to be done to keep the food on the shelves of the store.

With the arrival of Spring, it just gets easier to move around in the world, which makes so many things seem possible. Come on down to your Co-op and see what's happening. We've got more in store for this year as we consistently aim for improvement in order to meet owner needs.

Feel good. Shop the Co-op.



A MESSAGE FROM MFC BOARD PRESIDENT



Michelle Augustyn
MFC Board President

The Board has been hard at work over the last year and a half to bring you our long-awaited renewed Ends Policies and we are so proud of the work that we have accomplished. As a Board, any decision we make on behalf of the owners can be tricky but the Ends much more so. They serve as a value statement - a guidepost for our General Manager and any future GM to follow when making decisions. I like to think of them as the glasses that the GM (and everyone, for that matter) should be looking through when viewing our Cooperative. An alternative way to look at our Ends and what they mean is that they are an island that our GM is steering us towards on our amazing Co-op ship. In other words: They are a big deal and have a substantial impact on the direction of our shared journey!

Our adventure in renewing the Ends began as a slow nagging feeling: it was just time. It had been almost 10 years since the Ends had been redone and 10 years is a good time to take a hard look at any value statements or goals and ask, "Is this still relevant?" We decided to take our previous Ends and use them as a guide to poll the membership. We found that although all the Ends were important, some were far more important to our membership than others: People, Food, Health, Environment. Other ideas that rose to the top: Organic, Education, Local. Some ideas were not as specific but if you read through all the comments (17 pages worth) it became clear.

The Marquette Food Co-op is very important to this community and the community has diverse needs.

We wanted to make space for the MFC to grow to the community's needs, so we decided to add a statement for cooperative growth to the new Ends. This way, the MFC can keep evolving to suit the needs of the owners.

The new Ends highlight the values that we all hold so dear and at the same time allow space for changes that will inevitably happen. Thank you all so much for your help and support throughout this process. It really was a cooperative effort, and I am so proud to be part of it!

Respectfully,
Michelle Augustyn
MFC Board President

THE MARQUETTE FOOD CO-OP GLOBAL ENDS

The Marquette Food Co-op provides the region it serves with access to food, products, services, and education that foster a thriving, equitable, and resilient community by:

- **Prioritizing local and organic food systems**
- **Promoting cooperative growth opportunities**
- **Supporting an equitable shopping experience**
- **Focusing on sustainable environmental outcomes**

Naturally Dyed Eggs

Egg dyeing is a fun way to celebrate this time of year—and it's a tradition that goes way back—as much as 5,000 years when Persians celebrated springtime with eggs colored with plant-based dyes. Plant dyes can be just as useful today and they're plentiful; in fact you very well might have dye-worthy ingredients in your kitchen already.

Here are some great plant-based dyes—fruits, vegetables, spices and flowers

COLOR	MATERIALS	AMOUNTS
pink	beets *	1 bunch, washed and sliced
bright pink	beet juice	bottled juice, enough to cover eggs in pan
lavender	blackberries or cranberries	1 container fresh or frozen berries or bottled juice, enough to cover eggs in pan
deep purple	grape juice	1-2 frozen containers
lavender/rust	yellow apples	4 apples, peels only
rust	onion skins	6 red or yellow onions, skins only
pale green	spinach or carrot tops *	1 fresh bunch, chopped
bright yellow	tumeric	2-3 tablespoons powdered spice
yellow	green tea	strong tea; 2 tea bags per 1 cup of water
olive green	marigolds	petals from 6 gold flowers
blue-gray	blueberries	2 fresh or frozen containers
light blue	petunias *	petals from 6 purple flowers
turquoise	red cabbage *	1 large cabbage, grated and sliced
pale orange	curry powder	2 tablespoons powdered spice
violet	hibiscus tea	strong tea; 2 tea bags per 1 cup of water
brown	coffee	2 cups strong coffee
brown	black tea	strong tea; 2 tea bags per 1 cup of water
red-orange	paprika	2 tablespoons powdered spice

* After dyeing with these materials, refrigerate eggs overnight to deepen color.



Items Needed

White eggs (or try brown, keeping in mind color results will vary), egg carton, stock pan(s), water, white vinegar, slotted spoon and natural materials for dyeing (see table).

Optional: Tape, string, rubber bands, cheese cloth squares, natural beeswax crayons to create designs on eggs, and vegetable oil for an extra sheen.

Directions

Hot Bath Method

1. Place uncooked eggs in a stainless steel stock pan. Add water 2-3 inches above eggs. (When using bottled juice, fill 2-3 inches above eggs. Do not add water.) Add natural dye ingredients and 1-2 tablespoons vinegar per quart of water.
2. Cover and bring to boil, reduce heat and simmer for 15-20 minutes.
3. Carefully remove eggs with a slotted spoon and air dry.

Cold Bath Method

The process for cold dyeing is much the same as the hot method except the eggs and dyes are cooked separately.

1. Simmer the dye ingredients (water, vinegar and dye matter) for 20-30 minutes or longer, until the dye reaches your desired shade.
2. Allow the liquid to cool and submerge hard-boiled eggs in the dye for at least 30 minutes.
3. Carefully remove eggs with a slotted spoon and air dry.



Notes, Tips & Techniques

Color variation: colors may vary depending on steeping time and foods used to dye eggs.

Deeper colors: the longer the eggs stay in the dye, the deeper the color will be; leaving the eggs in the dye for several hours or overnight (in the refrigerator) is recommended for achieving deep colors. Allow the liquid and eggs to cool before refrigerating and ensure that the eggs are completely submerged in the dye. Eggs will be speckled if the dye matter remains in the liquid. For more uniform colors, remove the dye matter from the liquid, by straining the liquid through a coffee filter, before refrigerating.

Egg flavor: the flavor of the egg may change based on the dye, so if you plan to eat your dyed eggs, a shorter dye bath and fresh ingredients may be preferable.

Drying: Make a drying rack by cutting the bottom off an egg carton and turning it upside down.

Decorating:

- Wrap onion skins around eggs, then wrap the entire egg with a cheese cloth square and secure it with string before placing the eggs in the dye.
- Wrap string or rubber bands around eggs before dyeing to create stripes (use rubber bands for cold dyeing only).
- Draw designs on hot, warm or cold hard-boiled eggs with crayons. When using hot or warm eggs, the crayon may melt slightly on contact with the egg (if eggs are hot, hold eggs with a potholder or rag to prevent finger burns). Crayon covered eggs should only be dyed in cold dyes as the crayon wax will melt in hot liquids.
- Gently wipe dry dyed eggs with vegetable oil to give eggs an added sheen.

Deviled Eggs 4 WAYS

Easter means egg dyeing and with it, a plethora of hard-boiled eggs! If you're looking for an upgrade from the classic deviled egg, look no further. If you don't have a dozen or so dyed eggs in the fridge, follow the directions below for our tried-and-true hard-boiling method.

HARD-BOIL THE EGGS

Place cold uncooked eggs in a single layer in a saucepan. Fill saucepan with cold water until the water level reaches at least 1 inch over top of the eggs.

Cover saucepan and bring to a boil over a high heat. Immediately remove pan from heat to stop boiling. Let eggs stand in water for 12-14 minutes (large eggs).

While eggs are sitting, prepare an ice bath. Place ice cubes and cold water in a large mixing bowl. When 12-14 minutes have passed, remove eggs from pan with a slotted spoon and transfer to ice bath.

When eggs are fully cooled to the touch, around 10-15 minutes, gently crack the shell all over by tapping against a hard surface and peel from the large end. Hold the egg under cold running water or dip it in a bowl of cold water to help remove small shell pieces.

Tip: For easiest peeling, use eggs that have been in the refrigerator the longest. The less fresh the egg, the easier it is to peel.





MISO SESAME

- 6 large, hard-boiled eggs
- 3 T mayonnaise
- 1 ½ T white miso
- 1 t toasted sesame oil
- 1 t mirin, optional
- ½ cup thinly sliced scallions, for garnish
- 1 T toasted sesame seeds, for garnish

Slice cooked eggs in half, lengthwise. Remove yolks and transfer to a medium mixing bowl. Whisk together mayonnaise and miso in a bowl until smooth. Add yolks and mix until incorporated. Place egg white halves on a platter; fill with yolk mixture. Sprinkle with sesame seeds, and scallions.

BUFFALO BLUE CHEESE

- 6 large, hard-boiled eggs
- 1 T Buffalo sauce
- 3 T mayonnaise
- 1 T crumbled blue cheese, plus more for garnish
- Diced celery for garnish, optional

Slice cooked eggs in half, lengthwise. Remove yolks and transfer to a medium mixing bowl. Mash together the yolks, buffalo sauce, mayonnaise, and blue cheese with a fork. Place egg white halves on a platter; fill with yolk mixture. Garnish with celery and blue cheese crumbles.



DILL PICKLE

- 6 large, hard-boiled eggs
- 3 T mayonnaise
- 1 t pickle brine
- 2 T dill pickles, minced
- 1 T fresh dill, finely chopped

Slice cooked eggs in half, lengthwise. Remove yolks and transfer to a medium mixing bowl. Mash together the yolks, mayonnaise, pickles, dill, and pickle brine with a fork. Place egg white halves on a platter; fill with yolk mixture. Garnish with chopped fresh dill.

EVERYTHING BAGEL

- 6 large, hard-boiled eggs
- 3 1/2 T mayonnaise
- 1 T everything bagel seasoning

Slice cooked eggs in half, lengthwise. Remove yolks and transfer to a medium mixing bowl. Mash together the yolks, mayonnaise, and everything bagel seasoning with a fork. Salt to taste. Place egg white halves on a platter; fill with yolk mixture. Garnish with a sprinkle of everything bagel seasoning.



EASTER GIFT GUIDE



- 1 Peanut Butter Easter Eggs
Ocho Candy
\$4.69
- 2 Bubble Bath
Alaffia
\$11.99
- 3 Fun Patterns Origami Papers
eeBoo
\$13.99
- 4 Gathering a Garden Game
eeBoo
\$19.99
- 5 My First Bunny
Natural
\$19.99
- 6 Gummy Peach Rings
Smart Sweets
\$3.79
- 7 Sea Turtles Juice Glass
Down to Earth Distributors
Marcy Tippmann
\$4.99
- 8 Create Magic Coloring Book
Katie Daisy
\$12.99
- 9 Jelly Beans
Surf Sweets
\$3.99
- 10 Dry Decks Playing Cards, Dog
Nod Products
\$7.99

Celebrate EARTH DAY!

In honor of Earth Day in April, we want to encourage you to shop sustainably.

Every time you use a reusable container for produce or bulk shopping April 4-24, you'll be entered to win a \$75 gift card to the Co-op and prizes from brands whose products feature sustainable packaging, such as Alpine Provisions and the Humble Company.

The more containers or reusable produce bags you use, the more raffle tickets you receive, and the greater your chances to win.

**Never used the bulk section before?
Now's a great time to try!**

When you shop bulk, you save money, reduce waste, and get the freshest ingredients possible in the exact quantity you need. Look for posters in the bulk section to help you or ask a staff member for help.



WIN A \$75 GIFT CARD TO THE CO-OP



EARTH DAY Bulk Sale

APRIL 19th – 25th

**25%
OFF**
per pound

OUR MOST POPULAR BULK DEPARTMENT ITEMS!



Blueberry Flax
Granola



Whole
Almonds



Raw Whole
Cashews



Walnuts



Tri-color
Quinoa



Black Turtle
Beans



Red
Lentils



Short Grain
Brown Rice



White
Basmati Rice



White
Jasmine Rice



Equal Exchange
Love Buzz Coffee



Yellow
Popcorn



Quick Rolled
Oats



Steel Cut
Oats



Regular Rolled
Oats



**SCOOP UP
THE SAVINGS!**

WHILE SUPPLIES LAST | SALE PRICES DO NOT APPLY TO SPECIAL ORDERS



cooking

from the bulk section:

falafel

recipe from Mohey Mowafy (makes 20 patties)

Whether you're a longtime fan of Middle Eastern cuisine or just looking for a new meatless meal to try, this recipe is sure to become a new favorite in your kitchen. Serve stuffed into pita bread, alongside a fresh salad, or atop rice.

- 1 lb dry chickpeas
- 1½ t baking soda, divided
- 3 leeks
- 2 cloves garlic
- 2 bunches parsley, stems removed and chopped
- zest of 1 lemon
- 1 T lemon juice
- 1 T coriander
- 1 T cumin
- 1 T salt
- ½ t cayenne
- 1 egg, beaten
- 1 C flour
- Oil for frying

Soak chickpeas with 1 teaspoon baking soda in water for 12 hours or better, overnight. Drain, rinse, then measure out 4 cups. Spread chickpeas out on a clean, dry kitchen towel. Use a paper towel to rub chickpeas as dry as you can.

In a food processor, process leeks and garlic to a fine mince. Add parsley and process until finely chopped. Add chickpeas and process until finely broken. Pour contents of food processor into large mixing bowl. Mix in spices, lemon, ½ teaspoon baking soda, and beaten egg. Mix in flour until only slightly moist.

Scoop falafel mixture using a ¼ cup measure, form into a ball and press gently until it is about the size of your palm. Place onto sheet pan. Once all falafel mix is used up, refrigerate for 20 minutes (Keep any extra refrigerated for another meal).

Heat oil in a pan to 350-375°F degrees.

Fry for 4-5 minutes on one side and then flip and brown the other side, about 3-4 minutes. Drain on paper towels.

Note: These freeze well. Form into patties and freeze on a cookie sheet. Once frozen, put in a freezer bag. Frozen falafel will need to cook at least a minute longer.

How To Shop Bulk

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

1

**BRING IN YOUR OWN JAR.
HAVE A CASHIER WEIGH IT OR
WEIGH IT ON THE BULK SCALE AND
RECORD WEIGHT.***

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!

**FORGOT YOUR CONTAINER?
HELP YOURSELF TO THOSE PROVIDED IN THE BULK SECTION.*

ANNUAL EARTH DAY CLEAN UP

SUNDAY

APRIL 23RD

1-3PM

Every year the Board of Directors likes to give back to our community by participating in a garbage cleanup for Earth Day. This is the second year we will be coming together to pick up garbage that has accumulated over the winter months in the neighborhoods surrounding the store.

Meet us in the conference room at the Co-op to get geared up with gloves, bags, a snack, and warm beverages before venturing out to clean up the surrounding neighborhoods. Bring your kids to help out or to join one of our Board members, Emily Bateman, in a fun activity* making seed bombs to take home and drop in a space that needs a little flower boost.

Everyone is welcome, no registration is required

**children under 8 must be accompanied by an adult for the children's activity*



The Story of

YOUNG MOUNTAIN TEA

by Young Mountain Tea

It all began in 2013, when our founder, Raj, was working in the remote, picturesque Himalayan region of Kumaon. Traveling by buses crammed with people and goats, he passed through empty village after empty village, each surrounded by fallow farmland and washed-out roads. He learned that the deserted towns were effects of urban migration, a problem shared by villages across the Himalayas. The region's youth were fleeing to the cities in search of career opportunities, and the once-rich farmland was slowly becoming unstable, triggering landslides during the monsoons.

The remaining villagers were skilled growers, living vibrant lives through subsistence farming. Local farmers were interested in reviving abandoned tea gardens, while the American specialty tea market was simultaneously taking off. With the potential for high-end Indian tea largely untapped, there seemed to be a widening hole in the market that could be filled by smaller growers. And that's when the idea that would later become Young Mountain Tea was sparked.

Having worked with Kumaon farmers for four years, Raj knew that those who remained in the villages were the torchbearers of small-scale, sustainable farming practices that had been honed over hundreds of years. He and a local friend who believed in the potential for Kumaon tea, began a tour of the region to explore how they could help support the revival of tea farming there.

They learned that Kumaon had a rich history in tea, and that at one point in the early 1900s, the British had planted the hillsides with tea bushes and installed factories to process the tea leaves. However, Kumaon was far from the trading ports, making it challenging to setup supply lines. As a result, the regions of Darjeeling and Assam, much closer to the British port capital of Kolkata (then called Calcutta), had become the Indian teas of choice. In 2013, Kumaon's tea gardens were now abandoned, having slowly deteriorated into echoes of their former glory. Yet some hillsides were still dotted with 150-year-old tea bushes. It was incredible to see that the resilient plants could survive, even with decades of neglect. But the lack of demand meant the remaining plants were left to grow, untamed.



The Story of **YOUNG MOUNTAIN TEA**

by Young Mountain Tea

By studying the Indian tea industry, Raj learned the primary model of tea production today largely mirrors the ones first used by the British in the 1840s. This model, called the “estate” model, places high priority on quantity and efficiency. The estate model also excludes tea farmers from any ownership of the tea gardens. The workers on tea estates depend on the owners for housing, food, healthcare, and other basics for survival. As a result, tea farmers across the country were leaving the industry for better paying jobs in the cities. The issue in Kumaon was not unique, and a solution was needed for the industry as a whole.

It became clear the Indian tea industry was ripe for reinvention. There was space for a new small-scale farmer model where farmers were the owners, and where quality was more important than quantity. To understand how to make world-class teas that could command a high enough price to benefit the growers, we partnered with renowned industry experts—from Rajah Banerjee at Darjeeling’s legendary Makaibari Estate (the world’s first certified organic tea garden), to the Tinjure Cooperative in Nepal (one of the first community-owned tea production facilities on the Indian subcontinent). These progressive leaders have served as mentors for our work in Kumaon and other rural mountain villages, and we’re proud to offer their teas in our collection.

The most exciting moments in our work continue to be those around a cupping table. There’s nothing more thrilling than bringing together rural Himalayan tea makers with international tea tasters, all working towards a common goal of a better tea that empowers more people. That goal continues to motivate and drive our work, and by drinking these teas, you join the journey.



**YOU CAN FIND OUR ENTIRE LINE OF
YOUNG MOUNTAIN TEA PRODUCTS
ON SALE FOR 20% OFF FROM
APRIL 26 - MAY 2, WITH AN IN-STORE
SAMPLING WITH FOUNDER RAJ ON
APRIL 29 FROM 11AM - 1PM.**



CRAFT CIDER 101:

It's All About the Apple



Ryan Engemann
Cicerone

The story of craft cider is the story of apples. A hundred years ago, many of our great-grand parents lived on farms, and here in Michigan, most of these farms had apple trees. Back then, every apple tree on the farm produced a different apple, with different flavors. Some were sour, others had a dry, astringent mouthfeel. They had complex flavors, and very few were as sugary-sweet as most apples available for eating today. At some point, all of these apples would get mixed together, pressed, and the resulting cider would be stored in whatever container was available until delicious, complex, hard apple cider was ready to be consumed throughout the year.

This is not the case anymore. If you drive past the average large apple orchard, you'll see row after row of familiar cultivars. Every single one of these trees will produce incredibly consistent-tasting apples because every one of these trees has been grafted from donor trees or planted as grafted root stock. This means that every tree found on large orchards is an identical genetic clone. The reason for this is heterozygosity, or genetic variability. You can't simply plant the seeds from a Gala apple, for example, and grow a tree that produces Gala apples. The tree will grow and produce fruit, but the fruit will have vastly different sweet and sour levels. It could even be a completely different color or size than the apple that the seeds came from!

As farming moved more towards industrial, standardized practices, grafting every single apple tree became the norm. To be competitive, many farms ripped up their heirloom varieties and replaced them with identical grafted trees. This was great for your big box supermarket that wanted every apple to look and taste the same. Many apple cultivars were chosen just for sugar content. Others were picked because they had low acidity (sourness), and low tannins. Others simply stored well, were more difficult to bruise, or were bred to resist insects. Most heritage or heirloom apples were deemed too tart, sour, dry, ugly-looking, or too difficult to store. All too often, a single cultivar would be grafted over entire fields simply because that type of apple would look good on the store shelf, while things like flavor and acid balance were ignored.

Another factor that led to the decline of heirloom cider varieties is a modern technology called Controlled Atmospheric Storage, or CAS. This is a process where apples can be stored unripe in large warehouses with specific temperatures and ratios of oxygen and carbon dioxide. By lowering the temperature and oxygen, the apples are unable to ripen and therefore stay fresh for months at a time. When the market calls for ripe apples, oxygen and ethylene gas are piped in, and the apples ripen in the warehouse. Prior to this technology, apples were a seasonal crop that would not be able to be fresh all year. However, the alcohol content and anaerobic environment of hard cider means that cider can last all year. If a farm had extra apples that would not be eaten in time, the only way to "store" them was to make cider. Blends of many different varieties could be made to produce cider, ensuring a farm was able to use their surplus apples of every kind. But, in CAS, each type of apple needs to be stored in its own warehouse with a specific temperature and blend of carbon dioxide and oxygen. It was no longer economically feasible for small farmers to grow and store many different types of apples, as every apple type would require its own warehouse.

The acids and tannins found in heirloom, wild, or cider apples are two of the big factors in what makes an apple great for cider production. The primary acids found in apples are malic acid and citric acid. These are both naturally occurring acids found in many other fruits. Modern cultivated apples contain primarily malic acid and very low levels of citric acid. Wild and heritage apple varieties contain much higher ratios of citric acid in addition to much higher overall acidity. When we talk about something tasting sour or tart, that is the taste of acidic compounds. In fact, malic acid tastes so sour, that many types of wines undergo a second fermentation called a malo-lactic fermentation that converts malic acid to lactic acid, which tastes significantly less sour. Lactic acid is the primary souring acid found in beer (as well as what makes spoiled milk taste sour).



CRAFT CIDER 101: *It's All About the Apple*

Tannins are naturally occurring in all kinds of plants. They are antioxidants which have been shown to eliminate harmful free radicals in the body, as well as potentially helping to reduce cholesterol, lower blood pressure, and stimulate the immune system. We often talk about tannins in wine – especially in red wine or oak-barrel aged wine, which gains tannins from grape skin contact or from the wood of the barrel itself. In very high levels, tannins contribute astringency, which feels like it's drying out your mouth. If you've ever eaten a crab-apple, an unripe banana, or had over-steeped black tea and noticed that your mouth felt dry, that is from tannins. While this description sounds unpleasant, in the right amount, tannins add body and complexity to cider that makes cider feel less watery and makes flavors pop.

Most of the big-brand hard apple cider you find at large supermarket chains is made with whichever apples are cheapest. This often involves importing juice from South America and Asia. Even when the apples are grown in the USA, the apples are chosen for price point and not flavor. And the cheapest apples are the ones designed to be sugary sweet without much else going on in the flavor department. This makes a bland, thin cider with little complexity or excitement.

Fortunately, craft cider makers are starting a revolution in cider making, and this starts with apples. Some cideries, like Pux Cider (Conklin, MI) and JK's Farmhouse (Flushing, MI) use apples in some of their ciders grown on family farms that have been passed down through the generations (The 1850's for both cideries!) Many of these trees produce heritage apples not commercially available, and owning their own farm allows the cider makers to plant cider-apple cultivars. Pux Cider's Farm, for example, has over 100 different types of apples. Chris Schaefer of Pux cider says, "We are fortunate because most cider makers don't have their own orchards to grow cider specific fruit. We use French, English, and old school American cider cultivars to make a more complex cider. We are getting tannins and acidity from our cider apples, as well as heirloom quality. There is so much more personality compared to dessert apples that make up the blend in big box ciders."

Of course, not all craft cideries have the advantage of harvesting from farms passed down for generations. Some of these craft cideries (like Farmhaus Ciders, Revel Cider, Anxo Cider, Shacksbury Organics, etc) blend in local varieties or even wild apples and crabapples into the cider to add complexity, flavor, acidity, tannins, and body. John Behrens, of Farmhaus ciders (Hudsonville, Michigan) says, "We are fortunate in Michigan to be the third largest grower of apples by state in the country. We have a large amount of delicious and unique apples here locally. We choose apples based on a variety of factors, but our first and biggest criteria is that they are local apples grown here in Michigan. Next we look at tannins, acidity and overall flavor profile. We also consider terroir, where the apples are grown within Michigan and soil types to determine the flavor we can look for the apple to yield. The same apple grown in different soils and geography will taste much different, much like a fine wine. Like parts of France are to great wine grapes, Michigan is one of premier regions for cider apples in the entire world."

So next time you're thirsty, think of the humble apple. They don't just keep the doctor away, they also make delicious, complex hard apple cider that can be savored and appreciated just as much as the finest beer or wine.



GLOSSARY:

Dry – the absence of sweetness

Tannic/Astringent – Tannic ciders have more body or mouthfeel, added complexity, and can have a drying mouthfeel in high quantities.

Tart/Sour – containing natural organic acids.

Natural/Wild – Cider fermented with the wild yeasts naturally present on apple skins with no added yeast, preservatives (sulfites), or flavors.

Varietal – a naturally occurring apple type or propagated from seeds.

Cultivar – an apple type bred and cultivated, propagated by grafting.

Crabapple – a naturally occurring apple type, often small, low in sugar content, high in citric and malic acids, and high in tannins.

Cider Apple – an apple varietal or cultivar grown specifically to make cider.

Dessert Apple – A sweet apple cultivar designed for eating plain. Most commercial apples grown are considered dessert apples by cider makers.

Heritage/Heirloom – apple varieties that existed before modern commercial apple growing practices.

CRAFT CIDER 101:

It's All About the Apple

Look for these craft cider brands at the Co-op:

Pux Ciders
Farmhaus Ciders
Anxo
Revel
Shacksbury Organics
Barrel + Beam
JK's Farmhouse Ciders



Sustainable BRAND SPOTLIGHT:

ALPINE PROVISIONS

From shampoo and conditioner to body wash, toothpaste tabs, lip balm, deodorant and more, Alpine Provisions products are packaged sustainably and plastic-free. They are on a mission to help reduce the use of plastic packaging and as a result they package their products in aluminum and paper.

Using aluminum means they are packaging in an infinitely recyclable material, 84% of the aluminum ever made is still in use today. Only 7% of plastic ever gets recycled. Using paper for their deodorants and lips is a part of Alpine's packaging solution because of all of the packaging materials they use paper is the most compostable and the American Forest products industry typically plants 5 trees for every one harvested.

In addition to sustainable packaging, Alpine Provisions is committed to supporting organic agriculture by sourcing organic ingredients such as organic coconut oil and organic shea butter. Plus, their toothpaste tabs are made with a waterless formula and their dental floss is vegan and plastic-free. Be sure to check out their website for more information on how Alpine Provisions incorporates sustainable practices into their products and packaging. Visit www.alpineprovisionsco.com for more information.

FORCE OF NATURE

The co-founders of Force of Nature spent the last decade studying regenerative agriculture at ranches all over the world before launching their brand. Force of Nature is on a mission to improve the quality of the environment and the health of meat consumers while answering the call for food raised in a way that aligns with sustainable values.

Regenerative agriculture works in partnership with nature to make great tasting, nutrient-rich food while healing the planet. By combining agroecology and agrotechnology, regenerative agriculture approaches land management in collaboration with nature. Through focus on building soil and healing ecosystems, land stewards are increasing resilience, boosting yields, capturing carbon, increasing nutrient density, and returning hope to rural economies. Pasture-raised and 100% grass fed, Force of Nature's meat is a great source of protein and raised without antibiotics or added hormones. To learn more about regenerative agriculture and Force of Nature's farming practices, visit www.forceofnature.com. The Co-op carries frozen elk, beef, venison, and bison.

**FORCE OF NATURE AND
ALPINE PROVISIONS PRODUCTS
WILL BE ON SALE APRIL 19TH-25TH**



owner COUPONS

THE MARQUETTE FOOD CO-OP OWNER COUPON PROGRAM

Every month, the Marquette Food Co-op will be offering owners digital coupons for popular items in the store. These coupons are automatically added to your account – no need to bring in a coupon or try to scan something from your phone. All you need to do is ask to use your coupon when purchasing your groceries in-store or online.

APRIL OWNER COUPONS

Valid until April 30, 2023

75¢ Off

**Vita Coco
Coconut Water**

500ml - Limit 3 per coupon.
1 coupon per owner account.
While supplies last.



\$2.00 Off

**Woodstock
Organic Diced
Mango - Frozen**

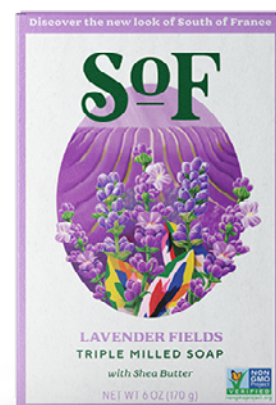
10oz - Limit 2 per coupon.
1 coupon per owner account.
While supplies last.



\$2.00 Off

**South of France
Bar Soaps**

6oz - Limit 2 per coupon.
1 coupon per owner account.
While supplies last.
Lavender Fields, Shea Butter,
Orange Blossom & Honey,
Lemon Verbena, Wild Rose.



NEW ITEMS

April 2023



Organic Butternut Squash Ravioli

Woodstock

Indulge in the flavors of fall, all year long with Woodstock Organic Frozen Butternut Squash Ravioli! Their organic vegan butternut squash ravioli brings garden-fresh taste with freezer-ready convenience. Serve your butternut squash ravioli with a sprinkling of olive oil, sea salt, and Parmesan cheese. Or experiment with your favorite sauces! For over 35+ years, Woodstock has been bringing passion for Organic, Non-GMO, and totally delicious food to the table.



Classic Dry Organic Cider

Shacksbury

Shacksbury is a cidery located in the Champlain Valley of Vermont. Shacksbury's Classic Dry Organic Cider is golden in color and naturally low-sugar & gluten-free. This crisp and refreshing cider is well-rounded with an ABV of 5.2% alc/vol. Tasting Notes: Dry but balanced, fruit-forward with a crisp finish. Along with the Classic, be sure to check out the other Shacksbury ciders currently available at the Co-op: Ginger Yuzu, Arlo and Rosé.



Venison Patties with Wagyu Beef

Force of Nature

Force of Nature's Frozen Venison Patties with Wagyu Beef are perfectly crafted for conscious carnivores who value animal welfare, regenerative agriculture, and culinary excellence. By combining the nourishing properties of lean grass-fed venison with the flavorful and moist nature of grass-fed wagyu beef, these pre-made burger patties are a great source of protein and conveniently ready for you to toss onto a hot grill or skillet and quickly prepare a meal you will never forget.



Lemon Zest Cookies

Flax4life

Treat yourself to some Flax4life Lemon Zest cookies. They are nutritious, delicious, and full of sweet zesty tang! Each scrumptious cookie is loaded with 1620 mg of Omega 3's, 2 grams of fiber, and 2 grams of protein. Perfect for any time you need a sweet treat. Flax4Life celebrates 22 years in the business as a family-owned and operated bakery that produces the best-tasting, nutritious, and flax-based gluten-free products on the market. Their allergy-friendly bakery is Certified Gluten-Free, Nut-Free, Dairy-Free, and Kosher.

CALENDAR OF EVENTS

APRIL 2023

Earth Day Sustainability Raffle
April 4-24

Easter
Sunday, April 9
Store Closed

Bulk Sale
April 19-25

Force of Nature & Alpine Provisions Sale
April 19 - 25

Earth Day
Saturday, April 22

Neighborhood Cleanup with the Board
Sunday, April 23
1-3pm

Young Mountain Tea Sale
April 26 - May 2

Young Mountain Tea Sampling
Saturday, April 29
11am-1pm



THE FRESH FEED

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

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502 W. Washington St.
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In-store Hours **8am - 9pm**
Grocery Pickup **11am - 6pm**

www.marquettefood.coop
Marquette, MI 49855



Board of Directors

Michelle Augustyn **PRESIDENT**
Kevin Pierfelice **VICE PRESIDENT**
Kelly Cantway **SECRETARY**
Richard Kochis **TREASURER**
Hillary Bush
Mary Pat Linck
Zosia Eppensteiner
Tom Rulseh
Emily Bateman

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

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.

