



FRESH FEED

The Marquette Food Co-op Newsletter

January 2021



OUR CO-OP IS 50

Matt Gougeon
General Manager



2021 marks the 50th anniversary of the Marquette Food Co-op. From humble beginnings as a buying club made up of a few families to a full-service grocery store serving up to a thousand people every day, it is safe to say the MFC is a fixture of Marquette and of the greater U.P. Our impact as an institution is felt well outside of the welcoming environment of our downtown Marquette store. Five decades of operation in a small town in a rural setting is a testament to the durability and the effectiveness of the cooperative model. These facts will be a recurring theme throughout this year as we reveal a long celebration over the coming months through articles, promotions, events, and (hopefully) gatherings.

If ever proof were needed of the enduring durability of this cooperative, the last year has certainly provided it. All facets of a successful business and reliable institution have been visible this past year; innovation, adaptability, consistent quality product, open communication, and steady employment in the face of adversity, resulting in financial growth and increased owner equity. Less visible, perhaps, and more felt than seen over the last year are the qualities of reliability, relevance, and resonance. These are qualities that we cannot “operate” into existence, but instead rely upon you, the owner, to reflect back upon the cooperative as you participate with it, i.e., shop.

My saying these things is by no means taking a “victory lap.” In fact, it’s far from it. We know that our collective energy may not flag or we will suffer an erosion of the necessary trust between us all to continue forward for another 50 years. We have navigated treacherous waters over the last year. We certainly learned that fragility, both human and organizational, are real things. We also learned that reliance on sound policy and personal accountability are buttresses to community support. But old devils still lurk. It is incumbent upon all of us to take what we have experienced



and learned lately and apply it to our future days. Some changes are permanent. But what devils will return as the pandemic wanes? Increased competition? Will our collective attention turn toward distraction or will we double down on things we’ve learned are truly important to us? In any case, the continued evolution of this cooperative, which seemingly aged a half a century overnight, is largely dependent upon how you see it as a participant in your own life. Maybe that sounds a little corny. Maybe it is corny. But I think there is no denying the importance of this business, in this time, and the model upon which it is built.

Yes, I am saying that this cooperative is more than just a grocery store. I am saying that it is a formative and important institution of good in our midst. It did not just show up overnight, but over decades of ups and downs, and it landed squarely in the middle of a national disaster that it was not prepared for and yet functioned as a community mooring. Present. Dependable. Stable. Welcoming. Firm. I am unendingly proud of all of us. Happy anniversary everyone.

Godspeed, the cooperative.

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.

A Humble Beginning

The Marquette Food Co-op began in 1971 when a group of people got together to find a way to procure natural foods at reasonable prices in an area where there were no deliveries being made.

Members took turns driving to the People's Warehouse in Ann Arbor to pick up food, returning to Marquette for local distribution. Throughout the next few years, the distribution center had several locations – first a private house on Ohio Street, then a garage on Third Street, and finally, in the basement of a store on the corner of Washington and Seventh Streets. The food was kept in cold storage at Jilbert's Dairy and hauled back and forth to the basement location one day a week.

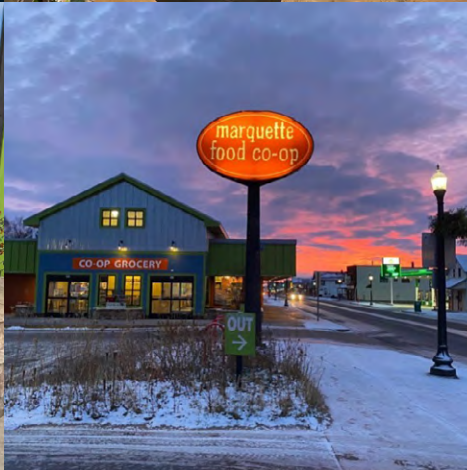
In the beginning, the monthly order meetings and potluck would attract about 50-60 Co-op Owners.



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

Welcome, 2021!

2020 was no doubt a difficult year for everyone. Thanks to our owners and shoppers for the continuous support, patience, and grace as we navigated our way through the pandemic. We're wishing you a healthy & prosperous new year.



Thank you!

LEAD *Your* CO-OP!

Run for the MFC Board of Directors

APPLICATION DEADLINE
JANUARY 15TH

to apply go to marquettefood.coop/board/about



ROUND UP AT THE REGISTER

for



United
Way



Thanks to everyone who donated and helped us exceed our goal of \$5,000. The proceeds will directly benefit 28 local and regional charity organizations across Marquette County that offer programming and services for our area youth and elderly, as well as those seeking basic needs such as food, shelter, and medical assistance.

*Thank
You!*

TOGETHER, WE RAISED
\$5,794.07



IT'S CITRUS SEASON!



Kumquat

This bite-sized fruit is small, but bursts with flavor from the sweet rind and tart/sour flesh. Roll them in your hand before eating to release the oils and enhance the flavor.



Navel Orange

A traditional standby, navel oranges are sweet and great for eating fresh or juicing.



Grapefruit

A cross between a pomelo and an orange, grapefruits are known for their bold flavor, a combination of sour, sweet, and bitter.



Pomelo

The pomelo, the largest citrus fruit, has a thick rind and a mild, balanced sweet-tart flavor.



Tangelo:

The tangelo is a mix between a tangerine and either a pomelo or grapefruit. They have a long, protruding neck and a tart and tangy flavor.



Meyer Lemon

A cross between a lemon and a mandarin orange, the Meyer lemon has a thin, edible rind and deep yellow flesh that bursts with lemon flavor but without the acidic bite.



Lemon

This classic, highly acidic fruit will make you pucker from its sour taste when eaten raw, but the zest or juice is perfect for balancing both sweet and savory dishes.



Lime

Another highly acidic classic member of the citrus family, a squeeze of lime is just what many dishes and cocktails need to enhance and brighten their flavor.



Makrut Lime

Native to Southeast Asia, Makrut limes are used in curries and other aromatic Thai dishes. The juice is described as very sour and bitter, which is why most recipes usually use the more delicate tasting leaves or rind. It has a distinct knobby green appearance.

Selection subject to availability

IT'S CITRUS SEASON!

MANDARINS



Satsuma

Small, incredibly easy to peel and often seedless, these sweet and flavorful delights are perfect for snacking.



Gold Nugget

Another hybrid variety, gold nuggets have a rich flavor and are medium, oblong round shape. The flesh is orange and seedless.



Murcott

Small, seedy, and popping with a sweet tangerine flavor. The yellow-orange rind can be hard to peel but reveals a juicy flesh.



TDE

The TDE is a cross between the Temple, Dancy, and Encore mandarin varieties. They are packed with citrus flavor and great for eating as is or juicing.



Kishu

Kishu mandarins are very small, making them the perfect snack for little ones. They're seedless, easy to peel and sweet, containing a very high natural sugar content.



TANGERINES



Clementine

With an even balance of sweetness and acidity, clementines are great for fresh eating as well as vinaigrettes, cocktails, and desserts.



Sunburst

Sweet, complex flavor with an undertone of grapefruit. This large, sweet, red-orange fruit has a smooth skin. It's easy to peel with some seeds.



Nova

A cross between a clementine and an 'Orlando,' this medium-sized fruit is juicy and very sweet with a deep orange colored

Selection subject to availability



SUPER CITRUS SALE

25% OFF
ALL CITRUS
IN THE STORE!

JANUARY 13 – 19

everyday low prices! **coop basics®**



\$1.19
 Chobani
 Non-fat Greek Yogurt
 select varieties, 5.3oz



\$1.99
 Field Day
 Organic Pasta
 select varieties, 16oz



\$3.99
 Ferndale Market
 Ground Turkey
 16oz



\$6.99
 Thousand Hills
 100% Grass Fed
 Ground Beef
 16oz



\$3.99
 Organic Valley
 Milk
 select varieties, 64 fl oz



\$2.39
 Field Day
 Organic Coconut Milk
 select varieties, 13.5oz



\$3.69
 Field Day
 Organic Crème Cookies
 select varieties, 10.5oz

budget friendly!



more for less

FIND SAVINGS ON MORE PRODUCTS

We're always adding new ways to save with Co+op Basics.



\$3.29

Silk
Almondmilk

select varieties, 64 fl oz



\$3.39

Field Day
Organic Cereal

select varieties, various weights



\$3.99

Silver Hills
Sprouted Breads

select varieties, various weights



\$4.99

Garden of Eatin'
Tortilla Chips

select varieties, 16oz



\$4.99

Field Day
Organic Peanut Butter

select varieties, 18oz



\$1.49

Field Day
Organic Beans

select varieties, 16 oz



\$3.39

Cascadian Farm
Frozen Vegetables

select varieties, 16oz



\$3.99

Field Day
Organic Rice

select varieties, 32 oz



\$4.99

Field Day
Bath Tissue,
300 2ply Sheets per Roll
12pk



\$8.99

Field Day
Liquid Laundry Detergent

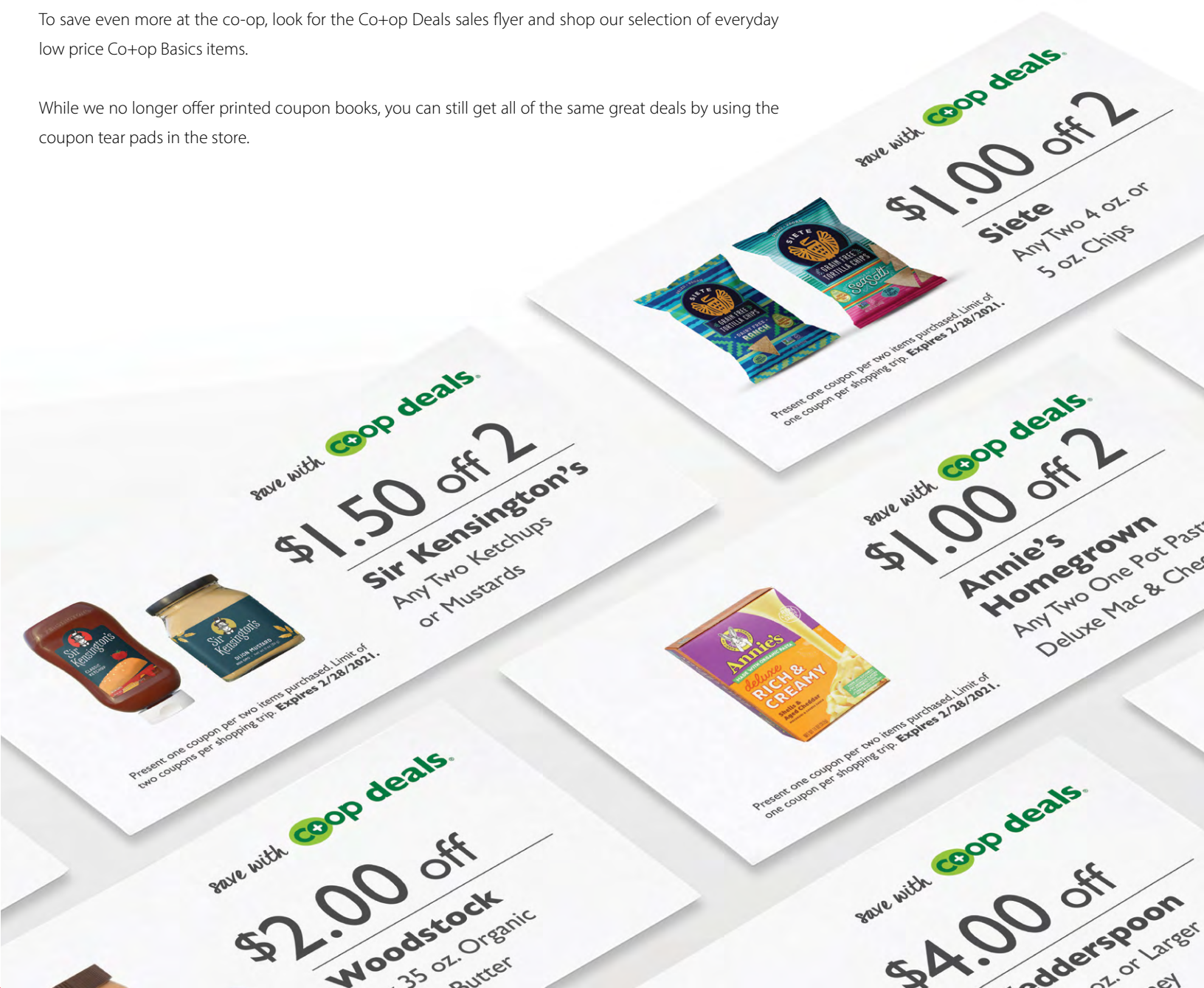
select varieties, 100 fl oz

NEW YEAR, NEW SAVINGS

A happy and healthy new year starts at the co-op! Discover big savings with coupons for many of your favorite brands, including Organic Valley, Siete, Chobani, Garden of Life and Simply Organic. From breakfast basics to beverages and body care products, you can save up to \$69 during January and February when you use the coupon pads on shelves throughout the store. Check out a preview of the coupons on our website [here](#) and plan your next shopping trip today. Coupons are valid through Feb. 28, 2021.

To save even more at the co-op, look for the Co+op Deals sales flyer and shop our selection of everyday low price Co+op Basics items.

While we no longer offer printed coupon books, you can still get all of the same great deals by using the coupon tear pads in the store.



WELLNESS WEEKEND

JANUARY
8-10

25% OFF

BODY CARE, VITAMINS,
+ SUPPLEMENTS

*excludes items
already on sale*



WELLNESS PICKS

Angie Cherrette

Sage & Spry

Owner / Founder

www.sageandspry.com



Rainbow Light Sunny Gummies™ Vitamin D3 (1000 IU)

In our neck of the woods, it's always a challenge to get enough Vitamin D and, unfortunately, I've always struggled to remember take regular supplements. That's why these Sunny Gummies are my absolute favorite because they're such a delicious treat that our household NEVER forgets to take them. It was especially important to me this year to support my immune system by increasing my Vitamin D intake, so I was thrilled to find these! In fact, I was so thrilled I bought extra for holiday gifts!



Be Embley-Reynolds

Rohana Yoga & Wellness

Owner

www.rohanayoga.com



Aura Cacia Essential Oils

I love any of the citrus Aura Cacia Essential Oils, especially this time of year as I find they help to enhance feelings of well-being when you're overwhelmed during these long winter months. The company's commitment to responsibly sourcing and using sustainable & organic ingredients is also part of what keeps me coming back.

My favorite recipe is a Good Mood Blend that includes 3 drops Bergamont essential oil, 3 drops Orange essential oil, 2 drops Spearmint essential oil, 1 drop Ylang Ylang essential oil.





INSTANT POT BEEF BARBACOA

Serves 4 – 6 | recipe by Kelsie Dewar

BEEF

- 3 lb chuck roast
- 2 T olive oil
- 4-6 garlic cloves, crushed
- ½ yellow onion, roughly chopped
- 2 C beef broth
- chipotle peppers in adobo sauce
- 1 T apple cider vinegar
- 1 t each paprika, garlic powder, cumin
- ½ t Mexican oregano
- Salt to taste

Salt meat generously, let sit at room temperature for an hour. Cut in half or large chunks. Add olive oil to Instant Pot and use the sauté function to brown all sides of the roast (30-60 seconds each side). Remove meat. Add in onion and garlic and sauté until soft. Turn Instant Pot off. Add back in meat, beef broth, spices, apple cider vinegar, 3 chipotle peppers + 1 T adobo sauce (more if you like heat). Add any additional salt (to taste) or adjust the spice level to your preference. Hit “stew/meat” button, which will automatically set the machine to 45 minutes. Close and fasten the lid. It will reach pressure before the official timer starts. Once done, release pressure. Shred the beef. *Optional step:* once beef is shredded, place on an oven sheet and broil for a few minutes to crisp the edges.

SLAW

- ½ medium cabbage (red or green), thinly sliced
- ½ yellow onion, thinly sliced
- 2 medium carrots, thinly sliced
- ½ bunch cilantro, roughly chopped
- Juice of 1 lime
- ½ t salt, plus additional to taste
- ½ t each of cumin, garlic powder and paprika
- 2 T mayo
- Optional: serrano or jalapeno pepper, thinly sliced

While beef is cooking, add the thinly sliced cabbage and ½ t salt into a large mixing bowl and massage to soften cabbage. Add in the rest of the ingredients and stir well to combine.

Additional ingredients:

- Rice
- Lime
- Cilantro
- Black Beans
- Avocado
- Olive oil
- Salt
- Salsa or hot sauce

Cook rice according to instructions on package or our [Whole Foods Prep Guide](#). Stir in the juice of one lime, a handful of roughly chopped cilantro, and a dash of both salt and olive oil. Stir.

Assemble bowls – layer rice, black beans, beef, and slaw. Top with diced avocado and your favorite hot sauce or salsa. This is also great in tacos or on a bed of greens.



WEEKNIGHT VEGETARIAN BIBIMBAP



Serves 4 | recipe by Sarah Monte

Don't let all the separate parts fool you into thinking this is difficult and time consuming. Each component only take a few minutes to make and many can be done simultaneously. Plus, you can adjust the recipe according to how much time you have.

PICKLED CARROTS & DAIKON

You can sub either all daikon or all carrots. Use what you have on hand. This recipe has little salt or sugar for a pickle since seasoned rice vinegar already contains both.

- **2 C mixed carrots and daikon, matchstick**
- **¾ C seasoned rice vinegar**
- **¾ C water**
- **Pinch of sugar**
- **Pinch of salt**

Place the carrots and daikon in a medium bowl. Mix together all ingredients except the vegetables in a small saucepan. Gently heat, stirring until sugar and salt dissolve. Pour over vegetables and let sit a half hour.

TOFU

If you have the time, wrap your tofu in a tea towel, place on a plate and press with a couple of heavy books. This step will get you crispier tofu by pressing out some water. but does add time. If you want to make sure you have leftovers make 2lbs of tofu.

- **1lb firm tofu**
- **1 t cornstarch**
- **Neutral oil such as vegetable, grapeseed, or safflower**
- **Dash of soy sauce**
- **Pinch of salt**

Cut tofu into 1" cubes and toss with cornstarch in a bowl. Coat the bottom of pan with oil. It should cover the pan and come up the sides slightly. For best results, do not use a non-stick pan. This inhibits the tofu getting as crispy.

When the oil is hot, gently add the tofu, being careful of spattering. Let cook on medium heat and try to avoid stirring. You must be patient to get the crispy sides. When you see some crispy edges and light browning, stir to cook other sides of the tofu.

When most sides are lightly brown and crispy, add a dash of soy sauce, just enough to coat. Cook briefly to re crisp anything that may have softened from the liquid and remove from heat. Stir in a pinch of salt for a little extra flavor.

SEASONED GREENS

A large bunch of spinach will also work.

- **1 small bunch of kale**
- **1 T sesame oil**
- **3 cloves of garlic, minced**
- **1 t minced fresh ginger**
- **2 t rice vinegar**
- **1 T soy sauce**
- **2 t sesame seeds**

Strip kale leaves from stem. Slice stems thinly, roughly chop leaves.

CONTINUED ►



WEEKNIGHT VEGETARIAN BIBIMBAP

Heat sesame oil in a large pan and add garlic and ginger. Stir, ensuring the spices do not burn, on medium heat and when fragrant, add kale stems. Stir in kale leaves so they are coated in seasoned oil, then add the rice vinegar to help wilt it. Add soy sauce and cook over low to medium low heat until all the kale is soft, remove from heat.

SAUCE

If you are in a hurry, you can skip making the sauce and drizzle *Mother In Law's Tangy Gochujang Sauce* over the finished bowl.

- **2 T sesame oil**
- **2 T water**
- **1 T rice vinegar**
- **1 t sugar**
- **¼ C gochujang (Korean fermented chile paste)**
- **1 T sesame seeds**

Combine all ingredients in a bowl and stir together until completely combined. This makes plenty of sauce for leftovers.

BOWL ASSEMBLY

Serves 4

For extra authenticity, you can fry your cooked rice in a skillet to add crispiness.

- **3 C cooked white rice, long or short grain will work.**
- **Pickled carrots & daikon**
- **Fried tofu**
- **Seasoned kale**
- **Gochujang sauce**
- **Thinly sliced cucumber**

Optional additions:

- **Bean sprouts**
- **Mushrooms sauteed in sesame oil and soy sauce**
- **Korean style cucumbers instead of fresh**
- **Fried egg**
- **Sliced scallions**

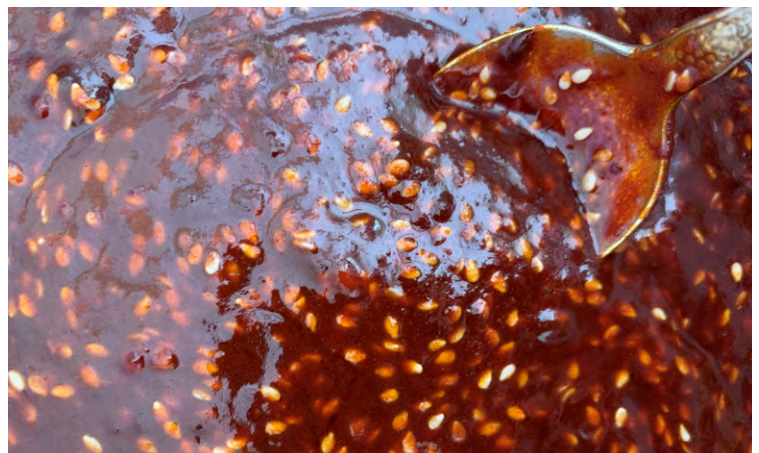
Place a dollop of rice in your bowl. Add tofu and vegetables, drizzle with sauce. Top with fried egg and scallions, if using.

KOREAN CUCUMBER SALAD

For an easy weeknight meal, you can use fresh cucumbers on your bibimbap, but if you have a little extra time, these cucumbers are delicious. Great on their own, they have been a big hit when I take them to potlucks or serve as a side to any meal, Korean or otherwise.

- **1 medium cucumber, very thinly sliced**
- **2 scallions, thinly sliced**
- **1 T gochugaru (Korean pepper powder, available at the Co-op)**
- **1 T rice vinegar**
- **½ t sugar**
- **1 T sesame seeds**
- **2 medium cloves of garlic, minced**

Mix the scallions, gochugaru, rice vinegar, sugar, sesame seeds, and garlic. Stir to combine and add cucumber. It will appear dry but as the cucumber sits it will release water, making this saucier. If you would prefer it drier, you can lightly salt the cucumber and let drain for about a half hour.



GREEK POWER BOWL



Serves 2 | recipe by Chad McKinney

BOWL

- 2 C cooked rice, cooled
- ½ C cooked garbanzo beans
- 2 C fresh spinach, finely shredded
- ½ C chopped fresh parsley
- 1 C diced cucumber
- ½ C diced fresh tomatoes
- ½ C feta cheese
- 2 T pepitas
- Salt & pepper, to taste

DRESSING

- ¼ C extra virgin olive oil
- 2 T white wine vinegar
- Juice of one lemon
- 2 cloves garlic, smashed and finely diced
- 1 T dill
- ¼ t salt, or to taste
- ¼ t ground black pepper, or to taste

Cook rice according to instructions on package or our [Whole Foods Prep Guide](#).

Divide and layer power bowl ingredients between two bowls. Set aside.

Combine all dressing ingredients in a sealable glass container, such as a mason jar, and shake vigorously. Immediately divide dressing between bowls by pouring on top, to taste. The dressing will separate quickly, so be sure to shake the sealed mason jar again if applying more.

Enjoy!



Annual Quitter's Day **Instant Pot Raffle**

January 6 – 12

In the UK, residents have dubbed January 12 as "Quitter's Day," the day that people are most likely to give up on their New Year's resolution. Motivation falters, we lose focus, and fall back into old ways.

While this is both relatable and laughable, we encourage you to keep going! As an incentive for sticking to your goals, we're giving away an Instant Pot to one lucky winner.

Enter for a chance to win an Instant Pot.
The winner will be drawn on January 13.



NEW ITEMS

January 2021



Organic Kumquats

Kumquats are about the size of a large olive and they have a very distinctive citrus taste. It is the only citrus that has an edible raw peel, which is the sweetest part of the fruit. The pulp contains the seeds and juice, which is sour. When eaten together, you get a sweet and sour taste unlike anything else! The seeds, however, should not be eaten. Candied kumquats and kumquat marmalade make scrumptious treats that go well with chocolate, shortbread cookies, and buttered toast.



Les Trois Petits Cochons Organic Pâté de Campagne

Les Trois Petits Cochons began in 1975 as a small charcuterie in Greenwich Village, New York City. Today it continues the tradition of making artisanal high quality French specialties. Their organic Pâté de Campagne, country pork pâté, is handcrafted using a time-honored recipe and choice ingredients. It is non-GMO and paleo friendly. For a tasty and satisfying appetizer, serve Pâté de Campagne with a fresh sliced baguette.



Al Kanater Tahini

Al Kanater's Lebanese Tahini is ground from the finest selection of white sesame seeds which gives it its delicious flavor, smooth texture, and creamy whitish color. This tahini is distinguishable by a delicious aroma and a fine texture guaranteed by carefully selecting the sesame seeds for processing. Tahini is a key ingredient in cucumber yogurt sauce, hummus, and baba ghanoush.



Hu Kitchen Dark Chocolate Gems

Hu Kitchen 70% Dark Chocolate Gems are awesome for snacking and baking. They are organic, vegan, and paleo. Made with three ingredients – organic cacao, organic unrefined coconut sugar, and organic fair trade cocoa butter, these Gems are sure to be a dark chocolate crowd pleaser.

Hello Bello Diapers

Available in sizes newborn to 5, Hello Bello diapers are clinically proven hypoallergenic and eco-friendly, and are also fragrance and lotion free. Their cutting-edge plant derived core liner contains a specially designed super-absorbent material that quickly locks wetness away for leakage protection. Plus, the inner and outer layers are super soft with a snug fit for supreme comfort. Made without chlorine, phthalates, or latex. They also come in adorable patterns.



Willis Family Maple Farm Maple Cream

Hand crafted in Michigan's Upper Peninsula, this pure and natural old-fashioned maple cream is made from the sap of the sugar maple tree. Try it on grapefruit, hot cereal, winter squash, or as a glaze on meat. Spread it on toast, fresh doughnuts, pancakes, waffles, French toast, on a peanut butter sandwich, or straight out of the container.



Charlotte's Web Liquid Capsules 25Mg

Designed to support those with demanding lifestyles, Charlotte's Web™ hemp extract liquid capsules offer easy, consistent servings of CBD, or cannabidiol, that run as hard as you do. Made with two ingredients, full-spectrum whole-plant extract and organic extra virgin olive oil, these capsules deliver an easy-to-use CBD supplement that goes wherever you do. CBD, or cannabidiol, is one of many powerful cannabinoids found in hemp, and is known for supporting body and mind in various ways. Made with USA grown hemp that is 100% CO2-extracted, these 25mg Plant-Based Cannabinoids capsules are gluten-free, Kosher, vegan, and allergen free.



Mitica Piedras de Luna

Both sweet and crunchy, Mitica Piedras de Luna make a delectable snack. Made of toasted cashews dipped in rich, salted chocolate and then dusted with cocoa powder, these little bites are enjoyable on their own or paired with other foods. Try them topped onto a scoop of vanilla ice cream or enjoy them with red wine and a nutty cheese.



Synergy Cheddar Cheese

Synergy Cheddar Cheese was developed in honor of Co-op Month. This collaboration embodies the cooperative spirit and synergistic relationship between Jasper Hill Farm and Cabot Creamery Co-operative, two award-winning Vermont Cheesemakers. Synergy has a sophisticated mild flavor that is sweet & nutty. It is great for melting, using in recipes, or for pairing with your favorite Pinot Noir. Only available at the Co-op.



San Merican Tomatoes Whole Peeled San Marzano Tomatoes

San Merican Whole Peeled San Marzano Tomatoes are canned without added salt. Their tomatoes are grown and packed in the United States. Canned tomatoes, a pantry staple, can be used in numerous recipes such as homemade tomato soup, eggplant parmesan, meatball sandwiches, spicy rice & beans, and so much more!



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.

Content & Editing

Kelsie Dewar
kdewar@marquettefood.coop

Design & Layout

Chad McKinney
cmckinney@marquettefood.coop

Board of Directors

Phil Britton PRESIDENT
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

