

THE FRESH FEED

THE MARQUETTE FOOD CO-OP NEWSLETTER

JULY 2025



THE SUM IS STRONGER THAN THE PARTS



Matt Gougeon
General Manager

It's easy to imagine the worst happening and a bad result that is out of our control. It takes more effort to assess situations for what they are, when they happen, and consider the probable implications that are out of our control. The former is a fear based reaction and the latter, a planning and action opportunity.

Whether you know or not, last month our main supplier, responsible for about 60 percent of our inventory, suffered a cyber-attack that rendered its computer networks and phone systems inoperable for more than 10 days. This meant that all their customers, including us, could not place any orders, which obviously also meant that we would not be receiving any orders. Presumably, on the supplier's side, this also meant that they couldn't receive shipments from manufacturers. The supplier is the largest distributor of organic and natural products in the US, and they also own a much larger conventional product distributor which also went offline. This supplier works with the entirety of NCG member co-ops, serving all 200+ stores nationwide. But NCG stores are small to them.

In an instant, this vast link in the US food supply chain was gone. Think about that. It's scary to consider the implications of the vulnerability of our food supply chain. In this case, there's no way to not observe this as a singular truth. But when a "first line of defense" is breached, is the entire system rife with similar vulnerability? I would say in their disparate parts, yes. But as it is said, "It takes a village..." or maybe, rather, it takes cooperation to achieve resiliency. Our limited local view of all this playing out revealed several things.

Firstly, our purchasing people and back of the house staff are unflappable. I am proud of how they took this news in stride and acted immediately to begin to source products from other distributors. It was within a couple of hours that we had a large order placed with a secondary natural and organic supplier that we normally use sparingly. More products were sourced from other smaller vendors.

Secondly, and at the same time, our representatives from NCG went to work on behalf of the entire co-op sector. As part of our collective relationship with this supplier, some of their staff are embedded within NCG offices. NCG first was able to secure some minimum orders of top selling co-op products to be distributed to all NCG member stores based on our aggregate orders.

Thirdly, as individual stores, we were kept well informed of every development at all hours of the day and night through our NCG representatives working closely with the supplier. When the supplier developed an interim spreadsheet option for placing orders while their systems were being restored, it was NCG that delivered multiple pages of instructions for its use. The supplier, being overwhelmed, placed necessary limits on store orders to smooth supply availability and to not play "favorites" among member stores and other of their customers. And all those other suppliers that we tapped into in the absence of our large supplier? They did the same thing so as not to run out of products and keep all stores and communities with some stream of food and products coming to them.

Lastly, I'll return to praise of our staff who, in the end, navigated the huge loads of food and products that arrived once the system was fixed and kept the store looking like it wasn't on the verge of running on empty for more than a week.

Believe me, we talked at length about how and when to make any public statement about what was happening. But considering all the parties in motion and working together, we never fully felt that a desperate crisis was unfolding that warranted a statement. Because we were well informed and taking actions in small ways that kept a reduced stream of food and products arriving at the back door, we opted to put discrete signs on shelves where product was obviously missing rather than make a public statement that "the sky was falling." Which it wasn't, but you know what I mean. In the end, the only external communication we made was after the fact.

It utterly takes the efforts of everyone all along the supply chain to make the magic of a grocery store happen. It's easy to take for granted that an unending supply of food will consistently arrive on grocery store shelves because most of the time, it does. But when interruption does happen, though not much of a silver lining, it's an opportunity to test the resilience of the system and rely on other links in the chain to mitigate impact and restore what's been broken. Fortunately, there are dedicated professionals right here in our store and all up and down the supply chain. I'm certain our supplier that suffered the cyber-attack has come back with stronger defenses. As for us, we've gained valuable experience and wisdom for whenever this might happen again.

Feel good. Shop the Co-op.

LOCAL SPOTLIGHT

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



BORDER GRILL

NATHAN MILESKI

*CHIEF OPERATING OFFICER
& CERTIFIED EXECUTIVE CHEF*

In the land of pasties and cudighi, another recipe has gained enough notoriety to secure a solid nickname and a spot on the “must stop for” list when visiting.

The orange stuff. Also known by its formal name of Border Salsa, this mild pairs-well-with-everything salsa has become a regional staple and the crown jewel of Border Grill.

“It’s mild enough that it blends well with other flavor profiles and complements a lot of things,” said Nathan Mileski, Border Grill’s chief operating officer and certified executive chef. “It’s in so many things we make and served on the side of mostly everything.” While not necessarily salsa in the traditional sense,

Mileski said the orange stuff is unique and hits “just the right spot.” New customers sometimes question it, but usually end up wanting more.

“Is it salsa?” he mused. “It’s our salsa. It’s the lifeblood of what we do.”

Made with cooked tomatoes that aren’t fully ripe for added acidity, along with garlic, onion, and roasted chile de arbol, the taste is universally loved. Its flavor profile waxes and wanes with the seasons – sweeter in the summer from vine-ripened tomatoes and more garlic/onion forward in the winter months. The hot take, Fuego, has the same ingredients but with more chiles for those who like a penetrating heat.

LOCAL SPOTLIGHT

After nearly three years of planning and the purchase of Mama Russo's production facility in Ishpeming (and a vision dating much further back), Border Grill began jarring its salsa and distributing to retail locations across the UP and Wisconsin in 2024. The demand was huge, instantaneously.

"It blew up right away and we struggled for a minute to keep it on the shelves," said Mileski. "But we quickly got into a groove and are doing well."

In the past few months, after gaining some stability in production, they've added to the lineup, now offering six flavors (Border, Fuego, Verde, Serrano Verde, Picante, and Chipotle), along with their beloved Border Queso. At the production facility, the BG team is cranking out 720 gallons of salsa daily, which goes to its restaurant locations, jars for retail stores, and to Michigan Made, which ships salsa to all 50 states.

Serving up fast casual Mexican made with fresh ingredients prepared in-house, Border Grill has been a fixture in the Upper Peninsula for nearly three decades. With locations in Marquette, Negaunee, Munising, and Houghton, it's a well-known and highly recognizable brand for locals and visitors alike.

Mileski, formerly the executive chef at Northern Michigan University, joined the BG team in 2019 after ownership transitioned from Dan Torres to Chris and Cami Conklin.

"I started off my career in a local, family-owned Mexican restaurant, so it's nice to be back in that environment and with the creative freedom it brings," he said, adding that he was drawn to Border Grill specifically because everything is made from scratch and "super fresh."

At first, Mileski said people were worried he would come in and change it.

"I respect the history of what it is," he said. "We're able to keep it consistent but also bring in creative dishes as limited time offers and new menu items, like his favorite, the red chile brisket.

The longterm hope for BG, he said, is to serve up tasty food made with great ingredients while preserving this space that is special to the UP community.

"There's a lot of great local spots, but they're becoming fewer and fewer," Mileski said. "We want to not only keep them alive, but make them a celebrated part of the culture here."

The ability to grab a jar of Border Salsa on a grocery run further solidifies the community connection – to a place, a flavor, a memory – that Border Grill has aimed to strengthen. It's the (orange) stuff that makes someplace special.

The Co-op carries Border Salsa and Fuego Salsa in 16oz jars, and also Border Queso, which can be found in the refrigerated section.

ENJOY 20% OFF BORDER GRILL PRODUCTS IN JULY



CILANTRO-GARLIC MARINADE

Recipe by *Michael Dewar*

This simple recipe is a family favorite and crowd pleaser.

- 1 bunch of cilantro
- Juice from one lime
- 3 T soy sauce
- 4-6 garlic cloves
- ½ C olive oil

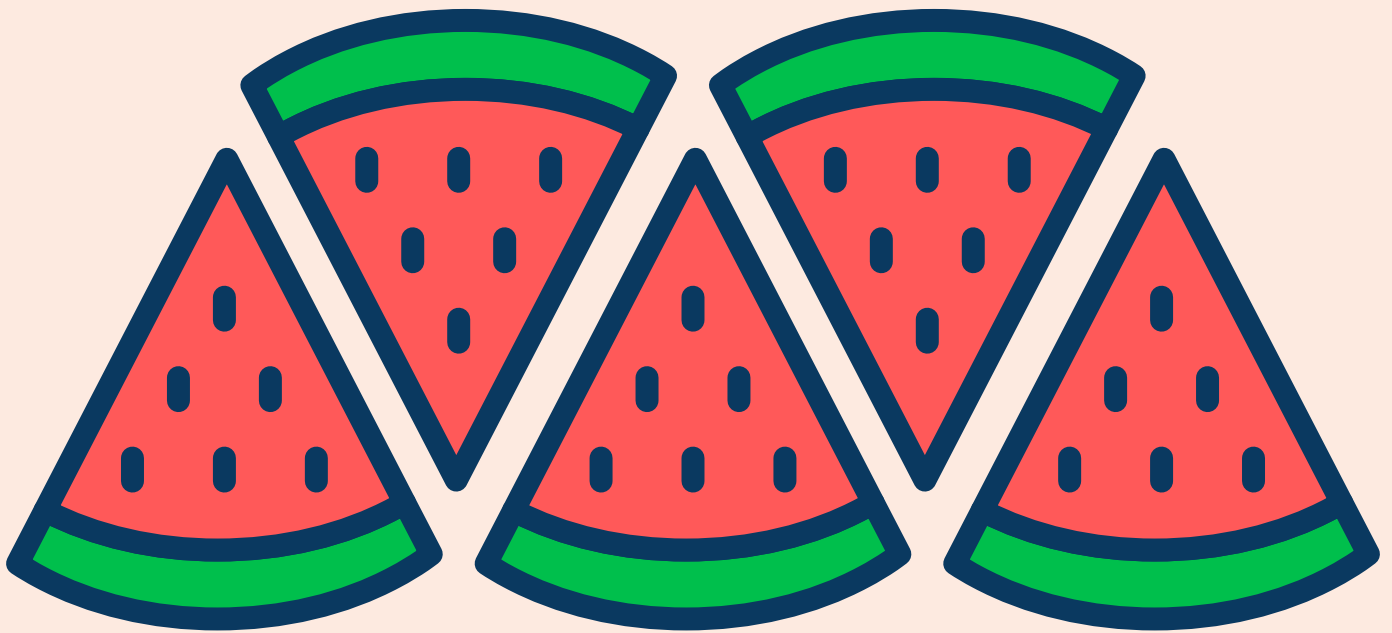
Blend all ingredients with a high-speed blender until smooth. Don't be afraid to adjust ingredients for taste, like adding more garlic for more of a bite. Use to marinate steak and reserve some to use as sauce for topping.

TRY IT ON STEAK TACOS! MARINADE STEAKS TWO HOURS (OR OVERNIGHT FOR MORE DEVELOPED FLAVOR) IN THE FRIDGE. GRILL AND SLICE THE STEAK AND ARRANGE ON GRILLED TORTILLAS WITH CHOPPED WHITE ONION, CILANTRO, BORDER SALSA, AND RESERVED MARINADE.



GUESS THE WEIGHT OF THE WATERMELON AND WIN!

JULY 1-7



**The person with the closest guess
receives a \$25 Co-op gift card
and a watermelon**

HOW TO PICK A PERFECT WATERMELON



Examine the field spot. A field spot is point of contact with the ground, where it sat to ripen. A buttery yellow or light orange field spot is a great indicator of sweetness. White or pale yellow suggests it was picked too early.



Look for a dull, matte finish and bold stripes. A watermelon with dark green, pronounced stripes means it was given the time to ripen fully on the vine. The more ripe, the more sweet it will be. Shiny skin can mean its underripe.



Is it heavy for its size? The juiciest, best-tasting watermelons will feel heavy for its size. Don't be shy, pick a few up to find the best one!



Symmetrical shape. Symmetry in shape is generally a good sign. Look for a round or oval melon without asymmetry or irregularities (dents, bulges, etc.), which might mean it ripened unevenly.



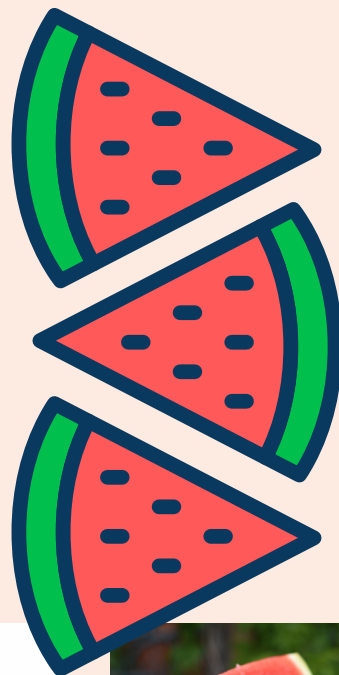
Brown webbing or scars on the watermelon's surface may look like blemishes, but they're actually a good sign! Known as "sugar spots," these scars indicate the melon is sweet and has been well-pollinated.



Give it the sound test. Knock or gently tap on the watermelon's surface. A perfectly ripe one will produce a deep, hollow sound.

WATERMELON EATING CONTEST RECAP

**CONGRATS TO OUR WINNER,
KEVIN FROM THE PRODUCE DEPARTMENT!**



Ice Cream **TASTING**

SAT, JULY 19 • 11AM-1PM



**Celebrate summer by
sampling our favorite
ice cream flavors.**

Come taste them all!





HOT FUDGE SAUCE

Recipe from *Smitten Kitchen*

This sauce is so versatile and the sundae options are endless! For this photo, we added Siete Churro Strips (find them in the chip aisle) on vanilla ice cream. The crunch of the cinnamon chips and the richness of the chocolate fudge was a satisfying combination.

- **2 T unsalted butter**
- **$\frac{2}{3}$ C heavy or whipping cream**
- **$\frac{1}{2}$ C honey**
- **$\frac{1}{4}$ C packed dark brown sugar**
- **$\frac{1}{4}$ C cocoa powder**
- **$\frac{1}{4}$ t fine or table sea salt**
- **6 oz semi or bittersweet chocolate, chopped (we used Tony's Chocolonely 70% dark when testing this recipe) or 1 C chocolate chips**
- **$\frac{1}{2}$ t vanilla extract**

Combine the butter, cream, sweeteners, cocoa, and salt in a small saucepan over medium heat and bring to a simmer. Simmer on low, stirring, for 3 to 5 minutes after everything has melted, then remove from heat and stir in chopped chocolate or chocolate chips. Stir in vanilla.

Hot fudge sauce keeps chilled in the fridge at least a month.

**If sauce breaks, gently heat milk or cream (or even water) and add one tablespoon at a time to the chocolate mixture and whisk vigorously. Repeat until the fat re-emulsifies and the sauce becomes smooth and shiny.*



STEWED SPICY PINEAPPLE

Recipe by Raghavan Iyer from *660 Curries*

This recipe has it all. Served over ice cream it is spicy and sweet, warm and cool. A delightfully complex combination. If you don't want to mess with fresh pineapple, you can use chunks canned in juice. Just be sure to drain the juice and use for another purpose, such as in a smoothie.

- **2 T canola oil**
- **1 t black or yellow mustard seeds**
- **2 C fresh pineapple cut into ½" cubes**
- **½ C golden raisins**
- **6-8 dried red Thai or cayenne chiles to taste, stems removed**
- **½ C crumbled or chopped jaggery or firmly packed dark brown sugar**
- **¼ t salt**

Heat the oil in a small saucepan over medium high heat. Add the mustard seeds, cover the pan, and cook until the seeds have stopped popping (not unlike popcorn), about 30 seconds. Add the pineapple, raisins, and chiles. Reduce heat to medium and cook, uncovered, stirring occasionally, until the raisins are plump and the pineapple is lightly browned, 5-8 minutes.

Add sugar and cook, stirring so it melts, 2-4 minutes.

Pour in 1 C water and sprinkle in the salt. Cook, uncovered, stirring occasionally, until the sauce turns syrupy and thick, 10-15 minutes.

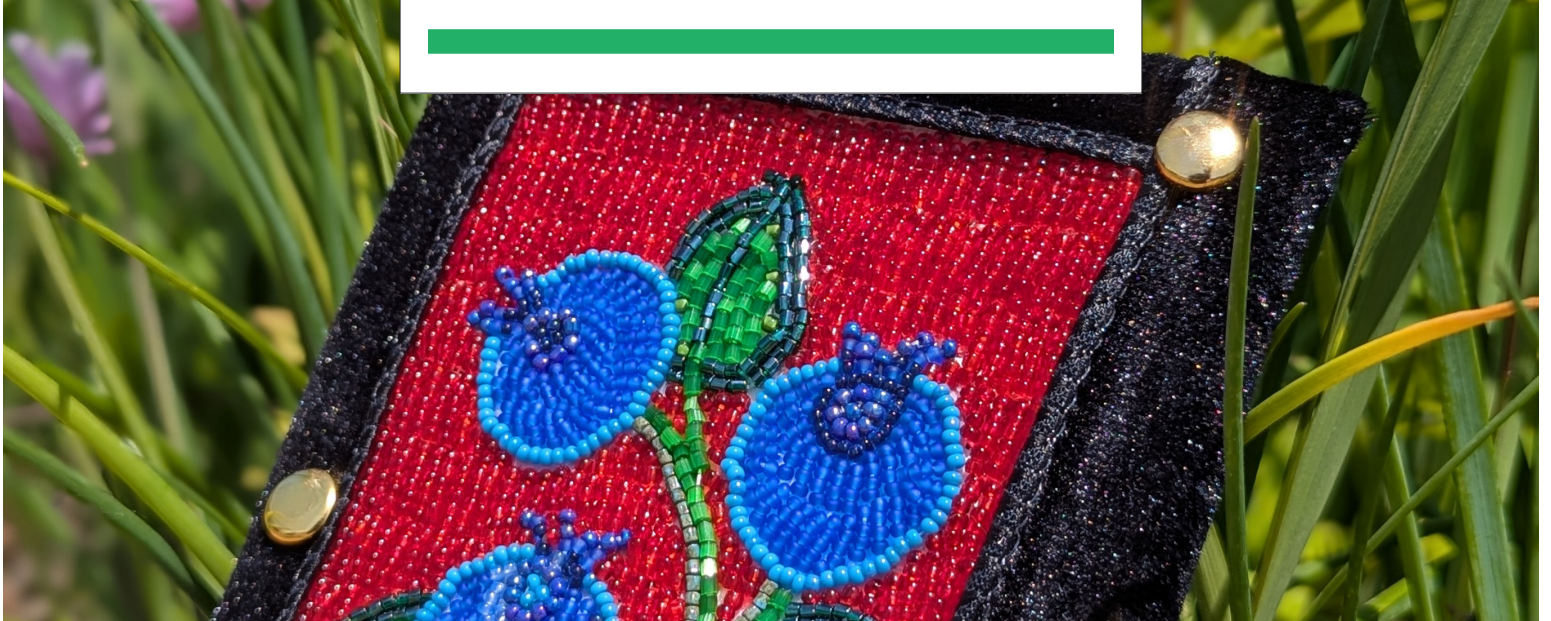
Serve immediately or cover and refrigerate for up to 1 week. Reheat to warm it before serving.

For an unusual presentation, ladle a heaping tablespoon of this potent fruit over two scoops of vanilla ice cream.



MFC STAFF

**VIRTUAL ART
SHOW**





MOBBING

MEGAN ZAHORIK

"Mobbing" is the activity you see when a group of smaller birds join forces to ward off a threat to their territory- often a larger bird of prey that would serve as a threat to a single individual. There is strength in numbers.

This piece, while created digitally, is hand-drawn from sketch to finish. It would be entirely more efficient for me to download or reference a stock image of each bird, reference or trace, and create a vector. However, learning the fundamental forms of each animal, and going with the flow from that understanding is relaxing for me. Others might crochet or color to relax, and this would be my version of that.



BLUE ON RED

PAMELA VALDEZ

Beadwork on canvas, seed beads, velvet ribbon, brass tacks. \$300

Indigenous food meets home décor and fine art with Anishinaabe perspective. This piece brings me memories of home, walking a dusty road in the hot summer sun and catching the smell of blueberries just off to the side. A moment of joy encapsulated in the blue bundle.

Pamela Valdez is a citizen of M'chigeeng First Nation. Valdez has been a beadwork artist for over 25 years and attributes her artistic growth from her time at the Institute of American Indian Arts in Santa Fe, New Mexico. She identifies as an Indigenous food warrior advocating for the story of Anishnaabe language and food within the community of Gichi-namebini Ziibing (Marquette).



RYAN ENGEMANN

Photography

I enjoy taking pictures of places that are hard to get to. The photos here were taken from locations accessible only by sea kayak. I also enjoy showcasing the natural beauty in our backyard.



ERIN BEASLEY

Beaded on a loom using Czech seed beads and nylon thread. Finished with dyed deer leather and suede.

This piece is a tribute to my late curmudgeon kitty Leaf. Within a few weeks after he passed, I had designed this pattern and hand-beaded it on my grandmother's old loom. Each color was almost a perfect match to his own fur and eyes. He was a grumpy old man who loved only my presence in the end. Missing you always Leafy-boy.

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!

CO-OP KIDS

LOCAL FOODS *Scavenger Hunt*

JULY 2 - 31

Join us for a local foods scavenger hunt! Grab a sheet from the display at the Customer Service Desk and find the products throughout the store, checking each as you find them. Turn your completed list to the Customer Service Desk for a local treat –a honey stick from Grand-Bees Honey! Don't forget to put your contact info, all participants will be entered for a chance to win a basket of local goodies.



local

At the Marquette Food Co-op, local means grown, raised, or produced in the Upper Peninsula. Supporting local farmers and vendors strengthens our local economy and gets your family the freshest, healthiest foods since it is harvested in season and doesn't have to travel far!

CO-OP KIDS

Cooking Camp

Last week we hosted our first ever Co-op Kids Cooking Camp! The campers were engaged, adventurous, and brought some great energy to our teaching kitchen. They learned so many new skills and techniques, experimented with new ingredients and recipes, and had fun while doing it. We hope this experience and their passion for food will stick with them as they continue in their own home kitchens!



FOOD AS MEDICINE

RECIPE DEMONSTRATIONS



The Marquette Food Co-op is excited to present a Food as Medicine monthly food demo series. Every third Tuesday of the month, you will find our Registered Dietitian Amanda Latvala cooking up something healthy and delicious in the store.

The recipes will highlight ways to boost overall nutrition. They will be easy to prepare, have affordable ingredients, and are adaptable for any food allergies or picky eaters.

Stop by and say hi to Amanda as she demos delicious, fresh recipes right on the store floor. Enjoy a sample and take the recipe with you!

ALL FOOD DEMOS WILL BE 11AM-1PM

**EATING FOR BETTER BLOOD SUGAR CONTROL
JULY 15**

**HEART HEALTHY EATING
AUGUST 19**

**MISSED THE LAST ONE ABOUT PROTEIN?
NO PROBLEM! SEE THE HANDOUT HERE**

FOOD AS MEDICINE

AT THE MARQUETTE FOOD CO-OP

IN-STORE DEMONSTRATIONS WITH AMANDA LATVALA, RD



POWERFUL PROTEIN

WHAT IS IT?

Protein is one of the three macronutrients, along with carbohydrates and fats. Macronutrients are nutrients that our body needs in large quantities to provide energy and support bodily functions.

WHY IS IT IMPORTANT?

Dietary protein is essential for our bodies. The protein we eat helps our body grow and repair tissue, transport nutrients, support our immune system, provide energy, and much more. Protein helps with satiety, meaning it helps us feel fuller longer. It also helps with blood sugar control by slowing down the absorption of carbohydrates. When protein is consumed, our bodies will break it down into amino acids, the building blocks of protein. Amino acids can be grouped into two categories, essential and non-essential. Essential amino acids are the ones we must get from the foods we eat.

COMPLETE AND INCOMPLETE PROTEINS

Complete proteins contain all nine essential amino acids. Incomplete proteins are lacking one or more of the essential amino acids. Often, plant-based proteins are incomplete, but if you consume a variety of incomplete proteins throughout the day, your body can effectively synthesize what is needed.

COMPLIMENTARY PROTEINS

Complimentary proteins are combinations of two or more foods, that when eaten together, provide all nine essential amino acids. Examples include rice and beans, peanut butter on whole grain bread, and tofu with rice.

SOURCES WITH GRAMS OF PROTEIN/SERVING

FOOD	AMOUNT	GRAMS OF PROTEIN
Tofu	4 oz	12
Wild caught salmon	3 oz	21
Chicken	3 oz	28
Black beans	1 C cooked	8
Lentils	½ C cooked	9
Ground beef	4 oz	28
Eggs	1	6
Peanut butter	2 Tablespoons	7
Greek yogurt	5 oz	12-18
Quinoa	½ C cooked	4
Pumpkin seeds	1 oz	9
Cottage cheese	4 oz	14

HOW MUCH DO YOU NEED?

Daily protein needs are going to be different for everyone. Several factors affect how much protein we need.

- Gender
- Age
- Weight
- Life stage (i.e. pregnancy)
- Activity level
- Overall health
- Chronic health condition

Individual health goals also affect how much protein you should be consuming. The Recommended Dietary Allowance (RDA) is 0.8 grams/kilogram body weight. This amount is the minimum needed in order to prevent deficiency.

EXAMPLE CALCULATION USING THE RDA FOR A 180 LB PERSON:

- Find your body weight in kilograms: $180\text{lbs}/2.2 = 81.8\text{kg}$
- Multiply your body weight in kilograms by 0.8
- $81.8\text{kg} \times 0.8 = \text{approximately } 66 \text{ grams/day}$
- Ideally, you should eat protein foods throughout the day instead of saving it all for your last meal, a common practice in the U.S.

BODY COMPOSITION

- Understanding your body composition, meaning the proportions of fat mass, bone mass, and muscle mass, will provide you with a more accurate number of your individual protein needs.
- Ask your doctor if they can assess your body composition and then talk with a dietitian to come up with your nutrition goals and plan.

TAKE AWAY

Keep it simple!
Our goal is to help minimize the consumption of processed foods and get folks back in the kitchen and eating mostly home made meals and snacks.

FOOD AS MEDICINE AT THE MARQUETTE FOOD CO-OP
IN-STORE DEMONSTRATIONS WITH AMANDA LATVALA, RD



MARQUETTE FOOD CO-OP

502 W. Washington St., Marquette, MI • marquettefood.coop

CALENDAR OF EVENTS

JULY 2025

4th of July

Early closure - 7pm

Sips & Nibbles

3:30 - 5:30 pm - Thursdays

In-store, weekly

Food as Medicine: Eating for Better Blood Sugar Control

11am - 1 pm - July 15

In-store

Details on page 16

MFC Board of Directors Meeting

6 - 8pm - July 15

Co-op Classroom

Ice Cream Tasting

11am - 1 pm - July 19

In-store

Now Designs Line Drive

20% off

July - August

In-store



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**