

# THE FRESH FEED



The Marquette Food Co-op Newsletter

June 2022



# AH, JUNE



**Matt Gougeon**  
General Manager

It's time for June musings again! I think I write this every year. I might as well make it official and call the June edition of the Fresh feed what it is. June is just a month of transition. Our long and halting spring finally gives way to consistently better weather and the arrival of tourists and well, bugs – at least if you live where I do. It's turning out to be a banner year for mosquitos. But I digress. June brings more shoppers to the store and changes in shopping habits due to summertime foods, vacations, and the kids being home for the summer.

Last year, in this edition, I wrote about our purchase of the Marquette Baking Company and early efforts of reviving it, and the addition of Ace Sushi to our store as new happenings to come your way. A year later, I'm happy to report that both efforts have been unqualified successes. Ace Sushi's proprietor, Aung, has been great to work with and a lot of fun to have under our roof. He is one of the hardest working people I've ever met, and we all really like him and his cheerful outlook. The result of our positive relationship is that Aung has one of the top performing Ace Sushi franchises in the country. Yes, right here in Marquette. His little corner of our world accounts for a consistent 4% of our revenue. The combination of the Co-op, Aung, and Marquette's desire for high quality sushi is a winner.

At this point, we're eleven months into selling bread that we bake from the Marquette Baking Company and almost a couple months into having the bakery itself open to customers. Compared to how much MBC bread we sold before owning it, we are easily selling four times the previous amount and it's still growing. It's fair to say the MBC has never produced as much baked goods as it is currently. We are still trying a few things out in the bakery retail space and still waiting for some display equipment to arrive, so our ceiling for how much business we will conduct there is still a way off. Look for a grand opening celebration this summer and a completed outfitting of the space. In any case, we feel the bakery can become a foundational piece of the Co-op's future as we continue to dial it in.

Another fun thing happening through this month is our partnership with the Michigan State University Extension Master Gardener program. Volunteers from the Extension Master Gardener program are working in all our green spaces around the store to weed, repair, replant, and generally bring back to life our gardens. There's more green space at the MFC than you might imagine. This is a big job and one we've struggled to keep up with over the years because of recurring damage from car traffic, snowplows, and lack of staff capacity to devote much time to it. Enter the Master Gardener volunteers. They are doing the work; the co-op pays all expenses and will donate funds toward the continuation of the program. Our site will be used as a continuing education training site for the program. This is an affordable and friendly win for all involved with all parties giving for the benefit of the community. Look for the improvements as the Master Gardeners make progress over the summer.

We're all glad its June now. The days are filled with lots of long light. It's time for summer ease – or if its your time to "make hay," like the Master Gardeners, then you're already hard at it. In either case, the MFC has what you need to make this summer the best it can be for you, friends, and family. Drop in and let us help you.

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



# ***PLANT STARTS ARE HERE!***

from Treasa's Treasures



# GARDENING WITH CHILDREN

By **National Gardening Association**

*Creating a love and knowledge of gardening is a wonderful thing to cultivate in children. Kids love growing food, especially when they see results quickly and easily. These vegetables are our top choices to encourage gardening with children. They are easy to grow from seed, which means a quick and cheap project that's sure to satisfy.*



## **SUGAR SNAP PEAS**

Get your garden going early in the season with sugar snap peas. These crispy vegetables will be one of the first ready to harvest in very early spring. The sweet tasting peas can be eaten straight off the vine, and the hulls are tender and sweet.

## **RADISH**

The quickest maturing of the cole crops, radishes are ready to be harvested about 30 days from the time you plant your seeds. Kids are often delighted and amazed at the difference between the radish seed and the fruit it produces. They may or may not enjoy eating the peppery vegetable raw, but they will love the experience.

## **PUMPKINS**

From small to large, pumpkins are loved no matter which size. Plant these fun vegetables in the late summer for a fall crop. We recommend planting some for carving and some small ones for the best results in baking.

## **CUCUMBERS**

This cool and crunchy vegetable is a great addition to a kid's garden. Given a support, cucumbers are a very easy vine to grow from seed. They generally take 50-70 days from planting to production, but they are well worth the wait. Be aware the cucumbers hate frost, so plant seeds once all danger of frost has passed and the soil has warmed up. If you'd like to get a head start on your garden, cucumbers are a wonderful plant for children to start indoors up to 3 weeks before planting outside.

## **WATERMELON**

Nearly every child loves melons, especially watermelons. These delicious summer fruits are much easier to grow than you may realize. The vines do not need support; they can grow right on the ground. Make sure they get plenty of water and sunlight. However, do be aware that the vines grow quickly and densely, and can therefore overtake and choke out other plants. Plan ahead! Seeds can be started in a small container or pot and transplanted out after frost, or can be started from seed planted right in the ground after all danger of frost has passed.

## **BEANS**

Beans are one of the easiest plants to grow from seed, and they are the perfect plant to observe the growth cycle of a plant. Whether you choose a bush or a vining variety, beans will grow quickly and easily once the warm weather is here to stay. As an added bonus, "eat your beans" becomes much more fun when you grow them yourself!



## **DIVERSITY, EQUITY, & INCLUSION AT THE CO-OP**

Seeing that Juneteenth is coming up, we thought it'd be a good time to talk about some of the Board's work to expand the Co-op's diversity, equity, and inclusion (DEI) efforts. We formed the DEI committee two years ago in response to the murder of George Floyd as we decided that we had a lot to learn about DEI and how to support these initiatives at our co-op and in our community. At first, honestly, we were a little lost about how to approach this work especially since we identified as an all-white, cis-gendered board at the time. It became clear quite quickly that we needed to learn as much as we could about different identity perspectives and how DEI work shows up in organizations such as ours. This has led us to bring in speakers from organizations in our community like Social Justice for Us and the Native American Studies Department at NMU while also pursuing training with ERACCE (Eliminating Racism & Creating/Celebrating Equity), a Michigan organization that is familiar with working with their local cooperative.

While our committee is still in its infancy, we have started to discover how to structure our committee work so that it impacts the Co-op. We have learned that we need to couple education and self-examination

with action. Our education/self-examination is achieved through local speakers, training opportunities, and community connections, while our action is seen through our policy creation and review. For example, we're working on removing gendered pronouns from our policies as well as examining the language used in order to make it more inclusive to our owners and potential owners. We've also added more DEI language into our Global Ends as a way to influence the Co-op's direction. What I have enjoyed most about this work is realizing how encompassing the word diversity truly is. There are so many unique perspectives and voices that we want to hear and learn from, whether that's in regard to race, sexuality, gender identity, neurological diversity, disabilities, and so much more. We have so much to learn from each other, but we can't do that unless we make space for everyone to be heard. I'm proud to be doing this work at the Co-op and am excited to see where this work leads. I hope you have a happy Juneteenth, folks, it's a great day to dive into some self-exploration, education, and celebration!

**Angie Kates**  
DEI Committee Chair

# CELEBRATING PRIDE

WITH LGBTQ+ OWNED/SUPPORTED BRANDS



## DIASPORA CO.

Diaspora Co. is happy to say that one half of the company was founded to empower South Asian farmers and the other half to build something beautiful within the BIPOC community. They are a queer, woman of color owned & led business; their team is 90% women and non-binary folks and 60% people of color. Diaspora Co. values and has a firm commitment to creating space for all individual identities to feel comfortable engaging with their brand and within the company culture itself. They began as a single spice company and now they offer over 30 single origin spices from 150 small farms from across South Asia.



## COWGIRL CREAMERY WAGON WHEEL CHEESE

Cowgirl Creamery's Wagon Wheel semi-firm washed rind cheese is made from organic cow's milk from Strass Family Creamery in California. It is a delicious, versatile, snackable cheese at room temperature that has a flavor profile from slight tartness to intense notes of brown butter and cream. Wagon Wheel is in its glory when melted into a grilled cheese sandwich or on cheese pizza, mac & cheese, burgers, raclette, and fondue. It pairs well with Saison beers, rich Chardonnay and Rhone Blend wines, pasta, potatoes, and tangy pickles. Founded by an LGBTQ+ married couple, Cowgirl Creamery was opened in 1997 in Marin County, California.



## COOLHAUS

When Natasha and Freya founded Coolhaus in 2009, they did not feel represented by any of the dessert brands on shelves... not as Millennials, not as women, and definitely not as LGBTQ+ women. They decided to be the brand, from the product to their culture, that they wanted to buy. They're proud to have turned their grassroots origins into the top women-led ice cream company in the nation with dairy and dairy-free options! They remain true to the authentic origins of the brand: represent positive change, push the envelope for the future, and create high-quality ice cream and plant-based novelties for all to enjoy. They hope Coolhaus inspires the next generation of diverse founders, entrepreneurs, and creators to live out their dreams.

**We raised \$710.65**  
for



***Social Justice  
For Us***

— TO SUPPORT ITS ANNUAL —

**Juneteenth  
Celebration**

*Thank You!*



Social Justice For Us is a non-profit organization with a mission to uplift the voices of marginalized people in Marquette. SJFU focuses on both local and global issues, including facilitating inclusivity in Marquette and supporting Black Lives Matter. Learn more at [socialjusticeforus.org](https://socialjusticeforus.org)



Photos courtesy of SJFU

## Marquette's 3<sup>rd</sup> annual Juneteenth: A Cultural Celebration!

**June 19** • Lower Mattson Harbor Park

Originally, June 19, 1865 was the day that all enslaved Americans were freed from captivity; after being liberated, they celebrated in the street, sharing food, culture, and stories that they otherwise could not do before. This celebration still happens over 150 years later. SJFU continues this tradition and brings new life to its purpose in our community.

SJFU's focus and reasoning on promoting Juneteenth is to allow our community a chance to see, hear and experience Black culture authentically.

The event will feature performance acts, spoken word, music, and education.

## FRESH STRAWBERRY SODA

Serves 5 | Recipe from [divascancook.com](https://divascancook.com)

Bubbly, sweet & fresh strawberry soda made with simple ingredients! Loaded with authentic strawberry flavor and natural color.

- 1 lb strawberries rinsed, hulled, and diced
- 1½ C granulated sugar (can use less if desired)
- 1½ C water
- 2-3 t lemon juice (optional)
- Club Soda, chilled

Place the strawberries, water, and sugar in a large saucepan. Stir.

Bring to a simmer over medium heat.

When strawberries are soft, mash them with a potato masher.

Let strawberries continue to simmer gently until the juices begin to reduce, thicken and become syrupy. Reduce heat if needed.

Strain mixture through a mesh strainer, using a rubber spatula to press out the excess syrup. Discard the pulp. (You should have about 1 ¼ cups of syrup.)

Stir in lemon juice if using. Let syrup mixture cool and then place in the refrigerator until chilled.

To make a glass of soda, pour 8 oz of cold club soda into a cup. Stir in the chilled strawberry syrup by the tablespoon, tasting until you've reached your desired sweetness.

### NOTES

Place leftover syrup in a jar and store it in the fridge.

This recipe makes about 1 ¼ cups of strawberry soda. Serving size depends on how many tablespoons of syrup you use per cup. (I usually like about 4-5 tablespoons per 8 oz club soda)

You can also sub the carbonated water with Ginger-Ale or Lemon-lime soda though, it will deemphasize strawberry flavor.



# AFFORDABLE ORGANIC

We're familiar with the health and environmental benefits of buying organic food, and in recent years, we're seeing it become more readily available and regularly stocked at familiar grocery stores. However, one thing we're hoping to move past is the perceived cost barrier to purchasing organic over conventional.

While there can be a difference in pricing between organic and conventional, that's not always the case as you'll see in the table to the right. Many ingredients are just a few pennies difference, and others are actually less at the Co-op. Additionally, because of your ability to purchase single fruits & vegetables (as opposed to bagged/packageged produce at other stores) and exact quantities in our bulk department, you're likely saving money and reducing food waste by taking home only what you need.

Organic doesn't have to translate to out-of-reach for consumers on a budget. If you're willing to put in a little leg work (like we did for you here), you're likely to discover that organic is not much more expensive and well worth knowing that you're eating a fresher, cleaner product.

We did a cost-comparison meal with ingredients from the Co-op and similar ingredients purchased at a national "Big Box" chain in town, and found the difference in price to be only about 19 cents per serving. The table included at the end of this feature compares the cost of ingredients (in their exact measure needed for this recipe). Ingredients denoted with an Asterix indicate they're organic. We also included a column using purely conventional, non-organic ingredients. The price difference is more stark than the first two columns, as you'll see, but it's still not wildly different than the Co-op shopping trip, which yields mostly organic product from smaller, trusted sources and the added benefit of knowing your dollars are staying in our community.



## CARROT-CHICKPEA BURGERS

Recipe from marthastewart.com | Serves 4

- **¼ C extra-virgin olive oil, plus more for drizzling**
  - **1 T finely chopped garlic (from 3 cloves)**
  - **1 C grated carrots (from 2), plus more for serving**
  - **Kosher salt and freshly ground pepper**
  - **1- 15.5 oz can chickpeas, drained**
- **½ C cooked white rice**
  - **½ C panko breadcrumbs**
  - **1 large egg**
  - **¾ C packed chopped fresh cilantro, plus leaves for serving**
  - **½ C full-fat Greek-style yogurt**
  - **Little Gem lettuce, for serving**

Heat 2 teaspoons oil in a skillet over medium. Add garlic and cook until fragrant, about 30 seconds. Add carrots and season with salt and pepper and cook, stirring, 1 minute. In a food processor, pulse 1 cup chickpeas, rice, panko, and egg to a paste.

Add remaining chickpeas, carrot mixture, ½ cup cilantro, 1 teaspoon salt, and ¼ teaspoon pepper; pulse to combine. Shape into four ¾-inch-thick patties; refrigerate 20 minutes.

Stir together yogurt, remaining ¼ cup cilantro, and 1 teaspoon oil and season with salt and pepper.

Heat remaining 3 tablespoons oil in a large nonstick skillet over medium-high. Add burgers and cook until golden, 3 to 4 minutes a side. Serve over lettuce with more carrots, yogurt sauce, a drizzle of oil, and a sprinkle of pepper and cilantro leaves.

## CARROT-CHICKPEA BURGERS COST BREAKDOWN

INGREDIENT	OUR PRICE	BIG BOX PRICE	100% CONVENTIONAL PRICE
Extra Virgin Olive Oil	\$0.93*	\$0.85*	\$0.51
Garlic	\$0.28*	\$0.29*	\$0.20
Carrots	\$0.56*	\$0.44*	\$0.44
Chickpeas	\$1.49*	\$2.19*	\$0.69
White Rice	\$0.27*	\$0.22*	\$0.13
Panko breadcrumb	\$0.29	\$0.25	\$0.25
Egg	\$0.33*	\$0.34*	\$0.23
Cilantro	\$1.15*	\$0.85*	\$0.45
Yogurt	\$0.62*	\$0.96*	\$0.49
Lettuce	\$3.21*	\$3.49*	\$2.19
TOTAL	\$2.28 / serving	\$2.47 / serving	\$1.40 / serving

\* = ORGANIC

---

# MFC BOARD CHANGEOVER

*Warm welcomes to our newest board member, Tom Rulseh, who will begin his first term this month. Learn more about Tom below.*



## **TOM RULSEH**

As an athlete and former coach I regard high quality food as vital fuel for peak performance. The Coop was big factor in selecting Marquette as our home community two years ago. In addition to a great selection of organically grown foods we can also find many locally produced items. Over the years I have had the opportunity to serve on a variety of non-profit and for profit boards. My term on a bank board was both interesting and enlightening. Most rewarding was my work on the school board where we successfully nurtured a strong relationship encompassing staff, administration, students and community. Our common focus was on doing what is best for students - just as the Coop does for its customers. I welcome the opportunity to assist in guiding that effort.



*On behalf of everyone at the Co-op, thanks to outgoing board member Angie Kates. We appreciate all you've done and wish you the absolute best in whatever you choose to pursue next.*

# 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 19–25.

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



*Chad McKinney, 2021 entry*



*Hannah Anderson, 2021 entry*



*Pamela Valdez, 2021 entry*

# NEW ITEMS

June 2022



## Organic Vidalia Onions

The Vidalia onion is a sweet yellow onion with a mild flavor and an oblong shape. It can be enjoyed raw, in salads, on sandwiches, pickled, made into vinaigrette, served as a garnish for roasted meats, and much more. Vidalia onions also taste great sauteed or caramelized, which brings out the vegetable's sweetness. Try Vidalia onions in creamy onion dip or homemade onion rings.



## Marquette Food Co-op Roasted Red Pepper Garlic Turkey Sausage

The Marquette Food Co-op's house-made Roasted Red Pepper Garlic Turkey Sausage is ready to be made into burgers, tacos, casseroles, and more. With herbaceous seasoning, garlic, and roasted red pepper, this turkey sausage goes well with burger toppings like melted cheese and avocado, taco toppings like diced tomatoes and fresh onions, and pasta sauces. Whether grilled, sauteed, or cooked in the oven, it's sure to be a crowd pleaser.



## Sacred Serve Mocha Mint Chip Coconut Gelato

Sacred Serve makes handcrafted gelato by combining certified organic young coconut meat with potent superfoods, adaptogenic herbs, and just a hint of low-glycemic coconut sugar. The result is a rich, creamy gelato packed with plant-based nutrition. Their Mocha Mint Chip Coconut Gelato is a noteworthy spin on a mint classic. This creamy gelato infuses peppermint essential oil, ceremonial grade matcha, and chunks of handcrafted raw vegan chocolate, promoting enhanced digestion and relaxation of the mind and body.



## Marquette Food Co-op Pork Vindaloo Meal

A classic MFC hot bar favorite, the MFC Pork Vindaloo is now available prepackaged in the grab and go section of the Deli. Each serving is prepared with yellow rice and peas. Pork Vindaloo is flavored with warm seasonings like chilies, garlic, cinnamon, cardamom, mustard seeds, ginger, turmeric, and vinegar. This pleasantly spiced curry is a harmonious balance of sweet, sour, and spice.

## MFC Board Meeting

June 21  
6-8pm  
MFC Classroom

## MFC Staff Art Show

June 19-25  
Virtual, follow us on social media

# PRIDE GIVEAWAY

ENTER TO WIN!  
June 8<sup>th</sup> – 14<sup>th</sup>



## THE FRESH FEED

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

### Content & Editing

Kelsie Dewar  
[kdewar@marquettefood.coop](mailto:kdewar@marquettefood.coop)

### Design & Layout

Chad McKinney  
[cmckinney@marquettefood.coop](mailto:cmckinney@marquettefood.coop)

### Board of Directors

Michelle Augustyn PRESIDENT  
Kelly Cantway SECRETARY  
Richard Kochis TREASURER  
Hillary Bush  
Mary Pat Linck  
Zosia Eppensteiner  
Kevin Pierfelice  
Tom Rulseh

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.



502 W. Washington St.  
Marquette, MI 49855

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

[www.marquettefood.coop](http://www.marquettefood.coop)  
Marquette, MI 49855

