



# FRESH FEED

The Marquette Food Co-op Newsletter

February 2022



# CO-OP PROGRESS



**Matt Gougeon**  
General Manager

I've said it before; Board election time for the MFC is exciting. Granted, many — maybe even most — members of this Co-op don't give it much thought. But it is a vital function of the organization to be effectively governed by its owners. While we usually get a small fraction of the total membership to cast votes, this is typical for most food cooperatives. Chalk it up to the fact that most Co-op owners participate with the Co-op through shopping the store and sometimes leaving a comment or suggestion. Consider; how else do you interact or participate with other grocery stores you shop at? Probably less than at the MFC.

However, all that said, for this election cycle for the Board of Directors, we have strong participation from the segment of members who desire to more directly impact the MFC. This year we have twice the number of candidates than open seats available. It's an excellent sign of cooperative health that our Co-op engenders this level of interest from the owners for deeper involvement. The varied candidate bios in this issue of the Fresh Feed show a breadth of cooperative perspective, with each recognizing the important role we play in the community. I'll be happy to work with any iteration of member directors as we move into the realities of a post pandemic Upper Peninsula. It will take a collective guiding hand to continue our progression as a community owned organization.

Much is at hand in the coming year, as we work toward opening two new retail spaces at the bakery and on the north end of Third St. The Board approves and oversees the progress of these projects. We are also having a full financial audit conducted this year, and after updating our bylaws to keep pace with IRS rule changes, the Board will consider returning patronage dividend to the members after two profitable years in a row. Moreover, the Board is also in the process of reviewing and re-writing our Ends Policies in the effort to keep the primary vision of the MFC relevant to our place and time in our community.



The current board has accomplished a great deal in this past year to set up the next board for success in this coming term. There are systems in place to allow new board members the time to learn while veteran members can lead through continuity. Much board work is done through committee, which necessarily balances any workload between members.

In any case, it's time to get out the cooperative vote! Do your part to bring a new slate of worthy candidates to their seats on the MFC Board of Directors. The election process is a unique attribute of our organization. Don't take it for granted. This cooperative would not be what it is today without the guidance of an engaged group of Co-op owners generating big dreams for it and monitoring the progress toward bringing those dreams to fruition.

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

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# 2022

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## Board *of* Directors Election

It is that time of year when you, the owners of the Marquette Food Co-op, have the opportunity to vote for your Board of Directors. The Board is democratically elected by you and you can make your wishes known by voting for the candidates who most closely reflect them. The Board guides the direction of the Co-op and oversees the General Manager. Your participation in the election means that you are helping to chart the future course of our Co-op.

This year we have the usual rotating three seats open for the 3-year terms, and also an additional seat for a partial 2-year term. We have a robust slate of eight nominees who have entered the race, so you have a diverse field from which to make your choices. Please take the time to read through the candidate profiles of all eight and then vote for no more than four.

Your food co-op offers you an advantage that you will not get from any other grocery store in this town: a chance to participate in the running of the business. This organization is now over 50 years old and thriving because of the active engagement of its members. You can be part of that wonderful legacy and ensure that we provide another 50 years of service to our members and community. Please exercise your right to vote.

**Mary Pat Linck**

Election Committee Chairperson



**MICHELLE AUGUSTYN** Incumbent

I am currently serving my sixth year on the Marquette Food Coop Board of Directors and first year as Board President. In my years on the MFC Board I have seen so much change from post expansion stabilization in a world of highly competitive grocery to the unpredictable world of a pandemic. In light of all the change I am proud to be part of a business that pays attention not only to the health and wellbeing of its members but also has an outward focus on community health. I would be honored to continue to represent the owners of this Co-op and ultimately the entirety of our community in upholding the values that the Co-op embodies - equity, respect, comfort, and safety.

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

My biggest strength is my dedication to upholding values that will benefit not only current owners but also future owners and potentially have a positive ripple effect to the larger community (and again, world). I am optimistic that every small positive change does make a difference. I recognize that the choices we make today can have a deep impact on tomorrow.

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

Presently I see the Co-op as a model business (being a ground-up, local organization) and a model employer that strives to treat all people with equal respect. I feel that those values will endure into the future. I think the Co-op will continue stay at the forefront of equity and good food for all people with a local focus but a world view.



**CHARLES BLAKSMITH**

I practiced pharmacy for 45 years and have retail experience. I am a co-op member and have enjoyed the experience. I would like to help promote co-op programs and experiences beyond day to day shopping and work with others to keep the co-op a great community.

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

I've had many years of experience as a retail pharmacist. That required marketing pharmacy services and confidential patient interactions. I dealt with numerous personnel issues and numerous patient interactions that were difficult. Listening is important.

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

I would like to see the co-op provide baking classes at the bakery and promote a fun atmosphere. I'd like the community see the co-op as an essential and important part of the community. I would hope the co-op might expand its services. This might require expansion beyond the current physical plant.

**Vote Online**  
*February 2<sup>nd</sup> – February 23<sup>rd</sup>*  
at  
**[www.marquettefood.coop](http://www.marquettefood.coop)**

one voter per household

View the full candidate profiles online at  
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### **NATHAN FRISCHKORN**

I first moved up to Marquette in 2007 to attend Northern, and fell in love with the place. Although I've spent a few years in other places since then, Marquette has always been the place that felt like home. I graduated from Northern with a degree in Environmental Studies and Sustainability, and local, sustainable food has always been important to me. I am currently an attorney, and was fortunate to find a job that allowed me to move back here after graduating from law school. I want to serve on the Board of Directors because I strongly believe in the mission of the Marquette Food Co-op and because I want to use my talents to help and serve my community in any way that I can.

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

I feel that my legal experience and knowledge would be an asset to the board. As an attorney, I have strengths in reading laws and regulations, drafting documents, and helping to guide compliance with laws and regulations. I wish to use these specialized skills to serve my community, and I feel that I would be able to do that if I were elected to the board.

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

Today and five years from now, I see the Co-op serving a vital role in providing local, healthy, and sustainable food to Marquette and the surrounding community. I also see Marquette playing a role in providing services to the community, from its cooking classes to charitable donations like the recent drive for United Way. I think within the next five years, the Co-op can expand on this role, becoming even more central in supporting the broader community through services and charity.



### **RICK KOCHIS** Incumbent

I am a hospital social worker at UPHS - Marquette. I have been a member of this co-op for over 20 years, and have been on the board for the last almost six years, serving as Treasurer for the past 3 years. With the support of other owners, I hope to continue to serve on the board for another term. I see the co-op as an invaluable part of our community. The cooperative model, I believe, is democracy at its best. I love that we are business that is owned by its members, and our chief goal is to serve the needs of our members. As a member of the Finance Committee, I have been most interested in working to ensure that co-op is financially stable. During times of uncertainty and social distress (such during the current pandemic), it is my belief that the co-op's financial stability is critical, as we move into the future. It is truly wonderful to being able to work with a team of board members who want nothing more than to provide its members with high quality food, while providing a place where members feel welcome. Shopping at the co-op is like going home again.

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

I think that I am good at reading spreadsheets and financial statements. Also, I have a lot of personnel management experiences in previous jobs, such as Director of Early Childhood Education at Community Action, and Regional Director for Lutheran Social Services.

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

I think that through its networking, the Co-op can help with food security. The Co-op management knows how to access different sources to help ensure a steady supply of food for our members. In the next few years, I believe that cooperative model is one that other businesses could imitate to help in their success. When profits and benefits flow to the member/owners, there is more "buy-in" to help ensure business success and strength.





### SALLY McQUEEN

I am a true yoooper born and raised have been an owner of this co-op years before moving and settling down in a new home here. Have been a supervisor and mentor to afternoon and night shift staff at several local medical facilities. I understand about privacy and am able to keep issued quiet when needed.

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

Organization. Motivation. Confidentiality. Understanding. Trainable. Encouraging.

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

Growth, Community engagement, Outreach educational opportunities



### TAMARA NIEMI

Monday, November 15th 2021/ Hello Marquette Co-Op Member Voters: My name is Tamara Lee Niemi, & I am a Co-op Member, returning recently. It would benefit Me to serve on the Board of Directors to gain experience & I would enjoy making friends with you. I started Artists of Aquarius Foundation in 218, to Create an Artists' Residence in Michigan's UP. Other BOD experience includes serving on the PAAC/Vista Theater BOD in 1995, which I enjoyed. I am a health nut, as a Vegetarian & I workout regularly. I own property in Negaunee & Ishpeming, & Twin Peaks, California. I am an NMU Graduate with Associate Degree in Business of 1985; I was an Anchor/Producer on NMU's Public Eye News on WNMU TV 13 in 1994-95, 3 semesters. In 2013-2015, I attended NMU School of Art & Design focusing on Painting & Photography. I am an Artist & Photographer & my website is AquariusArtVentures.net, with BIO page. I graduated from Negaunee High School in 1983, & attended Barbizon Modeling School in New York in 1985. I am the Parent of Zachary BL Niemi, a MTU graduate & Husband & Father of 3. If elected, I would do my Best to Represent the Interests of the CO-OP, & Member-Owners & would bring my gifts of Creativity, Integrity, Environmental Activism, & Positive Entrepreneurial Thinking to the work. Thank you for this Opportunity! Best, TamaraLeeNiemi.

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

November 15th 2021/ To the Marquette Food Co op Member Voters & BOD: I am a quality, well educated, & ambitious, conscientious, talented person, parent, entrepreneur & Citizen of the United States & Michigan. I am an environmental activist & I post regularly on Facebook & Twitter; which I take seriously. Ive got excellent Communications skills & get along well with others. Best, TamaraLeeNiemi, Candidate.

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

November 15th 2021/ To: Marquette Food Coop Member Voters & BOD: I believe the Co op could take an active role in the community by doing such things as: Hosting Events to Increase Awareness of the Co Op; as well as Hosting Member Parties to assist members in making friendships with like minded members. The Co op could get involved in environmental issues, speak out in the newspaper, & news, & teach a regular weekly Friday Night Class, on interesting subjects. Best, TamaraLeeNiemi, Candidate.

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## TOM RULSEH

As an athlete and former coach I regard high quality food as vital fuel for peak performance. The Coop was big factor in selecting Marquette as our home community two years ago. In addition to a great selection of organically grown foods we can also find many locally produced items. Over the years I have had the opportunity to serve on a variety of non-profit and for profit boards. My term on a bank board was both interesting and enlightening. Most rewarding was my work on the school board where we successfully nurtured a strong relationship

encompassing staff, administration, students and community. Our common focus was on doing what is best for students - just as the Coop does for its customers. I welcome the opportunity to assist in guiding that effort.

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

Best results are achieved with collective effort. In all of my work as a board member I strive to be inclusive by listening to others while providing creative suggestions and assertively pursuing constructive outcomes. Patience, persistence, politeness, dependability and commitment are qualities that have served me well. Oops... I guess I should add humility and a sense of humor to that list. Seriously!

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

As we all must strive toward a more sustainable existence the Coop plays an important role locally through the purchases it makes, the people it employs and the customers it serves while also providing help to others in our community. That role will continue to expand through the currently developing plans for expansion with the bakery and additional marketplace.



## DAKOTA SHE'HAMAN

I am 57 years old, the mother of 3 young adults, a writer, a meditator and a certified nutritional therapist. Health has been the focus of every aspect of my life. In my early years, I earned a B.A. in Holistic Health and Therapies. Every aspect of my parenting and community service has been tailored to the health of my children, our community and our world. I have practiced wildcrafting, organic gardening/livestock raising, healthy shopping and food preparation and other forms of personal, environmental activism throughout my life. After becoming a nutritional therapist in 2017, many of my clients wanted me to sell them the metabolism-transforming food products I had developed (and had previously just handed out the recipes for), so I built a licensed commercial kitchen in my basement and started marketing/production under the name Health Happy Planet. While showing great potential, this venture was short-lived, due to the restrictions Covid protocols placed on my marketing capacity. For the last year I have (persistently and without pay) been developing services to provide holistic healing to Marquette and the UP, by founding the UP Unity Project. It is the mission of the UP Unity Project to provide multi-faceted, foundational healing to those stress-challenged in the UP, through community and nature-based care. As the project's first outreach, I have been teaching (and continue to teach) free

meditation classes several times a week. I would like to serve on the Co-op's board for two main reasons: 1) I highly value the synergy of health-minded individuals coming together for the greater good. The Co-op has established itself in Marquette to serve this function and through the hard and unified work of many, has succeeded well at it. In my efforts toward development of the UP Unity Project it is clear that we need to START WHERE WE ARE, and I consider MFC to be on the leading edge of "where we are", socially and culturally. 2) I have a strong and clear sense of long-term vision, and the education, experience and energy to implement these ideas.

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

I am calm, balanced, compassionate, inspired, respectful, mindful, educated, experienced, honest, fun, (funny), and work/play well with others. I also have the time and devotion to commit this.

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

I see that the Coop has built a solid foundation of community trust and functionality. It has provided opportunities for classes and community involvement. It carries products from local farmers/producers, and values 'local', which is VERY important. What I would like to see over the next five years is more of that. More community outreach, in the forms of donation, service and education. I would like to have the Co-op offer more member events to strengthen the vision and involvement of the member community, and build a sense of individual satisfaction through this greater team effort. I would also like to see the Co-op really spearhead local food security by building awareness of our current precarious position and by supporting individuals /programs/organizations who can bring us further toward sustainability.

Marquette Food Co-op

# GAME DAY SALE

*February 9 – 15*





# GAME DAY RECIPES

## CREAMY BACON CHEESE DIP

Recipe by Eli Hopp

- **6 oz cream cheese, softened to room temperature**
- **¾ C sour cream**
- **½ C mayonnaise**
- **½ t dried mustard powder**
- **½ t kosher salt**
- **½ t garlic powder**
- **½ t black pepper**
- **10 slices bacon, cooked and crumbled**
- **2 C shredded cheddar cheese**
- **2-3 T fresh parsley, minced**
- **6 green onions, sliced**

Add all ingredients to a large mixing bowl, and use a rubber spatula to stir to combine well.

Cover and refrigerate several hours before serving (for best results).

### Notes

*Add 1 packet of ranch seasoning to add a ranch spin on the dip.*



## PORK SLIDERS

Recipe by Pamela Valdez

- **Pork tenderloin**
- **Yellow onion, quarter inch slices**
- **Smoked Provolone cheese**
- **2 T Extra Virgin Olive Oil**
- **Seasonings: garlic powder, salt & pepper**
- **Marquette Baking Co. buns**
- **Jam of choice**

*(Try Brownwood Farms Maple Bacon Onion Spread)*

Preheat oven to 350.

Season pork generously with favorite spices – I used garlic powder, salt and pepper on each side.

Prepare casserole dish with Extra Virgin Olive Oil. Place sliced onion in bottom of pan, with loin on top.

Cover with foil and tightly seal to keep the moisture in/prevent it from drying out.

Bake for 30 minutes and then remove foil. Slather jam on meat (I used maple bacon jam) and baste with pan drippings. Roast for an additional 10-15 minutes.

Remove from oven and let cool. Shred pork, along with onions, in the drippings to rehydrate the meat.

Slice and toast buns with butter.

Assembly sandwiches: top buns with meat and onions, sliced cheese, and more jam. Toast for a few more minutes if desired to melt the cheese.



## BUFFALO CHICKEN DIP

Recipe by Kelsie Dewar

- **1 whole rotisserie chicken, shredded**
- **1 8 oz package cream cheese**
- **½ C to ¾ C cayenne pepper hot sauce**  
*(We recommend Louisiana Pure Crystal)*
- **1 C sharp cheddar cheese**  
*(½ C in recipe / ½ C for topping)*
- **½ C plain Greek yogurt**
- **Green onions, ½ - 1 bunch, chopped + some for topping**
- **1 t garlic powder**
- **½ t onion powder**
- **Blue cheese**

Preheat oven to 400F. and grease an 8x8 baking dish.

Shred chicken with fork (or use electric mixer/ beater). Add in softened cream cheese, hot sauce of choice, ½ C cheddar, Greek yogurt, and spices. Stir until well combined. Gently stir in green onions.

Place mixture into 8x8 baking dish. Top with cheddar cheese and bake for about 20 minutes, until heated thoroughly and bubbling on edges.

Top with additional green onions and blue cheese crumbles.

Serve with tortilla chips and/or veggies (celery, carrots & cucumbers).



Rainforest Alliance Certified

# ROSES

SINGLE STEM ROSES

**\$1.99**/each

DOZEN ASSORTED  
ROSE BOUQUETS

**\$29.99**

DOZEN ALL-RED  
ROSE BOUQUETS

**\$19.99**

Roses are expected to arrive  
Friday, February 11.

Assorted flower bouquets are  
available now for \$16.99.

## VALENTINE'S DAY ONLINE GIVEAWAY



February 9 – 11

Follow our Instagram page between February 9 – 11 for a chance to win a \$50 MFC gift card. Look for the 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!

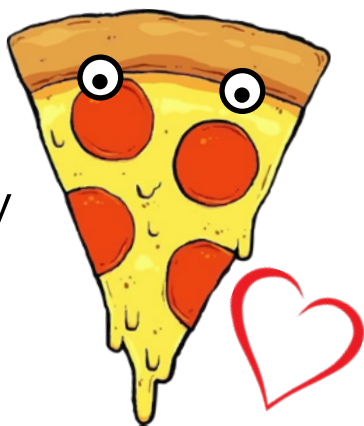
You whisk  
me off  
my feet!



You are tea-riffic!



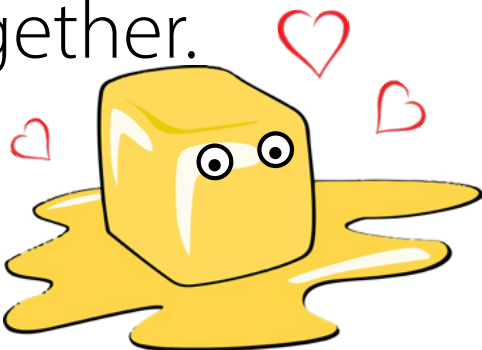
You've  
stolen a  
pizza my  
heart.



You are  
o-fish-ally  
my  
favorite  
person.



We're butter  
together.



You're my  
everything bagel.



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# FRENCH CHOCOLATE CAKE

GÂTEAU  
AU CHOCOLAT

Serves 10-12

*This is typical of a French homemade cake – dense, dark, and delicious. The texture is very different from a sponge cake and is excellent served with cream or fruit coulis.*

- **¾ C superfine sugar, plus some for sprinkling**
- **10 oz semisweet chocolate, chopped**
- **¾ C unsalted butter, cut into pieces**
- **2 t vanilla extract**
- **5 eggs, separated**
- **¼ C flour, sifted**
- **Pinch of salt**
- **Confectioner's sugar, for dusting**

Preheat the oven to 325F. Generously butter a 9 ½ inch springform pan, then sprinkle pan with a little sugar and tap out the excess.

Set aside 3 tablespoons of the sugar. Place the chocolate, butter and remaining sugar in a heavy saucepan and cook over low heat until the chocolate and butter have melted and the sugar has dissolved. Remove the pan from the heat, stir in the vanilla extract and let the mixture cool slightly.

Beat the egg yolks into the chocolate mixture, beating each in well, then stir in the flour.

In a clean grease free bowl, using an electric mixer, beat the egg whites slowly until they frothy. Increase the speed, add the salt and

continue beating until soft peaks form. Sprinkle over the reserved sugar and beat until the whites are stiff and glossy. Beat one-third of the whites into the chocolate mixture, then fold in the remaining whites.

Carefully pour the mixture into the pan and tap the pan gently to release any air bubbles.

Bake the cake for 35-45 minutes until well risen and the top springs back when touched lightly with fingertip. (If the cake appears to rise unevenly, rotate after 20-25 minutes.) Transfer the cake to a wire rack, remove the sides of the pan and let cool completely. Remove the pan base. Dust the cake with confectioner's sugar and transfer to a serving plate.

## RASPBERRY COULIS

Makes 1 ½ cups | Recipe from [genius kitchen.com](http://geniuskitchen.com)

- **½ C sugar**
- **3 T water**
- **1 lb fresh raspberries or 1 (12 ounce) bag frozen raspberries, thawed**
- **1 t kirsch (optional) or 1 t framboise eau-de-vie (optional)**

Heat the sugar and water in a small saucepan over medium heat, stirring from time to time, until the sugar dissolves completely, about 5 minutes.

Put the raspberries and the sugar syrup in a blender and puree.

Strain through a fine mesh sieve to remove the seeds and stir in the kirsch or framboise, if using.

The sauce keeps well, tightly covered, in the refrigerator for 4-5 days and freezes perfectly for several months.





# BLACK HISTORY MONTH

February is Black History Month. At the Co-op, we'll be featuring and celebrating several Black-owned businesses. Products from these companies will be on sale throughout the month, and we'll also have two raffles to enter in-store February 2-8.



## Trade Street Jam Co.

**ON SALE February 2 – 8**

Trade Street Jam Co. is a woman & Black-owned business founded by Ashley Rouse, a trained chef who "loves to experiment with flavors and create the unexpected." Based in Brooklyn, New York, Trade St. procures high-quality ingredients through local vendors and farmers. All jams are made by hand in small batches, with minimal added sugar and no pectic or preservatives. The Co-op carries Trade Street Jam Co. in the following flavors: Sour Cherry Ginger, Smoked Yellow Peach, Blackberry Mulled Merlot, and Plum & Rose. Eat them with a spoon or enjoy in your favorite recipes! Learn more at [tradestjamco.com](http://tradestjamco.com)



## Me & The Bees Lemonade

**ON SALE February 16 – 22**

With a fascination for bees that began after being stung, paired with encouragement from family to participate in children's business competitions and a special family recipe, Mikaila started Me & The Bees Lemonade. By adding honey from bees, in addition to organic sugar and monkfruit, to her Great Granny Helen's recipe for flaxseed lemonade, CEO & Founder Mikaila created a delicious product that gives back. For every bottle sold, Mikaila donates a percentage of the profits to local and international organizations working to save the honeybees. Wanting to do even more, Mikaila and her family created the nonprofit Healthy Hive Foundation to save bees through education, research, and protection, and also to inspire people to solve big issues through social entrepreneurship. The Co-op currently stocks 5 flavors of Me & the Bees Lemonade – Classic, Iced Tea, Ginger, Prickly Pear, and Mint. Learn more at [meandthebees.com](http://meandthebees.com) and [healthyhivefoundation.org](http://healthyhivefoundation.org)



## Pipcorn

**ON SALE February 9 – 15**

Pipcorn was founded in 2012 when Jeff Martin and his sister Jen popped up a batch of heirloom popcorn that Jen found at the health food store she was working at. According to their website, it was the "most delicious popcorn they'd ever had." The siblings enjoyed it so much that they tracked down the Indiana farmer who grew his family's heirloom seed stock and started Pipsnacks with Jeff's wife, Teresa. Pipcorn is a women-owned, minority-owned family business that uses heirloom seeds for better taste, superior nutrition and environmental sustainability. In addition to popcorn, Pipsnacks also makes cheese balls, crunches, corn dippers, and snack crackers. The Co-op carries Pipcorn's Cheddar Cheese Balls and Jalapeno Cheddar Cheese Balls. Learn more at [pipsnacks.com](http://pipsnacks.com)



## Honey Pot Co.

**ON SALE February 23 – March 1**

After suffering from a bacterial infection for months without relief (and a dream visit from an ancestor), Honey Pot Co. founder Bea Dixon finally found her answer – she'd heal herself by creating a feminine care brand using the power of herbs. Honey Pot products are made with ingredients from the earth, meaning no toxins, artificial fragrance, or anything synthetic. They're clinically tested, gynecologist approved, and also recyclable and cruelty-free. Honey Pot also gives back – two percent of sales annually is donated to charitable organizations that provide access, connect, kindness, and education to women across the globe. The Co-op carries a wide array of menstrual and feminine care products, which can be found in the Wellness Department. Learn more at [thehoneypot.com](http://thehoneypot.com)

# TRADE STREET JAM CO. RECIPES

## BLACKBERRY MERLOT YOGURT POPS

- ¾ C Greek yogurt
- 3 T Trade Street Blackberry Merlot Jam
- 1 ½ T maple syrup

**OPTIONAL:** Fresh or frozen chopped fruit. For this recipe we used two frozen peach slices chopped up. Could also do fresh blackberries

Mix all ingredients together.

Pour into molds and place in the freezer until set.



## PLUM + ROSE JAM SMOOTHIE

Serves 2

- 2 big leaves of kale
- 2 C frozen strawberries
- 1 banana
- 1/3 C yogurt
- 3 T Plum + Rose Trade St. Jam
- Water, alternative milk or milk to taste/consistency desired

Place all ingredients in a blender and puree. Serve.

## PLUM + ROSE SPICY BRUSSELS SPROUTS

Recipe adapted from tradestreetjamco.com | Serves 2-4 depending on other food served

For a healthier method you could roast or sauté the Brussels Sprouts, but the deep frying is pretty delicious for a special occasion. A candy thermometer set up in a Dutch oven or deep pot will work in lieu of a deep fryer.

- 1lb Brussels Sprouts, halved
- Neutral, high heat oil – enough to fill the bottom of a Dutch oven or small pot 2-3" high
- 2 T white sesame seeds, toasted
- ½ T Gochugaru (Korean chili flakes, available at the MFC spice section)
- 1 garlic clove, minced
- 2 ½ T fresh lemon juice
- 2 ½ T white wine vinegar
- 1 T maple syrup
- 2 T Plum + Rose Trade St. jam
- 2 T olive oil
- 1 T kosher salt

Begin heating your oil for deep frying. The optimal temperature is 350 degrees F but the Brussels Sprouts will bring the temperature down tremendously. We suggest bringing the oil to at least 375 before adding your vegetables. While you wait, set up a draining station near the fry oil. A cookie sheet with a cooling rack inside works well, or you can drain on paper towels.

Once your oil comes to temp, carefully add a spoon or spiderful of brussels sprouts then step back. The water of the vegetables will make the oil spatter a bit. You can add a second batch to your pot as long as the Brussels Sprouts are in a single layer in the pot. Cook, gently turning with your spoon until they are golden brown with a few dark brown edges. Scoop out and drain.

While your oil is heating, and you are cooking the sprouts whisk the remaining ingredients together in a medium bowl.

Once your Brussels Sprouts are cooked, place in a bowl and drizzle sauce over to taste. You can use all the sauce or save some to use for other roasted or sautéed veggies.





# PULLED CHICKEN SANDWICH WITH SMOKED YELLOW PEACH JAM

Recipe by Kaleb Martin | 6 servings

Preheat oven to 300°F.

## STEP 1 : THE SLAW

- 1/3 C apple cider vinegar
- 2 ½ T brown sugar
- 3 t Dijon mustard
- ¼ t celery seed
- 1 ½ T safflower oil
- 2 C red cabbage, shredded
- 2 C green cabbage, shredded
- ½ large carrot, thinly sliced
- ½ small red onion, thinly sliced
- ½ jalapeno, seeds removed, diced
- Salt and pepper to taste
- ½ T hot sauce  
(I recommend Ray's Polish Fire)
- 3 T mayonnaise

Roast the celery seeds in a dry pan over medium-high heat until seeds are visibly toasted to a darker golden color.

Heat & whisk apple cider vinegar, brown sugar, mustard, celery seed, and Ray's Polish Fire together in a small saucepan over medium-low heat until sugar dissolves, take off heat and add the safflower oil, whisk together until uniform. Set aside to cool.

Add shredded/sliced vegetables into large mixing bowl. Add the mayonnaise and toss/mix until well combined. Incorporate the sauce into the veggie and mayo mixture and set the bowl in the fridge to cool until it's ready to assemble the sandwiches.

## STEP 1 : THE CHICKEN

- 2-3 lbs. of chicken breast
- 1 C of chicken broth or stock
- Salt and pepper to taste
- 1 T bacon grease, or lard
- ½ C to 1 C barbecue sauce

Heat grease in a skillet on medium-high heat until just starting to smoke. Place chicken breasts smooth side down first in the skillet until seared to a gold-brown crisp. Toss some salt & pepper on the raw side while the other side is cooking, again, to taste. Try not to move the chicken as much as you can to allow for a nice sear. Once the smooth side is seared appropriately, flip the chicken breasts to start searing the other side.

After a nice sear has formed, stick a meat thermometer in the largest chicken breast, pour the chicken broth in, and cook the chicken, covered with a lid, until the internal temperature reaches 165° F. Keep the stove at a medium/medium-high heat. Usually this will take 8-12 minutes, depending on the size of the chicken breast.

Once chicken has reached the appropriate temperature, remove the thermometer, then place the chicken in a large bowl. Use either two forks or an electric hand mixer to shred the chicken. Pour a little of the broth from earlier into the chicken and mix if you want more moisture in the chicken.

Drain the remaining chicken stock from the skillet, return empty skillet back to stove top over low heat. Add the shredded chicken back to the skillet, then add the barbecue sauce in increments until a thin layer of sauce has adhered to the chicken. Remember, we still have the peach jam to add, so don't go overboard with the barbecue sauce as you would with usual pulled chicken sandwiches.

Keep skillet over low heat to keep chicken warm after barbecue sauce is combined with the chicken breast.

The next two steps are to be done simultaneously.

## STEP 3 : THE BACON

- ½ lb thick cut bacon
- Pepper
- ¼ t garlic powder

Heat bacon in a dry skillet or pan over medium heat. Add pepper to taste and garlic powder to both sides of the bacon. Cook to preference and place on paper towel lined plate to absorb excess grease.

## STEP 4 : THE BUNS

- 6 Brioche buns
- Butter

Line a baking sheet with butter, place buns face down on sheet.

While cooking bacon, toast buns in oven at 300°F until toasted, usually no more than 5-10 minutes. Remove buns once they're toasted enough.

## STEP 5 : ASSEMBLY

Place slaw on the bottom bun, then shredded chicken, followed by a large dollop of **Trade Street Jam Co. Smoked Yellow Peach Jam**, let it pour over the pile of chicken breast in your sandwich. Then, add the bacon on top of the chicken, followed by a slice of Gouda cheese. Try to make this part quick while all the food components are hot so the cheese will melt. You can even place the Gouda on the bacon while it's cooking in the pan to get it to melt beforehand. You can also put the assembled sandwiches in the oven while it's still hot just for a few minutes to melt the cheese.





# Social Justice For Us

Social Justice For Us is a non-profit organization with a mission to uplift the voices of marginalized people in Marquette. SJFU focuses on both local and global issues, including facilitating inclusivity in Marquette and supporting Black Lives Matter.



Photos courtesy of SJFU

*Social Justice for Us is hosting*

Marquette's 3<sup>rd</sup> annual

## Juneteenth: A Cultural Celebration!

**June 19** • Lower Mattson Harbor Park

From SJFU:

Originally, June 19, 1865 was the day that all enslaved Americans were freed from captivity; after being liberated, they celebrated in the street, sharing food, culture, and stories that they otherwise could not do before. This celebration still happens over 150 years later. SJFU continues this tradition and brings new life to its purpose in our community.

SJFU's focus and reasoning on promoting Juneteenth is to allow our community a chance to see, hear and experience Black culture authentically.

The event will feature performance acts, spoken word, music, and education.

[CLICK HERE TO VOLUNTEER](#)

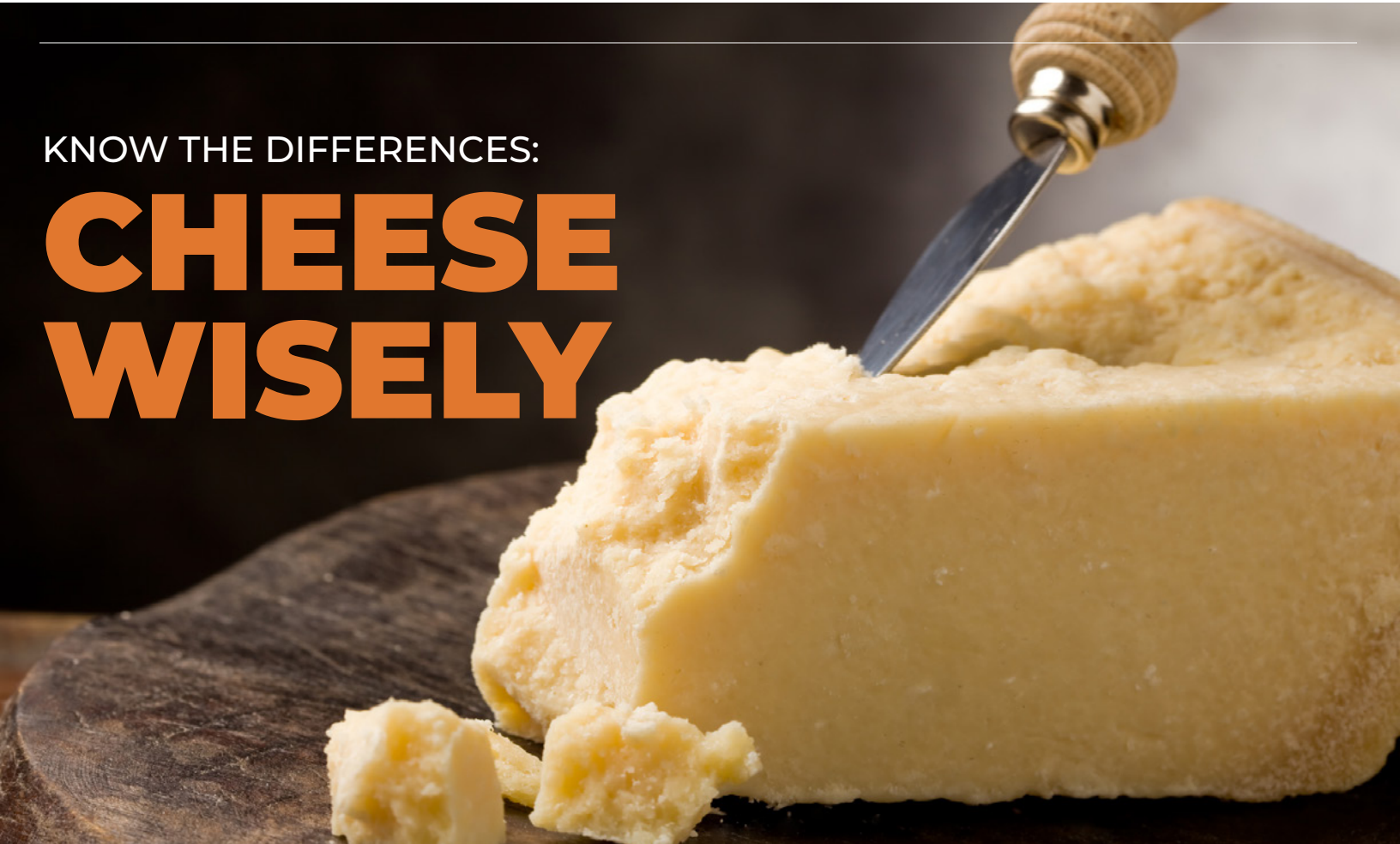
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LEARN MORE AT [SOCIALJUSTICEFORUS.ORG](https://socialjusticeforus.org)



KNOW THE DIFFERENCES:

# CHEESE WISELY



## PARMIGIANO-REGGIANO

vs

## WISCONSIN PARMESAN

Lovingly called the “King of Cheese,” true Parmigiano-Reggiano is made only in northern Italy’s Emilia-Romagna. Made with fresh cow’s milk and aged for a minimum of 12 months, it’s known for its rich, salty and nutty flavor and crunchy, granular texture. It’s history dates back 1,000 years, with the original production attributed to Benedictine and Cistercian monks.

Parmigiano-Reggiano is known for its consistency, as it can only contain milk that is pure and unadulterated from cows that feed exclusively on locally grown forage, plus salt and rennet. Every single wheel produced must pass inspection by a certified expert for quality.

The Italian name Parmigiano-Reggiano is protected under U.S. Trademark Law, so finding a wedge labeled as such here marks its authenticity. At a higher price point of \$18.99/lb at the Co-op, this real deal Parm is best in dishes where it has the capacity to take center stage. We recommend enjoying it shaved on a salad, in an authentic Italian pasta dish, or featured on a cheese board. The Co-op also has rinds or “soup bones” available for purchase, which are perfect for enhancing the flavor of sauces or broth.

An excellent, budget-friendly substitute for Parmigiano-Reggiano is Wisconsin Parmesan by Grande Cheese, available at the Co-op for \$8.99/lb. It’s made using pasteurized milk, cheese culture, salt, and enzymes, and is aged a minimum of 10 months. It does not contain any additives, fillers, preservatives, or GMOs and is made using milk free of rBST/rBGH. Wisconsin features some of the best cheese made in America when it comes to quality (and quantity), with cheesemakers embracing tradition and consistently producing good product.

Both names, Parmigiano-Reggiano and the shortened Parmesan are regulated by law in Italy and throughout Europe, but only the Italian name is protected in the U.S. While still delicious, most Parmesans you find in America do not follow as strict of production guidelines or are not aged as long as their authentic inspiration.

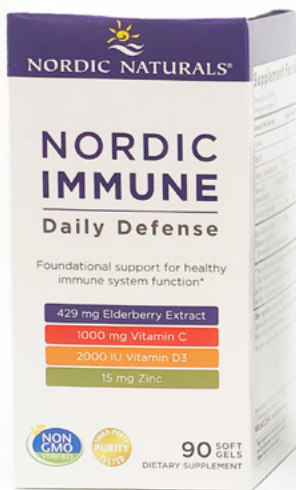
Wisconsin Parmesan is an extremely versatile cheese with a long shelf life, making it perfect for everyday use and a staple in fridges everywhere. We recommend using Wisco Parm as a garnish on weeknight pastas, grated on pizza.



# BOOST YOUR IMMUNITY!

SHOP THE MFC WELLNESS DEPARTMENT, YOUR TRUSTED LOCAL SOURCE FOR HIGH-QUALITY VITAMINS & SUPPLEMENTS FROM REPUTABLE COMPANIES.

Questions?  
ASK OUR  
KNOWLEDGEABLE  
STAFF!



Nordic Naturals  
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Gaia  
**Everyday  
Elderberry  
Gummies**



Solaray  
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Emerald Labs  
**Quercetin  
Phytosome**



Marquette  
Food Co-op  
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Quantum  
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FOR GREAT DEALS THROUGHOUT THE STORE, VISIT [MARQUETTEFOOD.COOP/SALES-SPECIALS](https://marquettefood.coop/sales-specials)

**Board of Directors Election**  
February 2 – 25  
[Vote Now](#)

**Game Day Sale**  
February 9 – 15

**MFC Board Meeting**  
February 15  
6-8pm  
Location TBD

SAVE THE DATE **2022**

# ANNUAL MEETING

OF OWNERS

AT **NMU** | **MARCH 11**  
6:30PM – 8PM

**BLACK HISTORY MONTH**  
BLACK OWNED BUSINESS  
Product Giveaways

**FEB. 2 – 8 ENTER TO WIN!**

## THE FRESH FEED

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

### Content & Editing

Kelsie Dewar

[kdewar@marquettefood.coop](mailto:kdewar@marquettefood.coop)

### Design & Layout

Chad McKinney

[cmckinney@marquettefood.coop](mailto:cmckinney@marquettefood.coop)

### Board of Directors

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Brian Bouton  
Zosia Eppensteiner  
Kevin Pierfelice

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.



502 W. Washington St.  
Marquette, MI 49855

In-store Hours **8am - 9pm**  
Grocery Pickup **10am - 7pm**

[www.marquettefood.coop](http://www.marquettefood.coop)  
Marquette, MI 49855

