



# FRESH FEED

The Marquette Food Co-op Newsletter

March 2023



# THE PROMISE OF COOPERATION



**Matt Gougeon**  
General Manager

The budget for the 2023-2025 years of this Co-op is premised on the idea that impacts from the pandemic will wane, or level out in these coming years. After the pandemic years of marked growth, the years ahead project far more modest growth. This growth is supported by numbers of customers and customer spending in the store to remain relatively static. Where we currently are is where we can confidently believe we will remain.

We are indelibly changed as a business as the pandemic transformed us. Our owners and other customers have learned that we may be relied upon in service to their grocery needs. There are a variety of ways in which one can access food from the MFC, be it a shopping trip, an online order, or a special order. Folks around here have come to understand more about this store in the last three years than in years past. Long gone are the days of pigeon-holing who might shop here or who might own a share of the Co-op.

The business of the Co-op is service. It always has been. Service to ourselves, the owners. Service to others. Service to the community. We continue to put our collective values forward during the most trying of times. We provide access to good food. We care for our staff. We prioritize local and our environment. We serve our owners and shoppers with care, respect, and education. Through this service we lead in our community. We keep a strong financial condition and protect these community-owned assets. All these things alone, one would think, would promote continued growth. In truth, these aspects of cooperation do continue to foster growth, but in the (hopefully) less stressful times ahead, they will have a more subtle impact. Memories are often short. But within the limbic portion of our brains, using the Co-op will continue to just *feel* right.

So, if we are to remain relatively static in numbers of customers and customer purchases, where will any growth of cooperation come from? With less volatile times ahead, we will have the time and capacity to work on and improve the store. With a leveling off of volatility comes a period of refinement of systems, working conditions, store environment, and even the experience of participating within your Co-op.

Some things have already subtly begun. Larger plans are being made. Indeed, over these next 2-3 years, your Co-op will again fill out into new potential, ready to face whatever challenges come next. To be sure, challenges will come. Meeting challenges has attracted growth. Proven both recently and during the economic downturn with the housing bubble that resulted. Our greatest advantage to meeting them lies in the fact of how we are organized and governed. Autonomous and independent. Cycling community members through our board of directors at a stable cadence. Adhering to sound policy. Adapting to a changing business environment. It's no wonder that we are oldest grocery business in our community. Adaptive. Integral. Inviting. This is the promise of cooperation.

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

# 2023

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## Board *of* Directors *Election Results*

*Congratulations to our elected Board Members!*



**MICHAEL  
DEWAR**



**NATHAN  
FRISCHKORN**



**EMMANUEL  
SALLY**



**2023**

**Marquette Food Co-op**

# ANNUAL MEETING — OF OWNERS

**MARCH 9 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.

**\$5 FOR OWNERS**

**CASH OR CHECK ONLY**

**KIDS 12 & UNDER FREE**

**Free childcare**

*during meeting provided by*

**Discovery Central**

**Live Music by**

**Ramble Tamble**

**Small Plates from  
Around the World**

*Something for everyone, including gluten-free & vegan*

**Cash Bar**

**Coffee & Tea**

**Great Raffle Prizes!**

**Grand Prize:**

*A stay at the Chamberlin's Ole Forest Inn  
in Curtis, MI*



# 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](http://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
- Save with owners-only digital coupons

- 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
- Purchase 12 loaves of MBC bread, receive the 13<sup>th</sup> for free
- Refer a new owner, receive a \$5 Gift Card (**\$10 during the month of March!**)

# WHAT OWNERS HAVE TO SAY

"It's always a friendly place. The people are so nice. And you're helping local farmers. The atmosphere and the scope of the products is wonderful. The support for community and universal design, our mantra. I also like the bulk section. I make bread, so I buy 50lb bags of oats. The cooking classes are really wonderful. It's one thing to sell someone something, and it's another thing to show them how to use it, especially local produce."

**Barb Coleman**



**Bob Chapman**

Co-op Owners since 2004



**Rob:** "A lot of places you feel you are a temporary position for the company. And it comes out in the way that they treat you, but coming into the Co-op was very different, it was a very family kind of setting, very welcoming, very warm, and you don't feel like you're just a number on a board."

I really appreciate the way the Co-op is a part of the community to a higher degree than one of the box stores that I've worked at in the past. We get to know our customers and we get to be a part of the neighborhood so much more than you would if you were working at the big places."

**Hannah:** "Being a part of the Co-op, you feel more appreciated and not just a number. You're appreciated for what you bring, what you can do, and your creativity is appreciated—something you would never see at a corporate store. I make art with food, and that is my job."

**Robert Tracy**



**Hannah  
Anderson-Tracy**

Co-op Owners since 2019

"To us, being owners means putting our resources where our values are, in relationship to supporting healthy nutritious food and supporting community and local business owners and farmers. It feels important to be a part of the community in a way that's more than just going to a grocery store."

**Anna Zimmer**



**Andrew Plocher**

Co-op Owners since 2015



# WHAT OWNERS HAVE TO SAY

"Everyone votes with their wallet and I'm voting for human rights and the environment with my purchases. I'm taking a stand and saying that destroying the environment is wrong, exploiting workers is wrong, and that I support my local economy with my purchases."

**Jamila Katze**

Co-op Owner since 2021



"The MFC does a great job supporting local growers by providing a consistent, viable wholesale platform. This is immensely helpful in our effort to provide community access to the food we produce. Being an owner brings with it a sense of investment in the store, and a connection with other members of the community sharing similar values."

**Laura Brosius**

Co-op Owner since 2022

Matt: "To me, being an owner means supporting my community, being a part of the community, and being connected to the community. It's reassuring to come here and find food of all types – dairy, fresh produce, and other products that I know are sourced either locally and or ethically. It's great to be a part of all of that and to help it move forward. I'd rather be here than anywhere else."

Liz: "I love that it's right in my neighborhood. Coming to the co-op can be a big social outing. I love that I can come here and leave getting at least one or two hugs from family or a friend. A lot of those people work here—it's amazing to have a connection through the community. It's not just a grocery store, it's also a community network place."

**Matt Van Grinsven**



**Liz Cissell**

Co-op Owners since 2015





# 2023 U.P. Food Summit

**Monday, March 27**  
**10AM – 4PM • FREE**

**The Northern Center**  
*on the campus of*  
**Northern Michigan University**  
**Marquette, MI**

The Upper Peninsula Food Exchange (UPFE) welcomes you to join us for the Upper Peninsula Food Summit. We are gathering to celebrate local food, to highlight food system projects, and to network with each other.

This event is open to everyone - farmers, researchers, community members, food producers, food industry workers, advocates, and policy makers.

Lunch, snacks, and refreshments will be provided.

Activities will be available for children who attend.

*This event is supported with generous funding from the USDA Regional Food Systems Partnership Grant, or Food SPICE, Food Systems Partners Investing in Communities and Entrepreneurs, and MSU Center for Regional Food Systems.*

Register at [events.anr.msu.edu/UpperPeninsulaFoodSummit2023](https://events.anr.msu.edu/UpperPeninsulaFoodSummit2023)

Check [upfoodexchange.com](https://upfoodexchange.com) for updates about the event.

Contact Sarah at **906.273.2287** for more information

## 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

FRIDAY  
MARCH 17<sup>TH</sup>

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

V = Vegan

LET'S GET READY TO CRUMBLE!

# CHEESE MADNESS

AT THE CO-OP

MARCH 1 – MARCH 31

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

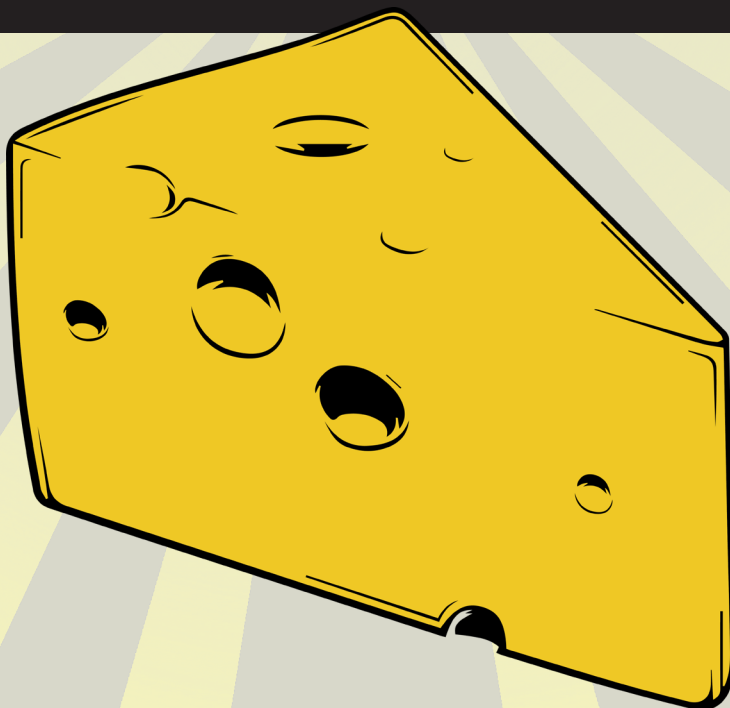
**GRAND PRIZE: \$75 MFC GIFT CARD!**

**SAMPLING AND VOTING IN-STORE**

**Fridays • 3:30-5:30pm**

**Saturdays • Noon-2:00pm**

For more information, visit: [www.marquettefood.coop/cheese-madness](http://www.marquettefood.coop/cheese-madness)





# CHEESE MADNESS AT THE CO-OP

## CONTENDERS

### WISCONSIN

#### **WISCONSIN SHARP CHEDDAR AGED 7 YEARS**

This cheddar has been aged 7 years and has developed a strong tanginess that is sharp and pronounced. A firm texture that gives way to a pleasant creaminess when enjoyed. Serve at room temperature for the best flavor.

**DRINK PAIRINGS** - Hopewell Brewing First Pills Lager & Graft Cider Farm Flor

#### **UPLANDS PLEASANT RIDGE RESERVE**

Named after the land formation on which the farm sits, Pleasant Ridge Reserve is made in the tradition of Alpine cheeses like Gruyere and Beaufort. Uplands only makes Pleasant Ridge Reserve from May through October, when their cows are eating fresh pasture. This grass-fed, raw milk produces flavors in the cheese that can't be replicated by "ordinary" milk. In mid-summer, when the cows are at the peak of their production, a batch of cheese may yield up to 78, 10-lb wheels a day.

**DRINK PAIRINGS** - Brewery Vivant Farm Hand & Farmhaus Cider Midwest Nice

### FRENCH

#### **ST. ANGEL TRIPLE CREAM BRIE**

St. Angel is a triple cream specialty cheese. This cheese knows no season. Regardless of which batch you get your hands on, St. Angel is consistently creamy and luxurious. This approachable cheese consists of a mild and buttery paste surrounded by a very thin and soft edible rind. Try this cheese on a cheese plate as a dessert course, or a light meal with salad and fruits like pears or apples.

**DRINK PAIRINGS** - Barrel + Beam Blanc Du Nord & Le Grand Noir Chardonnay

#### **P'TIT BASQUE**

P'tit Basque is a small cylindrical sheep's milk cheese made in the Basque region. The area is known for its sheep's milk cheeses, most notably Ossau Iraty. Think of P'tit Basque as its little brother. Traditionally, this cheese was made using leftover curd set aside after shepherds milk their ewes. Today, fresh ewe's milk is used, but Istara keeps up with tradition and still makes the cheese by hand. The paste is smooth and creamy with hints of brown butter and caramel. While in the Basque Region it's typically eaten with black cherry jam, P'tit Basque is also great for cooking or shaved on top of grilled vegetables.

**DRINK PAIRINGS** - Shacksbury Ario Basque Cider & Honoro Vera White Wine



## BRITISH ISLES

### TIPPERARY VINTAGE IRISH CHEDDAR

Aged over twelve months, this cheese has a rich creamy texture and a delicious sharp taste. Tipperary Vintage Cheddar is made with milk from cows that feed on rich, fertile grass.

**DRINK PAIRINGS** - Smithwick's Irish Ale & Pux Orchard Brut

### COOPERS HILL

Cooper's Hill is a certified non-GMO cheese that combines the creamy texture and well-rounded taste of a quintessentially British Double Gloucester with the tang of chives and onions. Cooper's Hill is the location in Gloucester where the famous cheese rolling tradition enshrined in English folklore still continues. Each year, a wheel of Gloucester cheese is sent down the hill for people to race after. The first person to cross the finish line is awarded the 9lb wheel of cheese and the glory of winning the world-famous event.

**DRINK PAIRINGS** - Boddington's Pub Ale & Thistly Cross Whiskey Cask Cider

## HOLLAND

### RED WAX GOUDA

Named after the Dutch town where it originated, Gouda is one of Holland's most famous cheeses. This young Gouda is rich and creamy yet mild. It is a crowd pleaser that is great for snacking or in sandwiches.

**DRINK PAIRINGS** - Still Water Extra Dry & Brewery Vivant Grand Lager

### MELKBUS TRUFFLE GOUDA

Melkbus signifies a series of farmstead raw milk cheese, also known as "Boerenkaas" in the Netherlands which are made on small family farms outside the city of Gouda, where Gouda cheese was founded. Historically, milk cans or "Melkbus" were used to transport the farms fresh milk to the creamery for cheese making. Each farm was assigned a number that was stamped atop the can and served as its identity. Melkbus 149 Truffles elevates the classic raw milk Gouda with the addition of a generous amount of real sliced black truffles. The relatively short aging times ensures Melkbus 149 Truffles keeps its creamy texture and buttery flavor, but at the same time, allows the earthy umami flavors from the truffle to develop and take over for a truly indulgent bite.

**DRINK PAIRINGS** - New Belgium Trippel & Off Color Apex Predator Saison



# grilled cheese with tamarind onion jam

Recipe by Marquette Food Co-op | Makes 4 sandwiches

#### For the tamarind onion jam:

- 2 T coconut oil or neutral oil
- 1 medium red onion, thinly sliced into half-moons
- ½ t kosher salt
- ¼ t black pepper
- ½ t garam masala
- ½ t red chili powder
- ¼ t cumin
- ¼ t fennel seed
- ½ t crushed red pepper
- 2 T tamarind concentrate
- 1 T brown sugar

#### For the grilled cheese:

- ½ C mayonnaise, plus more for brushing bread
- 2 C shredded mozzarella cheese
- ½ C shredded sharp white cheddar cheese *we recommend Tipperary Vintage Irish Cheddar*
- ⅔ C finely chopped red onion
- 1 serrano chili, stemmed, seeded, and finely chopped
- ½ t crushed red pepper
- 1 t kosher salt
- 8 slices white sandwich bread
- ½ C tamarind onion jam

#### Make the onion jam

Heat coconut oil in a large skillet over medium-high heat until shimmering. Stir in onions, salt, and black pepper. Cook over medium heat, stirring often, until onion is translucent, about 10 minutes. Stir in rest of spices, tamarind concentrate, and brown sugar. Reduce heat to low and cook until onions are deeply caramelized, stirring occasionally, about 20 minutes.

#### Make the grilled cheese

In a large bowl, stir together the mayo, both cheeses, finely chopped red onion, finely chopped serrano, crushed red pepper, and salt. Scoop about ½ cup of the cheese mixture onto one slice of white bread and distribute over the surface. Top with 2 tablespoons of onions and close the sandwich with another slice of bread. Repeat with remaining cheese mixture to make 4 sandwiches.

Heat a large skillet over medium heat. Spread a thin layer of mayo onto the outsides of each sandwich, then place into the hot skillet. Cook until golden brown on the outside and the cheese has melted on the inside, about 3-4 minutes per side.



# CHEESE MADNESS

## AT THE CO-OP

MARCH 1 – MARCH 31

MARCH 10

Wisconsin  
Sharp Cheddar  
Aged 7 Years

MARCH 24

Uplands Cheese,  
Pleasant Ridge  
Reserve

MARCH 31

CHAMPION!

MARCH 11

St. Angel,  
Triple Cream Brie

Istara,  
P'tit Basque

MARCH 17

Tipperary,  
Vintage  
Irish Cheddar

MARCH 25

Somerdale,  
Cooper's Hill

MARCH 18

Artikaas,  
Red Wax  
Dutch Gouda

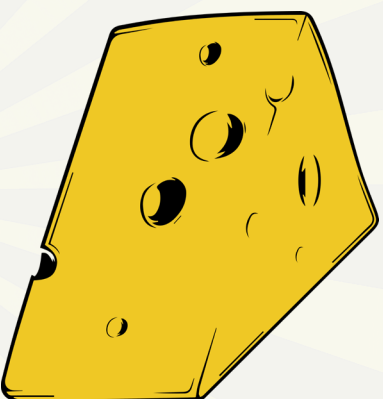
Uniekaas,  
Melkbuis  
Truffe Gouda

WISCONSIN

FRENCH

BRITISH ISLES

HOLLAND



### DIRECTIONS:

- Turn in a completed bracket by 3/14/23 for a chance to win!
- The grand prize is a \$75 MFC Gift Card

Name:

Phone:

Email:

☐ I would like to receive the MFC e-Newsletter

Cheeses subject to availability.

Frequently Asked Questions ►



# Cheese Madness FAQ

## Directions

- Fill out the Cheese Madness bracket (description of competing cheeses can be found at in-store displays and online – URL below).

Not familiar with brackets? They are predictions of winners in a competition. In this case, we're asking you to predict which cheese shoppers will vote for as their favorite. The dates on our bracket indicate which cheeses will be competing that day. Fill out the bracket, turn it in at the Co-op, and then stop in on these dates to taste the cheese and cast your vote.

- Turn in completed bracket to the drop-off box in the MFC cheese department by March 14 for a chance to win.
- One entry per person. No purchase necessary. Free to enter.
- Winner will be announced April 6.

## Grand Prize

- \$75 Marquette Food Co-op Gift Card

## Sampling & voting schedule:

**Friday, March 10, 3:30-5:30pm**

Wisconsin Cheeses

**Saturday, March 11, 12-2pm**

French Cheeses

**Friday, March 17, 3:30-5:30pm**

Cheese from the British Isles

**Saturday, March 18, 12-2pm**

Cheese from the Netherlands

Winners from these rounds will face off on

**Friday, March 24 from 3:30-5:30** and

**Saturday, March 25 from 12-2pm.**

Final Sampling and voting is

**Friday, March 31, 3:30-5:30pm**

Follow us on social media for regular updates as the competition unfolds.

For more information, visit: [www.marquettefood.coop/cheese-madness](http://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 15. Many ingredients are just a few pennies difference, and others are less at the Co-op.

Additionally, because of your ability to purchase single fruits & vegetables (as opposed to 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, you're likely to discover that buying 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 just 37¢ 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 asterisk indicate they're organic. We also included a column using purely conventional, non-organic ingredients. The price difference is starker than the first two columns, as you'll see, but it's still not wildly different than the Coop shopping trip, which yields mostly organic product from smaller, trusted sources and the added benefit of knowing your dollars are staying in our community.

## WHITE BEAN & VEGETABLE PAELLA

Recipe from the National Cooperative Grocers Association | Serves: 6 | Prep/cook time: 45 minutes

- **2 T extra virgin olive oil**
- **1 medium onion, chopped**
- **3 C vegetable stock or water**
- **½ t saffron, crumbled**
- **4 cloves garlic, chopped**
- **1 large red bell pepper, chopped**
- **1 ½ C paella or risotto rice (or short-grain white rice)**
- **1 T tomato paste**
- **1 t smoked paprika**
- **1 t salt**
- **½ t cracked black pepper**
- **2 medium tomatoes, chopped**
- **1 medium zucchini, quartered lengthwise and sliced**
- **1 can artichoke hearts, quartered**
- **1 15-ounce can navy beans, drained**
- **½ C frozen peas, thawed**

In a large skillet or paella pan over medium-high heat, heat the olive oil and sauté the onion until clear and soft, about 5 minutes. While the onion cooks, measure the vegetable stock or water and crumble the saffron into the liquid to infuse.

To the pan, add the garlic and peppers and stir for a minute, then add the rice, tomato paste and paprika, and stir to mix well. Cook, scraping the bottom of the pan, for about 2 minutes. Add the stock mixture, salt and pepper to the rice mixture and stir well. Reduce the heat to medium-low after it comes to a boil. Simmer for 15 minutes, stirring occasionally.

Add the tomatoes, zucchini, artichokes, navy beans, and peas and cook for 5 more minutes.

Test the rice. If it is still a little crunchy, cover the pan and take off the heat to steam for 5 minutes or so. Serve hot.

# AFFORDABLE ORGANIC

## WHITE BEAN & VEGETABLE PAELLA COST BREAKDOWN

INGREDIENT	OUR PRICE	BIG BOX PRICE	100% CONVENTIONAL PRICE
Extra virgin olive oil	\$0.38*	\$0.31*	\$0.29
Onion	\$0.90**	\$0.92*	\$0.50
Vegetable stock	\$1.72*	\$1.49*	\$1.04
Saffron	\$3.96	\$3.88	\$3.88
Garlic	\$0.52**	\$0.60*	\$0.21
Red bell pepper	\$1.56*	\$2.00*	\$1.45
Arborio rice	\$3.30	\$4.32	\$1.97
Tomato paste	\$0.10*	\$0.08*	\$0.08
Smoked paprika	\$0.15*	\$0.22*	\$0.36
Tomatoes	\$2.99*	\$2.99*	\$1.94
Zucchini	\$1.18*	\$1.69*	\$0.79
Artichoke hearts	\$5.29*	\$2.55	\$2.55
Navy beans	\$3.99*	\$2.99*	\$0.79
Frozen peas	\$0.70	\$0.49*	\$0.25
<b>TOTAL</b>	<b>\$4.46 / serving</b>	<b>\$4.09 / serving</b>	<b>\$2.68 / serving</b>

\* = 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 by highlighting 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.

Did you know that in 2021, women started nearly half of all new startup business in the U.S., up from 28% in 2019? We're proud to carry many of those emerging brands at the MFC, and we encourage you join us in celebrating their successes by supporting their work and vision.

## Japas Cervejaria

Maíra Kimura, Yumi Shimada and Fernanda Ueno are three women who met through beer. Their Japanese-Brazilian brand, Japas Cervejaria, was born unpretentiously amid bar conversations, meetings, and beer festivals. This union occurred precisely because, within this universe,

they identified their similarities: they were some of the few women and, coincidentally, also some of the few Japanese descendants in the industry. They decided to come together to show that women can and should participate in environments that are generally considered to be masculine, proving more and more that beer has no gender.



## Saalt

Cherie Hoeger is the CEO and co-founder of Saalt. In February of 2018, Saalt launched with the Saalt Cup and the vision of making more sustainable period care accessible to everyone. They now also offer period underwear and menstrual discs. Saalt tests all the materials they use for a wide range of known hazardous substances, including

PFAS and other known harmful chemicals. As a B-Corp, Saalt is committed to providing the safest, most effective, and responsibly-produced leak proof underwear, cups and discs on the market for their customers. Saalt was awarded Beauty Independent's prestigious Philanthropy Champion award measuring social impact significance.



## Café Femenino – Coffee

The Café Femenino coffee program is one-of-a-kind ethical sourcing model committed to ending the cycle of poverty affecting women coffee farmers across the world. Café Femenino provides direct compensation to women farmers, along with the opportunity and resources to enact positive change in their communities and on their own terms. Co-founded in 2003 by Peruvian women farmers alongside Organic Products Trading Co., Café Femenino now spans the globe and continues to grow as more and more women join the Café Femenino movement.



## 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  
Yoopers Sisters *local*

## PRODUCE

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Full Plate Farm *local*  
Trea'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  
Fyft 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  
Seeds & Spores Botanicals *local*  
Sleepyheads  
Superior Bay Soap Company *local*  
Superlove  
T is for Tame  
Wee Gallery  
Wilderness Herbs *local*  
Yeesan Loh





**\$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](http://www.highmowingseeds.com)



Wellness-recommended products for

# Dry Skin



## BODY

- 1 **Alba Botanica**  
Very Emollient Body Lotion
- 2 **Fat and the Moon**  
All Cream
- 3 **Weleda**  
Skin Food, Ultra Rich Cream
- 4 **Booda Butter**  
Suds of Love  
Moisturizing Soap

## HAIR

- 5 **MGA – Max Green Alchemy**  
Scalp Rescue Shampoo  
and Conditioner
- 6 **Alba Botanica**  
Mega Moisture Coconut Milk  
Shampoo and Conditioner

## SUPPLEMENTS

- 7 **Nordic Naturals**  
Omega-3 + Borage Oil  
Soft Gels
- 8 **NeoCell**  
Hyaluronic Acid Capsules

## FACE

- 9 **Alaffia**  
Everyday Coconut Face Cream
- 10 **Badger**  
Lip Butter
- 11 **Booda Butter**  
Spread the Love  
Naked Lip Balm



# owner COUPONS

## THE MARQUETTE FOOD CO-OP OWNER COUPON PROGRAM

Every month, the Marquette Food Co-op will be offering owners digital coupons for popular items in the store. These coupons are automatically added to your account – no need to bring in a coupon or try to scan something from your phone. All you need to do is ask to use your coupon when purchasing your groceries in-store or online.

### MARCH OWNER COUPONS

Valid until March 31, 2023

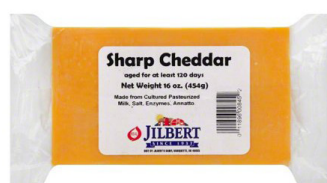
#### **\$2.00 off Revel Ciders**

Limit 2 bottles per coupon.  
1 coupon per owner account,  
while supplies last



#### **75¢ off Jilbert's Cheese**

Sharp Cheddar, Mild Cheddar,  
Colby Jack, Pizza Cheese, and  
Pepper Jack. Limit 1 per coupon.  
1 coupon per owner account, while  
supplies last



#### **50¢ off Grandpa's Pine Tar Soap**

Limit 1 bar per coupon.  
Limit 1 coupon per owner account,  
while supplies last



#### **\$1 off Maya Kaimal Vegan Tikka Masala**

Limit 2 jars per coupon.  
Limit 1 coupon per owner account,  
while supplies last



# NEW ITEMS

## March 2023



### Pecan Sandy Cookies Nunbelievable

Every cookie Nunbelievable has ever baked has changed a life for the better. The name Nunbelievable was inspired by a group of nuns who devoted their lives to provide meals for the hungry. For every one of their cookie packets sold, Nunbelievable donates a meal. Delicious and keto friendly, Nunbelievable Pecan Sandy Cookies are packed with goodness, and they help spread goodness.



### Mango Turmeric Collagen Drink Pure Wild Co.

Pure Wild Co.'s Mango Turmeric Collagen Drink is a bold combination of turmeric, juicy mango, and luscious passionfruit that is infused with 3,000mg of deep cold water wild marine collagen. Every ingredient that Pure Wild Co. sources is organic and sustainable, and they do not use preservatives in their products or plastics in their packaging. Plus, they give 1% to the Sierra Club.



### Cinnamon Roll Keto Mylk Mooala

Say hello to Cinnamon Roll Keto Mylk! Made by Mooala, pronounced like koala (moo ah luh), Cinnamon Roll Keto Mylk tastes like baked cinnamon deliciousness. Each serving has 5g of MCTs and less than 1 carb. Organic and plant based, Cinnamon Roll Keto Mylk is lovely in smoothies, baked goods, pancakes, and pudding.



### Salsa Fresca Beef Jerky Baja Jerky

Fresh tomatoes, onions, cilantro, and jalapeños are the stars of the show in the scrumptious flavor of Baja Jerky's Salsa Fresca Beef Jerky, but some honorable mentions include avocado powder, tamarind, honey, garlic and tamari sauce. In addition to the unparalleled fresh ingredients that make Salsa Fresca what it is, the meat that gives shape to the flavor is quite outstanding as well. Made with beef that is all natural, raised on a balanced diet, and free of antibiotics.



## Cheese Madness

March 1 - 31

*Sampling in store every Friday & Saturday  
Brackets due March 14*

## International Women's Day

March 8

## Melissa's Botanicals Sampling

March 8 • 4 - 6pm

## Annual Meeting of Owners

March 9 • 5:00 - 8:30pm

NMU Northern Center

## Spread Goodness Day

March 10

## Ore Dock Brewing Co. Sampling

March 10 • 3:30 - 5:30pm

## St. Patrick's Day Sale

March 15 - 21

## UP Food Summit

March 27 • 10am - 4pm

## St. Patrick's Day Hot Bar Special

March 17

## MFC Board Meeting

March 21 • 6 - 8pm

## Young Mountain Tea Sampling

March 23 • 11am - 1pm

# 2023

# ANNUAL MEETING OF OWNERS

AT NMU

MARCH 9

5PM - 8:30PM

## THE FRESH FEED

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

## Content & Editing

Andrea Pink

[apink@marquettefood.coop](mailto:apink@marquettefood.coop)

## Design & Layout

Travis Gerhart

[tgerhart@marquettefood.coop](mailto:tgerhart@marquettefood.coop)



## Board of Directors

Michelle Augustyn PRESIDENT

Kevin Pierfelice VICE PRESIDENT

Kelly Cantway SECRETARY

Richard Kochis TREASURER

Hillary Bush

Mary Pat Linck

Zosia Eppensteiner

Tom Rulseh

Emily Bateman

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 **11am - 6pm**

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

