

# THE FRESH FEED

THE MARQUETTE FOOD CO-OP NEWSLETTER

DECEMBER 2024



# HOLIDAY VISITS



**Matt Gougeon**  
General Manager

I did some traveling over the recent Thanksgiving holiday. Whenever I leave the U.P. I like to take advantage of the possible grocery store options and check a few out. Yes, I know, this is a total nerd thing to do, but I like to see how our venerable old MFC stacks up to other stores out there. I know what and who we are in our own community, but what do other stores offer in their own markets? I visited three corporate natural food retailers and one of our sister co-ops in our state. Here's what I found. ALDI felt soulless. Whole Foods felt like a caricature of a Co-op. Trader Joe's felt like a fraud. The Ypsilanti Food Co-op felt like home. Allow me to expand (briefly).

**ALDI:** Some very low prices on a quite limited selection industrial organic products, stacks of boxes of drooping produce, a bunch of cheap knock-off brand name packaged goods with their own private label on them, cheap industrial meat, wine and liquor. I saw two employees, neither of whom made eye contact with me and some customers madly bagging their purchases at a countertop away from the cash register. Any profit from that day's sale eventually makes it way to Germany.

**Whole Foods:** BIG, beautiful store full of visible messaging to make you believe they care about you, the food, the planet-but no real evidence of how. Local food coming from several states away. Some interesting varieties and selections of food and products, but if I had to guess, a minority of it was organic. I saw plenty of staff, a few greeted me in the aisles. No customers were talking to one another. There were some good specials and some very high prices. A balanced mix of both, but one would be advised to shop carefully. All the profit from that day's sale eventually makes its way to Amazon Corporation and Mr. Bezos.

**Trader Joe's:** Always makes me feel like I'm being tricked. They are known for having high quality private label products at low prices but really, you're getting what you pay for. Which is their excellent marketing and packaging. It is a quirky place. I still don't get the "Island Life" décor and staff costumes, however I know there's a reason for it (because I read a book about it). Honestly, because of my qualified eye, I think the MFC is competitively priced! All the profit from that day's sales eventually makes it way to the other half of the same family in Germany that owns ALDI.

**The Ypsi Food Co-op:** You know what I'm going to say here. Warm, friendly cozy, people chatting and laughing. Children wandering around eating some fruit. Staff who knew most everyone by name. There were meaningful deals on a wide variety of products. A LOT of organic food. Wonderful baked goods and deli food made by people you can talk with in the back. Samples of local mead, beer, and wine. I had a little boy tell me the cherry mead was the best! When I asked how he knew, he admitted his dad told him. All the profits from that day's sales eventually make it back to the member/owners of the cooperative.

Here at the MFC we happily served you all here at the store with record sales for Thanksgiving. We've got one more big holiday on the horizon. Keep in mind that what we have all created in the Marquette Food Co-op is unique and not to be taken for granted. Our extended reach and presence in this community and our presence with one another in the store is special. Together we have created a constant in turbulent and divisive times. A bastion of real democracy, not governed by opinion or an imaginary past, but governed by expected results of investment and action to the benefit of all who chose to participate. Remember, today's, and every day's, profits eventually make their way back to... us.

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





# CO-OP CLASSES

## WINTER 2025

### WHOLE FOODS PLANT BASED RECIPES FOR THE NEW YEAR



January 7 • 5:30 - 7:30pm

\$35 for Co-op owners, \$50 for general admission

Increasing plants on your plate is a proven way to prolong your life and protect the environment. But what do you do with those plants? Long-time Co-op Owner, Betsy Little, and Dietitian Amanda Latvala are here to teach you techniques to increase your plant consumption without feeling restricted.

Folks of all cooking skill levels are welcome to participate. Little and Latvala will guide you through the steps to cook with less oil and dry sauté. Then, you'll put your new knowledge to task as you make Vegetarian Sloppy Joes, No-Tuna Salad Filling, and Energy Balls.

If you've thought, "I'm going to eat healthier this year!", then panicked at the idea of salads all day, every day, this class is for you. Let Little and Latvala demystify eating your vegetables and help you have a nutritious new year!

### COOK WITH OUR DIETITIAN



January 14 • 5:30 - 7:30pm

\$35 for Co-op owners, \$50 for general admission

We're almost two weeks post-New Year's Day. Most of us promised ourselves to eat healthier, live healthier.

Education Coordinator and Registered Dietitian Amanda Latvala has all the tips on how to cook bold recipes that are simple to make and dense with essential vitamins and minerals. Come learn all about hearty baked salads with bright vinaigrettes. Latvala revives burger night with spiced lentil burgers with a fabulous dipping sauce.

It's easy to feel like healthy eating is hard to afford or plan out, even with excellent recipes. Latvala knows this pitfall all too well, which is why she'll share her methods for shopping on a budget and easy meal prep. *This is a repeat class from January 2023.*

### TASTE OF NORTHERN INDIA



February 4 & 25 • 5:30 - 8pm

\$35 for Co-op owners, \$50 for general admission

Join the Marquette Food Co-op for an Indian Cooking Class that will bring the vibrant flavors of North India right to your kitchen! Whether you're new to Indian cuisine or just looking for some simple, delicious recipes, this class will show you how to create a complete, balanced meal with ease.

Together, we'll make a comforting lentil dal, a refreshing raita (the Indian version of tzatziki), perfectly spiced vegetables, and fragrant rice—everything you need to bring a taste of India to your table. Raj Vable of Young Mountain Tea will lead this course, bringing the culinary lessons he learned from visiting his grandparents in India.



### SYMBOLS KEY



Hands-on class



Gluten-free friendly class



Vegan friendly class



Vegetarian friendly class

Check [www.marquettefood.coop/events](http://www.marquettefood.coop/events) or scan to register. Preregistration is required. Unless otherwise noted, all classes and workshops are held in the Marquette Food Co-op classroom.



**HAND ROLLED PASTA WITH STREGA NONNA!**



**February 11 • 5 - 8pm**

*\$45 for Co-op owners, \$60 for general admission*

Rachael Grossman of Strega Nonna visits Marquette! You may have been bewitched by Strega Nonna once before. It'd be no surprise. Grossman will be stopping by the Co-op to teach you the basics of water-dough pasta and two sumptuous sauce recipes, a classic tomato sauce, and a sausage, broccoli and hot pepper sauce.

Bringing her love of relaxed, plentiful meals in Italy, Grossman's reinvented the Italian dining experience through U.P. ingredients, culture, and traditions. From rolling and shaping your own pasta to prepping the perfect sauce for your dish, expect a full evening of hands-on learning and fun!



**TAKE AND BAKE: SPANAKOPITA HAND PIES**



**March 4 & 6 • 5:30 - 7pm**

*\$35 for Co-op owners, \$50 for general admission*

You may be thinking, "Spanakopita? That delicious, herby, savory, bright and flaky pie? That's too hard for my kid and I to make!" Wrong! The Marquette Food Co-op's Amanda Latvala and Sarah Monte know all the tips and tricks to teach you and your family how to make a masterful spanakopita hand pie of your own.

You'll snack on spanakopita hand pies while Latvala and Monte run you through flag folds, a technical step crucial for the perfect hand pie. Afterwards, you'll make your own spanakopita to save for whenever you need a quick meal. This class is a "take and bake" lesson for adults and accompanied kids. No kid? No problem. Bring a friend. Bring yourself. All that matters is that you bring your appetite!

**SOUTH AFRICAN CUISINE**



**April 8 & 22 • 5:30 - 8pm**

*\$45 for Co-op owners, \$60 for general admission*

New to the world of South African dining? Melanie Mottinger's got your back. Mottinger will guide you on a vibrant exploration of some South African classics. Design your own Seven Colors Sunday feast, a lush array of collards, beets, squash or sweet potatoes, turmeric rice, and more. Pair it with Bobotie, a curried ground beef dish topped with egg custard.

Broaden your culinary horizons at the Marquette Food Co-op!

**SIDE TO SIDE: CRAFTING THE PERFECT SIDE DISH**



**May 6 & 13 • 5:30 - 8pm**

*\$35 for Co-op owners, \$50 for general admission*

It's not just a well-paired wine that helps elevate a meal. The perfect side dish accentuates a main dish's texture and flavor, making it a better culinary experience altogether. That's why Roy Sarosik's here to spread the word of side dish excellency.

Sarosik will share everything he's learned about side dishes from around the world, such as Roasted Radish, Lebanese Green Beans, and his famous Baked Beans. He will run you through the basics of crafting your own side dish pairings. From the principles of flavor and texture combinations to balancing flavors, he'll demonstrate good foundations for exquisite culinary results.

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**SYMBOLS KEY**



**Hands-on class**



**Gluten-free friendly class**



**Vegan friendly class**



**Vegetarian friendly class**





# *Holiday Donations*

**December 2 – 18**

The Harbor House and the Marquette Food Co-op team up every year to collect gifts that bring comfort, relaxation, and peace to shelter residents. 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.

**NAIL CARE ACCESSORIES**

**DEODORANT**

**LIP BALM**

**FACE MASKS**

**SOAPS & BODY SCRUBS**

**TEA OR HOT CHOCOLATE**

**BATH BOMB**

**EPSOM SALT/BATH SALT**

**LOOFAS & PUMICE STONES**

**LOTIONS, HAND & FOOT CREAMS**

**PERFUMES OR BODY SPRAY**

**COMBS, BRUSHES OR HAIR ACCESSORIES**

**HATS, GLOVES OR MITTENS**

**PAJAMA SETS**

**CHOCOLATES**

**FUZZY SOCKS OR SLIPPERS**

**COLORING BOOKS**

**JOURNALS**

**COLORED PENS**

***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.

# ROUND UP **AT THE REGISTER**

*for*



**MONDAY, NOV. 25<sup>TH</sup> - TUESDAY, DEC. 31<sup>ST</sup>**

**Help Us Support  
& Care For Our  
Friends & Neighbors!**

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





*Holiday*



# LUNCH SPECIAL

TUESDAY, DEC. 24

## HOT BAR

**POT ROAST**

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**RED SKIN POTATOES** (VEGAN)

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**ACORN SQUASH** (VEGAN)

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**HOMESTYLE MAC & CHEESE** (VEGETARIAN)

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**GREEN BEAN CASSEROLE** (VEGAN)

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**STUFFING**

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**CARROT SOUFFLE** (VEGETARIAN)

## SALAD BAR

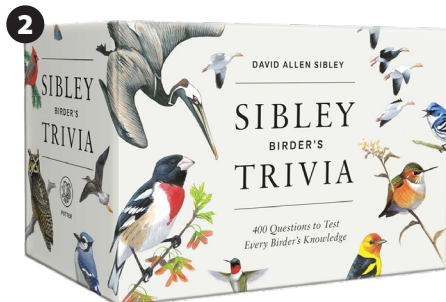
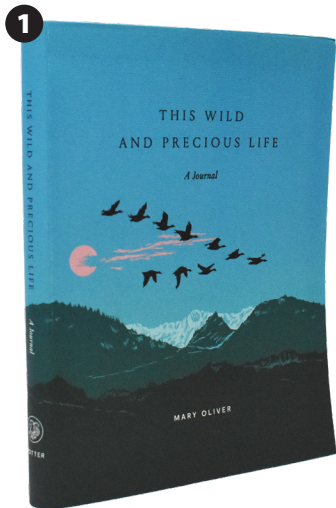
**STRAWBERRY FETA**

**QUINOA SALAD** (VEGETARIAN)

# HOLIDAY GIFT GUIDE

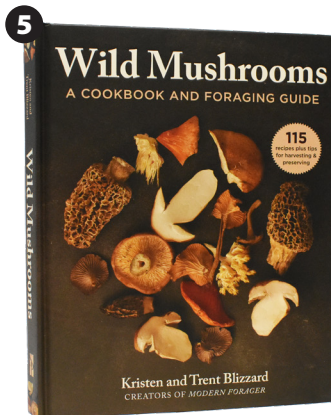
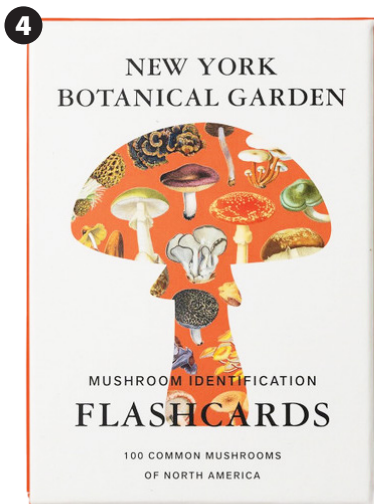


## GIFTS FOR...



## BIRDERS

- 1** *Mary Oliver*  
**This Wild & Precious Life Journal**  
\$16.99
- 2** *Sibley*  
**Birder Trivia**  
\$25
- 3** *Bird Collective*  
**Chickadee Corduroy Hat**  
\$34.99



## MUSHROOM HUNTERS

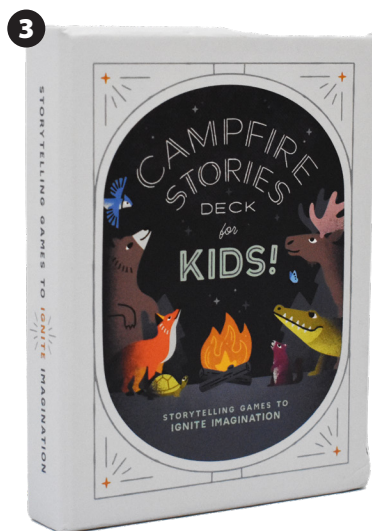
- 4** *NYBG*  
**Mushroom Identification Flashcards**  
\$20
- 5** *Kristen & Trent Blizzard*  
**Wild Mushrooms: Cookbook & Foraging Guide**  
\$19.99
- 6** *Icanoe2*  
**Mushroom Glass Travel Cup**  
\$21.99



# HOLIDAY GIFT GUIDE



## GIFTS FOR...



## LITTLE ONES

- 1** *Magda Garguláková & Martin Šojdr*  
**Woodland World Board Book**  
\$12.99
- Eeboo*  
**2 Head to Toe Dominoes**  
\$15.99
- Mountaineers Books*  
**3 Campfire Stories Deck for Kids**  
\$14.95



## YOOPERS

- Topogra*  
**4 Marquette Topo Long Sleeve Shirt**  
\$37.99
- Vital Industries*  
**5 Lake Superior Stainless Steel Tumbler**  
\$12.99
- Great Lakes*  
**6 Great Lakes Beanie**  
\$19.99



# HOLIDAY GIFT GUIDE

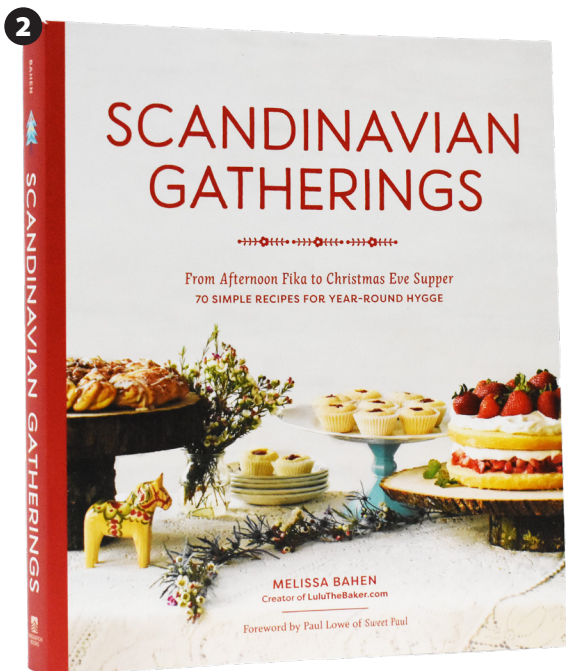


## GIFTS FOR...



## BRINGING HYGGE

- 1** *Bonne Maison*  
**Polka Matisse Knee Socks**  
\$25.99
- 2** *Penguin Random House*  
**Scandinavian Gatherings**  
\$24.99
- 3** *Now Designs by Danica*  
**Snowbird Mug**  
\$9.99





# CELEBRATION DISHES

The Marquette Food Co-op cooking classes run the gamut, with lessons that cover easy weeknight meals to complex, weekend food projects. Often, our guest instructors will share that they make these more complicated dishes during the holidays, whether it is a traditional meal or not. And why not? During the holidays, people want a meal that feels special and celebratory.

But the holiday meal doesn't just have to be tackled by the host. One of the most fun ways to celebrate together is to cook together! As these instructors pointed out, many hands make light work, and you can chat and enjoy each other's company while you create your feast. It pulls people away from TVs and phones and pushes them to connect with one another. It also allows children to learn to cook special meals alongside the family, taking on more responsibility as they get older.

This year, we encourage you to try something new and make the food preparation just as celebratory, fun, and engaging as the meal itself. We have selected three recipes from the MFC cooking class archives that are perfect for a large group to make together. Hailing from China, Poland, and Mexico, these foods might be new to your family's holiday. But after making and enjoying these delicious and truly special dishes together, you just may end up with a new holiday tradition.



# PIEROGIS

This recipe does have a holiday tradition linked to it, at least for regular class instructor Roy Sarosik. His family always made pierogies for Christmas, with the whole family working together to stuff, crimp, boil, and fry the pasta. If you've never had a mushroom and sauerkraut pierogi, we highly urge you to try it. We love it more than the potato and cheese version. Roy recommends Bubbe's brand of sauerkraut for this dish.



## Dough

- 4 C flour
- 1 stick butter (1/4 lb)
- 1/2 C sour cream
- 3/4 C milk
- 3 eggs

## Optional Toppings

- finely chopped onion
- sour cream for garnish

## Fillings

### **Roy's grandma's version**

- 2lb sauerkraut
- 1 small onion, chopped
- 1/4-1/2lb mushrooms, chopped
- butter
- salt & pepper to taste

### **Roy's mom's version**

- 2 large containers of large curd cottage cheese or farmers cheese
- 1 medium onion diced
- 4 to 6 large potatoes
- salt & pepper to taste

## Dough

Work butter into flour with until crumbly. Set aside. Beat eggs and sour cream together in a large bowl, then mix in milk. Add flour to wet ingredients and knead about 8-10 minutes on a lightly floured surface. You can use immediately if necessary, but an hour rest time is best. When ready, roll dough thin, about 1/8" thick.

Use a bowl, Tupperware top, or any 3-5" item to cut a circle into the dough. Take enough filling to fill pierogi (between 1/4 to 1/2 C, depending on size of circle), fold in half and pinch edges together, sealing the mixture.

Simmer in boiling water for 2-3 minutes for small pierogies, 7-8 minutes for larger ones. Pierogis will float when done.

Drain and place pierogi on a buttered platter. This will keep them from sticking to each other.

Before serving, if you desire, sauté in butter and onions until golden brown. Serve with a dollop of sour cream or plain yogurt.

## Fillings

*The sauerkraut and mushroom filling is from Western Poland, and the potato cheese filling is from Eastern Poland.*

*Traditionally, Roy's mom used "farmer cheese." This is a dry version of cottage cheese that was similar in flavor but formed in a block. It is often used in the cooking of Eastern Europe. This is available at the Co-op, but you can also sub cottage cheese or cream cheese if you'd like.*

### **Roy's grandma's version**

Melt about 2 tablespoons of butter in large pan. Add the onions and mushrooms and cook until almost tender. Add sauerkraut and cook until the liquid is gone and all vegetables are tender. Add salt and pepper to taste.

### **Roy's mom's version**

If using cottage cheese, drain through cheese cloth. Should be well drained. While it drains, sauté onion in butter until tender. Mix all ingredients in a large bowl. Mix well then add salt and pepper to taste.



# BAO BUNS

Instructor Alex Palezwicz shared her experience and the techniques from her time making Bao at a restaurant in Seattle, but the recipes here are her own. This class was a blast for us to organize, as strangers got to know each other, helped one another, and laughed as they learned the skills of stuffing these tasty steamed buns.



## Dough

- 2 C all-purpose flour
- 1 t active dried yeast
- 1 t sugar
- 1 T cooking oil (canola or light flavored)
- $\frac{2}{3}$  C lukewarm water

## Dough

Mix warm water, yeast, sugar, and oil in a bowl. Let sit for about 5 minutes or until you see foam forming.

Measure flour into large mixing bowl and slowly add yeast mixture to the flour and begin kneading until the dough is smooth. It's okay if it's a little sticky, and the more you work it the more air you trap in the dough, which is a good thing in this case.

Cover the bowl with a damp tea towel and leave to rise in a warm place until doubled in size. It will take between 40-90 minutes depending on the room temperature.

Using a knife or pastry scraper, divide dough into 12 equal pieces. Shape each piece into a round ball, no need to make them perfect. Place balls on a plate and cover with a damp tea towel and allow to rise again individually for an additional 5-15 minutes, you want them to puff up but also form a very slight crust.

## Rolling

Lightly dust your work surface and rolling pin with flour. Take a ball of dough and flatten into a circular shape with the lower part of your palm. Roll the flattened dough 2 - 3 times with a rolling pin. Rotate the dough 90 degrees and roll the dough for another 2 - 3 times. The dough should be a circle at this point.

Next, roll the edges of each dough so the center is thick while the edges are thin. Do this by holding the dough in one hand, allowing about 1-inch overhang onto your work surface and with your rolling pin in the other hand, roll outward. Keep shifting the dough in a circular motion until all sides have been rolled out. You should end up with a circle about 5 inches in diameter. Dust both sides of the dough circle with flour to prevent sticking and place on a plate and cover with a damp towel as you roll out the rest.

## Filling & Crimping

While holding a round dough in your non-dominant hand, place 2 tablespoons or a generous spoonful of filling in the center of the dough.

With your free hand, place your thumb on the topside of the dough and index finger on the outside. Use your index finger to push the dough inward (toward the filling) and pinch the dough into your thumb, creating a pleat. Move your index finger right next to the first pleat and pinch again. Keep rotating the dough and repeat the fold and pinch step until you circle back to the first fold. If filling starts to poke out the top just press back into dough. Finally, close the hole on top by the same folding and pinching method. Repeat with the remaining dough pieces.

Leave the assembled bao bun to rise again for 10 minutes or so.

## Steaming

Meanwhile, prepare bamboo steamer for steaming buns. Cut parchment paper squares for the bottom of the buns and place in a bamboo steamer.

Alternatively, if you don't have a bamboo steamer you can place a stainless steamer in a large pot with a 1-2 cups water in the bottom. Ensure your steamer basket is above the water line. Place parchment squares on top of steamer basket. Wrap your lid with a tea towel before placing on top of your pot. This will prevent water from dripping down onto the bao.

Place stuffed buns on top of parchment cut outs. Start cooking with cold water over a high heat. Turn the heat down to medium-low when the water starts boiling.

Cook for 15-18 minutes. Serve piping hot with your favorite dipping sauce.

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## Fillings

### Curried Carrot & Black Bean

- 1 T canola oil
- 1 small shallot, diced
- ½ yellow onion, chopped small
- 3 carrots, chopped small
- salt and pepper to taste
- 1 T miso paste, red is preferred but any will work
- 1 T curry powder
- 1 T soy sauce

### Local Cabbage & Lamb

- ½ medium cabbage, sliced thin
- ½ yellow onion, chopped small
- 2 T pork fat
- 1 lb ground lamb or pork
- salt and pepper to taste
- 1 T soy sauce
- 1 T fish sauce
- 1 T oyster sauce
- chili flake to taste

## Dipping Sauces

### Quick Nuoc Cham

- juice from one lime
- 1 T rice vinegar
- 1 T honey
- 1 t fish sauce
- 1 t minced garlic
- 1 t minced ginger
- chili flake to taste

### Chili Mayo

- 3 T mayo
- 1 t chili oil

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## Fillings

*Fillings are where your creativity can come in - make fillings you love. These are just suggestions. The most important thing to keep in mind are great strong flavors. You also want it to be moist and juicy, but not too wet. Fillings that work best are always a little messy, but easy to control when filling and folding. Refrigerating your fillings before making the buns makes them easier to handle.*

### Curried Carrot & Black Bean

Sauté shallot, onions, and carrots in the oil, for 2-3 minutes until veggies soften slightly. Season with salt and pepper. Add miso, curry powder, soy sauce, and black beans and continue to cook on low for 2-3 minutes. Turn off heat, use a fork or potato masher to mash slightly. Allow time to cool before using.

### Local Cabbage & Lamb

Sauté the cabbage and onions in pork fat on medium high for about 5 minutes, season with salt and pepper. Add ground lamb, soy sauce, fish sauce, oyster sauce and chili flakes. Break up the meat with a spatula as it cooks. Cook on medium for 8-10 minutes or until meat is cooked through. Turn off heat. Allow time to cool before using.

## Dipping Sauces

### Quick Nuoc Cham

Mix well and serve.

### Chili Mayo

Mix well and serve.

# TAMALES

Chef Nathan Mileski walked participants through the process of making light and fluffy tamale dough, tasty fillings, and how to fold the dough in a corn husk for steaming. It's a perfect recipe for a day off to accommodate all the steps but worth the effort. You'll enjoy the meal and the leftovers for easy meals after the holiday. These also freeze well for future meals.



## Masa

- 1 ½ C lard or vegetable shortening, at room temperature
- 4 C masa harina
- 1 t baking powder
- ½ T salt
- 3 ¾ C warm chicken stock or water, divided
- 8 oz package corn husks

## Fillings

### *Bean & Cheese*

- 15 oz can black or pinto beans
- 1 ½ C Oaxaca or other melty white cheese such as mozzarella or Monterey jack
- 1 small can green chilies

### *Verde Chicken*

- 2 chicken breast
- 1 C verde salsa of choice

## Salsa Verde Cruda

- ½ lb tomatillos (about 5 or 6), husked, well rinsed, and roughly chopped
- 2 chiles serranos, stemmed and roughly chopped, including seeds
- 2 T roughly chopped white onion
- 1 t roughly chopped garlic
- ¼ C chopped fresh cilantro, thick stem ends removed
- ¾ t fine sea salt, or to taste

## Masa

The chicken stock should be warm or at room temperature. If it's too hot, the lard in the dough will melt and separate. Instead of chicken stock, you can use beef or vegetable stock. For sweet tamales, use water.

## Whip the lard

Place the lard or vegetable shortening in a large mixing bowl. Knead with your hands until it becomes light and airy, about 20 minutes—yes, it's a long time and that's why it's a labor of love. Instead, you can beat it in a stand mixer fitted with a paddle attachment or hand mixer on medium speed for about 8 minutes. The lard will change from yellowish to white.

## Add the dry ingredients

Add the masa harina, baking powder, and salt to whipped lard, and continue mixing by hand, breaking up the large clumps of dough with your fingers. The mixture will be crumbly, resembling wet sand. You can do this with a stand mixer or handheld mixer—scrape the bottom and sides of the bowl with a rubber spatula a few times to incorporate any dry ingredients that may stick to the bowl.

## Add the liquid

Slowly stream in 3 ½ cups chicken stock as you continue mixing the mixture with your hands for about 15 minutes or with an electric mixer for about 10 minutes on medium speed.



## Test the masa

Drop a quarter-sized ball of masa in a glass filled with cold water. If the masa floats, it is ready. If it sinks, add the remaining ¼ cup chicken stock, knead for 5 more minutes, and repeat the test. Continue kneading and testing until the ball floats to the top of the glass. The masa will be wet, spreadable, and sticky.

Soak corn husks in a bowl of very hot water for about 30 minutes, or until soft.

Lay a corn husk, glossy side up, on the counter with the wide end at the top. Scoop about ¼ cup of dough onto the top, center of the corn husk. Lay a piece of plastic wrap over the dough and use your hands to press and spread the masa into a thin layer, about ¼ inch thick. Keep the dough spread along the top half of the corn husk to allow plenty of room to fold the bottom husk up, when it's time.

Place 1-2 tablespoons of desired filling in a line down the center of the dough. You don't want too much filling.

Fold in one long side of the husk over the filling. Fold in the other long side, overlapping the first (like folding a brochure). Fold the bottom of the husk up.

## Tying tamales (optional)

You don't have to tie a corn husk string around the tamales—it does take more time and they will hold together without it. However, if you're making multiple fillings, tying ones of a certain kind can help to identify them.

## Cook on the stove-top or electric pressure cooker

Add water to the bottom of your steamer or electric pressure cooker, about 1 cup for IP and a few cups for a steamer pot—don't fill above the steamer rack. Lay a few extra corn husks on the bottom rack to keep the tamales from falling through and any boiling water from directly touching them.

Place tamales standing upright, with their open end up, just tightly enough to keep them standing. If using a steamer pot, lay a few soaked corn husks or a wet towel over the top of the tamales before closing the lid.

If using steamer, bring water to a boil (in Mexico they would often place a coin at the bottom of the steamer and when the coin started to tap in the pot you know the water was boiling.) Once boiling, reduce to a simmer and steam for 45 minutes to 1 hour, or longer.

Check them after 45 minutes.

If using electric pressure cooker, cook on Manual/High Pressure for 25 minutes. Allow pressure to naturally release for 10 minutes, and then do a quick release.

## Test for doneness

Remove one and try to pull the husk off. If the husk pulls away cleanly from the tamale they're done. If the dough is still sticky or wet looking, cook them for 5-10 minutes longer and try again.

Store leftover tamales in the refrigerator for 5-7 days depending on the freshness of your ingredients.

## Fillings

### **Bean & Cheese**

Drain beans and place beans into mixing bowl. Add cheese and green chilies, mix well.

### **Verde Chicken**

#### **Electric pressure cooker version**

Place chicken and salsa in pot of pressure cooker. Move chicken around so top and bottom of chicken is coated with the salsa. Cook on high pressure for 10 minutes and allow for full natural release, about 10-15 minutes.

Remove lid and with the chicken still in the pot, shred with 2 forks. Then turn pot to saute to evaporate some of the excess liquid. Saute for about 5 minutes or until liquid has reduced and chicken mixture is desired consistency.

#### **Stove top version**

Place chicken breast in medium saucepan and just cover with water. Place over medium heat and bring water to a simmer and then turn to very low to maintain the heat. Cover and cook for 10-15 minutes until chicken is just cooked through. Drain the chicken from the water, place chicken back in pot and shred with 2 forks. Add salsa and turn heat to medium. Allow the chicken and salsa to simmer together for a few minutes to meld flavors and evaporate off some of the liquid from the salsa.

### **Salsa Verde Cruda**

Starting with the tomatillos, put all of the ingredients in a blender or food processor, then process to a smooth consistency. The salsa should be quite thick, so don't be tempted to add water to thin it. It is best when served right away, but it will keep in the refrigerator for up to 1 day.

# LOCAL SPOTLIGHT

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



## WHITE CEDAR MEADERY

SAM MOSER, LUKE MOSER, & LISA GEOFFRION

Nearly 9,000 years old, mead earns reverence to its complex, sumptuous palate, called by many “ambrosia” and “nectar of the gods.” For White Cedar Meadery, it dwells among mortals.

“Making mead is an art!” write Sam Moser, Luke Moser, and Lisa Geoffrion. “And it’s a ton of fun, too. It goes like this: how does a U.P. forest taste? Deep, dusky, with hint of campfire smoke—we used a smokey

black tea. Now let’s add rosehips for sunshine and apple mint for a sparkling stream. This was the process of developing our mead ‘Green Man’.”

White Cedar Meadery gathers all its ingredients within the U.P. express the depth of the local flavors. From Escanaba honey to foraged fruits and herbs, White Cedar’s mead tastes like nothing else out there.

**THROUGH DECEMBER, ALL WHITE CEDAR MEADERY PRODUCTS ARE 10% OFF!**

Learn more about White Cedar Meadery by visiting them on Facebook.

# 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, 2024

**\$1 Off**

**GT's Bees  
Marquette County  
Honey**

1 pound  
Limit three packages per coupon.  
One coupon per owner account.  
While supplies last.



**\$2 Off**

**Crappie Coffee  
Ethiopian Yirgacheffe**

12 oz bag  
Limit three loaves per coupon.  
One coupon per owner account.  
While supplies last.



**\$2 Off**

**Danielson's Sugarbush  
Maple Syrup**

Pint jug  
Limit three bags per coupon.  
One coupon per owner account.  
While supplies last.





# CALENDAR OF EVENTS

## DECEMBER 2024

### Round up at the Register

#### United Way

Nov 25 - Dec 31

#### Harbor House

#### Donation Collection

Dec 2 - 18

#### Cooking Class

#### Sip & Learn: Mastering Wine And Cheese Pairings

Dec 10 • 5:30 - 7pm

*Registration required*

*Full - Join the waitlist*

#### Cooking Class

#### Taste of Pakistan

Dec 11 • 5:30 - 8pm

*Registration required*

#### Cooking Class

#### Taste of Pakistan

Dec 12 • 5:30 - 8pm

*Registration required*

*Full - Join the waitlist*

#### Board of Directors Meeting

Dec 17 • 6pm

*Marquette Food Co-op Classroom*

#### Holiday Wine Sale

Dec 18 - 31

#### Hanukkah

Dec 18 - 26

#### Winter Solstice

Dec 21

#### Holiday Hot Bar

Dec 24

#### Christmas Eve

Dec 24 • Store Closes at 5pm

#### Christmas Day

Store Closed

#### Boxing Day

Dec 26

Store Open 10am - 7pm

#### Kwanzaa

Dec 26 - Jan 1

#### New Year's Eve

Dec 31 • Store Closes at 7pm

#### New Year's Day

Jan 1

Store Open 10am - 7pm

## THE FRESH FEED

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

### Design & Layout

Travis Gerhart

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### Board of Directors

Michelle Augustyn PRESIDENT

Nathan Frischkorn VICE PRESIDENT

Tom Rulseh SECRETARY

Richard Kochis TREASURER

Michael Dewar

Emmanuel Sally

Maria Danz

Ashley McGrath

Olivia Kingery

Matt Gougeon GENERAL MANAGER

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



502 West Washington Street, Marquette, MI 49855

8am - 9pm

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

