



FRESH FEED

The Marquette Food Co-op Newsletter

January 2024



COOPERATION WORKS!

Cooperation works. May of this year will mark ten years that we have been in this store. Already. This community has certainly positively responded to our application of the consumer cooperative model in the Marquette Food Co-op. It has been an unqualified success moving from Baraga St. to Washington Ave.

A year ago this month, we were in the middle of construction. Do you remember the winter of 2014? It was the year of seventy- something days in a row of below zero temperatures. That is a far cry from our current January. But that frigid winter made everything about building this store that much more difficult. It was hard on the construction workers, and it was hard on everyone's spirit. But by spring we were getting close to opening. I remember that Easter weekend of 2014. Our first trucks with products arrived and we had many hands at work setting the shelves with products. A couple of weeks later, we opened for business.

That first year of business we were just shy of \$7M dollars of revenue. Fast forward to this year and we just finished a budget that projects 2024 revenue to be in excess of \$14M dollars. Ten years and one multi- year pandemic later we find ourselves bursting at the seams and needing updating to our facility. Ten years ago, the store was designed in a manner to meet our members and market where they were and with what they wanted. Over time (and the pandemic) those needs and desires have changed. Without spilling the beans on specific projects, there are equipment and store layout changes that are in early planning stage. You will know more as things progress- but we aim to keep relevant to our members' needs and keep the store itself operating well. We continually update store technology and operating systems and will continue to do so in the coming year. Some tech updates you will notice. Others will quietly work in the background known only to staff.

But one thing that won't change is the availability of and access to good food. We remain committed to bringing fresh, local, organic, and wholesome food to the store shelves. We strive to make it affordable and give you choices to meet your needs and budget. We'll continue to emphasize and prioritize local food, goods, and services from and in this community. Because this is where the rubber meets the road for this cooperative. We formed as a consumer cooperative fifty three years ago. It is what we remain. An organization owned by people who use it to bring wider benefit to more people. Consumers who have a say in what is on the shelf to purchase, where it comes from, and how it was grown or produced to close the loop of the local economy. You, and everyone else in the Marquette Food Co-op make our community a better, healthier, and unique place to live and work.

Feel good. Shop the Co-op.



Matt Gougeon
General Manager

LOCAL SPOTLIGHT

Learn more about the businesses that supply your favorite local products to the MFC.



BIPOC &
WOMAN
OWNED



KEIA LEE LEWIS

BOTÁNICA QUETZALLI

A Chicana-Indigenous owned business in the UP, offering herbal products for well-being, 1:1 herbal consultation, Ayurvedic coaching, bodywork and workshops, energy healing/reiki sessions, yoga classes and women's meditation/healing groups.

At the Marquette Food Co-op, you'll find a wildcrafted creosote bush oil and line of botanical blends for tea.

"I am continuing the work of my great-great grandmother, Ama Lupe. She was a Curandera (Mexican Traditional Medicine Woman) who primarily focused on herbalism and midwifery for her community in Texas.

My hope is to be another link in the chain of a long line of women who pass this knowledge down to future generations so the wisdom and knowledge of our culture and ancestors is not lost."

15% OFF ALL BOTÁNICA QUETZALLI PRODUCTS AT THE MFC FOR THE MONTH OF JANUARY

Learn more about this business and their products at their website, Facebook, or Instagram.
botanicaquetzalli.com • facebook.com/botanicaquetzalli • instagram.com/botanicaquetzalli

ROUND UP AT THE REGISTER

for



United
Way



TOGETHER, WE RAISED
\$5,109.88

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!

GLOBAL GRAINS

While corn, wheat, and rice have become the main grains consumed around the world, there are so many more cereal crops we could eat. Traditional cultures relied on a variety of grains that provided them with many essential nutrients, sometimes even serving as a source of protein.

This year, as you think about healthy eating, we encourage you to diversify your grains, and reap the nutritional benefits of these flavorful, gluten-free grains. These co-op tested recipes will give you new ideas for breakfast, lunch, and dinner!

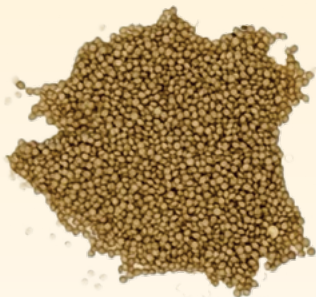
BUCKWHEAT

Originally from Northern China, it is believed that buckwheat spread to Europe through Russia by the Middle Ages. Interestingly, it isn't wheat, and technically, is a seed, not a grain. It's harvested from a plant related to rhubarb. It is one of the best grain sources of magnesium, with $\frac{1}{4}$ cup cooked providing almost 100mg. It is also high in polyphenols and antioxidants that help protect against many types of diseases.



TEFF

An incredibly tolerant grain that can survive wet conditions and drought, teff originated in Ethiopia. Teff is particularly high in lysine, an amino acid that's often lacking in other grains. Lysine is essential to produce proteins, hormones, enzymes, collagen, and elastin.



AMARANTH

Evidence continues to point towards this originating in the Americas, though this grain was also used in Southeast Asia and China prior the Colombian Exchange. Lands in the top three highest protein containing grains. It is also a good source of fiber, manganese, phosphorous, and iron.



MILLET

Simultaneously cultivated originally in both Asia and Africa; archaeological digs show it was adopted in ancient India, Europe, and in the Middle East. Millet boasts the highest calcium content of all cereal grains, providing 13% of the daily recommended value in just one cup cooked grain.



FONIO

Thought to be the oldest of the cereals cultivated in West Africa, it has only recently become popular in Europe and the Americas due to interest in gluten-free grains. Fonio is a good source of B vitamins, including thiamine, riboflavin, and niacin. Fonio also provides many minerals including iron, copper, zinc, and magnesium.





CHOCOLATE, ALMOND, CHERRY BUCKWHEAT PORRIDGE

Makes 4 servings | recipe from *Marquette Food Co-op*

- 1 C buckwheat groats
- 1 C plant milk of choice
- 1 C water
- 2 T cocoa powder
- ½ t vanilla extract
- ¼ t almond extract
- ¼ t salt
- 1 C cherries, fresh or frozen, divided
- ¼-1/2 C sliced almonds

Place a medium sized skillet over medium heat. Add buckwheat groats to pan and allow groats to toast. Once they begin to turn brown, stir continuously for 1-2 minutes or until golden brown color is achieved. Remove groats from pan. Repeat the process with the sliced almonds. Once almonds are toasted, remove from pan and set aside.

To a medium sauce pan, add milk, water, cocoa powder, vanilla extract, almond extract, and salt. Bring this mixture to a low boil. Add toasted groats and mix well. Place the lid slightly off center so steam can escape while cooking. Cook groats in simmering liquid for 15-20 minutes, stirring occasionally to prevent groats from sticking to the bottom. When groats are about 5 minutes from down cooking, add half of the cherries. Finish cooking groats and remove pan from heat.

Add remaining cherries to pan of groats and mix well. Serve immediately with toppings of choice.



ROASTED SQUASH, KALE, AND TEFF SALAD

Serves 2 as a large main or 4 as a side dish | recipe adapted from teffco.com

- 1 butternut squash, peeled and cut into 1" cubes
- 2 shallots, peeled and cut into thick wedges
- 4 T olive oil, divided
- 1 C water
- ½ C teff grain
- ¾ C fresh parsley, finely chopped
- 1 clove garlic, finely chopped
- ½ t lemon zest
- juice of 1 lemon
- ½ t honey
- ½ bunch of kale, destemmed and chopped
- ¼ C crumbled feta cheese (optional, omit for vegan recipe)
- 3 T pepitas

Heat oven to 400°F.

Toss butternut squash in 1 tablespoon of olive oil. Season with salt and pepper and spread evenly on a baking tray. Place in preheated oven for 20 minutes, then add shallot. Stir to coat the shallot in oil, adding more if needed. Roast another 20 minutes or until golden and tender.

While the squash is cooking, prepare the teff grain by bringing 1 cup of salted water to a boil in a small pot. Add the teff grain, stir and reduce heat to low. Simmer, covered, for 10 minutes and then remove from heat and place a clean dishcloth, or paper towel, between the pot and the lid to absorb the moisture. Set aside.

Make the salad dressing by combining chopped herbs, garlic, lemon zest, lemon juice, honey, and the remaining 3 tablespoons of olive oil. Season with salt and paper to taste. Mix well to combine and set aside.

Place kale in a large bowl and massage with a few teaspoons of the dressing.

Fluff up the cooled teff grain with a fork and toss it in a large salad bowl with the kale and cooked squash and shallots.

Drizzle with remaining dressing and top with crumbled feta and pepitas.



AMARANTH + FIG PINWHEELS

Makes 34 cookies | recipe from *Olga Caz* found at healthytasteoflife.com

Here's a great dessert option for those who want to eat healthfully, but still need a sweet treat. If you're looking to cut some time you can use a store-bought jam, but the flavor of the homemade fig paste is wonderful.

Be sure to process the walnuts finely if you use them. It will be difficult to roll the cookies and keep a nice shape if the walnut pieces are too big.

Fig Jam

- 16 dried figs , soaked
- 3 T maple syrup
- 1 t vanilla extract
- 1 tsp fresh lemon juice
- ½ C walnuts, finely chopped (optional)

Amaranth Cookie Batter

- 1 C coconut cream
- pinch of stevia extract powder
- ⅛ t salt
- 1 T vanilla extract - (organic)
- ¼ C ground flax seeds - (organic)
- 1 C amaranth flour
- ½ C oat flour - (gluten free, organic)
- ⅓ C cassava flour - (organic)
- ½ t baking Soda
- ½ t lemon juice

Soak your figs for at least 2 hours prior to making the dough.

Add the soaked figs, maple syrup, vanilla extract, and lemon juice to a food processor and blend. Add 1 T of water if the mixture is too dry. Transfer to a bowl and add walnuts, if using.

In bowl, beat together the coconut cream, stevia extract powder, vanilla extract and salt with a hand mixer. Add the ground flax seeds and mix again to incorporate (they will absorb the liquid from the cream). Mix until creamy, then add the flours, baking soda, lemon juice and mix again.

When crumbs start to form, use your hands to knead the dough for 1 – 2 minutes until the dough forms. Divide dough in half and shape into two balls. Wrap each one in plastic wrap. Let dough rest at room temperature for 20 minutes.

When ready, flatten the dough ball into a disk. Place the disk between two sheets of parchment paper on a flat surface and use a rolling pin to roll out into an ⅛" thickness, and the shape of a rectangle. No need to be precise, you can cut the uneven wedges at the end.

Remove the top layer of parchment paper. Top with half the fig mixture, covering dough with thin layer. Roll up dough into log. Use the bottom sheet of parchment paper to lift and roll the dough up. Place in fridge to chill for 1 hour. Repeat with remaining dough and filling.

Preheat oven to 380°F. Line a large baking sheet with parchment paper. Using sharp knife, slice the log into approximately ¼" thick circles. Place on prepared baking sheet and bake for 30 minutes.

Remove the pinwheel cookies from oven and place on cooling rack to cool completely.



MILLET SCALLION PANCAKES

Serves 8 | recipe from *bonappetit.com*

- $\frac{3}{4}$ cup millet
- $1\frac{1}{2}$ t kosher salt, plus more
- $\frac{1}{3}$ C reduced-sodium soy sauce
- 3 T unseasoned rice vinegar
- 2 t sugar
- 2 t toasted sesame seeds
- 1 t Sriracha
- 8 scallions, thinly sliced, divided, plus more for serving
- 2 large eggs
- 6 T buttermilk
- 3 T cornstarch
- 1 T toasted sesame oil
- 6 T vegetable oil

Bring 2 cups water to boil in a small pot. Add millet and salt. Return to a boil, then reduce heat to a simmer, cover and cook until tender, 20 minutes. Drain off any remaining water. Spread out on a rimmed baking sheet and let cool.

Meanwhile, whisk soy sauce, vinegar, sugar, sesame seeds, Sriracha, and $\frac{1}{4}$ of scallions in a small bowl; set sauce aside.

Whisk eggs, buttermilk, cornstarch, sesame oil, and $1\frac{1}{2}$ tsp. salt in a medium bowl. Fold in millet and $\frac{3}{4}$ of scallions.

Working in 3 batches, heat 2 Tbsp. vegetable oil in a large nonstick skillet or well-seasoned cast-iron pan over medium-high heat. Add heaping spoonfuls of millet batter to skillet, press to $\frac{1}{4}$ " thickness, and cook until golden brown, about 3 minutes per side; transfer pancakes to a paper towel-lined plate.

Sprinkle pancakes with more scallions and serve with reserved sauce.



FONIO BALLS IN COCONUT PEANUT SAUCE

Serves 4-5 | recipe adapted from fullofplants.com

Fonio Balls

- 1 C fonio
- 1 t neutral oil plus more for frying balls
- 2 ½ C water
- ¼ t salt
- ½ C quick oats or rolled oats
- ½ t harissa paste
- ½ onion, diced
- 1 clove of garlic
- 2 t cumin
- 1 t ground chili
- 1 t each: paprika and coriander
- ½ t fenugreek
- ¼ t cinnamon
- 1/8 t cayenne pepper
- 2 T tomato paste
- ¼ C nutritional yeast

Fonio Balls

Heat a teaspoon of oil in a large saucepan over medium heat. Add the fonio and toast for 2-3 minutes, or until fonio starts to turn a darker brown, stirring frequently. Add the water and salt, and bring to a boil. Reduce to a simmer and cook until no liquid remains, about 7-8 minutes.

Transfer the cooked fonio to the bowl of a food processor. Add the oats, harissa paste, onion, garlic, spices, and tomato paste. Process for 20-30 seconds, scraping down the sides regularly until everything is well combined and the mixture is sticky enough to form balls. Taste and adjust seasonings if needed.

Using your hands, form balls (about 2 T of the mixture per ball). Transfer to a large plate or dish lined with parchment paper and set aside. You should get about 15 balls.

Place a skillet over medium high heat and pour neutral oil into pan until it reaches ¼" up side of pan. heat. Once hot, add about half the balls to the pan, try not to overcrowd or you will not achieve proper browning. Allow the balls to fry for 1-2 minutes, or until they start to turn a deeper brown. Rotate balls to brown all sides, this will take about 8-10 minutes. Remove from pan and place balls onto cooling rack set over a sheet tray. Repeat with remaining balls.

Coconut Peanut Sauce

- 1 T neutral oil
- 1 onion diced
- 2 cloves of garlic minced
- 1 t freshly grated ginger
- 1 carrot, sliced into thin half moons
- 1 red bell pepper, diced
- 1 13.5-ounce can full-fat coconut milk
- ½ C peanut butter
- ½-¾ C water
- 1 T tomato paste
- 1 t coconut sugar
- ½ t ground chili
- ¼ t salt
- ¼ C cup roasted peanuts
- red pepper flakes, to taste
- chopped cilantro

Coconut Peanut Sauce

Heat the oil in a large skillet over medium heat. Once hot, add onion, garlic, and grated ginger. Cook for 1 minute. Add the carrot and red bell pepper and cook for 5-8 minutes or until the carrots are soft.

Pour in the coconut milk, peanut butter, water, tomato paste, coconut sugar, ground chili, and salt. Stir well to combine everything. For a thinner sauce, use ¾ C water instead of ½ C. Taste and adjust salt or sugar if needed. Cook for another 3-5 minutes.

Transfer the fonio balls to the sauce and stir to coat. Cook for 2 minutes. Top with peanuts, red pepper flakes, and fresh cilantro. Serve immediately on top of rice or simply with a green salad.



CO-OP CLASSES

WINTER 2024

GLOBAL GRAINS

Tuesday, January 9

5:30 – 8pm

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

Cultures from around the world have used a variety of whole grains in a multitude of ways. At this class, Registered Dietitian Amanda Latvala will lead participants through the creation of dishes that use buckwheat, amaranth, millet, teff, and fonio. These ancient grains are all good sources of fiber, vitamins, and minerals. Some are even primary sources of protein in their traditional cultures. Learn more about their nutritive properties and gain hands on experience creating delicious, wholesome food for breakfast, lunch, and dinner!



LECTURE CLASS: THE BLOOD TYPE DIET & DOCTRINE OF SIGNATURES

Tuesday, January 23

5:30 – 7pm

\$10 for Co-op owners, \$20 for all others

Stalling out on your new year's resolutions? Looking for inspiration about how to choose your foods? Dr. Candice Wagner, Board Certified Naturopathic Doctor and Board-Certified Holistic Energy Healer Practitioner, will cover methodologies that she has found highly effective in her practice. This class will introduce the concepts behind the Blood Type Diet and the Doctrine of Signatures. Eating for your blood type has been shown to reduce inflammation, benefit your immune system, relieve digestive issues, and improve overall health. The Doctrine of Signatures is the idea that how a food looks indicates which bodily system it supports. This event is not a cooking class, but an opportunity to learn more about strategies that may help you to create healthy meals all year long. Light snacks will be provided.



JAPANESE COMFORT FOOD

Tuesday, February 6 or Tuesday, February 13

5:30 – 8pm

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

In the doldrums of winter how does a steaming hot bowl of Nikujaga sound? Nikujaga is probably unfamiliar to most people in Marquette, but this traditional Japanese meat and potato stew is a taste of home for Aoi Hirose. Aoi, scholar from Higashiomi, Japan, will help you learn to create this iconic dish, as well as some of her other favorite foods from back home. She will also tell us all about her hometown, which is also one of Marquette's Sister Cities.



SOUPS, STOCKS, AND SALADS FROM THE NORTHWOODS TEST KITCHEN

Tuesday, March 5 or Tuesday, March 12

5:30 – 8pm

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

House-made stock, from scratch soups, and vegetable heavy salads using as much local food as possible are staples in the Northwoods Test Kitchen, located inside Barrel + Beam Brewery in Marquette. In this class, Chef Alex will cover how to adjust recipes to use local, seasonal ingredients. She will walk you through the process of making vegetable stock and bone broths at home. You will then be given the tools to turn these broths into hearty delicious soups. Rounding out this class, Chef Alex will include a recipe for a winter/spring salad that also utilizes local. A salad using local ingredients in March?! We can't wait to see what Chef Alex has up her sleeve. The class will be vegan and gluten free, but we will briefly go over bone broths.



Unless otherwise noted, all classes and workshops are held in the Marquette Food Co-op classroom. Preregistration is required. Check www.marquettefood.coop/events or scan to register.



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

YA-YA'S KITCHEN

Tuesday, April 2 or Tuesday, April 9

5:30–8:00pm

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

The flavors of Greece are considered to be some of the most robust in the Mediterranean. Every morsel has purpose and explodes with flavor. Join Co-op owner and passionate home cook Roy Sarosik as he takes you through old world Greek dishes such as skordalia, garden croquettes (a veggie heavy fritter), moussaka, and more! Roy loves to use local, seasonal ingredients in his cooking as much as he can. He will show ways to incorporate seasonal items into these beloved Greek dishes. Opa!



VIVA MEXICO!

Tuesday, April 30 or Tuesday, May 7

5:30 – 8pm

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

Chef Nathan Mileski is back in the Co-op classroom! Explore two of Mexico's finest traditional dishes. First, we will make chiles en nogada. This Mexican dish represents the national flag, and is made with poblano chiles, stuffed with picadillo, and topped with a walnut-based cream sauce called nogada, pomegranate seeds, and parsley. It is widely considered a national dish of Mexico. Second, we will explore the tamale, and its open canvas and versatility for ingredients and salsa combinations.



Unless otherwise noted, all classes and workshops are held in the Marquette Food Co-op classroom. Preregistration is required. Check www.marquettefood.coop/events or scan to register.



SYMBOLS KEY



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



Indicates gluten-free friendly class



Indicates vegan friendly class



Indicates vegetarian friendly class

Annual Quitter's Day

Air Fryer

Raffle

January 8 – 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 air fryer to one lucky winner.

Enter for a chance to win an air fryer.

The winner will be drawn on January 15.



Dry January

More and more people are choosing to reduce their alcohol consumption, and not just in January. The “NoLo” movement, meaning no or low alcohol, continues to grow as people begin to consider how frequent drinking impacts their physical and mental health. While some young people are choosing to abstain completely, the dominant trend among millennials and gen Z is to drink some alcohol, but in moderation.

Three Spirit Espresso Martini

- 50 ml Three Spirit Social Elixir 50 ml
- 25ml espresso strength coffee
- 1.5t maple syrup
- Option: 15ml for those who would like alcohol in the drink

Pour all ingredients to an ice-filled cocktail shaker or a jam jar. Shake **HARD** until ice-cold and strain through a tea strainer into a chilled cocktail glass. Garnish with grated raw cocoa beans.

Traditionally, the problem has been the limited options available if you aren't drinking alcohol. After all, drinking multiple sodas in a night isn't doing much for your health either. Luckily, this is changing. There is now an amazing array of flavorful, low-sugar drinks that are geared towards an adult palate. In honor of Dry January, we're sharing our options for drinks that taste great with or without alcohol.



Three Spirit

This company understands that people often reach for alcoholic drinks to liven up their night or to relax. They use a complex range of ingredients and processes to create drinks specifically for your mood that night. Using adaptogens, nootropic, herbs, distillates, and fermentation, Three Spirit created non-alcoholic drinks that can energize you or help create a mellow mood. Find recipes here.



Optimist

This company worked with a master distiller but there's no alcohol in any of their drinks, meant to be mixed as you would a traditional cocktail with soda, tonic, juice, or teas. With 10-15 botanicals per flavor, every bottle is bursting with tastes that were inspired by landscapes around Los Angeles. All with organic ingredients! Pick from flavors of Bright (citrusy), Fresh (herbaceous) and Smokey (spice & campfire). Find recipes here.



Ghia

Food & Wine magazine wrote that “Ghia apéritif set the foundation for non-alcoholic apéritifs to come.” Inspired by the founder's summers near the Mediterranean, Ghia is meant to provide a drink everyone can come together around without the detriments of alcohol. No caffeine, no added sugar, and no artificial flavors – just a fresh, slightly bitter drink that can be mixed with the usual cocktail mixers. Find recipes here.



Figlia

It may be a beautiful strawberry color, but it's actually a mix of rose, bitter orange, clove. It's complex, and aromatic; a mix of floral and spice with no preservatives and no added sugar. It can be consumed on its own but is best with ice and seltzer. Find recipes here.





WELLNESS WEEKEND

JANUARY
5TH – 7TH

25% OFF

BODY CARE, VITAMINS,
+ SUPPLEMENTS excludes items already on sale

WHILE SHOPPING IN-STORE
ENTER TO WIN ONE OF THREE
WELLNESS GIFT BASKETS

INCLUDES PRODUCTS FROM PRANORAM, NORDIC NATURALS, KLEEN KANTEEN, STASHER, FAT & THE MOON, INESSCENTS, AND 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.



Blood Orange

This citrus boasts a beautiful crimson colored flesh inside that is sweet with notes of raspberry flavor. Great to eat on its own but also a colorful addition to salads and desserts.

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.



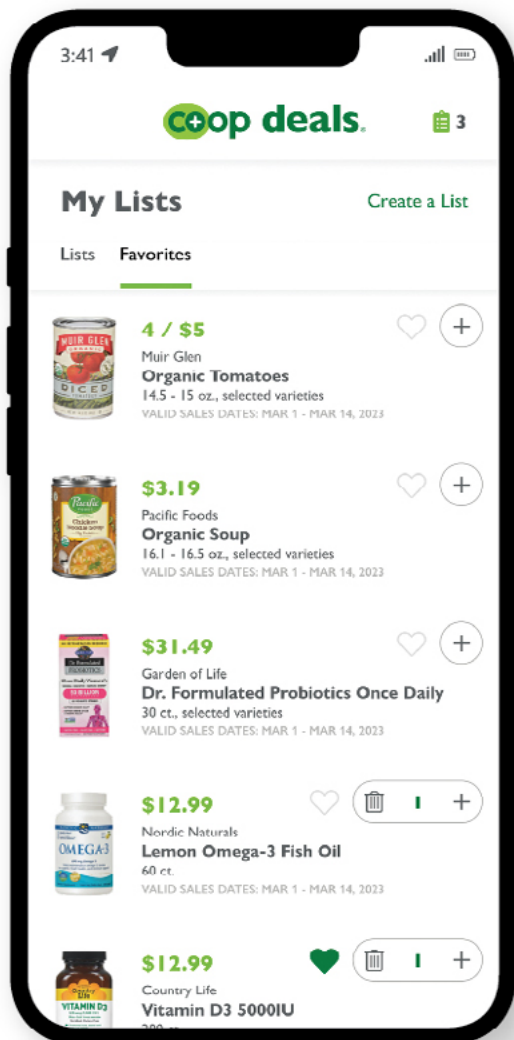
Nova

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

coop deals®

Download the App!



- FIND YOUR CLOSEST FOOD CO-OPS
- SEE WHAT'S ON SALE
- NEVER MISS YOUR FAVORITE DEALS

Call For Candidates

FOR THE MFC BOARD OF DIRECTORS

Applications open
OCTOBER 15 - JANUARY 15

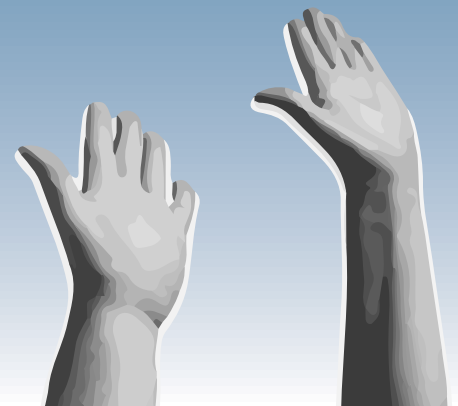
Learn more and apply at www.marquettefood.coop/board/join

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

Watch for information on a Board Meet & Greet to learn more about the work of the board, our elections, and the Co-op.

Have questions now that the website didn't answer?
Send your question to board@marquettefood.org or call 906-273-2287

Scan the QR code to learn more today



owner COUPONS

THE MARQUETTE FOOD CO-OP OWNER COUPON PROGRAM

Every month, the Marquette Food Co-op will be offering digital coupons for owners. 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, 2024

\$1.00 Off

**Just Bare
Chicken Thighs**

20oz
Limit three packages per coupon.
One coupon per owner account.
While supplies last.



\$1.00 Off

**Earthbound Farm
Power Greens**

10oz
Limit three per coupon.
One coupon per owner account.
While supplies last.



\$1.00 Off

**Field Day Organic
Thai Jasmine White Rice**

32oz
Limit three packages per coupon.
One coupon per owner account.
While supplies last.



NEW ITEMS

January 2024



Mint Condition Frozen Dessert Klimon

Indulge in a mouth-watering scoop (or two) of Klimon Mint Condition dairy-free frozen dessert. Made with an almond base, Mint Condition offers a scrumptious blend of mint paired with mini chocolate chips and a creamy fudge swirl. Delight in the creamy texture and delicious taste of Klimon! Also available in Caramel Brûlée and Cherry Bomb.



Garlic & Basil Cashew Cheese Treeline Cheesemakers

Made with simple ingredients, Treeline Cheesemakers Garlic & Basil Vegan Goat-Style Cashew Cheese is full of robust flavor and great texture. This soft and creamy, dairy-free cheese offers the perfect vegan substitute for goat cheese. Enjoy it on a gourmet pizza, elevate any salad, or add to a veggie sandwich for bright and creamy richness.



Natural Creamy Salted Butter Truly Grass Fed

Truly Grass Fed cows spend most of the year outside in the fresh air, grazing on the lush green grasses of Ireland, living their best lives. This produces the silky, sweet milk that goes into making Truly Grass Fed Naturally Creamy Salted Butter. When you choose Truly butter, you can be assured you're choosing butter that adheres to the highest standards of nutrition, flavor, and quality.



Organic Aji Panca Chili Paste Zócalo Gourmet

Zócalo Gourmet products are grown by the first certified organic nursery in Peru, who seeks to be a leader in their community in educating about organic farming practices and preserving native Peruvian food traditions. The aji panca chili is a spicy yet sweet traditional Peruvian ingredient often used as a base with sautéed onions, garlic, and herbs, and used to flavor chicken, fish, pasta and rice.

CALENDAR OF EVENTS

JANUARY 2024

Co-op Deals App Launches

Download the app
to find ongoing sales
January 2

Wellness Weekend

January 5-7

Garden of Eden Sampling

January 7
12-2pm

Quitter's Day Raffle

January 8-12

Global Grains Cooking Class

January 9

Botánica Quetzalli Sampling

January 14
12-2pm

Board Nomination Period Ends

January 15

MFC Board Meeting

January 16
6pm

Citrus Spree

January 17-23

Ishpeming Ski Jumping Tournament

January 19-21

Lecture Class: The Blood Type Diet & Doctrine of Signatures

January 23

Culinary Journey at the Children's Museum

January 21

Noquemanon Ski Marathon

January 26 & 27

THE FRESH FEED

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

Design & Layout

Travis Gerhart

tgerhart@marquettefood.coop

Board of Directors

Michelle Augustyn PRESIDENT

Tom Rulseh SECRETARY

Richard Kochis TREASURER

Mary Pat Linck

Michael Dewar

Nathan Frischkorn

Emmanuel Sally

Mary Kramer-Rabine

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.

The Marquette Food Co-op
provides the region it serves
with access to food, products,
services, and education that
foster a thriving, equitable,
and resilient community by:

PRIORITIZING
LOCAL AND
ORGANIC FOOD
SYSTEMS

PROMOTING
COOPERATIVE
GROWTH
OPPORTUNITIES

SUPPORTING
AN EQUITABLE
SHOPPING
EXPERIENCE

FOCUSING ON
SUSTAINABLE
ENVIRONMENTAL
OUTCOMES



502 W. Washington St.
Marquette, MI 49855

In-store Hours 8am - 9pm
Grocery Pickup 11am - 6pm

www.marquettefood.coop
Marquette, MI 49855

