



FRESH FEED

The Marquette Food Co-op Newsletter

March 2021



RIISING TO THE OCCASION



Matt Gougeon
General Manager

This 50th anniversary year of the Marquette Food Co-op marks my 11th as General Manager. Unofficially, I think this makes me the longest tenured GM in our history. Prior to being General Manager, I served as a member of the Co-op Board of Directors for five years. Time flies and the Co-op has seen tremendous change in all those years. I am fortunate to have been able to serve and help shepherd it through necessary change to keep our Co-op growing and expanding its positive impact in this community.

We all have our own perception of this organization and all have our own favorite things about it. Many of our favorite things likely involve food, products, or services we offer. The myriad of staff and food products or department additions over the years, like the Deli and Meat & Seafood, are too numerous to mention here. But having my inside perspective, however, gives me an interesting view of events over the last 16 years that have likely impacted you and your participation with this Co-op and may have resulted in your attachment to the MFC. For anything good to come of our collective efforts the business of the Co-op must be sound and built to last over time. Without a sound foundation and functioning structure, we would not be able to gain members, hold employees, or achieve loyalty to the Co-op. Though there have been many plans implemented and decisions made over the years, what follows is a list of my favorite notable changes that have moved this organization forward.

Back in 2005, we made the switch from an at the register discount for members to a patronage dividend. This stopped a revenue hemorrhage at the register in favor of paying a dividend to members after a profit was known.

In 2007, the Board brought Policy Governance to the table which defined clear roles and expectations for board members and management.

Health insurance for Co-op staff came in 2010, making us a better employer.

Expansion planning began in earnest in 2011 and we bought the buildings where we currently reside in 2012.

With MSU Extension and the Western UP Health Department, we received a \$165K grant in 2012 to create the U.P. Food Exchange, an Upper Peninsula wide food hub that has moved hundreds of thousands of dollars of local food into the institutional and retail market over the years.

In 2013, we wrote and offered our first preferred share offering to raise funds (\$382K dollars) for expansion and received a \$615K dollar grant from the Michigan Economic Development Corporation to help build out our store.

In May 2014 we opened our new store at 502 W. Washington Street.

We implemented a livable wage for staff in 2017 that provided a 23% increase to our entry level wage and gave all staff a length of tenure-based pay raise.

We made a second preferred share offering in 2015 to pay down some debt.

In 2018, we began our Owner Rewards program that racks up redeemable points for members to spend in the store.

We developed our grocery webstore platform and launched Co-op Grocery Pickup in 2019.

The 2020 transformation of the store was from a community gathering place to a pandemic ready community resource.

I realize that some of the things I have listed probably do not generate a lot of excitement when read as a list. But each of these moments and initiatives is evidence that your Co-op, in a variety of ways, has consistently risen to the occasion of meeting your needs and those of your neighbors. I think it also exhibits the importance of small business in our lives. Simply put, small businesses, like the MFC, connect people, other businesses and agencies, and provide resources, goods, and services that we could not find elsewhere. Here's to another 50 years of the Marquette Food Co-op. I look forward to our future every single day.

Feel good. Shop the Co-op.

CELEBRATING
50
YEARS
OF THE
MFC

Founded in 1971, this year marks the 50th anniversary of the Marquette Food Co-op! To celebrate, we'll be sharing snippets of MFC history each month in the newsletter and on social media.

Follow along with the hashtag #MFCis50 on Facebook & Instagram

Growing Pains

The financial wellbeing of the Co-op varied enormously in the two decades following its move into the storefront at 325 W. Washington Street, reflecting local and national trends in both the economy and the co-operative movement. There were periods of rapid growth, stable years, and difficult times, but there was always a core group of hardworking members dedicated to the co-operative principles, who were often required to volunteer long hours and make difficult decisions.

In the mid- 1990s, the Co-op faced its most serious financial crisis, and with mounting debt, declining membership, and high management turnover, it came close to closing its doors. Again, the membership responded, and kept the store open, operating with an entirely volunteer staff and some rigorous financial controls. When the financial situation improved, an experienced manager was hired and the Co-op grew in leaps and bounds.

Have a special photo or memory of the MFC to share?

Send it to kdewar@marquettefood.coop or message us on Facebook or Instagram.

Board of Directors *Election Results*

2021

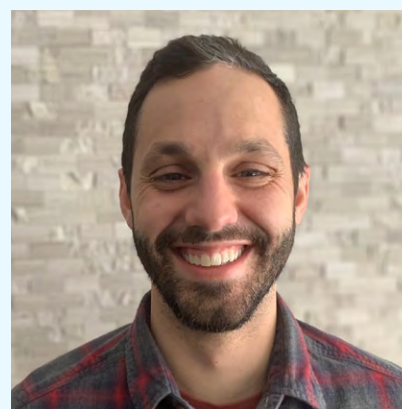
Congratulations to our elected Board Members!



Brian Bouton



Mary Pat Linck
Incumbent



Kevin Pierfelice

On behalf of the Board of Directors, I would like to thank all the Co-op owners who voted in the recent election. Having a say in your co-op and who sits on its' board is an important benefit of your ownership. This board is composed of your fellow community members and you have a chance to choose those who you feel are most capable of governing well. In these stressful times, it is more important than ever that your community organizations operate with your interests in the forefront of their decision making.

With that in mind, we would like to remind you of our upcoming Annual Meeting celebrating MFC owners. It is scheduled for 6:30-7:30pm on Thursday, March 18, and will be held virtually on the Zoom platform. The newly elected board members will be

introduced, and we will have a short State of the Co-op meeting. Details on accessing the meeting are explained on page 5.

We hope you will join us to stay informed and connected with your Co-op community. Now more than ever, it is that sense of community that will guide us through the remaining months of this pandemic. We welcome your input in our efforts going forward.

Stay safe, stay healthy, and stay connected!

Mary Pat Linck
MFC Board Member

2021

VIRTUAL

ANNUAL MEETING

— OF OWNERS

MARCH 18
6:30PM – 8PM

ALL OWNERS OF THE
MARQUETTE FOOD CO-OP
ARE INVITED TO ATTEND!

JOIN US FOR

A REPORT ON THE STATE OF THE CO-OP, INCLUDING FINANCIALS, HOW COVID-19 HAS IMPACTED AND CHANGED THE BUSINESS, AND HOW WE CONTINUE TO MEET THE NEEDS OF OUR COMMUNITY.

Q&A WITH THE BOARD OF DIRECTORS AND CO-OP ADMINISTRATION

FANTASTIC RAFFLE PRIZES FROM LOCAL BUSINESSES

GRAND PRIZE: A STAY FOR TWO AT THE BIG BAY POINT BED AND BREAKFAST

**ALL OWNERS WHO ATTEND THE BUSINESS MEETING RECEIVE A COUPON
FOR \$5 OFF THEIR NEXT \$30 PURCHASE***

PRE-REGISTRATION REQUIRED. [REGISTER HERE](#) OR CALL PAMELA AT 906-225-0671 X 701

*COUPONS WILL BE CREDITED TO OWNER ACCOUNT FOR USE ANYTIME YOU VISIT THE STORE.
JUST ASK AT THE REGISTER WHEN YOU'RE READY TO USE IT.

NEW VIRTUAL COOKING CLASSES

The Spring Semester is live! Find each class in our online [calendar](#) and follow the link to register through Eventbrite. Classes will be held virtually via the Zoom platform.

NATURAL ALLERGY CARE

March 23, 6-7pm

Sneezing, wheezing, and itchy eyes begone! Join clinical herbalist Hannah Rae Behrens for an overview of herbal, nutritional, and apitherapy strategies for keeping seasonal allergies and allergic asthma at bay. This class will be part demonstration and part informational, covering favorite herbs and recipes from a traditional and scientific perspective.

FIRST FOODS: BABY & TODDLER FRIENDLY DISHES

April 27, 6-7:30pm

Introducing your littles to their first foods is an exciting milestone; an introductory experience that can help shape a positive relationship with eating right from the start. In this class, we'll focus on colorful, veggie-filled dishes that are low in both sugar and salt and perfect for small hands and developing palates. Recipes are great for batch cooking and freezing since life as a new parent can be hectic and time is precious.

BIBIMBAP FOR ANY DAY OF THE WEEK

May 26, 6-7:30

Infinitely customizable but always delicious, bibimbap is one of our favorite dishes. The mix of warm rice, pickled, sauteed, or fermented vegetables, and savory meat or tofu refutes any notion that comfort food isn't good for you. In this class participants will make a more decadent bibimbap that takes a little longer, but shortcuts will be shared so this dish can become an easy weeknight meal too.

THAI FAVORITES

June 8, 6-7:30pm

Pad Thai is the most popular Thai dish in the US for good reasons. It's a noodle-based dish with complex flavors that is easy to prepare from scratch. Fish sauce and tamarind are a few of the bold flavored ingredients that make this dish so craveable. In this class, you'll learn how to make Pad Thai and Som Tum, a spicy & sweet (practically addictive!) mango salad. Cook along with Marquette Food Coop's Education Coordinator and Thai food lover Amanda Latvala to create a delicious Thai meal.



Introducing Our

OUTDOOR CENTER

We've transformed our cafe into an Outdoor Center! You can find rotating seasonal offerings here. Right now, we have all the supplies to start planning for your garden - seeds, soil, gloves, etc. Check it out next time you're in if you haven't already!



ORGANIC SEEDS HAVE ARRIVED!



High Mowing Organic Seeds is an independently-owned, farm-based seed company dedicated to providing farmers and gardeners with high quality, non-GMO, certified organic seed.



Photos courtesy of High Mowing Seeds

♀ WOMAN OWNED BUSINESSES

March 8 is declared International Women's Day, a global celebration of the social, economic, cultural, and political achievements of women. To celebrate, we're highlighting local, women-owned businesses that supply the MFC – from produce to body care to art and everything in between. Thank you for your contributions to our community.

WILDERNESS HERBS Victoria Jungwirth

PEA PICKLE FARM Leslie Allen

BEAR EARTH HERBALS Sierra Bigham

SAGE & SPRY Angie Cherrette

TREASA'S TREASURES Treasa Sowa

FULL PLATE FARM Laura Brosius

NATIVE SISTER SOAP Colleen Carlyle

HOME SQUIRREL Lindsey Naylor

PINEMOSS ART Megan Zahorik

LEIGH'S GARDEN WINERY Julie Lambert

ROSIE'S RELSA Rosemary Pietila

MAMA'S BOOCH Dana Tuma

We included only U.P. businesses that are solely owned by women. We apologize if anyone was unintentionally left off the list.

CARROT MUSHROOM BAKE

recipe by Laura Brosius, Full Plate Farm

(adapted from the Moosewood Cookbook)



"It utilizes storage crops including carrots, onions and garlic, as well as dried herbs and mushrooms, which could be dried and/or local. Pulsing stale Marquette Baking Company sourdough quickly in a food processor for local, high quality bread crumbs, also elevates this recipe. Ultimately, nearly every ingredient is either pulled out of the root cellar or pantry or obtained from neighbors or other local sources. I find being able to cook this way even in the off-season so satisfying."

- 1 C chopped onion
- 8 oz chopped mushrooms
- 1 lb grated carrot
- ¾ C packed grated cheddar cheese
- 1 egg
- 1 C bread crumbs
- 3 cloves minced garlic
- ½ t thyme
- ½ t basil
- ½ t dill
- ¾ t salt
- Pepper
- 2 T butter

Sauté onion in butter for 5 minutes until translucent, then add garlic, mushrooms, salt, and herbs and sauté for another 10 minutes.

Combine carrots, egg, bread crumbs, cheese, and pepper (to taste) in a large mixing bowl. Add sautéed mixture and combine well. Spread in 8x8 baking pan and top with extra grated cheese (optional). Add in an additional sprinkle of dill, extra breadcrumbs and some sunflower and/or sesame seeds. Cover with foil and bake for 30 minutes at 350F. Remove foil and bake another 15 minutes. Recipe can also be doubled and baked in a 9x13 pan.



CHANGES IN BULK

We are in the process of transitioning bulk herbs and spices back to a do-it-yourself system with safety measures in place.

Customers will again be able to fill their own clean containers, taking as much or as little product as desired! As the current stock of pre-packaged product sells out, the bulk department jars will be cleaned and filled with loose herbs/spices. During the transition, the two systems will coexist for a short while.

Gloves are mandatory when scooping loose herbs/spices – there are boxes of clean gloves and signage at each filling station with instructions, as well as receptacles to discard the used gloves.

We apologize for any inconvenience this transition may cause. On the other hand, we're excited to give customers back the ability to measure out their own product and cut down on waste by re-using clean containers.



AN EXPLORATION OF GLOBAL NUTRITION GUIDES

March is
Nutrition Month!



Sarah M.
Outreach Director

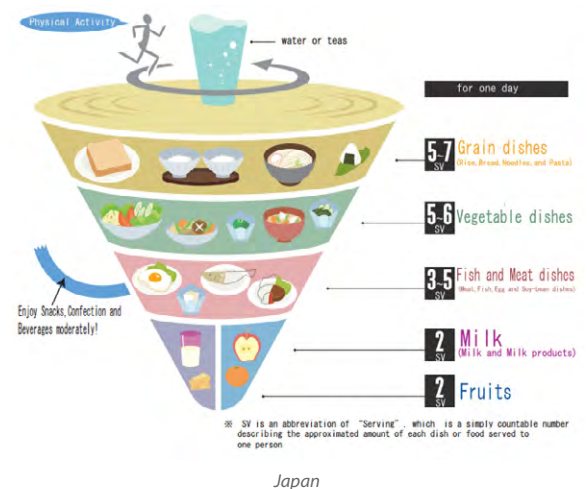
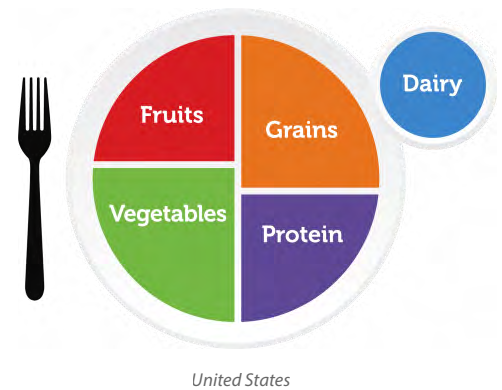
The United States has had multiple iterations of the food pyramid, the official government guide to healthy eating. While federal food education first began in the 1890s, graphic representations of what Americans should be eating began in earnest in the early 1940s. This was a multifaceted attempt to curb food waste, encourage victory gardens, and ensure people remained healthy during times of food rationing. Later this circle of basic foods became a pyramid, used for decades to encourage people to eat the right amount of each type of food. Revisions were bound to happen as our understanding of food and nutrition changed but were often rooted in the idea that a new image would better help people understand what they should or shouldn't be eating. As if just the right design would finally stop the growth of diet related disease in the population.

Today's visual representation of healthy eating is no longer even a pyramid, but back to a circle. Two million dollars in government research, design, and promotion resulted in a simple graphic of a plate of food that offers questionable advice. When up to 65 percent of the population cannot process lactose, the inclusion of dairy as ideal and even essential for your diet doesn't make a whole lot of sense. And this work seems to be for naught, as rates of obesity and diet related disease continue to climb.

It turns out that we aren't the only country offering its citizens nutrition advice with mixed results. Countries all over the world produce a wide range of images to promote healthy eating and they range from fairly helpful to laughter inducing, such as a past Italian food guide that included cookies at the base of the pyramid. Germany's pyramid is three dimensional, which doesn't exactly make dissemination on paper and computer screens easy. Japan turns the pyramid upside down, crowns it with a glass of water and a running stick figure, and calls it a spinning top to promote physical activity along with proper diet.

Some food guides do an admirable job incorporating cultural norms, such as a Chinese pagoda shaped guide that encourages the consumption of more soy-based products than other guides. Or the Spanish and Greek guides that put olive oil consumption right up there with produce consumption. Actually, the Greek guide might be competing with that Italian guide with cookies for popularity - it includes a nudge to drink wine.

Sweden takes the most basic approach, with only the three simple messages seen here. In some ways, this makes sense. Most people know the basics, but a reminder helps. How much of the creation of these



MORE

Vegetables, fruit and berries
fish and shellfish
nuts and seeds
exercise



SWITCH TO

wholegrain
healthy fats
low-fat dairy products



LESS

red and processed meat
salt
sugar
alcohol



Sweden

learning devices is just an attempt to make “eat your broccoli” seem new and exciting?

Maybe the lesson in all of this is we should worry less about what any government is telling us about food and look to what was traditionally eaten in all these cultures. While some traditional diets may rely on more grains than we necessarily need in a more sedentary lifestyle, most cultures have lots of ideas about how to make vegetables taste amazing. Many still prioritize eating locally and seasonally. Any of them can give us inspiration to try new flavors that might make produce we haven’t always loved taste good. I’ve realized that’s why I also love the Australian food pyramid. It’s so comprehensive that it’s overwhelming to children, and thus maybe not super helpful. But it is the only food guide I’ve seen that

puts herbs and spices in near the base of their pyramid. It’s an acknowledgement of the need for flavor but there’s also all kinds of health benefits to using herbs and spices.

A world tour of food guides is interesting, but a tour of top-notch cookbooks from around the world might just be more useful. My staff and I have taught a lot of cooking classes over the years that have shown us just how many vegetables people are happy to eat when they taste really good and offer interesting global flavors while featuring lots of locally grown items. Below are some ideas that come from all parts of the globe that can liven up your plate and keep you healthy, without needing to consult a food guide.



Add fermented foods to your diet. Whether you make your own or chose one from our refrigerators, you can add a lot of flavor and nutrition with fermented veggies. Even a few bites with a meal daily can have an impact.

Quick pickles may not get the same health cred as fermented veggies, but this is still a great way to add interest to your plate. My kid insists she doesn’t eat onion, but pickled red onions apparently are perfect with almost any food in her book. Go figure.

Try a new spice or spice blend. I have to give a shout-out to gochugaru, the quintessential Korean pepper flakes that add heat and earthy sweetness your dishes. I love to make quick cucumber salad well-seasoned with these pepper flakes, use as a marinade for meat or tofu, or sprinkle them on cooked greens with a little soy sauce.

Speaking of greens, sauteed greens can be wildly different if you take influence from different cultures. Sweeten them with raisins and pine nuts for an Italian style; add some canned tomato, smoked paprika, and slivered almonds for Spanish style; or mix them with garlic, mint, yogurt, and some lemon juice for a classic Middle Eastern dip.

This might be a hard one to handle, but try skipping the garlic bread at your next pasta dinner. The Italians have the healthy habit of eating bread or pasta - not both together. Also, a dinner with only pasta would feature at least two vegetable sides to even out the plate.

Make your meatless Monday international. Some of the best vegetarian and even vegan recipes are traditional foods. Lentils alone seem offer endless possibilities for flavor combinations that are time tested from India to Europe.

Use fresh herbs. Herbs never need to go bad in the fridge after you used a few tablespoons in a recipe. Take a page from the Vietnamese and put fresh herbs on just about everything for a fresh, bright flavor. A favorite salad of dinner guests is inspired by a Middle Eastern herb salad that is flavorful because it’s at least 25 percent mixed fresh herbs in place of lettuce.

WELLNESS WEEKEND

MARCH
12-14

25% OFF

BODY CARE, VITAMINS,
+ SUPPLEMENTS

*excludes items
already on sale*



St. Patrick's Day | Lunch Special

WEDNESDAY, MARCH 17TH

CABBAGE ROYALE V

CORNER BEEF & CABBAGE

IRISH BANGER SKILLET

HOUSE MASHED POTATOES VG

SAUERKRAUT AND CARROTS V

CABBAGE ROLLS V

SPLIT PEA SOUP

V = Vegan VG = Vegetarian

NEW ITEMS

March 2021



High Mowing Organic Seeds

Get started planning your garden with High Mowing Organic Seeds. This year, we are offering more than 100 organic seed varieties, which can be found in our new Outdoor Center (previously the café area). High Mowing is an independently-owned, farm-based seed company dedicated to providing farmers and gardeners with high quality, non-GMO, certified organic seed.



231 West Patisserie Pecan Buttercrunch

Pecan Buttercrunch? Yes, please!! And there's chocolate, double yes! Made locally at 231 West Patisserie with their house-made toffee, fresh pecans, dark chocolate, and a sprinkle of Maldon salt. Enjoy on its own or on a combination plate with some of the other 231 West Patisserie treats we carry. This Pecan Buttercrunch will speak directly to your heart, it is full of sweet goodness and love.



Annie's Classic Shells & Cheese with Hidden Veggies

Annie's has hopped into the freezer aisle! As always, made the Annie's way – with real cheese goodness and now with delicious, nutritious veggies. This creamy, dreamy mac and cheese is made with real cheese and no artificial flavors or synthetic colors. Try as a main course or side dish! Goes great with salad and a protein of your choice.



Oatly Black Cherry Oatgurt

Are you looking for a vegan snack that tastes great and provides a combination of fats, carbs, protein, and fiber? Oatly has the answer! Try their Black Cherry Oatgurt for a nutritious item that is packed with flavor. Lovely on its own, made into a smoothie, or enjoyed for an after-dinner dessert.



Marquette Baking Company Wild Yeast Multigrain

Marquette Baking Company's Wild Yeast Multigrain bread is locally made with both local whole wheat and local all-purpose flour from Liberty Farms in Skandia, wild yeast and organic seven grain mix. Enjoy a slice toasted with your favorite topping or make into a hearty sandwich.



Natural Factors Quercetin LipoMicel Matrix

Quercetin is an antioxidant bioflavonoid that helps support healthy sinus, respiratory, cardiovascular, and immune system function. The unique antioxidants in quercetin support blood vessel health. Natural Factors' unique patent-pending technology creates a liquid micelle matrix that disperses the quercetin into tiny micro-droplets, resulting in a superior delivery system for enhanced absorption.



Valley's Own Bakehouse Double Chocolate Brownie

Have you ever had a chocolate craving that can only be satisfied by a rich brownie? If so, Valley's Own Bakehouse has you covered! Made with gluten-free ingredients, these Double Chocolate Brownies are full of yummy chocolate decadence. Add this super tasty, sweet treat to your treat rotation. Not only delicious but dairy, peanut, and trans-fat free.



Johnson's Ground Pork

Locally produced, Johnson Farms Ground Pork is new to the Co-op. Found in our frozen meat section, this ground pork is portioned into 1lb packages. Johnson Farms is a 6-generation dairy farm located in Daggett that has been operating for more than a century. The family-owned farm has a mission to promote the wellness of its animals while preserving the land they're raised on.



La Terra Fina Chile Con Queso Dip

La Terra Fina's Chile con Queso Dip is a definite crowd pleaser. It's creamy, cheesy, and so versatile. Whether enjoyed straight from the fridge or slightly heated prior to consuming, this Chile con Queso Dip makes a great chip and dip snack or a topping on burritos or potatoes. There are no artificial flavors, colors, or preservatives and it is gluten-free!



Grk Harissa Saffron

Harissa Saffron Grk spread is a handmade garlic sauce, made from family traditions with consciously chosen vegan and gluten-free ingredients. Its flavor is an enjoyable synergistic combination of heat and lemony garlic. There are endless possibilities to delight your taste buds with creamy Grk.



GROCERY PICKUP

In-store Shopping
9am – 9pm

Shopping for At-Risk Populations
8am – 9am

Grocery Pickup
10am – 7pm

\$30 minimum purchase required online.

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.

Grocery Pickup call **906.225.0671 x706** when you arrive

THE FRESH FEED

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

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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.



502 W. Washington St.
Marquette, MI 49855

In-store Hours **9am – 9pm**
At-risk Population Hours **8 – 9am**
Grocery Pickup **10am – 7pm**

www.marquettefood.coop
Marquette, MI 49855

