



# FRESH FEED

The Marquette Food Co-op Newsletter

January 2023





# THE CAFÉ QUESTION

A frequent question we receive at the store is, “When is the café seating area coming back?”. There’s not a simple answer to this question without some context, and as tired as we are of referencing it, the context has everything to do with the pandemic.

It’s easy to understand why the café was closed back in 2020. The State of Michigan and our local Health Department required it as part of Covid-19 containment protocols. If you recall, we also had to close our hot bar and salad bar. In short order, we began to use part of the café space to facilitate our webstore orders which grew from less than \$20,000 sales in 2019 to \$600,000 in 2020! But this is only part of the story.

Grocery is a business of inches. Literally. Ever notice how our cashiers so adeptly pack your purchases in bags? Your favorite beverage six pack fits precisely across the bottom of a grocery bag. Various other boxes of items fill the leftover void neatly and precisely. Produce and eggs on top. That’s because it’s all designed to fit neatly together in there. Which also means it all fits neatly together on the shelf and in boxes and cases while in transit to the store from the warehouse.

Because the size of grocery products and packages are all known, that means that the store itself was also designed to fit and hold various quantities of these items in all the spaces of the store. It is no exaggeration to say that if you move or add one item in a grocery store, the chain reaction of the movement of other items is significant to achieve equilibrium. Sort of like dominos falling. Or not to be too poetic, like when a raindrop hits the surface of the pond and the water ripples outward to make room for the addition—except that we’re confined by brick and mortar and unlike water, we can’t simply go higher and stack things up!

In any case, also consider the fact that since the pandemic began, we’ve grown by about 30% in revenue, which means many more shipments of food and goods arriving at the store.



**Matt Gougeon**  
General Manager

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Special ordering of products by owners has increased, and so have bottle returns of all things. Customer count is way up, which means our bathrooms usage is up. All of this means our brick and mortar has begun to bump up against its physical capacity. After a couple of years waiting for things to return to “normal”, we now are certain that this is our new normal.

In addition to sales and customer count, we’ve also grown by about 25% in staff. This means that the breakroom gets crowded and space for coats, boots, and personal stuff is at a premium. It also means that meeting space and office space is difficult and often shared. This is not optimal. Oh, and the hallways downstairs? They are often lined with product waiting to be stocked because there isn’t any other available space.

So, while we understand the desire for the Co-op Café to return, currently the reality is that the café has been squeezed out of our pond to make room for our webstore, special order processing, back stock of inventory, and even serve as a garden center in the spring. Glance in that direction while you’re at the checkout and see all the shelving, computers, refrigeration, stacks of product, etc. and you’ll understand that the space has been repurposed for productive operational reasons.

That said, the café was repurposed relatively “on the fly” during our rapid growth. At the start of this new year, we begin to plan how best to address all our space needs which may necessitate a reorganization of both how and where we do things. Does this mean some of the café space could come back? Maybe. But there are a lot of other dominos to stand up before that could happen. In the meantime, know that we hear you. We understand how important the café was in the daily life of some of us. We miss it, too. No promises, but know that we are taking a practical approach to readjusting our systems to accommodate our space limitations. Thanks in advance for your patience herein.

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

# LEAD *Your* CO-OP!

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## Run for the MFC Board of Directors

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Interested in contributing to your Co-op? You can contribute by sharing in the governance of our organization. You can apply or encourage someone you know who could be an asset to apply.

HAVE  
QUESTIONS  
BEFORE YOU  
COMMIT?

Visit us at our weekly sampling table in the store, Fridays & Saturdays in October!

Check out more information at  
[marquettefood.coop/board/about](https://marquettefood.coop/board/about)  
or email [board@marquettefood.coop](mailto:board@marquettefood.coop)

Applications Open  
**October 15– January 15**

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# BOOZE-FREE SIPS FOR

# Dry January

Are you participating in Dry January, or looking to cut down on your alcohol intake? According to a [study by BMJ Open](#), cutting back on or eliminating the consumption of alcohol offers a range of potential health benefits. Participants in the study who abstained from consuming alcohol for 30 days slept better, had more energy, and lost weight.

The Dry January challenge began in 2012 in the UK as a public health initiative and encourages participants to refrain from drinking beer, wine, or spirits for the entire month of January. Here are some of our favorite non-alcoholic drinks to help keep you on track.

## Elderberry Tonic

recipe from [eatingwell.com](#)

- 2 oz freshly squeezed orange juice
- ½ oz elderberry syrup (try *Gaia Herbs Black Elderberry Syrup*)
- ½ oz freshly squeezed lemon juice
- ¼ t ground turmeric, or more to taste
- ice
- sparkling water
- orange slice for garnish

Combine orange juice, elderberry syrup, lemon juice and turmeric in a cocktail shaker. Add ice until the shaker is ¾ full. Cover and shake until chilled, then strain into a rocks glass filled with ice. (Alternatively, for a layered look, shake the citrus juices and turmeric and strain into a glass filled with crushed ice. Drizzle the elderberry syrup over the ice.)

Top with sparkling water and garnish with an orange slice, if desired.



## GT's Synergy Raw Kombucha

Perfect for new and experienced kombucha drinkers; brewed with kiwi juice to cultivate 9 billion living probiotics for improved digestion, naturally occurring, sustained energy, and holistic physical and mental wellbeing. Always traditionally cultured in small, five-gallon batches with each linked to their original Himalayan Mother SCOBY.



## Athletic Brewing Co. Run Wild IPA

Run Wild IPA is Athletic's non-alcoholic version of a classic IPA. A timeless balance of malt and hops, it honors the original through an organic Vienna malt base and five Pacific Northwest hops. A clean, crisp, full-bodied experience has made for one of their most popular, award-winning brews.



## Leitz Eins Zwei Zero NA Reisling

This sparkling riesling is produced from grapes harvested from young vines, and is fresh and vibrant, with lime, citrus, and apples on the palate. The off-dry finish is clean and refreshing with delicate mineral notes. Sustainably grown, vegan.



## Fre Dry Red NA Wine

Fre Red Blend offers a deep ruby color and ripe, black cherry aromas. Smooth and rich, it offers plenty of bright grape and cherry fruit with an intriguing smoky flavor. Fre Red Blend ends with a long, fruity, lingering finish. This alcohol removed wine is delightful on its own or paired with salmon, turkey, chicken and ham dishes, as well as pasta, pizza, and grilled meats.



## Short's Brewing Thirst Mutilator NA Beer

A collaboration between Short's and bluegrass artist Billy Strings, Thirst Mutilator leaves no thirst unquenched—a citrusy, bubbly, carb and calorie free hop water that is sure to keep you hydrated.



## Jeng Paloma CBD Cocktail

A sparkling, hemp-infused, non-alcoholic Paloma made with real pink grapefruit, rosemary, juniper, and added agave and sea salt. Enjoy from the can or on the rocks.







# WELLNESS WEEKEND

JANUARY  
6<sup>TH</sup> — 8<sup>TH</sup>

25% OFF  
BODY CARE, VITAMINS,  
+ SUPPLEMENTS

*excludes items  
already on sale*

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



# CITRUS SPREE!

## 25% OFF ALL CITRUS

### JANUARY 11 – 17

## CITRUS SALAD

WITH FENNEL VINAIGRETTE

Recipe adapted from bonappetit.com  
Serves 8-10

### sesame clusters

- 1 flax egg or 2 T aquafaba
- 3 T sugar
- ½ t kosher salt
- ¼ t ground cinnamon
- ½ t ground cloves
- ¼ t ground nutmeg
- 1 C sesame seeds

### dressing and salad

- ½ C olive oil
- ½ small fennel bulb, finely chopped, plus
- ½ C chopped fennel fronds
- 1 shallot, finely chopped
- 2 T finely chopped peeled ginger
- 1 t fennel seeds, crushed
- ¼ C white wine vinegar
- 2 T maple syrup
- Kosher salt and freshly ground black pepper
- 4 navel oranges, blood oranges, tangerines, and/or grapefruit
- zest of 1 orange
- 10 cups mixed hardy salad greens (such as radicchio, frisée, and/or endive; about 1 lb)
- 1 C fresh flat-leaf parsley leaves, chopped

### sesame clusters

Preheat oven to 325°. Whisk flax egg or aquafaba in a small bowl until slightly foamy, about 30 seconds, whisk in sugar, salt, cinnamon, cloves, and nutmeg. Add sesame seeds and toss to coat.

Spoon sesame mixture in clumps on a parchment-lined baking sheet and bake, stirring occasionally, until golden brown, 10–12 minutes. Let cool.

### dressing and salad

Heat oil in a medium skillet over medium heat. Add chopped fennel, shallot, ginger, and fennel seeds and cook, stirring often, until tender (do not let brown), 8–10 minutes. Mix in vinegar and maple syrup. Let cool, season with salt and pepper.

Using a sharp knife, cut all peel and white pith from all oranges, discard. Cut between membranes to release segments into a medium bowl, discard membranes.

Toss greens, parsley, fennel fronds, citrus, zest, and dressing in a large bowl. Serve topped with sesame clusters.





# 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



# 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.

## JANUARY OWNER COUPONS

*Valid until January 31, 2023*

### **\$1 off Kings of Prohibition Wine**

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



### **\$1 off Sartori Shredded Parmesan, 8oz**

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



### **\$5 off Weleda Skin Food, 6.8oz**

*Coupon cannot be applied during Wellness Weekend. Limit 2 items per coupon. Limit 1 coupon per owner account, while supplies last*





# CO-OP CLASSES

## WINTER 2022

### EAT MORE VEGETABLES

Wednesday, January 4

5:30 – 8pm

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

We know that getting more vegetables in our diet can bring improvements in energy, mood, weight loss, and prevention of diseases such as heart disease, cancer, and stroke. Please join Ryan Brang, MD, to learn cooking skills and build nutritional knowledge. Learn how eating more vegetables can keep you alive longer and learn some practical ways to include them in your diet.



### COOK WITH A DIETITIAN

Tuesday, January 10

5:30 – 8pm

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

It is the time of year that many of us are looking to make diet and lifestyle changes to become healthier. The Co-op is here to help and support you in this journey. In this hands-on cooking class, Education Coordinator and Registered Dietitian Amanda Latvala will combine her culinary experience with her dietetics training to introduce you to recipes that are well-balanced, packed with nutrition, and highly flavorful. Her cooking style is simple foods with bold flavor. Learn all about hearty baked salads with a bright vinaigrette, spiced lentil burgers with a fabulous dipping sauce, and get her tips and tricks for shopping on a budget and making meal prep easy-peasy.



### CREATIVE GRILLED CHEESE AND BEER PAIRINGS

Tuesday, February 7 or Tuesday, February 14

5:30 – 8pm

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

Looking for a laid-back meal that satisfies? Grilled cheese and beer are a stellar combo. In this class you will learn how to liven up this nostalgic sandwich using unusual cheeses and flavors from around the world. The MFC now has its own Cicerone (the beer equivalent to a Sommelier), and he will select beers to complement each gooey creation.



### CARNITAS AND HOMEMADE TORTILLAS

Tuesday, March 7 or Tuesday, March 28

5:30 – 8pm

\$25 for Co-op owners, \$40 for all others

By March in the U.P., cabin fever has more than set in. Many of us are feeling ready to do something that will liven up life a bit – how about a Mexican cooking fiesta? In this class you will learn how to make succulent pork carnitas, homemade corn tortillas, bright pickled vegetables, and a charred tomato salsa to build a mouthwatering taco that stands up to any taqueria. The recipes and techniques in this class will surely spice up your next Taco Tuesday.



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

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

### SYMBOLS KEY



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



Indicates gluten-free friendly class



Indicates vegetarian friendly class



Indicates vegetarian friendly class



**TOUR OF ITALY****Tuesday, April 4 or Tuesday, April 11****5:30–8:00pm****\$25 for Co-op owners, \$40 for all others**

The traditional recipes and flavors of Italy vary widely from region to region and kitchen to kitchen. One aspect remains constant – exquisite simplicity. Italians focus on fresh, high-quality ingredients rather than intricate preparations. Join us for a tasty Tour of Italy led by Kaila Black, Webstore Specialist at the Marquette Food Co-op. Our culinary tour will sample flavors from Naples, Tuscany, and Treviso. Buon appetito!

**PRESERVATION AND WINE PAIRING****Thursday, May 4****5:30 – 8pm****\$25 for Co-op owners, \$40 for all others**

Join Iliana Regan, Michelin starred chef, author, and proprietor of the Milkweed Inn for an evening devoted to food preservation. Attendees will learn examples of preservation that include ferments, vinegars, jams, and pickles – both quick and canned. In addition to exploring how salt, sugar, and acid can be used in preservation, you will learn the basics of wine pairing from Regan's wife, Anna Hamlin.

**NOT YOUR GRANDMOTHER'S FINNISH FOOD****Tuesday, May 2 or Tuesday, May 9****5:30 – 8pm****\$25 for Co-op owners, \$40 for all others**

The essence of Finnish gastronomy is found in wild ingredients with distinctive flavors. We'll look for that essence in updated, seasonal versions of Finnish food: fresh pea soup instead of dried, for example, and trout from Lake Superior instead of fish from far away as we explore creative Finnish-style things to do with smoked trout. The berries will have to be frozen, alas, but they'll be there, and we can save the recipes for when we're able to go foraging again.



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Indicates vegetarian friendly class

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

## January 4 – 10

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 11.*





# AFFORDABLE ORGANIC

We're familiar with the health and environmental benefits of buying organic food, and in recent years, we're seeing it become more readily available and regularly stocked at familiar grocery stores. However, one thing we're hoping to move past is the perceived cost barrier to purchasing organic over conventional.

While there can be a difference in pricing between organic and conventional, that's not always the case as you'll see in the table on page 14. Many ingredients are just a few pennies difference, and others are actually less at the Co-op. Additionally, because of your ability to purchase single fruits & vegetables (as opposed to bagged/packaged produce at other stores) and exact quantities in our bulk department, you're likely saving money and reducing food waste by taking home only what you need.

Organic doesn't have to translate to out-of-reach for consumers on a budget. If you're willing to put in a little leg work, you're likely to discover that organic is not much more expensive and well worth knowing that you're eating a fresher, cleaner product.

We did a cost-comparison meal with ingredients from the Co-op and similar ingredients purchased at a national "Big Box" chain in town, and found the difference in price to be \$1.18 per serving. The table included at the end of this feature compares the cost of ingredients (in their exact measure needed for this recipe). Ingredients denoted with an Asterix indicate they're organic. We also included a column using purely conventional, non-organic ingredients. The price difference is more stark than the first two columns, as you'll see, but it's still not wildly different than the Co-op shopping trip, which yields mostly organic product from smaller, trusted sources and the added benefit of knowing your dollars are staying in our community.

## EGG ROLL IN A BOWL

Serves: 5. Prep time: 25 minutes.

- **½ block extra-firm tofu drained and patted dry**
- **1 t vegetable oil**
- **2 C shredded cabbage**
- **1 large carrot, halved and thinly sliced**
- **4 oz button mushrooms, sliced**
- **1 large yellow onion, slivered**
- **1-inch piece fresh ginger, minced**
- **2 cloves garlic, chopped**
- **1 T tamari soy sauce**
- **2 t toasted sesame oil**
- **3 C cooked medium-grain brown rice**
- **2 large scallions, diagonally sliced**

Slice the drained tofu into cubes.

In a large saute pan, over medium-high heat, drizzle the vegetable oil. Add the tofu and stir, and then add the cabbage, carrots, mushrooms and onions. Stir frequently, scraping the pan to keep the vegetables from sticking, for about 4 minutes, until the cabbage is browning and the vegetables are crisp tender.

Add the ginger, garlic, tamari and sesame oil and stir for a minute, until the pan is nearly dry.

Serve over brown rice, topped with scallions.

# AFFORDABLE ORGANIC

## EGG ROLL IN A BOWL COST BREAKDOWN

INGREDIENT	OUR PRICE	BIG BOX PRICE	100% CONVENTIONAL PRICE
Extra Firm Tofu	\$1.50*	\$1.65*	\$1.30
Vegetable Oil	\$0.03*	\$0.16*	\$0.01
Cabbage	\$0.47*	\$0.37*	\$0.22
Carrot	\$0.35*	\$0.27*	\$0.27
Button Mushrooms	\$1.37*	\$1.50*	\$1.04
Yellow Onion	\$0.90**	\$0.92*	\$0.75
Ginger	\$0.09*	\$0.17*	\$0.06
Garlic	\$0.17**	\$0.15*	\$0.10
Tamari Soy Sauce	\$0.22*	\$0.16	\$0.16
Toasted Sesame Oil	\$0.31*	\$0.27*	\$0.10
Brown Rice	\$1.25*	\$2.22*	\$0.41
Scallions	\$0.50*	\$0.50*	\$0.22
<b>TOTAL</b>	<b>\$7.16 / serving</b>	<b>\$8.34 / serving</b>	<b>\$4.64 / serving</b>

\* = ORGANIC    \*\* = ORGANIC & LOCAL





# ROUND UP AT THE REGISTER

*for*



United  
Way



TOGETHER, WE RAISED  
**\$5,070.21**

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!*

# NEW ITEMS

January 2023



## Whole Frozen Strawberries

### Field Day

Packaged in a 32-ounce bag, Field Day's Organic Frozen Whole Strawberries are a wonderful, nutritious ingredient to include in many dishes. They are perfect for adding into a smoothie or baking into a cobbler, pie, or scones. Try them in your favorite strawberry sauce recipe, pair with pancakes or waffles.



## Organic Classic Kraut

### Saverne

Saverne Classic Kraut is crafted in small batches and made with the finest domestic organic cabbage. It's deliciously tart, crisp, and naturally nutritious. Enjoy right out of the jar as a healthy snack, side-dish or topping. Or try it in wraps, sandwiches, salads and so much more. Also available: organic Dill & Garlic Kraut and organic Kimchi.



## Organic Power Fuel Smooth

### NuttZo

Not your average nut butter! A nutritious, tasty blend of seven nuts and seeds, high in protein and low in sugar. Add to smoothies for a protein punch, drizzle on your favorite pancakes or desserts, spread on fruit, crackers, and veggies, or enjoy by the spoonful—however you like, snack on! Made with organic cashews, almonds, Brazil Nuts, flax seeds, chia seeds, hazelnuts, and pumpkin seeds.



## Pitted Moroccan Green Olives

### Mina

Mina's Pitted Moroccan Green Olives are grown on a family farm in Morocco, where they are handpicked then cured in water and sea salt. Enjoyed for their crisp yet tender texture and mildly salty flavor, they are the perfect all-purpose pitted green olives. Traditionally used in tagines and salads in Morocco, they are also fantastic as table olives or as an accompaniment to your favorite dish.



## Wellness Weekend

January 6-8  
Details on page 5

## Quitter's Day

Raffle in store January 4-11

## Deadline for Board of Directors nominations

January 15

## Citrus Spree

January 11-17  
Details on page 6

## Noquemenon Ski Marathon

January 27-28

## Save the Date:

Annual Meeting of Owners  
March 9



## DOUBLE UP FOOD BUCKS UPDATE

Double Up Food Bucks will be returning on January 15. There will be some changes to the program due to funding limitations. As soon as the final details are shared, we will be sure to share the news widely.



## THE FRESH FEED

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

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## Board of Directors

Michelle Augustyn PRESIDENT

Kevin Pierfelice VICE PRESIDENT

Kelly Cantway SECRETARY

Richard Kochis TREASURER

Hillary Bush

Mary Pat Linck

Zosia Eppensteiner

Tom Rulseh

Emily Bateman

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 11am - 6pm

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

