



FRESH FEED

The Marquette Food Co-op Newsletter

August 2021



COOPERATIVE UPDATES/GOOD PROBLEMS



Matt Gougeon
General Manager

Here is a laundry list of brief updates from various facets of your Co-op.

Marquette Baking Company

We are about a month into selling Marquette Baking Company bread in the store. It's going well and we're selling through the product. Kudos to our bakery staff for their hard work and talent in producing the bread that meets all our expectations in quality and taste. We have been learning the pars on a limited selection of recipes for the store and will add more in time. We do not have a date yet for when we will open the bakery retail space but know that we are discussing a plan for that. We appreciate your patience. There is nothing but upside to the MBC!

The Busy-ness at the Store

We're well past the time when we expected to see sales revenue flatten after the loosening of pandemic restrictions. During the pandemic lockdown months, we experienced double digit sales growth over the previous year. Now that we are less restricted, we still experience double digit growth over 2020. If it feels busy in the store to you, you are correct. We certainly feel it, too, and it causes some impact in several ways.

Being a "post" Covid Employer

Like most businesses, you may have noticed we have a lot of job openings posted. All the news you hear and read about the new American consciousness toward working plays out in our own community. It's not a "faraway" thing. We are fortunate that we can still make good hires, but the number of applicants is far below what we normally experience. We are in the process of assessing our wage scale and benefits package to meet this new consciousness. However, I will say, unequivocally, that it is a complex situation that is difficult to solve as a single business entity

when you consider that being a grocery retailer places you at the end of the line in a massive food system. Our wages, benefits, shelf prices, etc. are influenced by variables all along the way from farms, manufacturing, distribution, government policy, and more. Variables in the system come home to roost in our store. Our best tool is to be better operators and control the things we can control. As such, we actively balance systems change for increased productivity with meeting the needs of the people that work here as best we can.

Supply Chain

The entire grocery industry is still in a growth period. This means we are seeing some increased supply chain disruptions as manufacturers fall behind because of the same employment issues stated above and supply disruptions of their own. Often, if we can no longer get a particular product, we are able to source a replacement. But sometimes, we must wait for the manufacturer to catch up production. In the case that it is a product that we use as an ingredient for something we make in our deli, we cannot substitute it and we must suspend production of that item. We appreciate your patience with such interruptions.

Patronage Dividend

Another outcome from the last seventeen months of pandemic operation is our improved financial condition. This gives our Board of Directors the opportunity to discuss paying a patronage dividend to owners of the MFC. To their credit, they are taking a deliberate and comprehensive approach to this vital piece of cooperation. To some extent, their approach includes fully understanding some rule changes, since the last time we paid dividend in 2014, to how the federal government requires patronage dividend to be handled by cooperatives. To some other extent, they consider the operational needs of the business and what we can assume about the future. I am working closely with them on this issue. You will hear more about this directly from them in the coming weeks.

All things considered, we, as a cooperative, are cruising. Our problems are good problems to have and can all be solved in time, and in the end, improve the cooperative. We are in a vital period and the organization has it eyes wide open. Let us not forget that this is our 50th year of operation! What better way to celebrate this notable anniversary than with good problems to solve? Don't be shy about expressing your appreciation for one another, to one another. As far as I can see, we are all doing right things by our cooperation.

FEEL GOOD, SHOP THE CO-OP!

CELEBRATING
50
YEARS
OF THE
MFC

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

Follow along with the hashtag #MFCis50 on Facebook & Instagram

Big changes just around the corner.

In early 2012, the Co-op purchased an old grocery store on Washington St. and hired architects, consultants, and a contractor as plans to expand began in earnest. We ran a capital campaign with preferred shares to prepare for the expansion. By year's end there were 3,500 members and 57 staff, sales reached \$5 million, and two big changes had come to the store - the Co-op Kitchen and the U.P. Food Exchange.



Have a special photo or memory of the MFC to share?
Send it to kdewar@marquettefood.coop or message us on Facebook or Instagram.

ROUND UP AT THE REGISTER



Thank
You!

TOGETHER, WE RAISED
\$5,107.15

Thanks to everyone who contributed to our "Round Up at the Register" campaign in July – small contributions really add up!

Together we met (and even exceeded) our goal, raising \$5,107.15 throughout the month of July. All funds collected will be used to purchase items specifically requested by local food banks — St. Vincent de Paul (Marquette, Gwinn, and Ishpeming locations), The NMU Food Pantry, and The Salvation Army (both Marquette and Ishpeming locations).

If you missed this campaign but would still like to give, you can donate anytime — just ask your cashier to round up your grocery total.

MARQUETTE BAKING *Company*

UPDATE



We're beginning to hit our stride at Marquette Baking Company! Our bakers are producing several kinds of breads, cookies, granola and MFC cakes out of the bakery space. These freshly baked goods are being delivered to the Co-op by 3pm Monday through Friday.

We're still working on streamlining operations and are in the process of hiring and training more staff to bake seven days per week. In the meantime, we'll continue selling Marquette Baking Co. goods only at the Marquette Food Co-op. This means the bakery on Baraga Ave. will remain closed to the public.

We're just as excited as you are to get the space opened up, but this will take some time — we're anticipating this will take about six months to a year. We appreciate your loyalty and patience!

EATING HEALTHY ON A BUDGET



Brigitte Derel
MFC Promotions
Coordinator

Eating healthy on a budget is an approach to grocery shopping that involves planning ahead. There are many ways to achieve shopping this way and many people enjoy it on their terms.

To me, eating healthy on a budget means eating healthy and nourishing meals while staying within my predetermined grocery shopping budget. I started to really learn how to achieve this when I was a junior in college. I didn't call it that, but essentially that's what I was doing because I had a limited income and was trying to eat well.

At the time, I was living with a few close friends, and we were all pretty new to cooking and baking. But we were determined to use things like fennel, spaghetti squash, beets, chard, orzo, dried beans, yogurt, etc. It was a fun time, cooking together. We often combined our ingredients and came up with meals we'd call concoctions. These concoctions formed the early foundation of my cooking experience. Learning to cook this way helped me to become a well-rounded cook — I was working with ingredients well before I was using recipes and planning meals. It all started with just needing to eat well, affordably.

I have since continued to cook that way, but I now have a lot more experience with it. I like to reference recipes, but I am still very into

swapping out ingredients that I don't have with something I do have. Understanding the basics about carbs, proteins, fats, and the general nutritional value of fruits and vegetables (and how to prepare them) is important and helps you to become intuitive in the kitchen. It's a good place to start if cooking is new and you're looking to establish a solid routine.

While it may seem simple, eating healthy on a budget does require some discipline and creativity, but I assure you, it's worth the effort. I'm able to achieve my set goal and stay within my allotted budget by following the process below.

It begins with maintaining an assortment of grocery staples at home that range between shelf stable, refrigerated, and frozen. These are nutrient dense foods I enjoy eating and cooking or baking. I spend the majority of my grocery budget on replenishing staples, and I leave a little for novelty items.



Prior to grocery shopping, I make a list of groceries I would like to buy. Then I head to the Co-op. I frequently purchase items that are on sale, have coupons and/or are in Co-op Basics. I also shop bulk. You can find out what's on sale before even setting foot in the store if you like to plan that way. Current sales flyers (as well as coupons) can be found online at **marquettefood.coop/sales-specials**.

When I get home, I put my groceries away then look at my receipt. This helps me to see how much I paid, saved, and overall, how I did. I really enjoy this part of the process.

Now that my groceries are well stocked, it's time for meal planning. At this time, I decide what I'd like to eat in the coming days, and I set aside some time to create several days' worth of meals. Cooking and baking

come naturally to me when I have a well-stocked pantry, refrigerator, and freezer. I enjoy making and eating salads, soups, casseroles, pasta dishes, baking scones and cookies, and more.

The variety in my staples helps me maintain a creative edge in the kitchen. I like to repeat favorite meals and to substitute ingredients in dishes, based on what I have at home.

Generally speaking, here's what I stock in my shelf stable staples: grains, baking ingredients, tuna, tomato paste, oils, vinegars, spices, nut butters, legumes, snacks, coconut milk, nori, oats, coffee, tea, dried fruit, and a few quick meals like ramen and canned soup. Some vegetables fall into this group, such as potatoes, winter squash, sweet potatoes, garlic, tomatoes, and onions.

My refrigerator staples include items like vegetables, greens, fruit, citrus, ground flax seed, flax oil, olives, aged cheese, proteins, nuts, seeds, yogurt, condiments, and eggs. My freezer staples include items like proteins, berries, bread, desserts, and a few premade quick foods like pot stickers and pizza.

I always store food in a way to best preserve its quality. I try to eat everything I make because it's important to me to not waste food and because I paid for it.

I still make a lot of the dishes I made when I was in college. A few of my favorites include tuna salad (simple and lots of room for variation), chili (canned veggies and bulk dried beans are very affordable), and oatmeal (another great, filling meal that's very versatile – think adding nut butter, seeds, or dried fruit for toppings). For snacks, I enjoy popping my own popcorn and making homemade trail mix with seeds, nuts, dried fruit, chocolate chips, and coconut flakes — it's nutrient dense and portable so you can take it with you to work or school.



THE COMMUNITY INSIDE OUR CO-OP



Angie Cherrette
MFC Board Member

Is it redundant yet to point out that it's been a wild year? Well, it certainly has been. As the MFC Board of Directors, just like all of you, we've had to adapt to these times. I actually think the challenges that we've been presented with have made us a stronger, more productive Board. Which is why we wanted to take everything we've learned this past year and pour it into our annual plan of work. Each year, we choose a topic that we think is an important theme to carry with us throughout the year. We then filter all our work through the lens of that theme, hoping to create ripples of change. In response to the pandemic, we wanted to be very intentional about this process this year.

After a year of isolation, uncertainty, crisis, and business struggles in our community and around the globe, we decided to devote our annual plan of work to reconnecting with our community and finding ways to offer support where we can. We began this process in March with our virtual Annual Meeting. Each year, we gather donations from local businesses to raffle off at the meeting and it's always exciting to see all the amazing prizes. However, considering our plan of work, we determined the best way to conduct this process this year would be to purchase the raffle prizes instead of asking for donations. This was a small way that we felt we could support businesses that were hit hard in 2020.

Our next plan in reconnecting with our community is to highlight the Board's favorite local products that are in our store. We have so many talented and incredible vendors featured at the Co-op and we can't wait to share some of our community favorites. I, for one, have enjoyed getting to know these vendors either through Marquette connections, our Co-op, or the Farmers Market, and have missed running into them around town. However, I get so much comfort in seeing their products on our shelves and am delighted to take a piece of them home with me. Keep your eyes peeled as you walk through the store for our "Board Picks" highlighting these local favorites so you, too, can take a little piece of our community home with you.

As these strange times continue to evolve, we will continue to think of ways to branch out into the community. I can feel our time of isolation is coming to an end and I wish everyone the best as we navigate our re-emergence into society. I hope we, as a community, can continue to support and lift one another up during this process of reconnection and rebuilding. It is this sentiment that our Board will carry forward throughout this year in the hopes that we can help foster connection during a time of healing and change.

BOARD PICK



Kevin Pierfelice

Misery Bay
Cold Brew Coffee



"This is literally jet fuel in coffee form. It's tasty, refreshing, and packed with energy."

FOR A BETTER PLANET

**By MFC Owners
& Citizens' Climate
Lobby, Marquette
Chapter Volunteers**

**Amy Doughty
Tim & Patti Clancy
Kevin Crupi
John O'Bryan
Karen Schmitt
Peter Zenti
Bruce Rockey**

Marquette Food Co-op owners care about healthy food, soil, air, water and sustainable stewardship of our planet. We know the importance of investing in a collectively owned, vibrant business to support our community's access to organic, local, wholesome and fairly-traded food and products. We are a significant network, with Co-op ownership in more than 6,000 households! MFC's outreach maintains strong relationships with local farmers and artisans and educates the public about food and environmental issues. Here's some food for thought about how our MFC network could collectively increase our climate action — there's room for each and every one of us to address climate change and support innovative climate solutions!

Recently, MFC stepped up and publicly endorsed carbon pricing legislation, joining 1,000+ small and medium-sized businesses across the country in support of current legislation in the House, The Energy Innovation and Carbon Dividend Act (H.R.2307). This support is phenomenal, and the MFC joins other local committed businesses and individuals who believe in carbon pricing to step up our climate action. Carbon pricing is one of the most effective tools we have to lower carbon emission quickly. Studies show this legislation could save millions of lives, reduce carbon pollution by 50% by 2030, and put money into people's pockets.

Just like the teamwork, effort, and vision that makes the MFC thrive, similar work is being done locally with Citizens' Climate Lobby (CCL). Some MFC owners also work with CCL, a local and national volunteer climate action group. Local CCL volunteers have been working for years with Representative Bergman, Senator Stabenow and Senator Peters, building bipartisan support for carbon pricing legislation. Momentum has grown within the House and Senate as more carbon pricing bills have been introduced, including the Energy Innovation and Carbon Dividend Act (H.R. 2307). This month Senators are currently in the process of budget reconciliation and are focused on serious climate solutions. By including carbon pricing in the reconciliation package, they have a shot to go big with a price on carbon.

Right now, CCL needs the help of everyone who is climate-concerned. In fact, the world needs all who are concerned to speak up. You can help by contacting Senator Peters and Senator Stabenow today, and let them know you want to see carbon pricing included in the reconciliation package. They have the knowledge, but they need to hear from us, to know their constituents want this and support them taking this action. Go to cclusa.org/senate by August 10th to email and call our Senators.

Carbon pricing is broadly popular because it would be fast, effective, fair, and durable. Carbon pricing policies, when designed right, are not only aimed as a carbon tax, but also a dividend that can actually pay people and benefit American business. With a carbon price structure like that in the Energy Innovation and Carbon Dividend Act (H.R. 2307), a net zero



(pictured left to right) Peter Zenti, Karen Schmitt, Kristen Carlson, Patti & Tim Clancy.
Photo courtesy of CCL



"Grassroots" information sharing at public events, such as this one at the Maritime Museum. Photo courtesy of CCL

target by 2050 would be achieved by pricing carbon at \$15 per metric ton of CO₂e and increasing the price by \$10 every year. Returning 100% of the net revenue back as a monthly rebate check to American families would not only cover increases in energy costs, but also give extra support to those continuing to struggle financially from the pandemic.

Another benefit of carbon pricing policy is that it's a way to come together. Bipartisan momentum has been growing for carbon pricing since CCL started its work 14 years ago. National endorsements are in from so many sectors; the scientific community, health organizations, economists, and business leaders all agree this is one of the best steps to tackling climate change. Support nationally from business organizations like the US Chamber of Commerce as well as support by key members of President Biden's team all point to exciting climate movement!

Carbon pricing legislation will give a huge boost to private investment in renewable and energy efficient innovations. Communities around the country, including ours, will benefit from green energy incentives by enhancing the competitiveness of not only wind and solar energy but also energy storage technologies that will make it work better with the grid. Advances will come with sustainable biofuels and bioenergy from residues, energy crops, and agroforestry. Regenerative agriculture will assist in carbon sequestration and increase soil fertility and resilience to

floods and drought.

Climate change affects all of us — now and for future generations. Climate change issues for us locally are different from those of Pacific Islanders or families living along the United States coastlines, but they are still very real. While we are loving a gorgeous summertime here in the U.P., we are also witnessing the West on fire, the East inundated with rain, and Canadian neighbors in crushing heat waves. We know climate change does affect what we love about living here, whether it is loss of snow from warmer winters or lakeshore erosion and flooding from more frequent, violent, erratic storms. Last winter we faced our third lowest snowfall on record, making it another strange year for skiing and other snow sports. We need to protect what we love.

MFC owners can play a pivotal role in supporting carbon pricing. CCL could use your support, ideas and enthusiasm. We see how you could really step out as forward-thinking front-runners in our community who



Lobbying in Washington D.C. Photo courtesy of CCL



Climate March tabling event. Photo courtesy of CCL

are committed to climate action. We know Senators and Representatives pay attention to local businesses and individuals and make time to really listen to our concerns and ideas. MFC owners are part of a vibrant network, helping to make Marquette such a fantastic community.

We're so proud of MFC and other UP businesses for being part of the CCL "Hall of Fame," sharing the ranks with these other national climate

champions: energyinnovationact.org/supporters-overview/

MFC joins a growing number of diverse businesses, organizations, and faith groups endorsing carbon pricing, including the Superior Watershed Alliance, Delft Bistro, Superior Culture, Ishpeming Birch Bark Canoes, Marquette Unitarian Universalist Congregation, Marquette Senior High School Environmental Club, Rock River Farm, and all the local breweries. There's plenty of room to add more local organizations and individuals who support climate action!

Every individual phone call, letter, or endorsement to Senators Peters and Stabenow and Representative Bergman truly makes a big difference. Our elected officials need to hear from us to know what we value and support, and to ensure an active, participatory democracy.

Marquette's local Citizens' Climate Lobby group meets monthly and has ongoing projects. There are many ways to get involved! Our local CCL leader, Kristen Carlson, can be reached at **marquette@citizensclimatelobby.org**.

Thanks for considering how you can make a positive global impact on climate action while you also shop local at the Co-op and enjoy locally grown food!

THESE LINKS CAN HELP YOU

Get Informed and Into Action

Learn more at
citizensclimatelobby.org
& **energyinnovationact.org**

Join our monthly calling campaign to our
Members of Congress: **cclusa.org/call**

Virtual letter writing another easy process with this link:
Write to our Members of Congress

Endorsement for businesses, organizations, and
prominent individuals:
energyinnovationact.org/endorse



BACKYARD BBQ!

Photo courtesy of Bennett Media

COCONUT PINEAPPLE SHRIMP SKEWERS

recipe from www.wellplated.com | Serves 4

- ½ C light coconut milk
- 4 t hot sauce
- 2 t soy sauce
- ¼ C freshly squeezed orange juice
- ¼ C freshly squeezed lime juice (about 2 large limes)
- 1 lb large shrimp, peeled and deveined
- ¾ lb pineapple, cut into 1-inch chunks
- Canola oil for grilling
- Freshly chopped cilantro and/or green onion for serving
- Additional optional ingredients for skewers –
sausage, red onion, red peppers, mushrooms

In a medium bowl, combine coconut milk, hot sauce, soy sauce, and citrus juice. Add the shrimp and toss to coat. Cover and place in refrigerator to marinate for 1-2 hours (shrimp will get mushy if marinated longer than this), tossing occasionally. If using wooden skewers, soak in warm water while the shrimp marinates. Meanwhile, prepare the vegetables.

Preheat the grill to medium-high heat. Remove the shrimp from the marinade and reserve the marinade for grilling. Thread the shrimp onto skewers, alternating with pineapple and any other ingredients.

Lightly brush the grill with canola oil, then place the shrimp on the grill. Grill for 3 minutes, brushing with the marinade, then turn and brush with marinade again. Cook for an additional 2-3 minutes until the shrimp are just cooked through. Remove to a serving plate and garnish with cilantro and/or green onion. Serve hot.

SUMMER BERRY SALAD

recipe by Amanda Latvala

- Spring mix
- Strawberries
- Blueberries
- Feta
- Walnuts
- ¾ C good quality extra virgin olive oil
- ¼ C balsamic vinegar
- 2 T Dijon mustard
- 2 T local maple syrup
- ¼ t salt
- ¼ t fresh ground black pepper

Place spring mix, strawberries, blueberries, feta & walnuts in large salad bowl. Adjust quantity to your liking or base it off how many people you're serving.

For dressing, combine the rest of the ingredients in a mason jar with a tight-fitting lid. Shake well to combine and lightly dress salad, tossing to coat.

The dressing will likely be more than you need, so add just a bit at a time until fully coated. Store leftovers in fridge for up to one month. Some olive oils solidify in the fridge, so make sure to pull it out of the fridge about 30 minutes before serving to allow it to liquefy again.



FAIR SEASON IS HERE!



Sarah Monte
Outreach Director

The time of the county fair approaches! This celebration of agriculture merges education, entertainment, and spectacle. It also features a plethora of generally unhealthy but incredibly fun and satisfying food that we all look forward to! We may all be familiar with the fair and its offerings, but most people are unaware of just how old this tradition is.

Fairs are closely tied to the history of religious celebrations, dating all the way back to the ancient Greek worship of the original god of the party, Dionysus. Many early Christian churches at first embraced the idea of singing, dance, and feasting in the worship space during holy days. Confronted with often unruly or even destructive behavior, the church began to encourage such partying to happen outside of the church walls, regardless of how holy the day. One can hardly blame them, when you think about how often the church was having to host community wide festivities. In fifteenth century France, one out of every four days was a holiday that would demand work be stopped for drinking, dancing, and general celebration¹. Who really wants to host a party that often?

As the celebrations moved outside the church, they began integrating secular characteristics, such as food stalls and merchants selling goods. They retained their connection to traditional holy days while also celebrating agriculture and commerce. It was only as fairs moved to North America from Europe that agricultural showmanship and education became the main impetus for the event. While the first fair is generally agreed to have been held in Nova Scotia in the 1700s, the start of a county fair tradition in the U.S. emerged from Massachusetts in 1807, when Elkanah Watson held a sheep shearing demonstration that grew into a yearly livestock show with activities and vendors invited.

Festivities that were tied to a celebration of agriculture seem like the perfect fit for the U.S. at this time — even President Thomas Jefferson envisioned a nation of yeoman farmers. Long after Jefferson, fairs were continuing to grow in popularity, serving an important role for rural farm

families not only for showcasing their livestock, but to share information and learn about the latest technology and practices. For people living far from urban centers, the fair offered the opportunity to see demos and purchase the latest farm equipment, learn new agricultural methods, and simply network with others doing similar work. It also celebrated the hard work of homesteading in so many ways – with baking, sewing, and canning competitions, another feature people looked forward to.

Today, far fewer people live on homesteads and farms while vehicles and the internet have tied them into urban culture more deeply than ever

before. The entertainment piece of the fair has grown, with rides, carnival games, and live music events. Fair food may have some local offerings but is also the place where one might find deep fried oreos and twinkies. Despite this, agriculture remains an essential element of the local fair. Patron surveys show that agricultural exhibits and livestock shows are still top draw.²

The fair is still a place that puts the focus on agricultural and rural lifestyles, celebrating a culture that is too frequently ignored. It's no longer about teaching farmers – it's about

education for the community about farming and a chance to remember how important local agriculture and homesteading skills are. It's a chance for children to show off some pretty impressive skills with animals and encourage others to join organizations like 4H. The fair might be a long way from its origins celebrating saints outside a church, but it's managed to keep much of the spirit of the first U.S. iterations with its commitment to agricultural education and entertainment.

This year for the August Fresh Feed, we have a couple of recipes for you in honor of the fair. We loved the idea of making fair food using truly local food, like strawberries put in the freezer just recently for the shaved ice or local flour, jam, and heavy cream for the funnel cake. If you're not able to make the fair this year, you can use these to bring the fair into your home.



¹ Dancing in the Streets: A History of Collective Joy by Barbara Ehrenreich.

² Step Right up to a County Fair! By Glen Collins. Found at nytimes.com

FAIR FOOD RECIPES



FUNNEL CAKES

Recipe by delish

- **2 C all-purpose flour**
- **2 t baking powder**
- **Pinch kosher salt**
- **1 ½ C whole milk**
- **¼ C packed light brown sugar**
- **2 large eggs**
- **1/2 t pure vanilla extract**
- **Vegetable oil, for frying**
- **Powdered sugar, for garnish**
- **Optional toppings:**
local jam, whipped cream, caramel, fruit, ice cream, etc.

In a medium bowl, whisk together flour, baking powder, and salt. In a large bowl, whisk together milk, brown sugar, eggs, and vanilla. Slowly whisk dry ingredients into wet ingredients until no flour is visible. Let batter sit 10 minutes before transferring it into a piping bag or ziplock bag.

Pour 1" vegetable oil into a large cast iron pan. Turn heat to medium and heat until a candy thermometer set in oil reads 375°. Cut a 1/2" hole in your piping bag or ziplock bag and squeeze approximately 1/4 cup batter into oil in a circular pattern. Fry until golden on both sides, flipping halfway, 3 to 4 minutes in total. Place on a paper towel lined plate to drain.

Dust with powdered sugar and garnish with optional toppings before serving.



HOMEMADE SHAVED ICE

recipe from butterwithasideofbread.com

We used strawberries for this recipe and did not strain the syrup. It was not noticeably seedy, though some berries, such as raspberries may be more pleasant strained. You can also reduce water for more watery fruit.

- **1 ½ C fruit such as strawberries, pineapple, etc.**
- **2 T lemon or lime juice**
- **¾ C water**
- **½ to ¾ C sugar, depending on the sweetness of your fruit**
- **Ice**

Place fruit in a blender or food processor and puree. If you have berries in the freezer you'd like to use, you can heat them up on the stove until soft before blending, then add back to the pot.

Add all ingredients except the ice to the pot and cook over medium heat, stirring occasionally until boiling. Freezing can affect the sweetness of berries, so if using frozen berries you may want to add the full amount of sugar.

After bringing to a boil, turn down heat slightly and simmer for 5 minutes. Removing from heat.

Let syrup cool and strain with a fine mesh strainer if you desire.

Place ice in a food processor (this works better than a blender) and crush as finely as you can. Divide ice into bowls and pour cooled syrup over them.

HOUSE PLANT SALE

AUGUST 18 – 24



NEW ITEMS

August 2021


**Niman Ranch
Kentucky Bourbon Uncured Sausage**

With the summer grilling season underway, it's the perfect time of year to try something new. Seasoned with savory spices, garlic, and Kentucky Bourbon, this delicious beef and pork uncured sausage is fully cooked, making it a great protein for a quick grill. It pairs well with so many sides, like potato salad, grilled corn, and veggie shish kabobs.


**Fatty Sundays
Salted Caramel Chocolate Covered Pretzels**

Revel in the satisfying combo of sweet and salty, wrapped into one. These crunchy, crispy, caramel pretzel bits are coated in 70% chocolate and are extraordinarily enjoyable. Fatty Sundays is a woman-owned business, founded by two sisters and inspired by their love for good food and tasty treats.


**moment
Hibiscus Dragon Fruit Water**

Delicate and flowery, Moment botanical waters are refreshing and hydrating. Moment's Hibiscus Dragon Fruit water has a complex flavor that is naturally delicious without the addition of sugar, artificial flavors, caffeine, or carbonation. Moment is woman and POC owned. Found in our refrigerated drinks cooler, also available in Rooibos Blood Orange and Tulsi Lemon.


**Cabot Creamery
Orne Meadows**

Cabot Creamery's Orne Meadows cheddar cheese was produced in honor of their founding cheese maker, Tom Orne. Its robust sharp cheddar flavor is delicious with crackers and warm breads, making it a tasty choice for a wine and cheese gathering. With a subtly sweet fruity and nutty finish, Orne Meadows is sure to be a crowd pleaser.


**Cleveland Kitchen
Backyard Ranch**

Cleveland Kitchen's Backyard Ranch is the first fermented Ranch of its kind and is downright delicious! Backyard Ranch embodies the Midwest's fresh spirit with delicious herbs and vegetables and that real, ranch flavor. Great for salads, sandwiches, and using as a dipping sauce. It's crafted with fermented vegetables that offer not only great flavor, but plenty of gut-health benefits.


**Sprout Living
Epic Protein – Original**

Sprout Living's Original Epic Protein is made with organic plant proteins selected for their balanced protein content, natural bioavailability, and rich nutritional synergies. The nutrient-dense combination delivers 26 grams per serving of complete protein in a pleasant flavor with a silky-smooth texture that easily dissolves in water. Complementing the blend are nutrients such as a complete amino acid profile, omega fatty acids from sacha inchi, and a wide range of antioxidants from cranberry seeds.


**Create Your Own Calm Journal
by artist and author Meera Lee Patel**

Create Your Own Calm by Meera Lee Patel is an inspiring, thought provoking, interactive journal dedicated to working on self-acceptance to alleviate many sources of stress and anxiety. This journal combines motivating quotes, engaging journaling prompts, beautifully vivid watercolor illustrations, and ample room to write down thoughts, doodle, and express yourself.


**Birch Benders
Keto Toaster Waffles**

Introducing Birch Benders Keto Toaster Waffles! Crispy on the outside, fluffy on the inside, and totally delicious through and through, with or without syrup. Two of these waffles clock in at only 6g net carbs. Round out your keto breakfast with bacon and eggs.


**Paleo Powder
Almond Breadless Breading**

Paleo Powder Almond Breadless Breading is ideal for baking and air frying items like steak strips, chicken, avocado fries, or mushrooms. Coat it. Toss it. Cook it. Paleo powder is the perfect balance of versatile almond flavor and seasonings. Bonus: there is a scrumptious avocado fries recipe on the back of the package!



GROCERY PICKUP

In-store Shopping
8am – 9pm

Grocery Pickup
10am – 7pm

Product availability & price subject to change.

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

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

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

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

THE FRESH FEED

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

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Richard Kochis **TREASURER**
Hillary Bush
Mary Pat Linck
Brian Bouton
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

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
Marquette, MI 49855

