



FRESH FEED

The Marquette Food Co-op Newsletter

December 2023



PASSING THE TIME



Matt Gougeon
General Manager

Although time isn't linear, we often think of it in that way. We certainly measure things in a linear fashion. Past, present, and future. I know I'm comforted by the passing of days on a calendar with events coming along at a regular cadence. I suppose it's helpful to address time in this fashion and it simplifies things. This time of year is a good example of this; December, the start of winter, and the holidays. It all means specific things to each of us and allows for a look back at the past year, at years further back, and toward an expected but also unknown future. Again, there is a measure of comfort in doing this.

From the perspective of this co-op, we can look back on a productive fun year of serving this community. We have felt fortunate to have navigated yet another year of growth and remaining vital to so many folks. It isn't taken for granted that we're lucky to see so many friends and neighbors' day after day coming to the store. It makes the day seem less like work than helping someone you know find the things they need. Well, most days, anyway!

Things change so much over the course of a year. If we're doing our job well in the store, chances are you haven't really noticed. But we've certainly experienced the coming and going of staff as we have in years past. Turnover is inevitable these days. But over the past year we've had nine former valuable employees come back to work with us after having tried other opportunities. It also feels good to fill the hole left by one person with someone else on staff ready for the challenge. I think that gets noticed and remembered and ultimately strengthens the organization. Both of these occurrences feel really good and validate much of what we try to be as an employer.

Things will continue to change in the coming year. Mostly in places within the organization and store where you might not notice it. But don't rule out seeing some physical changes as the new year wears on. In any event, as regular as the calendar, your Marquette Food Co-op is here for you. We will bring you local, wholesome, and healthy foods. We'll continue to provide you authentic community services and experiences. We'll be the constant good partner to anyone seeking to improve the quality of life here in any way that we can.

From the board of directors and on down through the staff at the store, we all wish you well as we embark on the holidays and long nights of the coming winter. We'll be here with the lights on and the shelves full of good things for you. Thank you, to all of you for all you do for this cooperative. I've said it so many times, but it bears repeating. This wonderful old Co-op is here for you and because of you. Its potential is the same as your potential. In time, we'll measure how far we've come together.

Feel good. Shop the Co-op.

WOMEN'S CENTER

HARBOR
House

Holiday Donations

December 6 – 18

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**

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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.



GRAN'S SUGAR COOKIES

makes 6-7 dozen cookies | recipe from *Ida Griewe*

If you really want to ensure that your cookies hold the shape you cut them in, you can chill your cookies on the cookie sheet for a few minutes before baking. This trick also helps prevent your fat from leaking out before the cookie bakes. This is less of a concern for a shortening cookie like this one, but especially important for any butter cookies you may bake this season.

- 2 C white sugar
- 1 C shortening
- 3 eggs
- 1 t vanilla extract
- ½ t almond extract
- 1 t salt
- 1 t baking soda
- ½ - 1 t cinnamon
- 2 t baking powder
- 6 C flour
- 1 C buttermilk

Preheat oven to 375° F. Cream sugar and shortening together in a large bowl. Add eggs and extracts. In another bowl mix all dry ingredients. Add about 1/3 of the dry ingredients and mix until incorporated, then alternate between buttermilk and remaining dry ingredients. Chill until set but still pliable. Roll to to between 1/8-1/4" thick and cut out in desired shapes.

Bake for 10-12 minutes.

Cream Cheese Frosting

recipe from *Betty Crocker*

- 1-8 oz package cream cheese, softened
- 1-2 T milk
- 1 t vanilla
- 4 C powdered sugar

Add cream cheese, milk, and vanilla to large mixing bowl. Mix on low speed until well blended and smooth. Gradually beat in powdered sugar. Add 1 cup at a time and beat until smooth, repeat until all 4 cups of powdered sugar are incorporated and frosting is spreading consistency. If it is too thick, add a splash of milk and mix well. Refrigerate any remaining frosting.

No time to Bake? No Problem!

The MFC has a selection of holiday cookies that make sure there's something for everyone!

Little Rae's Bakery

Ready to eat shortbread cookies that are peanut and nut free. Little Rae's uses plant-based colors and cage free eggs. Fun cookie shapes available this year are snowflakes, Santa and reindeer, and ugly Christmas sweater!



Quadratini

The perfect cookie if you're looking for a small bite. Five crispy wafers and four layers of cream in just a few inches of cookie. Special holiday flavors include cinnamon canella and winter ginger.



Sweet Loren's

Take and bake cookies that are gluten-free, dairy-free, and nut-free. Try the chocolate chunk or fudgy brownie!



Emmy's Organics

Ready to eat organic, gluten-free, coconut cookies from a certified B-corporation. These soft, chewy cookies are available in double chocolate mint or gingerbread flavor.



Marquette Baking Company

Ready to eat, made from scratch in our bakery. There is disagreement amongst cookie aficionados of which is best, the walnut chocolate chip or the cardamom snickerdoodle.



Immaculate

Take and bake cookies that are delicious soft or cooked until crispy. Available in organic chocolate chip or gluten-free chocolate chunk or gluten-free double chocolate.



HOLIDAY LUNCH SPECIAL

HOLIDAY THEMED HOT BAR

SUNDAY, DECEMBER 24

HOLIDAY POT ROAST

ROASTED ACORN SQUASH V

STUFFING V

MASHED POTATOES V

HOMESTYLE MAC & CHEESE VG

VEGAN SAGE GRAVY V

V = Vegan VG = Vegetarian

GIFTS FOR THE...

1



2



3



4



5



6

BIRDER

- 1 Hands Craft
DIY Bird House
- 2 Frog & Toad Press
Wild in the Streets Patch
- 3 The Wild Wander
Mallard Duck Enamel Pin
- 4 Home Squirrel
Birds of Michigan Print
- 5 Sleeping Bear Press
A Parliament of Owls
- 6 Polanshek of the Hills
Scott's Binoculars Greeting Card



7



8



9

COFFEE LOVER

- 7 Indigo Maiden
Coffee Tarot Card Magn Bookmark
- 8 Planetary Designs
Red Rock French Press Carafe
- 9 Yeesan Loh
Coffee Brewing Methods Poster
- 10 Café Femenino
Medium Peru Coffee
- 11 Studio Oh!
Rise & Shine Coffee Mug



10



11

GIFTS FOR THE...



CO-OPERATOR

- 1** *Yellow Owl*
Love Peace Persist Crew Socks
- 2** *Klean Kanteen*
MFC Always in Season Tumbler
- 3** *LoyalTees*
MFC Delux Tote
- 4** *Ash + Chess*
Safe Space Sticker
- 5** *Studio Oh!*
Come As You Are Tumbler
- 6** *Sunset Hill*
MFC Potbelly Pink Passion Mug



KIDS

- 7** *Clockwork Soldier*
Giant Ocean Origami
- 8** *Red Wheel*
My First Magic Oracle
- 9** *Clockwork Soldier*
Make Your Own Dino Puppets
- 10** *Elizabeth Haidle*
Tarot for All Ages
- 11** *Wellspring*
Bird Sticker Painting
- 12** *Hands Craft*
Butterfly 3D Puzzle

GIFTS FOR THE...



MYCOLOGIST

- 1** *Studio Oh!*
Mush Melody Glass Water Bottle
- 2** *SnowMade*
Mushroom Pins 3 pack
- 3** *Root & Branch*
Mushroom+Fungi Notepad
- 4** *Studio Oh!*
Mush Love Earrings
- 5** *Sleeping Bear Press*
Mushroom Rain Book



MYSTIC

- 6** *Red Wheel*
Herbana Witch: A Year in the Forest
- 7** *Yellow Owl*
Mystic Spells Socks
- 8** *Phoebe Wahl*
Little Witch Hazel
- 9** *Yellow Owl*
Zodiac Tote Bag
- 10** *Frog & Toad Press*
Lunarium Puzzle

GIFTS FOR THE...



NATURALIST

- 1 *1canoe2*
Flora + Fauna Memory Game
- 2 *Endless August Supply Co.*
I Like Hikes Hat (3 color options)
- 3 *Root & Branch*
Beetle Mini Spiral Notepad
- 4 *Three Potato Four*
Watering Can Patch Keychain
- 5 *Fifty-Nine Parks*
National Park Post Card Set



READER

- 6 *1canoe2*
Reading Guided Journal
- 7 *1canoe2*
Read Tote Bag
- 8 *Indigo Maiden*
The Reader Magnetic Bookmark
- 9 *Three Potato Four*
Book Money Coin Purse
- 10 *Slightly Stationary*
The Book Was Better Sticker
- 11 *Two Little Fruits*
Indoorsy Candle



GIFTS FOR THE...

YOOPER

- 1 *Good & Well*
Isle Royale Candle
- 2 *Frog & Toad Press*
I Love It Here T-Shirt
- 3 *Landmark Project*
Pictured Rocks Sticker
- 4 *SnowMade*
Happy Holidays MI Ornament



MARQUETTE BAKING COMPANY SEASONAL TREATS ARE HERE!

CHALLAH, CARDAMOM BREAD, AND MORE!



mix and match wine sale

Buy 2, save 15% on both bottles

December 13, 2023 - January 2, 2024



Cava
Mistinguet
750ml



Chardonnay
Bread and Butter
750ml



Prosecco
Mirabello
750ml



Pinot
Noir
Oregon Trail
Wine Co.
750ml



Portuguese
Red Blend
Silk & Spice
750ml



Sauvignon
Blanc
Brancott
750ml

SALE ONLY INCLUDES THESE PHOTOGRAPHED WINES | WHILE SUPPLIES LAST | SALE PRICES DO NOT APPLY TO SPECIAL ORDERS

Holiday

DRINK GUIDE

The winter holidays are all about sharing delicious and decadent food, and it's the same for holiday drinks! We've brought the two together in the following holiday cocktails with ingredients from the MFC.



POMEGRANATE VERMOUTH MULLED WINE

serves 6 | recipe from *BBC Good Food*

If you really want to ensure that your cookies hold the shape you cut them in, you can chill your cookies on the cookie sheet for a few minutes before baking. This trick also helps prevent your fat from leaking out before the cookie bakes. This is less of a concern for a shortening cookie like this one, but especially important for any butter cookies you may bake this season.

- **500ml carton pomegranate juice**
(100% juice, not 'juice drink')
- **100ml red vermouth**
- **200ml red wine**
- **2 oranges, sliced, plus extra to garnish**
- **2 t honey**
- **1 cinnamon stick**
- **4 cloves**
- **4 allspice berries**

Place everything in a large saucepan set over a low heat and stir to melt the honey. Simmer gently for 10 mins.

Taste for sweetness, then strain into heatproof glasses and garnish with extra orange slices to serve.

SUPER SIMPLE COMBOS

The winter holidays are all about sharing delicious and decadent food, and it's the same for holiday drinks! We've brought the two together in the following holiday cocktails with ingredients from the MFC.



BRANCOTT SAUV BLANC + FORA CASAMARA CLUB BOTANICAL SODA

Waiting for the food to finish cooking? Start your night with a refreshing spritz. Fora is a strawberry soda with notes of hibiscus, rhubarb, and spice. Simply combine the two in the proportions you desire.



MISTINGUETT CAVA + TALENTI RASPBERRY SORBET

Serving a crowd? Try this effervescent punch. Combine a bottle of Cava, about half a pint of sorbet, and 12 oz of seltzer in a large bowl. Right before serving, add a generous scoop of raspberries and a few scoops of the remaining sorbet. If you're looking to add more alcohol, add about a cup of vodka. For a smaller party, simply place a scoop of sorbet in a glass and top with Cava.



OFF COLOR COFFEE DINO S'MORE STOUT + FISH FOOD BEN & JERRY'S

Simply top your beer with a scoop of ice cream for a grown-up float.

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.

DECEMBER OWNER COUPONS

Valid until December 31, 2023

\$1.00 Off **Thousand Hills** **Ground Beef**

16oz
Limit three packages per coupon.
One coupon per owner account.
While supplies last.



75¢ Off **Field Day** **Tomato Basil Pasta Sauce**

24oz
Limit three packages per coupon.
One coupon per owner account.
While supplies last.



50¢ Off **Field Day** **Spaghetti Pasta**

16oz
Limit three per coupon.
One coupon per owner account.
While supplies last.



All your favorite brands

Savings for the Holiday Season!

Look for over 60 coupons throughout the store.

save
over \$85



NEW ITEMS

December 2023



Salsa Macha

Tia Lupita Foods

Tia Lupita's rich Salsa Macha is packed with crispy bits of chiles, cranberries, and pepitas for a perfectly sweet and savory addition to all your favorite foods. Drizzle over tacos, burritos, salads, pizza and more! Delicious enjoyed as a dip with corn chips.



Almonds & Salty Caramel

VGAN Chocolate

VGAN Chocolate uses fair trade and sustainable ingredients in their delightful vegan chocolate bars. Their irresistible White Chocolate Almonds & Salty Caramel chocolate bar is made with roasted almonds and sweetened with coconut flower nectar. Yummy!



Moisture Boosting Vitality Serum

Inesscents

When you purchase Inesscents products, you are doing more than just nurturing your body. You're also supporting a woman-owned business, fair trade practices, their global network of organic farmers, conscious consumerism, and changing the way the world does business. All their products are produced in-house, in small batches using mindfully sourced, high quality botanical ingredients. Every product is created with intention, infused with plant medicines, and designed to bring balanced radiance to your skin.



Natural Pecans

Equal Exchange

Equal Exchange's mission is to build long-term trade partnerships that are economically just and environmentally sound, to foster mutually beneficial relationships between farmers and consumers and to demonstrate the contribution of worker co-operatives and Fair Trade to a more equitable, democratic and sustainable world. They are proud to source their pecans from Cypress Pond, a for-profit farm affiliated with a network of civil rights and community organizations working in southwest Georgia since the 1960s.

Cheese of the Week
Whiskey BellaVitano
December 6 - 12

Hinterland Brewing
Sampling
December 9
2:30-4:30pm

Building Holiday
Charcuterie Boards
December 12
5:30-7pm
Get tickets

Cheese of the Week:
Capricho De Cabra with Herbs
December 13 - 19

Bells & Upper Hand Brewing
Sampling
December 14
3:30-5:30pm

Barrel & Beam Sampling
December 15
3:30-5:30pm

Holiday Wine Sale
December 13 - January 2
Buy two bottles, get 15% off each!

Cheese of the Week:
Ploughman's Choice, Red
Leicester & Caramelized Onions
December 20 - 26

Barrel & Beam Sampling
December 22
3:30-5:30pm

Holiday Hot Bar
December 24

Christmas Hours
December 24 - 8am-5pm
December 25 - closed
December 26 - 10am-7pm

Cheese of the Week:
Idiazabal
December 27 - January 2

New Year's Eve Hours
December 31 - 8am-7pm
January 1 - 10am-7pm

THE FRESH FEED

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

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Board of Directors

Michelle Augustyn PRESIDENT
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Mary Pat Linck
Michael Dewar
Nathan Frischkorn
Emmanuel Sally
Mary Kramer-Rabine

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

