

THE FRESH FEED

THE MARQUETTE FOOD CO-OP NEWSLETTER

JUNE 2025



THE COOPERATIVE ADVANTAGE



Matt Gougeon
General Manager

We are a cooperative born out of the second “cooperative wave” in the United States that began in the early 1970s. It was a combination of good food and social justice movement that happened in response to the government policy induced, late-stage industrialization of our national food supply that had its beginnings in post WWII America. If the ‘70s were late-stage industrialization, are we now experiencing the end-times industrialization of our food supply? That topic is for another time...

The first cooperative wave in America began in the 1920s and ramped up quickly during the Great Depression. This was, obviously, a common sense humanistic response to the devastating economic times which were, in part, brought on by tariffs imposed on necessary imported goods. History doesn’t exactly repeat, but it certainly rhymes. During the Great Depression, cooperatives in America sprang up everywhere and in every needed sector. Oil and gasoline, manufacturing, agriculture, banking, and retail all saw fast growth and found success. It makes sense, right? Times are tough and you can’t get what you need. So, you get with your neighbors and pool resources, talent, and capital to meet your own needs.

In the run up to WWII and the needed manufacturing to supply the American war machine, cooperatives stood at the ready. However, massive government contracts to build the arsenal and equipment for the war went to large corporations, many of whom still exist today built, in part, because of that war effort. Why no co-ops in this effort? One reason was that corporations successfully lobbied the federal government against co-ops, pointing out the legal advantage they said co-ops held over them; the ability to allocate co-op income to its members in lieu of paying federal taxes on income. In fact, there was a nationwide campaign against cooperatives that said they weren’t “paying their way” and were anti-capitalist. The result of this and the influence of corporations over government was that after the war, many cooperatives shuttered due to bloated corporate coffers and their growing influence over society.

However, the rules of cooperation held strong enough for a cooperative comeback in the 1970s. Why am I telling you all this? Because it remains true that co-ops may still allocate their income back to their members and pay it to them in cash and use some of it for re-investment in the cooperative. This is called patronage dividend and it’s not new to you as your MFC has been paying dividend out over the last few years. When we do this, it’s true that we avoid paying federal tax on the allocated income. This is an advantage. But we do pay tax on any income that comes from non-owners. This split is typically 70/30 with the majority attributed to the members. We pay state taxes on all income.

For the past few years, we have returned income allocated to members going as far back as 2009 and as recent as 2023. This year will be no different. At the May meeting of the Board, the directors voted to return the remaining \$142,717 of income from 2021 and 20 percent of income from 2024, or \$51,108, for a total of \$193,825. This is the single largest distribution of patronage dividend that has been returned to members to date. Going back to 2009, we’ve allocated close to \$1 million dollars in income to members of the MFC and we’ve distributed about two thirds of it in cash. The rest, and future income, will be distributed over time in years where it is deemed feasible.

In the meantime, stay tuned for more information about your dividend distribution from 2021 and 2024 as we work through our process. You will receive an individual notice. The cooperative advantage is something we can all be grateful for. Keep it in mind as you make your grocery shopping decisions.

Feel good. Shop the Co-op.

LOCAL SPOTLIGHT

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



ORE DOCK BREWING CO.

ANDI PERNSTEINER - OWNER

The idea for Ore Dock Brewing Company didn't start in Marquette. It began in historic European biergartens and small, emerging taprooms throughout the U.S. serving up pints of craft beer with imaginative flavor.

While traveling early on in their careers, Andi Pernsteiner and (her now husband) Wes realized the important role breweries played in their local communities. Where they found good beer, they also found genuine connection. These were vibrant social hubs bustling with lively conversation, where space was held for everyone.

"It really started to resonate. These establishments were more than a place to enjoy a delicious beer but a place to talk with others about the best hiking trails, the best restaurants, and just about everything in between."

When they came to Upper Peninsula in 2004, it quickly became home. "We fell in love with Marquette," said Andi. "I knew almost immediately that this was where I wanted to be, where we should be."

Plans for the brewery followed, cementing this idea that had been brewing for years with beer and community at the center. "Those two things informed our whole process," Andi said.

Made with quality raw materials – the first and most important being water from Lake Superior – the beer is a team effort.

"We have a team of people with different voices, every member of our brewery team has styles, flavor profiles, and products they are passionate about. We're open to it all, and it makes for an interesting, always evolving list of offerings."

Operating on a 10-barrel system, plus an additional 1-barrel, Ore Dock is feeding its taprooms and event space on Spring Street in Marquette with a rotating list and distributing cans throughout Michigan and the eastern part of Wisconsin. Andi said she expects to grow a bit more in distribution, but doesn't have any huge expansions on that front. She wants to preserve the personal connection to the product by keeping it drivable, so the team can host in-person events at all retail locations.

The physical space has, as Andi had hoped, become a thriving and vibrant community hub. Since it first opened its doors in 2012, Ore Dock Brewing Co. has become a mainstay in the downtown district overlooking its namesake in Lower Harbor. It's provided a beautiful and welcoming space for

people to celebrate life events like weddings, memorials, birthdays, and anniversaries and serves as a regular hang for locals and tourists alike. The brewery's event calendar is packed with an eclectic mix of music, comedy, drag shows, art galleries, record sales, and everything in between.

"We may have built this place, but we didn't create what happened here," said Andi. "That's truly been a collaboration between our team and our community."

This year's major expansion to the Trestle building shows a continued dedication to providing that welcoming space. The renovation nearly doubled Ore Dock's square footage with the Trestle Station (upstairs, family friendly, offering beer, seltzer and cocktails with house-made mixers and craft soda) and Trestle Lounge (lower level, an elevated 21+ experience with table service), as well as an outdoor biergarten with wood-fired pizza by resident food truck, Smelted.

"Looking around now, it's like a 'pinch me, is this real?' moment," Andi said. "I think that when you set out to do something, you have an idea but don't necessarily know what it's going to look like or how it will be received. So, when you actually see it come together, it is a bit surreal."

ORE DOCK AVAILABLE AT THE CO-OP



BERSERKER HAZY IPA, 7.5%

A hopped-up fury of orange and citrusy haze run amok through creamy clouds of milk sugar.



BRAMBLE ON ROSE BELGIAN GOLDEN STRONG ALE, 8%

For Perennial enjoyment, this dangerously drinkable Belgian ale is beaming with fresh red raspberry and the floral kiss of rose-hips. Effervescent and fruit forward with Belgian complexity.



RECLAMATION IPA AMERICAN INDIA PALE ALE, 7%

Rather than tipping the scales in any one direction, this “mid-coast” IPA is built for balance. Reddish-bronze in color, this ale boasts hop flavors and aromas of resinous pine and citrus, while being supported by a malt backbone that allows for a more level tasting field.PA



LOW HANGING FRUIT CREAM ALE, 6.3%

An outerworldly blueberry invasion. Smooth and quenchable American Ale with towering torrents of mouth watering fresh fruit.



FLYING MACHINE JUICY PALE ALE, 5.5%

Single-hopped Juicy Pale Ale soaring over hazy skies with lifting wings of tangerine and plumes of pineapple.



BREAKWATER HARD SELTZER, 5%

Breakwater is simple and pure with no added sugar or sweeteners. Always small batch brewed in Marquette, Michigan with Lake Superior water and premium ingredients for optimal effervescence and unrivaled refreshment ready for the beach, trail, or backyard. Low Calorie. All Natural. Gluten Free. Recreation Ready.

Available flavors: Black Cherry, White Peach, Blueberry, variety pack

We also carry rotating seasonal varieties, limited release sours and limited release IPAs. This month, you'll find Bum's Beach (wheat ale), Fresh Coast IPA and Blue Canoe (Berliner Weiss) on our shelves.

10% OFF ALL ORE DOCK BEER IN THE MONTH OF JUNE

BROSÉ

ROSÉ IS FOR EVERYONE!



\$2 OFF

SELECT BOTTLES OF ROSÉ

JUNE 4-17





SPICED LAMB

Recipe adapted from *Bonappetit.com*

You can form patties and eat on pitas or work the meat around a skewer and cook like kofta for a gluten-free version.

- **2½ lb ground lamb, beef, or venison**
- **1 medium onion, very finely chopped**
- **¾ C chopped fresh flat-leaf parsley**
- **1 T ground coriander**
- **¾ t ground cumin**
- **½ t ground cinnamon**
- **2 t kosher salt**
- **1½ t freshly ground black pepper**
- **¼ C olive oil, plus more for grilling**
- **8 thick medium pita breads with pockets**

Using a fork, mix lamb, onion, parsley, coriander, cumin, cinnamon, salt, pepper, and ¼ cup oil in a large bowl. Cover and chill at least 1 hour.

Prepare grill for medium heat and oil grate.

Working one at a time, open each pita pocket by cutting along seam, halfway around perimeter. Spoon filling into pitas, spreading to edges. Close, pressing on filling to seal. For skewers, wrap meat around skewers, keeping the size consistent.

Grill pitas until filling is cooked through and bread is crisp, about 5 minutes per side.

FATHER'S DAY GIFT GUIDE

1



2



3





1 Fishing Lure Snap Back

Vital Industries

\$35.99

2 Campfire Stories Deck

Mountaineers Books

\$14.95

3 The Meateater Outdoor Cookbook

by Steven Rinella

\$38

4 Mara Stoneware 1,000 ft Ore Mug

Galleyware

\$23.99

5 Actual Best Dad Magnet with Card

SnowMade

\$5.99

6 National Forest Socks

The Montana Scene

\$11.99

7 TKWide Twist Cap Gear Check bottle

Klean Kanteen

\$36.99



CO-OP KIDS

Cooking Camp

A SUMMER CAMP ALL ABOUT COOKING!

We invite children ages 11-14 to join us at the MFC for one week to learn hands-on cooking skills. Each class will begin with a short, interactive lesson on healthy eating. Students will then make a meal that relates to the lesson that day and serves as their lunch. The meals will provide students with the opportunity to develop knife skills, use the stovetop, learn safe food handling practices, and taste foods with flavors from around the world.

MONDAY, JUNE 23 - FRIDAY, JUNE 27

9AM-12:30PM • \$275 PER CHILD

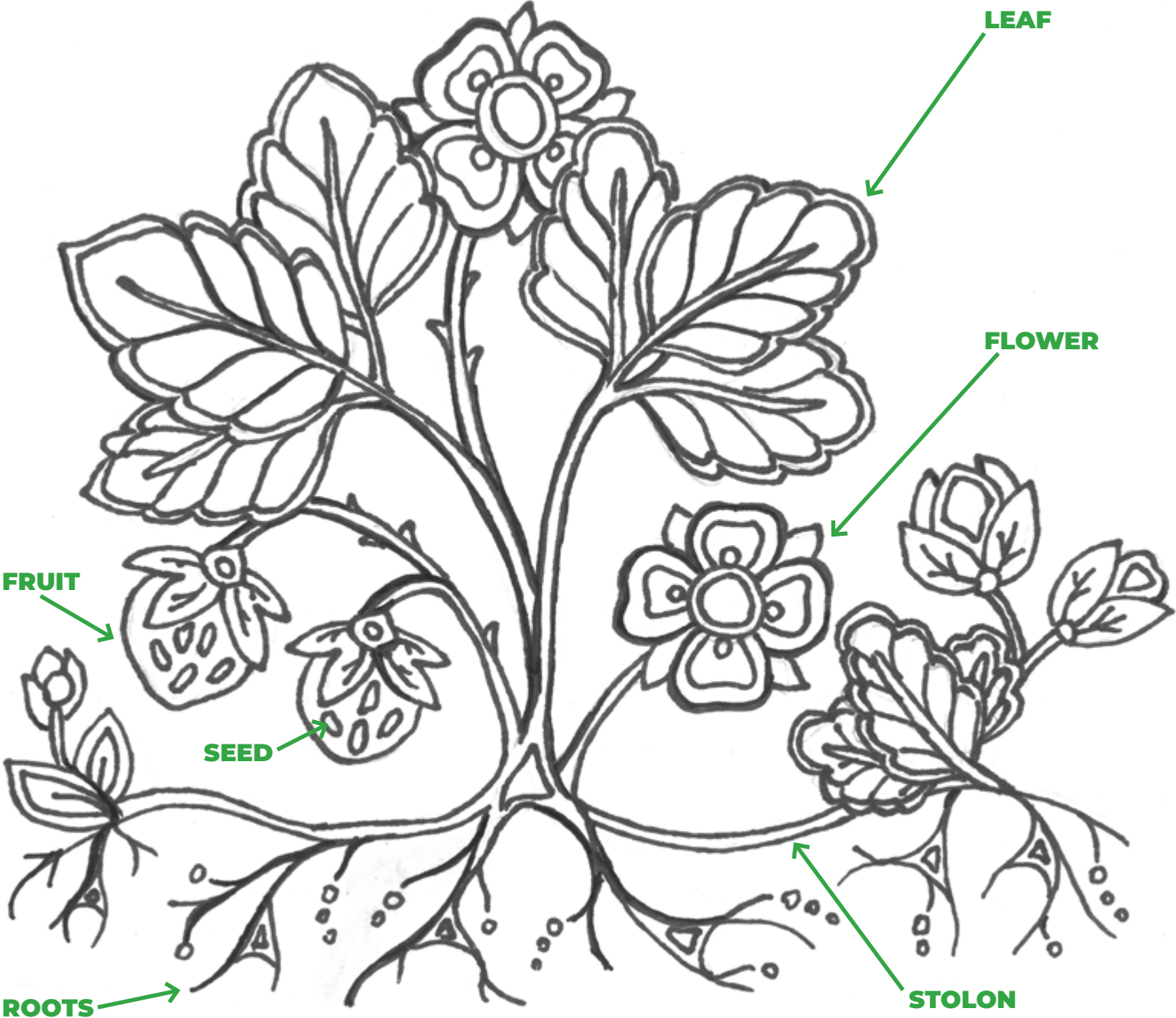
Please note that while there will always be a vegetarian and gluten-free option for students, the classroom is used to prepare many types of food for other classes. It is not recommended for students with severe allergies due to possible cross contamination. Please contact us if you have questions about whether the class is appropriate for your child.

To register, scan this QR code or visit events.humanitix.com/co-op-kids-cooking-camp by June 20.

Contact Sarah at 906-225-0671 x 711 for more information.



ANATOMY OF A STRAWBERRY PLANT



According to some Anishinaabe Lunar Calendars, June is Ode'min Giizis - Strawberry Moon!

Illustration by Community Services Coordinator Pamela Valdez - enjoy coloring!

LOCAL GREENS GUIDE

HEAD LETTUCE

Harvested and sold in a dense, formed bundle, the Co-op carries several varieties of head lettuce. From soft and buttery Green Butterhead to crisp Romaine, head lettuces are a popular choice for the base of colorful salads, lettuce wraps, and toppings for sandwiches and burgers. Dressing head lettuces is easy, as they pair well with most recipes — try something light and bright or creamy, depending on your mood.

Green Butterhead, Green Romaine, Green Leaf, Green Summercrisp, Red Butterhead, Red Buttercrunch, Red Summercrisp, Red Leaf

Available from:

Little Parsley Farm

Traunik Farm

Swanzy Farm

Seeds & Spores Family Farm

Dukes Farm



ARUGULA

Part of the brassica family (cabbage, Brussels sprouts, etc.), arugula has a distinctive peppery taste. It's slightly bitter and is a great addition to salads or dishes that you want to add some extra spice to. It's often mixed with other greens to make a balanced salad. Arugula is great dressed with a simple vinaigrette and shaved parmesan.



Available from:

Seeds & Spores Family Farm

Dukes Farm

KALE

This nutrient-dense leafy green is known for its slightly bitter flavor and hearty texture. Also part of the brassica family, kale a very versatile vegetable that can be eaten raw or cooked. Kale is great blended in smoothies or in salads but be sure to scrunch or “massage” the leaves before consuming to soften the texture and make it easier to digest. The ideal dressing for kale is one that will balance its bitter flavor — try something tangy, creamy, or slightly sweet.

Red Russian & Lacinato

**Available from:
Dukes Farm**



SPINACH

Spinach is a tender, leafy green with a mild, slightly earthy flavor. This nutrient-dense vegetable belongs to the amaranth family and is closely related to beets, chard, and quinoa. Since it grows quickly, spinach can be harvested multiple times throughout the growing season. Many enjoy it blended into smoothies, in green juices, on sandwiches are the base of a salad packed with seasonal fruit. Try spinach dressed with a warm bacon dressing or a bright poppy seed or fruit-based vinaigrette.

**Available from:
Full Plate Farm
Little Parsley Farm
Seeds & Spores Family Farm**

LETTUCE MIX

Several of our local farms also provide bagged and/or bulk lettuce mixes, which are a great option if you’re looking for a mixture of the above greens.

**Available from:
Seeds & Spores Family Farm
Traunik Farm
Dukes Farm
Little Parsley Farm**





MISO-GINGER DRESSING

recipe by *Mark Bittman for NYT Cooking*
makes about 1 ¼ cups

- ¼ C peanut oil or neutral oil, like grapeseed or corn
- ¼ C rice vinegar
- 3 T mild or sweet miso, like yellow or white
- 1 T dark sesame oil
- 2 medium carrots, roughly chopped
- 1 inch long piece fresh ginger, cut into coins
- salt
- freshly ground black pepper

Put all ingredients except salt and pepper into a food processor and pulse a few times to mince carrots. Then let machine run for a minute or so, until mixture is chunky-smooth. (If you want it smoother, use a blender.) Taste and add salt and pepper to taste.

BEST KALE SALAD DRESSING

recipe by *Kristen Stevens*
/ the endless meal

- ½ C extra virgin olive oil
- 1/3 C apple cider vinegar
- ¼ C honey
- 2 t balsamic vinegar
- 1 t Dijon mustard
- 2 gloves garlic, finely minced
- a pinch of salt

Place all ingredients into a 2 C mason jar. Shake well until the ingredients are mixed together and the dressing is creamy.

GREEN GODDESS

recipe by *Jessica Battilana*,
adapted by *Samin Nosrat for NYT Cooking*

- 2 oil-packed anchovy fillets
- ½ C mayo
- ⅓ C full-fat Greek yogurt
- ½ C parsley leaves
- ⅓ C basil leaves
- 1-2 T lemon juice
- 2 T fresh tarragon leaves, finely chopped
- 3 T chives, minced
- salt
- freshly ground black pepper

In a food processor, combine the anchovies, mayonnaise, yogurt, parsley, basil and 1 tablespoon lemon juice. Process until smooth and uniformly green. Transfer to a lidded jar, and stir in the tarragon and chives. Adjust seasoning as needed with salt, pepper and lemon juice.

PLANT STARTS ARE IN!

THIS YEAR WE HAVE PRODUCE STARTS FROM **SEEDS & SPORES FAMILY FARM** AND FLOWERS FROM **ROCK RIVER FARM**.



**WE WANT TO THANK
WELLSPRING FARMS
(FORMERLY TREASA'S TREASURES)
FOR PROVIDING US WITH
QUALITY PLANT STARTS FOR YEARS
SHE IS RETIRING FROM WHOLESALE MARKETS**



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

JUNE 17 - THE BENEFITS OF PHYTOCHEMICALS

JULY 15 - EATING FOR BETTER BLOOD SUGAR CONTROL

AUGUST 19 - HEART HEALTHY EATING

CALENDAR OF EVENTS

JUNE 2025

Sunwarrior Line Drive

June 4 - July 1
20% off all products

Superieur Electrolytes Line Drive

June 4 - July 1
20% off all products

Father's Day Raffle

June 13-16
In-store

Food as Medicine:

The Benefits of Phytochemicals

June 17 | 11 am - 1pm

In-store

Details on page 16

MFC Board of Directors Meeting

June 17 | 6 - 8pm

Co-op Classroom

Co-op Kids Cooking Camp

June 23-27

Details on page 10

THE FRESH FEED

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

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Matt Gougeon GENERAL MANAGER

Everyone is welcome to attend Board Meetings, held the third Tuesday monthly at 6pm in the Co-op Classroom. For more info: www.marquettefood.coop

Disclaimer

The views within this publication are as diverse as the 5,000+ households sharing ownership of our Co-op, and thus do not represent the store, its Board of Directors, or staff. The Co-op does not prescribe health treatments or products. We offer the extensive knowledge of our staff, and encourage you to prescribe for yourself—every individual's right.

The Marquette Food Co-op provides the region it serves with access to food, products, services, and education that foster a thriving, equitable, and resilient community by:

PRIORITIZING
LOCAL AND
ORGANIC FOOD
SYSTEMS

PROMOTING
COOPERATIVE
GROWTH
OPPORTUNITIES

SUPPORTING
AN EQUITABLE
SHOPPING
EXPERIENCE

FOCUSING ON
SUSTAINABLE
ENVIRONMENTAL
OUTCOMES