



FRESH FEED

The Marquette Food Co-op Newsletter

June 2021



JUNE MUSINGS



Matt Gougeon
General Manager

There bins of watermelon are on the store floor. It must be June. What is a happier sight than a giant box of organic watermelons? It's the food equivalent of seeing those big cages of brightly colored rubber bouncy balls in the sporting goods section in department stores. I can never resist pulling one out to bounce it around a bit...

The Marquette Food Co-op is abuzz with activity as we move into our beautiful summer months. Although it is likely that our local economy will not be fully recovered from the pandemic this summer, I feel certain that it will receive a good "shot in the arm." I am anxious for our favorite local restaurants to fully open and to see what new businesses might pop up having realized an opportunity during the void of the last year. Out of every downturn comes new growth. Every June it feels like a time of growth at the Co-op. This year will be no different as we have new things happening. Some you know about and some you do not. Yet...

The early excitement of the news of our purchase of the Marquette Baking Company has given over to the fevered work of reopening that facility, training bakers, and producing bread. There is much to do in this regard and we beg your patience as we make progress on it every day. But soon enough, we will have that one-of-a-kind delicious bread on our shelves and on our tables again.

Our next big surprise is sushi. By the time you read this, our third-party vendor, Ace Sushi, will be set up in our Prepared Foods department rolling that seafood and veg goodness fresh for you every day of the week. This is a new venture for us, working with a franchise and sharing our space with them. Ace Sushi brings high-quality food to us at a great price point in a way that we could not do for ourselves. We are making them feel welcome as they settle into the Marquette community and we are excited to have them in our house!

We are also preparing for the coming of summer visitors. Part of this, for us, means having enough staff to effectively handle the crush of summertime people. Like many other businesses, we are not currently finding a lot of applicants as folks who have been unemployed over the last year decide how and when they might want to return to work. On top of this, we have an entire bakery to hire for. We have a few more job postings up, so if you or someone you know is looking for work, please know that the Co-op is a great place to be.

June is also the month when we seat our new members of the Board of Directors and elect new officers. While the board may not be "front and center" in Co-op activity, they are definitely "in the know," monitoring store performance and keeping the MFC integral to our community. The work of the board is subtle and effective and is such an important piece of running a democratically organized business. I cannot imagine having gone through this past year without them.

Growth and positive change looking toward the future is a lot more fun than everything we did over the last year. We were happy to be here for you then. We are happier to still be here and to bring you new and exciting cooperative options. Yes, June is a month of promise at the Co-op. Just like a giant box of watermelons.

Feel good. Shop the Co-op.



YOU OWN A BAKERY!

THE CO-OP HAS PURCHASED MARQUETTE BAKING CO.

Dear Owners,

If you missed our big announcement last week, we are excited to share that you now, in addition to the grocery store, OWN a bakery!

We're very fortunate for the opportunity to keep this beloved business in our community and believe that we have the capacity to grow it even further.

The Co-op intends to replicate the bakery's original recipes, maintaining the excellence and integrity of the product customers have come to know and love. Breads will be made daily by hand, with some recipes utilizing a long fermentation process that results in a complex flavor profile and texture. The bakery also will continue using organic ingredients, as well as wild yeasts and local flour, when possible.

Quality ingredients, traditional techniques, highly trained staff, and a dedication to providing customers with freshly baked goods has made MBC a stronghold in the community for more than a decade. The Co-op, with a similar mission of providing access to natural, organic, and local food, will work hard to uphold the bakery's reputation with continued service.

The purchase agreement was signed today, May 26, with operations set to resume in the coming weeks. To start, MBC bread will be sold solely through the Co-op's storefront. In time, when recipes and systems are learned and perfected, the retail space on Baraga Avenue will reopen, offering a selection of breads, baked goods, prepared foods from the Co-op's deli, packaged grocery items, coffee, and drinks. Local wholesale accounts, including restaurants and grocery stores, will also be reestablished and/or added as production increases. The bakery is expected to employ several individuals, including skilled bakers, who are scheduled to undergo 400 hours of training support from the previous owners.

Just like the Co-op, everyone will be welcome at the bakery. Keep an eye out for updates on our social media pages, and if you're not already, make sure to also follow Marquette Baking Co. on both Facebook & Instagram.

Sincerely,

Co-op administration



Previous owners Courtney & Brian with GM Matt Gougeon and Operations Manager Mary Moe



Photo by Brian Quale



CHEF PREPARED
SUSHI

made fresh.
rolled daily.



**AVAILABLE NOW AT
THE CO-OP DELI COUNTER!**

10am – 6pm

MFC SOURCING GUIDES

Learn more about our products and their attributes.

Guides are available on our website, in the front of the store, and at our meat counter.

Marquette Food Co-op BEEF SOURCING GUIDE

We do our best to offer an array of options for pork products at the Marquette Food Co-op. Customers may choose based on price considerations, animal treatment, or farm location. This guide is intended to help you navigate these options and choose the products that best suit your values. We are committed to offering local and ethically raised meats as much as possible while still being affordable.

For those unfamiliar, there is a difference between the terms grass-fed and pasture raised. Grass-fed is a designation of what the animal eats, whereas pasture raised refers to the animal having access to pasture. Thus, an animal that has been raised as pasture raised does not necessarily mean it is grass-fed exclusively. It may have received supplemental feed throughout its life or moved to a grain silage exclusively after reaching a certain weight to help fatten the animal. Please reference the feed section of the chart to find our grass-fed and finished products.

SUPPLIER	IOWA PREMIUM	THOUSAND HILLS	SUPERIOR HOME FARM	GUINDON FARMS	JOHNSON FARM
SOURCED	East Central Iowa	50 Farms in U.S. - Midwest, Northeast, West	Rapid River, MI	Cornell, MI	Dark River, MI
PASTURE-RAISED		✓	✓	✓	✓
NON GMO FEED		✓		✓	✓
NO HORMONES		✓	✓	✓	✓
NO ROUTINE ANTIBIOTICS		✓	✓	✓	✓
FEED	Grain-fed corn	100% grass & forage-fed	Grass-fed, grain finished with local feed	100% grass-fed and finished organic practices	Grass-fed with supplemental feed
BREEDS	Black Angus	Red Angus	Black Angus	Limousin	Holstein, Brown Swiss, & Angus
CERTIFICATIONS			Michigan Agriculture Environmental Assurance Program Certified	Michigan Agriculture Environmental Assurance Program Certified	



502 W Washington St
Marquette, MI 49855

Invite Hours: 9am - 9pm
At-risk Population Hours: 8 - 9am
Grocery Pickup: 10am - 7pm

www.marquettefoodcoop.com
Marquette, MI 49855



Marquette Food Co-op EGG SOURCING GUIDE

We do our best to offer an array of options with special consideration for local sourcing, USDA Organic, and the more ethical treatment of the animals. Federal law mandates that chickens, turkeys, and ducks, whether raised for meat or for eggs, are not to be treated regularly with antibiotics or given added artificial growth hormones. Our policy extends further as we only sell products from 'cage-free or better' farms. In many cases, there are no legal USDA standards for industry terms, so we go by the standards laid out by Certified Humane, a nationally recognized nonprofit certification organization.

Here are some quick definitions of these sometimes-controversial terms:

CAGE-FREE: raised indoors without cages, minimum 1.5 sq. ft./bird, other requirements for air cleanliness, feeder space, drinker space, all animal byproducts prohibited.

FREE-RANGE: raised outdoors, weather permitting (in some areas of the country, seasonal for a minimum of 6 hours per outdoors day, minimum of 2 sq. ft./bird, plus all cage-free standards.

PASTURE-RAISED: Outdoors year-round, weather permitting, with mobile or fixed housing for refuge from weather and predators. Fields must be rotated, and minimum 100 sq. ft./bird, plus all free range standards.

SUPPLIER	BBB FARMS	CLOVERLAND FARM	LARRY SCHULTZ	ORGANIC VALLEY	PHIL'S	VITAL FARMS	CLOVERLAND FARM
PRODUCT	Chicken Eggs	Chicken Eggs	Chicken Eggs	Chicken Eggs	Chicken Eggs	Chicken Eggs	Duck Eggs
LOCATION	Starks, MI	Marquette, MI	Owatonna, MN	Wisconsin	Illinois	South/Eastern U.S. Farms	Marquette, MI
CERTIFICATION			USDA Organic	USDA Organic	Certified Humane	Certified Humane	
CAGE-FREE	✓	✓	✓	✓	✓	✓	✓
FREE-RANGE	✓		✓	✓		✓	✓
PASTURE-RAISED	✓			✓		✓	✓
ORGANIC FEED			✓	✓			



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Marquette Food Co-op PORK SOURCING GUIDE

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Gestation and farrowing crates on many farms do not allow the pig to move or even turn around. Farms listed as not using gestation and farrowing crates may still separate females and their piglets to ensure safety of the piglets, but they are never placed in pens or crates that prevent them from turning around freely or lying down. They also are able to extend their limbs without touching the side of an enclosure. Please note that this guide covers bacon, ground pork, and many cuts of pork. There may be some pork products not covered in this guide due to the variety of items in the store.

SUPPLIER	NIPAN RANCH	BEELER'S	CASE COUNTRY FARM	SEEDS & SPORES FAMILY FARM	APPLEGATE (BACON ORLO)	HORMEL
SOURCED	U.S. Family Farms	Farms in Iowa & South Dakota	Chatham, MI	Marquette, MI	U.S. & International Farms	U.S. & International Farms
NO GESTATION OR FARROWING CRATES	✓	✓	✓	✓	✓	
OUTDOOR ACCESS	Variable by farm	Variable by farm	Full outdoor access	Full outdoor access		
NO ROUTINE ANTIBIOTICS	✓	✓	✓	✓	✓	
FEED	Vegetarian	Non-GMO corn, soybean	Fragee root supplemental corn, and resistant cornmeal	Organic feed	Vegetarian diet	
BREEDS	Heritage breeds	Heritage Duroc	Berkshire	Heritage breeds		
CERTIFICATIONS	Certified Humane		Michigan Agriculture Environmental Assurance Program Certified	Michigan Agriculture Environmental Assurance Program Certified	Certified Humane Inspected & Global Animal Partnership	



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Marquette Food Co-op POULTRY SOURCING GUIDE

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PASTURE-RAISED: raised outdoors year-round, weather permitting, with mobile or fixed housing for refuge from weather and predators. Fields must be rotated, and minimum 100 sq. ft./bird, plus all free range standards.

SUPPLIER	GERBER ANISH	LARRY SCHULTZ	JUST BARE	MFC / SANDERSON FARM	FERDALE MARKET
PRODUCT	Chicken	Chicken	Chicken	Chicken	Turkey
LOCATION	Kidron, OH	Owatonna, MN	U.S. Family Farms	U.S. Family Farms	Cannon Falls, MN
CERTIFICATION	FACTA Humane Certified	USDA Organic	American Humane Certified		
CAGE-FREE	✓	✓	✓	✓	✓
FREE-RANGE	✓	✓			✓
ORGANIC FEED		✓			



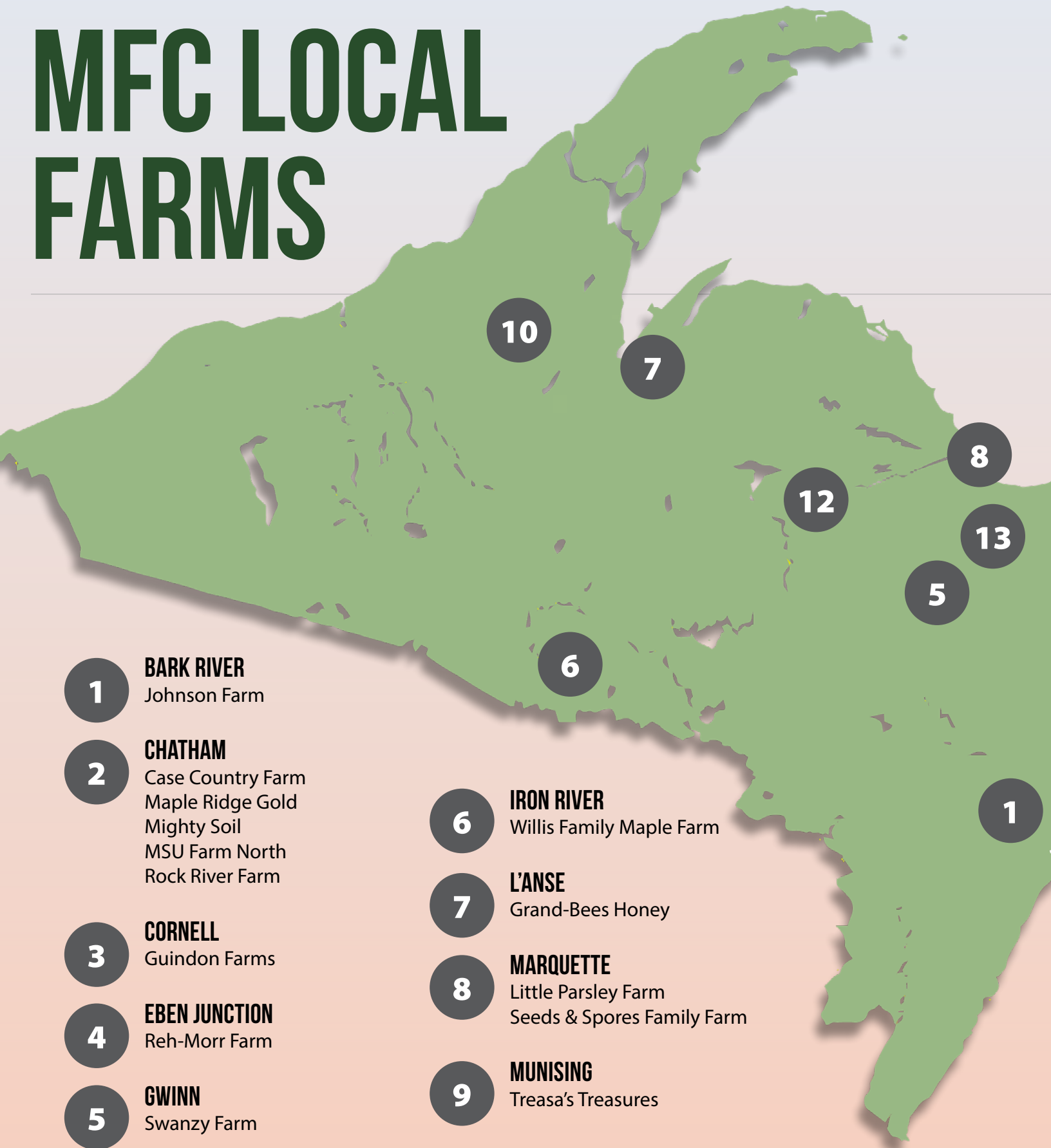
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MFC LOCAL FARMS



1 BARK RIVER
Johnson Farm

2 CHATHAM
Case Country Farm
Maple Ridge Gold
Mighty Soil
MSU Farm North
Rock River Farm

3 CORNELL
Guindon Farms

4 EBEN JUNCTION
Reh-Morr Farm

5 GWINN
Swanzy Farm

6 IRON RIVER
Willis Family Maple Farm

7 L'ANSE
Grand-Bees Honey

8 MARQUETTE
Little Parsley Farm
Seeds & Spores Family Farm

9 MUNISING
Trea's Treasures

10

7

8

13

5

6

1

12



VIDALIA ONION, MUSHROOM & SWISS BURGER

Serves 4

- **1 large Vidalia onion, sliced in rings or half rings**
- **8 oz mushrooms (crimini or white), sliced**
- **1 lb ground hamburger**
- **2-3 T butter**
- **swiss cheese, sliced**
- **buns**
- **salt**
- **pepper**
- **garlic powder**
- **optional: arugula, mayo or aioli for topping**

In medium-low pan, melt a tablespoon of butter. Add in onions, salt to taste, and stir occasionally, cooking for 45 minutes (or more) until caramelized. Adjust temperature as needed, making sure not to burn the onions. Low and slow is the key. When finished, they should be soft and golden brown with some crispy bits. Set aside.

In the same pan, add in another tablespoon of butter. Once melted, add in mushrooms and season with salt, pepper, and garlic powder to taste. Cook a few minutes until tender. Set aside.

Portion hamburger into quarter pound patties, season on each side with salt. Add butter to skillet and add burger patties, flip after 2-3 minutes and continue to cook. After 2-3 minutes, add cheese and cook until cheese melts and meat reaches desired doneness. If cooking on the grill, set on medium-high and follow above steps.

Optional step – toast buns.

Assemble burgers: stack bun, burger, onions, mushrooms & arugula. Add regular mayo (garlic aioli for extra flavor or chipotle mayo for a little kick) to top bun. Enjoy.



SYRIAN POTATO SALAD

Serves 6 | recipe from Amy Niemi

This dish is best when made a day ahead of time so the flavors are given time to develop.

- **8-12 baby red potatoes or 2lbs yellow potatoes**
- **1 small red onion, finely chopped**
- **1 bunch parsley, stemmed and chopped**
- **10-12 mint leaves, chopped**
- **½ lemon, juiced and seeded**
- **⅓ C olive oil**
- **sea salt and course black pepper to taste**

Boil potatoes for 10-12 minutes until fork tender. Rinse and cool in cold water. Cut cooked potatoes into bite size pieces.

Add onion, parsley, mint, lemon juice, and olive oil and gently stir to combine. Add sea salt and coarse black pepper to taste. Chill in refrigerator for 4 hours or overnight. Gently stir to combine and serve.



FATHER'S DAY GIFT IDEAS

- 1** Planetary Design
Table Top French Press – 32 oz
\$69.99
- 2** Wild & Wolf
Campfire Game Set
\$23.99
- 3** Danica Heirloom
Forge & Gather Lunch Bag
\$19.99
- 4** Vital Industries
Pint Glass, *various designs*
\$9.99



MFC BOARD CHANGEOVER

Warm welcomes to our newest board members, Brian Bouton and Kevin Pierfelice, who begin their first terms this month. Learn more about Kevin and Brian below.

Brian Bouton



Greetings, my name is Brian Bouton. My family recently moved here from NYC, where we were members of the Park Slope Co-op and supporters of its mission to make organic, local and wholesome food available to all members of the community. My wife, a Marquette native, and her family have been members of the MFC since its inception, and I immediately fell in love with the close community found within its walls when I first visited six years ago.

I'm a veteran, a former high school teacher, and I currently teach at CUNY's School of Professional Studies. I also work for my wife's company supporting UNICEF offices and initiatives around the world, including ending food insecurity, and this is a problem in our own community which concerns me. The current MFC has strong leadership, wonderful people working at every level, and a passionate membership base, so I hope to help maintain the quality we've come to expect and support any initiatives that make organic, local and wholesome foods available to as many UP residents as possible.

Kevin Pierfelice



I've been in the Marquette area for about four years now with just recently purchasing my first home. I studied economics at Michigan State University and am currently enrolled at NMU for MBA. I work at UPHP, serve as co-chair UPHP's Wellness Committee, work part-time at Drifa Brewing Company, and am partner of a private investment group. I'm usually found surfing, running, cross country skiing, downhill skiing, or getting lost on the local hiking trails. I love giving back to my community and I've wanted to begin doing so on a large scale by serving on the Board of Directors at the Co-op.

I love everything food and beverage so much that I worked in the industry on so many different capacities since I was 16 years old. I remember my first job bagging groceries at a family-owned grocery store called Oakridge Markets. I learned so much from that experience and I can honestly say it has made me the person I am today. I want to help support the staff and the community they serve on a deeper capacity. It's sort of my tribute to my time at Oakridge.



On behalf of everyone at the Co-op, thanks to outgoing board members Phil Britton and Cori Noordyk. We appreciate all you've done and wish you the absolute best in whatever you choose to pursue next.

MFC BOOK CLUB

Your Board of Directors has some exciting news!

As part of our Connecting with Community plan of work this year, we will be starting up a book club. The MFC Book Club will be centered around books relating to our Co-op's Global Ends policies.

This group will be organized through Facebook and will include monthly reading suggestions, as well as films, articles, and cookbooks. Our goal is to connect with those who have a love of reading and are interested in participating in virtual discussions.

Join our MFC Book Club Facebook group at [facebook.com/groups/mfcbooks](https://www.facebook.com/groups/mfcbooks)

We will kick off with our first book in October, in celebration of Co-op Month. We will be holding a virtual discussion for the book "Grocery Story - The Promise of Food Co-ops in the Age of Grocery Giants" by Jon Steinman. This is a great book for anyone to read who has an interest in their food. To learn more about the book go to www.grocerystory.coop. You can order a copy through Snowbound Books.



SEED LIBRARIES TAKE ROOT THROUGHOUT UPPER PENINSULA

Much like traditional libraries that provide access to knowledge by making books available to the public, seed libraries make participation in the food system accessible by making seeds available to all.

“A seed library is, in essence, a community project where gardeners can learn about how to save seeds and then access seeds for free,” said Abbey Palmer, a community food systems educator with the Michigan State University Extension and volunteer with the Queen City Seed Library.

The Queen City Seed Library is one of several seed libraries located throughout the Upper Peninsula, a number that’s growing with community interest.

Founded in 2015, the QCSL is hosted by Peter White Public Library in downtown Marquette. Seeds are packaged, organized by variety, and stored in a vintage card catalog on the main floor. Anyone can “check out” seeds from the library and are encouraged to save seeds from their harvest and return them for future patrons. It’s volunteer-run and sustained through donations.

Seed saving is important, said Palmer, because it’s integral to understanding the greater food system. It also serves as a way to build community resilience and connect people of all experience levels to their food.

“We’re looking at food security and food sovereignty in our current communities and also trying to plan for a time beyond us,” she said. “We’re hoping this community knowledge can be passed on so these seeds are available in the future and continue to tell to the story of this place.”

The QCSL was inspired by and modeled after the Alger County Seed Library in Munising, said Palmer. After gaining a footing in the Marquette community, QCSL organizers then paid it forward by passing on their knowledge to other corners of the U.P.

Following a presentation by Mike Riesterer of the QCSL, Rachael Pressley was inspired to start one at her local library.

“I felt strongly that making seeds available for free was a really important missing piece of our local food system,” said Pressley.

Drawing on the experience of established seed libraries, Pressley organized the Portage Lake Seed Library, located within the Portage Lake District Library in Houghton.

“(Queen City Seed Library) has been incredibly supportive - really giving with the information that they provided,” she said. “I didn’t really know that much about seeds before that. I gardened a bit, but only transplants, until this year. So it was under their incredible direction that a beginner such as myself could move forward.”

QCSL donated seeds to get the PLSL started, helped secure grant funding, and connected Pressley with seed donors. A lot of work went in to organizing the library, she said, walking through the process of collecting seeds, organizing them by variety, labeling and dating, germination testing, repacking, stocking, and hosting outreach events.

It was worth it, said Pressley, as seed libraries are a resource that every community should have. When given free of charge, people are provided



Photo courtesy of the Portage Lake Seed Library

an opportunity to grow their own food without risk. They're also oftentimes more willing to experiment and try new things, she said.

"It's important to provide land for people to garden on, soil and seeds," said Pressley. "Those caretaking relationships we all once had, for each other and for the land, we've become distant from. Everything is now more about the individual than the collective. Seed libraries start to break down those barriers and invite the community back into the food system."

Seed saving is deeply rooted in Anishinaabe agricultural traditions and is important to the Indigenous culture, helping to provide access to culturally appropriate foods that thrive in the local climate.

Pressley is working with the Ojibwe Community Library in Baraga to start a seed library, creating yet another branch or growth from the library in Munising. Officials at the public library in Ontonagon have also shown interest by requesting more information about the startup process.

"Seeds are the base of our food system; they are the foundation on which everything grows," said Pressley. "They're so small, but they're so significant - in the stories we tell, the relationships we have with the land and the people that live there... it's hard to not wax poetic about seeds and the importance of seed libraries."

For beginners looking to get started with seed saving, Palmer recommended first trying an easy variety like peas with flowers that are self-pollinating. Simply allow the pods to grow large and tough. Eventually the plants will begin to dry down. Harvest by picking individual dry pods or pulling entire plants out of the ground and off the trellis. Shell the seeds. Pea seed will remain viable for three years under cool and dry storage conditions.

Since seed libraries are almost always community volunteer-based projects, there are likely opportunities to get involved in your local library. Many also host educational events or seed swaps, which usually occur in late winter or early spring.

"Don't be afraid to experiment," said Palmer. "Ask questions, absorb knowledge. There are many books available and online resources galore - and a seed or plant swap is a place to meet other people interested in seed saving and learn from them."

Below is a listing of seed libraries throughout the U.P.

Alger County Seed Library at Munising School Public Library

810 M-28, Suite A in Munising, MI

Bessemer Public Library

411 S. Sophie St. in Bessemer, MI

Pickford Community Library

210 E. Main St. in Pickford, MI

Portage Lake Seed Library at Portage Lake District Library

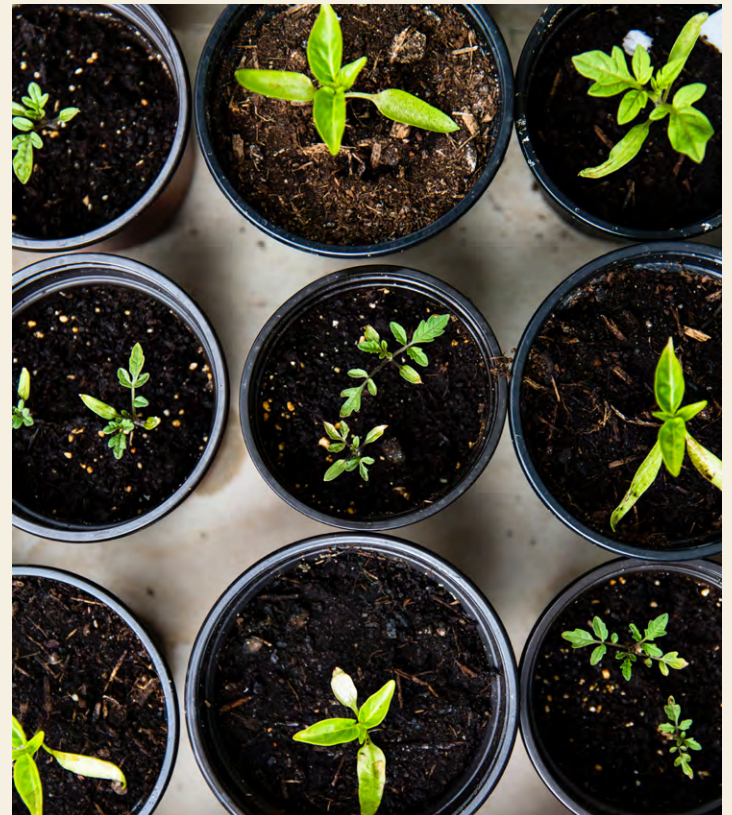
58 Huron St. in Houghton, MI

Queen City Seed Library at Peter White Public Library

217 N. Front St. in Marquette, MI

Seed Library at Bay College

2001 N. Lincoln Road in Escanaba, MI



MFC STAFF

VIRTUAL ART SHOW

In coordination with Marquette's Art Week, we're hosting a virtual "show" featuring beautiful artwork by our talented staff, June 21-27.

Follow us on social media (facebook & instagram) to see what they've created.



Chad McKinney, 2021 entry



Dave Kalishek, 2020 entry



Tyler Orr, 2019 entry



Megan Zahorik, 2020 entry

NEW ITEMS

June 2021



Hot Crispy Oil Original

Hot Crispy Oil is a vegan, gluten-free recipe made of blended extra virgin olive and soybean oils, fresh fried garlic, fresh fried shallots, and chili peppers. It makes for the perfect combination of heat and flavor with a touch of crispy crunch. Try Hot Crispy Oil on pizza, pasta, bread, eggs, salads, and more. Want to turn up the heat a couple notches, we have you covered with Hot Crispy Oil Extra Hot!



Aura Bora Basil Berry Sparkling Water

Aura Bora's Basil Berry Sparkling Water flavor profile is bold and refreshing. Made with real herbal extracts and combined with sparkling water, Aura Bora offers vivid flavors, floral aromas, and good feelings. Aura Bora sparkling water is sugar free, gluten free, and vegan.



Young Kobras Seeded Buckwheat

Young Kobras Seeded Buckwheat organic sourdough bread is naturally fermented and made with vegan and gluten free ingredients. Try a slice toasted, topped with nut butter and a dash of cinnamon, or load up a slice with avocado and a sprinkle of salt. It's baked in the San Francisco Bay Area and packaged in a compostable bag made from renewable wood pulp with a compostable label made from sugar cane. Found in our frozen bread section, it's ready to be made into your dream sandwich!



Angelic Bakehouse Sprouted Rye Bread

Angelic Bakehouse Sprouted Rye Bread is terrific for Reubens, BLTs, and grilled cheese sandwiches. Angelic Bakehouse bread has great taste, and the company has made a commitment to using non GMO ingredients. Made in Wisconsin, Angelic Bakehouse products are vegan, kosher, and allergen free. With a touch of whole caraway seed, this rye bread is both yummy and healthy.



The Collaborative Mango and Passion Fruit Coconut Yogurt

The Collaborative's Mango and Passion Fruit Coconut Yogurt is a tropical treat for any time of year. This dairy free delight is made with creamy coconut milk featuring a mango and passion fruit compote. Fantastically thick, indulgently plant based. Also available in Blueberry and Vanilla, all flavors are naturally low in sugar, made with ethically sourced ingredients, and rich in taste.



Natural Factors OsteoMove Joint Care

Natural Factors' OsteoMove Joint Care is a synergistic joint formula for healthy joint structure, function, and mobility. It's made with ingredients that support healthy joint function, muscles, and cartilage, as well as anti-inflammatory herbs including boswellia and turmeric. Natural Factors is one of the only nutritional companies to have their own organic farms, manufacturing and production facilities, laboratories, distribution centers, and extensive warehouses. Natural Factors is committed to sustainability and finding ways to make healthier choices.



Burrito Kitchens Egg Breakfast Burrito

Burrito Kitchens is a family-owned burrito company making affordable, all natural, premium burritos. Their burritos can be heated to perfection in a microwave or an oven. Warm up an Egg Breakfast Burrito to start the day off right with a quick and tasty filling meal. Ready for more? Discover some of the other Burrito Kitchens flavors the Co-op carries: Beef & Potato, Chicken Fajita, Beef & Bean, Bean & Cheese, and Spicy Sausage.



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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Board of Directors

Phil Britton **PRESIDENT**
Cori Ann Noordyk **VICE PRESIDENT**
Michelle Augustyn **SECRETARY**
Richard Kochis **TREASURER**
Kelly Cantway
Hillary Bush
Mary Pat Linck
Angie Cherrette

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.



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