

# THE FRESH FEED

THE MARQUETTE FOOD CO-OP NEWSLETTER

AUGUST 2025



# LOCAL SPOTLIGHT

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



## BLACKROCKS BREWERY

ANDY LANGLOIS & DAVID MANSON

OWNERS

If you're from Marquette, or have visited in the summertime, you've probably – at least once – taken the leap. You climb, find your spot, take a deep breath, and plunge into the clear, cold water of Black Rocks. The feeling when you resurface is ethereal – the impossibly blue sky, the sounds of waves and birds and happy people, the weightlessness. For a few moments, you're just a small speck in a big lake and life is good.

An established symbol of adventure, the rocks are a central, very visible part of what makes Marquette, Marquette. Andy Langlois and David Manson said naming their brewery after the landmark was both an honor and a choice to embrace the area's outdoorsy culture. If you like to find magic and metaphor in the everyday, their choice to open it can be likened to a leap, too.

The two worked together in pharmaceutical sales for several years and took on homebrewing as a right-brained creative outlet they could enjoy together. Every weekend for years, they hovered over pots of boiling wort and hops in an "art meets science" experiment.

"We loved the small-scale social aspect of sharing it with friends," said Andy. "Even in these early days, brewing beer and giving it to friends, it felt like something more."

While they tossed around the idea of starting a brewery when they retired, it seemed like a far-off venture. But pharma is a volatile industry and eventually David and Andy got bit.

"Retirement came early when we both got laid off," said Andy. "We had the opportunity to go back and find another job, which would probably have meant leaving Marquette, or we could try something different."

So they took the leap, and in 2010, Blackrocks Brewery became the area's first microbrewery. They opened in a converted house, painted yellow, with an iconic porch where friends could drink beer and watch the sun set as Third Street passersby ambled on.

The learning curve was steep. They were operating with a one-barrel system, which put out two kegs at a time. To a homebrewer, that's a lot of beer. At the yellow house on Third, four barrels would be gone by night's end.

"It was chaos, complete naiveté," said David. "We were open 'til empty – people would toast when the taps ran dry."

By year two, they had scaled up to a three-barrel system – a move they had thought would take five years and be the "pinnacle." But, from there, they kept growing and diversifying. In 2013, they expanded to the "Pop Shop" on Washington Street. With the increased capacity, they started canning and distributing.

Several expansions at the main pub brought more space for patrons and more barrels. Now, Blackrocks is producing 11-12,000 barrels of beer annually that is enjoyed on tap at the pub and throughout Michigan and Wisconsin by way of restaurants and bars that serve local/craft options and retailers selling cans.

# LOCAL SPOTLIGHT

"Our goal was to have something for everybody and showcase all the really cool things craft beer can be," said Andy. "It's fun to be able to play around with special ingredients and get to try 60 different ways to make an IPA."

Their flagship IPA, 51K, which embodies that experimental spirit, was refined to strike just the right balance of citrus, bitterness, and approachability. "We didn't want to rip the enamel off your teeth – we wanted something hop-forward but clean," said David.

Feedback starts at the pub. If a keg is guzzled in a day, the team takes notes. Tweaks are made and, as Andy said, "If it's a keeper, it's a keeper. Everyone at the bar is part of the tasting panel – whether they know it or not."

Blackrocks' has a team of 34 people, all equally as important to the brewery's operations, from brewers to bartenders and back-of-house staff who keep it running smoothly. "Our employees are talented, and we try to empower them," said David.

The ingredients are also something to be proud of. "There's an easy way and then there's the right way," said Andy. "We don't want to just mimic flavors, we use natural flavors. If you use good stuff, you'll yield a good product."

The pub is welcoming to all walks of life, the commonality of loving beer at the center.

"We're still a relatively small taproom" said Andy. "It's been rewarding to see the connections made here – we see proposals, the formation of friend groups... maybe you find yourself sitting next to someone you went to school with and haven't seen in a while."

David said it can be hard to see the forest through the trees but is very grateful for the space they've created.

"It's hard sometimes to take it all in and be present," he said. "It's all good vibes and then you look over and see the garbage is full. We're always hosting and can forget to stop and enjoy it."

Looking around at the pub on a bustling 75-degree summer Saturday, the vibes, as David mentioned, are good. A local band is playing on the outside stage, kids are dancing by thirsty parents, food and beer are being enjoyed. It's a picture-perfect scene, and even better knowing beyond this little corner on Third Street there's someone out there enjoying a 51K trail snack, a cooler full of crisp Presque Ales at the beach, or waiting for visitors with a garage fridge stocked with Super Deluxe.

Every day brings its challenge – repairs, maintenance, managing cashflow, securing ingredients in the post-pandemic market, etc., but Andy said there's something about the challenge that lights a fire. "For us, we've learned to let go a little bit," said David. "Everything is not always perfect, but the sun is going to come up the next day."

Fifteen years in, both Andy and David say they're proud they took the leap and are continuously amazed at where it led. From here, they plan to take a deep breath and ride the wake for a bit but agreed that plans are always loose and "never say never."



# BLACKROCKS AT THE CO-OP



## **GRAND RABBITS CREAM ALE, 5.5%**

"This is our crisp, refreshing, get stuff done beer. Willamette hops add lemon/orange flavors that sit on top of the grainy sweetness leading in to a snappy, dry finish."



## **51K AMERICAN IPA, 7%**

"Bursting hops all over your face, our American IPA is full of earthy grapefruit, apricot, and piney hop flavors and aromas with a nice balanced yet dry finish."



## **SUPER DELUXE HELLES LAGER, 4.8%**

"A Traditional German Style Helles Lager. A Crisp beer with a satisfying mouthfeel, bready malt character and a bright hop finish."



## **MY KISS AMERICAN IPA, 7.5%**

"We loaded this American IPA with Citra, Simcoe, and Mosaic Hops. The beer pops with a bright, punchy... succulent hop profile."

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## **10% OFF ALL BLACKROCKS BEER IN THE MONTH OF AUGUST**

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*The Co-op carries several of Blackrocks' year-round beers, as well as a rotation of seasonal varieties and limited releases.*

*\*beer descriptions from Blackrocks website*



**TAKE A**

***Sip of  
Summer***



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**\$2 OFF**

**SELECT ROSÉ WINES**

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**JULY 30 - AUGUST 12**

# TAKE A *Sip of Summer*

## ROSÉ PAIRINGS

Rosés are known as “food wines,” meaning they are excellent to drink with your meal, rather than before or after eating. Below is a guide to help you choose the right wine for your dinner tonight.

### **GERARD BERTRAND COTE DES ROSES**

Salad, pasta or rice, seafood, fresh fruit such as strawberries or melon, mild Thai red curry

### **RUFFINO SPARKLING ROSÉ**

Sparkling rosés are great for spicy food. Try it with Indian or Thai dishes, seafood, salty snacks, or a simple brie.

### **ACROBAT ROSÉ**

The fruity flavors compliment many cheeses, from gouda to mozzarella to cheddar. Great with Italian dishes, whether creamy or tomato based, chicken, and fish.

### **ELEMENT ROSÉ**

Grilled chicken, pork, or seafood. Goat cheese and other soft cheeses. Excellent with spicy Asian dishes.

### **FAMEGA VINHO VERDE ROSÉ**

Versatile wine for pairings. Good with chicken, fish, and salads, but also great with many cheeses. Its effervescence and acidity helps it pair well with stronger flavors such as Indian food or grilled meats.

# TAKE A *Sip of Summer*



## ROSÉ SANGRIA

Recipe from [davidlebowitz.com](http://davidlebowitz.com)

- 
- 1 bottle chilled rosé
  - ¼ C (60ml) Triple Sec, Grand Marnier, or Cointreau
  - 2 T brandy
  - 1 C (200g) halved seedless grapes
  - 1 C (180g) quartered strawberries
  - 1-2 peaches or nectarines, sliced, peeled
  - optional: 1-2 T sugar
  - 1 C (250ml) chilled sparkling water
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Pour the rosé into a pitcher. Stir in the Triple Sec, brandy, and the fruit. Taste and add sugar, if desired. Chill for a few hours. Right before serving, add the sparkling water to the pitcher, then pour the sangria into glasses and add ice.

# ROUND UP

AT THE REGISTER

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WE RAISED

\$6,285.24

DURING THE MONTH OF JULY TO HELP SUPPORT LOCAL FOOD PANTRIES

# CHANGE THAT FEEDS



**Kelsey T.**  
Front End Supervisor

“Would you like to round up to the nearest dollar to support our local food pantries?” If you have visited your Co-op during the month of July, you’ve likely been asked this by a cashier while checking out. Around 1,000 shoppers come through our doors each day, which means it’s no small feat for our cashiers to ask that question all day long, all month long, and at the height of tourist season, no less! But they continue to ask, because it feels good to watch all that pocket change turn into something big and meaningful.

The money raised from these round-ups allow St. Vincent de Paul (Marquette, Gwinn & Ishpeming locations), the NMU Food Pantry, and the Salvation Army (Marquette and Ishpeming) to fill their shelves with items they are in the need of the most. They send us a list, we purchase cases of those items at cost (which stretches those donation dollars even further), and our receiving team facilitates the distribution of the towering pallets of food right from our back door. It’s a mission that’s easy to get behind, supported by the fact that the majority of folks, when asked to round up, say “yes please!”

As seems to be a co-operative theme, many hands make light work when it comes to round-ups. We met our \$5,000 goal more than a week ahead of schedule, and the donations kept on coming right up until the end of the month, raising a total of \$6,285.24! It’s not just our Co-op regulars carrying the weight, either. Even the tourists overwhelmingly say yes when asked to round up, giving back to the community they’re currently enjoying.

***At a time when things feel more divided than ever, our Round Up at the Register efforts are an encouraging reminder that little by little, together, our community takes care of each other.***

**You can help our food pantries year-round! Shoppers always have the option to round up their shopping total, with funds going directly to the local food pantries listed above. Alternatively, you can purchase shelf stable products and put them in the donation bin at the front of the store.**

# **CO-OP CLASSES**

## **FALL 2025**

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# **SCHEDULE RELEASE**

**CLASSES WILL OPEN  
FOR REGISTRATION  
8/14 AT NOON**



# STAFF PICKS

## WHAT'S YOUR FAVORITE TRAIL SNACK?

Sahale pomegranate vanilla cashews for sure.

-Kaitlyn W.

It's going to sound strange... but the Safe Catch bags of tuna/salmon we have in grocery are a great protein for a short lunch break on the trail. You can eat them right out of the bag, with or without your own additions.

-Robert T.

The chocolate covered ginger from the bulk section makes a great addition to GORP or your favorite trail mix!

-Ryan E.

My dog and I share an EPIC bison cranberry jerky or two on long hikes.

-Megan Z.

Dried mango from bulk!

-Brendan C.

Fillo's walking tamales. They're flat enough to squeeze into pockets and packs, quite filling, AND delicious!

-Kaleb M.

Nothing hits the spot quite like a Blackrocks' 51k. Chomps beef sticks are great if you need food, too.

-Kelsie D.



Gale, Megan Z's dog, enjoying an EPIC treat while picking blueberries.



## BLUEBERRY HAND PIES

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Looking for a family/kid-friendly recipe to use those freshly picked blueberries? The kids who attended this year's Co-op Kids Cooking Camp had a blast preparing and eating these blueberry hand pies!

Pie crusts aren't that difficult to make, but there are a couple non-negotiables if you want a perfect crust. First, keep your butter cold. Try to handle it as little as possible. you can cut it into little pieces and stick it back into the fridge as I assemble the rest of my work station.

Second, leave some very small balls of butter when mixing it in. These will flatten out when you roll your dough, contributing to those flaky layers.

Finally, chill your finished dough before rolling it out. Most recipes call for at least two hours, but if you're in a hurry, a short time in the freezer can work.

# BLUEBERRY HAND PIES

recipe from *Sarah Monte* • makes 2 crusts **CRUST**

- **12.5 oz all-purpose flour (about 2 ½ C)**
- **1 t salt**
- **1 t sugar**
- **2 sticks of unsalted butter, cut into very small pieces**
- **¼-1 C water**

In a large bowl or food processor, add your dry ingredients. Pulse or mix briefly to combine.

To add your pieces of butter, you can pulse the mixture repeatedly, or use a pastry cutter or your hands. The key is to handle the butter as little as possible. Pulsing with a food processor is helpful so your hands aren't warming the butter. The butter is combined well, the flour will look like sand but there should be an occasional larger chunk of butter. Don't combine till it is uniform beads of flour and butter!

At this point, if you're using a food processor, switch your dough to a large bowl. Slowly, a couple tablespoons at a time, add your water. Using a spoon or rubber spatula, gently integrate the water until your dough is starting to hold together. Use your hands to see if you get all the dough to hold together. You want to get all the crumbs without getting the dough too wet.

When you can just get the dough together, separate into two chunks. Place each on plastic wrap or in a plastic bag. Shape into a ball then flatten into a disc. Refrigerate for at least one hour and preferably two before using or slide into a freezer bag and freeze for up to 6 months. Defrost in the refrigerator. You can also place in a pie plate, shape, and freeze ready to pop in the oven.

recipe from *Sue Li*, found at *bonappetit.com* • makes 6 pies **PIE**

- **all-purpose flour (for dusting)**
- **2 C blueberries (approx. 10 oz)**
- **1 t finely grated lemon zest**
- **1 T fresh lemon juice**
- **¼ C sugar**
- **¼ t kosher salt**
- **1 large egg, whisked with**
- **1 t water**
- **1 T raw sugar**

Preheat oven to 375°. Roll out dough on a floured surface to a 15x12-inch rectangle. Cut into 6 rectangles.

Toss blueberries, lemon zest, lemon juice, sugar, and salt in a medium bowl. Brush edges of rectangles with water; mound some blueberries in center of each. Fold dough over, and press edges to seal. Place on a parchment-lined baking sheet, brush with egg wash, and sprinkle with raw sugar. Cut slits in tops.

Bake hand pies, rotating sheet halfway through, until juices are bubbling and pastry is golden brown, 35-40 minutes (juices will run onto parchment). Transfer to a wire rack. Serve warm or at room temperature.

# FOOD AS MEDICINE

## RECIPE DEMONSTRATIONS



The Marquette Food Co-op is excited to present a Food as Medicine monthly food demo series. Every third Tuesday of the month, you will find our Registered Dietitian Amanda Latvala cooking up something healthy and delicious in the store.

The recipes will highlight ways to boost overall nutrition. They will be easy to prepare, have affordable ingredients, and are adaptable for any food allergies or picky eaters.

Stop by and say hi to Amanda as she demos delicious, fresh recipes right on the store floor. Enjoy a sample and take the recipe with you!

**ALL FOOD DEMOS WILL BE 11AM-1PM**

## HEART HEALTHY EATING AUGUST 19

**MISSED THE LAST ONE ABOUT SUPPORTING HEALTHY BLOOD SUGAR?  
NO PROBLEM! SEE THE HANDOUT HERE**

# FOOD AS MEDICINE

## AT THE MARQUETTE FOOD CO-OP

IN-STORE DEMONSTRATIONS WITH AMANDA LATVALA, RD



## EATING TO SUPPORT HEALTHY BLOOD SUGAR LEVELS

Blood sugar is the level of sugar, or glucose, in your blood. It is the body's primary source of energy. Our blood sugar is affected by the foods we eat, namely, carbohydrates.

Carbohydrates, or carbs, are considered one of the three macronutrients, the other two being protein and fat. When we eat carbohydrates, our bodies will break them down so they can be absorbed into our bloodstream and transported to our cells to be used as energy.

The type of carbohydrate matters! Healthy blood sugar levels have everything to do with the type of carbohydrate.

### FAST CARBS

- Fast carbs are foods that are broken down quickly during digestion, resulting in a rapid spike in blood sugar, followed by a rapid crash.
- They can be beneficial if timed around vigorous exercise
- If you have a low blood sugar situation, fast carbs can be lifesaving
- Too many fast carbs and a sedentary lifestyle can lead to weight gain and other chronic health conditions.
- Examples of fast carbs that can be beneficial for exercise or low blood sugar
  - Fruit: bananas, grapes, dates, peaches, mango, pineapple
  - Drinks: juice, sports drinks

### SLOW CARBS

- Slow carbs are foods that take the body more time to break down, resulting in a slower, more gradual rise in blood sugar, followed by a slower decline.
- These carbs contain starches and fiber which helps us feel fuller longer.
- The majority of your carb intake should come from slow carbs.
- Examples of slow carbs
  - Whole grains: quinoa, oats, brown rice, bulgar, whole wheat products
  - Legumes: lentils, beans, peas, edamame
  - Non-starchy vegetables: spinach, kale, lettuce, broccoli, cauliflower, peppers
  - Some fruits: apples, berries, pears, and grapefruit

## TIPS TO AVOID THE BLOOD SUGAR ROLLERCOASTER!

- Prioritize slow carbs at meals and snacks
- Have some form of protein with your carbs. Protein helps slow the digestion of carbs. An example would be some peanut butter on whole wheat toast or yogurt mixed with fruit.
- Aim to have a meal or snack every 3-4 hours. Avoid getting "hangry!" At this point we are more likely to choose fast carbs.
- Avoid processed carbs, especially those made with refined sugar and flour.
- Limit foods with added sugar.
- The American Heart Association recommends no more than 6 teaspoons per day for women, no more than 9 teaspoons per day for men, and no more than 6 teaspoons per day for children and teens.
- Consider tracking your foods using a mobile app such as MyFitnessPal

## HOW MUCH SUGAR AM I EATING?

To accurately assess the amount of sugar is in your diet, it is important to know the difference between naturally occurring sugar and added sugar. Naturally occurring sugar is found in fruits, vegetables, and some dairy. For most folks, naturally occurring sugar can be a part of healthy diet and does not need to be restricted. Added sugar is most commonly found in processed foods and this is the sugar we want to be aware of in our diet.

Locate the Nutrition Facts label on the product. Look for the "carbohydrate" section, then look at the "Total Sugar" section. The numbers next to these sections are in grams. Divide the number of grams of "Total Sugar" by 4; that is how many teaspoons of sugar is in a serving of that product. "Added sugar" is always included in the "Total Sugar" so always use the "Total Sugar" to find out how many teaspoons of sugar.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
<b>Total Sugars</b> 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

$12 \div 4 = 3$   
**TEASPOONS  
OF SUGAR**

## MEXICAN STREET CORN SALAD

(ESQUITES-INSPIRED)

Recipe from Marquette Food Co-op • Serves 6

Corn is a starchy vegetable. When eaten alone there is a potential for a blood sugar spike, but when eaten with other foods that contain protein and fiber, the effect on blood sugar is much less.

### BOWL

- 2 C corn kernels (grilled, thawed frozen, or canned & drained)
- 1 -15 oz can black beans, drained & rinsed
- 1 C red bell pepper, diced
- ¼ C red onion, finely chopped
- ½ C fresh cilantro, chopped
- ¼ C cotija or feta cheese (optional)
- 1 jalapeño, finely diced (optional)

### DRESSING

- 3 T plain Greek yogurt
- 1 T olive oil
- 2 T fresh lime juice
- ½ t chili powder
- salt & pepper to taste

In a large bowl, combine corn, black beans, bell pepper, onion, cilantro, cheese, and jalapeño.

In a small bowl, whisk together Greek yogurt, olive oil, lime juice, chili powder, salt, and pepper.

Pour dressing over salad and toss gently to combine. Serve immediately or chill until ready to serve.

# CALENDAR OF EVENTS

## AUGUST 2025

### Sip of Summer Rose Sale

July 30 - August 12  
\$2 off select bottles

### Food as Medicine: Heart Health

11am - 1 pm - August 19  
In-store  
Details on page 14

### MFC Board of Directors Meeting

6 - 8pm - August 19  
Co-op Classroom

### Back to School BOGO Sale

August 20 - September 9  
**Buy One, Get One FREE**  
select Co-op Deals items

**Closed Labor Day, Monday, September 1**

## THE FRESH FEED

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

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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](http://www.marquettefood.coop)

### Disclaimer

The views within this publication are as diverse as the 5,000+ households sharing ownership of our Co-op, and thus do not represent the store, its Board of Directors, or staff. The Co-op does not prescribe health treatments or products. We offer the extensive knowledge of our staff, and encourage you to prescribe for yourself—every individual's right.

The Marquette Food Co-op provides the region it serves with access to food, products, services, and education that foster a thriving, equitable, and resilient community by:



**PRIORITIZING  
LOCAL AND  
ORGANIC FOOD  
SYSTEMS**

**PROMOTING  
COOPERATIVE  
GROWTH  
OPPORTUNITIES**

**SUPPORTING  
AN EQUITABLE  
SHOPPING  
EXPERIENCE**

**FOCUSING ON  
SUSTAINABLE  
ENVIRONMENTAL  
OUTCOMES**