

THE FRESH FEED



The Marquette Food Co-op Newsletter

August 2024



ROUND UP AT THE REGISTER

WE RAISED

\$5,170.20

DURING THE MONTH OF JULY TO
HELP SUPPORT LOCAL FOOD PANTRIES

Thank You!

REASONS TO BUY LOCAL

Most of us are aware that locally grown foods taste better and are better for us. Food grown in your own community was likely picked within the past day or two, making it fresh, crisp, and loaded with flavor and nutrients. But access to healthy and delicious food is only one of the many benefits of buying local. From supporting our neighbors and growing our local economy to preserving our land and wildlife, local food is the foundation of a strong, healthy, connected community.

Local supports local farm families. Farmers receive just 14.8 cents of every dollar consumers spend on food, according to recent data from the U.S. Department of Agriculture. Local farmers who sell direct to consumers or at retailers (like the MFC) that support local food systems, are compensated much more fairly for their product. When you buy food from local farmers, you're supporting your neighbors.

Local preserves genetic diversity. In the modern industrial agricultural system, varieties are chosen for their ability to ripen simultaneously and withstand harvesting equipment, for a tough skin that can survive packing and shipping, and for longer shelf life. Only a handful of hybrid varieties of each fruit and vegetable meet those rigorous demands, so there is little genetic diversity in the plants grown. Local farms, in contrast, grow multiple varieties to provide a long season of harvest, an array of eye-catching colors, and the best flavors. Many varieties are heirlooms, passed down from generation to generation, because they taste good. Heirlooms contain genetic material from hundreds or even thousands of years of human selection; they may someday provide the genes needed to create varieties that will thrive in a changing climate.

Local food builds community. When you buy from local farmers, you are re-establishing a time-honored connection between the eater and the grower. Meeting face-to-face with your local growers establishes a level of trust and understanding that isn't possible within large-scale food production. In many cases, it gives you access to a farm where you and your family can go to learn about nature and agriculture, fostering a deeper appreciation for food and awareness of the process.

Local supports the local economy. When you buy from a local farmer or business, you're circulating money directly back into the local economy, creating stability within your community. Local farms are owned and operated by your friends and neighbors — they are invested in your community, just like you.



Local preserves open space. As the value of direct-marketed produce increases, selling farmland for development becomes less likely. You've probably enjoyed driving out into the country, seeing lush crop fields, meadows of wildflowers, and picturesque barns. That landscape will survive only as long as farms are financially viable. When you buy locally grown food, you are doing something proactive about preserving your agricultural landscape.

Local creates a stronger tax base. Local businesses help to create a stronger local tax base and better use public services than nationally-owned stores. This means better services like schools, roads, emergency response, etc.

Local supports the environment. A well-managed family farm is a place where the resources of fertile soil and clean water are valued. Good stewards of the land grow cover crops to prevent erosion and replace nutrients used by their crops. Cover crops also capture carbon emissions and help combat global warming. In addition, the habitat of a farm — the patchwork of fields, meadows, woods, ponds and buildings — is the perfect environment for many beloved species of wildlife.

Local is about the future. By supporting local farmers today, you help ensure that there will be farms in your community tomorrow, and that future generations will have access to nourishing, flavorful, and abundant food. Buy local food, sustain local farms.

Sources: growingformarket.com, USDA

**To us, local means grown,
raised or produced in
the Upper Peninsula.**



52

Local Vendors

30.8%

Total Revenue Returned
or Spent Locally

\$1,204,859

Total Local Sales In-Store

\$16,000

Raised by 2 local schools through our
Farm to School Fundraiser Program

** Numbers from 2023*



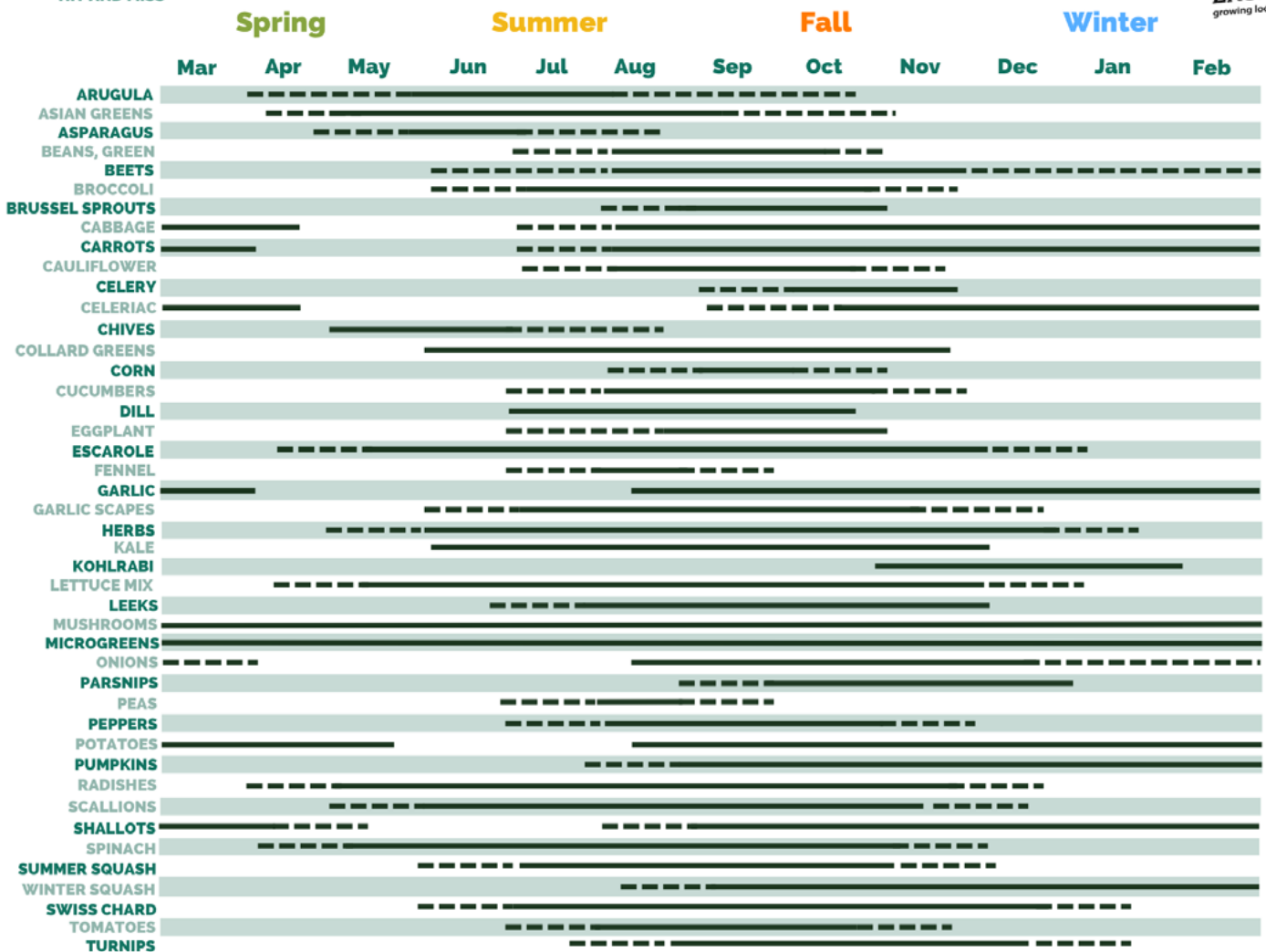
CENTRAL U.P.

LOCAL PRODUCE AVAILABILITY



—— GOOD ODDS
 - - - - HIT AND MISS

U.P. FOOD
 EXCHANGE
 growing local food systems



Broccoli & Feta Pasta Salad



Serves 4–6 as a main course; 8–10 as a side

Recipe from *thekitchn.com*

- 1 lb dried rotini or short pasta, tri-color preferred
- 4 T extra-virgin olive oil, divided
- 1 medium head broccoli, cut into 1/2-inch florets
- 2 T red wine vinegar
- Freshly ground black pepper
- 8 ounces feta cheese
- 1 C pitted Kalamata olives, coarsely chopped
- Kosher salt

Bring a large pot of salted water to a boil. Add the pasta and cook according to package directions until al dente. Meanwhile, place 3 tablespoons of the oil, vinegar, and a few grinds of pepper in a small bowl and whisk to combine; set aside.

Drain the pasta and run briefly under cool water to cool it down. Drain well again. Place in a large bowl and set aside.

Heat the remaining 1 tablespoon oil in a large, deep sauté pan over medium heat until shimmering. Add the broccoli and cook until crisp-tender, 5 to 7 minutes. Transfer to the bowl with the pasta.

Crumble the feta cheese into the pasta, add the olives, and gently stir to combine. Add the dressing and toss to combine; Taste and season with salt and pepper as needed. Refrigerate until serving or overnight.

C - cup

T - tablespoon

t - teaspoon



Roasted Beet & Lentil Salad



Serves 4-6

Recipe by Carrie Floyd, from the Cullinate Kitchen Collection

This composed salad makes a complete meal; serve it with a hearty whole-grain bread and a glass of wine. It's good warm, at room temperature, or even cold. You can serve it on individual plates or on one large platter.

BEETS

- 5 medium beets
- ½ red onion, peeled and sliced
- Extra-virgin olive oil
- Kosher salt

LENTILS

- Extra-virgin olive oil
- ½ red onion, peeled and chopped
- 1 plump garlic clove, chopped
- 1½ C lentils, picked over, rinsed, and drained
- Kosher salt

VINAIGRETTE

- 1 garlic clove
- Big pinch of kosher salt
- 2 T toasted walnuts
- 1 t Dijon mustard
- 4 T red-wine vinegar
- ½ C extra-virgin olive oil
- Freshly ground black pepper

FOR THE SALAD

- 4 to 6 C arugula or mixed salad greens, washed and dried
- 4 oz. goat cheese
- 1 C walnuts, toasted

COOK THE BEETS: Preheat the oven to 425° F. Wash and peel the beets, then cut them into wedges. In a large roasting pan, toss the beets and the sliced onion with enough olive oil to coat them. Sprinkle with salt. Cook for 35 to 45 minutes, stirring with a spatula halfway through, until the beets are tender when pierced with a knife or fork. Remove from the oven and set aside.

While the beets are cooking, prepare the lentils. Into a large saucepan, pour enough olive oil to coat the bottom. Over medium heat, sauté the chopped onion until soft, about 5 minutes. Add the garlic, stir for 1 minute, then add the rinsed and drained lentils and enough water to cover the lentils by about an inch. Cover and bring to a boil; reduce to a simmer, add a big pinch of salt and cook 25 to 35 minutes, until tender but not mushy. Drain any remaining liquid with a strainer (the liquid can be saved and added to soup).

PREPARE THE VINAIGRETTE: In either a suribachi or a large mortar, place the garlic, pinch of salt, and 2 tablespoons walnuts. Mash into a paste. Add the Dijon mustard and vinegar, and whisk until smooth. Drizzle in the olive oil, whisking all the while, until the full amount is incorporated. Season to taste with salt and freshly ground pepper.

ASSEMBLE THE SALAD: Toss the cooked lentils with about two-thirds of the vinaigrette. Stir until well mixed, and season to taste with salt and pepper. To serve, divide the dressed lentils, roasted beets, fresh greens, and goat cheese onto individual plates or a single serving platter. Drizzle the extra vinaigrette over the greens if desired (or serve the extra dressing on the side) and scatter the 1 cup toasted walnuts over the entire salad.



Photo courtesy of www.cullinate.com

LOCAL SPOTLIGHT

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



Superior Culture admires the little universes fermentation creates. The company's kombucha, nano-brewed beers, Michigan ciders, meads, seltzers, fire shots—their whole suite of products embodies the best of fermentation. Their flavors always change, celebrating the best of their past, present, and future.

Alex Rowland, Superior Culture owner, also sees their business as a celebration of Marquette. *"It's empowering to be around people who are like-minded,"* he writes, *"and there's so much of that in Marquette. So many people are supportive of each other. People need this more than ever."*

SUPERIOR CULTURE PRODUCTS ARE ALL 10% OFF AT THE MARQUETTE FOOD CO-OP THROUGHOUT AUGUST!

Learn more about this business on Facebook, Instagram, or their website, superiorculturemqt.com

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.

AUGUST OWNER COUPONS

Valid until August 31, 2024

\$1 Off

**Just Bare Boneless,
Skinless
Chicken Thighs**

20oz

Limit three packages per coupon.

One coupon per owner account.

While supplies last.



\$1 Off

**Earthbound Farm Organic
Baby Spinach**

5 oz

Limit three packages per coupon.

One coupon per owner account.

While supplies last.



50¢ Off

**Field Day Organic
Unsweetened
Coconut Milk**

13.5 oz

Limit three packages per coupon.

One coupon per owner account.

While supplies last.



NEW ITEMS

August 2024



Organic Peanut Butter Chocolate Crisp Halva

Hebel & Co.

You're gonna want to halva some of this. Hebel & Co's tahini-based Peanut Butter Chocolate Crisp spread uses premium organic ingredients selected by their Halvaniers in collaboration with Molly Yeh of Food Network fame. This puffy, crispy, sea-salty halva completes a dessert spread or a coffee-time snack.



Organic Lactose-Free Skyr Yogurt

Painterland Sisters

Named one of Forbes Food & Beverage's 30 under 30 entrepreneurs, Painterland Sisters are an old-fashioned duo set on making delicious, nutritious, no-doubt-about-it good-for-you yogurt.

Using their family's Painterland Farm, the two built their yogurt empire from regenerative and organic practices. Their flourishing farmland fosters the perfect conditions for fresh, healthy yogurt.



Sicilian Pistachio Oat Milk Ice Cream

Van Leeuwen

If it's good, it's good, right? Well, maybe.

Van Leeuwen makes sure its good tasting ice cream is good for you, too. Using simple ingredients like oat milk, cane sugar, and Sicilian pistachios. These pistachios? Not just good, but International Slow Food Institute-certified perfect pistachios found only on Mount Etna in Italy.



Bird Bean Light Roast Coffee Beans

Grounds

With notes of red fruit and spices, Grounds' Bird Bean Light Roast tingles with sweet notes sourced from cloud forest soil in Chiapas, Mexico.

To support the smallholder farmers that bring us these fine coffee beans, Grounds pays them an average of 20% above Coffee Market Price. These funds allow small farms like family farms to survive and thrive. It also assists with keeping coffee traceable and environmentally sustainable.

CALENDAR OF EVENTS

AUGUST 2024

Stasher Line Drive

August 1 – 31

Denik Line Drive

August 1 – 31

Superieur Electrolytes

August 1 – 31

Ore to Shore

August 10

Back to School BOGO

August 21 – September 3

Tisha B'av

August 23 - 24

Janmashtami

August 26

NMU Fall Fest

August 26

Blues Fest

August 30 – September 1

Marquette Marathon

August 31

Labor Day

September 2

CLOSED FOR THE HOLIDAY

THE FRESH FEED

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

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Olivia Kingery

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



502 W. Washington St.
Marquette, MI 49855

In-store Hours 8am - 10pm
Grocery Pickup 11am - 6pm

www.marquettefood.coop
Marquette, MI 49855

