



FRESH FEED

The Marquette Food Co-op Newsletter

July 2023



THE PILLAR OF EDUCATION



Matt Gougeon
General Manager

In early June, I had the honor to present to a national audience, alongside Outreach and Marketing Director Sarah Monte, about our Co-op's education programming. The title of the presentation was, *The Cooperative Promise: Community Development Through Food Education*. We presented at the Consumer Cooperative Management Association (CCMA) conference in Sacramento, CA. CCMA is North America's largest cooperative conference and is attended by hundreds of stakeholders of cooperatives from around the country and some international representatives. Our board President, Michelle Augustyn and Vice President, Kevin Pierfelice also attended the conference. There is so much to learn from this gathering.

Earlier this spring, CCMA solicited presentation proposals. I suggested that Sarah submit a proposal about her work in our community and CCMA was right to accept it. My role in the presentation was to give context for the work we do and have done since the early 2000s and then largely step aside while Sarah left the audience gobsmacked by the breadth and depth of our programming success. (Stay tuned for the details of this presentation and our programming in the coming months.) Suffice for now that I list some of the elements of Sarah and her staff's excellent work.

1. Cooking classes and nutrition education
2. Prescription for Health programs
3. Recipe for Success at food pantry distribution sites
4. U.P. Food Exchange; local food & system resources
5. Food system events
6. Food policy resources for municipalities
7. Cold storage grant program for small farms

Mind you, the above list is of educational content and does not include healthy food access programs available through the MFC. I don't say all of this simply to toot our horn because I do have a point - a likely obvious one: This cooperative grocery store serves as much more than just a point of access to healthy food. We have a unique role in our community and have since our beginning 52 years ago. However, it was in 2007 when the board of directors codified food education into the Ends Policies for this organization. Having policy about food education means that Co-op management is directed to reasonably interpret what education means and provide it. That list above is twelve years in the making—and we feel like we're only just beginning. But that's the nature of education. It never ends.

It's important to note that since 2007, the board of directors has re-written the Ends policies on two separate occasions. They do this because part of their job is to evaluate policy for its continued relevance. As the organization has changed over the years, the board has altered their perspective on organizational values to keep step with the evolution of the Co-op. But one constant has remained. Education has been consistently valued by our cooperative community, for a long time.

Although I am frequently asked, it's difficult to precisely account for the impact of all our programming. It is typical for someone to simply want to know whether and how much money our programming generates? Hard to say, but I'll take a stab at a guess in a minute. I can say the education component of what we do has created jobs, launched careers, changed some people's health and perspective for the better, strengthened communal ties, endeared the MFC to partners as a valued community asset, given creative outlet to local instructors, and brought smiles to the faces of literally thousands of people in the U.P. that might not otherwise interact with this venerable organization. You know, it does what education is supposed to do. So, I'd say the financial impact of MFC educational programming is immense, as it has played a role in growing the MFC five times over since 2007.

CCMA is one of the most inspirational learning experiences I've ever had. It is cooperative immersion. I am glad that our MFC regularly attends and now participates in sharing our knowledge and wisdom with others from across the country and planet. Once again...

Feel good. Shop the Co-op.



The Fruit and Veggie Grilling Guide

Giving fresh vegetables, stone fruit, and even lettuce a turn on the grill will intensify their flavor, with delicious results.

By Tara Duggan

While most people associate outdoor grilling with burgers, hot dogs and steaks, the grill imparts big flavors to fruits and veggies, too. A wide array of produce paired with spice rubs, marinades and sauces galore will keep your patio table overflowing with delicious additions to your grilling repertoire.

Seasonal summer vegetables just happen to be perfect for grilling: zucchini, eggplant and bell peppers are naturally tender and become even sweeter on the grill. Slice these vegetables about ¼-inch thick and toss them in an easy marinade for 30 minutes (or better yet, overnight) before grilling for a few minutes per side.

A simple combination of wine vinegar, olive oil, chopped garlic and herbs, and salt and pepper are all you need for a tasty marinade. This easy mix will turn grilled vegetables into Italian antipasti to serve with bread, olives and cheese. Or change the blend to vegetable oil, sesame oil, soy sauce, rice vinegar, and chopped garlic and ginger for Asian-flavored vegetables that are delicious with rice. Store-bought dressings with a vinegar base make wonderful marinades as well.

Summertime peaches, apricots, nectarines and figs are delicious grilled. Cut fruit in half and remove any pits, then coat lightly with oil. For a sweet-savory side dish to grilled pork, chicken or lamb, sprinkle on a little salt, pepper and balsamic vinegar, then grill for a few minutes per side. And

for dessert, dust with brown sugar, then place the halves on a clean part of the grill for a few minutes per side before serving with ice cream or pound cake (or both).

Grilling tips

Use moderate heat, not high.

If it's a charcoal grill, move the charcoal to one side and grill your fruits and veggies on the other side, over indirect heat.

Oil your grill thoroughly.

Fruits and vegetables are high in natural sugars, which means they can easily burn and stick to the grill. Before you begin cooking, clean the grill well, preheat it, and then use several layers of paper towel dipped in vegetable oil to grease it.

Cut vegetables into the largest possible pieces.

This will prevent them from falling through the grill grate and avoid extra time spent flipping more pieces. For example, cut zucchini in slices along the length of the vegetable, rather than slicing into small rounds.

Give corn on the cob a head start.

Blanch it in boiling water for a few minutes, then grill for 5 to 10 minutes to finish cooking and add smoky flavor.

Reprinted by permission from grocery.coop. Find more recipes, plus information about your food and where it comes from at grocery.coop.



Grilled Pluots

Servings: 4 . Total time: 25 minutes.

- 4 pluots
- 2 teaspoons water
- $\frac{1}{8}$ teaspoon cinnamon
- 2 tablespoons orange marmalade
- 1 cup vanilla ice cream
- $\frac{1}{4}$ cup cinnamon-flavored granola (optional)

1. Heat the grill to high.
2. Slice the pluots in half lengthwise, then twist to open and remove the pit. Set aside.
3. In a small bowl whisk together the water, cinnamon and marmalade until well blended, then brush the mixture onto each pluot half. Place the pluots, flesh side down, on the hot grill and cook for 3 to 4 minutes, brushing occasionally with more marmalade. Turn the pluots skin side down, brush the flesh with marmalade and grill 2 more minutes until tender and caramelized. Remove from the heat, place the grilled pluots on a dessert plate, top with ice cream and sprinkle with granola.



MFC STAFF

VIRTUAL **ART**
SHOW

See the entire show on our Facebook and Instagram by searching #MFCArtShow2023

\$5 Dinners

Select Wednesdays from 4-6

Enjoy a dinner from the Co-op
for only \$5 per person dine-in or carry out

July 12 & 26

BRATS & POTATO CHIPS

Optional toppings include sauerkraut, onions, ketchup, and mustard

While supplies last. Only items listed are available for the \$5 dinner. Other prepared food items will be an extra charge.



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.

ROUND UP AT THE REGISTER

HELP SUPPORT LOCAL FOOD PANTRIES • JULY 1ST - 31ST

The Marquette Food Co-op will be collecting funds in July to assist local food pantries 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 pantries — St. Vincent de Paul (Marquette, Gwinn, and Ishpeming locations), The NMU Food Pantry, and The Salvation Army (both Marquette and Ishpeming locations).

The need for help from food pantries is generally higher in the summer months when children aren't receiving meals at school. 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!

All your favorite brands

Hot summer savings!

Look for over 70 coupons throughout the store.

**save
over \$107**





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.

JULY OWNER COUPON

Valid until July 31, 2023

20% OFF

any item

*The discount will be applied to the highest priced item in your basket.
Simply indicate you would like the discount applied when checking out.*

Not available for Ace Sushi or special orders. One item per month.

NEW ITEMS

July 2023



Organic Sprouted Quick Oats One Degree Organic Foods

The owners of One Degree Organic Foods believe in the connection between healthy soil, healthy plants, and healthy people. And they believe you deserve 100% transparency in everything you eat. They created their company to give you the power to meet every farmer, farm co-op, and producer behind every ingredient you're eating — just like a farmer's market. One Degree Organic Foods Organic Sprouted Quick Oats are sprouted to unleash their superpowers—they boast more nutrients and are easy to digest. There's nothing but organic, sprouted, gluten-free, non-GMO oats from a family farm here.



Lord! My Hands Are So Dry! Wild Carrot Herbals

Wild Carrot Herbals is an Oregon-based skincare company making handcrafted, nutrient-rich products for the entire family since 2000. Lord! My Hands Are So Dry! is a dermal revival. This extra-rich hand lotion soothes and repairs dry, chapped hands. Containing their house-infused St. John's Wort oil to protect skin, and organic oils of shea butter, cocoa butter, and coconut to soften skin, this lotion is scented with aromatic Peru balsam, sandalwood, frankincense, cedar and myrrh essential oils to help your hands ascend to the next level.



Roasted Red Pepper Baba's Hummus

Baba's is not only a food brand, it's a taste of the Palestinian-American experience. Baba's Hummus is a mix of our Palestinian-American identity through food and culture. Their Roasted Red Pepper Hummus embodies the bold flavors of fired roasted red peppers and copious amounts of tahini for extra velvety, smooth texture. Pairs great with wheat pocket pita, veggies and more. No artificial preservatives, non-GMO certified, vegan, gluten-free, oil-free, halal.



Bright Optimist Botanicals

Optimist Botanicals creates artfully distilled non-alcoholic botanical spirits designed to be mixed as you would a premium alcoholic spirit. Their Bright botanical NA spirit is a sunny and refreshing blend of citrus, light florals, fresh herbs. Tasting notes include citrus, sherbet, salty sunshine. This beautifully balanced non-alcoholic spirit is lovely in complex zero-proof cocktails. Key Botanicals in Bright include lemon, jasmine, green mandarin, lavender, turmeric, corn mint, orange, tangerine, fennel, myrrh, and cinnamon leaf.

Round-Up at the Register for Local Food Pantries

July - All month

Independence Day

July 4th

\$5 Dinner

Brats & potato chips

July 12

4-6pm

MFC Board of Directors Meeting

Co-op Classroom

July 18

6-8pm

\$5 Dinner

Brats & potato chips

July 26

4-6pm

Marquette Blueberry Festival

July 28

Art on the Rocks

July 30-31



THE FRESH FEED

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

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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

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

www.marquettefood.coop
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