



# THE FRESH FEED

The Marquette Food Co-op Newsletter

April 2024



# STEPPING LIGHTLY



**Matt Gougeon**  
General Manager

With Earth Day happening this month, our thoughts turn to all the ways we try to keep a light environmental step in our lives. It's no different at your Co-op.

Since we opened this store in 2014, we have reported on the energy efficiencies built into this building. We have good soy-based insulation, efficient refrigeration systems, LED lights on timers and motion detectors, two different grey water systems, native plantings to soak up parking lot run off, and recycled heat from refrigeration compressors. Such innovations won us The Energy Excellence Award from the State of Michigan in 2015 for the best commercial building project that year. Winning that award was something we were—and still are—proud of. It was also nearly ten years ago, and the world seems a different place now. The high-end equipment we purchased is old and beginning to show signs of wear. Do we still maintain all the same efficiencies? It's hard to know for sure, but it's a safe bet to say we likely don't. At least not at the same level we did.

One of the benefits of employing NMU students is that sometimes they like to use the store as a basis for their senior capstone projects in environmental science. One of our students did a lighting assessment for us and calculated the energy savings we would gain by replacing existing fluorescent lights with LED equivalents. At the time of construction, LED lights were still not fully available to meet our needs. Now, there are "plug and play" replacement options. Based on our student staffer's work, we found significant savings by making the transition to 100% LEDs. The entire project, including labor and materials, cost \$28K dollars. We will see a return on this investment in only three years!

Currently, we have another student staffer doing their capstone project on our gray water systems. Part of their project consists of public education about the use of gray water. It also will precisely calculate the current impact on our water usage and wastewater (run off) in the store. That project isn't finished yet, but I can say that, through our systems, we divert and re-use tens of thousands of gallons of water each year.

Our board of directors has re-emphasized sustainable environmental outcomes in the most recent revisions of our Ends Policies. To that end (pun intended), we in operations have some work cut out for us to determine how we might best continue to lighten our environmental footprint. The options are diverse. Some seem obvious, such as energy production and reduction in refrigerant leakage. Others are less obvious, such as the impact that new plantings in our greenspaces might bring us or focusing on better packaging and less waste. In any case, our capacity in time, available expertise, and financial resources will determine the next steps for us.

In the meantime, enjoy April. I'm sure spring will return any day now. And I hope you take more than just Earth Day to not only be kind to the world around us, but also to be kind to yourself for all the good things you do every day.

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

2024 Marquette Food Co-op

# ANNUAL MEETING

of Owners



Thank you to everyone who attended this year's annual meeting. We appreciate all the great questions from the audience, the fantastic food from NMU, and the music and dancing with the band, Cold Springs.

A special thank you to those who donated or discounted fees to help us provide an incredible array of raffle prizes to our attendees. This includes Peace Pie Company, the Keweenaw Mountain Lodge, and Timber Yeti Axe Range.



marquette food co-op

# ANNUAL REPORT

2023



[CLICK HERE TO READ](#)

# ANNUAL EARTH DAY CLEAN UP

**SATURDAY**

**APRIL 20TH**

**11AM-2PM**

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 third 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.

Everyone is welcome, no registration is required



# BATTERY RECYCLING

## *of Marquette County*

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Household battery recycling started in Marquette County with a 2009 grant awarded to the Yellow Dog Watershed Preserve by the Community Foundation of Marquette County. A planning committee was organized, and one year later, the collection of batteries started.

Currently, a group of 12 volunteers run the program. The group collects and sorts 12000 lbs. of single use household batteries and 2400 lbs. of rechargeable batteries per year. An unofficial tally shows that the Marquette Food Co-op location is responsible for collecting 80-90 percent of the total.

Once collected, batteries are stored at volunteers' homes and, when quantity warrants, are transported to a storage shed located at the Marquette City Compost site. The shed was purchased as a result of a GoFundMe campaign. Twice per month, batteries are transported by volunteers to the Chocolay Township maintenance garage and sorted by type. Sorting allows the Marquette County Solid Waste Management Authority (MCSWMA) to recycle batteries at a significantly reduced cost.

Sorted batteries are transported by volunteers to the MCSWMA site for shipment to Cirba Solutions' Wixom, Mich., facility. Cirba Solutions recycles old batteries, extracts valuable components, and produces cathode-grade materials that can be reused to create new batteries.

### **BATTERIES ARE COLLECTED AT THE FOLLOWING LOCATIONS:**

- Marquette Food Co-op
- Peter White Public Library
- St. Vincent de Paul – *Marquette, Gwinn, Ishpeming, and Republic*
- Messiah Lutheran Church
- Bothwell Middle School
- Silver Creek Thrift Store
- St. Michael Church
- Peninsula Medical Center
- Superior Watershed Partnership
- Yellow Dog Watershed Preserve – *Big Bay*
- Chocolay Township Office
- Ace Hardware – *Harvey*



**FOR MORE INFORMATION  
OR TO VOLUNTEER, CONTACT:**

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Mhdavenport54@hotmail.com**

# WILD FERMENTATION CELEBRATION

*Opera de Vita*



**Lu Cook**  
Marketing Assistant

“Culture begins at the farm, not in the opera house,” writes Sally Fallon in her “Foreword” for Sandor Katz’s culinary epic, *Wild Fermentation*. I’m not sure I agree with her. I quite like opera. I respect its theatrics and its history. I love the word—opera—which, when translated, means “work.” Opera’s impression spreads from Italy’s Massimo Theater to China’s National Grand Theatre, also known as “The Giant Egg.” But it is true that the Earth and the food it provides are largely responsible for why anyone is alive and able to enjoy opera. “The farm” is as much of a contributor to these productions as are the conductor, the director, the bass, and the baritone. Everyone involved in the show must eat.

Opera takes the life granted to it through food and drink, and it creates music, dance, and story. It ends up being little different from the microbes which breakdown substances to create gut-friendly nutrients. Unlike opera, and to Fallon’s credit, we have only recently acknowledged what importance fermented foods have to our sense of culture, to our farms, and to our bodies.

Most people have some knowledge of fermentation. We know wine and beer and cheese. Kimchi, kombucha, kefir—plenty other fermented foods now exist in our grocery lists and conversations, but its legacy has largely disappeared. “Now, when commercial yogurt is made or beer is brewed at a large brewery,” writes Mary May for Harvard’s *Science in the News*, “the microorganisms added are specially chosen to make consistent and predictable products.”

Originally, we kind of winged it. “The farm” that fermented kefir or cabbage did so without knowing pasteurization or microbiology. Yet it managed. A 2017 ScienceDirect study of ancient culinary habits and archeology discovered 6000-year-old wine residue in a Sicilian cave. Early Egyptians were baking bread. The yeast is still usable today.

# WILD FERMENTATION CELEBRATION

These practices did not make “predictable products.” One could have “backslopped,” a method of reusing a previous portion of a fermented food to try to recreate consistent flavors and textures throughout future batches. It would likely be that the air, the container, and the skin of the person making the food altered the collection of bacteria and other microbes. The product would be one that wasn’t uniform, even if it was nutritious and delicious. This process, what we’ve begun calling “wild fermentation,” was opera. It performed live, with skill and little industrial manipulation.

An industrialized diet is difficult to describe, but a look at popular produce, such as bananas and apples, shows that it includes a lot of items which have been made to seem pretty and “predictable.” While fermented foods like sauerkraut and yogurt grow more commercial, a large variety have their microorganisms removed. “Read labels and be aware,” Katz writes in *Wild Fermentation*. “Many yogurt brands are pasteurized after culturing, killing the prized bacteria. Sauerkraut too is usually heat-processed and canned to extend shelf-life.”

What May, Fallon, and Katz land on is that full nutrition and often flavor are found only in wild fermentation. Wild fermentation allows microorganisms to perform their roles freely. Lactic acid bacteria may help pickle cabbage or protect yeast as it chews through sugar. A loaf of sourdough, in this sense, is like “The Giant Egg.” It’s bubbling with activity, raucous and splendid. Wild fermentation infuses itself with elements from the world around it. When we eat it, we taste something only that place and time could provide.

These fermented foods help lower inflammation and reduce disease. Food Research International’s Gitishree Das and company find that a “*Lactobacillus helveticus* strain R389 that was isolated from Swiss cheese was reported to contribute to the immune-enhancing and antitumor activities of fermented milk through the release of bioactive compounds (de LeBlanc & Perdigón, 2010).” These discoveries are incredible, and more seem to come day-by-day.

Katz calls the whole thing “magic,” but I’m not sure I totally agree. Fermentation is a highly skilled production. The microbes play their roles as any other performer might. It is just opera on a very tiny stage.



# WILD FERMENTATION CELEBRATION

To celebrate wild fermentation, the Marquette Food Co-op has selected several beers and wines to highlight over April. Each one practices a unique artistry to their fermentation techniques. Each has a rich culture you can taste. Catch any of them on sale throughout the month

and keep an eye out for any of our other products that embrace the wild fermentation way.

Here are a few of our favorite drinks, but other beers and wines can also be found on sale throughout the store:



## LOW PHUNK MOBCRAFT

It isn't just that MobCraft's Low pHunk sour ale is an award-winning beer for two years running: it's part of a collective project. This beer comes from the world's first crowdsourced brewery, a spot settled in Milwaukee, WI. Part of MobCraft's Wild and Sour series, Low pHunk is conditioned with lactobacillus through a solera blending method. It is fresh, citrusy, and a community favorite.



## EMBERS NATIVE SPECIES

In a 2019 article, the Washington Post states that "there are nearly 200 commonly used—and entirely legal—additives" in wine. Native Species Winery does something different. Through a minimal interventional style of winemaking, the winery allows fermentation to turn foot-crushed, Michigan-grown grapes into all-natural wines. Embers is one of Native Species' local wines. It is earthy and oaky, great for those looking to try a red wine that stands out from the rest.



## CLASSIC RODENBACH

The Rodenbach family has always strived to live freely as whoever they wanted to be, whether that's as the author of the Belgian national anthem or a revolutionary helping lead the country to independence. Rodenbach's brewery is no different. Its Classic sour beer remains a tart and refreshing ale. The ale's unique flavor comes from its wild fermentation, letting wood casks contribute their yeast to the fermentation process. The result is a beer which has been celebrated since 1894.



## STRAWBERRY RHUBARB BAMBIC JOLLY PUMPKIN

First, lambic-style ale sits six years in oak, fermenting with the wood. Then Jolly Pumpkin blends in their Bam Bière, an award-winning, signature ale. Then, it all sits again. Rhubarb and strawberry puree mix in and rest with this beer as it ferments at its leisure. Once it is finally done, it becomes the delicately funky, fruity, sour Strawberry Rhubarb Bambic, available only for a little while.

# LOCAL SPOTLIGHT

Learn more about the businesses that supply  
your favorite local products to the MFC

## GT'S BEES GARRY & ANNA TOLLEFSON



GT's Bees offers raw and unfiltered honey, beeswax, and pure beeswax candles sourced from hives in Marquette County. Their honey is pure and a great choice for those looking for honey to help with allergies, as the hives remain local year-round. Garry loves working with the bees and studying their behavior. He also loves hearing from people that the honey has benefitted them and their health.

**ALL GT'S BEES PRODUCTS ARE 20% OFF**  
AT THE MFC FOR THE MONTH OF APRIL

**Learn more about GT's Bee's on facebook**

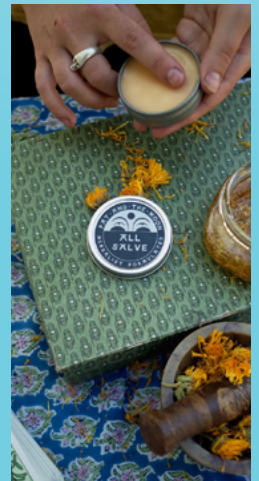
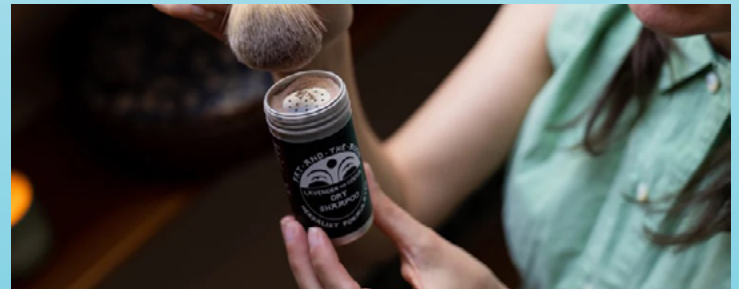
# 20% OFF



## ALL FAT & THE MOON PRODUCTS

**APRIL 1 - 30**

Fat and the Moon is an herbalist-owned business that specializes in producing small batch, herbalist formulated body care products in low waste packaging. Fat and the Moon founder Rachel Budde has built her company around providing handcrafted, herbal body care products to those seeking natural and effective alternatives to chemical-filled products.



# owner COUPONS

## THE MARQUETTE FOOD CO-OP OWNER COUPON PROGRAM

Every month, the Marquette Food Co-op will be offering digital coupons for owners. 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, 2024

#### **50¢ Off** **Wild Harvest** **Organic Whole Milk**

64 fl oz  
Limit three packages per coupon.  
One coupon per owner account.  
While supplies last.



#### **\$1.00 Off** **Marquette Baking Co.** **Granola**

16 oz  
Limit three packages per coupon.  
One coupon per owner account.  
While supplies last.



#### **\$2.00 Off** **2 Boxes** **Field Day Organic** **Raisin Bran**

14 oz  
Limit two boxes per coupon.  
One coupon per owner account.  
While supplies last.



# NEW ITEMS

April 2023



## Goat Milk Ghee

**Fatworks**

As a part of its mission to add high-quality fats to everyone's kitchen, Fatworks releases its Grass-Fed Goat Milk Ghee. This ghee is a great butter substitute in baking or a good fat for frying eggs. Paleo-friendly and lactose-free, it makes an excellent ingredient for those looking for an alternative to cooking oils.



## Dairy Free Labneh

**Cocojune**

Cocojune brings some summertime joy to shelves this April. Their Dairy-Free Labneh is a savory, whipped yogurt works well as a dip or spread. It is also vegan, organic, and full of probiotic goodness. Cocojune acts as the first certified plastic-neutral yogurt company, so there are no regrets in picking up a cup or two.



## Pickled Red Onions with Jalapenos

**Wildvine**

Spicy, tart, delicious—Wildvine's Pickled Red Onions with Jalapenos go with just about anything. This wild-fermented condiment can be added to taco night or a savory poke bowl at lunch. Wildvine, Wildvine's parent company, donates all unused, edible vegetables to the Californian farms in its area to help feed their wildlife. "Farm to table; table to farm," everyone can enjoy Wildvine.



## Chicken Ginger Dumplings

**Laoban**

It's hard to overstate the talent of Laoban's Culinary Director, Chef Tim Ma. His restaurant, American Son, received a Michelin Guide Bib Gourmand award in 2019. The Smithsonian Museum of American History included him and his family in their "FOOD: Transforming the American Table" exhibit. His non-profit, Chefs Stopping AAPI Hate, has raised over \$200,000 while working across four cities. These handmade dumplings are the product of decades of experience and passion, and it shows in every bite.



## Daria Solaks

Self-described "full-time girl and illustrator" Daria Solak now has several of her delightful products available at the Marquette Food Co-op. Solak's award-nominated artwork shows the magic hidden in everyday things.

# CALENDAR OF EVENTS

# APRIL 2024

## Fat and the Moon Line Drive

April 1 – 30

## Ya Ya's Kitchen Cooking Class

April 2 & April 9  
5:30 – 8:00 pm

**FULL – Join the waitlist**

## Wild Fermentation Celebration

April 3 – 16

## Eid-al-Fitr (End of Ramadan)

April 10

## Vaisakhi

April 13

## MFC Board of Directors Meeting

April 16  
6 – 8:00 pm

## Riojana Vendor Sampling

April 16  
4 – 6:00 pm

## Wine Sale: B2G2 15% Off

April 17 – 30

## Bulk Sale

April 17 – 23

## Wellness BOGO

April 17 – 30

## Sharing Nature with Children at Lakenenland

April 20  
10:00 am – 12:00 pm

## Earth Day Neighborhood Clean-up

April 20  
11:00 am – 2:00 pm

## Earth Day

April 22

## Passover

April 22 – 30

## Viva Mexico! Cooking Class

April 30  
5:30 – 8:00 pm

**FULL – Join the waitlist**

## THE FRESH FEED

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

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In-store Hours **8am - 9pm**  
Grocery Pickup **11am - 6pm**

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



### Board of Directors

Michelle Augustyn PRESIDENT  
Nathan Frischkorn VICE PRESIDENT  
Tom Rulseh SECRETARY  
Richard Kochis TREASURER  
Mary Pat Linck  
Michael Dewar  
Emmanuel Sally  
Mary Kramer-Rabine

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.

**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**