



FRESH FEED

The Marquette Food Co-op Newsletter

February 2023



BAKERY CHANGES



Matt Gougeon
General Manager

Recently, I wrote an announcement about some changes we're making to the Marquette Baking Company. I want to fill in a few more details here. In case you missed the original announcement, here it is again:

On Monday, February 6th, we will close the retail space at the Marquette Baking Company (MBC). This does not mean that we are closing the bakery, only the retail storefront at the Children's Museum building. We will continue bakery operations there, but only sell baked goods through our store- and eventually to future wholesale accounts.

Customer count at the bakery has not met our projections and does not warrant the costs associated with running the bakery storefront. On the other hand, sales of bakery goods through our store have far exceeded our expectations. Our staff at the bakery make an excellent consistent product that our owners and customers love. They have done so while also challenged by staffing issues and near constant training. As such, maintaining the retail space at the bakery is an additional drain on bakery staff and unproductive.

As most purchases of MBC products happen at the store where customers are also shopping for groceries, we will in time, move equipment from the bakery space to the store. No retail equipment or fixtures will go to waste as it can be easily absorbed into the Co-op. Doing this will make room at the bakery to install new equipment and resources to increase production capacity for the store and the potential wholesale market. In the near term, while bakery operations are in transition, MBC product selection will be reduced to top selling items until production can increase and additional bakery retail space is created in our store.

We remain committed to the Marquette Baking Company and our intrepid staff of bakers. We will steadily transition the bakery toward increased productivity and continue to serve our community with great bread! We're happy to answer any questions you may have about the bakery.

I want to reiterate that we remain committed to the Marquette Baking Company. However, how we expected the bakery business to play out is different than how it is. To be sure, we are selling a lot of bread—but mostly through the store. Our assumption that there would be plenty of foot traffic to the bakery was off the mark because so many of us are saving the trip by picking up MBC bread at the store with the rest of our groceries. On average, the bakery itself serves fewer than 50 customers per day. The Co-op serves a thousand people per day! Therein explains it all. But on top of this, we continue to have some staffing issues. It's a bit of a cycle of being spread thin trying to service both retail spaces, which compounded by too few customers at the bakery, makes the path forward clear.

As with any change, it will take a little time to fully transition. This means there will be an interruption in the production of some specialty items that could only be purchased at the bakery. In time, these items may come back, but our first order of business is to give our bakers the best shot at productivity. This means that changes will occur at the bakery before we see additional bakery retail space at the store.

We appreciate your patience with us as well as your desire for MBC breads! All good things take some time and sound planning. Together we'll grow the Marquette Baking Company to its right size and stature in the community.

Feel good. Shop the Co-op.



Board of Directors Candidates

2023



MICHAEL DEWAR

Born and raised in the UP, I have grown up with both the familiarity of the local farm system and a hunger for new things beyond our horizon. Born in Escanaba, I left the UP for Kalamazoo during my undergrad days at Western Michigan University. After receiving my degree in Finance, I went on to work for Dark Horse Brewing company in Marshall, Michigan. During my tenure at Dark Horse, I got to build on my love for food by hosting beer dinners and pairings across the Midwest.

I eventually went back to school in Champaign, Illinois where I got my master's degree in accounting from the University of Illinois. This ultimately led me to Chicago working for a large accounting firm. It was during this time that I spent every hour outside of work exploring the tastes of the city. From restaurants to farmers markets, to fish mongers, this time really helped develop my deep interest in all things food (and the stories associated with the people behind the food). While in Chicago, my wife Kelsie (also a UP native) and I felt the pull to come back to the UP. We chose to make Marquette our home, largely in part to the fact that we knew the Co-op would provide us with the community of like-minded people whose stories we could learn and share through food.

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

I feel that my background in accounting and finance would be asset to the board.

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

I see the Co-op as an integral part of our community, both now and heading into the future. It is our responsibility as consumers to become more knowledgeable and informed in our food choices and the Co-op is an invaluable resource for this process.



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.

Board of Directors Candidates

2023



EMMANUEL SALLY

Love, balance, and authenticity has brought this Chicago native to Marquette. My purpose in life is to be purposeful to myself and to others with the focus on leaving every environment better than how I found it. Being that it may be as large as changing policies that affect thousands to just a warm smile to a friend yet discovered. I have found myself in a beautiful city with the perfect mix of nature and urban luxuries and I am determined to explore all options that will allow me to share my knowledge, understanding, and education.

I have been a Personal Trainer for the last 15 years. I have worked with all types of clients, ranging from children learning to swim, advanced athletes, working professionals, and older adults performing cardiac rehabilitation. I love people, along with the wide variety of diversity and abilities. I started my Fitness career at Robert Morris University in Chicago by obtaining my Bachelors in Applied Health Sciences. I have obtained several advanced certifications and diplomas since.

From my first visit to Marquette until yesterday I have always been directed by others to the Co-op due to my eating preferences. I enjoy eating foods that are vegan with high levels of alkalinity. I would like to be part of a community that shares the same sense of hospitality to others.

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

I am outgoing, extremely optimistic person (Hence me submitting this application). I have talent of catching the attention of a room and keeping everyone engaged with the feeling of being welcomed and included.

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

I would like to welcome new residents of Marquette to the Co-op, improving the business community on the utilization of the produce, and products that are carried in the store. The next five years I would like to look at this application and be happy that I have submitted and say, that was the beginning.

VOTE ONLINE

February 1st – February 22nd

— at —

www.marquettefood.coop

one voter per household



GAMEDAY Grub

QUICK & EASY FOOTBALL FIXIN'S FOR THE BIG GAME



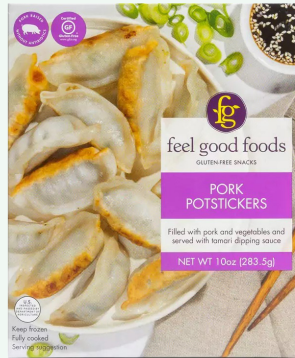
Against The Grain
Gluten-Free Frozen Pizza
Pepperoni



Cucina Amore
Artichoke Bruschetta



Crazy Fresh
*Organic Carrot
and Celery Sticks*



Feel Good Foods
Pork Potstickers



Deep Indian Kitchen
*Spinach and Paneer
Samosas*



Ithaca Hummus
Everyone Bagel

BEER CHEESE DIP

Recipe by Amanda Latvala

A game day classic recipe. 51K IPA works great in this recipe. This dip can be made gluten free and/or non nonalcoholic. You could use a gluten free beer or a NA beer. If you are making a gluten free version make sure to use gluten free pretzels for dipping!

- 2 packages (8 oz each) cream cheese, softened
- ¼ C sour cream
- ⅓ C beer or nonalcoholic beer
- 1 envelope ranch dip mix, Simply Organic brand works well
- 2 C shredded cheddar cheese
- pretzels, carrot sticks, and/or celery sticks for dipping

In a large bowl, beat the cream cheese, beer and dressing mix until smooth. Stir in cheddar cheese. Serve with pretzels.



Winter WARM UP

Beverages to warm up with after a long day of playing in the snow, or to cozy up on the couch with, avoiding the elements.



BEET LATTE

Serves 2

For an earthier, more intense beet flavor, you can also make this drink with a small beet that has been roasted or boiled then peeled. Simply puree the beet with your choice of milk before heating with other ingredients. Using beet powder makes for a smoother, sweeter drink. Beets and beet root powder have betalains, an antioxidant known for its anti-inflammatory properties. This drink is so good, the health benefits are a bonus!

- 1 T beet powder (available in bulk herb and spice section)
- 2 t maple syrup
- 2 C coconut milk
- 4 very thin slices of fresh ginger, about ½ inch wide and 1 inch long
- 1 green cardamom pod
- ½ t ground cinnamon
- ½ t vanilla extract

Place beet root powder, maple syrup, and ½ cup of the milk in a saucepan. Heat gently, whisking vigorously until the beet powder is completely dissolved. Add your spices and the rest of the milk and bring to a boil.

As soon as it boils, reduce heat, stir until it is a gentle simmer and cover. Simmer for about five minutes.

Remove from heat and serve or froth with a milk frother or whisk if you desire.



GOLDEN MILK

Serves 2

Black pepper supports the absorption of turmeric and has been found to reduce inflammation and support brain and joint health. Both ginger and black pepper are powerful antioxidants, making this tea one to enjoy every day. If you aren't using the amazing fresh turmeric found in our produce department, we recommend Diaspora dry, powdered turmeric for both taste and the company's business practices. The woman-founded company was formed in order to pay spice farmers fair prices and ensure a better-quality product.

- 2 C unsweetened almond milk or coconut milk
- 1" fresh turmeric, thinly sliced, or ¼ t ground dried turmeric
- 1" fresh ginger, thinly sliced (no need to peel)
- Pinch of ground cinnamon
- 3-4 black peppercorns
- 2 t unrefined virgin coconut oil
- 1 T honey for a sweeter drink, 1 t if you're minimizing sugar
- Pinch of ground, dried turmeric, preferably Diaspora for garnish

Mix together all ingredients except the final dried, powdered turmeric in a medium pot with a lid. Bring to boil, stir, and reduce to a simmer. Cover and let simmer gently for five minutes. Remove from heat and steep for another minute or two, then strain into mugs.



MEXICAN HOT CHOCOLATE

Serves 2 • Adapted from tazachocolate.com

This recipe features Taza chocolate, an organic and direct trade chocolate company that stone grinds its chocolate for a minimally processed bar with a distinct texture and bold flavor. The founders were inspired by traditional chocolate processing in Oaxaca, Mexico. It's the perfect chocolate to make a traditional Mexican chocolate drink. A molinillo, or wooden whisk used for hundreds of years in Central America, is traditionally used to whisk together this tasty drink. Whether using a molinillo or a metal whisk, be ready to whip like crazy to work up the foam!

- 1 disc from a 2.7 oz package Taza cacao puro
- 2 cups milk, soy milk, almond milk, or water
- salt to taste
- 1 cinnamon stick
- 1 t vanilla
- Optional: pinch of chili powder

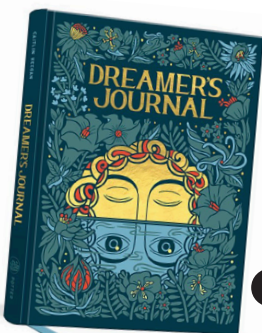
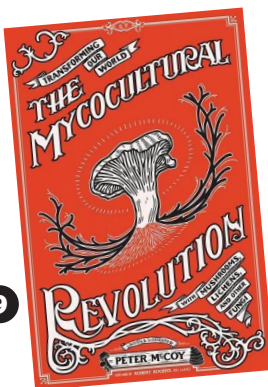
Roughly chop or grate the chocolate disc and set aside.

Heat two cups of milk or water with cinnamon, vanilla, and chili powder (if using) in a small saucepan over medium heat to just below a simmer.

Remove the milk from heat and add a pinch of salt. Slowly mix in the chocolate, stirring frequently until dissolved.

When the chocolate is dissolved, return the mixture to the stove and re-warm over low heat. While the chocolate is warming, use a whisk or molinillo to froth.

VALENTINE'S GIFT GUIDE



- 1 Various Valentine's Card
- 2 Sage & Spry Herbal Salt Soak - 8oz
- 3 Kalamazoo Candle Co Golden Amber Candle Tin
- 4 Great Divide Chocolate Raspberry Stout
- 5 231 West Patisserie Chocolate Marcona Almonds
- 6 Rebel Coast Reckless love Red Blend
- 7 Caitlin Keegan Dreamer's Journal
- 8 Shoyeido Eternal Treasure Incense
- 9 Microcosm Publishing - Peter McCoy The Mycocultural Revolution

Rainforest Alliance Certified

ROSES

SINGLE STEM ROSES

\$2.99/each

DOZEN ASSORTED
ROSE BOUQUETS

\$34.99

Roses are expected to arrive
Friday, February 11.

Assorted flower bouquets are
available for \$16.99.

VALENTINE'S DAY ONLINE GIVEAWAY

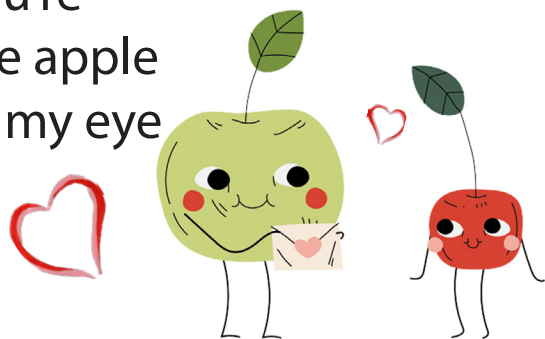


February 8 – 10

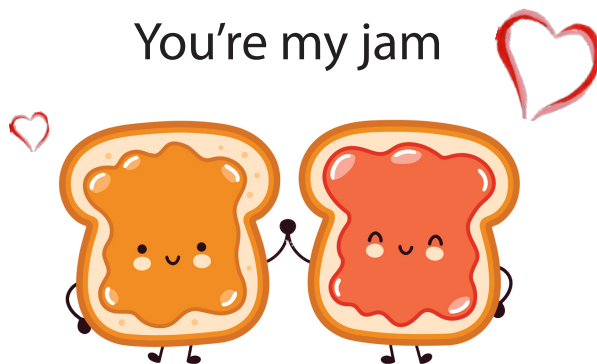
Follow our Instagram page between February 8 – 10 for a chance to win a \$50 MFC gift card. Look for the giveaway post and follow the prompt to enter.

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

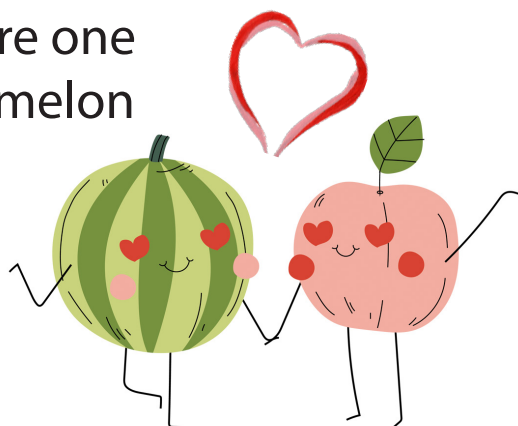
You're
the apple
of my eye



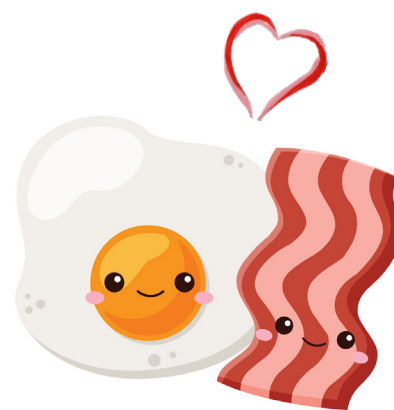
You're my jam



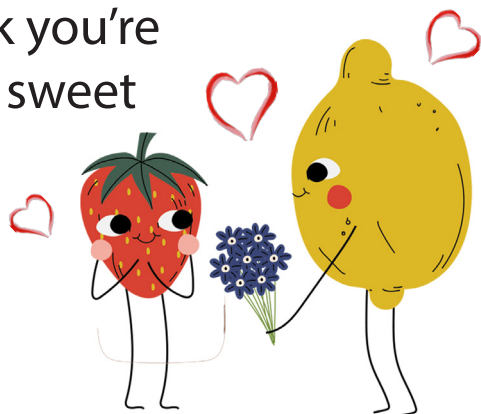
You're one
in a melon



Don't go
bacon
my heart



I think you're
berry sweet



I like the way
you roll



To:

From:

To:

From:

To:

From:

To:

From:

To:

From:

To:

From:

Midwest Fruit Tart:

A STYLE ALL OUR OWN



Ryan Engemann
Cicerone

New-England IPAs took the beer world by storm a few years ago. A few years before that, West Coast IPAs were all the rage. Despite having world class beer, the Midwest has never had its own beer style – until now. Meet the Midwest Fruit Tart. Fruity, sour, and delicious, the Midwest Fruit Tart is a style worthy of representing the Midwest.

So, what is a Midwest Fruit Tart? As you may have guessed from the name, the two dominant characteristics of the style are fruit flavors and tartness. By the numbers, Midwest Fruit Tart typically has a high alcohol content of 7.5-10% ABV, present (but not overwhelming) sourness from a PH of 3.2-3.5, and, most importantly, an incredibly high fruiting ratio of 1-3 pounds of fruit per gallon. Most fruit beers are fruited at a ratio of less than 1 pound per gallon. In my opinion, real fruit flavor is THE defining characteristic of the style. The beer is always co-fermented with real fruit and never back-sweetened with unfermented fruits or fruit sugars and never flavored with extracts or sweeteners of any kind.

Most Midwest Fruit Tarts are now fermented using a clean lactic fermentation. This means that a specific strain of lactobacillus is intentionally added before fermentation. This is the same genus of bacteria that makes milk go sour, though specific strains are selected based on desired flavor profile. Most brewers shoot for pure lactic acid which adds sourness, and no other flavors. This gives a brewer complete control of the flavor profile and limits any wild and funky flavors that could come from fermenting with wild yeasts and bacteria. Bret Kollman Baker, Chief of Brewing Operations for Urban Artifact Brewery, credits this with the creation of the style. He says, “The BJCP [Beer Judging Certification Program—the program that defines official beer styles] has no standing distinction for fruited beers with a specifically clean and balanced lactic acid tartness. This quality keeps

Midwestern Fruit Tarts out of the fruit beer and traditional sour category. So, to avoid diluting the definitions of established styles, the Midwest Fruit Tart style was born.” Using a clean, lactic fermentation really allows the fruit flavor to shine through, while providing a balanced acidity that makes the beers drinkable without having to be cloyingly sweet. However, not every example of the style is made the same way. Urban Artifact adds their strain of lactobacillus in a sterile environment and before the wort (pre-fermented beer) is boiled so that the process is strictly controlled. On the other hand, New Glarus Brewing (which is generally credited with creating the style) ferments their beers spontaneously in oak vats. This means the beer is fermented with whichever yeast and bacteria are present naturally in the oak. The wood can’t be sanitized and retains the wild yeasts and bacteria from batch to batch, providing some consistency. Brewery Vivant provides controlled sourness to their Unapologetic Fruit series of beers by carefully blending farmhouse ale with a portion of wooden barrel-soured ale—along with a ton of real fruit, of course. Other Brewery Vivant fruit tarts, like Farm Hand Tart Tangerine, use a similar process to Urban Artifact.

Some would argue that the clean lactic tang provides the best tart flavor to let fruit characteristics shine through. Others would argue that a small amount of wild yeast and bacteria can add complexity. Either way, fermentation should not be the main characteristic. Baker adds, “Acetic fermentation characteristics [the ‘vinegar’ flavor to things like Kombucha or Belgian Lambic] should not be evident, as these are more reflective of traditional sour beers. Wild yeast fermentation characteristics [typically thought of as ‘funky’; or ‘barnyard’ flavors], if present, should add depth of flavor complexity but not detract from balance or cover up flavors derived from fruit.”

No matter how it’s made, any time you open a can of a Midwest Fruit Tart, you’re guaranteed a delicious and balanced explosion of fruit and tart.

Pucker Up

Explore our selection of Midwest Fruit Tarts



Urban Artifact
Teak

(plus more great Urban Artifact options)



Brewery Vivant
Farm Hand Tart Tangerine



Brewery Vivant
Unapologetic Fruit: Sangria



Energy City Brewing
Bistro Cabana

A SHORT HISTORY OF BLACK COOPERATIVES IN AMERICA

by Lisa Barclay • Reprinted with permission from Food Co-op, St. Townsend, Washington

The long tradition of African American cooperation is not well known, and in her book *Collective Courage: A History of African American Cooperative Economic Thought and Practice*, Jessica Gordon Nembhard sets out to remedy that gap in our knowledge. From mutual aid societies to independent fugitive communities and from farmer cooperatives to consumer co-ops, Professor Gordon Nembhard details how people work together in the face of racism and active sabotage to improve each others' lives in tangible ways. Cooperation has proved a powerful tool against discrimination. In honor of Juneteenth and the Black Lives Matter movement, we'll survey a small part of the rich cooperative history that Gordon Nembhard chronicles.

While African Americans have utilized cooperation since the first Africans arrived as indentured servants in the early 17th century, the first recorded cooperative efforts were mutual aid societies in the late 18th century. Both free and enslaved Black people pooled money to pay for things like burials, land, helping the sick and the orphaned, and even buying freedom for one another. Early forms of cooperation ranged from mutual insurance companies to buying clubs to collective farming. The Underground Railroad is a famous example of cooperative effort.

During the Civil War, the disruptions of war sometimes actually created new cooperative possibilities. For instance, the Combahee River Colony in South Carolina was formed by African American women (the men had joined the Union Army), who grew cotton on abandoned farms, remaining independent and eventually becoming a community of several hundred women. Women often founded and ran African American cooperative efforts.

After the war, Black farmers started the Colored Farmers' National Alliance and Co-operative Union when the Southern Farmers' Alliance would not admit Black farmers except in separate chapters, and by 1891 the cooperative had more than a million members. The Union stressed mutual aid—sharing farming techniques and coordinating planting and harvesting—as well as political participation. The members also started a lot of co-ops. The cooperatives siphoned off trade from White-owned businesses, leading to various kinds of retaliation—sometimes slander, sometimes violence. By 1896 the Union was gone, but in 1922 the National Federation of Colored Farmers formed to increase Black farm ownership and improve farm businesses through cooperative buying, production, and marketing. Tenant farmers and sharecroppers joined the cooperative, and by the time it ended ten years later, most members had been able to buy their own farms.



Co-ops of all types are often short lived, but their rippling effects can be impressive, including training activists and leaders, improving individual lives, and leading to new ventures and co-ops.

African American activists were also inspired by the cooperative principles set out by The Rochdale Society of Equitable Pioneers, a co-op founded in 1844 in England (and often called the start of the modern cooperative movement). Many Black-owned consumer cooperatives were established at the end of the 19th Century and the first half of the 20th: grocery stores, gas stations, credit unions, insurance co-ops, and some housing co-ops. In 1907 W. E. B. Du Bois held a conference on cooperatives and listed 154 current African American co-ops. In Ruthville, Virginia, for example, the Mercantile Cooperative Company was established in 1901. This successful cooperative coexisted amicably with the White-owned store across the street. The community also raised money to build a new school—like the Rochdale Equitable Pioneers, African American cooperatives often stressed education, hosting study groups and evening classes. And interestingly, Black colleges were ahead of the curve on teaching cooperative economic theory; most had it as part of their curriculum by 1940, something large universities still do not usually offer even today.

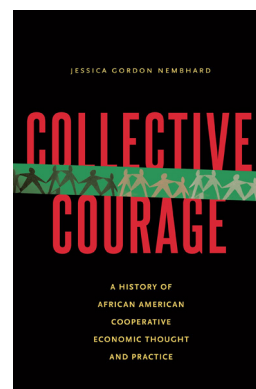
A SHORT HISTORY OF BLACK COOPERATIVES IN AMERICA

Another important cooperative was the Young Negro Cooperative League, founded in 1930 with a mission “to gain economic power through co-operation.” Although short-lived, this co-op inspired many other cooperative efforts and trained people who later became activists. For instance, Ella Baker was the League’s national director, and she went on to help found SNCC (the Student Nonviolent Coordinating Committee), one of the seminal groups of the Civil Rights Movement of the mid-twentieth century. Through her work in the Young Negro Cooperative League, Baker learned, as Gordon Nemhard notes, to focus on “grassroots leadership, education, democratic decision making, and a step-by-step, transformative process of working toward long term goals.”



While cooperatives were a training ground for activists and leaders of the civil rights era, the movement in turn led to more co-ops. A particular success was the Freedom Quilting Bee, founded in 1967. Women from southern sharecropping families joined to craft and sell quilts. With the money they earned, they bought land and built a sewing factory. They also sold some of the land to families who had been evicted for civil rights activities. The Freedom Quilting Bee was a founding member of the Federation of Southern Cooperatives (FSC), which still thrives today. The Federation was created to “promote cooperative economic development as a strategy (and philosophy), to support and sustain Black farmer ownership and control over land, to support the economic viability of family and independent farm businesses—especially small, sustainable, and organic farms.” Find out more or donate towards their work at www.federation.coop.

Black cooperatives are still solving problems and creating opportunities today. For instance, the multi-ethnic youth group Toxic Soil Busters Cooperative in Massachusetts detoxified soil in their community during the eleven years of its existence. The Ujamaa Collective was founded in Pittsburgh by African American craftswomen to create a marketplace for their wares. Read about them online and shop at ujamaacollective.com. And the largest worker co-op in the United States today is comprised largely of Black and Latina women—the Cooperative Home Care Associates (CHCA) in the South Bronx. The cooperative provides benefits almost unheard of in the home-care industry, from small interest-free loans to free income tax preparation services to paid vacation and health insurance. Not to mention dividends! It also helps other co-ops get started, an example of “co-ops helping co-ops,” fulfilling Principle 6 of the International Cooperative Alliance. The immense success of the CHCA indicates the power of cooperation to improve lives.



**Interested in Jessica
Gordan Nembhard’s book,
Collective Courage?**

*It can be found on Amazon or
through interlibrary loan at
Peter White Public Library.*

owner COUPONS

INTRODUCING THE MARQUETTE FOOD CO-OP OWNER COUPON PROGRAM

Every month, the Marquette Food Co-op will be offering owners digital coupons for popular items in the store. These coupons are automatically added to your account – no need to bring in a coupon or try to scan something from your phone. All you need to do is ask to use your coupon when purchasing your groceries in-store or online.

FEBRUARY OWNER COUPONS

Valid until February 28, 2023

\$2.50 off **Gambino Prosecco**

Limit 2 bottles per coupon. 1 coupon per owner account, while supplies last.



75¢ off **La Terra Fina Dips**

Everything Bagel, Spinach Artichoke, and Mexicali. Limit 1 per coupon. 1 coupon per owner account, while supplies last.



\$1 off Booda Butter Naked Lip Balm

Limit 2 items per coupon. Limit 1 coupon per owner account, while supplies last.



DOUBLE UP FOOD BUCKS IS BACK ON JAN. 15, 2023!

The temporary pause on earning Double Up in grocery stores is over starting **January 15**.

From this day on, you can **earn \$10 a day** and **spend \$10 a day** in Double Up Food Bucks at all participating locations throughout the year.

Double Up Food Bucks earned prior to the temporary pause must be used before **Feb 15th**.

DoubleUpFoodBucks.org | 866.586.2796



NEW ITEMS

February 2023



Calabrian Chili Orange Spread

Divina

Divina's Calabrian Chili Orange Spread is a delicious blend of sweet, tart, and spicy. Made with robust spicy Calabrian peppers from Italy and bright, sweet, juicy oranges, this combination creates a scrumptious pairing perfect for cheese plates, baked goods, grilled sandwiches and as a glaze for meat, veggies, and seafood.



Lemoncello Mead

Crafted Meadery

Crafted Artisan Meadery is dedicated to producing highly drinkable, modern mead that is made for everyone. Their Lemoncello Mead is a limited session release with 6% ABV and lots of lemony vibes. Delight in the smooth and sweet tasting notes of cream, vanilla, and lemon.



Chicken Yassa & Waakye Beans and Rice

Ayo

Ayo means Joy! The co-founders of Ayo celebrate West African cuisine through their offering of authentic ready-made meals and hot sauces that are made in the USA, inspired by their West African heritage. Ayo's Chicken Yassa frozen meal, created by Chef Eric Adjepong, is crafted after one of West Africa's most popular dishes. Marinated and slowly braised chicken thighs meld with caramelized onions, lemon, Dijon, and spices to form an incredible dish you won't soon forget. Also created by Chef Adjepong is Ayo's Waakye Beans and Rice frozen meal. This is a West African favorite, made with jasmine rice, coconut oil and South Carolina grown red peas, and an incredibly aromatic red sauce.



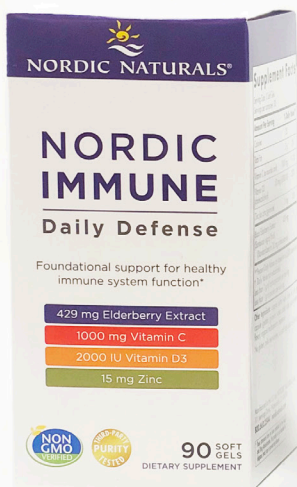
Moroccan Dry Cured Black Olives

Mina

Grown in Morocco, Mina's authentic Dry-Cured Black Olives are prepared the way they have been for centuries: carefully hand-picked at peak ripeness, simply cured in sea salt for three months, then lightly coated with olive oil. The result is a rich and intense olive that faithfully reflects Morocco's culinary heritage. Use these deliciously bold-flavored olives in salads, drizzled with olive oil, mixed with harissa, or simply enjoy straight out of the jar.

BOOST YOUR IMMUNITY!

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



Nordic Naturals
**Immune
Daily Defense**



Gaia
**Everyday
Elderberry
Gummies**



Solaray
**Buffered Vitamin C
Chewables**



Emerald Labs
**Quercetin
Phytosome**



Marquette
Food Co-op
**Vitamin D
2000IU**



Quantum
Health
Zinc Spray

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

CALENDAR OF EVENTS

FEBRUARY 2023

MFC Board of Directors Election

February 1 – 22

[Vote Now](#)

Creative Grilled Cheese & Beer Pairing Class

February 7 • 5:30-8pm

Co-op Classroom • Registration required

Michigan Ice Fest

February 8-12

Super Bowl

February 12

Valentine's Day Creative Grilled Cheese & Beer Pairing Class

February 14 • 5:30-8pm

Co-op Classroom • Registration required

UP 200 Sled Dog Races

February 16-20

MFC Board Meeting

February 21 • 6-8pm

Co-op Classroom

Supermarket Employee Appreciation Day

February 22

2023

ANNUAL MEETING OF OWNERS

AT **NMU**

MARCH 9

5PM – 8:30PM

THE FRESH FEED

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

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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 **8am - 9pm**
Grocery Pickup **11am - 6pm**

www.marquettefood.coop
Marquette, MI 49855

