



FRESH FEED

The Marquette Food Co-op Newsletter

January 2022



CERTAINTY IN THE MIDST OF UNCERTAINTY

Matt Gougeon
General Manager



In a strange way, saying the word “uncertainty” out loud is liberating, particularly if you accept that things in the world are uncertain. Consider this: accepting that things are uncertain relieves you of having to be right, opens your mind to multiple solutions to vexing problems, and invites creativity and innovation. These are all good things.

We enter 2022 on the verge of the third year of the pandemic, with it being at its worst period to date. This is not where we’d thought (hoped?) we’d be in 2022. In short, things are certainly uncertain. And so, it is in this environment that we move forward as a cooperative.

At the last meeting of the MFC Board, the Directors voted to proceed with building out a new store in the Third St. Marketplace development. More precisely, they voted to have us negotiate an acceptable lease with the developer, which, practically speaking, is the next logical step toward building the store. Once that is accomplished, we’ll move forward at a logical methodic pace, navigating the known delays to just about everything required to complete the project. That said, we have all sorts of foundational actions begun. We have a store plan. We have architects and engineers. We have contractors. We have a store interior design team on board. From these relationships we’ll be able to soon begin the search for identified equipment and fixtures. At this stage of the project, it is difficult to set a timeline to completion - a defined timeline, anyway. Broadly, we know this will take most of 2022 to complete.

From a financial perspective, it has been determined that the cost of the project will have but a modest impact on the financial condition of the cooperative, even when combined with the necessary costs associated



with opening the Marquette Baking Co. retail space this spring. Both new spaces will also require some updates and improvements to our existing store on Washington St. This is largely tied to our kitchen, which will serve all three locations, and store signage and décor tying all three places together.

Why would we do this? Well, the pandemic has shown us the limitations and gaps in our food system from farms to manufacturing to distribution and retailing. It has also permanently changed how food systems function. For us to simply react from a protectionist stance accomplishes little to alleviate problems inherent in feeding people. It’s a fact that the vast majority of us get our food from a grocery store. By increasing our cooperative reach and the cooperative square footage of retail grocery, we can expand our opportunities to feed more people and invite more people into the cooperative fold. We can test solutions for access to good food, be creative, and innovate for our community. In uncertain times, that is certainly a good thing.

Feel good. Shop the Co-op.

A LOOK BACK AT 2021



WELLNESS WEEKEND

JANUARY
7TH – 9TH

25% OFF

BODY CARE, VITAMINS,
+ SUPPLEMENTS

*excludes items
already on sale*

WHILE SHOPPING IN-STORE
ENTER TO WIN
A **WELLNESS
GIFT BASKET**



Snap up the savings!

WELLNESS WEEKEND

JANUARY 7TH – 9TH

SAVE 25% OFF ON FULL PRICED BODY CARE, VITAMINS AND SUPPLEMENTS*
INCLUDING MFC EVERYDAY LOW-PRICE FAVORITES SUCH AS:



JÄSÖN Powersmile Toothpaste

6 oz

Wellness Weekend Sale Price

\$2.99

MFC Regular Price

\$3.99

Local Competitor Price

\$4.99



Garden of Life Vitamin C Organic Spray

2 fl oz

Wellness Weekend Sale Price

\$9.75

MFC Regular Price

\$12.99

Local Competitor Price

\$13.99



Acure Seriously Soothing 24 Hr Moisture Lotion

8 fl oz

Wellness Weekend Sale Price

\$7.49

MFC Regular Price

\$9.99

Local Competitor Price

\$11.79



Dr. Bronner's Peppermint Castile Soap

32 fl oz

Wellness Weekend Sale Price

\$10.49

MFC Regular Price

\$13.99

Local Competitor Price

\$16.59



Aura Cacia Jojoba Oil Skin Care Oil

4 fl oz

Wellness Weekend Sale Price

\$8.99

MFC Regular Price

\$11.99

Local Competitor Price

\$13.99



Nordic Naturals Complete Omega

60 ct

Wellness Weekend Sale Price

\$11.99

MFC Regular Price

\$15.99

Local Competitor Price

\$16.29

**Excludes items already on sale*

ENJOY WELLNESS SAMPLES AND BARGAIN PRICES ON OVER 2,000 ITEMS | KEEP AN EYE OUT FOR APPLICABLE COUPONS AND SAVE EVEN MORE!

IT'S CITRUS SEASON!

A QUICK GUIDE TO COMMON CITRUS FRUIT



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!

A QUICK GUIDE TO COMMON CITRUS FRUIT

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 pulp.

Selection subject to availability

CITRUS SPREE!

25% OFF SELECT VARIETIES

JANUARY 12 – 18

PERSIMMON & TANGERINE SMOOTHIE WITH VANILLA, GINGER & TURMERIC

Recipe by bojongourmet.com

- 2 C cashew milk (or any other milk or milk alternative)
- 1 ripe banana
- 2 soft dates, pitted
- 1 ¼ C frozen Fuyu persimmon slices
- 1 ¼ C frozen satsumas or other variety of tangerines or mandarins
- ½ t packed finely grated fresh turmeric root (or ¼ t dried, ground turmeric)
- 1 t packed finely grated fresh ginger (or about 1 inch peeled)
- 1 inch vanilla bean, chopped (or a splash of vanilla extract)

Combine all ingredients in a blender and blend on high until very smooth, about three minutes. Pour into glasses and serve.



LEMON MERINGUE PIE

from *Mastering the Art and Craft of Baking and Pastry* by The Culinary Institute of America

- 1 recipe **Cookie-Crumb Crust** (STEP 1)
- 1 recipe **Lemon Curd** (STEP 2)
- 2 recipes **Swiss Meringue** (STEP 3)

Prepare the crust and curd. After straining the curd, transfer to the prepared crust. Smooth and level the filling. Press a piece of plastic wrap directly on the surface of the filling to prevent a skin from forming. Let the filling cool, then refrigerate the pie until set, about 1-2 hrs.

Prepare the meringue.

Using a kitchen torch, or oven broiler set to low, reheat the surface of the pie until just tacky. Pipe or spread the meringue over the filling, making sure to completely cover the filling and anchor the meringue to the edge of the crust to keep it from shrinking. Using a kitchen torch or the oven broiler, brown the exterior of the meringue.



STEP 1

COOKIE-CRUMB CRUST

A great option for this recipe is crispy gingersnaps.

- 7 oz finely ground cookie crumbs
- 2 T sugar
- 3 oz unsalted butter, melted and cooled

Preheat the oven to 350°F. Using pastry brush, lightly coat a pie or tart pan with softened butter and dust it with flour. Set aside.

Place the crumbs in a bowl and add the sugar and melted butter to the mixture. Mix thoroughly until all the crumbs are moistened. Squeeze some of the mixture in your hand. If it holds together in a clump, it is thoroughly mixed.

Using your fingers, press the crumb mixture evenly over the bottom and up the sides of the prepared pie or tart pan. This crumb crust will remain dry and sandy prior to baking.

Chill in the refrigerator for 30 min to 1 hr, or until firm. Bake for 8-10 min, or until lightly browned, or fill unbaked as directed in the pie or tart recipe.

STEP 2

LEMON CURD

Makes about 1 lb

- 10 ½ oz butter, cubed
- 9 oz sugar
- 9 fl oz lemon juice
- ¾ oz grated lemon zest
- 9 oz egg yolks

Combine 5 ¼ oz butter, 4 ½ oz sugar, and the lemon juice and zest in a heavy-bottomed saucepan and bring to a boil over medium heat, stirring gently to dissolve the sugar.

Meanwhile, blend the egg yolks with the remaining 4 ½ oz sugar. Temper by gradually adding about one-third of the lemon juice mixture, stirring constantly with a whisk. Return the tempered egg mixture to the saucepan. Continue cooking, stirring constantly with the whisk, until the mixture comes to a boil.

Stir in the remaining butter.

Strain the curd into a large shallow container or bowl. Cover with plastic wrap placed directly on the surface to avoid forming a skin. Cool over an ice water bath.

Store the curd, covered, under refrigeration.

STEP 3

SWISS MERINGUE

Makes ¾ lb

- 4 oz egg whites
- pinch salt
- ½ t vanilla extract
- 8 oz sugar

Place the egg whites, vanilla, salt, and sugar in a mixer bowl and stir until thoroughly combined.

Place the bowl over barely simmering water and slowly stir the mixture until it reaches between 140°F.

Transfer the mixture to the mixer and whip on high speed with the whip attachment until the meringue is the desired consistency.

ROUND UP AT THE REGISTER

for



TOGETHER, WE RAISED
\$5,116.22

Thanks to everyone who donated and helped us exceed our goal of \$5,000. The proceeds will directly benefit 31 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!



Co-op SPRING 2022 Classes

JOYFUL BELLY: EATING SEASONALLY THE AYURVEDIC WAY

Thursday, February 3 or Thursday, February 10

5-7pm

\$15 for owners, \$30 for all others

Ayurveda, known as the sister science of yoga, is rooted in ancient practices of living in harmony with the seasons through diet and lifestyle activities. In this class, Keia Lee, a practicing Ayurvedic Health Counselor & Yoga Teacher with nearly a decade of experience, will review healthy cleansing techniques to reset your digestive system and show you how to shift into 'spring eating.' You'll leave feeling fully prepared - body, mind, and spirit - for the warmer months to come.



STUFFED & STEAMED: THE ART OF BAO BUNS

Wednesday, March 2 or Wednesday, March 9

6-8pm

\$15 for owners, \$30 for all others

The possibilities are endless with Bao, a filled bun with Chinese origins dated at least 2,000 years. In this class, participants will learn the history of the dish and how to make the dough from scratch. We'll cover two sample filling recipes as well as sauce and salad pairings to make it a meal. This cook-along class will also cover how to be creative and adaptive with ingredient and equipment availability, as well as time constraints. Our instructor, Alex Palzewicz, will demonstrate multiple ways to cook and store Bao.



FLY TYING AND FISH FRYING

Monday, April 25 or Wednesday, April 27

6-8pm

\$20 for Co-op owners, \$35 for all others

Get those bobbins loaded and magnifiers dialed in - it's time to tie some flies! Kaleb Martin, an experienced fisherman (and MFC employee), will go over various insects native to local streams, how to tie fly patterns that imitate them, and how to fry up your catch of the day. Just in time for Michigan's trout season, this class and the fly patterns will be structured for beginners to ease into the hobby with confidence, but don't hesitate to join if you've been around a vise or two!



THAI COOKING CLASS

Thursday, May 19 or Friday, May 27

6-8pm

\$20 for Co-op owners, \$35 for all others

Experience a taste of Thai culture through food! You will learn the fundamentals of Thai cooking, including flavor combinations and ingredients, as well as cooking styles and methods. Kalil Zender, who spent six years living and cooking in Thailand, will instruct you on how to prepare several popular and authentic Thai dishes while explaining their significance within Thai culture.



Unless otherwise noted, all classes and workshops are held in the Marquette Food Co-op classroom. Preregistration is required. Check www.marquettefood.coop/events for the latest offerings!

[Register at marquettefood.coop/classes](http://www.marquettefood.coop/classes)

SYMBOLS KEY



Indicates a hands-on class, otherwise all classes are demonstration



Indicates vegan friendly class



Indicates gluten-free friendly class



Indicates vegetarian friendly class



Indicates alcohol samples will be served

Annual Quitter's Day

RAFFLE

JANUARY 5 – 11

WIN A FOOD PROCESSOR



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 a food processor to one lucky winner.

***ENTER IN-STORE FOR
A CHANCE TO WIN!***

***The winner will be
drawn on January 12***

SMOKY BEET HUMMUS

Recipe from Marquette Food Co-op | 6 servings

A fun and easy spin on the classic.

- 2-3 medium sized beets
- 3 T tahini
- ½ C extra-virgin olive oil, plus more for drizzling
- 1 (15 oz) can chickpeas, drained but liquid reserved
- 2 large clove garlic, coarsely chopped
- 3-4 T freshly squeezed lemon juice (from 1 to 2 lemons)
- 1 ½ t kosher salt
- 1 t smoked paprika
- 1 t ground cumin
- coarsely chopped fresh cilantro, for garnish

Preheat oven to 400°F. Wrap beets completely in aluminum foil, and place on a baking sheet. Roast until completely tender, about 1 hour. Using a pairing knife, peel beets under cool running water and remove stem end then cut it into large chunks.

Place in a food processor fitted with the blade attachment. Add the tahini, olive oil, drained chickpeas, garlic, lemon juice, salt, paprika, and cumin. Process, scraping down the sides of the bowl as necessary, until a paste forms.

With the machine running, slowly pour in between ¼ and ½ cup of the reserved chickpea liquid and continue processing until the mixture is smooth and creamy, 1-2 minutes. Taste and season with more lemon juice or salt as needed. Serve drizzled with additional olive oil and sprinkled with cilantro.



LIME-CILANTRO DRESSING

Yields 8 cups

This dressing is very versatile. You can use it on zucchini, cucumbers, mixed salad, or on cabbage. The dressing will stay good in the refrigerator for 7 days.

- 4 garlic cloves
- 4 jalapeños, seeded and chopped
- 2 T cilantro
- ¾ C lime juice
- ¼ C spicy brown mustard
- 3 C salad oil
- 1 ½ t sugar
- pinch of coriander
- pinch of salt
- pinch of black pepper

In a food processor add jalapenos, garlic, cilantro, lime juice, mustard, salt, pepper, sugar, and coriander.

Pulse ingredients until they are finely chopped and well incorporated.

Turn the food processor on and slowly add salad oil to mixture with the machine running through the spout on the lid of the processor.

This is an excellent dressing to have on hand for any salad.



WINTER SAVINGS FOR A HEALTHY NEW YEAR

Find great deals at the co-op to help you stay warm and well this winter. You can save more than \$54 with over 37 coupons valid during January and February. Look for Co+op Deals coupon pads on shelves throughout the store for savings on Alba Botanica body care items, soothing blends of Yogi Tea, and supplements from Natural Factors, Gaia Herbs, Garden of Life and Smartypants. Warm up with Purely Elizabeth hot cereal and pancake mix for breakfast, or soup and chili from Patagonia Provisions.

For a preview of these coupons, visit our [website](#). Coupons are valid through February 28, 2022. To save even more money at the co-op in the new year, be sure to check out Co+op Deals items on sale and our selection of everyday low price Co+op Basics products.



NEW ITEMS

January 2022


**Cal-Organic Farms
Organic Carrot Chips & Hummus and Organic
Carrot Chips & Ranch**

Packed in a convenient serving size and equipped with a tasty dipping sauce, Cal-Organic Carrot Chips are perfect for lunches, picnics, snacking and road trips. Crunchy and convenient, Cal-Organic Carrot Chips have ridged edges and flexible, flat surfaces that are the perfect match for the dip they come with - hummus or ranch.


**Big Steer Meats
Smoked & Uncured Italian Sausage with
Mozzarella Cheese**

Big Steer Meats' Smoked & Uncured Italian Sausage with Mozzarella Cheese is a fully cooked, cheesy, juicy pork sausage that is delicious pan heated or grilled. It's made with pork that has no added hormones, growth stimulants, antibiotics, preservatives, nitrates, or nitrites.


**Cappello's
Fettuccine (frozen)**

Cappello's almond flour Fettuccine is a silky, buttery grain-free pasta that cooks in 90 seconds or less. It's made with cage-free eggs, and is paleo, non-GMO, and dairy free. It pairs well with many kinds of sauces including tomato marinara, creamy alfredo, and Bolognese pasta sauce.


**Beekeeper's Naturals
B. Powered Superfood Honey**

Powered by propolis, royal jelly, and bee pollen, Beekeeper's Naturals B. Powered Superfood Honey is medicinal-grade and immune-supporting, made with antioxidants and other potent ingredients from nature. Enjoy a teaspoonful or drizzle over lattes, smoothies, toast, and more.


**Nuts for Cheese
Un-Brie-Lievable Cashew Cheese**

Nuts for Cheese organic and dairy-free Un-Brie-Lievable cashew cheese is a luscious, plant-based cheese that is mild and creamy. This versatile semi-firm wedge delivers a smooth, clean profile and is great for slicing, shredding, melting, and spreading. It's made with fair trade cashews, coconut milk, and coconut oil.


**Rio Bravo Ranch
Olio Nuovo**

Rio Bravo Ranch is an organic olive farm located in the southern tip of the Sierras in California. Their Olio Nuovo "new oil" is the first extra virgin olive oil off the press each season. Typically, olive oil is filtered or stored for a couple of months before bottling to let the sediment fall to the bottom and extend its shelf-life. Olio Nuovo is bottled right away to capture the bold, fresh flavors of this brilliant oil. The oil is rich with flavor and nutrients, and this "olio nuovo," as it is known in Italy, is a short-lived delicacy. There's limited annual supply, so pick up your fresh olive oil today.


**Roth cheese
Hot Honey Gouda**

Hot Honey Gouda by Roth Cheese is a sweet, warming gouda that goes great with roasted vegetables, bacon, and pecans. Seasoned with crushed red pepper and honey, this creamy gouda also goes well with lagers and mojitos. Made in Wisconsin, Hot Honey Gouda is a tasty addition to homemade pizza, any cheese plate, and baked mac & cheese.


**Good Good
Strawberry Jam**

Containing only natural occurring sugars from real fruit and natural sweeteners (Stevia & Erythritol) Good Good low-calorie jams have the same sweet taste without the added sugar. Good Good jams are vegan, keto, gluten-free, suitable for diabetics, and non-GMO. Try their strawberry jam with peanut butter & oats for a healthy grab & go breakfast.


**La Terra Fina
Cheddar and Broccoli Quiche**

La Terra Fina's Cheddar and Broccoli Quiche is made with a delicious blend of sharp and mild cheddar cheeses mingled with chunks of broccoli florets in creamy egg white custard filling. This well-loved dish is made with cage-free eggs and can be enjoyed warm or chilled.

Wellness Weekend

January 7-9
Details on page 4

Citrus Spree

January 12-18
Details on page 8

Cooking for Seasonal Affective Disorder

January 13
6-8pm
MFC Classroom
[Register here](#)

MFC Board Nomination Period Closes

January 15
[Apply here](#)

MFC Board Meeting

January 18
6-8pm
MFC Classroom

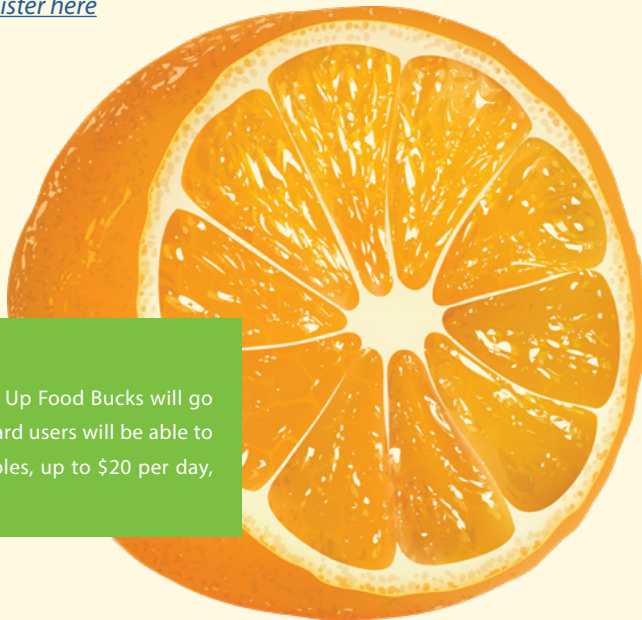
Cooking for Seasonal Affective Disorder

January 24
6-8pm
MFC Classroom
[Register here](#)



DOUBLE UP FOOD BUCKS UPDATE

Starting January 1, 2022, the daily earning limit for Double Up Food Bucks will go back to \$20 per day for all participating shoppers. Bridge Card users will be able to earn one dollar for each dollar spent on fruits and vegetables, up to \$20 per day, which can be redeemed during a future shopping trip.



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 10am - 7pm

www.marquettefood.coop
Marquette, MI 49855

