

# THE FRESH FEED

THE MARQUETTE FOOD CO-OP NEWSLETTER

DECEMBER 2025





# LOCAL SPOTLIGHT

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



## DANIELSON'S SUGARBUSH

BRADLEY & MARK DANIELSON

Mark Danielson has been making and bottling maple syrup commercially for a quarter of a century, but his experience tapping trees and boiling sap goes all the way back to his childhood in L'Anse.

"In grade school, some kids on my block were making syrup in their backyard, so that's where I got my start," he said.

Many years later, he said he still gets that same nostalgic feeling when entering the woods during sugaring season, although the process looks a bit different now. He recalls memories of affixing plastic bags to the trees and hauling buckets of sap back to be processed. Today, Danielson's Sugarbush uses a modern tubing process instead.

"Tubing is the way to do it," he said. "We can't be carrying five gallon buckets through waist deep snow."

Sugaring is a family affair for the Danielsons – Mark works alongside his son, Bradley, and wife, Heidi, on their 40-acre property in Nisula, a small farming community just west of Baraga. The region's climate, with freezing temperatures overnight and warmer days that allow some thawing, is ideal for sap flow. The Danielsons' property is naturally comprised of mostly maples, with a good mix of hard and soft wood, both of which can be tapped.

The process of turning sap into syrup has several steps. The first is preparing the tree. Mark and Bradley carefully drill a tap hole and

a spout is inserted that directs the sap into the lines. It then flows into holding tanks in their sugar house, where it barely has time to settle before moving onto the next step.

"It's like raw milk," he said. "You go through it the same day, or it spoils."

From the collection tanks in the sugar house, the sap goes through a reverse osmosis filter that removes most of the water and impurities, then into the evaporator, where it boils down into syrup.

They monitor the boiling process very closely. They know when it's done not by the color, but by the flavor and what part of the season they're in.

"Color doesn't always indicate the best flavor," he said. "We go by taste and we go by our timeline."

"Best-tasting" is a moving target. Different parts of the season produce different syrups – a reality that's equal parts science and instinct. Early-season syrup is light in both color and flavor, thanks to sap that's nearly pure sucrose. As bacteria naturally find their way into the sap, they convert some of that sucrose into glucose and fructose – sugars that darken and deepen flavor when boiled. Later in the season, more minerals from the trees caramelize in the pans, adding even richer notes. The stuff from the middle-third of the season is always the best, Mark said.

# LOCAL SPOTLIGHT

The Danielsons take samples from each drum, often more than one, and go through and taste test together.

"We taste every drum to see what we want to keep. Sometimes (Bradley) and I disagree and need a third-party tiebreaker."

Mark had a hard time describing the flavor he looks for – good syrup is just good syrup. For him, it's self-evident. The taste is so fundamental and engrained in him, it requires no description to be understood. It's easier, he said, to describe "bad syrup." It's immediately obvious when the flavor is off and not up to their standard.

"If you go too long in the evaporator or wait too long into the season, it tastes bitter and burnt, like a tootsie roll," he said. "We're very choosy with our syrup. I've noticed some people like to blend off-flavor syrup into the better batches, but you can't blend that flavor out. We don't attempt that to save money, we don't ruin the good stuff."

Weather plays an important role, too. Maples can be finicky, they're sensitive to temperature changes and need just the right conditions to produce. If a string of 70-degree days hits near the end of the run, trees shift into their budding cycle. The sap changes, and syrup can take on a notorious "buddy" flavor. It can still be a beautiful golden amber color, but as Mark said, color doesn't tell us much. It's all about the taste and the timing.

Finally, after the rigorous taste-testing, the syrup is filtered and graded for flavor and color, then stored into drums. Later, it's reheated and bottled, and moved to local retailers, or sold in bulk to suppliers making value-added products, like bacon or baked goods.

The process doesn't end when they hand off the finished product, though. People may assume sugaring is seasonal work, but it's a continuous process, said Mark.

"We are doing something every day with the business, he said. "We almost never get a day off. If we're not making the syrup, we're preparing for making syrup."

In the "off-season," they're working on forest management before the snow hits again – thinning trees, improving tree health, clearing storm debris; equipment maintenance, like cleaning and repairing and replacing tubing damaged by wildlife; and additional bottling and retail deliveries. Their woods are certified organic, and Mark is fiercely protective.

"When I purchased the property, it was going to be clear cut," said Mark. "I outbid loggers for it and was able to save it."

While Mark said the work is enjoyable and providing a high-quality local and organic product to his customers is fulfilling, the challenges have grown over the years. Land is expensive and there's not much available, so there isn't really room for expansion. Loggers compete for the same trees. Plus, everything – fuel, equipment, bottles shipped from the East Coast – now costs more.

Annually, they produce about 1,000 gallons of syrup, which is no small feat considering it takes an average of 40 gallons of sap to make one gallon of syrup. They've made other products like maple candy, maple cream and maple sugar, and each summer they spin maple cotton candy at the Chassell Strawberry Festival. But mostly, they stick to what they love, just the syrup.

"It doesn't feel like work most of the time. I'm my own boss, and I really like doing it. And when I'm done, it's his," said Mark, referring to his son.



**The Co-op carries Danielson's Sugarbush maple syrup in various sizes, both in glass and plastic bottles.**

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**ENJOY 10% OFF OFF ALL GLASS BOTTLE PRODUCTS IN DECEMBER**

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# COOKING CLASSES

## WINTER/SPRING 2026

### COOKING FOR GUT HEALTH WITH DR. RYAN BRANG

**January 6 or 13 • 5:30 - 7:30pm**

*\$25 for Co-op owners, \$40 for general admission*



Join Dr. Ryan Brang for an interactive evening of food, flavor, and conversation focused on gut health and the microbiome. Together, we'll prepare a vibrant sticky glazed tofu bowl, featuring a rainbow of fresh vegetables, protein-rich edamame, and forbidden rice. Everyone will get hands-on time in the kitchen — practicing knife skills, building their own bowls, and learning simple ways to make plant-forward meals that truly satisfy.

From the nervous system to the immune system, the microbiome plays a substantial role in how we eat, sleep, think, age and engage with others in our community. As we cook, Dr. Brang will share insights from his background in culinary medicine and family practice, exploring how what we eat can support balance and wellbeing from the inside out.

### FLAVORS FROM THE NETHERLANDS

**February 3 or 10 • 5:30 - 8:00pm**

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



Escape the February chill with a taste of Dutch comfort! We will prepare a hearty vegetarian Dutch split pea soup — the perfect winter companion — along with Saucijzenbroodjes, savory flaky puff pastry rolls filled with richly flavored ground beef. We will end on a sweet note with buttery, melt-in-your-mouth boterkoek, a Dutch classic. Guided by Naomi Salfrais, originally from the Netherlands, you will not only learn to make these comforting dishes but also gain insight into the cultural and historical influences that have shaped Dutch home cooking.

### BRIGHT & BOLD GREEK CUISINE

**March 3 or 10 • 5:30 - 8:00pm**

*\$35 for Co-op owners*

*\$50 for general admission*



Bright, bold, aromatic flavors are the hallmark of Greek cuisine. We're excited to welcome Leslie Davis, a confident home chef and baker who has a deep adoration of Greek food, to the MFC Kitchen. The food experience is as much about hospitality as it is about flavor, and it's meant to be enjoyed communally. We'll connect over both classic and inspired dishes like dolmas, saganaki (fried cheese), whipped feta, pita bread, hummus, and a sweet Greek honey cake.



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.



#### SYMBOLS KEY



Hands-on class



Vegan friendly class



Gluten-free friendly class



Vegetarian friendly class

# CO-OP COOKING CLASSES

# WINTER/SPRING 2026

## AYURVEDIC STAPLES

March 25 • 5:30 - 7:30pm

\$25 for Co-op owners, \$40 for general admission

As the seasons shift from late winter to early spring, this class focuses on creating Ayurvedic-inspired pantry staples that support the body's natural transition. Together, led by Shain Levee of Northwoods Ayurveda, we'll prepare a selection of simple, versatile recipes designed to bring warmth, lightness, and balance into everyday cooking. Participants will learn how to make ghee, the cornerstone of Ayurvedic cuisine; tahini and an Ayurvedic-spiced hummus that can serve as nourishing bases for many meals; a kapha-reducing tea blend to awaken digestion and circulation; a seasonal salt and spice mix to enliven flavor and support agni (digestive fire); and a spiced seed butter that offers gentle, sustaining energy. These six staples can be easily prepared at home and kept on hand throughout the week, forming the foundation of a kitchen that nourishes both body and spirit during the seasonal shift toward renewal and lightness.



## WILD GATHERING: TIPS FOR SPRINGTIME FORAGING

April 7 or 14 • 5:30 - 7:30pm

\$25 for Co-op owners

\$40 for general admission

Did you miss the morels or the blueberries this past year because you didn't know when to start looking for them? What about ramps or fiddleheads? In this class, Dave Kalishek of Blue Moon Outdoors will share his foraging calendar, so you'll know when some of our choice wild edibles are available and when to start looking for them. Besides teaching you when to look, he'll also share some tastes if available and a few tips on where to begin your search.

## CLASSIC AND INSPIRED FRENCH COOKING

May 5 or 12 • 5:30 - 8:00pm

\$35 for Co-op owners

\$50 for general admission

Venez nous rejoindre! In this hands-on cooking class, we'll prepare a full French menu —crepes, peas à la Française, chicken cordon bleu, classic aligot, and a vibrant coulis. Designed for all skill levels, this class emphasizes teamwork and classic techniques central to beloved French cuisine. The class will be led by Shane Sizemore, an MFC Prepared Foods staff member and experienced cook who graduated from Northern Michigan University with a double major in French and Hospitality Management.



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### SYMBOLS KEY



Hands-on class



Vegan friendly class



Gluten-free friendly class



Vegetarian friendly class

# BATTLE OF THE *Bacon*

**FRIDAY, DECEMBER 5 • 11AM-1PM & 3:30-5:30PM**

## COME HUNGRY AND READY TO BRING HOME THE BACON.

Few things compare to the smell of freshly brewed coffee and sizzling bacon on a chilly winter morning. 'Tis the season for getting cozy and big weekend breakfasts at home, and the Co-op is determined to make this a tradition worth savoring.

Join us for a tasty showdown as we sample some of our favorite varieties of bacon to determine which deserves a coveted spot on your plate. Savory, salty, crispy, tender, smoky, rich — decide for yourself the winner of our first ever battle of the bacon.

We'll also have a few other delicious breakfast bites to sample alongside the bacon.

**SAVE 10% ON THE FEATURED BACON,  
WHICH INCLUDES SELECTED VARIETIES  
FROM BEELERS, APPLGATE,  
AND NUESKE'S.**

# KNIFE SHARPENING

**FRIDAY, DECEMBER 5 • 1:30-5:30PM  
AT THE MARQUETTE FOOD CO-OP**

**Get ready for the  
holidays with Terry  
from the Sharper Edge  
knife sharpening.**

*Bring up to four non-serrated knives  
for same day sharpening.*



**\$4**

**PER KNIFE**

**\$5**

**FOR HUNTING KNIVES  
& CLEAVERS**



# CHEESE PARTY

*weekend*

**FRIDAY, DECEMBER 12 • 11AM-5:30PM**



**CHEESE. PARTY. WEEKEND.  
ALL GREAT ON THEIR OWN, EVEN BETTER  
TOGETHER. FROM CLASSY SOIRÉES TO  
CASUAL HANGOUTS, WE'VE GOT THE  
CHEESE TO MATCH YOUR PARTY VIBE.**

Sample our favorite cheeses, meats, and wine and learn how to make a bangin' charcuterie board in time for the holiday party season.

**ENJOY 10% OFF ALL FEATURED PRODUCTS DECEMBER 12-14**



# ROUND UP AT THE REGISTER



**MONDAY, NOV. 24<sup>TH</sup>**  
– *through* –  
**TUESDAY, DEC. 31<sup>ST</sup>**

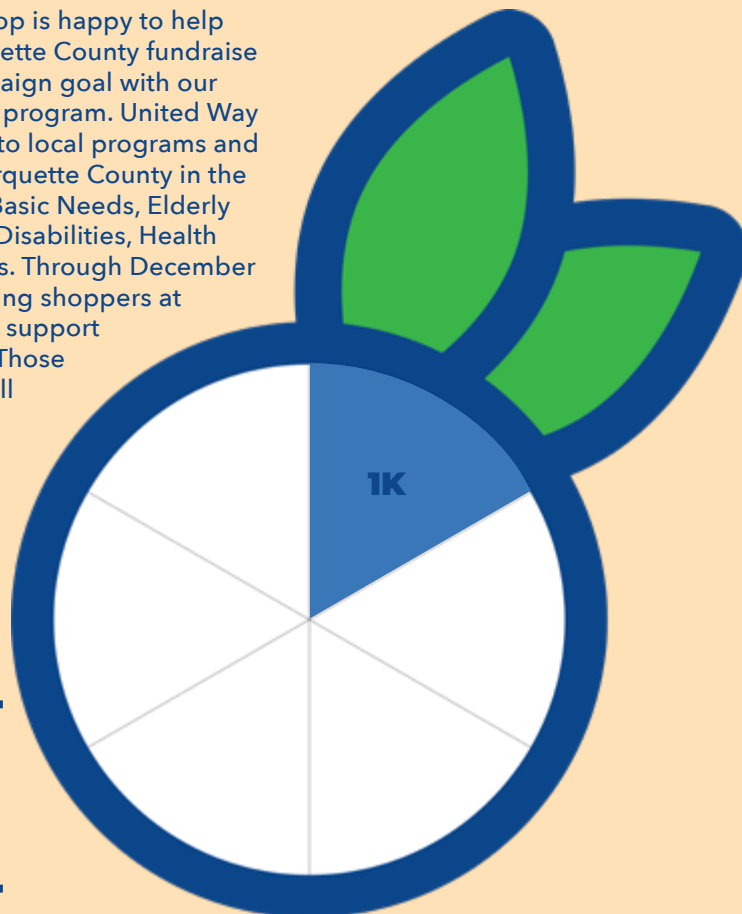
## Help Us Support & Care For Our Friends & Neighbors!

The Marquette Food Co-op is happy to help the United Way of Marquette County fundraise toward its 2025/26 campaign goal with our Round up at the Register program. United Way provides critical support to local programs and agencies throughout Marquette County in the following service areas: Basic Needs, Elderly Citizens and Adults with Disabilities, Health Care, and Youth Programs. Through December 31, the Co-op will be asking shoppers at check out if they'd like to support United Way's campaign. Those who choose to donate will have their total rounded up to the next whole dollar, or more if they choose. Our neighbors need our support and compassion – we hope you'll consider supporting this cause!

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**OUR GOAL**  
**\$6,000**

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# *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.

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## **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**

**COLORING PENS**

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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.



# DELICIOUS DIY GIFTS

The feeling of receiving a handmade gift is nothing short of magical. You open it and know right away it was made with care. The giver took the time to gather ingredients or supplies and prepare and package it with their own two hands – all while thinking of you. Giving a homemade gift feels just as good. You didn't just pluck something off a shelf, you created with intention something that you know they'll love or that you love and wish to share.

Join us in finding that feeling this holiday season with handmade gifts. We focused on food gifts, because that's our specialty. These sweet, simple recipes are tested by our staff and are perfect for encouraging togetherness and connection. Enjoy a warm cup of hot chocolate after sledding with the kids or a cup of chai masala while catching up with a friend. The pecans are perfect for sharing at gatherings or putting into small jars to spread the joy. We have everything you need to make these special gifts at the store.





# CANDIED PECANS

Recipe adapted from *bellyful.net* • makes 3 ½ cups

- **3 large egg whites**
- **1 t vanilla**
- **1 C granulated sugar**
- **1 lb pecan halves**
- **¼ C butter, melted**
- **1 C powdered sugar**
- **1 t cinnamon**

Preheat oven to 325°F. Coat a large rimmed baking sheet with nonstick cooking spray.

In a medium bowl, beat egg whites until stiff peaks form, about 5-8 minutes. Add vanilla and gradually add sugar. Toss in the pecans and mix gently with a wooden spoon or spatula until they are coated thoroughly.

Pour melted butter evenly onto the prepared baking sheet.

Spread the pecans out evenly over the butter and cook for 40 minutes, turning them every 10 minutes with a spatula – do not skip this step! They will look like a gloppy mess at first, but don't worry! Keep turning as instructed and all will be good.

Remove from oven and cool for a few minutes, but not much longer.

Place powdered sugar and cinnamon in a large mixing bowl; add in the warm pecans and toss until they are evenly coated.

Best served warm, but absolutely delicious even after a few weeks!



# CHAI MASALA MIX

Recipe from *Sarah Monte*

This is an interesting masala that I learned from a cooking class instructor in Udaipur, Rajasthan, which is in northwest India. It was interesting in that it demonstrates the diversity of spice mixes across India. There is no one universal chai recipe, different regions and different households will have their own variations. In this case, the original recipe had no cinnamon. Store bought chai tea or mixes rely heavily on cinnamon for flavor, which is a sweet flavor, so this is was quite a spicy, almost savory mix if you go light on the sugar. If you'd like to try the original, you can omit the cinnamon, but I often add a little bit when gifting the mix, so people get that hint of sweet.

- **2 t ground green cardamom**
- **2t ground black pepper**
- **2t ground clove**
- **2t ground nutmeg**
- **2t ground mace**
- **2t ground ginger**
- **1t ground cinnamon**

Mix all the spices together and place in a jar.

While this recipe is written with ground spices, for a truly special gift, I encourage you to try making this from the whole spices. Whole spices retain the flavor compounds that make spices flavorful much better than powdered spices. Additionally, the powdered spice mix will last about three months, a freshly ground mix will still retain a strong flavor for up to a year, if tightly sealed and stored in a cool, dark place. You will have to estimate a bit on how much of the whole spice to grind, but any remaining powder can simply be put in your spice cupboard for use in another recipe, or added to any supply of the ground spice you already have on hand.

To grind whole spices, a spice grinder is the best. But if you really don't think you'll use it enough to invest in one, you can use a coffee grinder. Wash and dry the grinder. Rip a piece of bread apart and place in the grinder. Run the grinder until the bread is fine crumbs. I generally do this at least twice, then wash the grinder. The bread absorbs the flavors and neutralizes the vessel. Once you've ground the spices, you can wash it and run a couple slices of bread through it again so your coffee doesn't taste of your spices.

Grind each spice individually, wiping out the grinder well with a dry cloth each time so you don't transfer flavors in case you have extra ground spices to store. Pulsing at first is best, so moisture doesn't build up and cake your spices. For a coffee grinder, you may have some stubborn large bits left. Just run the spice through a mesh strainer and discard the large pieces. If you want, you can share a traditional stovetop method of making chai along with the mix. See the next page.



# STOVE TOP CHAI

Serves 2-3, depending on size of glass

- **1 C water**
- **½ t Chai Masala**
- **1 t black tea, preferably Assam or Darjeeling but NOT earl grey**
- **2 t sugar**
- **½ C milk, preferably whole milk OR 1 T sweetened condensed milk**

Heat water. When it boils add chai masala. Wait one minute, then add tea and sugar. Let cook for a minute, then add regular milk and turn heat down slightly. Look for bubbles. When the milk starts boil, take the pot off the stove for a moment, until the bubbles subside, then put it back on the stove. Repeat this process of the milk just starting to boil and removing from the heat 5-7 times. Take off the heat and steep for 2-5 minutes. Strain into a pot.

If you would like to do the sweetened condensed milk, a variation called Karak tea, at the step when you would add milk, take your spice and tea mixture off the heat and simply stir in the sweetened condensed milk. Bring back to a boil for a minute, stirring, then serve.



# HOT CHOCOLATE MIX

Recipe from *Amanda Latvala*

- **2 C powdered sugar**
- **1 C cocoa powder**
- **2 ½ C dry milk powder**
- **2 t cornstarch**
- **1 t salt**

Add all ingredients to a large mixing bowl and mix well. Store in air tight container for up to one month.

To make a cup, scoop out ¼ C of mix into your favorite mug. Add 6-8oz boiling water and stir well, until all of mix has dissolved. Top with mini marshmallows or whipped cream.



# IRISH CREAM

Recipe from *easyasapplepie.com*

- **1 can sweetened condensed milk**
- **1 C heavy cream**
- **3 T chocolate syrup**
- **1 t vanilla extract**
- **1 t instant coffee**
- **1 ⅔ 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.

# CO-OP KIDS

**HAPPY  
HOLIDAYS**



Illustration by Community Services Coordinator Pamela Valdez - enjoy coloring!



*In November, the Marquette Beautification & Restoration Committee awarded the Marquette Food Co-op with the Sally Closser Green Spirit Award.*

*The award recognizes the Co-op's numerous environmental initiatives, including our rooftop rain collection system that diverts water into a large underground tank near the deli that is then used to water the facility's gardens and our newly cultivated rain garden that provides for infiltration of stormwater.*

*Designed and installed by our local community partner, Plant Theory Landscaping Company, our rain garden features many native wildflowers which provide soil stabilization, pollinator habitat, and of course – beauty!*

*We want to offer our sincerest thanks to Kim Melko and her Plant Theory team for their hard work! Kim provided a thoughtful write up on her vision for the space and how her team carried it through, read below.*

## A BEAUTIFICATION AWARD... AND A WHOLE LOT OF BROME GRASS

### Kim Melko

Plant Theory

The 2025 Beautification Award stands as a reminder that gardening carries a meaningful responsibility – thank you, Marquette Beautification! Today, that responsibility leans toward gardening lighter: more sustainably, more thoughtfully, and in collaboration with nature (because, frankly, she always has opinions). The spaces we shape and care for speak to our internal values. Landscapes – whether in front of a home, a business, or a beloved community grocery store – tend to reveal our internal values. At the Co-op, stewardship, sustainability, and giving a little love back to the natural world that feeds us, is represented.

Each landscape has its own history, goals, hurdles to overcome, and issues to solve. The Co-op site is uniquely positioned, creating a fun challenge where the runoff from 7th, Washington, and 6th streets all converge, creating one common point for the water after a rain. It is basically the neighborhood's unofficial water slide during a rainstorm. Compounding the drainage issue was a dense mat of smooth brome grass in the parking-lot strip, one of the toughest perennials we have had to remediate to date! If you've never had the pleasure of meeting brome grass, a true cool weather perennial, imagine a plant that wakes up earlier than all the others, drinks their coffee black, and then assertively outcompetes everything before they even break bud. It forms a dense mat of sharp blades of grass that laughs in the face of drainage and refuses to let anything else grow. Truly, one of our greatest opponents to date, and that's saying something.

Before we could plant even a single rudbeckia, we had to address the drainage. Our team trenched key areas then laid aggregate to capture and direct runoff into the stormwater system. Once the water was flowing in the right direction, we could move on to implementing the rendered design and installing plants and shrubs!

The new garden beds are designed to highlight native plants in a colorful way that feels both welcoming and practical for a high-traffic, commercial space. It is a naturalistic meadow style planting utilizing tall clumping grasses to support the four-foot tall flowering helianthus and eupatorium of equal height. We selected resilient, drought-tolerant native perennials – beardtongue, agastache, asters, and strategically placed chelone to help manage wetter pockets (chelone loves wet feet). Well branched Viburnum and Aronia and the less utilized Fothergilla shrubs are year-round interest that provide structure and support.

Today, the Co-op's landscape doesn't just survive – it thrives – right in the middle of an urban environment. Pollinators hover happily, colors shift throughout the seasons, a chickadee drops in for a chokeberry, and for a moment, we hope a quick stop for groceries might turn into something unexpectedly beautiful. The Marquette Food Co-op has always been about community, sustainability, and good stewardship. We hope that the landscape tells that same story – one native bloom at a time.



# YOUR TURN TO GIVE BACK

## AN EXERCISE IN REGENERATIVE LIVING



**Tom Rulseh**  
Board President

As you know, at the Marquette Food Co-op a good part of our focus is on sustainable environmental outcomes. In fact, that is one of our Global Ends, which helps guide the work we do. And right now, you, dear reader, have the opportunity to join the leadership team. Every year we hold elections for members to serve a three-year term on the Board of Directors. With nine members on the Board, that's three positions to fill each year.

So please consider that this could be your chance to join us and more fully engage with topics important to our mission, like regenerative living. But, what is regenerative living?

A current example has to do with electricity. Specifically, driving an **electric car** involves the consumption of energy stored in a battery. When the accelerator is pressed, electricity from the battery powers an electric motor to move the car. When you lift your foot from the accelerator, the momentum of the vehicle converts the motor into a generator putting energy back into the battery. The physicists might say it is using kinetic energy to create and store potential energy. EV drivers know this as Regen.

Another example of regenerative living that many of us practice is **composting**. We put otherwise unused food scraps to work by converting them into nutrient rich compost, which can be mixed into our garden soil to produce more food.

Regenerative living can also be practiced through the act of **recycling** – converting used aluminum, steel, glass, paper, and plastic into new products that can be used again. Thrift stores are a related regenerative endeavor as items no longer desired by some can be **reused** by others. Although not true regeneration, my favorite of the R trifecta is **reduce**. Just think of the energy and other earth resources that can be saved by not acquiring so much stuff in the first place.

Every member of the Marquette Food Co-op is part of a community-wide regenerative process. Just consider some of the ways the Co-op practices regenerative living:

- Roof rainwater is collected and used in a grey water system.
- Bulk food simplifies delivery from source to store to user while reducing packaging.
- Composting in partnership with Partridge Creek Farm Composting.
- Recycling, enhanced by our new automated can return machine.
- Buying locally supports local growers and reduces transportation costs and regenerates the flow of money through the community.
- We return residual profits back to Co-op members through the Patronage Dividend program.
- Our centralized location reduces transport distance for many Marquette residents.
- We provide education on food as medicine improving health outcomes and reducing the need for assistive medical care and pharmaceuticals.
- We contract for professional services locally, regenerating economic activity close to home.

Together these efforts combine to support a vibrant, healthy community. Perhaps that's the best benefit of regenerative living. It improves the quality of life. And with its positive impact on health, you might say it improves the quantity of life too.

But what does the Board actually do? At our monthly meetings, in addition to receiving monthly reports from the General Manager on store operations, we hold collaborative conversations about Co-op policy and how it relates to the members and our community. We also hear from Board member committees focused on finance, governance, management performance, and community engagement. Individually and collectively, we strive for continuing improvement.

So, if you could become a Board member for the Marquette Food Co-op, what regenerative process would you discover in yourself? Worth a shot, eh?

[FILL OUT AN APPLICATION AT MARQUETTEFOOD.COOP/BOARD/JOIN](https://marquettefood.coop/board/join)

# ASK OUR DIETITIAN

ACCESSIBLE, TRUSTWORTHY, ONE-ON-ONE  
NUTRITION GUIDANCE WHILE YOU SHOP  
WITH AMANDA LATVALA, RD



**THIRD TUESDAY OF EACH MONTH**  
**3:30-5:30PM • AT THE MFC**  
**FREE & OPEN TO ALL**

**MFC EDUCATION COORDINATOR AND REGISTERED DIETITIAN  
AMANDA LATVALA WILL BE AVAILABLE IN THE STORE TO:**

- Answer quick nutrition questions
- Help customers read and understand food labels
- Guide customers to products that meet their dietary needs or preferences
- Provide tips on meal planning, portion sizes, and healthy substitutions
- Distribute handouts, recipes, and nutrition information



# CALENDAR OF EVENTS

## DECEMBER 2025

### Battle of the Bacon

December 5  
11am-1pm & 3:30-5:30pm  
See page 6 for details

### Cheese Party Weekend

December 12-14  
See page 8 for details

### Ask Our Dietitian

3:30 - 5:30 pm - December 16  
Store Floor

### Marquette Food Co-op Board of Directors Meeting

6 - 8pm - December 16  
Co-op Classroom

### Holiday Wine Sale

December 17-31

### Holiday Hot Bar

December 24

*Follow us on social media for the full menu when available!*

### Holiday Hours

December 24, 8am - 5pm  
December 25, CLOSED  
December 26, 10am - 7pm  
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.*

### Design & Layout

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### Board of Directors

Tom Rulseh PRESIDENT  
Ashley McGrath VICE PRESIDENT  
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Stephanie Weaver  
Alex Berger  
Matt Gougeon GENERAL MANAGER

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

### Disclaimer

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

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



PRIORITIZING  
LOCAL AND  
ORGANIC FOOD  
SYSTEMS

PROMOTING  
COOPERATIVE  
GROWTH  
OPPORTUNITIES

SUPPORTING  
AN EQUITABLE  
SHOPPING  
EXPERIENCE

FOCUSING ON  
SUSTAINABLE  
ENVIRONMENTAL  
OUTCOMES