



THE FRESH FEED

The Marquette Food Co-op Newsletter

August 2023



THE BATHROOM NETWORK



Matt Gougeon
General Manager

I was sitting at my desk in the basement of the Co-op last week, pondering the implications of upcoming health plan premium increases and the budget impacts therein, when a young boy about nine years old appeared in the doorway to my office. I looked up and said, "Hello." He said, "Hey."

"Can I help you with something?"

"You know that bathroom upstairs? Not the one by the door but the one closer to the store?"

"Uh, yeah."

"Well, there's pee all over the seat in there."

"Is there?"

"Yeah."

"Well, that's no good. Did you come all the way down here to tell me that?"

"No, I'm waiting for my mom to get out of the bathroom down here."

"Yeah, because there's pee on the one upstairs."

"That makes sense."

At that point what looked like his little brother appeared in the doorway at his side. "Did you tell him about the bathroom?" he said to the first boy.

"Yeah."

Just then their mother appeared in the doorway too. She said, "Are they bothering you?"

"No. Not at all. I was getting the report about the bathroom upstairs."

"Yeah," she said wrinkling up her nose. "Should I tell someone upstairs about it?"

"No, no, no." I said getting up from my desk. "Let's all go up there and check it out."

I met them at the top of the stairs, because the boys and their mother took the elevator up, because if you're a kid, why wouldn't you take the elevator if you could? I held open the door of the offending bathroom. "Is this the one?"

"Yep."

"Hold the door for me while I get some cleaner and a rag."

"I've got it from here." I said. "Thanks for all your help, buddy." I looked at his mother. "Sorry your mom had to see this messy bathroom. We're pretty much downtown Marquette's public restroom. Lots of people. Some messier than others." She smiled and thanked me as the three of them went on their way and I cleaned up the bathroom.

That was a lighthearted story, but it really confirmed something for me. We really are in this Co-op together. This sounds like an overstatement considering the smallness of the communication about a messy bathroom, but this Co-op really does function through a network of communication – big and small. Unlike a "business" network, based on favors and backscratching, deal making, finding the "right" people, the Co-op is more like a mycelium network. All the communications, large and small, intend to distribute resources and send information to the right places to make the entire ecosystem thrive. Like a little boy and his brother letting me know about a messy bathroom. On that day, that event was key to the entire success of the cooperative.

Feel good. Shop the Co-op.

FREEZING

Fresh Produce

Preserving the goodness of fresh produce is a rewarding way to enjoy the flavors of each season all year round. Whether you've harvested the bounty from your own garden or found a tempting assortment at the farmers market or here at the Co-op, freezing is a simple and effective method to extend the lifespan of fruits and vegetables. By following a few easy steps, you can ensure that your frozen produce retains its nutritional value and tastes as good as the day it was picked.

Here are some easy steps to freeze fresh produce:

Wash and prep the produce: Start by washing the fruits or vegetables thoroughly under running water to remove dirt and any residues. For vegetables like carrots, peas, or beans, trim the ends and cut them into desired sizes. For fruits like berries or peaches, remove any stems or pits.

Blanch (for some vegetables): Blanching helps preserve the color, texture, and flavor of crunchy and cruciferous veggies, and helps to remove skin on tomatoes. To blanch, briefly submerge the vegetables in boiling water for a short period (usually 1-3 minutes) and then immediately transfer them to an ice bath to stop the cooking process. After blanching, make sure to drain them thoroughly.

Not sure if your veggies should blanch before their freeze?

Vegetables that should be blanched:

broccoli and cauliflower, green beans, carrots, peas, asparagus, corn on the cob, tomatoes

Vegetables that do not need blanching before freezing:

bell peppers, zucchini and summer squash, leafy greens (spinach, kale, etc.), tomatoes, and mushrooms.

Flash freezing: Arrange the washed and prepped produce on a single layer on a baking sheet or tray lined with parchment paper. This prevents the pieces from sticking together during freezing. Place the tray with the produce into the freezer and let them freeze individually. This process, called flash freezing, ensures that the pieces freeze quickly, preserving their quality and preventing the formation of large ice crystals that could damage the texture.

Transfer to freezer-safe containers or bags: Once the produce is flash frozen, transfer them into freezer-safe containers or resealable plastic bags. Be sure to remove any excess air from the bags before sealing them to prevent freezer burn. Label the containers or bags with the name of the produce and the date of freezing. For best quality, try to use the frozen produce within 8-12 months.

You'll have the best luck with these freezer-friendly fruits and veggies:

broccoli
cauliflower
carrots
green beans
peas

corn on the cob
spinach
kale
bell peppers
zucchini

summer squash
tomatoes
winter squash
berries
cherries

peaches
mangoes
pineapple
bananas



Not all fruits and vegetables freeze well and may experience a change in texture after thawing. Avoid freezing high-water-content vegetables like cucumbers and lettuce.

Summer Sips

THAT PERFECTLY PAIR WITH FRESH AIR

Vinho Verde

Light, refreshing, slightly effervescent Vinho Verde is a type of light, crisp, and slightly effervescent wine that hails from Portugal. Its name translates to “green wine,” but the term “green” in this context refers to the wine’s youthful character rather than its color. Vinho Verde wines are renowned for their low alcohol content and refreshing qualities, making them a perfect choice for warm weather and outdoor dining.

Vinho Verde has a long history dating back to ancient times, with evidence of winemaking in the region dating back to the Roman era. The Vinho Verde region is located in the northwest of Portugal, and it’s cool and rainy climate, influenced by the Atlantic Ocean, provides favorable conditions for producing these light and fresh wines.

Traditionally, Vinho Verde was made from indigenous grape varieties such as Alvarinho, Loureiro, and Trajadura. Over the centuries, winemaking techniques have evolved, and the region has seen a surge in modern wineries producing high-quality Vinho Verde wines.

In the past, Vinho Verde wines were known for their slight effervescence, which was a natural byproduct of fermentation. Today, while some traditional-style Vinho Verde wines with natural spritz can still be found, many producers now offer both still and sparkling versions.

Pair Vinho Verde with grilled seafood, salads, spicy foods, light pasta dishes, friends.



Rosé

Rosé is often characterized by its pink or blush color. It is made from a variety of red grapes but is produced in a way that incorporates some characteristics of both red and white winemaking. Rosé wines can vary in sweetness levels, ranging from bone-dry to sweet, and they are known for their refreshing and fruity flavors. They have gained popularity for their versatility and ability to pair well with a wide range of foods.

The history of rosé dates back thousands of years. The ancient Greeks were known to produce rosé-like wines by allowing crushed red grapes to have brief contact with the grape skins, resulting in the pink hue. However, it was in the Provence region of France where rosé winemaking techniques were refined and developed to create the style we know today.

During the 14th century, the Provence region became known for producing some of the finest rosé wines in the world. Over time, rosé winemaking spread to other wine-producing regions like Spain, Italy, and the United States. Today, rosés are produced globally, with notable regions in France (Provence, Tavel), Spain (Navarra, Rioja), Italy (Tuscany), the United States (California, Oregon), and beyond.

Pair rosé with fresh fruit, poultry, grilled and spicy foods, picnic blankets, Lake Superior sunsets.



Rosé and Vinho Verde mix and match sale
buy 2 save 15% off both bottles • August 9th – 29th

Samplings August 10th & 11th from 3:30 to 5:30

BACK TO SCHOOL ESSENTIALS



1 Sugarbooger
Twist & Snack Baby Dino
\$10.99

2 To-Go Ware
KIDS Utensil Set-Orange
\$11.99

3 Klean Kanteen
TKCanister 16oz
\$34.99

4 Sugarbooger
Dino Lunchbag
\$12.99

5 Denik
Royal Mushroom Notebook
\$10.99

6 Meera Patel Start
Where You Are Week at a Glance
\$14.99

7 Rani Ban
To Do List Notepad
\$8.99

8 eboo
Small Color Pencils
\$4.99

9 Denik
Constellation Notebook Pouch
\$12.99

10 Moon Juice Manual
Recipes to Help Manage Stress
\$25.00



AFFORDABLE ORGANIC



SPICY TUNA BOWLS

Recipe from *Andrea Pink* | Serves: 2

- 2 T extra virgin olive oil
- 1 C sushi rice
- 2 5 oz cans canned tuna
- 2 T mayo
- 1½ T sriracha
- ½ T sesame oil
- 1 C cucumber
- 1 C snap peas
- ¼ C scallions
- 1 package toasted seaweed

Cook the rice. Wash, rinse, and drain the rice until the water runs clear. Transfer to a heavy-bottom pot with a tight-fitting lid. Bring to a boil, then reduce heat to simmer and cover for 12-13 minutes. After rice is cooked, remove from heat and let stand for 10 minutes.

In a small mixing bowl, add drained tuna, mayonnaise, sriracha, and sesame oil. Add sriracha to suit your spice preference.

Remove the strings from the snap peas by gently peeling from the pointed end of the pea pod. Chop into ½" pieces. With a vegetable peeler, peel cucumber length-wise to create ribbons, or chop into desired shapes. Finely chop the scallions.

Divide the rice and tuna into two serving dishes. Top with chopped peas, cucumber, and scallions. Serve with roasted seaweed.

Mix it up! Add or swap your favorite veggies and toppings:

Organic doesn't have to mean out-of-reach for consumers on a budget. We compared pricing of ingredients for this recipe from the Co-op and a national "Big Box" chain in town, and found the difference in price to be 80¢ cheaper per serving at the Co-op.

While there can be a difference in pricing between organic and convention, that's not always the case, and sometimes the pricing is very similar. Additionally, because of the ability to purchase single fruits & vegetables and exact quantities in our bulk department, you will save money and reduce food waste by taking home only what you need.

The table compares the cost of ingredients in their exact measure needed for this recipe. Ingredients denoted with an asterisk indicate they're organic. We also included a column using purely conventional, non-organic ingredients. The price difference is starker than the first two columns, as you'll see, but it's still not far from the Co-op shopping trip total, which yields mostly organic product from smaller, trusted sources and the added benefit of knowing your dollars are staying in our community.

SPICY TUNA BOWLS COST BREAKDOWN

INGREDIENT	OUR PRICE	BIG BOX PRICE	100% CONVENTIONAL PRICE
sushi rice	\$2.38*	\$1.00	\$1.00
canned tuna	\$4.58	\$6.38	\$2.38
mayo	\$0.39*	\$0.27*	\$0.37
sriracha	\$0.28*	\$0.23*	\$0.24
sesame oil	\$0.32	\$0.20	\$0.20
cucumber	\$0.37*	\$0.62*	\$0.25
snap peas	\$2.25*	\$3.00*	\$1.59
scallions	\$0.19*	\$0.24*	\$0.11
toasted seaweed	\$1.89*	\$2.29*	\$2.19
TOTAL	\$6.32 / serving	\$7.12 / serving	\$4.17 / serving

* = ORGANIC

\$5 Dinners

Select Wednesdays from 4-6

Enjoy a dinner from the Co-op
for only \$5 per person dine-in or carry out

August 9 & 30

PULLED PORK SANDWICHES WITH CABBAGE SLAW & BAKED BEANS

While supplies last. Only items listed are available for the \$5 dinner. Other prepared food items will be an extra charge





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.

AUGUST OWNER COUPON

Valid until August 31, 2023

20% OFF

any item

*The discount will be applied to the highest priced item in your basket.
Simply indicate you would like the discount applied when checking out.*

Not available for Ace Sushi or special orders. One item per month.

NEW ITEMS

August 2023



Chocolate Peanut Butter Spread

Mumgry

Mumgry Chocolate Peanut Butter Spread is made with the perfect combination of nutritious dry-roasted peanuts, dark chocolate, and a hint of salt. Made in small batches and rich in protein, Mumgry Chocolate Peanut Butter Spread is a scrumptious snack that can be enjoyed with toast, fruit, yams, ice cream, in a smoothie, or on a spoon! Vegan. Gluten free. Non-GMO.



Enchilada Black Beans

Heyday Canning Co.

These full-of-spice-but-not-spicy, Heyday Canning Co.'s Enchilada Black Beans get their savory flavor from a blend of dried chilis, tomato paste, apple cider vinegar, and spices. Perfect for making veggie enchiladas and so much more. Excellent with sweet potatoes, cotija cheese, cilantro lime rice, tortilla chips and avocado. Mild, delicious, and nutritious!



Tampons

Rael

Designed for your health with Mother Nature in mind, Rael Tampons are made with organic cotton and BPA-free compact applicators. They are free of chlorine, fragrance, and titanium dioxide. Crafted with Leak Locker technology, our tampons provide up to 8 hours of leak-free confidence. Clean, comfortable, and incredibly effective cycle care. Made with clean ingredients and without the use of harsh or irritating chemicals. Period.



Madagascar Vanilla

Frönen

Frönen's Madagascar Vanilla frozen dessert is made from 4 simple ingredients - coconut cream, honey, water, and vanilla extract. Pure Madagascar vanilla bean extract blends perfectly with a coconut cream base to create a smooth, rich vanilla flavor. Dairy-free and paleo, Madagascar Vanilla is a perfect base for dairy-free milk shakes, dessert sandwiches, or paired with warm chocolate cake.

Ore to Shore Bike Race
August 9-16

\$5 Dinner: Pulled Pork and Slaw
August 9
4-6pm

MFC Board Meeting
Aug 15
6-8pm

\$5 Dinner: Pulled Pork and Slaw
August 30
4-6pm



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
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Board of Directors

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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