

THE FRESH FEED



The Marquette Food Co-op Newsletter

December 2022



YEAR IN & YEAR OUT



Matt Gougeon
General Manager

This past year has been another one for the books! A third year in a row of unique challenges for all of us. Looking back, it was the early spring of this year when this Co-op was most significantly impacted by staff members contracting Covid. For a while there it seemed we had a consistent half dozen people out for several months.

In the early part of the year, inflation really began to impact us as well. It impacts everyone, but in the grocery store setting it means higher costs of product, often without warning, and the real struggle is then trying to keep up on price increases while divining ways in which we could try to combat the ever increasing costs of food. We have done that through promotional pricing and buying up on product when we get good deals on it to extend better pricing for longer periods of time. It is quite a dance to facilitate this, but with every challenge there comes a sense of pride in meeting it. New challenges are good, and even though they may leave us a little anxious, it often means that old challenges are now past, part of everyday business, or at least not so challenging anymore!

Case in point, even though we live in a trying economic period, it can't help but be noticed that people seem more relaxed and friendly again. Maybe it's because today's challenges are everyone's and not just for some of us? In any case, I am grateful to work here at the MFC and am especially grateful to work with such good people. Amidst all the work of bringing us all wholesome and healthy choices for food, I still see plenty of smiles and good humor from both staff and owners and other customers. I am grateful for all the owners of the MFC.

Believe it or not, it is you that makes this business the unique entity that it is. Whether you have ever or will ever serve on our board of directors, consistently write customer suggestions, chat with staff on the store floor, or just quietly spend your hard-earned dollars on food here, you should know that you make an indelible impact on the entire organization. Those of us who work here watch trends, we read your comments, we listen to you, and we respond through direct communication, dynamic product selections, and just being happy to see you. There's no headquarters somewhere else.

We sincerely hope that this holiday season is everything you wish it to be for your loved ones. And if this time of year is difficult for you, we understand that as well. Just know that your Marquette Food Co-op is here for you to be of service in all the ways that we can. Thank you for being a part of the Co-op. We look forward to experiencing new and rewarding challenges with you in the coming year!

Feel good. Shop the Co-op.

LEAD *Your* CO-OP!

Run for the MFC Board of Directors

Interested in contributing to your Co-op? You can contribute by sharing in the governance of our organization. You can apply or encourage someone you know who could be an asset to apply.

HAVE
QUESTIONS
BEFORE YOU
COMMIT?

Visit us at our weekly sampling table in the store, Fridays & Saturdays in October!

Check out more information at
marquettefood.coop/board/about
or email board@marquettefood.coop

Applications Open
October 15– January 15





CO-OP CLASSES

WINTER 2022

EAT MORE VEGETABLES

Wednesday, January 4

5:30 – 8pm

\$20 for Co-op owners, \$35 for all others

We know that getting more vegetables in our diet can bring improvements in energy, mood, weight loss, and prevention of diseases such as heart disease, cancer, and stroke. Please join Ryan Brang, MD, to learn cooking skills and build nutritional knowledge. Learn how eating more vegetables can keep you alive longer and learn some practical ways to include them in your diet.



COOK WITH A DIETITIAN

Tuesday, January 10

5:30 – 8pm

\$20 for Co-op owners, \$35 for all others

It is the time of year that many of us are looking to make diet and lifestyle changes to become healthier. The Co-op is here to help and support you in this journey. In this hands-on cooking class, Education Coordinator and Registered Dietitian Amanda Latvala will combine her culinary experience with her dietetics training to introduce you to recipes that are well-balanced, packed with nutrition, and highly flavorful. Her cooking style is simple foods with bold flavor. Learn all about hearty baked salads with a bright vinaigrette, spiced lentil burgers with a fabulous dipping sauce, and get her tips and tricks for shopping on a budget and making meal prep easy-peasy.



CREATIVE GRILLED CHEESE AND BEER PAIRINGS

Tuesday, February 7 or Tuesday, February 14

5:30 – 8pm

\$20 for Co-op owners, \$35 for all others

Looking for a laid-back meal that satisfies? Grilled cheese and beer are a stellar combo. In this class you will learn how to liven up this nostalgic sandwich using unusual cheeses and flavors from around the world. The MFC now has its own Cicerone (the beer equivalent to a Sommelier), and he will select beers to complement each gooey creation.



CARNITAS AND HOMEMADE TORTILLAS

Tuesday, March 7 or Tuesday, March 28

5:30 – 8pm

\$25 for Co-op owners, \$40 for all others

By March in the U.P., cabin fever has more than set in. Many of us are feeling ready to do something that will liven up life a bit – how about a Mexican cooking fiesta? In this class you will learn how to make succulent pork carnitas, homemade corn tortillas, bright pickled vegetables, and a charred tomato salsa to build a mouthwatering taco that stands up to any taqueria. The recipes and techniques in this class will surely spice up your next Taco Tuesday.



Unless otherwise noted, all classes and workshops are held in the Marquette Food Co-op classroom. Preregistration is required. Check www.marquettefood.coop/events for the latest offerings!

Register at www.marquettefood.coop/events

SYMBOLS KEY



Indicates a hands-on class, otherwise all classes are demonstration



Indicates gluten-free friendly class



Indicates vegetarian friendly class



Indicates vegetarian friendly class

TOUR OF ITALY

Tuesday, April 4 or Tuesday, April 11

5:30–8:00pm

\$25 for Co-op owners, \$40 for all others

The traditional recipes and flavors of Italy vary widely from region to region and kitchen to kitchen. One aspect remains constant – exquisite simplicity. Italians focus on fresh, high-quality ingredients rather than intricate preparations. Join us for a tasty Tour of Italy led by Kaila Black, Webstore Specialist at the Marquette Food Co-op. Our culinary tour will sample flavors from Naples, Tuscany, and Treviso. Buon appetito!



PRESERVATION AND WINE PAIRING

Thursday, May 4

5:30 – 8pm

\$25 for Co-op owners, \$40 for all others

Join Iliana Regan, Michelin starred chef, author, and proprietor of the Milkweed Inn for an evening devoted to food preservation. Attendees will learn examples of preservation that include ferments, vinegars, jams, and pickles – both quick and canned. In addition to exploring how salt, sugar, and acid can be used in preservation, you will learn the basics of wine pairing from Regan's wife, Anna Hamlin.



NOT YOUR GRANDMOTHER'S FINNISH FOOD

Tuesday, May 2 or Tuesday, May 9

5:30 – 8pm

\$25 for Co-op owners, \$40 for all others

The essence of Finnish gastronomy is found in wild ingredients with distinctive flavors. We'll look for that essence in updated, seasonal versions of Finnish food: fresh pea soup instead of dried, for example, and trout from Lake Superior instead of fish from far away as we explore creative Finnish-style things to do with smoked trout. The berries will have to be frozen, alas, but they'll be there, and we can save the recipes for when we're able to go foraging again.



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Holiday Donations

December 7 – 19

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

NICE MUGS OR TO-GO CUPS

JOURNALS

LOTIONS, MISTS, BODY WASH, OR SOAPS

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

HOUSE PLANTS

.....

Questions about what to donate?

Contact Cindi 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.

BRAND SPOTLIGHT

FAT AND THE MOON

Fat and the Moon is an herbalist-owned, small business that specializes in producing small batch, herbalist formulated body care products. From consciously sourcing ingredients to the evolution of their low waste packaging, their handcrafted products, and their inclusive, body affirming messaging, Fat and the Moon is a healing entity.

Continuing a legacy of herbalists and natural healers, Fat and the Moon founder Rachel Budde has built her company around providing handcrafted, herbal body care products to those seeking natural and effective alternatives to chemical-filled products.

We're excited to carry a comprehensive assortment of Fat and the Moon natural body care products in our Wellness Department, such as eye coals and lip tints, shampoos, and perfumes, mother and baby care items, as well as personal health and healing products.



SAMPLING
FRIDAY, DEC 16
4-6 PM



FAT AND THE MOON



15% off
all Fat and the Moon products
DEC 14-20



Here's some favorites:

All-Salve: St. John's wort, calendula, comfrey, and yerba mansa infused sunflower oil have been used for their medicinal properties since time immemorial. This salve encompasses the gentle and effective properties of these plants in a silky balm.

Dry shampoo: Transform your 'no shower day' into an 'exceptional hair day' with this nearly edible, dry shampoo. Fat and the Moon doesn't get behind chemical ingredients, which is why this simple, vegan, mane-loving formula is made with herbs and plants only.

Deodorant Cream: Herbal Deodorant that works for the full spectrum of stinky. Essential oils and coconut oil harmonize with the moisture and odor-absorbing properties of arrowroot and baking soda. Herbalist formulated, simple, non toxic and effective.

Acid Base: Welcome to your pH reboot. Our skin and mucous membranes run a tad acidic. Use of alkaline products like soaps, along with other internal imbalances, can throw off our pH. Acid Base gently adjusts pH for a healthier epidermal ecosystem.

Lip and Cheek Stain: Lip & Cheek Stain embodies our minimal/maximal philosophy: a versatile plant-based stain for the lips and cheeks, not too pink, a little red wine-y, a little black berry-y, and free from heavy metals.

Farewell Funk Foot Powder: The potent power of herbs mixed with white clay makes for an effective foot powder that will keep your feet dry and keep funk running scared.

CHARCUTERIE PAIRINGS

Build your own holiday charcuterie spread and pair with the perfect beverage.



Charcuterie boards are one of the easiest and most fun ways to serve food, particularly at parties as we head into the holidays. Adding a beer, cider, mead, or wine pairing on top of an already great charcuterie selection elevates the experience to the next level. We've outlined some of our favorite charcuterie combinations in a variety of board sizes and took some of the guesswork out of pairing by suggesting beverages to accompany.

A great charcuterie board should feature a variety of flavors. Cured meats and cheeses can taste savory, salty, and umami. Sweetness can be added from things like honeys, jams, or even dried fruits. A handful of nuts can add a subtle hint of bitter and variety in texture.

The main consideration when pairing a beer or wine with charcuterie is to find something that will cut through the fats found in most meats and cheeses. The carbonation in beer helps provide "scrubbing bubbles" that cleanse lipids from the palate and allow flavors to shine through. When using a wine that isn't carbonated, you can find that effect in acidity or tannins. These help to cut through tongue-coating fats that can diminish flavors.

Another challenge when pairing a beverage with your board is that it can be hard to zero-in on a flavor to highlight when there's so many different flavors present.

One thing that can help is to find one consistent flavor to bridge that gap between the beverage and your charcuterie ingredients. For example, our small board has a common hint of pepper. Whether it's an item with added peppercorn, or peppery notes from fermentation, this provides a common element which, to paraphrase The Dude, "really ties the board together, man." Likewise, our medium board features fruit flavors.

When dealing with something like our large board, which has a little bit of everything, it can be hard to find a common theme to create a pairing around. In this case, we chose pairing items that work well with charcuterie in general. Always feel free to experiment. A quality wine or beer with a good charcuterie selection will always be delicious, but when you nail that pairing it elevates the entire experience.



CHARCUTERIE PAIRINGS

Medium Board

SWEET AND FRUITY - SERVES 4-8

Salami
Blueberry White Cheddar
Wensleydale w/ Cranberries
Raspberry Ale Bellavitano
Wild Blueberry Jam
Honey
Crackers
Optional: Dried Cranberries, Dried Mangoes

Drink Pairings



BEER

The Gadget Midwest Fruit Tart



CIDER

**Gose Project: Blackberry or
B+B Cranberry Mead**



WINE

**Oliver Blueberry Moscato (sweet)
Frisk Riesling
Riojana Pinot Noir Reserva (dry)**

MEDIUM BOARD: SWEET AND FRUITY



CHARCUTERIE PAIRINGS

Small Board

PEPPERY CITRUS - SERVES 2-4

Soppressata

Black Pepper Smoked Salmon

Lemon Curd Jam

MBC Baguette

Brie Couronne

Drink Pairings

BEER

OISHII WITBIER

This Belgian-style ale balances fresh ginger with orange peel and soft wheat notes.

CIDER

FARMHAUS LAKE EFFECT ZEST

Lemon and Ginger balance sweetness and acidity.

WINE

PRATSCH ORGANIC GRUNER VELTLINER

Notes of lemon, tropical fruits, pear, and white pepper.



Large Board

A BIT OF EVERYTHING - SERVES 8-12

A large cheeseboard gives you the opportunity to highlight a wide variety of cheese styles, flavors, and textures. This board covers the gamut with a soft (Brie and Chevre), semi-soft (Manchego), firm (Cheddar), and a blue cheese (also semi-soft) featured. If blue cheese just isn't your thing, you can substitute it with Red Dragon Welsh Cheese, which will also offer a bold flavor for your board.

The arugula offers a lovely green for dressing up your board but is also an excellent pairing option. The Roquefort, Purple Haze, and Manchego are fantastic stuffed into a date, then wrapped with a few arugula leaves and a sliver of prosciutto. The Cheddar, Roquefort, and Brie will be great with the pears and apples.

Prosciutto

Roquefort

Manchego

Brie

Chevre

Aged Cheddar

Pears/Apples

Dates

Almonds

Arugula

Water Crackers

MBC Baguette

Dark Chocolate

Drink Pairings

BEER

BARREL + BEAM TERRE A TERRE

This balanced Saison matches a wide variety of foods. Strong carbonation and slight acidity cut through fatty meats and cheeses, while delicate flavors balance and complement savory, sweet, and salty notes.

CIDER

BARREL + BEAM POMME CIDER

Dry, crisp, refreshing, and strong enough to stand up to a wide variety of flavors.

WINE

BOWER'S HARBOR PINOT GRIS

Use this Pinot Gris for light charcuterie boards without bold or spicy flavors, has light fruity flavors and high acidity to complement simple cured meats and basic cheeses.

SILK AND SPICE RED BLEND

Try this red Blend for bolder or spicy charcuterie boards. This Portuguese red does an excellent job complementing a variety of fruity and spicy flavors while having a medium full body to not become overwhelmed by even the boldest meats and cheeses.



ROUND UP AT THE REGISTER

for



United
Way



Friday, November 25th – Saturday, December 31st

Help Us Support
& Care For Our
Friends & Neighbors!

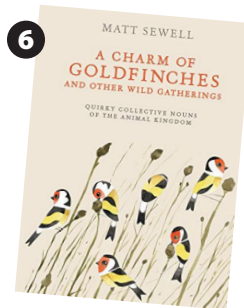
OUR GOAL : **\$5,000**

GIFTS FOR THE...



ART LOVER

- 1 Rani Ban
Moon Calendar
- 2 Yeesan Loh
Print
- 3 Abbie Ren
16x20 Poster
- 4 The Wild Wander
Enamel Pin



OUTDOOR LOVER

- 5 Matt Sewell
Owls: Our Most Charming Bird
- 6 Matt Sewell
A Charm of Goldfinches
- 7 Mackenzie Myrick
Wooden Pin
- 8 The Landmark Project
Respect the Locals T-Shirt
- 9 Keep Nature Wild
KNW Hat
- 10 Keep Nature Wild
KNW Fanny Pack
- 11 Now Designs
Water Bottle Myth

GIFTS FOR THE...

COZY ONE

- 12 *Down to Earth*
Book Nerd Puzzle
- 13 *Down to Earth*
In the Dark Garden Puzzle
- 14 *Now Designs*
Mega 18oz Mug
- 15 *Now Designs*
Cloudburst Clay Mug
- 16 *Juniper Ridge*
Douglas Fir and Rosehip Tea

KITCHEN

- 17 *Now Designs*
Pinch Bowl Set - Flower
- 18 *ZenBunni*
Coffee of the Cosmos, Biodynamic
- 19 *Klean Kanteen*
Camp Mug Mtn Prcln Grn PG



GIFTS FOR THE...



22



20



23



21

KIDS

20 *Microcosm Publishing*
Millie Marotta's Coloring Book

21 *Barefoot Books*
Poop! Children's Book

22 *Barefoot Books*
Build-a-Story: Space Quest

23 *Wee Gallery*
Ocean Life Floor Puzzle



24



26

MFC SUPER FAN

24 *Marquette Food Co-op*
Mug

25 *Marquette Food Co-op*
Stronger Together Hat

26 *Marquette Food Co-op*
Bumper Sticker

27 *Marquette Food Co-op*
Gift Card



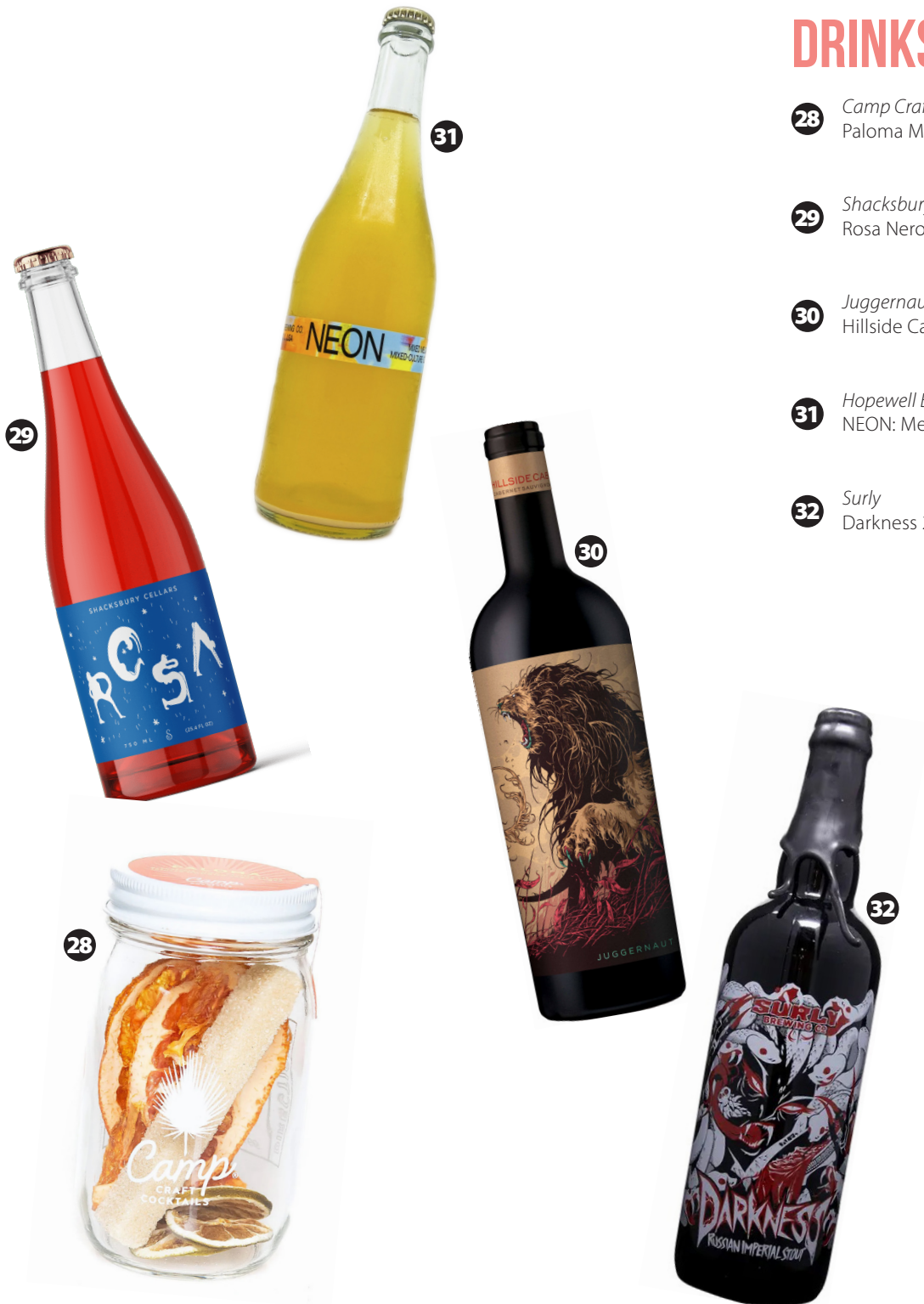
27



25

GIFTS FOR THE...

DRINKS LOVER



28 *Camp Craft Cocktails*
Paloma Mix

29 *Shacksbury Cider*
Rosa Nero d'Avola Cider

30 *Juggernaut*
Hillside Cabernet Sauvignon

31 *Hopewell Brewing*
NEON: Melon Wild Ale

32 *Surly*
Darkness 2020 - Imperial Stout

TOMATO JAM

makes about 2 C | recipe from simplyrecipes.com

This recipe is a great addition to a charcuterie board (see pages 5-6), that includes an aged cheddar or chevre. It's also a nice gift for your holiday party host. The jam can be frozen for up to three months so it's perfect to make ahead and pull out when you need it.

- 1 t cumin seeds
- 1 t mustard seeds
- 3 T olive oil
- 1 medium onion, sliced
- 2 garlic cloves, minced
- $\frac{3}{4}$ t smoked paprika
- 1 t red wine vinegar
- 1 $\frac{1}{2}$ lbs Roma tomatoes
- $\frac{1}{4}$ C packed brown sugar
- $\frac{1}{4}$ t salt
- $\frac{1}{8}$ t freshly ground black pepper

Toast the cumin and mustard seeds in medium-sized dry skillet over medium heat. Shake the pan occasionally until the seeds become aromatic and begin to crackle and pop, about 6 minutes.

Add the olive oil to the skillet with the spices. After 1 minute, add the onions, garlic, and paprika. Sauté onions until soft, about 10 minutes. Add red wine vinegar and cook for an additional 10 minutes. Stir occasionally.

Core, halve, and de-seed the tomatoes. Put the tomatoes and the onion spice mixture into a food processor and pulse about 10 times. You want the finished product to

be combined, look uniform in shape, but still have a little texture. You don't want to pulse it so much that it's smooth like a sauce.

Add the tomato and onion mixture to the skillet along with the brown sugar, salt, and pepper. Cook over medium heat until almost all of the liquid has evaporated, and the mixture is thick and jammy. This should take about 15 minutes.

Serve immediately or transfer to a lidded container and store in the refrigerator for 1 week. Can be served warm or cold.





Lend Your Voice! The City of Marquette is updating its Master Plan and we value your input!

A Master Plan is a document that contains the community's long-term vision for the city and guides policies to direct future growth and development. Its goals and actions shape the policies and ordinances that govern our community. It also provides the Planning Commission with a framework from which to base its decisions.

Please visit marquettemasterplan.org for updates and participate in engagement opportunities.

NEW ITEMS

December 2022



Pepper Sauce

Ayo

Ayo's Pepper Sauce is a flavorful habanero-based hot sauce that is especially good with grilled fish, meat, and stew. This authentic West African sauce brings together the scrumptious flavors of tomatoes, garlic, onions, and habanero peppers. Made in the US, inspired by West Africa.



Organic Frozen Blueberries

Field Day

Packaged in a 32-ounce bag, Field Day's Organic Frozen Blueberries make a wonderful addition to any berry lover's freezer. They are perfect for making blueberry muffins or tossing a handful into a smoothie. Try them in your favorite blueberry pancake recipe or enjoy a small handful for a frozen nutritious snack.



Sea Salt Crisps

PopCorners

PopCorners Sea Salt crisps are light, crunchy, and satisfyingly delicious. Made with Non-GMO corn and seasoned to perfection with sea salt. PopCorners crisps are always popped, never fried. These tasty triangles are lovely on their own or paired with a favorite dip or hummus.



Bee's Knees

Blind Tiger

Blind Tiger's Bee's Knees is a top-quality, all natural, spirit-free formulation of the classic cocktail that uses natural ingredients to embody the flavor and depth that alcohol would customarily offer the drink. Featuring a bright lemon flavor, slightly sweet with honey and hints of juniper, enjoy this ready-to-drink beverage as an NA cocktail or use as a mixer.

'TIS THE SEASON FOR SAVING AT THE CO-OP

There's a whole new set of tear-away coupons on the shelves! Be on the lookout for extra savings on your favorite products!



CALENDAR OF EVENTS

DECEMBER 2022

UNITED WAY ROUND-UP AT THE REGISTER

November 25th-December 31st

HARBOR HOUSE DONATION DRIVE

December 7-19

DINNER WITH THE DOCTOR: MINDFUL EATING

December 8
4-5pm

SIPS AND NIBBLES

December 10th
12-2pm

FAT AND THE MOON PRODUCT SAMPLING

December 16th
4-6pm

MFC BOARD MEETING

December 20th
6-8pm

CHRISTMAS EVE

December 24
Store hours 8am-5pm

CHRISTMAS DAY

December 25
Store Closed

DAY AFTER CHRISTMAS

December 26
Store hours 10am-7pm

NEW YEAR'S EVE

December 31
Store Hours 8am-7pm

NEW YEAR'S DAY

January 1
Store Hours 10am-7pm

THE FRESH FEED

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

Content & Editing

Andrea Pink

apink@marquettefood.coop

Design & Layout

Travis Gerhart

tgerhart@marquettefood.coop

Board of Directors

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Emily Bateman

Matt Gougeon GENERAL MANAGER

Everyone is welcome to attend Board Meetings, held the third Tuesday monthly at 6pm in the Co-op Classroom.
For more info: www.marquettefood.coop

Disclaimer

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



502 W. Washington St.
Marquette, MI 49855

In-store Hours 8am - 9pm
Grocery Pickup 11am - 6pm

www.marquettefood.coop
Marquette, MI 49855

