



FRESH FEED

The Marquette Food Co-op Newsletter

March 2022



IN CO-OP WE TRUST

Matt Gougeon
General Manager



This is the time of year when all the tabulating and reporting about last year is complete and in the books. This work culminates in the MFC Annual Meeting, which returns to an in-person event this year. I'm happy to be among people again for this event for all the obvious reasons. But the biggest reason is simply the level of trust that face-to-face conversation brings.

Our organization has a foundation of trust. It has for 50 years. The Annual Meeting is a great way for that foundation of trust to be tested – to look at one another and offer our thoughts and ideas about cooperation amongst stakeholders in the bigger idea of the MFC. I'd wager we each have a unique idea about what the MFC is. I'd also wager there are some commonalities that largely bind us together. That's where the strength is. That's where the fun is. And that's where the trust is.

What am I getting on about? Well, although we all come to this cooperative for a variety of reasons, with a variety of perceptions, and for unique benefits, it can't be denied that there is strength in numbers. This strength is more than any one of us could possibly summon on our own. This strength is owned by each of us, and we use this strength to provide for things we need. Can we get these things elsewhere? Probably. But would getting the things we need from another source make us stronger? Or does it weaken us? By "us," I'm talking about the ownership of this cooperative.

Consider two items from the MFC's balance sheet. Equity and Assets. At the end of last year, owner equity was (rounded up) \$1.7 million. The total assets of the owners equaled \$4.3 million. Our little cooperative is growing, both in size and strength. With that comes responsibility. How do we effectively shepherd this cooperative into its future? What do we, as owners of assets, do to ensure those assets are intact for future Co-op



owners? How do we responsibly deploy these assets to continue to gain momentum in the collectively owned economy? I know several young(er) parents who have talked to me about when their kids "inherit" their Co-op. I suggest that our decisions and actions today have an impact further down the road and they have an impact on one another.

So, back to this notion of trust. In our current state of the world, trust is in short supply. But everything need not be contentious. Well, probably most things need not be contentious! All the same, here we are at the MFC, coming together in a spirit of trust, finding our larger commonality. Together we grow a company. Individually, we all have our roles. By degrees, we strengthen the fabric of our community. Make no mistake, the MFC makes Marquette stronger – more stable and reliable. What we do with our collective investment is important and our collective assets are not to be taken for granted. We can all trust in the Marquette Food Co-op. But that trust is the responsibility of all of us. The trust buck stops here.

Feel good. Shop the Co-op.

2022

Board of Directors *Election Results*

Congratulations to our elected Board Members!



MICHELLE AUGUSTYN

Incumbent



NATHAN FRISCHKORN



RICK KOCHIS

Incumbent



TOM RULSEH

Thanks to our owners who voted in this years election. The Marquette Food Co-op Board exists to ensure sound management of YOUR Co-op.

Board member act as trustees on behalf of the ownership. setting long-range goals and planning for our future. Participation in the annual election shows your dedication to the Co-op's success.

2022

Marquette Food Co-op

ANNUAL MEETING — OF OWNERS

MARCH 11 5 – 8:30PM

5:30PM – “STATE OF OUR CO-OP” MEETING • 6:30PM – MEAL

**NORTHERN
CENTER AT NMU**

Join us for an evening of food, music, and camaraderie to celebrate another year of the Marquette Food Co-op.

All are welcome — from longtime owners to shoppers who haven't yet made the commitment but want to learn more.

\$7 FOR OWNERS

KIDS 12 & UNDER FREE

Want to attend the meeting but not ready to partake in a meal with a large group? Register only for the business meeting & there is no charge.

Preregistration appreciated.
www.marquettefood.coop/events

Free childcare during meeting
provided by **Kids Club**

**Small Plates from
Around the World**

Something for everyone, including gluten-free & vegan

Cash Bar

Coffee & Tea

Live Music by **Dave Ziegner
& Tom Brönken**

Great Raffle Prizes!

**Grand Prize:
\$250 MFC Gift Card**

BECOME AN OWNER NOW!

HOW TO BECOME AN OWNER

The Full Equity Plan, pay the one-time fee of \$150 in full.

Sign up or update your account online
www.marquettefood.coop/ownership

OR

The 5/2 Plan, \$5 down & \$2 on each purchase until \$150 is paid in full.

Become an owner today with our pay as you go plan. \$5.00 down activates your owner account. Then, each time you shop in your store, \$2 is added to your total bill until you have made your full investment of \$150. It's that simple!

If the full \$150 is not paid within 2 years, you lose your equity investment & owner status.

**THROUGH
MARCH**

RECEIVE A **\$10** GIFT CARD FOR SIGNING UP
WITH THE FULL EQUITY PLAN

| & |

RECEIVE A **\$10** GIFT CARD IF YOU
REFER A FRIEND

WHAT IS CO-OP OWNERSHIP?

Cooperatives cannot exist without owner/members. Members own their co-ops, which exist to provide products and services the members want. Joining a co-op means becoming an owner and a shareholder in the co-op's future.

OWNER BENEFITS

- Owner Rewards – earn points on every purchase, redeemable on anything in the store
- Great deals on special orders
- Opportunity to purchase additional preferred shares of your Co-op
- Free or reduced admission to Co-op sponsored events
- Standing invitation to owner gatherings and events

- Opportunity to vote & run for your Co-op Board of Directors
- Potential yearly patronage dividend
- Protected investment-- your equity share is yours to take with you
- Refer a new owner, receive a \$5 Gift Card (**\$10 during the month of March!**)

"This town has a tremendous opportunity to do some really cool, innovative things with food. We want to see that growth and hope to see the Co-op continue to cultivate relationships with local farmers. The more we can support them, the better our local food system becomes. We want to honor this earth and this place specifically with our choices, and we can do that with food. Food is the foundation. Supporting places like the Co-op makes us feel like we're doing our part."

Austin Fure
owner, The Humble Turnip
&
Aurelia Hunter
owner, Aurelia Holistic Health & Healing
with **Lewyn**
Co-op Owners since 2012



"Nothing is better than walking into our food co-op and seeing local produce, flowers, meats, and other goods from farmers you know and love! We feel good spending our money at the Marquette Food Coop because we know they are putting such priority on facilitating local food relationships. They are the glue between a lot of farms and customers, always willing to put new locally produced products on their shelves and showcase all the great local choices."

Trevor & Maria Case
Case Country Farm
Co-op Owners since 2017

WHAT OWNERS HAVE TO SAY

QUOTES FROM 2021

"We've both worked in corporate America and have both made a conscious decision to no longer work in corporate America. We choose to work in a more entrepreneurial spirit or someplace where the culture matches our own values. It's full circle for us – we eat this locally produced, in season, and lovingly presented food to maintain our bodies and our health, we shop here in order to do that, and we work here and support the Co-op through free events like Tai Chi. It's more than just a place to get groceries – it makes you feel like you're part of something bigger."

Traci Baxendale Ball
owner/founder
Vibrant Health Company
&
Robert Ball
MFC Employee
Co-op Owners since 2013



"Co-op as a connection that aligned with our values. It's important to know that the Co-op does a lot behind the scenes, aside from selling groceries, like cultivating access to good food in a place where it's a challenge, teaching kids how to make healthy food they like, helping set agricultural standards, starting a living wage discussion here in Marquette, and committing to sustainability and smart energy use. The Co-op brings people together and serves the community – it's so important and meaningful."

Jenn Hill
&
Andrew Dalian
Co-op Owners since 2014

LET'S GET READY TO CRUMBLE!

CHEESE MADNESS

AT THE CO-OP

MARCH 2 – APRIL 2

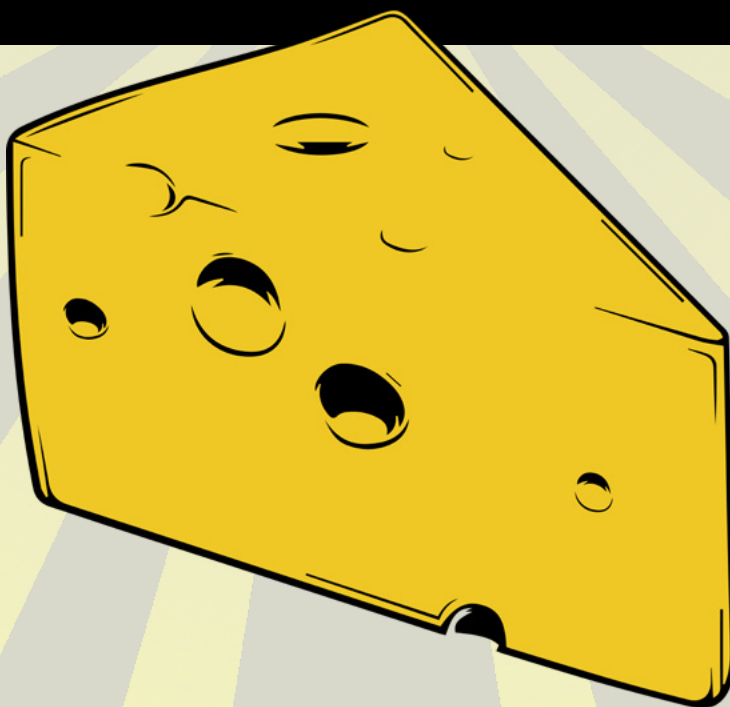
**8 cheeses will go rind-to-rind
in the Co-op's bracket challenge!**

Find our bracket online or in the store, complete by March 14

GRAND PRIZE: \$50 MFC GIFT CARD!

SAMPLES / VOTING HAPPENING WEEKLY
Fridays & Saturdays
3–5 pm

For more information, visit: www.marquettefood.coop/cheese-madness



CHEESE MADNESS AT THE CO-OP

CONTENDERS

SPECIALTY CHEDDARS

ENGLISH RED DRAGON

This cheddar is buttery and spicy. It has plenty of bite but is not too hot. The mustard gives a marvelous taste and texture, and the ale makes it moist and tangy.

LEMON AND HONEY WENSLEYDALE

A fresh, young cheese aged only three weeks. Wensleydale lemon curd and honey is made from milk drawn from cows grazing the sweet limestone pastures of farms in upper Wensleydale. The limestone provides the cheese a unique flavor and superb texture.

WHITE CHEDDARS

PRAIRIE BREEZE BY THE MILTON CREAMERY

Four-time blue ribbon winner, this Iowa cheddar is tasty, tangy, and crumbly made by the Musser family from the milk of their herd and their Amish neighbors. You can really taste the famer dedication.

TIPPERARY VINTAGE IRISH CHEDDAR

This cheese is aged over 12 months, has a rich creamy texture and a delicious sharp taste. Made with milk from grass fed cows.

SWISS

CELLAR AGED GRUYERE

Gruyere is sweet but lightly salty, with a flavor that varies with age. It is often described as earthy, nutty, and assertive. This world-famous Swiss is made in a copper kettle over an open flame then aged in a cave.

JARLSBERG

This Norwegian cheese is similar to Emmentaler Swiss. The flavor is sweeter and less nutty. With a buttery and rich texture. An all-purpose Swiss cheese Jarlsberg is good for both snacking and cooking.

MANCHEGO

3 MONTH AGED MANCHEGO

Complex and elegant, the flavors and fresh aromas of Manchego are reminiscent of flowers, nuts, and lavender. A party favorite.

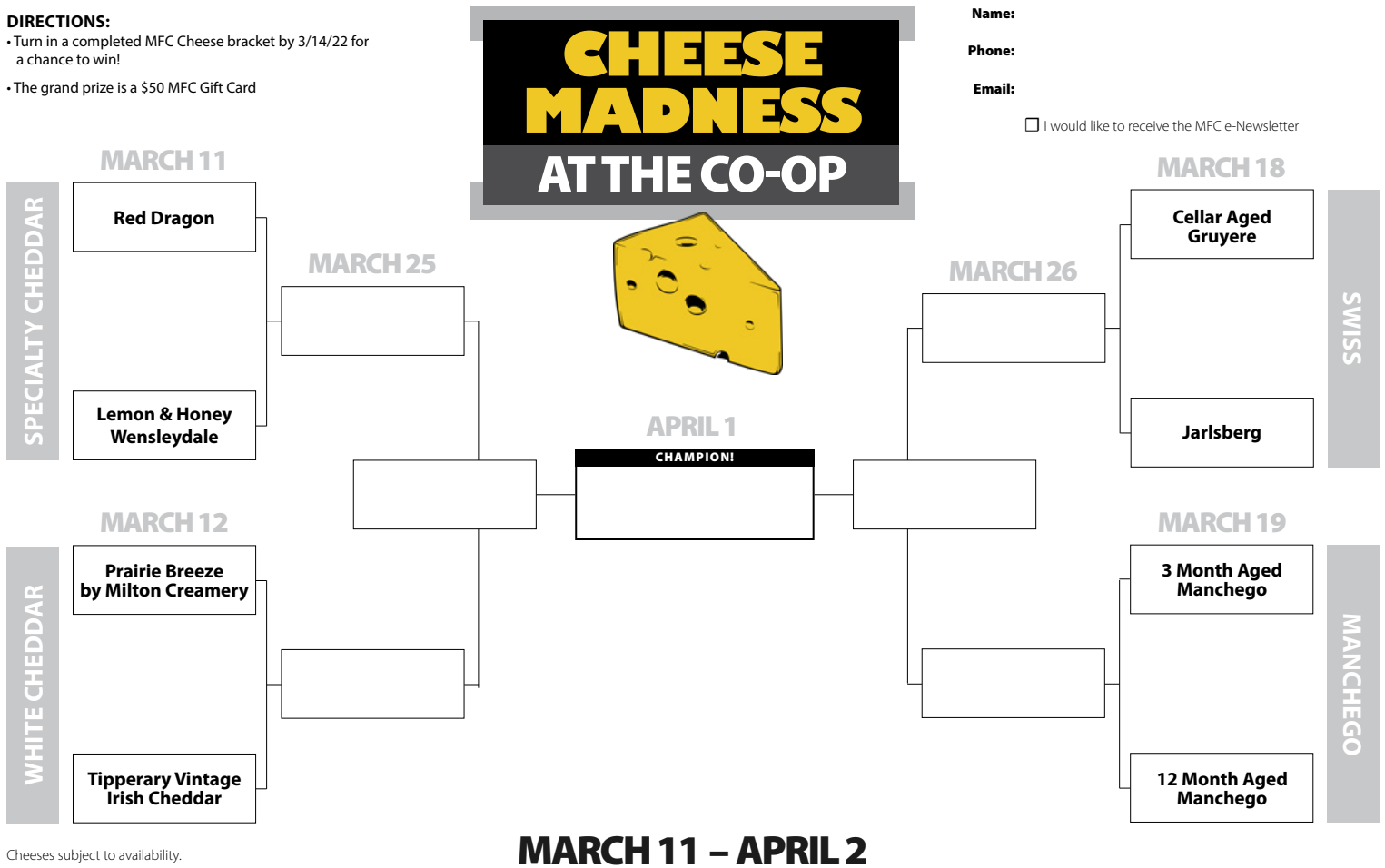
12 MONTH AGED MANCHEGO

Using milk from only the hard La Mancha sheep, Manchego is Spain's best-known cheese. The aged version has a deeper color, harder texture, and more piquant, nutty-caramel flavor profile than the younger Manchego. There is even a little peppery bite at this age. Its robust flavor reflects the rugged Spanish countryside.



DIRECTIONS:

- Turn in a completed MFC Cheese bracket by 3/14/22 for a chance to win!
- The grand prize is a \$50 MFC Gift Card



Cheese Madness FAQ

Directions

- Fill out the Cheese Madness bracket (description of competing cheeses can be found on page 8 ,at in-store displays and online – URL below).
- Turn in completed bracket to the MFC cheese counter by March 14 for a chance to win.
- One entry per person. No purchase necessary. Free to enter.

Grand Prize

- \$50 Marquette Food Co-op Gift Card

Important Dates

- Sampling & voting will happen weekly
 - ▶ Fridays & Saturdays in March 3 – 5pm
 - ▶ Follow us on social media for regular updates as the competition unfolds
- **Competition Winner** will be announced April 4 and must claim prize no later than April 8

For more info, visit www.marquettefood.coop/cheese-madness

Each week the featured cheeses will be on sale in the MFC Fresh Deals sales flyer.

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 on page 11. 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/packaged 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 13 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 (12/14 at the Co-op and 9/14 at the Big Box). 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.

THAI BUTTERNUT SQUASH RED CURRY

Recipe adapted from Little Spice Jar | Serves 5

- 1 T coconut oil (or other mild oil like vegetable or avocado)
- 1 large shallot, chopped
- 2 ½ C (about 1.5 lbs) butternut squash (alternatively buttercup or kabocha), cubed
- 1 T grated ginger
- 2-3 T red curry paste
- ½ T yellow curry powder
- 1 (15oz) can coconut milk
- ¾ C vegetable or chicken broth
- 2 t fish sauce (optional)
- 2 t sugar
- 1 5oz package of fresh spinach (about 4 C)
- 1 ½ C jasmine rice
- Optional: ½ bunch cilantro, 1 lime

Curry

Heat the oil in a large, deep skillet over medium high heat. Add the shallots and saute them for 5-6 minutes or until they just begin to get golden. Add the butternut squash and grated ginger, stir to coat with the oil.

Add the red curry paste, yellow curry powder and stir until all the butternut squash is nicely coated. Continue to cook the curry paste for 2-3 minutes or until it's fragrant. Add the broth, coconut milk, fish sauce, and sugar. Let the sauce come to a simmer before covering. Lower the heat and allow the squash to cook all the way through, about 12-18 minutes. You'll know it's done when you can easily pierce the butternut squash with the tip of a knife. Stir in the baby spinach and allow it to wilt.

Rice

Put rice and 1 ¾ C /+ 2 T of water in a pot with a tight-fitting lid. Bring to a fast simmer on high heat. Cover and turn to low, cook for 12 minutes. Remove from heat and let stand 10 minutes. Fluff with a fork, adding in the juice from ½ lime and ¼ bunch of chopped cilantro.

Serve curry on top of rice, garnish with cilantro and lime wedge.



AFFORDABLE ORGANIC

THAI BUTTERNUT SQUASH RED CURRY COST BREAKDOWN

INGREDIENT	OUR PRICE	BIG BOX PRICE	100% CONVENTIONAL PRICE
Coconut oil	\$0.21*	\$0.22*	\$0.16
Shallot	\$1.50**	\$3.00	\$3.00
Butternut Squash	\$2.69*	\$1.77	\$1.77
Ginger	\$0.24*	\$0.32*	\$0.20
Red Curry Paste	\$1.56	\$1.31	\$1.31
Yellow Curry Powder	\$0.16*	\$0.18*	\$0.09
Coconut Milk	\$2.39*	\$3.69*	\$2.46
Chicken Broth	\$0.43*	\$0.54*	\$0.45
Fish Sauce	\$0.38	\$0.25	\$0.25
Sugar	\$0.03*	\$0.02*	\$0.01
Spinach	\$3.99*	\$2.98*	\$2.19
Rice	\$2.51*	\$1.64*	\$0.60
Cilantro	\$1.15*	\$0.44	\$0.44
Lime	\$0.70*	\$0.94*	\$0.66
TOTAL	\$3.59 / serving	\$3.46 / serving	\$2.72 / serving

OPTIONAL RECIPE ADD-INS

INGREDIENT	OUR PRICE	BIG BOX PRICE
Mushrooms (white)	\$4.49*	\$2.54*
Tofu	\$2.99*	\$2.98*

* = ORGANIC ** = ORGANIC & LOCAL



♀ INTERNATIONAL WOMEN'S DAY

We're proud to join in on this global celebration honoring the social, economic, cultural, and political achievements of women.

In celebration of International Women's Day, we've dedicated a page of our newsletter

to highlight several woman-owned brands that you can find on our shelves. Additionally, we compiled a list of every woman-owned business providing product to the Co-op. We encourage you join us in celebrating their successes by supporting their work and vision.



Small Town Cultures

Small Town Cultures is a woman-owned, family-run fermentation company located in the Adirondack Mountains in New York State. All of its fermented products are full of micronutrients, enzymes, and prebiotic fiber. These delicious ferments are raw, made in small batches, probiotic-rich, and unpasteurized, with no additives, preservatives, added vinegar or sugar. They're also gluten-free, vegan, non-GMO, and keto-friendly. Fermented foods are known to reduce inflammation, boost immunity, and balance the body's microbiome. An easy line to incorporate into your existing diet, Small Town Cultures can be used as toppings, main ingredients, and more. The Co-op carries the following: Cardamon Beets, Meyer Lemons, Sliced Red Onions, Habanero Hot Sauce, Apple Sauerkraut, and Turmeric Kimchi.



Fat and the Moon

Fat and the Moon founder and herbalist Rachel Budde has built her company around producing handcrafted, herbal body care products for those seeking natural and effective alternatives to chemical-filled products. Their products are mediums of empowerment through self-care. Fat and the Moon, at its core, is about healing. Healing is reflected in the way they choose to do business, package their products, and produce each item handmade to order. They work with plants that are abundant, ethically harvested, and organically cultivated and combine them in formulations that are radically non-toxic. At Fat and the Moon, beauty is seen in all bodies, all backgrounds, all ethnicities, all races, and all genders. It offers a variety of products that range from adornment, body and facial care, hair products, Mama and babe items, and more. Find these items in our Wellness Department.



eeBoo

eeBoo is a woman-owned, mother-run company that creates beautiful, colorful card games, puzzles, and board games made from sustainably sourced materials, meant to be enjoyed and shared across generations. Working from home with her husband while caring for their young children, owner Mia said her environment allowed for encouraging creative thinking, open-ended play, and meaningful communication – values that were infused into their eeBoo creations. eeBoo products teach and reinforce basic skills, and are thoughtfully designed to foster the intelligence, curiosity, and developmental needs of children of all ages and learning levels. Its offerings reflect a commitment to family, community, cooperation, inclusion, respect, and the power of honest communication. The Co-op carries a lovely assortment of eeBoo products, which can be found in the Wellness Department.



MELISSA'S Botanicals

As a certified herbalist and aromatherapist, Melissa Farris, the founder of MELISSA'S Botanicals, has been working with herbal extracts and essential oils for over 20 years. She knows firsthand how much land and care are required to produce each drop of essential oil, therefore sustainability through organic and biodynamic farming is at the core of her mission and company. MELISSA'S Botanicals offers a succinct line of very high-quality pharmaceutical grade 100% organic single essential oils, hydrosols, and essential oil formula blends that range from skincare, to pain management, health & wellness and more.

WOMAN OWNED BUSINESSES

Products from the companies below can be found on our shelves!

GROCERY

4th & Heart
Backhouse Foods
Caulipower
Coolhaus
Daily Crunch Snacks
Kitchen Garden Farm
Maria Ricardos Tortilla Factory
Me & the Bees Lemonade
Melt
moment
Pipcorn
Pocket Latte
Rebel Green
Rozie's *local*
Seattle Chocolates
Small Town Cultures
Tea Drops
The Cookie Dough Café
Trade Street Jam Co.
Union
Yooper Sisters *local*

PRODUCE

Full Plate Farm *local*
Tresa's Treasures *local*

WELLNESS

Among the Flowers
Bear Earth Herbals
Big Moods
Bohemian Reves
Cocofomm
Crazy Crayons
Ello There
Everyday North
Fell
Food Huggers
Free Period Press
Fytt Beauty
Good & Well Supply Co.
Good Clean Love
Honey Pot

Imani Collective
Itzy Ritzy
Josi Severson
June & December
Marika Paz Illustration
Native Sister Soap *local*
Pebble
People I've Loved
Red Cap Cards
River Birch Candles
Sage & Spry *local*
Seeds & Spores Botanicals *local*
Sleepyheads
Superior Bay Soap Company *local*
Superlove
T is for Tame
Wee Gallery
Wilderness Herbs *local*
Yeesan Loh



HIGH MOWING
Organic Seeds

\$2.89
each

START PLANNING YOUR GARDEN - ORGANIC SEEDS HAVE ARRIVED!

Get started planning your garden with High Mowing Organic Seeds. This year, we are offering more than 125 organic seed varieties ranging from tomatoes to greens, radish to carrots, peas to pumpkins, flowers to herbs and so much more! High Mowing is an independently owned, farm-based seed company dedicated to providing farmers and gardeners with high quality, non-GMO, certified organic seed. Learn more at www.highmowingseeds.com

ST. PATRICK'S DAY RECIPES



Sarah Monte
Outreach Director

The corned beef and cabbage served on St. Patrick's Day in the U.S. is not actually a traditional Irish dish, but an Irish American dish. Irish and Jewish immigrants to the U.S. often resided in the same neighborhoods, and Jewish delicatessens were the easiest places to purchase meat, resulting in a dish featuring both Irish and Jewish influence. While this history makes the dish interesting, it also feels so quintessentially American – a melding of cultures, often brought together by hardship, that produces something reminiscent of the past and the future.

This year, we are offering recipes for your consideration that are usually eaten on St. Patrick's Day in Ireland. The Irish love pies, cobblers, and dumplings for special occasions, and that doesn't necessarily mean sweet dishes! Lamb, beef, and even seafood stews topped with some kind of savory pastry are popular for holiday meals. This recipe takes a while to cook, but is mostly hands off, and the dumplings are simpler than pie crust for a topping.



BEEF IN STOUT WITH HERB DUMPLINGS

Slightly adapted from *The Complete Irish Pub Cookbook* by Parragon Books Ltd | Serves 6

STEW

- 2 T safflower oil, + more as needed for browning meat
- 2 large onions thinly sliced into half moons
- 8 carrots, halved and sliced
- ½ C all purpose flour
- 1 ½ t salt
- 1 ½ t black pepper
- 2.5-3lb chopped beef stew meat
- 2 C Guinness
- 2 ½ t dark brown sugar
- 2 bay leaves
- 1 T fresh thyme (halve the amount for dried thyme)
- Salt and pepper to taste

HERB DUMPLINGS

- 1 C all purpose flour
- 1 ½ t baking powder
- ½ t salt
- ¼ C shortening
- 2 T fresh parsley + extra for garnish
- ¼ - ½ C water

Preheat oven to 325 degrees F. Heat 2 T oil in a casserole dish or Dutch oven (anything that can used on the stove and in the oven). Add onions and carrots and cook over low heat until the onions are softened, 5-10 minutes. Meanwhile, put the flour, salt, and black pepper in a plastic bag and shake to combine. Add beef and toss until the pieces are coated.

Remove onions and carrots from pan. Put a small amount of oil in if the pan is dry. Working in batches so the meat is in a single layer, cook over medium to medium-high heat, just getting a nice browning or sear on the beef. Transfer first batch to a plate, add a little more oil if needed and do a second batch of beef. Be sure to keep the bag handy if there is any seasoned flour left in it.

Once all the beef is browned, lower heat and add a little bit of the stout, about half a cup. Heat, using the liquid to deglaze the pan, working up any bits at the bottom. Add the beef and vegetables back to the pan, pouring in any meat juices from the plate and anything still left in the plastic bag from coating the meat.

Pour in the rest of the stout, sugar, bay leaves, and thyme. Bring to a boil, cover, and transfer to the oven for 1.5 hours.

To make the dumplings, sift the flour, baking powder, and salt into a bowl. Stir in the shortening and parsley, adding just enough water to make a soft dough. Shape into small balls between the palms of your hands. Add to the top of the casserole, cover, and return to the oven for another 30 minutes. Serve immediately, with a sprinkle of parsley on top.

COLCANNON

From marthastewart.com | Serves 4

This traditional Irish dish is popular not only for St. Patrick's Day, but also Samhain (pronounced sow-in), the Gaelic festival that Halloween originates from. In addition to being a treat for humans, a bowl was to be left under the bushes for faeries, too.

- 1 ½ lb russet potatoes
- 4 C of finely shredded cabbage
- 1 leek, pale green and white parts only, cut into a ½" dice
- 1 C milk
- 4 T unsalted butter
- ¼ t freshly grated nutmeg
- Coarse salt

Preheat broiler. Peel and quarter potatoes, and place in a medium saucepan; add enough cold water to cover. Bring to a boil over high heat; reduce heat to a simmer, and cook until tender when pierced with a fork, about 15 minutes. Drain potatoes and return to saucepan. Mash with a potato masher or pass through a ricer; cover pan to keep warm.

Meanwhile, in another saucepan, combine cabbage, leek, milk, 2 tablespoons butter, and nutmeg; season with salt. Cover, and cook over medium heat, stirring occasionally, until cabbage and leek is soft but not browned, about 15 minutes. Stir into potatoes.

Spread mixture in an 8-inch square baking dish. Make a small well in the center, and place under the broiler until lightly browned on top, about 5 minutes.

Remove from broiler. Place remaining 2 tablespoons butter in well. Serve immediately, spooning melted butter from well onto each serving, if desired.



St. Patrick's Day | Lunch Special

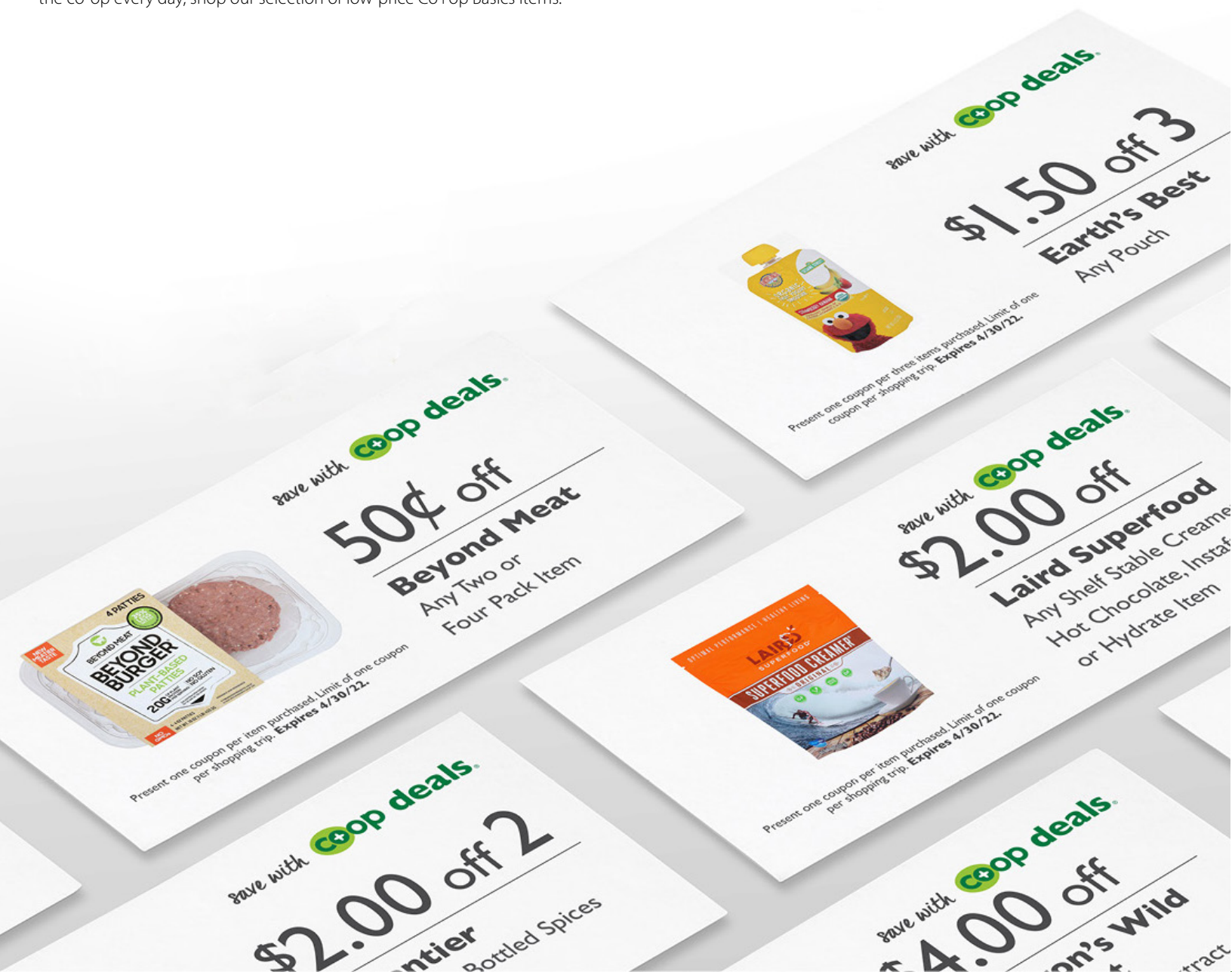
THURSDAY
MARCH 17TH

CABBAGE ROLLS	V
SCALLOPED POTATOES	V
POTATO LEEK STEW	V
BANGERS & MASH SKILLET	
CORNER BEEF	
BEER CHEESE CASSEROLE	
TURKEY REUBENS	

V = Vegan

SPRINGTIME SAVINGS ARE AT THE CO-OP

Savings are springing up at the co-op, just in time for Earth Day! With the March/April coupon book you can save up to \$54 with 43 coupons for healthy foods and sustainable products that are good for you and the planet. Look for savings on Garden of Life, Beyond Meat, Chobani, Siete, Tazo and more favorite brands. Coupons are valid through April 30, 2022. Check out a preview of the coupons on our website at www.marquettefood.coop/sales-specials and plan your next shopping trip today. To save even more money at the co-op every day, shop our selection of low-price Co+op Basics items.



NEW ITEMS

March 2022



Marquette Food Co-op Cajun Chicken Sausage

MFC Cajun Chicken Sausage is the latest addition to our MFC house-made sausages. Found in the meat freezer, these chicken patties are perfect paired with eggs for breakfast or made into a hearty sandwich. They're seasoned to perfection with our Cajun Seasoning, which has a bold and spicy flavor from the cayenne and paprika and a subtle earthiness from garlic, onion, and herbs.



Bella Capra Smoked Goat Cheese

Savor the creamy flavor of this award-winning cheese! Sierra Nevada Cheese Company's Bella Capra Smoked Goat Cheese semi-soft wedges are made in small batches and are perfect for melting or snacking! This creamy, smoky goat cheese is lovely paired with beer and tasty snacks like fruit, nuts, charcuterie, and dark chocolate. It's also enjoyable on sandwiches and burgers or melted onto pasta, potatoes, or pizza.



Old Nation Brewing M43 - New England IPA

Old Nation Brewing is rooted in the German school of beer brewing and located in the town of Williamston, Michigan. Their M-43 New England IPA has a complex character from the combination of Calypso, Simcoe, Citra, and Amarillo hops. Citrus and tropical notes of pineapple, mango, and grapefruit come through in the huge, yet surprisingly delicate aroma. The flavor backs these aromas with a soft, pillowy mouthfeel and characteristic hazy appearance. This beer is a perfect interplay between top grade malt and hops, MI water, and brewing technique. BeerAvocate gave this beer a 97%!



Superieur Electrolytes Lime Blueberry

Superieur Electrolytes' Lime Blueberry mix is bright, refreshing, and hydrating. It's made with real, quality ingredients including pink Himalayan Sea salt, ionic sea minerals from the Great Salt Lake, and vitamin C from acerola berry extract. It's subtly sweet from plant-based sweetener stevia. This product is unique in the electrolytes category because they use plant extracts and sea minerals verses synthetic and artificial ingredients. Superieur Electrolytes products are non-GMO and contain no sugar, refined sodium, or synthetic vitamins.

Cheese Madness

March 2 – April 2

[Learn more here](#)

Annual Meeting of Owners

March 11

5 - 8:30pm

Northern Center at NMU

[Pre-register here](#)

MFC Board Meeting

March 15

6-8pm

MFC Classroom



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

Michelle Augustyn PRESIDENT

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

Disclaimer

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



502 W. Washington St.
Marquette, MI 49855

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

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