

THE FRESH FEED



The Marquette Food Co-op Newsletter

July 2024



RESTORING OUR GREENSPACE

Last month, I wrote about credit card fees. If you recall, I referenced a two-decade-long, landmark class action lawsuit from retailers against Mastercard and Visa for inappropriate charging of fees that resulted in a \$30 billion dollar settlement. Well, since I wrote that article, the U.S. District Judge presiding over the case has rejected that settlement.

Without explicitly saying so, the judge indicates that the banks paying back \$30 billion dollars is not enough. On the one hand, this is great. Let's stick the offending banks for more! On the other hand, if the settlement isn't renegotiated, the case goes to trial. I'll repeat here that this lawsuit is already twenty years old. If it were to go to trial, it might not be resolved in my lifetime! The case itself sounds simple. Either Visa and Mastercard charged retailers swiping fees that were fair, or they were exorbitant and exploitive, i.e. inappropriate. But for the last twenty years, these banks haven't changed their practices or fees, except to their own benefit, and will likely continue down that path for the next unknown number of years if the case is potentially tried.

But let me switch gears. The greenspace in and around the Co-op and the parking lot! What's going on?

Ten years ago, when we built the store, the greenspace around the store was designed to soak up runoff, diverting it from the city sewer system. It was all planted with native plant species and irrigated with a rooftop gray water system of underground sprinklers. This, along with other energy efficiency systems built into the store, helped us win the State of Michigan Governor's Energy Excellence Award in 2015 for the best commercial construction project in the state—a high honor of recognition. Over the last ten years, however, the toll of traffic, both cars and foot, snowplows, dirt, excessive runoff, and extreme weather has exacted punishment upon the greenspace.

The swales in the parking lot are clogged and drain poorly, if at all. The sprinkler system is shredded in places and non-functioning. People have blazed their own foot trails through the gardens. Snowplows have ripped up turf, trees, and shrubs. Delivery trucks have taken out entire trees and created a mud pit. And invasive plants have crowded out any original plantings. In short, our greenspace, something we tend to take for granted like swiping our bank cards, no longer functions as intended.

Enter Kim Melko and Plant Theory, LLC. Kim is a long time Co-op owner and independent landscape contractor who specializes in native species plantings and gardens. She was gracious enough to take on our extensive project of righting all the wrongs of our greenspace. If you take a moment to note just how much greenspace there is around the store, you will agree that this is a large job.

While tearing out the invasives, she witnessed a pop-up deluge of rain. While waiting it out under the eaves of the store, she saw the cascades of water running towards the Co-op from Seventh St to the west, from Sixth St. to the east, and from Bluff St. up the hill. Yes, the Co-op is the drain for all that water. She immediately understood the extent of the runoff problem at the store and recommended that she tackle fixing it. I agreed, and she and her crew set to the work of digging out drains, trenching for water to flow, and adding gravel to aid drainage and prevent future clogging. Their progress is substantial. Their effort is strong and efficient. Their work quality is impeccable.

We look forward to the eventual planting that will occur once all the preparations of drains and beds and soil and mulch are complete. We will also contract for an annual maintenance program. I can't recommend Kim Melko and Plant Theory, LLC enough. Hire them for your landscaping needs. But not until they're finished at the store.

Feel good. Shop the Co-op.



Matt Gougeon
General Manager

What's All the **BUZZ?**

Summer is here in full force. The sun stays with us long through the day and night. Clear sky, overcast, rain—it is hot, hotter than it has ever been, the hottest ever recorded by NASA. With the looming heat and earlier spring season, ticks and mosquitos migrate and shuffle and are born in greater force under a great sun.

“Current estimates are that one in five Americans will develop skin cancer in their lifetime,” the American Academy of Dermatology Association finds. And with bug-borne diseases, the Environmental Working Group (EWG) sees Latin America’s rate of dengue fever at “238 percent higher” in 2024 than 2023. Lyme Disease shows an increase of “357 percent in rural areas and 65 percent in urban areas over the past 15 years.”

Protection against bugs and skin cancer is easily forgettable, but it grows more and more important each year.

There is some debate on what makes a safe, effective repellent. N-diethyl-meta-toluamide, known by most as DEET, drummed up fear that it may cause seizures, being feared as a neurotoxic chemical. This, however, has been proven false. The EWG collects several reports from 2003 to 2020 investigating these concerns, discovering repeatedly that DEET is safe when used as recommended.

That said, some users with sensitive skin may notice irritation, and plastics and fabrics may become damaged when in contact with DEET. In those cases, one may want to use a picaridin repellent. The chemical comes from black pepper, able to be made naturally or synthetically. Compared to DEET, it provides a similar level of protection.

Plant-based solutions, such as those using peppermint oil and Oil of Lemon Eucalyptus, show some efficacy. In short bursts in low-mosquito areas, these can be useful repellents. Some threats, like ticks, are not dissuaded by these products. To stay as safe as possible, the best steps are picking Environmental Protection Agency (EPA)-certified repellents that fit the recommendations for where you’ll be wandering.

Sunscreens are less tricky, though finding safe options has changed in the last few years. While many different chemicals make up modern day sun protections, the EWG reports that the Food and Drug Administration only found two commonly used ingredients that were “‘generally recognized as safe and effective’.”

Zinc oxide and titanium dioxide are the two they discovered, both proven to be safe on the skin, not being absorbed on application. Breathing them in through sprays carry some concerns as they may have carcinogenic, or cancer-causing, properties.

Zinc oxide and titanium dioxide made in moisturizing sunscreens and lotions are becoming more accessible, providing a healthy way to prevent skin cancer and sunburns. Combined with an appropriate bug spray, summer can still be a safe, fun season this year.

**FIND THEM NEAR OUR
WELLNESS AISLE AND PICK
WHAT FITS YOUR NEEDS!**

ANTIBUG SPRAY

BADGER



DON'T BUG ME BUTTER

NATIVE SISTER'S



SOMETHING'S BREWING AT THE CO-OP

BUBBLE, BUBBLE, BUT NO TOIL NOR TROUBLE.

We've been gathering an exciting collection of new coffees this year. Some, like Misery Bay and Dead River, are familiar faces and local favorites. But we've got some additions from all across the globe that shine with unique palates and histories.

Our staff sampled a few of the new selection to share their opinions:

HOMeward GROUNDS & HOUNDS

Along with being organic and sustainably made, Grounds & Hounds coffee contributes to the wellbeing of humankind's best friend. 20% of all Grounds & Hounds profits go towards their dog rescue organizations, providing toys, vaccinations, chips, and other puppy necessities.

It's no surprise, then, our staff found Homeward felt "like a cozy hug." The coffee boasts a rich suite of flavor without the bitterness. Some staff loved its "earthiness," while others enjoyed how "smooth and delicious" it was, even for a breakfast-y roast.

We love Homeward's final rating: "Makes me want to percolate it over a fire. 9/10."



NORTH STAR ESPRESSO EQUATOR

Equator believes in a future where organic, Fair Trade coffee is status quo.

Their roastery began working towards this by directly buying coffee beans from producers. Now, they are a Certified B Corp. business, advancing equality within the coffee industry.

North Star Espresso exemplifies Equator's high quality. Staff described it as "very nicely balanced... as well as providing depth and variety of lingering flavors." They loved its "brightness," brought out by a few notes of "lemon."



FRENCH ROAST NUEATS

NuEats manages a suite of organic, natural foods and beverages. From coconut oil to honey to beef jerky, they balance a large list of goods as their business continues to grow.

Their French Roast is "kind of a 'light-weight'," having a simple and bitter profile. Staff noted that it could "use an extra scoop" to be a bit bolder, but if you're seeking a French Roast without much intensity, NuEats acts as a good starter coffee.



SOMETHING ELSE IS BREWING AT THE CO-OP

INTERESTED IN ALL THE NEW
COFFEES WE'VE GOT ON THE SHELF?

STOP BY AND DISCOVER THE DIVERSE
SELECTION WE'VE GOT TODAY!

BRAINCHILD WUNDERGROUND'S



BRAZIL DRIFTAWAY COFFEE



PEACEFUL PERU COUPLET COFFEE





MFC STAFF

VIRTUAL ART SHOW



SEA GREEN DRAGON BEADED HAT BAND

ERIN BEASLEY

Czech Seed Beads, Nylon Thread, and Black Dyed Deer Leather; Beaded with Loom

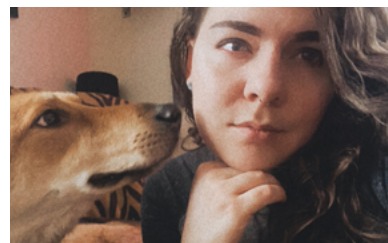
Hello! My name is Erin and I have been doing beadwork for a decade. My grandmother taught me loom-style beading starting when I was 16, and I've continued pursuing beadwork and improving my skills over the years. I love the unique artistic opportunities that beading provides, including collecting an excessive amount of seed beads.



FOR THE HEALING

PAMELA VALDEZ

We give thanks to the mama aki, her minerals, that healing copper. To that water chimiigwetch. To that plant life that gives its medicine miigwetch. For the moose for its strength, resilience. I made this in honor of my dad.



BRIGHT EYES

MEGAN ZAHORIK

Under the pseudonym Pinemoss, Megan creates illustrations often depicting nature with an attention to detail and intentional use of specific plants and animals. Megan's free time is spent hiking, reading, and playing with or training her three 'kids' (dogs).

CELESTIAL

HANNAH ANDERSON

Acrylic Ink on Canvas

This piece is still unfinished. Inspired by a concept I read about in a book years ago, the thought has evolved into this. It's going to be a gift for someone, and I can't seem to stop adding details bit by bit. Thanks for looking.



BUBBLING CAULDRON PLANTER

KELSEY THOMPSON

Earthenware Clay Glazed and Fired; Wheel-thrown with Handmade Adornments

This little potbelly form is one of my favorites to throw on the pottery wheel, lending itself to become the cutest cauldron planter for spooky vibes all year. My String of Pearls plant was more than happy to play along with some bubbling fun!"

LOCAL SPOTLIGHT

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



AMANDA SHEPPARD

YOOPER SISTERS

Yooper Sisters believes the best jam lets its fruit do the talking. And to its owner, Amanda Sheppard, Michigan's fruits have a lot to say.

Sheppard and her sister started the company nearly a decade ago to produce small batch jams, jellies, and vanilla extract that highlight Michigan's incredible fruit. Sheppard writes, *"In its simplicity is something special, something that reminds me personally of days spent with grandma making a sweet treat."*

ALL YOOPER SISTERS PRODUCTS ARE 15% OFF THIS JULY!

Learn more about this business on Facebook, Instagram, or their website: yooper-sisters.com

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.

JULY OWNER COUPONS

Valid until July 31, 2024

25¢ Off

**Field Day Organic
Garbanzo Beans**

15oz

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



50¢ Off

**Field Day Organic
Fire Roasted
Garlic Salsa**

16 oz

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



50¢ Off

**Field Day Organic
Grapefruit
Sparkling Water**

6 pack - 12 oz cans

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



NEW ITEMS

July 2024



Lake Superior Oil & Vinegar

Looking for olive oil and vinegar distributed closer to home? Lake Superior Oil & Vinegar produces their infused olive oils and balsamic vinegar in Sault Ste. Marie, Mich., using imported oil and vinegar from Italy. Give this U.P. brand a try!



Raspberry Hazelnut Bear Claws

Wild West

Wild West Raspberry Hazelnut Bear Claws look like cute, chocolatey bites of smooth oatmilk and tart raspberries. They are. They're also naturally sweetened using only fruit, making them a guilt-free treat. So, snack on, chocolate lovers.



Lupini Beans

Regenerative Organic

Simpli

Agriculture and its land use contribute to "a third of the world's human-caused greenhouse gas." In 2050, Simpli "expect[s] food demand to increase by over 50%." To combat this, Simpli produces its products regeneratively, meaning it restores soil health while preserving its foods' nutrition. Lupini beans, while dense with amino acids and protein, give plenty of nitrogen back to the soil, making it a healthy, sustainable purchase.



Eat, Prey, Mango

Off Color Brewing

Eat Prey Mango gains its explosive array of fruity flavors from feeding mango, passion fruit, and pear juices to their farmhouse ale after it's eaten the malt sugars during fermentation. It makes for an aromatic and summer-y saison, light and smooth.

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!

CALENDAR OF EVENTS

JULY 2024

Disability Pride Month

July 1 – 31

Yoopers Local Spotlight

July 1 – 31

Peepers Sale

July 1 – 31

Emerald Labs Sale

July 1 – 31

Round Up for Food Pantries

July 1 – 31

GT's Kombucha & Water Kefir Sale

July 1 – 31

Food Fest

July 3 – 4

Independence Day

July 4

Kiwanis Club of Marquette Parade

July 4

Martyrdom of the Bab

July 8 – 9

MFC Board Meeting

July 16

Ashura

July 16 – 17

MFC Samples at Feeding America

Food Distribution: Marquette

July 17

Hiawatha Traditional

Music Festival

July 18 – 21

Seventeenth of Tammuz

July 23

Blueberry Festival

July 26

Queen City Half Marathon

July 27

Outback Art Fair

July 27 – 28

Art on the Rocks

July 27 – 28

Feast of St. Ignatius Loyola

July 31

THE FRESH FEED

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

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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 - 10pm**
Grocery Pickup **11am - 6pm**

www.marquettefood.coop
Marquette, MI 49855

