

THE FRESH FEED

THE MARQUETTE FOOD CO-OP NEWSLETTER

APRIL 2026



OWNERS SAVE!

TAKE 10% OFF A SHOPPING TRIP OF YOUR CHOICE IN APRIL!

Not an owner? Join today to get your 10% off and other owner benefits including:

- Owner Rewards - earn points on every purchase, redeemable on anything in the store.
- Save 20% on most special orders.
- Free or reduced admission to Co-op classes
- Baker's Dozen Reward - purchase 12 loaves of Marquette Baking Co. bread and receive the 13th loaf for free.
- Potential yearly patronage dividend.
- Opportunity to vote and run for the Co-op Board of Directors.

CLICK HERE TO JOIN NOW!

MARQUETTEFOOD.COOP/OWNERS/OWNERSHIP

LOCAL SPOTLIGHT

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



CLOVERLAND FARM

There's an enchanting rhythm to life on a farm.

The mostly predictable daily structure of chores and rest; the physical, embodied work, where movement becomes muscle memory; the seasonal cycles of growth, abundance, and decay; the grounding balance of new life and death.

Every day follows a pattern, a cycle – but there's observable change within the sameness. Weather shifts, animals behave differently, something breaks, something blooms. The balance of routine and rhythm with small, continuous shifts keeps it engaging.

It's Isaac Behrens' favorite part of his work at Cloverland Farm, a small, family-run egg operation on Old Little Lake Road in Marquette.

"I just love the rhythm of the work and the seasonality of things," he said. "I'm doing the same things every day, but also every day is different. I have the opportunity to be more observant of what's happening with the weather, the plants, and the animals around me. I'm grateful to see those day-to-day changes."

That appreciation for farm life began in childhood, said Isaac. He spent time at his family's small dairy farm in Wisconsin, where he enjoyed the cadence of chores and the steady responsibility of caring for animals. But as he got older, he realized his aunt and uncle had spent only one night away from the farm over several decades.

"Finding a life partner who is willing to do that, it's a big ask," said Isaac. The commitment seemed daunting at the time, so he decided to go a more traditional route, pursuing degrees in music and English. He imagined becoming a teacher, but still the idea of farming and a job working with his hands never left him. Fortunately, things fell into place when he found his wife Hannah and Cloverland.

Cloverland Farm has been operating for more than 20 years, started by Isaac's father-in-law, Jim Murphy. Isaac and Hannah took it over in 2020, with Jim still assisting regularly. Together, they tend a flock of about 1,000 laying hens, as well as some turkeys and feeder pigs, on 40 acres of forest and pasture.

LOCAL SPOTLIGHT

The typical day's chores include filling feeders and waterers, cleaning and bedding down the nest boxes and coops, checking ventilation to ensure air quality, and making repairs.

"There is a lot of romanticizing of farming, but a lot of the time it's just slog," said Isaac. "The biggest lesson I've learned is how to get over my perfectionism some and understand it's never going to be all done and it's never going to be done perfectly."

By mid-morning, they'll start collecting eggs. "We get 2-4 baskets of eggs in the morning, and then collect again in the afternoon," said Isaac. In total, the hens produce about 65 dozen eggs per day.

After they're collected by hand, the eggs are washed, packed, and refrigerated under 45 degrees. They're delivered to the Co-op within days and marked with a best-buy date one month out from when they were laid.

When raising chickens, ensuring a varied diet is the key to a healthy flock and quality egg production, said Isaac. While Cloverland's flock consumes a conventional grain diet, it's locally sourced. The grains are grown by UP farmers and purchased through Holmquist Feedmill in Trenary. Isaac also incorporates alfalfa, kelp, fishmeal, and food scraps to add more variety.

"We get them compost from local restaurants and the Co-op as much as we can, it helps keep them entertained and healthy," said Isaac. "Some people are surprised that chickens are omnivores. They're like little dinosaurs, they love a meat scrap or a grasshopper."

They're free-range, with year-round outdoor access, rotating through fenced pasture areas where they graze on greens, scavenge for bugs, and soak up sunshine that naturally supports strong shells and sturdy bones. Only when temperatures dip to around 10 degrees do they linger inside.

Prioritizing the chickens' health is important to small farms like Cloverland, where profit isn't the main driver.

"Industrial farms operate by externalizing costs - on the animals, the land, the workers. It's not a just way to farm, and it's not going to work in the long run."

The birds are healthier and happier and, in turn, produce better eggs, said Isaac. When chickens have a strong, diverse diet, and outdoor access, you'll notice through the quality.

"You're going to get thicker shells, sturdier whites, and yolks with a deeper orange color," he said. "Those are signs of more nutrition and freshness."

Keeping it small also allows the farm to operate at a human scale. Isaac and Hannah's 2-year-old son, Hollis, can wander among the hens, "helping" collect eggs or weeding in the garden. The pace leaves room for learning, family, and shared work.

"Our work - me on the farm and Hannah working from home part-time as a clinical herbalist, teaching and consulting - gives us the flexibility to just be with (Hollis) more," said Isaac. "He loves to pick up the chickens. He's learned how to do it gently instead of chasing them. He calls them all 'sweetie pie.'"

Cloverland also prioritizes the use of renewable energy as much as possible. The farm is off grid, said Isaac, and while they do have a generator to run appliances like their washing machine, most of their power is sourced from solar panels and a wind turbine on a 90-foot tower.

The challenges on the farm, Isaac views through a realistic lens. Rising costs, unpredictable weather, the occasional predator, working through the mixing of family and work relationships, are all things they just have to adjust to. "It comes with the territory," said Isaac. "But it gets easier each year as we tweak things and find what works for us."

Throughout the years, Cloverland's eggs remain in steady demand, supported and trusted by a community that values local food and partnerships that keep dollars circulating close to home. And so, the rhythm continues, with a crack of an egg that connects the farm to its neighbors.

MIX AND MATCH WINE SALE

Buy 2, save 15% on both bottles

MARCH 18 - APRIL 7, 2026

SALE ONLY INCLUDES WINES PICTURED HERE



Rose Languedoc
Claude Val
750ml



Pinot Noir
Noah River
750ml



Cabernet Sauvignon
McManis
750ml



Sauvignon Vertmintino
Cote Mas
750ml



Laya
Bodegas Atlaya
750ml

Easter

BUFFET

SUNDAY, APRIL 5 • 11AM-5PM

CANDIED SWEET POTATOES (VEGAN)

Spices, sugar, pecans, and roasted sweet potatoes

HOMESTYLE MAC & CHEESE

An MFC classic, topped with seasoned breadcrumbs

ROASTED CHICKEN & GRAVY

QUINOA STUFFED PEPPERS (VEGAN)

Peppers stuffed with savory quinoa and vegetables, topped with herbs

ROASTED BROCCOLINI (VEGAN)

SCALLOPED POTATOES (VEGAN)

Caramelized onions, creamy sauce, and sliced potatoes

BACON & BALSAMIC ROASTED BEETS

Beets with balsamic reduction, goat cheese, crispy bacon bits, and herbs

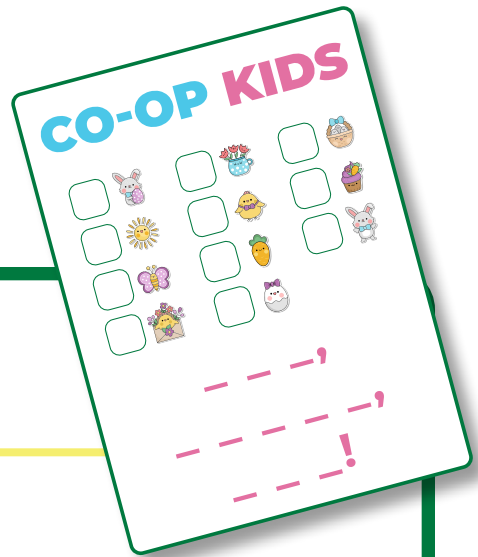
EASTER HOURS • 10AM-5PM

EASTER

MARCH 25 – APRIL 5

SCAVENGER HUNT

Join us for an Easter-themed scavenger hunt! Grab a sheet from the display at the Customer Service Desk and find the images throughout the store, writing down each letter as you go. Unscramble the letters to fill in the blanks with the correct phrase and turn it in to the CSD to get a sweet treat.



HINTS

Where you can grab a shopping basket from the stack!



We love CHOCOLATE!



Here you'll find lots of great items for your pet!



So many colorful, fresh veggies!



Fresh, local eggs are great for eating and dyeing colors!



Yummy, hot, ready-to-eat food from around the world!



Spices give flavor and make everything taste yummy!



This spot is extra cheesy!



This is where you go when you're done shopping



All the pantry ingredients you need to bake can be found here!



A nice spot to sit and enjoy your lunch!



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.



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.

Yoga

FOR NOURISHMENT



WITH LOCAL INSTRUCTOR
NICOLE SHEREÉ

“Yoga reminds us that we are interconnected. When one part of the community is hungry, the whole community feels it. Supporting local food pantries is a way to practice gratitude and generosity together.”

DONATION BASED, TO BENEFIT OUR LOCAL FOOD PANTRIES

SUNDAY, APRIL 19 • 10:30-11:45AM • CO-OP CLASSROOM

DOORS OPEN AT 10

Yoga

FOR NOURISHMENT



All donations from this gathering will support Marquette County food pantries, helping ensure that community members have access to essential food resources. The class will explore nourishment in many forms, including breath, movement, and community care.

Everyone welcome, but space is limited. Please register to save your spot at **EVENTS.HUMANITIX.COM/YOGA-FOR-NOURISHMENT**. Donations can be made at the time of registration or at the class.

This event is part of a series, with additional classes to benefit the Lake Superior Watershed Partnership (May) and UP Land Conservancy (June). **The Spring Seva Series** is rooted in the idea that yoga extends beyond physical practice. All proceeds from each class will be donated to a partner organization, creating a tangible ripple of impact through community participation. You do not have to donate to gather in community and participate in class, nor do you have to participate in the yoga classes to donate to various causes. For more information, visit www.nicolesheree.com.

LOCAL PARTNER SPOTLIGHT:

UPCAP

Across the Upper Peninsula, thousands of families face difficult choices when it comes to putting healthy food on the table. Through strategic partnerships, local farm investments, and innovative programming, the Upper Peninsula Commission for Area Progress (UPCAP) is working to make nutritious food more accessible while strengthening the region's local food system.

For the second consecutive year, UPCAP is providing funding to assist and supply food to residents in need and to support food pantries throughout the Upper Peninsula.

Over the last few months, UPCAP has provided funding to purchase \$180,000 of fresh healthy food sourced from UP farmers. Products purchased include eggs, meat, dairy products, fruits, and vegetables which have been used to help stock 16 local food pantries.

We had the opportunity to chat with UPCAP's Nutrition Program Manager Tammy Rosa about this funding, as well as other efforts to increase food access and improve food security for area residents.

"The level of food insecurity in the Upper Peninsula remains a serious concern affecting an average of 16 percent of residents, with some counties experiencing rates as high as 20 percent," said Tammy. She emphasized that these figures highlight the significant level of need across the region. "We know that the high cost of food and recent threats to food access programs (like SNAP), create financial challenges. When all of these factors are considered together, they make accessing healthy food challenging for some residents."

There is no quick fix for these issues, said Tammy. UPCAP is working with partner organizations to develop ongoing, sustainable resources and innovative solutions to fill the need.

"We partner with many organizations throughout the Upper Peninsula," she said. "This is not an issue that's going to be fixed by one group or a single idea. Addressing these issues will take a highly collaborative effort throughout the region and include multiple organizations and the farm community."

The UP is divided into three regions (East, West, Central) with each having different dynamics and many variables, including limited transportation and access to grocery stores for residents in more rural areas.

"We do look at the UP as a whole, but also know we have to be flexible enough to address specific dynamics found in each of the three regions," she said. "Efforts to increase food access are going to require a high level of collaboration across regional boundaries. We are fortunate because the Upper Peninsula is a tight-knit area, and we have found when there's a need, our communities step up and are there to help."

UPCAP and Feeding America are both working to address food insecurity, operating in parallel to distribute nutritious food through pantries across the Upper Peninsula. Between West Michigan and the UP, Feeding America provided 26 million meals last year to residents in need.



Tammy Rosa
UPCAP Nutrition
Program Manager



Another major initiative taking shape over the past several years is the UP Food as Medicine (UPFAM) program, which works to address and improve food insecurity of individuals that are at risk for or diagnosed with a health condition and face economic barriers to food access. Eligible participants are referred to the program by their health care provider and receive vouchers to purchase fresh, local food from farmers markets or farm stops. It also supports local farmers through investment in cold storage infrastructure that helps increase production and streamline operations, allowing them to focus on growing more food and increasing the day-to-day access to fresh food for program participants.

This winter, the MFC, along with the Keweenaw Co-op, the Ironwood Co-op, Lakeshore Depot and Meijer stores participated in a winter pilot to utilize UPFAM in a grocery store setting so participants would still have access to local and regionally produced foods during the market off-season. Participants received \$45 in vouchers each month to purchase eligible products that were produced in Michigan or within 400 miles of the store.

As an administrator, UPCAP worked closely with key partners in the development and implementation of the program and continues to lead the work to sustain and grow it even further.

The UP Food as Medicine program has been a large collaborative effort — originally funded by the Superior Health Foundation in 2021 for a two-year pilot. Additional funding was received through the Food Bank Council of Michigan in 2024, and the program has expanded to include 28 partner organizations and agencies throughout the region.

“Supporting our regional food system has been our primary focus,” said Tammy. “The more local you can purchase, the better. Food travels a shorter distance, you have fresher product, and you’re supporting your local farmers. Strong local food systems are essential to building both economic and community resilience”.

If you’re part of a local organization that would like to help in this effort to increase food access in the UP, Tammy said she’d love to connect. She can be reached at rosat@upcap.org.

Additionally, if you’re a community member not currently affiliated with an organization, there are still many things you can do to help, like donating to your local food pantry or volunteering your time at local food distribution events. The UP Food as Medicine program, which also included a grant program to purchase infrastructure that would help local farmers expand their food production, is in need of funds. If you would like to donate to support these programs, contact Tammy at the email above.

“All of these efforts contribute to making our communities healthier,” said Tammy. “We’re really looking forward to continuing this work.”

The Upper Peninsula Commission for Area Progress (UPCAP) is a regional 501(c)(3) charitable organization, responsible for development, coordination, and provision of human, social, and community resources in the Upper Peninsula of Michigan. In 1974, UPCAP was designated as the Region XI (U.P.) Area Agency on Aging whose purpose is to advocate for and provide services to older adults residing in the 15 counties of the Upper Peninsula.

JOIN THE MFC BOARD FOR ITS ANNUAL EARTH DAY CLEAN UP



Olivia Kingery
MFC Board Secretary

Now more than ever, it is important to come together as a community and work towards achieving a shared goal. On April 25 from 11am-2pm, the MFC Board of Directors invites the community to join us in one of the most important goals of all: keeping our streets and spaces clean! We are excited to host the 4th Annual Earth Day Clean Up, once again celebrating Marquette and our natural areas by helping clean up trash around the city.

Once snowbanks begin melting back, it can reveal quite a lot of debris that has collected throughout winter. This community day allows us to walk in the areas we inhabit and clean up along the way. Folks can join us at the MFC at 11am to say hello and check in, grab some snacks, and enter raffle drawings. Trash bags and gloves are provided, and you are encouraged to wear bright clothing to help with visibility – some safety vests will be available for use. Folks are also encouraged to be observant on things

like if there are heavy trash areas, perhaps where a trash can could be added. We can help make differences together in these ways. From there, go forth and have fun!

Inside the store during the annual clean up day, you will find local organizations like 906 Recycling, The Yellow Dog Watershed Preserve, Partridge Creek Compost, Superior Watershed Partnership, and more who are dedicated to bettering and preserving the natural spaces we call home. They will have information on their organization and the projects, and Partridge Creek will have their compost sign-ups as well.

As a board member, this is one of my favorite events of the year. Seeing community members come together and celebrate our little home on the lake is everything to me. It is circled and starred on my calendar, and we hope to see you there!





ANNUAL EARTH DAY CLEAN-UP

SATURDAY, APRIL 25
—— 11AM-2PM ——

Every year the MFC Board of Directors, along with its community, picks up garbage that has accumulated over the winter months in the neighborhoods surrounding the store. Join us in this cooperative celebration of Earth Day and the community we call home!

Meet us in the classroom (in the Co-op basement) at 11 to get geared up with gloves and bags before venturing out. We'll have warm beverages, snacks, raffle prizes, and local sustainability organizations tabling in the store, too.

BULK SALE

APRIL 24 - 26

**25%
OFF**

bulk department items



Bulk Staple: **LEGUMES**



Lemony Lentil Spinach Soup

Serves: 4. Prep time: 50 minutes; 15 minutes active.

- 1 tablespoon extra virgin olive oil
- 2 large carrots, chopped
- 1 cup lentils
- 4 cups water
- ½ large lemon, seeds removed
- 1 teaspoon oregano
- ¾ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 4 cups fresh spinach, chopped
- ½ cup fresh parsley, chopped

1. In a large pot, warm the olive oil over medium-high heat for a few seconds, then add the carrots. When they start to sizzle, lower the heat to medium-low. Stir often for about 5 minutes.
2. Add the lentils, water, lemon half and oregano. Increase the heat to high and bring to a boil, then reduce to medium-low and place the lid on the pot, slightly ajar.
3. Cook until the lentils are tender and starting to fall apart, about 40 minutes. Use a slotted spoon to remove the lemon, and let cool, then squeeze the soft flesh into the stew.
4. Stir in the salt, pepper, spinach and parsley, and simmer until the spinach wilts, about 2 minutes. Remove from heat and serve hot.

Reprinted by permission from grocery.coop. Find these and other recipes, plus information about your food and where it comes from at grocery.coop.



Red Beans and Rice

Serves: 4 – 6. Prep time: 50 minutes; 15 minutes active.

- 1 cup water
- ½ cup long grain brown rice
- 1 large red bell pepper, chopped
- 1 large carrot, chopped
- 2 tablespoons Cajun seasoning
- 1 teaspoon salt
- 1 bunch collard greens, chopped
- 1 15-ounce can kidney beans, including the liquid

1. In a 2-quart pot, bring 1 cup of water to a boil, and add the brown rice, red bell pepper, carrot, Cajun seasoning and salt. Return to boil and cover tightly, reduce to low, and cook for 40 minutes.
2. When all the water is absorbed and the rice is tender, stir in the collard greens and kidney beans with liquid. Re-cover the pan and leave over low heat for 5 to 10 minutes to cook the greens and heat the beans. (Times vary depending on how you like your greens.)
Serve hot.

This New Orleans classic is incredibly satisfying. Try it as a side dish to roasted chicken, or as an entrée with a slice of cornbread.



Split Pea Soup with Spinach

By: Robin Asbell

Serves: 4 – 6. Prep time: 2 hours; 30 minutes active.

- 1 ½ cups split peas
- 7 cups water
- 1 medium potato, cubed
- 3 ribs celery, chopped
- 1 medium onion, chopped
- 1 medium carrot, chopped
- 1 bay leaf
- 1 teaspoon thyme
- 1 teaspoon salt
- 4 ounces baby spinach, chopped
- ½ teaspoon black pepper

1. Pick over the peas for any stones or twigs, if necessary, then put in a large pot with the water and bring to a boil. Reduce to a simmer, and add the potato, celery, onion, carrot, bay leaf, thyme and salt. Simmer for an hour and a half, checking occasionally to stir and add water if needed.
2. When the split peas are falling apart, stir in the spinach and simmer just until the spinach is wilted. Add black pepper. Serve hot.

Paired with a hunk of crusty bread, creamy split pea soup is comfort food that will warm you from the inside out.



MARQUETTE FOOD CO-OP

2026 ANNUAL MEETING OF OWNERS

THANK YOU!



CHEESE MADNESS

CHAMPION

Sartori Chardonnay BellaVitano



Cheese Madness 2026 ended in a shocking upset!

With minutes left at our final sampling last week, Sartori BellaVitano Chardonnay and Clawson Cotswold Onion and Chive were tied 34-34... but three votes at the buzzer made for legen-dairy finish.

Raise your glasses for a SWEET victory – Chardonnay BellaVitano is the 2026 Cheese Madness Champion!

The champion is not crowned without drama, however. This is a true Cinderella story – the BellaVitano of the ball won our hearts and then has disappeared from our shelves. It's currently out of stock with our distributor, but don't fret! We're not forfeiting the sale. Our order is only on a brief bench break. We'll let you know when its back in the store and ready for its victory sale, so stay sharp and ready for the rebound!

Thanks to all who participated in our bracket challenge this year. We had FIVE perfect brackets, so we randomly selected a winner from that batch. Congrats to Colin C. for the win! It's been whey too much fun – an un-brie-lievably gouda time!

ASK OUR DIETITIAN

ACCESSIBLE, TRUSTWORTHY, ONE-ON-ONE
NUTRITION GUIDANCE WHILE YOU SHOP
WITH AMANDA LATVALA, RD



THIRD TUESDAY OF EACH MONTH
3:30-5:30PM • AT THE MFC
FREE & OPEN TO ALL

MFC EDUCATION COORDINATOR AND REGISTERED DIETITIAN
AMANDA LATVALA WILL BE AVAILABLE IN THE STORE TO:

- Answer quick nutrition questions
- Help customers read and understand food labels
- Guide customers to products that meet their dietary needs or preferences
- Provide tips on meal planning, portion sizes, and healthy substitutions
- Distribute handouts, recipes, and nutrition information

CALENDAR OF EVENTS

APRIL 2026

EASTER

April 6 - Open 10 am - 5 pm
Hot bar special, 11am - 5pm
See page 6 for details

DEMONSTRATION

Wild Gathering:

Tips for Springtime Foraging

April 7 & 14 - 5:30 - 7:30pm

Register online at marquettefood.coop/events

Yoga For Nourishment

April 19 - 10:30 - 11:45am

See page 12 for details

Ask Our Dietitian

April 21 - 3:30 - 5:30 pm

In-store

See page 23 for details

Marquette Food Co-op Board of Directors Meeting

April 21 - 6 - 8pm

Co-op Classroom

Bulk Sale

April 24-26

See page 18 for details

Earth Day Cleanup

April 25

See pages 16-17 for details

THE FRESH FEED

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

Design & Layout

Travis Gerhart

tgerhart@marquettefood.coop

Content & Editing

Kelsie Dewar

kdewar@marquettefood.coop

Board of Directors

Tom Rulseh PRESIDENT
Ashley McGrath VICE PRESIDENT
Olivia Kingery SECRETARY
Michael Dewar TREASURER
Maria Danz
Antonio Adan
Greg Hoffmann
Stephanie Weaver
Alex Berger
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.

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