

# THE FRESH FEED

THE MARQUETTE FOOD CO-OP NEWSLETTER

MARCH 2025



# IN LIKE A LION!



**Matt Gougeon**  
General Manager

In a typical business cycle for this Co-op, this is a pretty potent time of year. By now, all the reporting and data collection from the past year has been completed and moves behind us. This time of year is more about the forward-looking aspects of our business cycle, having some decisions made based on past performance that dictate what we may strive for and expect from the days and months ahead.

By the time you read this our Board of Directors election will be completed and we will be welcoming four people, either newly elected or perhaps an incumbent re-elected, to a seat at the table in June. We had a tremendous slate of candidates this year, maybe the most solid slate we've ever had. When I looked through all the candidate bios, I really thought that any combination of these folks would be nothing but a benefit to the future of this organization. I am encouraged.

Speaking of the Board, at our meeting this past February, the decision was made to once again allocate income to the members for the year 2024. Yes, this means that you

will have some portion of the 2024 profit coming back to you in the form of cash as a patronage dividend. However, as we must wait for the completion of our 2024 tax return before knowing the exact figure of income, the Board has deferred until the March meeting before making the amount public and determining how much of the 2024 income to return this year. Please know that the Board may also decide to return a portion of allocated income from 2021 and 2023 as well because there are amounts remaining from both of those years yet to be returned to the members. In any case, there is more to come about this and later this month we'll have all the information for you. In the meantime, just know that your Co-op remains on solid financial footing while it serves your needs. Believe it or not, I was informally told by someone from our national association, the NCG, that we are one of very few Co-ops paying out patronage dividends anymore...

A couple of months ago, I reported here that we are planning a remodel of our Prepared Foods and Meat departments. Those plans will begin to turn into action toward the

middle of this month when we replace some of our Meat department refrigeration equipment and add a new beverage case toward the front of the store. Not all our new equipment will arrive from the manufacturer at the same time, necessitating that we tackle the installation in phases. We will, for sure, have the project complete before our busy summer months arrive. Can you believe I just invoked summer? But part and parcel to the remodel project means a few categories of product will shift around a bit as well to accommodate the rearrangement of the floor. To that end, we've ordered a bunch of new shelving to help make better sense of things. But I promise, we won't be hiding your favorite products from you. I know it can feel like that sometimes when we reorganize. This won't be a dramatic change.

March brings spring, and the spring is a time of renewal and hope. Renewal and hope, past this winter, is something that I think we all need. Your Co-op is for you.

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



# **NEW** | Board of Directors



**ANTONIO ADAN**



**GREG HOFFMANN**



**TOM RULSEH**  
Incumbent



**STEPHANIE WEAVER**

**THANK YOU TO EVERYONE WHO PARTICIPATED IN THE 2025 ELECTION. IT WAS AN AMAZING SLATE OF CANDIDATES!**

# CHEESE MADNESS

**LET'S GET READY TO CRUMBLE!**

**MARCH 5 - MARCH 25**

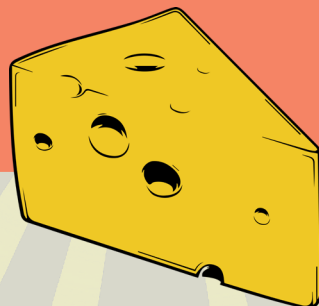
**8 CHEESES WILL GO RIND-TO-RIND IN THE CO-OP'S BRACKET CHALLENGE!**

**FILL OUT OUR BRACKET ONLINE OR IN-STORE  
FOR A CHANCE TO COMPETE  
COMPLETE BY MARCH 14**

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

**SAMPLING AND VOTING IN-STORE  
THURSDAYS & FRIDAYS • 3:30PM-5:30PM**

FOR MORE INFORMATION, VISIT: [MARQUETTEFOOD.COOP/CHEESE-MADNESS](http://MARQUETTEFOOD.COOP/CHEESE-MADNESS)







# CHEESE MADNESS

## COMPETITORS

### **TIPPERARY VINTAGE IRISH CHEDDAR**

The history of this cheddar can be traced back to the early 19th century, when Irish cheesemakers began to experiment with cheddar production techniques. The county of Tipperary has a long tradition of dairy farming and cheese production, with the region's lush, green pastures providing ideal conditions for raising dairy cattle. Over time, the cheesemakers in Tipperary developed their own unique style of cheddar, which has become renowned for its depth of flavor and quality. This aged cheddar is a crowd-pleasing favorite; it pairs well with various foods and beverages, such as fruits, crackers or bread, charcuterie, Irish stouts or porters, and full-bodied red wines like Cabernet Sauvignon, Merlot, or Syrah. Try adding this cheddar to mashed potatoes or atop a shepherd's pie.



### **KERRYGOLD DUBLINER CHEDDAR**

Kerrygold is an Irish company with a long history of producing high-quality dairy products. The cheese is made from the milk of grass-fed cows, which contributes to its rich, creamy flavor. The use of traditional Irish cheesemaking techniques adds to the charm and appeal of the cheese. A mature, full-flavored cheese with a natural hint of sweetness, it has elements of a cheddar, the sweet nutty tones of a Swiss, and the piquant bite of an aged parmesan. Suitable for vegetarians, Dubliner can be used on a cheese board, in sandwiches, and in a range of recipes. Particularly delicious simply cut into cubes or sliced.



### **CARR VALLEY APPLE SMOKED CHEDDAR**

Carr Valley Applewood Smoked Cheddar is a premium artisanal young cheddar that offers a perfect balance of sweetness from milk, light smoke, and subtle spice. Located in central Wisconsin, Carr Valley is family owned and has been in operation for over 100 years. Handcrafted using old-fashioned methods and milk sourced from small farms, this mild white cheddar is smoked with applewood, resulting in a distinct smoky aroma and depth. The rind is then hand-rubbed with paprika for a deep red color and added flavor. A moist, smooth, and creamy texture, this cheese melts beautifully. Whether enjoyed on its own, paired with fruits and crackers, or melted into dishes, it's versatile and indulgent.



### **DEER CREEK RATTLESNAKE CHEDDAR**

Spicy, sweet, tropical, hot — Deer Creek's The Rattlesnake is a bold and flavorful specialty cheddar that packs a flavor punch. Infused with premium tequila to warm and open your palate, this creamy medium aged cheddar is smooth and sweet before it hits you with a burst of fiery habanero. Another Wisconsin cheesemaker, Deer Creek keeps it clean and simple — using fresh milk, salt, and enzymes with a “kick of whimsy” from fun, bold ingredients. The smooth, semi-firm texture of The Rattlesnake allows the cheese to melt beautifully, making it perfect for melting on burgers or nachos. For accompanying sips and nibbles, try it tropical fruit like pineapple or mango or with Mexican beer, iced sangria, or a classic margarita. With its smoky heat and complex flavors, this is an option for those not afraid of heat, or a sharp bite.





# CHEESE MADNESS



## COMPETITORS



### **SOMERDALE RED DRAGON CHEDDAR**

This English cheddar from Somerdale is buttery and spicy — plenty of bite, but not too hot. Wholegrain mustard seed gives Red Dragon its infamous taste and pleasant grainy texture, while brown Welsh ale makes it moist and tangy. This cheese, made from pasteurized cow's milk, is aged 3 months and coated in red wax (hence the name). This creamy specialty cheddar is a great addition to any cheese board or adding an interesting texture and bite to grilled cheese sandwiches. Pair it with a full-bodied wine like Zinfandel or a brown ale to match the flavor in the cheese.



### **JIM'S AGED WHITE CHEDDAR**

Wisconsin cheese from Wisconsin cows! Jim's Cheese is a Wisconsin staple, distributing fine cheeses from its base in Waterloo since 1955. The Vintage Selects 3-Year Aged White Cheddar is a premium full-bodied cheese with a rich, sharp flavor and smooth, crumbly texture. Aged to perfection, this white cheddar is carefully crafted using traditional methods, allowing the natural flavors to develop over time — resulting in a robust taste with complex undertones. Enjoy this fan favorite white cheddar on its own or paired with crusty bread, tangy mustard, and prosciutto.



### **SARTORI MONTAMORE CHEDDAR**

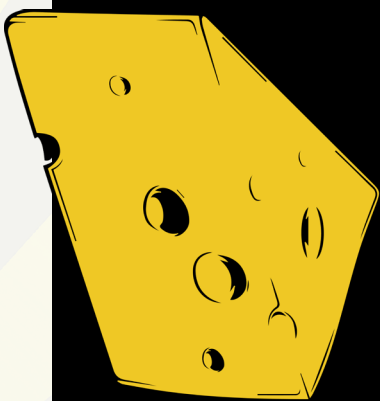
Sartori MontAmore is a unique and flavorful gourmet white cheddar, inspired by traditional parmesan. The nutty flavor and crunchy crystals (calcium lactate) which form during the aging process provide a satisfying mouthfeel. Crafted from premium Wisconsin cow's milk, this sweet and fruity cheese finishes with a tangy bite. Inspired by European tradition, it's named for the Dolomite mountains that provide breathtaking views above the Sartori hometown of Valdastico, Italy. It's the perfect charcuterie board star, pairing perfectly with crusty bread, green olives, nuts, fruit, and chocolate, as well as Chardonnay, Pinot Noir, IPAs and Stouts.



### **CLAWSON COTSWOLD**

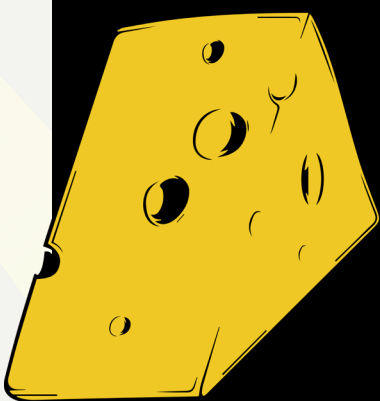
Clawson's Cotswold is known for its bright, egg yolk-yellow color and distinctive, tangy flavor. Made from cows raised on lush pastures in the Cotswold region of South Central England, this savory cheese is packed with a generous amount of chives and onions, giving it a gorgeous green speckling. Aged three months, the rich, fudgy texture against the sharpness of the added herbs results in a balanced, yet bold profile. Cotswold melts and crumbles well, making it a great choice for toasted sandwiches or burgers. Enjoy it with a pint of your favorite beer.





# CHEESE MADNESS

MARCH 5 - MARCH 25



**MARCH 6**

Deer Creek  
Rattlesnake  
Cheddar

**MARCH 20**

Carr Valley  
Apple Smoked  
Cheddar

**MARCH 25**

CHAMPIONI

**MARCH 21**

**MARCH 13**

Kerrygold  
Dubliner Cheddar

Tipperary Vintage  
Irish Cheddar

ROUND 3

ROUND 1

**MARCH 7**

Sartori  
Montamore  
Cheddar

**MARCH 14**

Somerdale  
Red Dragon  
Cheddar

ROUND 2

Jim's Aged  
White Cheddar

ROUND 4

Clawson  
Cotswold  
Onion & Chive

### DIRECTIONS:

- Turn in a completed bracket by 3/14/25 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

# 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 March 26.

## GRAND PRIZE

- \$75 Marquette Food Co-op Gift Card

## SAMPLING & VOTING SCHEDULE:

**Thursday, March 6, 3:30-5:30pm**

Deer Creek Rattlesnake Cheddar with Tequila & Habenero vs  
Carr Valley Apple Smoked Cheddar

**Friday, March 7, 3:30-5:30pm**

Sartori Montamore Cheddar vs  
Jim's Aged White Cheddar

**Thursday, March 13, 3:30-5:30pm**

Kerrygold Dubliner Cheddar vs  
Tipperary Vintage Irish Cheddar

**Friday, March 14, 3:30-5:30pm**

Somerdale Red Dragon Cheddar with Mustard & Ale vs.  
Clawson Cotswold Onion & Chive

Winners from these rounds will face off on

**Thursday, March 20 from 3:30-5:30pm &**

**Friday, March 21 from 3:30-5:30pm.**

Final Sampling and voting is

**Tuesday, March 25, 3:30-5:30pm**

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

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

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



# LOCAL SPOTLIGHT

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



## FOOLAZUL HOT SAUCE

GABRIEL CAPLETT

As farmer/owner of Dukes Farm in Skandia for 20 years, Gabriel Caplett was inspired to create Foolazul by his love of hot sauce, the desire for a product that met his expectations using fresh, local ingredients, and a genuine admiration of pepper plants. The reds, oranges, yellows, and greens that sprinkle his field make for a magical end to summer in the UP. "When I have many varieties growing, the colors are so pretty. You don't get that with tomatoes or other produce. Picking peppers is my favorite thing to do on the farm and it's at the best time of the year."

Gabriel said he used to buy some of the well-known national hot sauce brands, but believed he could make a fresher product. He grows all of the peppers and garlic on his farm — something that sets him apart from other makers — harvesting at peak ripeness. "I'm very picky about picking," he said. "I only pick peppers when they're totally ripe, which helps with the flavor." Once the ingredients are ready, Gabriel immediately gets to work producing the hot sauce, utilizing a method that preserves the freshness and vibrant color of the peppers.

The name is inspired by his favorite literary character, the foolish hero Don Quixote. Started in 2024, the brand was brought to life with a logo design by local artist Lindsey Naylor. With six flavors ranging from no heat to habanero, there's a flavor for everyone. He doesn't need to add much to his hot sauces, because you can mostly get what you want flavor-wise from just the peppers. "My favorite is habanero – I love how fruity it is and how it smells." Other than vinegar, he sources ingredients he doesn't grow or produce from local suppliers, like maple syrup from DeVooght's in Skandia.

**20% OFF ALL FOOLAZUL HOT SAUCE IN THE MONTH OF MARCH**

# BYLAWS REVISION



**Michelle Augustyn**  
Board President

Board work is ever evolving. As the Co-op has grown and changed to best serve the owners and community, the Board must ensure that our guiding principles are moving forward. This past summer we initiated the process of updating our MFC Bylaws. It has been a collaborative team effort, and we are now ready to bring the revised document to you for approval.

As defined by Columinate....

“Bylaws are an important set of governing agreements in which the member-owners of a cooperative articulate the special dual relationship they have with each other: members of an association and owners of a business. In the bylaws, the member-owners define how they will make certain decisions together and how they will empower a board to make other decisions on their behalf”

Our bylaws contain sections on membership, meetings, the Board of Directors, and distribution of savings. Each section defines the basic set guidelines for each category. For instance, the section on membership defines how to become a member, fees, classes of membership, voting, preferred shareholders, rights and responsibilities, termination, reinstatement, and return of equity.

So, why did we update the bylaws? Most of the changes we made were to make the language more consistent and

simplified. We also did some rearranging in the sections to make it all flow more smoothly. Some of the bigger changes that we made were to redefine a quorum (from 10 percent of the membership or 50 present members to 10 percent of the membership or 150 present members) and the addition of an indemnification clause in section 12. An indemnification clause was added to protect individual Board members against the financial burden of a lawsuit if that Board member was acting in the best interest of the Cooperative. We did a fair bit of editing and highly encourage everyone to follow the links below to read the current bylaws and compare them to the edited (new) bylaws.

So here is where you all come in – this is your Cooperative and these are your Bylaws! The Board is so honored to be trusted to make changes and updates on behalf of the membership and you all are always at the forefront of our discussions, but we don't just get to change these Bylaws.

**This notification is to let you know that we will be voting on the proposed edits to the Bylaws at the 2025 Annual Meeting of Owners on April 4, 2025. Please read through the changes and come to the meeting ready to vote! We are so excited to see you all there.**

Best,  
MFC Board of Directors

**THE CURRENT BYLAWS, AS WELL AS THE VERSION WITH THE PROPOSED EDITS, ARE AVAILABLE FOR REVIEW ON OUR WEBSITE  
[MARQUETTEFOOD.COOP/BOARD/BOARD-DOCUMENTS](https://marquettefood.coop/board/board-documents)**



**2025 Marquette Food Co-op**



# **ANNUAL MEETING**

*of Owners*

**FRIDAY, APRIL 4  
5:00-9:30PM**

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**NORTHERN  
CENTER  
AT NMU**

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

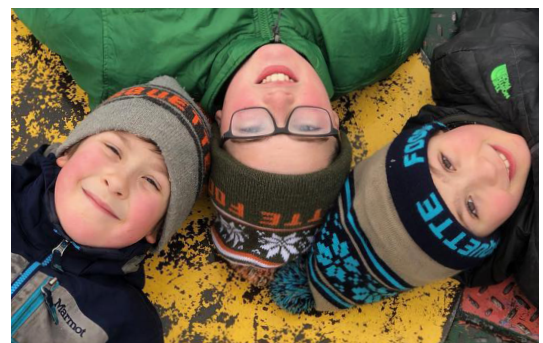
**All are welcome from long-time owners to shoppers who would like to learn more.**

**More info forthcoming.**

# CO-OP KIDS

Welcome, Co-op Kids! One of many delights of working at our community food co-op is seeing kids explore the aisles, talking excitedly with their parents about the colorful produce or joining us in the classroom for a demonstration or cooking class geared toward littles. We have the privilege of seeing families grow and children grow up — from riding in the cart as kids to shopping on their own.

It's truly a community space, not just a place to get your groceries, and that's why we want to create a space in our newsletter for them. We hope you'll share with them this monthly Co-op Kids page, which will include coloring, games and activities, recipes to get kids cooking, and food education. We'll also be printing out this page for the Café, so if you don't have a printer at home, grab one while you're in the store!

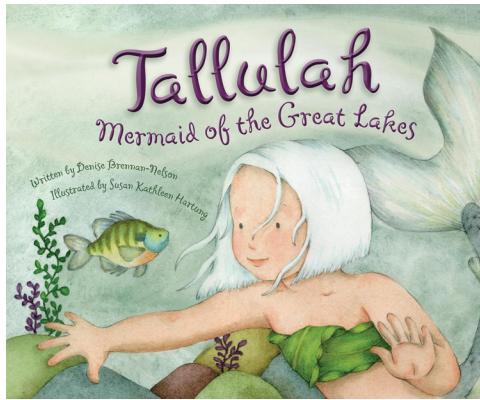




# MARCH IS READING MONTH!

Like food, reading can expand our worlds — connecting us to each other, introducing us to different parts of the globe, teaching us about diverse cultures and significant points in history. We're happy to offer an eclectic selection of children's books in the store that align with the sentiments we promote through our mission, vision, and community outreach.

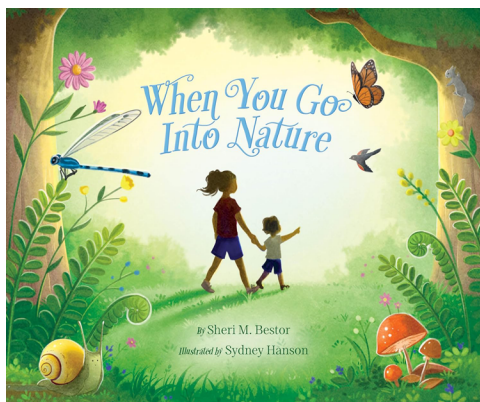
On our shelves, you'll find books with themes that promote nurturing the wild side, embracing individuality, building community and cooperation, protecting and preserving our land and water, strength and resilience, and much more. Below are a few we think you and your kids will love.



## **TALLULAH, MERMAID OF THE GREAT LAKES**

*written by Denise Brennan-Nelson & illustrated by Susan Kathleen Hartung*

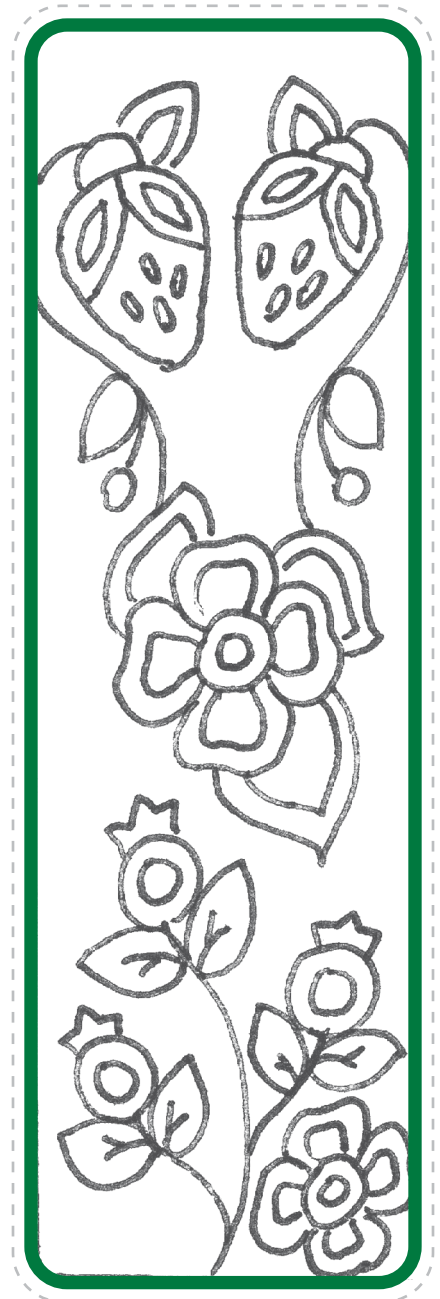
Tallulah sets off on an epic journey through the Great Lakes to find her unique gem and her place in the world. This adorable story teaches about the Great Lakes region and self confidence/embracing who you are, finding the beauty in the everyday and building a community. A sequel, Tallulah the Mermaid and the Great Lakes Pledge encourages children to protect and care for our water and shores.



## **WHEN YOU GO INTO NATURE**

*written by Sheri M. Bestor & illustrated by Sydney Hanson*

A sweet and charming story centered in mindfulness and intention, reminding us all to slow down, let go, and enjoy the world around us. The book is filled with lovely, soft artwork, as well as facts about the natural world that can teach us things like teamwork, strength, and patience, if we allow it to.





# MARCH IS READING MONTH!

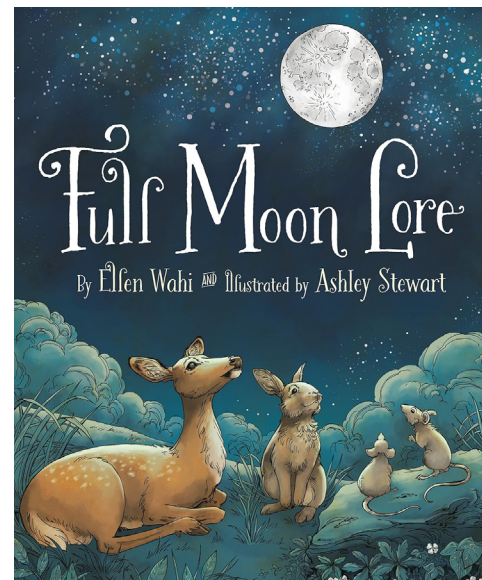
WE ALSO HAVE A BOOKMARK THAT CAN BE CUT OUT AND COLORED. IT'S HAND-DRAWN BY OUR COMMUNITY SERVICES COORDINATOR PAMELA VALDEZ! ENJOY!



## LITTLE WITCH HAZEL: A YEAR IN THE FOREST

*written and illustrated by Phoebe Wahl*

Through all four seasons, follow a tiny forest witch as she explores, relaxes, and helps her community of fairies and forest creature friends. Chock full of old-fashioned whimsy and charm, this enchanting book is a beautiful ode to nature and the things that connect us.



## FULL MOON LORE

*written by Ellen Wahi & illustrated by Ashley Stewart*

Every full moon has a story. Mystical, magical and full of beautiful illustrations, this book explores how each full moon on the calendar got its name. Howl while you learn about the origin of January's Wolf Moon, bask in the warmth of June's Strawberry Moon that illuminates ripening berries, and more.

# St. Patrick's

## Day | Lunch Special

MONDAY, MARCH 17<sup>TH</sup>

CABBAGE ROLLS V

---

SCALLOPED POTATOES V

---

POTATO LEEK STEW V

---

BANGERS & MASH SKILLET

---

CORNED BEEF

---

BEER CHEESE CASSEROLE

---

TURKEY REUBENS

V = Vegan



# FOOD CONNECTS US



**AMANDA LATVALA**  
MFC EDUCATION COORDINATOR &  
REGISTERED DIETITIAN

## **NATIONAL NUTRITION MONTH** MARCH 2025

This year's National Nutrition Month theme is "Food Connects Us." As a community-owned cooperative grocery store, food and cooperation is at the heart of everything we do. When we seek connection and shared experiences through food, we see many other benefits flow from it, like healthier food habits, stronger local food systems, and thriving close-knit communities. In celebration of National Nutrition Month, we're happy to go through a few of the ways that food connects us. At the end, find a recipe we think is perfect for connection — it's a great recipe to make and enjoy with your family (kid-friendly and universally loved), is easy to share with others, and incorporates ingredients that can be found from local farms.

### **WITH OUR FAMILY**

Whether its conversation around the dinner table, cooking or shopping together, or simply sharing recipes, connections within family units are often centered around food. Our busy lifestyles can make regular family mealtimes hard, but research shows it's so important — some of the benefits include improved mental health, healthier eating habits, and reduced risk of risky behavior among children.

Food can evoke strong memories and often serves as the pillar of family traditions — certain foods may remind you of someone from your family or a cherished experience from your childhood. Maybe it's a dish your aunt is known for, that everyone looked forward to enjoying at family gatherings, or the special breakfast your mom made for you each year on your birthday. Picking berries in the summer or baking holiday cookies are both common traditions for many families, and it's during these times that we build deeper connections and create even more memories. This is especially important as more generations join in to the work, as these traditions then get passed down — it's a way to keep memories alive. There are probably dishes from your past you love but NO recipe. Grandmas are notorious for this. This is your reminder to cook with your family if you still can — ask questions, write down recipes, observe and soak in the processes that a recipe doesn't capture. My grandma passed before I was married. As a wedding gift, my mom made a book of all my grandma's famous recipes. When I look through the book, I just think of all the memories I have with her and those foods. I feel connected to her even though she is gone.

### **WITH OUR CULTURAL HERITAGE**

Learning about the history of where your family came from and the foods they ate is such a great and important experience. Something I noticed is that the more reading and research I do about my own cultural foods, the more connected I feel to my roots. When I make these foods, it creates a tangible representation of our ancestor's traditions. It is so important that we continue to keep these foods and traditions alive. Like we touched on in the family section, this is how our younger generations will connect with their ancestors. Sharing food is also a great way to connect with people from other cultural backgrounds. If you've ever been to a cooking class at the Co-op, you've probably seen how our instructors weave in their cultural backgrounds and experiences learned from the generations that came before them. It's beautiful to experience this through another's eyes and apply to our own lives. There's so much that can be learned through food!

### **WITH OUR LAND & WATER**

When we walk into a grocery store, we have just come to expect certain foods will be there. But do you know where that food came from? Where and how it grows? What food is native to your area? Tracing the pathway back to where and how our food is grown can be a very enlightening and eye-opening experience, giving us a deeper respect for the natural world and the food itself. Foraging, gardening, raising animals, etc. is another way we connect to the land and water around us. Wild blueberries and strawberries, ramps, and mushrooms can be found by adventuring into nature. When you're walking through the forest with intention, it's likely you're feeling a sense of connection to the world around you. The same goes for planting a garden. When your hands dig into the dirt, plant the seed, harvest the crop, and keep the weeds at bay throughout, it's impossible to not feel a deeper sense of connection. You will never feel more appreciative of a food than when you grow it yourself.

### **WITH OUR COMMUNITY**

Think of your local Farmers Market and how many connections can be made. We get the opportunity to chat with the farmer who grew our food. Ask questions! They'll be more than happy to explain how something was grown or harvested and the best way to use it in your kitchen. There are so many wonderful vendors that spend days and weeks preparing the food in front of you and each one has a unique story. It's a social event, too — you may run into old friends, or make new ones! In Marquette, the Market vibe is relaxed, friendly, and so fun! Food is a great way to build community. Share something from your garden with a neighbor, make a freezer meal for an expecting couple, attend a cooking class, have a friend over for a meal. Think of all the great events in our community that are centered around food. Making and sharing food with other is a labor of love and connection!



# BREAKFAST BURRITOS

Recipe from *Marquette Food Co-op*



There is no one right way to make a breakfast burrito. The flavor possibilities and combinations are endless. Use whatever you have on hand, even measurements are optional. It is a great way to use up anything that is about to go bad, like leftover cooked veggies, meats, and herbs. In this recipe, everything is optional. If you don't have an

ingredient, don't worry about it. One of my favorite variations, is to use Delicata squash in place of the potatoes. Feel free to get creative, almost anything tastes good wrapped in a tortilla shell with hot sauce. This recipe is for just one burrito, but if you're making a batch, just multiple the recipe!

- 1-2 oz breakfast meat — sausage, ham, bacon, chorizo
- 2 t butter or extra virgin olive oil, divided
- 2 t neutral oil, such as canola or safflower, divided
- 1 small Yukon gold or baby red potato, sliced thin
- Pinch of garlic powder, chili powder, salt, and pepper
- Large handful of chopped greens, either spinach, kale, or chard

- 2-3 eggs
- 2 T half and half, optional
- 1-2 T cheese of choice, sharp cheddar, gouda, and feta all work well
- 1 large tortilla
- Sliced avocado, if desired

In a sauté pan over medium heat, cook breakfast meat if using. (If not using meat, add one teaspoon butter or olive oil, and one teaspoon neutral oil. Allow fat to heat in pan for 1-2 minutes, then move on to second paragraph). Once the meat is cooked, pull it out of the pan and allow to drain on paper towel. Check the pan for how much fat is leftover after cooking the meat. If there is about one teaspoon of fat left in the pan, then just add 1 teaspoon of fat of your choice, either butter, olive oil, or neutral oil. If there is not much fat left in the pan, add 1 teaspoon of butter or extra virgin olive oil and 1 teaspoon of neutral oil.

Add sliced potatoes to hot fat, be careful of sputtering grease. Add spices to potatoes and sauté until soft and starting to brown, about 3-5 minutes.

Add handful of greens and sauté until wilted and soft. This will take from 1-3 minutes depending on the green you chose. Putting a lid on you pan will help tougher greens soften faster, just be sure to check every minute or so. Taste and add more spices if desired. Once cooked to your liking, scrape kale and potatoes onto a plate or bowl and set aside.

Add remaining fat to the pan set over medium heat. Crack eggs into mixing bowl, add half and half to eggs if using. Whisk eggs well, until you don't see anymore streaks of egg white. Pour eggs into pan and use a spatula to stir them around while they cook. Stir very often to prevent browning.

When eggs are almost cooked, but still moist, add your cheese if using. Stir cheese into the eggs until starting to melt. Once eggs are cooked to your liking, turn heat off and remove pan from the burner.

Assemble burrito. Warm or room temperature tortillas work best for folding. You can either heat the tortilla briefly in a pan, put it in a microwave for 20 seconds, or use at room temperature. In the center of the tortilla, layer the potatoes and greens, then add egg/cheese mixture, then the breakfast meat if using, and top with sliced avocado.

Fold in two sides in and roll tightly. Serve with hot sauce, salsa, and or sour cream.

Wrap in foil and freeze to easily reheat in the oven later!

# ANNUAL MFC EARTH DAY CLEAN-UP



**Olivia Kingery**  
Board Member



Every year the Marquette Food Co-op and its Board of Directors host a clean-up in the neighborhoods around the store to celebrate Earth Day. We invite the community to join us in this year's effort from **11am to 2pm on Saturday, April 26.**

This year, we are aiming for our trash collection efforts to be the largest yet and we have additional exciting things planned as well. At the store, there will be a tabling event with local organizations Partridge Creek Farm, Recycle906, and Upper Peninsula Environmental Coalition (UPEC). There will also be a raffle for both children and adults to enter, and more! Everyone is welcome to partake in the clean-up event, and if you have a local group interested in helping, you can send me an email at [oliviamkingery@gmail.com](mailto:oliviamkingery@gmail.com). Stay tuned for more information and specifics on the annual Earth Day Clean-up – we can't wait!

Gathering in community around a shared value like caring for our Earth is a reason I love being part of the Marquette Food Co-op community and the Marquette community in general. As the chair of the Community Education committee, I truly think community power comes from community education. The more we know about food

sources, about steps we can take to protect the Earth, and about our local environment, the more we can advocate for what is best for ourselves and our community. From interactive booths at the Downtown Marquette Farmers Market to cooking classes showing how to implement healthy cooking, the Marquette Food Co-op promotes the above ideas we all need to be focused on. Being on the Board is a tremendous joy and it's even more joyful to be involved in community events like the Earth Day Clean-up.

NMU will be hosting a full week of events with student and community organizations and the MFC Board members have joined their efforts. There will be documentary screenings, an Earth Day trivia event, and a Water is Life Festival. We're looking forward to hosting a table with activities at the festival. We think the Annual MFC Earth Day Clean-up is a wonderful end cap to a full week of events around town dedicated to our planet. We hope that folks who attend the week's events will come join us at the Earth Day Clean-up to help the town we all love and want to protect. See you there!

**All are welcome!**

## SAVE THE DATE

### SATURDAY, APRIL 26 • 11AM-2PM



# Garden PLANNING



**Kelsie Dewar**  
Communications Manager

With snow on the ground and more in the forecast, it might be hard to imagine the feeling of warm sunshine on your back and fresh soil in your hands. But now is the perfect time to start planning for your home garden. Whether you have an established green thumb or are just starting out, a well thought out plan will ensure you have a bounty of fresh, homegrown produce at your disposal this summer.

Here's a few tips to help you get started:

First, determine when the last day of frost is predicted for your area. According to the Farmer's Almanac, Marquette's last spring frost is predicted for May 15. Keep in mind that this is a prediction, calculated using 1991-2020 US Annual/Seasonal Climate Normals. Unless you're new to the area, you know that this date can really fluctuate. Most people I know don't usually put plants in the ground until Memorial Day weekend at the earliest, with quite a few aiming for early to mid-June.

Next, if you don't have an already existing space, determine the size and placement of your garden (choose a nice, sunny spot with easy access to water) and map out what you'd like to

grow. Be sure to leave enough space between plants, as well as room for yourself to weed and water. Will you be planting one time for harvest later in the season or do you want to get the most out of your garden through succession planting, harvesting and rotating different crops throughout the season as temperatures fluctuate and produce hits its peak freshness?

Seasonal greens, scallions, peas and herbs thrive in cool spring weather and once harvested, can be replaced by plants like cucumbers, beans, peppers, summer squash, carrots, and brassicas. You might even be able to squeeze in another round of greens again near the end of the season.

Once you have an estimated frost date and have determined what you want to grow, it's time to buy your seeds. The Marquette Food Co-op has a beautiful display of High Mowing Organic Seeds. These seeds are high-quality, non-GMO and 100 percent certified organic, and are regularly tested for germination rates, disease, and contamination. Quality is so important and ensures that your seeds will be viable and yield an excellent product.





# Garden PLANNING

Since I'm only able to fit a few smaller raised beds in my yard and it's North facing (not much sun), I like to collaborate with friends and family when purchasing seeds. My dad and I have a solid agreement — I grow a lot of herbs, tomatoes, and peppers, and he grows crops that take up more space and need the extra sunlight, like potatoes, carrots, and green beans. We're able to have it all by sharing our harvest.

Consider a variety of factors when choosing your seeds, including obvious things like what you're most likely to consume, what grows best in your area, and whether you can plant them directly in your garden or if you'll need to start them indoors. If you decide to get a jump on the season and grow your own plant starts indoors, count back from your frost date according to the directions on your seed package, giving them enough time to develop before transferring to your garden. You'll need containers that have drainage holes, a quality potting mix and a sunny, south-facing window to get started.

If you're like me and life usually tends to get in the way of your plans to get a head start, don't worry. The Co-op, along with many vendors at the Downtown Marquette Farmers Market, will have plant starts available for purchase come spring. While shopping, don't be afraid to ask questions. Our local farmers are obviously very knowledgeable about best growing practices and can be a great resource, providing plenty of good information and advice to make their starts thrive in your home garden.

From here, it's either a waiting game if you're planting directly in the soil or continued maintenance of your plant starts.

Remember to stay positive and don't worry if you don't get it right the first time around. There is a lot of trial and error involved in gardening, but in the end, if you're willing put in the effort, you'll reap the reward. Growing your own food is an incredible experience and has many benefits. It fosters a deeper connection with our food, cultivates relationships with others and our Earth, saves money, reduces our environmental impact, promotes physical activity, and provides us with more nutritious and flavorful food. Plus, you'll have such a great feeling of pride and accomplishment knowing that you did this on your own.



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# CALENDAR OF EVENTS

## MARCH 2025

### Cheese Madness

March 5-25

*See page 4 for details*

### Spread Goodness Day

March 14

*Enter our In-store raffle & enjoy a chocolate at check out!*

### St. Patrick's Day Hot Bar

11am – 5pm | March 17

### MFC Board of Directors Meeting

6-7:30 pm | March 18

*Co-op Classroom*

## THE FRESH FEED

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

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Ashley McGrath  
Olivia Kingery  
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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](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.

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

PRIORITIZING  
LOCAL AND  
ORGANIC FOOD  
SYSTEMS

PROMOTING  
COOPERATIVE  
GROWTH  
OPPORTUNITIES

SUPPORTING  
AN EQUITABLE  
SHOPPING  
EXPERIENCE

FOCUSING ON  
SUSTAINABLE  
ENVIRONMENTAL  
OUTCOMES

