



# FRESH FEED

The Marquette Food Co-op Newsletter

December 2021



# THIRD ST. STORE Q&A



**Matt Gougeon**  
General Manager

Recently, members of the MFC received a message (reprinted on page 4) about our consideration of a second store in the former Valles Village Market, now known as the Third St. Marketplace development. We received some commentary back to us about this pending decision and I'll use this space to address a few things and give more context as to how and why this potential second store is in our view.

In 2017 we gave some consideration to purchasing Valles Village Market from the owners because they approached us about it. They cited our business model and good management of a downtown grocery store as being more effective in facing competition. Of course, at the time they were referencing Meijer entering the local market. The former owner of Valles understood this because during his career, he managed a cooperative grocery store for ten years and knew the key features of the resiliency of a co-op. But it was not the right time for us to purchase the store because we were facing the same uncertainty. Meijer opened, Valles closed, and we soldiered on.

Three years later, we were approached by Joe Constance, the Third St. Marketplace developer, who wondered whether we might take over half of the space and share the building with future tenant Cognition Brewing. It was the beginning of the pandemic at the time, so again we passed on the opportunity for obvious uncertainties. Over the next year, the development saw potential tenants come and go, and we were asked again whether we had any interest. This time, the timing felt right and so I brought the question to the MFC Board of Directors. The Board asked that we explore the financial feasibility and bring them enough information for their discussion and decision. Since October we have been gathering data, projecting costs and revenue, designing a store floor plan, planning staffing and merchandising, and looking at financial plans to pay for it. Once all the information is pulled together, the Board can decide to



build it, or not, at our regular December meeting. Currently we have paid \$2,600.00 to hold the space through the end of this year. The developer cannot hold the space indefinitely for us.

Why Third St.? It makes sense for several reasons. There had been a grocery store in that location for five decades previous. There's community "muscle memory" for having access to good food there. And access to food is a prime reason for returning a store there. Believe it or not, the United States Department of Agriculture and Feeding America both identify downtown Marquette as low income and low access to grocery stores and food despite our presence on Washington St. and our robust downtown farmers market. Access to food does not simply mean the presence of a grocery store. It also has to do with people's mobility and their capacity to purchase. SNAP benefits and Double Up Food Bucks would be accepted at this location. We feel we can create a small potent store that will give folks in the neighborhoods near there a walkable source for a solid selection of basic groceries. It will not cannibalize our current store and will open the Co-op to new people. Strategically for the Co-op, the second store would help the entire cooperative (I'm talking



about people, here) strengthen its position as a hedge against further competition entering the market.

Why not build a store in other communities that might need us? This might not be so obvious, but the cooperative model doesn't work that way. Co-ops are born out of community need, not our perception of what another community might need. Plus, it is anathema to cooperation to take a competitive position in another market. However, an organized effort and approach to us from another community would have our attention. It would also require more comprehensive and costly feasibility work — site selection, a market study, and member drives come to mind. It would require working with a local municipality and local zoning regulations. The risk would be greater, and the financial cost would increase. In short, it presents a much more complex scenario than what a second Marquette store does. This doesn't mean that we wouldn't or couldn't do it, it just means that the current opportunity is not an "either/or" question.

We also consider current economic factors that make things seem a little tenuous. Inflation, supply chain problems, the "Great Resignation," and the continuing pandemic are things we experience firsthand every day at the Co-op. But we adapt. We have found additional suppliers to help mitigate out-of-stocks and keep product on the shelves. We have

no influence over inflation and will weather this current period, but we do our best to make meaningful promotional pricing. Special ordering is always an economic way to purchase food. And guess what? We're fully staffed — the bakery, too! We attribute that to how we treat, pay, and care for the people we work with. It's not perfect and we do experience turnover, but we work hard at keeping good people working. We think staffing another store will not be an obstacle.

Paying for this potential second store will not be similar to when we built our current store. This project is one seventh of our current store. A combination of cash, some debt, potential grant funding, and possible member investment will not create a financial burden when balanced against the revenue the store will generate.

Where the rubber meets the road in the decision whether to build out the second store is in the combination of the cost and financial plan, the efficacy of our planning assumptions, and the collective will of those who will do the work to make it happen. I hope this has shed a little more light and given you some additional insight as to the potential for a second store. More to come soon.

***Feel good. Shop the Co-op.***



## THIRD ST. PROJECT

### *Dear MFC Owner,*

We're excited to share news of a potential expansion project. We acknowledge that some unofficial information has been passed in our community, but this formal message is intended for you, the Co-op owner, ahead of any general public notice.

Since mid-September, the Board of Directors of the Marquette Food Co-op has been considering the feasibility of opening another location — a small satellite grocery store in the Third St. Marketplace development. The Marketplace development, located on the north end of Third St., utilizes the building that formerly was Valles Village Market.

The operational administrative team of the Co-op has been doing preliminary proforma and store planning work with the assistance of store development specialists. This preliminary work will define financial projections, retail assumptions, and a store equipment and fixture plan with all associated costs. From this information, the Board will decide whether to proceed with the development of this potential store. This project would be financed with both cash and some debt.

#### *Some notes on this proposed project:*

The store would have 2,000 sq. ft. of retail space and 700 sq. ft. of back-room space. For reference, our current store has 9,000 sq. ft. of retail space.

It would not have a kitchen/on-site prepared foods department.

It would be merchandised with basic grocery and some prepared food, with no beer or wine. Think of it as a Co-op Convenience Store.

- ▶ The Co-op would not own the building, as it is a leased space.
- ▶ The building has plans to also house Cognition Brewery, Boulanger, and The Peace Pie Company.
- ▶ If this store comes to fruition, some equipment updates to our current kitchen at 502 W. Washington will be made to better serve two stores.

The intent of this store, should it prove feasible, is to deepen our local cooperative economy, serve new people in our community, and bring convenient access to good food in a neighborhood setting. The opportunity of this store signifies foundational strengthening of our cooperative in Marquette. All benefits and programs of cooperative ownership will apply to this new location and all member data will transfer between locations.

Additionally, you should know that the MFC operational team is working to open the retail space at the Marquette Baking Company. With a fully staffed and trained baking team, buoyed by strong bread sales, plans for increased production and opening the bakery storefront are well timed. The bakery retail space is slated for an early 2022 opening.

Thank you and in cooperation,

*The MFC Board*

# Join THE BOARD OF DIRECTORS



**Rick Kochis**

Treasurer

Elections and Nominations Committee Member

Hello fellow co-ops! It is the time of year when there are positions on the Board of Directors to run for.

Do you want to participate in the Co-op at a higher level than just a shopper? Then a position on the Board might be right for you.

The Board of Directors helps guide the Co-op into the future by making decisions around such areas as expansion, capital expenditures, and long-range planning. We also continually educate ourselves around areas of interest to the

Co-op such as Climate Change; Diversity, Equity, and Inclusion; and Policy/Governance.

I love the Co-op. As such, it has been an honor and a privilege to serve on the Board for almost six years. I invite you to join us. The Board has nine members who take their responsibility seriously (and have some fun), too. So join us! Go to [marquettefood.coop/board/join](https://marquettefood.coop/board/join) and complete an application. We are looking forward to seeing your application, and hopefully, having you sit with us for the next three years! The application period runs until January 15, 2022.



# Holiday Cheese Picks

**Quinn Harris**  
Prepared Foods

## BRIE COURONNE

This well-loved French cheese is encased in an edible rind. Its tender interior carries a mellow, memorable flavor.

**Pairs well with:** *Divina Fig Spread, Firehook Rosemary and Sea Salt crackers*

## 3 MONTH MANCHEGO

Complex and elegant, the flavors and fresh aromas of Manchego are reminiscent of flowers, nuts, and lavender. This Spanish cheese is a party favorite.

**Pairs well with:** *Rosé*

## CAMBONZOLA (BAVARIAN BLEU TRIPLE CREAM)

This distinctive cheese is made in the Bavarian Alps. Mildly spicy in flavor, the paste inside this cheese is permeated with blue veining. This cheese holds traits of a robust brie cheese while also being reminiscent of a lighter, creamier blue cheese.

**Pairs well with:** *Marquette Baking Co. baguette*

## EMMENTALER SWISS

Crafted from the raw milk of cows grazing in the Alps, this is the original Swiss. Aged for 10-12 months it has the perfect balance of sweet, sharp, and nutty. Its subtlety and meltability make it incredibly versatile. This cheese works great as a fondue base or as an accompaniment with fruit.

**Pairs well with:** *Riesling, fresh pear*

## HONEYBEE GOUDA

Honey and Goat milk is a classic combination. The sweetness of honey tempers the tang in goat milk without overpowering it. This cheese has a delicious savory flavor, while also having sweet notes making it a great choice for every occasion.

**Pairs well with:** *fresh fruit, Divina marinated beets*





# Gift Guide



- 1** *Plante Posse*  
**Produce Prayer Flags**  
**\$34.99**
- 2** *Lucy & Co*  
**Dog Bandanas**  
**\$19.99**
- 3** *Planetary Design*  
**32 oz Red Rock French Press Carafe**  
**\$54.59**
- 4** *Vital Industries*  
**Pint Glass & Stemless Wine Glass**  
**\$9.99-10.99**
- 5** *Keep Nature Wild*  
**Fanny Pack**  
**\$31.99**
- 6** *Good & Well*  
**Lake Superior Candle**  
**\$24.99**
- 7** *Tallulah, Mermaid of the Great Lakes*  
**Book**  
**\$16.99**
- 8** *Pebble*  
**Knit Octopus Rattle**  
**\$15.99**
- 9** *Sibley*  
**Bird Postcards**  
**\$19.99**
- 10** *Camp Craft*  
**Cocktails**  
several mix varieties available  
**\$22.99**

**STAFF PICK**



**Laura V.**  
Wellness

## **Camp Craft Cocktails** **Old Fashioned Mix**

The Camp Craft Cocktails Old Fashioned Mix makes the most delicious Old Fashioneds! By infusing the liquor in the dried fruits and spices, the cocktail had a depth of flavor that is better than any Old Fashioned I've ever had. No additional sugary mixes necessary! And one of the Camp Craft Cocktails makes enough for 16 single shot cocktails. This kit plus a bottle of liquor would make a wonderful gift!

# DIY Food Gifts

## HOT CHOCOLATE BOMBS

Recipe from [thekitchn.com](http://thekitchn.com) | Makes 6 bombs

### INGREDIENTS

- 12 oz high-quality semi-sweet chocolate bar or chips
- 6 T hot cocoa mix
- 1 C mini marshmallows
- Sprinkles for decorating
- Milk for serving

### SPECIAL EQUIPMENT

- 2 2in silicon sphere molds with 6 wells each
- Digital probe thermometer
- Large heatproof bowl
- Pastry brush
- Nitrile or latex gloves
- Small piping bag (optional)
- Muffin papers for packaging (optional)

Temper the chocolate using a double boiler. Fill a 4-quart pot halfway with water and set over medium-high heat. Find a heat proof bowl that fits securely on top of the pot without touching the water.

If using bars, finely chop 12 ounces semisweet chocolate. Set  $\frac{1}{3}$  aside (about 4 ounces). Transfer the remaining  $\frac{2}{3}$  (8 ounces) to the bowl and fit over the double boiler. Melt the chocolate in the double boiler, stirring regularly with a silicone spatula to help with melting and keep it from getting too hot. Keep an eye on the chocolate temperature — it should never get too hot to touch but you can check this using a digital probe thermometer — do not exceed 100° F.

Remove the bowl from the double boiler. Add the reserved chocolate in 3 increments, stirring until incorporated and melted after each addition. Continue mixing until the chocolate is between 88 and 91°F. You can check this with a digital probe thermometer or by touch — the chocolate should be about body temperature, so test on the back of your hand or wrist.

Drop 1 tablespoon tempered chocolate into each well of 2 (6-count, 2-inch wide) half sphere silicone mold trays. Use a brush to spread the chocolate up the sides and over the edges of the molds by just a bit. Let sit at room temperature until the chocolate is hardened, 5 to 15 minutes. Brush the wells with more tempered chocolate (about 1 teaspoon each) to achieve a thick, even coating. Let sit at room temperature until completely hardened, 15 to 30 minutes.

Place 1-2 tablespoon hot cocoa mix, 1 heaping tablespoon mini marshmallows, and 1/2 teaspoon sprinkles if desired into each of half of the wells (6).

Wearing nitrile or latex gloves, gently release the remaining 6 unfilled shells from their molds, but keep them resting in the well. Use a pastry brush or a small piping bag to coat their edges with tempered chocolate. (If the chocolate has cooled and lost its temper, place it back briefly over the double boiler until warmed back to between 88 and 91°F.) Top each

marshmallow-filled shell with a coated, unfilled shell to form a sphere. Let sit at room temperature to harden and set, at least 15 minutes.

Drizzle with any remaining chocolate and add sprinkles. Use gloves when decorating or moving the cocoa bombs to prevent fingerprints.

To serve, heat 1 cup milk for each hot chocolate bomb gently on the stovetop or in the microwave for about 2 minutes until very hot, almost to a boil. Pour the hot milk into a large mug and gently add the bomb for the most dramatic explosion. Stir well before consuming.

Storage: Store hot chocolate bombs in an airtight container at room temperature for up to 2 weeks.





# DIY Food Gifts

## CINNAMON MAPLE CARAMEL CORN

Recipe from [thekitchn.com](http://thekitchn.com) | Makes 6 bombs

### POPPED POPCORN

(yields approx. 6 cups)

- 1/3 C popcorn kernels
- 1 T coconut oil or extra-virgin olive oil

### CARAMEL CORN INGREDIENTS

- 6 C popped popcorn
- ¾ C sliced almonds or other nuts (optional)
- ½ C real maple syrup
- 3 T almond butter or nut butter of choice (peanut butter and cashew butter work, too)
- 1 ½ t pure vanilla extract
- ¼ t sea salt
- ¼ t cinnamon, plus more for sprinkling

Preheat oven to 350°F. Line a rimmed baking sheet with parchment paper.

**Toast the nuts:** Once the oven has preheated, arrange the almonds (or other nuts) in a single layer on the parchment paper. Roast the nuts in the oven for 7 to 10 minutes, until fragrant. Keep an eye on them so they don't burn. If you're using whole nuts, chop the toasted nuts into small pieces on a cutting board.

**Meanwhile, pop the popcorn:** First, place a large mixing bowl near the stove. Pour the oil into a large, heavy-bottomed pan with a lid. Turn the heat up to medium, add 2 kernels of corn, and cover. Once the kernels pop, remove the lid and pour in the remaining popcorn kernels. Cover the pot and give the pot a little shimmy to distribute the kernels evenly.

Cook over medium heat, shaking the pot occasionally. Crack the lid just a smidge so the popcorn stays crisp, and cook until the popping sound slows to about one pop per every few seconds. Remove the pan from heat and dump the popcorn your bowl, taking care not to pour in any unpopped kernels at the bottom of the pot. If necessary, pick out any unpopped kernels that made it into the bowl with a spoon.

**To make the caramel sauce:** In a small, heavy bottomed pot, bring the maple syrup to a boil over medium heat. Keep a watchful eye on the syrup and continue boiling for 2 minutes and 30 seconds, reducing heat only if necessary to prevent overflow. Remove the pot from heat.

Add the nut butter, vanilla extract, salt and cinnamon to the pot of maple syrup. Whisk until well blended. Add the nuts to the popcorn, then drizzle the maple mixture over the popcorn and nuts. Toss with a rubber spatula or big spoon until well mixed. Pour the popcorn onto the parchment-covered baking sheet and arrange it in a single layer.

Bake the popcorn for 6 minutes, then rotate the pan and cook for another 2 minutes. Remove from oven and sprinkle with additional cinnamon and salt, to taste. The popcorn will continue to crisp up as it cools. Once it's cool, break the popcorn into pieces (or leave them in chunks!) and serve.



# DIY Food Gifts

## ALMOND DRAGÉES

Recipe by Peter Grueling from *Chocolates and Confections*

*These nuts have a delicious toasty flavor and exquisite caramelly crunch. They're super tasty as is but can be taken a step further by coating with chocolate and then dusting with cocoa powder or powdered sugar.*

- 4 oz sugar
- 1 oz water
- 12 oz blanched almonds  
(or any round nut such as hazelnuts or macadamia nuts)
- 1 T butter

Line baking sheet with silicone mat or parchment paper and lightly oil.

Combine sugar and water in wide saucepan. Cook to approximately 230°F.

Remove from heat and add the almonds. Stir vigorously until the almonds fully crystallize and separate into individually sugar-coated nuts.

Return the pan to the heat. Cook the almonds, stirring constantly, until the sugar has caramelized and the almonds are toasted. Moderate the heat to ensure good caramelization without scorching.

Add the butter. Stir to coat the almonds evenly.

Pour the almonds onto prepared baking sheet. Separate them as they cool.



## IRISH CREAM

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

- 1 can sweetened condensed milk
- 1 C heavy cream
- 3 T chocolate syrup
- 1 t vanilla extract
- 1 t instant coffee
- 1 ½ C Irish whiskey

Place the cream, sweetened condensed milk, instant coffee granules, chocolate syrup, and vanilla in blender and mix on low speed for 30 seconds. Then, add the whiskey with the blender going at a very slow speed for a few more seconds.

Transfer into sterilized glass bottles with tight fitting lids and store in the refrigerator for up to 2 months.

Shake well before use.





# HOLIDAY HAPPY HOUR

Using fresh ingredients from the Co-op and libations from White's Party Store, we created three festive holiday drinks to keep your spirits bright this year.

## BLOODY MARY



## MAPLE OLD FASHIONED



## GINGER HOT TODDY





## BLOODY MARY

- 2 oz vodka
- 6-8 oz bloody mary mix (we use Whitney's, available at White's or McClure's, available at the Co-op)
- Optional garnish suggestions: pickle, celery, cheese, meat stick or bacon, olives, lemon wedge, pickled vegetables
- Optional: hot sauce to make it more spicy
- Optional: salt, celery salt, cumin, black pepper & smoked paprika for rim

Optional step: Place salt mixture on small plate. Rub a cut lemon wedge along the rim of the glass to moisten. Dip rim in the salt.

Fill glass with ice, add in 2 oz of vodka and Bloody Mary Mix (and hot sauce if desired). Stir and top with your preferred garnishes. Enjoy.



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Beer • Wine • Spirits • Brewing Supplies  
Cheese • Chocolate • Snacks

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**CORNER OF PARK & THIRD**

## GINGER HOT TODDY

- 1.5 oz Irish whiskey
- 1/2 T honey
- 1 oz lemon juice
- 4 oz ginger tea, option to steep with a star anise and a cinnamon stick
- Lemon slice

Pour whiskey into serving glass. Add honey and pour hot tea over. Stir until dissolved. Mix in lemon juice. Garnish with a slice of lemon.

## MAPLE OLD FASHIONED

- 2 ounces bourbon
- 1 ounce maple syrup or simple syrup
- 2 dashes Angostura bitters
- 1 piece orange peel

Combine the bourbon, syrup and bitters in a large glass and stir. Fill a glass with a large ice cube (or 6 regular ice cubes). Pour in the cocktail and stir. Squeeze the orange peel with the skin side down over the glass and drop into the cocktail.

# Trade Street Jams



Trade Street Jam Co. is a chef, woman and minority-owned and certified business that started in a tiny apartment in North Carolina but is now based in Brooklyn, New York. Their passion for all things food grew into something more: a company built on the foundation of culinary innovation. They strive to share their 10+ years of culinary knowledge in the form of a small batch jam that can be used in cocktails, salad dressings, BBQ sauces, marinades, pan sauces & more.

## PLUM & ROSE SPICY BRUSSELS SPROUTS

Recipe adapted from tradestreetjamco.com | Serves 2-4 depending on other food served

*For a healthier method you could roast or sauté the Brussels Sprouts, but the deep frying is pretty delicious for a special occasion. A candy thermometer set up in a Dutch oven or deep pot will work in lieu of a deep fryer.*

- 1 lb Brussels Sprouts, halved
- Neutral, high heat oil – enough to fill the bottom of a Dutch oven or small pot 2-3" high
- 2 T white sesame seeds, toasted
- ½ T Gochugaru (Korean chili flakes, available at the MFC spice section)
- 1 garlic clove, minced
- 2 ½ T fresh lemon juice
- 2 ½ T white wine vinegar
- 1 T maple syrup
- 2 T Plum + Rose Trade St. jam
- 2 T olive oil
- 1 T kosher salt

Begin heating your oil for deep frying. The optimal temperature is 350°F but the Brussels Sprouts will bring the temperature down tremendously. We suggest bringing the oil to at least 375 before adding your vegetables. While you wait, set up a draining station near the fry oil. A cookie sheet with a cooling rack inside works well, or you can drain on paper towels.

Once your oil comes to temp, carefully add a spoon or spider of brussels sprouts then step back. The water of the vegetables will make the oil spatter a bit. You can add a second batch to your pot as long as the Brussels Sprouts are in a single layer in the pot. Cook, gently turning with your spoon until they are golden brown with a few dark brown edges. Scoop out and drain.

While your oil is heating and you are cooking the sprouts, whisk the remaining ingredients together in a medium bowl.

Once your Brussels Sprouts are cooked, place in a bowl and drizzle sauce over to taste. You can use all the sauce or save some to use for other roasted or sautéed veggies.



# GROCERY PICKUP

**SHOP ONLINE, PICKUP AT THE STORE!**  
**START SHOPPING TODAY!**

visit [shop.marquettefood.coop](https://shop.marquettefood.coop)



## Holiday Hours

**December 24**

8am – 5pm

**December 25**

Closed

**December 31**

8am – 7pm

**January 1**

10am – 7pm





# ROUND UP AT THE REGISTER



Friday, November 26<sup>th</sup> – Thursday, December 31<sup>st</sup>



Let's kick off the season of giving strong and UNITED.

Last year, we raised \$5,794 for the United Way of Marquette County. This year, they need our help more than ever. Together, we can reach (and hopefully even exceed!) our goal of \$5,000.

Throughout the month, cashiers will be asking shoppers to round their grocery total to the next full dollar, with proceeds benefiting 31 local & regional charity organizations that offer programming and services for our area youth and elderly, as well as those seeking basic needs such as food, shelter, and medical assistance.

**Shopping online?** You can also donate through our webstore! [shop.marquettefood.coop](https://shop.marquettefood.coop)



# *Holiday Donations*

**December 1 – 17**

This year, the Harbor House and the Marquette Food Co-op are teaming up to collect gifts that bring comfort, relaxation, and peace. There are many wonderful donation programs that provide necessities, but self-care during times of stress is important too. Feel free to share a gift from the list below or another item of your choosing.

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**TEA OR COFFEE**

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**NICE MUGS OR TO-GO CUPS**

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**JOURNALS**

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**LOTIONS, MISTS, BODY WASH, OR SOAPS**

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**HEALTHY OR GOURMET TREATS LIKE  
DRIED FRUITS, TRAIL MIXES, OR GRANOLA**

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**HOUSE PLANTS**

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***Questions about what to donate?***

Contact Cindi or Beth at 906-225-1346

The Harbor House is a Women's Center program that provides shelter to victims of intimate partner violence and provides services to both residential and outreach clients. Clients may receive help with everything from safety planning, counseling, childcare, and more.



# Meringue

**Friday, December 10 or Friday, December 17**

**6pm–8:30pm**

*\$20 for owners, \$35 for general admission*

Did you know there are three types of meringue? Join Andrew Hillary, local pastry chef/Advanced Baking and Pastry graduate of The Culinary Institute of America, as he teaches you all about meringue. You'll learn how to make the perfect lemon meringue pie and other delectable treats. Never again will your egg whites lie lifeless after this class.

To register, visit [marquettefood.coop/classes](https://marquettefood.coop/classes) or find us on Eventbrite • For questions contact Pamela at 906-225-0671 x701



# STARS AND LUCK FOR NEW YEAR'S DAY



**Ariella Hillary**  
Education Coordinator

And just like that, we find ourselves at the end of another year. As I try to reflect on all the experiences of this year, I mostly see a blur of events fizzing like a glass of freshly poured champagne, threatening to spill over the edge. Trying to separate it all and focus on the good seems overwhelming. It brings to mind the legend of Dom Perignon, the man said to have “tasted the stars” and invented champagne. While much evidence has surfaced debunking this particular claim, what we do know for sure is that he took what seemed like a lost cause and applied his own gifts to create something better.

Pierre Perignon was a bright and fastidious man born to an affluent family in Champagne, France. Upon completion of his studies, however, he made the decision to join the Benedictine monks at the Abbey of Saint-Vanne, a congregation known for its strictness and high standards. He applied himself and rose through the ranks quickly, finding himself second to the abbot and labeled with the honorific status of “Dom” and cellar master of the Abbey of Hautvillers. The vineyard he acquired could be described as feeble at best. Dom Perignon not only patiently tended the vines and brought the vineyard back to full vitality, he doubled the acreage and introduced processes to wine production that made a highly superior beverage for his time. He pruned the vines to favor quality and avoid overproduction and harvested in the cool hours of the morning in a multi-day process in order to only collect grapes of the highest quality. To avoid crushing the grapes prior to getting them to the press, smaller harvesting baskets were used and press houses were built in multiple villages, reducing the distance of transport. At the time, his methods were seen as excessive and too difficult to maintain, but they paid off and greatly influenced how wine is produced today.

The concept of assemblage was created when Dom Perignon put into practice tasting and blending different grape varietals prior to production rather than blending the finished wines. He is also credited with the first known production blanc de noir (a white wine created from dark-skinned grapes), a feat thought to be a major step in the ultimate creation of champagne. The Abbey of Hautvillers gained notoriety and Dom Perignon's reputation as a revolutionary winemaker was born when King Louis XIV declared his wine to be the best. All the nobles

were soon drinking it, and Champagne wines became highly sought after. Sources say, however, that the wine of the Champagne region didn't gain its effervescence with which we are so familiar until the early 1700s, near the end of Dom Perignon's life. It is believed that he actually took care to rid his wine of the bubbles to prevent imperfections and refermentation. Towards the end of the 1700s, the sparkling wine market exploded when it was declared that bubbles were good for your health. By the 1880s it had become tradition in Champagne to enjoy grapes and champagne on New Year's Eve.

It is thought that during the Great Depression, champagne makers were trying to put together a clever marketing campaign to lift spirits and increase champagne sales. They threw a three-day party to honor the 250th anniversary of Dom Perignon's invention of champagne, a statement that had been written in a letter by Dom Jean-Baptiste Grossard, cellar master at the Abbey of Hautvillers a century after Dom Perignon. Though the facts of the letter were questioned, the vintners ran with it and included the quotation “Come quickly, I am tasting the stars!” The ad increased champagne sales and Dom Perignon became a star himself in the wine world.

Today, there is a tradition in Spain of eating 12 green grapes during the chiming of the clock at midnight on New Year's Eve. This is believed to have evolved from the bourgeoisie of Madrid copying the French of Champagne in the late 1800s. The rules state you must start eating at the first chime and finish by the last in order to bring yourself luck in the new year. You can include some punch to that luck by soaking the grapes in champagne first, a recipe for which I've included below.

There is much happening today that can make the world seem wretched and fruitless. It is in these moments we can look to Dom Perignon and use our gifts to tend to and revive that which seems downtrodden around us. During Dom Perignon's time, bubbles were often seen as faults, but we now know that with the right steps put in place, and perhaps a little luck on our side, bubbles can be turned into something truly remarkable.

## SUGARED CHAMPAGNE GRAPES

- 2 lb seedless grapes, stems removed
- 3 C dry Champagne or sparkling wine/juice at room temperature

Pour Champagne into a bowl large enough to hold all the grapes. Add granulated sugar and zest; stir gently until sugar dissolves.

Add grapes. Cover with plastic wrap or a tight-fitting lid and chill in refrigerator for 8 hours or overnight.

- ¼ C granulated sugar
- 1 T lemon zest
- 2 T superfine sugar

Drain grapes, dry on a paper towel, and sprinkle with superfine sugar.

Remember to hand out 12 grapes to every person that wants to race the clock at midnight and try to bring extra luck into their new year.



## INGREDIENT FEATURE:

# ONIONS

From subtly sweet to spicy, sharp and pungent, onions run the gamut when it comes to flavor, making them an incredibly versatile and well-loved ingredient. With the U.P.'s short growing season, onions are one of the few vegetables you can find on our shelves this time of year that are grown locally. Harvested in the fall along with other hearty vegetables like winter squash, potatoes, and garlic, they'll last throughout winter with proper storage. Uncut, they store well in dark, cool spaces like cellars, garages or sheds.

While they may make you cry, onions offer many health benefits and bring a lot of flavors to our favorite dishes year-round. We've included a few delicious onion recipes that are perfect for the holiday season. The rich and flavorful caramelized onion dip is perfect for family gatherings, the classic French Onion soup is great for a festive, celebratory meal, and the marmalade would make a great DIY food gift.

Enjoy!



## CARAMELIZED ONION DIP

Recipe by Justin Chapple from *Food and Wine* | Makes 3 ¾ C

*A mix of five different alliums—shallots, scallions, and sweet, yellow, and red onions—upgrades this classic caramelized onion dip with layers of flavor. Yellow and red onions give it bite, while Vidalia onion and shallots lend a pleasant sweetness. Taking the time to cook the onions low and slow concentrates their flavor, while adding scallions halfway through cooking keeps them just fresh enough to serve with chips, toasted bread, or vegetables.*

- 3 T extra-virgin olive oil
- 2 T unsalted butter
- 1 large sweet onion (such as Vidalia), quartered and thinly sliced (about 2 ½ cups)
- 1 medium-size yellow onion, quartered and thinly sliced (about 2 cups)
- 1 medium red onion, quartered and thinly sliced (about 2 C)
- 4 medium shallots, halved and thinly sliced (about 1 ½ C)
- ½ t kosher salt, plus more to taste
- 6 scallions, thinly sliced
- 8 ounces cream cheese, softened
- 1 ½ C sour cream
- ¼ C mayonnaise
- 2 t garlic powder
- ¼ t cayenne pepper
- Black pepper, to taste
- optional: scallions for garnish

Heat oil and butter in a large, deep skillet over medium-high until butter melts. Add sweet onion, yellow onion, red onion, shallots, and salt; cook, stirring occasionally and folding onions into each other, until barely softened and just starting to brown, about 12 minutes. Reduce heat to medium-low. Cook, stirring occasionally, until onions are caramelized, about 35 minutes, adding scallions halfway through cook time. If onions start to stick to skillet or brown too quickly, add a splash of water to skillet. Transfer mixture to a large bowl, and place cream cheese on top; let cool completely, about 30 minutes.

Stir onion mixture until cream cheese is fully incorporated. Add sour cream, mayonnaise, garlic powder, and cayenne to onion mixture; stir well to combine. Season with salt and black pepper to taste. Cover and chill at least 3 hours or up to 8 hours or overnight.

Let dip stand at room temperature 30 minutes. Serve with potato chips, toasted bread, and seasonal vegetables.



## ONION MARMALADE

From *Bon Appétit*, November 2009

- ¼ C extra-virgin olive oil
- 1 ¾ C chopped onion
- ½ C water
- 3 T sugar
- 3 T dried cranberries
- 1 t yellow mustard seeds
- ½ C white wine vinegar

Heat oil in heavy medium saucepan over medium heat. Add onion and sauté until beginning to soften (do not brown), stirring frequently, about 8 minutes. Add ½ cup water, sugar, cranberries, and mustard seeds. Cook until almost all liquid is absorbed, stirring often, about 8 minutes. Add vinegar and simmer until marmalade is thick, stirring often, 7 to 8 minutes. Season to taste with salt and pepper. Cool.

**DO AHEAD:** Can be made 1 week ahead. Cover and chill.



## FRENCH ONION SOUP

Recipe from *the Pioneer Woman* | 6 servings

- 8 T (1 stick) butter
- 4 large (or 6 medium) yellow onions - halved toot to tip and sliced thin
- 1 C dry white wine
- 4 C low sodium chicken broth
- 4 C beef broth
- 2 cloves garlic, minced
- Worcestershire sauce
- Several thick slices of baguette
- 5-7 oz Gruyere Cheese, grated

Preheat oven to 400°F.

Melt butter in a heavy soup pot or Dutch oven over medium-low heat. Add onions and cook, covered, for 20 minutes. Place soup pot into the oven with the lid slightly ajar to ensure the onions will brown. Allow onions to cook in the oven for 1 hour, stirring at least once during the cooking process so onions won't stick and burn.

Remove pot from oven and place back on stovetop over medium heat. Stir, scraping off all the brown, flavorful bits. Turn off heat and pour in wine. Turn heat back to medium. Cook wine for five minutes, allowing it to reduce. Add broths, Worcestershire sauce and minced garlic and reduce heat to low. Simmer for 30 to 45 minutes.

Butter one side of the bread slices and broil over low heat, allowing bread to brown and become crispy.

When soup is ready, ladle into oven-safe bowl or ramekin. Place crispy bread on top, and then sprinkle generously with grated cheese. Place ramekins on baking sheet and broil until cheese is melted and bubbly.

Serve immediately.





# NEW ITEMS

December 2021



## Burdock Root

Burdock root, also known as gobo, is delicious in stir-fry, soup, gratin, veggie bowls, and so much more. Once cooked and softened, burdock root takes on an earthy, nutty flavor that pairs well with chicken or pork, and also with rice or potatoes. Burdock root is a classic ingredient in Chinese recipes, and in Japan, it's used as a starchy vegetable. Burdock root is packed with antioxidants, potassium, magnesium, and fiber.



## Chobani Vanilla Oat Milk

Made with the simple, natural goodness of oats, Chobani Vanilla Oat Milk is plant-based and vegan. Oat milk is an excellent source of calcium and a good source of vitamins A and D. Chobani Vanilla Oat Milk is fantastic in tea and coffee drinks, baked goods, over cereal, and on its own.



## Small Axe Peppers Hot Sauce

Small Axe Peppers Hot Sauce is made with peppers purchased from community gardens in cities across America. The Co-op carries The Detroit Hot Sauce, The Chicago Hot Sauce, and The Bronx Green Hot Sauce. Each garden has a unique social mission, shaped by the needs of the surrounding areas. They each devote a portion of their garden space to growing peppers as a cash crop, which allows them to fund their vital social programming.



## Bluebird Grains Organic Whole Grain Einkorn Flour

Bluebird Grains Organic Whole Grain Einkorn flour is a beautifully light and airy ancient grain flour with a mild sweetness. It is high in protein and packed with essential vitamins and trace minerals. It performs beautifully in cookies, cakes, muffins, and other quick bread recipes. Bluebird Grain Farms grows their einkorn in Eastern Washington using regenerative farming practices. Like emmer and spelt, einkorn is a type of farro and is considered the mother grain to all modern wheats — it's the oldest wheat on the market today.



## Bumbleberry Farms Caramel Pear Cardamon Honey Cream Spread

Bumbleberry Farms Caramel Pear Cardamon Honey Cream Spread is something extraordinary. Delicious in lattes, stirred into pancake batter, spooned into oatmeal, or enjoyed with fresh apples slices — it's an absolute delight. Bumbleberry Farms, a woman-owned business, is committed to spreading happiness with quality food, clean ingredients, and a respect for how nature intended it to be.



## Big Dipper Wax Works Beeswax Candles

At Big Dipper Wax Works, makers strive to use the highest quality ingredients in their hand made, small batches beeswax candles. All of their aromatherapy candles are scented with pure essential oils. Nontoxic and nonallergenic, beeswax candles burn clean and are naturally aromatic as they're infused with the sweet, subtle scent of honey. Big Dipper Wax Works is committed to giving back to the community — focusing its charitable efforts on three main areas: education, research, and sustainability.



## Caulipower Cauliflower Linguine

Made with real cauliflower and other gluten-free ingredients, Caulipower's Cauliflower Linguine is the perfect base for whatever pasta dish you're craving. Whether you're whipping up a quick and easy lunch or preparing a fancy pasta dish for a big night in, Caulipower Cauliflower Linguine will be your new go-to. It can be cooked from frozen to "al dente" perfection in just three minutes.



## Applegate In-house Sliced Deli Meat

At the Co-op, we carry a lot of Applegate products, including our most recent addition of in-house sliced deli meats! We're excited to currently offer Applegate ham, turkey, and genoa salami — available in the grab & go case near the Meat Counter. For over 30 years, Applegate has been producing high-quality natural and organic hot dogs, bacon, sausages, deli meats, cheese, and frozen products. Their products are made without GMO ingredients, nitrates, nitrites, or preservatives. Applegate sources their meat from farms that humanely raise their animals with care and respect, and without antibiotics, hormones, or growth promotants.

## WREATH WORKSHOP

with **SHAILAH'S FLOWER GARDEN**

December 4

1-3pm

[Register here](#)

## TAI CHI & TEA

December 5

11 am – 12 pm

Co-op Classroom

Free

## MERINGUE CLASS

December 10

5:30-8 pm, Co-op Classroom

[Register here](#)

## MERINGUE CLASS

December 17

5:30-8 pm, Co-op Classroom

[Register here](#)

## MFC BOARD OF DIRECTORS MEETING

December 21

6-8 pm

Co-op Classroom



## DOUBLE UP FOOD BUCKS UPDATE

Starting January 1, 2022, the daily earning limit for Double Up Food Bucks will go back to \$20 per day for all participating shoppers. Bridge Card users will be able to earn one dollar for each dollar spent on fruits and vegetables, up to \$20 per day, which can be redeemed during a future shopping trip.

## THE FRESH FEED

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

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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.



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In-store Hours **8am - 9pm**  
Grocery Pickup **10am - 7pm**

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