



# FRESH FEED

The Marquette Food Co-op Newsletter

July 2021





# UNEXPECTED GOOD THINGS

**Matt Gougeon**  
General Manager



It is shaping up to be quite a summer. Ace Sushi is selling nearly 200 units of sushi and rolls per day. We are training our bakers and will be selling bread from the Marquette Baking Company starting July 6. We are planning for the opening of the retail space at the bakery (currently an undetermined date). And business at the store has been brisk. The month of June, which traditionally has been one of our slowest months of the year, if not the slowest, was in fact one of our all-time busiest months in terms of sales revenue. With July and August being our traditionally biggest months, we are bracing ourselves to serve a record numbers of shoppers over the high summer.

Several of the post pandemic outcomes we expected do not seem to be happening. In some ways, as the pandemic recedes, things have returned to “normal.” In other ways, things are definitely not normal. We expected to possibly not re-open our hot bar and salad bar, but we are happy to have them both in operation for take-out. We expected that sales revenue would have flattened out by now, but it is decidedly robust at the halfway point in the year. We expected there would be an abundance of available people to hire for needed positions, but though we are finding quality people to hire, there is not an abundance of applications. We expected that it might be jarring for staff and customers to have our pandemic management and protective protocols be removed, but it seems that it has been easily embraced all around.

This all serves as a reminder for us to expect the unexpected. In this instance, the unexpected has been all good stuff. After the last year though, it's hard to let one's guard down and there is yet a sense of waiting for the other foot to fall. However, you cannot beat a U.P. summer to put a smile on our faces, faces that you can actually see now. Let's enjoy it all for what it is — a time for family, friends, and sharing food together. I think we can all agree that we have a renewed sense of the importance of being together.



So, come on into the store for both expected and unexpected goodness. You may rely on us to keep you in mind as we move the Marquette Food Co-op forward together. The truth is our success is your success. Your participation in the store is the fuel for our collective growth. We are all witness to the effectiveness of the cooperative model to meet shared community need whether it's navigating a public health crisis or innovating within our core business to better serve our owners and customers. Broadening the ways in which we serve ourselves is limited only by the extent to which we see how this cooperative may be applied to best serve community. Think about that, eh?

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





# BAKING HAS BEGUN!!!

Our staff is undergoing 400 hours of training at Marquette Baking Co. in an effort to bring you the same delicious loaves you've come to know and love. This style of baking takes lots of practice, patience & dedication, but is well worth the effort. We are appreciative to the previous owners, Brian & Courtney, for taking the time to show us the ropes. Follow us (and Marquette Baking Co.) on social media for regular updates on our progress.

## BREAD WILL BE AVAILABLE AT THE CO-OP STARTING TUESDAY, JULY 6!

Country Italian and Cracked Wheat loaves, Baguettes (regular & demi), and hot dog & hamburger buns will be stocked with more offerings to hit the shelves soon after.

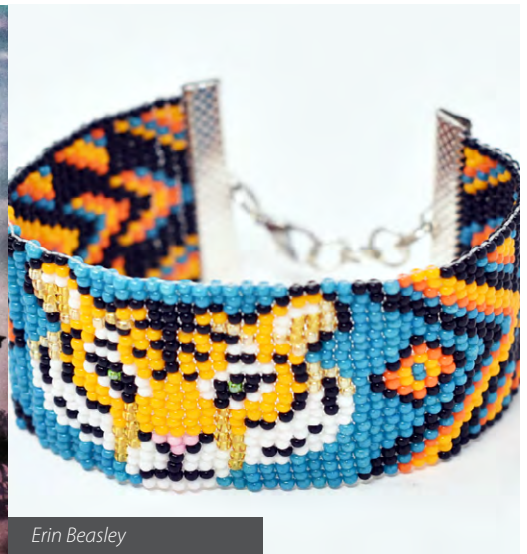




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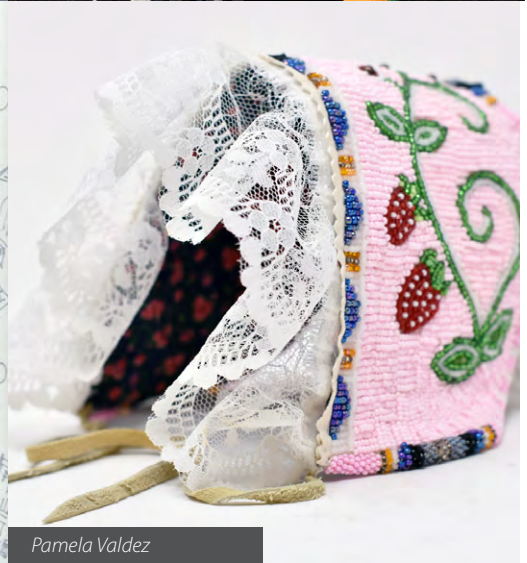


Kelsey Thompson

# MFC STAFF VIRTUAL ART SHOW



Amargeaux Rai



Pamela Valdez

Check out their art on social media (facebook & Instagram) by searching #MFCArtShow2021

# ROUND UP AT THE REGISTER

HELP  
SUPPORT  
LOCAL FOOD  
BANKS

**JULY**  
**1<sup>st</sup> – 31<sup>st</sup>**

The Marquette Food Co-op will be collecting funds in July to assist local food banks through its Round Up at the Register program. Cashiers will be asking customers to round their shopping total to the nearest dollar (or more) when they check out with their groceries. All funds collected will be used to purchase items specifically

requested by local food banks — St. Vincent de Paul (Marquette, Gwinn, and Ishpeming locations), The NMU Food Pantry, and The Salvation Army (both Marquette and Ishpeming locations).

Food banks are more important than ever. As the aftereffects of the pandemic continue to reverberate through the nation, families are feeling the pinch and the number of people eligible for assistance is growing. Additional stress is added during summer months when children aren't receiving meals at school. For these families, food banks are essential to get through tough times.

Please join the Co-op in raising funds to help keep our local food banks stocked with the essentials — our friends and neighbors need our support.

*Thank you!*



# SUNSCREEN 101

Reprinted, courtesy of Davis Food Co-op, Davis CA

Protecting yourself against the sun's rays is important throughout the year, but especially important in the summer when rays are more intense and we're spending more time outdoors with fewer layers of clothing. Sun exposure, without protection, can lead to sunburn, early aging, damage to our eyes, and skin cancers. That being said, there is a lot of research that supports the benefits of sun exposure including mood enhancement, stress relief, improved sleep, and vitamin D production. It's all about striking a balance between enjoying the sunshine and staying safe!

## SOME BASIC TERMINOLOGY

**SPF (sun protection factor):** SPF measures how effectively a sunscreen can help prevent skin damage from ultraviolet radiation. If it takes 20 minutes of sun exposure to start reddening your skin, using a sunscreen with an SPF of 15 theoretically prevents reddening 15 times longer, about 5 hours. There are many factors that decrease sunscreen's effectiveness as time goes on, which is why the 5 hours of protection is theoretical.

**Broad spectrum:** broad spectrum sunscreen protects against UVA and UVB rays. UVA rays are 500 times more abundant in sunlight, penetrate deeper into the skin, and are generally considered the wrinkle forming culprit. UVB rays, while less abundant, play a greater role in causing skin cancers.

**Mineral vs. chemical:** There are two types of sunscreen: chemical and mineral. Chemical sunscreens have an active ingredient which absorbs the sun's UV rays. The result of the chemical reaction is the dissipation of the UV rays before they have time to cause damage. In order for chemical sunscreens to work, they must be absorbed into the top layer of the skin. Mineral sunscreens have an active ingredient which sits on top of your skin and reflects UV rays. Zinc oxide and titanium dioxide are the most common active ingredients found in mineral sunscreens.

### CHEMICAL SUNSCREEN PROS

- thinner, spreads easily on the skin
- easier for everyday use, even under makeup
- requires less to be effective

### MINERAL SUNSCREEN PROS

- immediate protection from UVA and UVB rays (naturally broad spectrum)
- better for sensitive skin
- less likely to clog pores
- longer shelf life

### CHEMICAL SUNSCREEN CONS

- requires at least 20 minutes to be effective
- irritation for those with sensitive skin
- efficacy wears off quicker
- research needed into the effects on ocean health

### MINERAL SUNSCREEN CONS

- can rub off easily if sweating or swimming
- may stay visible on skin
- requires more to be effective

## WHAT TO LOOK FOR ON THE LABEL

"Reef-friendly", "sport", and "clinically tested" are examples of terms you'll find on labels across sunscreen brands. Unfortunately, there's no industry standard or regulating body which verifies claims like these. If you're looking for "reef-friendly" sunscreen or if it's safe for sensitive skin, you'll have to do your own research to make sure the brand is walking the walk. That being said, there are a few things to definitely look for on a label. The American Academy of Dermatology has isolated 3 things to always look for in sunscreen.

**"Broad Spectrum":** Broad spectrum sunscreens protect against UVA and UVB rays, both of which can cause some serious damage to skin.

**"SPF 30" or higher:** SPF 30 blocks 97% of rays while SPF 50 blocks 98%. Experts recommend staying between 30 and 50 for days spent outdoors. SPF's above 50 provide consumers with a false sense of protection and usually come at a higher price tag.

**"Water Resistant" or "Very Water Resistant":** No sunscreen is waterproof, sweatproof, or sandproof. Look for a sunscreen that is water resistant "for up to 80 minutes" for days spent outdoors sweating and playing.

## HOW MUCH TO APPLY (AND WHEN TO REAPPLY)

Everyone needs to protect themselves from the sun, regardless of skin type and age. For your face and neck, a ½ tsp amount will do – that’s about a nickel-sized dollop. For the rest of your body, 1 ounce (a full shot glass) will do the trick.

Apply sunscreen 20 minutes before sun exposure (even if it’s cloudy – 80% of rays still get through). If you’re walking, standing, or doing a low-intensity activity outdoors, reapply every 2 hours (reapply the full shot glass’s worth). If you’re getting sweaty, swimming, or it’s windy, apply more frequently – after 40 or 80 minutes depending on your sunscreen’s water resistance.

Consider applying more frequently if you’re experiencing any of the following conditions which intensify rays.

**Snow:** Sunlight reflected on snow can produce as much UVA and UVB penetration as sunlight on sand, regardless of temperature. This is especially true at higher altitudes. Protect exposed areas with sunscreen and eyewear if there’s snow on the ground.

**Wind:** Wind can thin sunblock, so be sure to reapply more frequently if it’s windy.

**Water:** Water does not filter sunlight enough to protect your skin. Reapply more frequently if you’re swimming or snorkeling.

**Latitude:** Closer to the equator? Apply more sunscreen! Rays are more harmful the closer you get to the equator.

**Altitude:** UV radiation increases 4% with every 1,000 ft. of elevation gain. Regardless of the temperature, use sunscreen and protective clothing.

**Reflective surfaces:** Sand, concrete, water, and snow are highly reflective surfaces which can expose you to more of the sun’s rays.

## BEYOND SUNSCREEN

In addition to sunscreen, consider the following protection measures when you’re exposed to sunlight.

**Limit midday sun:** Avoid exposure between 10am and 2pm when the sun’s rays have the most potential to cause harm. Exercise early in the morning or in the evening. If you regularly workout midday, plan a shady route, wear lots of sunscreen, and keep it as brief as possible.

**Wear a sun hat:** Baseball hats leave cancer-prone ears and the back of the neck exposed, so a wide-brimmed hat is recommended. Even a 2- to 3- inch brim offers more protection than a baseball cap. If your hair is thinning or it has completely thinned off your head, a hat is a must.

**Wear long sleeves and pants if possible:** A typical cotton t-shirt has an SPF less than 15, so you should still apply at least SPF 15 under clothing. Otherwise, look for clothes made from tightly woven materials. Some clothing, like rash guards, are made for increased sun protection.

**Protect your ears, nose, cheeks, lips, and hands:** The majority of skin cancers occur in these areas. Protect with sunscreen, hats, and gloves. It’s a good habit to apply sunscreen to your face every single day as part of your morning skincare routine. Lip-specific SPF creams and balms exist too! Keep one with you and reapply throughout the day.

**Wear sunglasses:** The sun’s rays can cause some serious damage to your eyes. Choose sunglasses with UV protection. Bonus: you’ll protect the delicate skin around your eyes too!



# 10 WAYS TO ELEVATE YOUR S'MORES THIS SUMMER

- 1** Add nut butter, hazelnut spread or salted caramel
- 2** Swap graham crackers for cookies – pizzelle, chocolate chip, you name it
- 3** Use peanut butter cups instead of plain chocolate
- 4** Add in edible cookie dough or brownie batter
- 5** Fresh berries or jam will pair well with chocolate and marshmallows
- 6** Make it a triple-decker by adding in a third graham cracker square
- 7** Add in some toasted coconut for a fireside version of Girl Scout Caramel Delites
- 8** Make an Elvis: peanut butter + banana + bacon
- 9** Cinnamon & chili powder will pack some heat and elevate the chocolate
- 10** Make your own flavored marshmallows (recipe to right)



## HOMEMADE MARSHMALLOWS

Makes 20-40 Marshmallows

*Recipe from Ina Garten for the Food Network*

- 3 packages of unflavored gelatin
- 1 ½ C granulated sugar
- 1 C light corn syrup
- ¼ t kosher salt
- 1 T pure vanilla extract (or other flavor)
- Confectioners' sugar, for dusting

Combine the gelatin and ½ cup of cold water in the bowl of an electric mixer fitted with the whisk attachment and allow to sit while you make the syrup.

Meanwhile, combine the sugar, corn syrup, salt, and 1/2 cup water in a small saucepan and cook over medium heat until the sugar dissolves. Raise the heat to high and cook until the syrup reaches 240 degrees on a candy thermometer. Remove from the heat.

With the mixer on low speed, slowly pour the sugar syrup into the dissolved gelatin. Put the mixer on high speed and whip until the mixture is very thick, about 15 minutes. Add the vanilla and mix thoroughly.

With a sieve, generously dust an 8 by 12-inch nonmetal baking dish with confectioners' sugar. Pour the marshmallow mixture into the pan, smooth the top, and dust with more confectioners' sugar. Allow to stand uncovered overnight until it dries out.

Turn the marshmallows onto a board and cut them in squares. Dust them with more confectioners' sugar.





# GUIDE TO FOOD PRESERVATION: FREEZING, DRYING, & CANNING

[click here to view](#)

*Many supplies are available at the Co-op!*

## OLD-FASHIONED STRAWBERRY PRESERVES

Yields 4 half-pint jars | [Recipe by The Spruce Eats](#)

- 3 pints ripe fresh strawberries
- 5 C granulate sugar
- ½ C fresh lemon juice

Wash the strawberries in cold water and drain thoroughly. Hull them and discard the caps.

Combine the berries with the sugar in a large stainless steel or enamel-lined pan and let sit for 3-4 hours.

In a medium saucepot, bring the strawberries to a boil slowly, stirring occasionally. Add the lemon juice.

Cook rapidly over medium heat until the strawberry mixture is clear and the syrup is thickened, about 15 minutes. Preserves should reach 220° F.

Ladle or funnel the strawberry preserves into hot, sterilized jars, leaving ¼ inch headspace.

Process for 10 minutes in a boiling water bath. Cool and store in the fridge until ready to use.

*\*See above document "Succeeding at Jams & Jellies" section for tips.*

# SUMMER COCKTAIL RECIPE

## NORDIC SUMMER

Recipe adapted by Chad McKinney

- 2 ounce aquavit
- 1 ounce Aperol
- 1 ounce freshly squeezed lime juice

Add all ingredients to a cocktail shaker and fill 3/4 with ice. Shake until well chilled, about 12 seconds.

Strain into a coupe glass (preferably chilled).

Garnish with an expressed orange twist (optional).

### WHAT IS AQUAVIT?

Aquavit is a Scandinavian spirit distilled from potatoes or grains that's flavored with caraway and other aromatics like citrus peel and whole spices.





# PRANARŌM

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JUNE 30 – JULY 6

## NEW ITEMS

July 2021



### Local Kohlrabi

Kohlrabi, kohlrabi. What is kohlrabi? It is a relative of broccoli, cabbage, turnips, and collards. It is completely edible from leaves to bulbous stem. In texture it is reminiscent of a crisp juicy apple and in flavor is similar to broccoli stem. It is a good idea to peel kohlrabi because its skin is very fibrous. Eaten raw or cooked, kohlrabi is super versatile. Try it raw with a sprinkle of salt and olive oil or cooked in a veggie hash or fritter. We carry locally grown kohlrabi from Full Plate Farm.



### Beeler's British Back Bacon

Are you familiar with British back bacon? It is a little chewier, leaner, and thicker than American bacon. British back bacon is a cut of pork that includes both pork belly and pork loin. American bacon is exclusively pork belly, causing it to crisp up more than British back bacon. Tasty, satisfying and oh so good in BLTs, Beeler's British Back Bacon is free from antibiotics and added nitrates or nitrites.



### Timeless Harvest Black Butte Chickpeas

Smaller than traditional garbanzo beans and deep charcoal in color, Black Butte Chickpeas are an ideal plant-based protein with their delicate aroma, subtle flavor profile, and firm texture. They perform beautifully in hummus with their black skins creating flecks of color throughout and are an unexpected and striking addition to any salad, soup, or side dish. A truly unique heirloom legume. Use in any recipe calling for garbanzo beans.



### Villa Jerada Dukkah

Dukkah is a versatile Egyptian seasoning blend made of a coarsely ground mixture of aromatic herbs, spices, and hazelnuts. It is a wonderful compliment in dips, on roasted vegetables and meats, and is best simply served in the traditional way with hard boiled eggs, olive oil, and bread. Villa Jerada's Dukkah is made from hazelnuts grown in Oregon and a blend of coriander, cumin, cayenne, salt, sesame seed.



### Daiya Salted Caramel Chip Frozen Dessert

Daiya's Salted Caramel Chip Frozen Dessert is sure to keep you cool this summer. With sweet caramel, chocolate chips, and speckles of salt, this delicious treat is double scoop worthy. It's made without dairy and all of the creamy indulgent goodness of coconut cream. Be sure to check all of the yummy Daiya frozen dessert flavors available at the Co-op.



### Al Dente Pasta Company Squid Ink Fettuccine Noodles

Famous for its 3-minute cooking time, Al Dente pasta is mixed in small batches and rolled out by their staff to achieve its remarkably fresh homemade taste and texture. Their squid ink pasta tastes like the sea: silky, dark, and dramatic. It's tender (but firm!) pasta perfection that is visually stunning and remarkably tasty.



### Small Town Cultures Preserved Meyer Lemons

Small Town Cultures is a family-based fermentation company located in the High Peaks of the Adirondacks. They are passionate about sharing their all-natural, handcrafted gourmet preserves. Full of micronutrients, enzymes, prebiotic fiber, and probiotics, fermented foods are known to reduce inflammation, boost immunity, and balance the gut microbiome. Preserved Meyer lemons are wonderful in tagine, sparkling water, smoothies, and cocktails.



### Crazy Rumors Lip Balm

Crazy Rumors Lip Balms come in so many fun flavors like Banana Split, Bubble Gum, Dragon Fruit, Honeycomb, and Pistachio. All of which are made without any GMOs, parabens, synthetic flavors, or gluten. Handcrafted in small batches, it's super moisturizing with organic shea butter and skin soothing jojoba oil.



### Café Spice Chicken Tikka Masala

While invented in the UK, Chicken Tikka Masala has become the most popular dish in Indian restaurants across the world. Café Spice makes their Chicken Tikka Masala with tandoori spiced yogurt marinated chicken, a mouth-watering tomato sauce, and a hint of cream with aromatic spices. This ready-to-eat delicious meal comes paired with a serving of Basmati saffron rice, which is grown in the Himalayan foothills, prepared with real saffron threads, and cooked with whole cardamom pods and bay leaves.



### Esti Roasted Red Pepper Hummus

Esti's Roasted Red Pepper Hummus is made with a blend of roasted red peppers for a deep, smoky flavor that's just perfect. It's ideal for spreading on pita, eating with cut up veggies, or on a fabulous wrap. You can just open the container and dig right in, but letting the hummus get to room temperature will help open up its extra rich flavors. It's a classic Middle Eastern spread beloved all around the world.





# GROCERY PICKUP

In-store Shopping  
**8am – 9pm**

Grocery Pickup  
**10am – 7pm**

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.

## 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](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.



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In-store Hours **8am - 9pm**  
Grocery Pickup **10am - 7pm**

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