



FRESH FEED

The Marquette Food Co-op Newsletter

February 2021



TIME TO VOTE

Matt Gougeon
General Manager



This is the month in which the owners of the Marquette Food Co-op elect new (or incumbent) directors to our Board. This is an important activity for a cooperative. For it is the directors' role to not only monitor the operations and activities of the Co-op, but also to make decisions on behalf of the ownership. To each of these ends, my own interaction with the Board of Directors is one of the more satisfying aspects of my job. I serve as a conduit of information, data, and observation from the operational side of this organization. The Board serves as verifier, counsel, and like me, observer of the Co-op. It is the shared activity of observation between me and the Board where the real work of governance and decision making happens for the MFC. It is built on a mutual trust in each other and our ability to perform our distinct but related roles.

When all the data and information brought to each board meeting is questioned, verified, and discussed, there often come points of decision making that effect the entire ownership that are either done through confirmation of the effectiveness of current activity, new policy making, or eventual direct action from board decision. A few examples of this from the past year are things like support for the stout upholding of COVID-19 precautions in the store, determining when dividends paid to preferred shareholders are feasible, similarly determining patronage dividend payment to owners in this profitable year, debt management strategy, and planning for the Annual Meeting in which a great amount of information and data about the Co-op is distributed to owners.

Again, this is about owner control of this Co-op. The Board of Directors represent all of us. This representation is best done through adherence to accepted "rules of play," through policy and our bylaws. The Board governs in the whole, eschewing the will of any one owner in decisions on behalf of the entire ownership. It is, in short, democracy in action. Again, it is



satisfying to participate in this. Together, we ensure that there is collective thought behind this cooperative that does not simply rely upon the wits of a single owner or decision maker. I certainly would not want that to be my role. There is comfort in knowing that counsel, confirmation, new ideas, or even correction are just the next board meeting away on the third Tuesday of every month at 6pm.

Be sure to vote in this month's election. There is a terrific slate of candidates who have stepped up to represent you. I look forward to working with them and continuing the vibrancy of this cooperative existence into the next fifty years of its lifetime.

FEEL GOOD, SHOP THE CO-OP!

CELEBRATING
50
YEARS
OF THE
MFC

Founded in 1971, this year marks the 50th anniversary of the Marquette Food Co-op! To celebrate, we'll be sharing snippets of MFC history each month in the newsletter and on social media.

Our First Store

In the mid-1970s, Common Health Warehouse in Duluth expanded its distribution area and regular deliveries began in Marquette. At that point, the Marquette Food Co-op was the third largest customer after the Duluth and Keweenaw Co-ops.

As membership continued to grow, many members loaned money to purchase the building at 325 W. Washington, which was to be the Co-op's home for over twenty years. The Co-op was operating a retail storefront open during regular business hours. The Co-op hired it's first full-time paid manager but still relied heavily on the volunteer hours put in by the members.



Have a special photo or memory of the MFC to share?
Send it to kdewar@marquettefood.coop or message us on Facebook or Instagram.

Board of Directors Candidates

2021

Brian Bouton



Greetings, my name is Brian Bouton, and I am interested in serving the community by joining the Marquette Food Co-op Board. My family recently moved here from NYC, where we were members of the Park Slope Co-op and supporters of its mission to make organic, local and wholesome food available to all members of the community. My wife, a Marquette native, and her family have been

members of the MFC since its inception, and I immediately fell in love with the close community found within its walls when I first visited six years ago. I'm a veteran, a former high school teacher, and I currently teach at CUNY's School of Professional Studies. I also work for my wife's company supporting UNICEF offices and initiatives around the world, including ending food insecurity, and this is a problem in our own community which concerns me. The current MFC has strong leadership, wonderful people working at every level, and a passionate membership base, so if I was chosen, I would help maintain the quality we've come to expect and support any initiatives that make organic, local and wholesome foods available to as many UP residents as possible.

What strengths or talents do you feel you have that would be assets to the board?

I am naturally curious and passionate about organic food and local farms, so I bring a good deal of self-taught knowledge on the subject. I also recognize that the Board and the MFC are doing a great job, so there is no need to come in and suggest a large number of changes to fix things. I am a good listener and would like to learn what works and what doesn't, so I can see where best I can help and be productive.

What role do you see the Co-op playing in the community over the next 5 years?

In general, I would like to learn what vision the leadership and staff have that I could help with. These are the individuals who know firsthand what works and what doesn't, and I would highly value that input as a Board member. I'm always impressed by the caliber of people working every role at the MFC. I am concerned about food insecurity in our community, so I would like to see what programs the MFC currently offers and find ways to improve. Making good food available at a good price is half the battle, but this doesn't mean much if the people you wish to help lack exposure to or education in eating well. As a teacher, I might be able to contribute to the MFC's educational mission or outreach programs. Our local farmers are one of our greater assets, and I would like to help maintain strong relationships with them.

Mary Pat Linck Incumbent



I am a long-time resident of Marquette and member of the Co-op. I have served as a volunteer storetender in the early days and also on the Board in the past. I am currently running as an incumbent after completing my first 3-year term of my current service. I am a retired LPN and Surgical Tech, married, and the mother of two and grandmother of two. I credit the Co-op with helping us to raise

healthy children and maintaining our own good health. The Co-op has been a part of my life for over 40 years and serving on the Board is a way for me to give back to our community in a way I feel is significant.

What strengths or talents do you feel you have that would be assets to the board?

I have a long history and familiarity of this organization. I am a team player and value the experience of group decision making. I am a people person and enjoy being a part of something larger than myself.

What role do you see the Co-op playing in the community over the next 5 years?

I see us assuming a larger presence in our community. The pandemic changed up everything. It brought to the forefront the importance of healthy and local food, care of our land, and respect for the people we serve. The Co-op has taken a leadership role in providing food, education, community connections, and support of local growers. I see us continuing to move in those directions and increase our footprint in Marquette and the UP.

Kevin Pierfelice



I've been in the Marquette area for about four years now with just recently purchasing my first home. I studied economics at Michigan State University and am currently enrolled at NMU for MBA. I work at UPHP, serve as co-chair UPHP's Wellness Committee, work part-time at Drifa Brewing Company, and am partner of a private investment group. I'm usually found surfing, running, cross country skiing,

downhill skiing, or getting lost on the local hiking trails. I love giving back to my community and I've wanted to begin doing so on a large scale by serving on the Board of Directors at the Co-op. I love everything food and beverage so much that I worked in the industry on so many different capacities since I was 16 years old. I remember my first job bagging groceries at a family-owned grocery store called Oakridge Markets. I learned so much from that experience and I can honestly say it has made me the person I am today. I want to help support the staff and the community they serve on a deeper capacity. It's sort of my tribute to my time at Oakridge.

What strengths or talents do you feel you have that would be assets to the board?

My strengths align to problem solving, process improvement, financial analysis, and developing flawless customer experiences. I have a deep understanding of developing and leading teams, behavioral economics, food and beverage management, and inventory management. I have 10 years experience working in the food and beverage industry.

What role do you see the Co-op playing in the community over the next 5 years?

As we are seeing in healthcare, population health is truly our communities' next obstacle. The Marquette Food Co-op is going to be a pivotal stakeholder in combating health inequalities through organizing and utilizing our membership base through fundraising, supporting local businesses, educational and social classes, and building more local partnerships. I believe if we keep the course that the Co-op is already taking, then I believe we can help support our misfortunate neighbors and support a healthy community.

Lissa Potter



-The Co-op has been an oasis of sanity and community support during the pandemic. The safety of staff and customers was a priority, and the Co-op moved quickly to make sure staff didn't have to work sick and that all customers could safely get needed food and health items. Who wouldn't want to be part of supporting a community institution that behaves like this? The Co-op has served me,

so I wish to serve the Co-op. Born and raised a troll, I move to the UP a few years ago to work in libraries. I've also repaired windmills, driven a flatbed semi, been a bouncer, been a sysadmin, worked as a geriatric nurses' aide, driven a taxi in Boston, built thermocouples, ridden a Harley across the continent (and back), lived in India and more. I've supervised folks, written RFPs, budgets and procedures. I work with computers, so I have to keep up with tech and security issues. I've chosen to work in libraries rather than in the corporate world (where I made a lot more money) because building community and providing for the needs of all people is important to me. From planting trees in Baltimore to knocking on doors, the work must be done.

What strengths or talents do you feel you have that would be assets to the board?

Breadth of experience, writing skills, focus on workers.

What role do you see the Co-op playing in the community over the next 5 years?

I believe that accessibility and taking care of workers are key. Work with food deserts, the coming retirement options for workers and education (such as cooking classes) are key strengths that should be built upon.

Sally McQueen



Career of nursing (from 1978 to recent) performing to the level of my education as nursing aide, licensed practical nurse, registered nurse and recently retired family nurse practitioner. I have been an advocate for change in all aspects of the clients and families lives. Participated in and understand the concept of interdisciplinary team meetings to share a vision, purpose, and an ideal based on

individual needs and beliefs. I understand the concept and am able to follow through on commitments made. Confidentiality has been a large aspect of nursing ethics practiced throughout my years working as a nurse. I am able to work on a team for an organization while maintaining client individuality whenever needed.

What strengths or talents do you feel you have that would be assets to the board?

Creativity and willingness to watch the Co-op grow and expand.

What role do you see the Co-op playing in the community over the next 5 years?

An excellent place to provide organic and other produce that is locally grown and/or fair trade. I foresee the Co-op becoming THE place to feed our families and loved ones with food products that are safe and healthy at a reasonable price. I foresee the new procedures of the Co-op remaining the same as now until restrictions from the pandemic are lifted. Not sure what will become the new normal for the Co-op but feel safe entering the store or ordering online for curbside pickup as present practice.

Tom Rulseh



My wife and I moved to Marquette in December 2019 from Three Lakes, WI. While in Three Lakes I served as President of the Three Eagle Trail Foundation and President of the Board of Education for the Three Lakes School District. I also served as Board President for the 1st National Bank of Eagle River before we sold to mBank. Other Board experience includes Secretary for the Oneida County Biking and

Walking Trails Council and Treasurer for the Board of Control for CESA 9. Since retiring in 2003 from my paying job as President of COLE Publishing in Three Lakes, I have enjoyed working with others in community service. I feel serving on the Co-op Board would be a good way to be of help here in Marquette. The store is our main source of sustenance and I have always been impressed with its products, services and style.

What strengths or talents do you feel you have that would be assets to the board?

As my kindergarten teacher might confirm, I play well with others. I like to listen and learn and I am not afraid to speak up on matters that I feel are important or might be helpful to the cause. Others may tell you that I have exceptional perseverance. Sometimes it is a challenge to balance not giving up with not becoming a pest.

What role do you see the Co-op playing in the community over the next 5 years?

I believe the Co-op can continue to serve as a model of responsible retailing of high-quality products and services.

Vote Online
February 3rd – February 24th
at
www.marquettefood.coop

one voter per household

View the full candidate profiles online at
www.marquettefood.coop/board/meet-2021-candidates

SHARE SOME LOVE

VALENTINE'S DAY
WITH THE CO-OP

CHOCOLATE COVERED POMEGRANATE DROPS

Co-op
Recipe

Makes 16 Drops | recipe by Amanda Latvala

You can reap the health benefits of dark chocolate when it is 70 percent cocoa or greater. The pomegranate seeds are sweet, so you can use an even higher percentage — I love to use 90 percent in this recipe.

- 6 oz dark chocolate bar (at least 70% cocoa)
- 1 C pomegranate seeds

Line a rimmed baking sheet with a silpat mat or wax paper. Make sure that your pomegranate seeds are bone dry! Too much moisture will cause your chocolate to seize, so don't skip this step.

Create a double boiler: fill a medium sized sauce pan $\frac{1}{4}$ full with water and bring to a boil then reduce to a simmer. Place an oven proof glass bowl over the pot. The bottom of the bowl should not reach the water. The intention is to heat the bowl with steam and not the water.

Break up chocolate bar into pieces and place in glass bowl of double boiler. Stir chocolate until melted and smooth.

Toss in pomegranate seeds and gently toss until all the seeds are coated with the chocolate.

Scoop about a tablespoon of your chocolate coated seeds into little puddles on the silpat mat or wax paper. Repeat until finished.

Pop tray into the fridge for about one hour or until set. Store in an airtight container in the fridge for up to 3 days.

CHOCOLATE STAFF PICKS



"Hu Kitchen's chocolate-covered hunks are my go-to afternoon pick-me-up! They're crunchy, sweet, a little bit salty, and everything I need to make it through a rough day."

Jess Z.



"Alter Eco Sea Salt Truffles are a deliciously indulgent treat. The ethics and the mission of the company allow me to enjoy more than one."

Pam V.



"Honey Mama's Chocolate is the perfect mix between a chocolate bar and a brownie, not too sweet but super rich and indulgent!"

Alex K.



"We now carry sweet treats from our friends down the street at 231 West Patisserie – the Pecan Buttercrunch will make you weak at the knees."

Kelsie D.

FIND THESE GREAT VALENTINE'S GIFTS (AND MORE) AT THE CO-OP!



Rainforest Alliance Certified **Roses**

SINGLE STEM ROSES

\$1.99/each

DOZEN ASSORTED
ROSE BOUQUETS

\$19.99

DOZEN ALL-RED
ROSE BOUQUETS

\$24.99

Roses are expected to arrive
to the store Thursday 2/11.

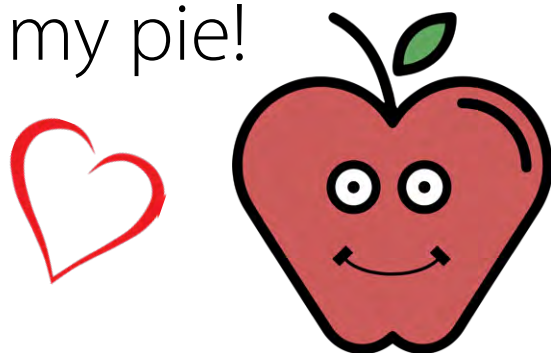
Assorted flower bouquets are
available now for \$16.99.



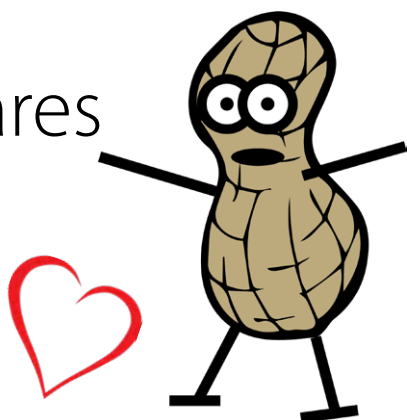
I'll be your main
squeeze.



You're the apple
of my pie!



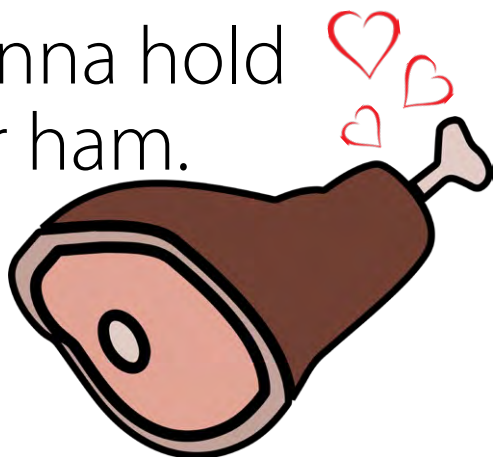
Nuttin'
compares
to you.



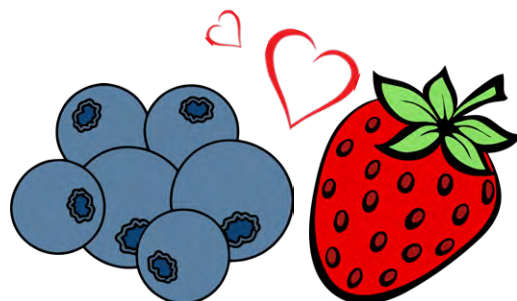
All I want for
Valentine's Day
is a hug and
a quiche.



I wanna hold
your ham.



Wanna jam?



To:

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VALENTINE VINO



Clare S.
Beer & Wine Buyer

All three of these wines will pair with chocolate, which, along with wine, just calls out to be enjoyed on Valentine's Day.

Our budget choice is the Pacific Redwood Red, at \$8.89. This wine, made with organic grapes, has a lovely label, and I quite enjoyed this one the last time I tried it, a few months back.

My favorite wine to pair with chocolate is merlot, and the one I have chosen for Valentine's Day is the Pizzolato Organic Merlot, at \$10.69. Again, a lovely label with a dragonfly on it. This wine is a No Sulfite Added wine, something many folks are looking for.

Thirdly, we have a dessert wine from Michigan, the Grand Traverse Cherry Reserve. This wine would go nicely at the end of your meal with a fantastic cheesecake, and your favorite chocolate bar, or simply enjoyed on its own. Yum! This wine sells for \$17.99.



VALENTINE'S DAY ONLINE GIVEAWAY



February 8 – 12

Visit our [Facebook page](#) between February 8-12 for a chance to win a \$50 MFC gift card. Look for the pinned giveaway post and follow the prompt to enter.

Get everything you need to make a romantic dinner for two or load up your cart with wine & chocolate – whatever your heart desires!

Marquette Food Co-op

GAME DAY SALE

February 3 – 9



GAME DAY RECIPES

GRILLED LEMON-OREGANO CHICKEN DRUMSTICKS

Serves 4 – 6 | recipe from epicurious.com

These are equally delicious hot off the grill or cold the next day.

- 2 T fresh lemon juice
- 2 T coarsely chopped fresh oregano
- 2 garlic cloves, pressed
- 1 T extra-virgin olive oil
- 1 ½ t coarse kosher salt
- 1 t finely grated lemon peel
- 8 chicken drumsticks

Whisk first 6 ingredients in small bowl. Season to taste with freshly ground black pepper. Pour marinade into 1-gallon resealable plastic bag; add chicken and seal. Turn bag to coat chicken. Marinate at room temperature 30 minutes or in refrigerator up to 2 days, turning occasionally.

Prepare barbecue (medium-high heat). Place chicken, with some marinade still clinging, on grill rack; grill chicken until cooked through and golden brown on all sides, turning frequently, about 30 minutes. Transfer to plates and serve.



HOMEMADE RANCH

recipe from Kelsie Dewar

After trying this, you'll never buy a bottle of pre-made ranch again.

- ¾ C mayo
- ¾ C sour cream
- 1 t dried parsley
- 1 t dried dill
- 1 t dried chives
- ½ t garlic powder
- ½ t onion powder
- ¼ t salt (adjusted to taste)
- Juice from ½ lemon

Mix ingredients & enjoy!

Notes: This makes a thick ranch. If you prefer a thinner consistency, stir in a bit of broth or milk.

Substitutes are also limitless – swap in vegan or dairy free mayo and/ or switch out the sour cream for plain (dairy or dairy free both taste great) yogurt.



HOUSE PLANT SALE

FEBRUARY 10 – 16



WELLNESS WEEKEND

FEBRUARY
12-14

25% OFF
BODY CARE, VITAMINS,
+ SUPPLEMENTS

excludes items
already on sale



WELLNESS PICK

Kate Lewandowski

BeWell Marquette

Owner

www.bewellmqt.com



Source Naturals Wellness Herbal Resistance Liquid

Wellness Herbal Resistance Liquid is my emergency go-to whenever I feel the slightest glimpse of an illness coming on. I travel with it and keep a bottle in the house at all times. The formula is a comprehensive blend of powerful immune-system balancers and boosters. What else can I say other than, it seems to work! I am often able to boot out a pathogen before it sets up camp.



NEW ITEMS

February 2021



Solaray Quercetin 500mg

Solaray offers powerful supplements that are sourced from the sun and harnessed from the earth. Their Quercetin is vegan, non-GMO and lab-verified for identity, potency, and purity. Solaray Quercetin is designed to support healthy cells, healthy circulation, normal respiration, and more.



Revol Greens Organic Spring Mix

Introducing a revolution in fresh, enter Revol Greens. These fresh organic greens are the result of innovative greenhouse management systems merged with natural growing practices and modern technology. Revol Green's Organic Spring Mix is a blend of ready to eat tender and crisp baby lettuce that is sustainably grown and packed in Minnesota.



Goldthread Turmeric Radiance

Goldthread Turmeric Radiance plant-based tonic is made with ingredients that have long been used in traditional cuisines for their delicious taste and internal benefits, including turmeric, ginger, cinnamon, cardamom, and lemongrass. Drink Turmeric Radiance to activate the metabolism, invigorate the core, and wake up the body. Deliciously aromatic and warming.



Crow & Moss Brazilian Santos Coffee Chocolate Bar

Crow & Moss, a small-batch artisan chocolate company from northern Michigan, handcrafts their bean to bar chocolates using traditional techniques and sustainably grown, fair trade, single-source chocolate. Their delectable Brazilian Santos Coffee chocolate bar is made with 67% chocolate. The coffee contributes a rich fruity flavor that pairs especially well with the deep fudgy flavor of the chocolate.



Woodstock Organic Frozen Diced Avocado

Make room in your freezer for Woodstock's Organic Frozen Diced Avocado! These farm to freezer avocado chunks are perfect for adding to smoothies or enjoying on their own. For over 30 years Woodstock has been providing organic options because they believe in real food that is good for our bodies and good for our planet.



Nancy's Organic Garlic & Herb Cream Cheese Spread

Enjoy Nancy's Organic Garlic & Herb Cream Cheese Spread on crackers, bagels, bread, celery, and more. It is creamy, spreadable, herbaceous, and cultured with billions of live probiotics! Nancy's products are a reflection of its business philosophy — family-owned and operated, with a strong focus on health and a long history of making real food the right way.



Marquette Food Co-op Take & Bake Mediterranean Pizza

MFC Take & Bake Mediterranean Pizza is a real crowd pleaser! It is loaded with fresh tasty toppings such as roasted red peppers, spinach, kalamata olives, and herbs. A cheesy layer of mozzarella and feta bring it all together. If you are looking for a scrumptious, easy to make meal, here it is! Pairs well with soda, beer, and wine. Enjoy!



LaClare Family Creamery Mozzarella

Mild. Creamy. Fresh. That is LaClare Family Creamery's Mozzarella in a nutshell. Made in Wisconsin with goat milk, this beautifully meltable cheese can be used where you would use any traditional cow's milk mozzarella. Its delicate and sweet milky flavor pairs well with Pilsners, Weiss Beers, Chardonnay, Pinot Noir, and Champaign.



Miyoko's Creamery Cultured Vegan Cream Cheese

Miyoko's Creamery cracked the code on making cheese and butter from organic, real foods like nuts, legumes, and other plant-based ingredients. Using traditional creamery cultures, age-old cheesemaking techniques, and modern technology, Miyoko's products lead the way into the future of food innovation where real food gets reinvented into new and exciting forms. Their Cultured Vegan Cream Cheese is thick, delicious, and versatile. Perfect for bagels, frosting, or a "to-die-for" New York-style cheesecake!



GROCERY PICKUP

In-store Shopping
9am – 9pm

Shopping for At-Risk Populations
8am – 9am

Grocery Pickup
10am – 7pm

\$30 minimum purchase required online.

Product availability & price subject to change.

Items must be picked up during dates of sale to secure sale price.

If an item is out of stock, staff will substitute with a comparable product if available. You will have the opportunity to approve substitutions at pick-up.

Any changes to your order will be communicated at pick-up.

Your order will be ready at the time you selected for pick-up. We will not call when your order is ready.

Grocery Pickup call **906.225.0671 x706** when you arrive

THE FRESH FEED

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

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Cori Ann Noordyk VICE PRESIDENT
Michelle Augustyn SECRETARY
Richard Kochis TREASURER
Kelly Cantway
Hillary Bush
Mary Pat Linck
Angie Cherrette

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 **9am – 9pm**
At-risk Population Hours **8 – 9am**
Grocery Pickup **10am – 7pm**

www.marquettefood.coop
Marquette, MI 49855

