

THE FRESH FEED

THE MARQUETTE FOOD CO-OP NEWSLETTER

MARCH 2026



SPRING DREAMING



Matt Gougeon
General Manager

While it certainly may not feel like it, spring will formally arrive this month. One of the surest signs is that vegetable seed packets are displayed on the store floor again! It's been quite a winter. Like everyone else, here at the store we've had to roll with the punches that the season has dished out. Heck, we even had to close the store for one day during the blizzard we had. That's never happened before. Running a grocery store during a storm-plagued season means having to serve rushes of customers ahead of the storm, delayed product arrivals, a lull in shoppers, and then another rush of shoppers after the storm passes. It's a bit of a roller coaster ride. In the end, it all tends to even out and the year has gotten off to a pretty good start despite the rocky weather.

But March also signals that it's time for forward thinking, planning, and movement. Indeed, the end of year reporting for last year is wrapped up and nascent planning for the future begins to take form. Be assured, there is much your Co-op needs to address no matter the relative smoothness of operations.

As we continue to grow, we are actively pursuing ways in which we can relieve our various capacity-related problems. We have limited parking space and limited back of the house and office space. We even consider ways in which we may increase our capacity to merchandise products. So, this means everything is on the table right now. To be sure, we are in exploration mode. Part of that means we

have contracted architects to determine ways in which we could potentially build on to our current facility to acquire more space. This is a tall order because we are fairly "land locked" but there are possibilities. Of course, there are internal system changes that could help us help ourselves. Things like negotiating for additional product deliveries and how we handle deliveries. But these would all be things you wouldn't necessarily notice. We also have questions about the store layout and where current food and products are merchandised and how it could be improved. After all, things change over time. Is this store, designed 14 years ago, still optimal for today's shopping? We'll explore.

With consistent attention and effort, by year's end, we'll have a clear idea of where and how we can prepare our facility and systems to continue to meet the needs of members and shoppers looking forward to the next 15 years. The grocery business is dynamic and never static. The same can be said for all of us.

So, keeping abreast of change in the industry, market, and your needs is essential to keeping this Co-op relevant. Rest assured, we're on the job. There are so many good things in store for the Marquette Food Co-op.

Feel good. Shop the Co-op.



MARQUETTE FOOD CO-OP

2026 ANNUAL MEETING OF OWNERS

FRIDAY, MARCH 6
5-9:30PM @ ORE DOCK BREWING CO.

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.

\$5 FOR OWNERS
\$10 FOR ALL OTHERS
Kids 10 & under eat free
Cash only

GRAND PRIZE OWNER RAFFLE
One night stay at
Union Station Depot &
\$100 gift card to Strega Nonna

Small plate food by
MOON RAE CAKES & CATERING
starting at 5:00pm

Live Music by
DAY DREAMERS
starting at 7:15pm

Cash Bar

NEW | Board of Directors



GREG HOFFMANN
Incumbent



ANGELA STEBBINS



BAILEY LEWIS

**THANK YOU TO EVERYONE WHO
PARTICIPATED IN THE 2026 ELECTION.**

LOCAL SPOTLIGHT

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



NATIVE SISTER SOAP COLLEEN

For Colleen, owner of Native Sister Soap, soapmaking is a melding of creative passion, scientific exploration, and self-reliance.

It all started in 1995 when she came across a copy of *The Cure for All Cancers* by Hulda Regehr Clark Ph.D. She wasn't sick, but she had an interest in preventive medicine and natural, holistic healing. It was a thought-provoking read, she said, but her biggest takeaway was tucked into the back appendix. A basic soap recipe with just three ingredients – lye, lard, and water. No preservatives, no synthetic fragrance or dyes, no additives.

"There are so many unnecessary ingredients in store-bought soap," said Colleen. "Your skin is your largest organ. It's permeable, so what you put on it makes a difference."

She tried the recipe, and it worked, though it admittedly was "pretty damn harsh."

But that initial trial with soapmaking was enough to light a fire in Colleen. She said her curiosity and characteristic stubbornness helped guide her, but it was her math-and-science brain that drove it home. The original recipe had been written by volume instead of by weight, and that, she quickly realized, was not the way to do it. A problem to solve meant a full dedication to continued experimentation. She spent hours on calculations, dug her nose into books to study the unique healing properties of different oils, and hit the kitchen fully out fitted with a respirator and heavy-duty gloves.

Over the years, with many a trial and error, she's created a beautifully crafted line of hard bar soaps available at the Marquette Food Co-op, local artisan shops, and regional farmers markets.

Soapmaking is a therapeutic, hands-on process with the result serving a very practical purpose. Colleen's soap is functional art – done with care, precision, and artistry, it serves up both beauty and utility.

LOCAL SPOTLIGHT

"I want a bar that's hard enough, mild, nourishing, moisturizing, cleansing, and beautiful," said Colleen.

She sources ingredients locally when possible and is always ensuring quality and safety along the way. About 75 percent of her ingredients are organic and the rest are food-grade. She puts a heavy focus on sustainability as well – her bars are wrapped in a simple collar made of recycled paper. No plastic bottles or shrink wrap.

The making process, Colleen explained, requires a chemical reaction called saponification, where lye – a highly alkaline caustic chemical, typically sodium hydroxide for hard bar soap – is mixed with a triglyceride (fat or oil) to produce soap with a byproduct of glycerin.

The personalization of it, she said, comes down to the ratios and what you're hoping to get out of it. Different ingredients bring different properties. For example, honey is antimicrobial and antifungal, oatmeal is soothing, olive oil is gentle and deeply moisturizing, and goat's milk is a natural, gentle exfoliant.

"I weigh everything to get the right proportions, which is much more accurate than calculating by volume," said Colleen.

In her workshop at her home in Gwinn, she melts hard oils slowly in a stainless-steel pot, carefully dissolving lye into well water in another stainless-steel pot. When both mixtures cool to about 85-95 degrees, she mixes them, along with any liquid oils, together with an immersion blender. Next, she stirs in essential oils for fragrance. Colleen refuses synthetic fragrance oils; she said she can't tolerate them. Instead, she uses only essential oils from an importer with an on-site lab, called The Perfumery, where each batch is tested to ensure there's no adulteration and pesticide residue. As a rule of thumb – though there are exceptions and from experience, she knows when one is due – about one ounce of essential oil is needed per pound of base oil.

Colorants, which are added at the end, are always naturally derived. Green from chlorella or wheatgrass, brown from organic cocoa, blue from alkanet root, red from rhubarb root, yellow and orange from turmeric, ground annatto seed, or juiced carrots.

The liquid mixture is then poured into wooden box molds lined with freezer paper. If there's a design, she has separate containers of colored soap that she incorporates, creating stripes, swirls, dots, and other artistry.

The next day, she unmolds the loaf and cuts it. Previously done by hand, one of the more recent additions to her business is a precision soap cutter tool that is built like a miter box with stainless steel wire that glides smoothly through the cured soap, making uniform bars with ease.

"My favorite part is cutting the bars and seeing what I get," she says. Once, a swirl revealed the word "love."

The name, Native Sister, is a nod to her own sister. They grew up in California together, and when she helped Colleen create an AOL email account, they came up with the username "nativesis" – as in, native to California, and sisters. It's followed her since.

Colleen hesitated for a moment before answering what sets her soap apart from other options on the store shelves. Like many women talking about their accomplishments, she doesn't want to come across as having too large an ego. But the praise is deserved – this is a product that shoppers clamor for. The scent of her soaps is an integral part of the aura of the Co-op. The smell of patchouli and bergamot and cedarwood will bring you directly to the Wellness Department shelf where her products rest.

"I know my product is world class," she said. "I have had many people say this is the best soap they've ever used."

ENJOY 10% OFF NATIVE SISTER SOAP PRODUCTS THROUGH MARCH

WELL... HOW ARE WE DOING?



Tom Rulseh
Board President

Sometimes routine can hide the obvious. You breeze through the store, pick up the usual basics, greet the friendly cashier and you're soon on your way to the rest of your day. Life is good! Unless... one of those favorite items mysteriously migrated to a new isle or maybe even disappeared. Yep, to the keen observer, the Co-op is a dynamic place. Even while some of us think everything is just fine, our staff and management team are striving to make them better. Fortunately, over the past year, shopper response to these improvements has been quite favorable. In fact, the positive results are already evident in the increased quantity of healthy food products going out into the community. Plus, this was accomplished within a balanced budget and sufficient profitability to generate another patronage dividend to you, the owners.

Of course, 2025 also presented a number of unexpected external challenges. A major supplier was unable to fill our orders due to their system being hacked. An unprecedented flood of erratic tariff policies caused immediate and ongoing disruption in availability and pricing of an array of products. Uncertainty regarding the Supplemental Nutrition Assistance Program (SNAP) created a progression of anxiety, frustration, and, yes, anger, for many. Fortunately, being a co-operative gave us the needed resilience to allow our extraordinary staff and management team to successfully negotiate all that rough terrain and keep the store running smoothly. A big factor is our emphasis on local. Local suppliers, local farmers, local service providers all backed up by you, cooperative shoppers. In fact, part of that cooperative spirit came directly from you as "Round Up at the Register" helped us to deliver food to people in need.

And as you might guess, there's more to the story. A full report is **available online** and will be presented at the Annual Meeting of Owners on Friday, March 6. This year we're holding the event at Ore Dock Brewing Co. in downtown Marquette. Please join us for a relaxed, enjoyable time together with other Co-op members. It will also be your opportunity to participate in an open forum with your Co-op Board of Directors and store management. We want to hear from you on how we're doing along with your thoughts on how we can be better.

Here are three things to put on your "to do" list:

1. Mark Friday, March 6 on your calendar as Co-op night at the Ore Dock.
2. Next time you visit the store, take a break from your routine (hint - try strolling through in the opposite direction) and check out some of the obvious things that you may have missed last time through.
3. Jot down a few notes on how we're doing and what we could do better. There's a customer suggestion box in the store for comments, or you are welcome to direct message the Co-op's social media pages or email info@marquettefood.coop.

Thank you for actively participating through your role as a member/owner of this cooperative.

Together we can make good things better and better things possible.



MARQUETTE FOOD CO-OP

ANNUAL REPORT

2025



**CLICK HERE FOR THE FULL REPORT
OR VISIT MARQUETTEFOOD.COOP**



CHEESE MADNESS

LET'S GET READY TO CRUMBLE!

MARCH 13 - MARCH 26

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

**FILL OUT OUR BRACKET
ONLINE OR IN-STORE**

COMPLETE BY MARCH 20

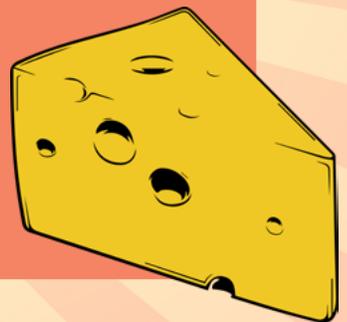
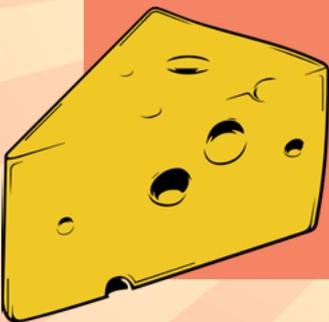
GRAND PRIZE: \$100 MFC GIFT CARD!

BRACKET PARTY

MARCH 14 • 11:00AM-2:00PM

SAMPLE ALL COMPETING CHEESES
AND FILL IN YOUR BRACKET.

VISIT MARQUETTEFOOD.COOP
FOR MORE INFORMATION.





CHEESE MADNESS

COMPETITORS

MILTON CREAMERY

4 ALARM CHEDDAR

A creamy, unique cheddar that's a real scorcher with ghost, chili, chipotle, and jalapeno peppers.

Pairs well with crisp fruit, pickled vegetables, lager or IPA



CLAWSON

CARIBBEAN BLAZER

Expect a sweet, smoky island heat from Scotch bonnet chili relish and red peppers.

Pairs well with fresh fruit, crusty bread, salami, Riesling



CLAWSON

LEMON ZEST STILTON

A smooth, sweet White Stilton enhanced with pieces of zesty lemon.

Pairs well with berries, honey, nuts, sweet or sparkling wines



SARTORI

CHARDONNAY BELLAVITANO

Soaked in sweet wine for a creamy finish — enjoy the rind, it's meant to be part of the experience!

Pairs well with Chardonnay, IPA, crusty bread, dried apricots





CHEESE MADNESS

COMPETITORS



MITICA

SMOKIN' GOAT

Naturally smoked over beech wood, making for a lightly flavored creamy crowd-pleaser.

Pairs well with honey, Medjool dates, rustic bread, prosciutto, dry rosé



GRAFTON VILLAGE

MAPLE SMOKED CHEDDAR

A New England classic, this young cheddar is cold-smoked over maple wood chips for delicate, sweet smokiness.

Pairs well with dried apricots, pickled ramps, Pinot Noir, Porter



CHEESELAND

GOODA WITH BASIL & GARLIC

Delicately seasoned with basil and garlic, this creamy “gooda®” has a bright herbal flavor and a creamy texture.

Pairs well with olives, crusty sourdough or focaccia, Pinot Noir, farmhouse ales



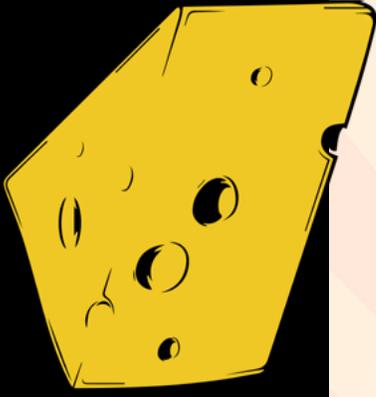
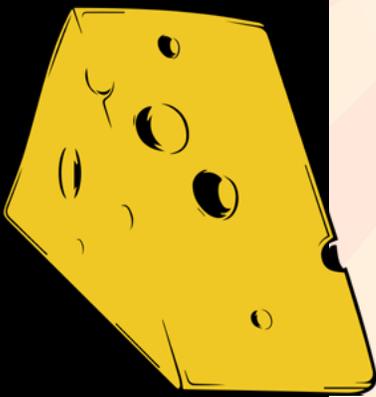
CLAWSON

COTSWOLD ONION & CHIVE

Savory and aromatic, this traditional English cheese has a mellow sharpness balanced perfectly by sweet onions and fresh chives.

Pairs well with crisp fruit, rustic bread, pickled vegetables, English pale ale, Sauvignon Blanc

CHEESE OF MADNESS



MARCH 13 - MARCH 26

BRACKET PARTY
 MARCH 14 • 11:00AM-2:00PM

SAMPLE ALL COMPETING CHEESES
 AND FILL IN YOUR BRACKET.

MARCH 16

Milton Creamery
4 Alarm Cheddar

Clawson
Caribbean Blazer

MARCH 20

MARCH 26

CHAMPION!

MARCH 17

Clawson Lemon
Zest Stilton

Sartori Chardonnay
BellaVitano

ROUND 2 - SWEET

ROUND 1 - SPICY

MARCH 18

Mitica
Smokin' Goat

Grafton Village
Maple Smoked
Cheddar

MARCH 20

MARCH 19

Cheeseland Basil
Garlic Gouda

Clawson
Cotswold
Onion & Chive

ROUND 4 - SAVORY

ROUND 3 - SMOKY

DIRECTIONS:

- Turn in a completed bracket by March 20, 2026 for a chance to win!
- The grand prize is a \$100 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 20 for a chance to win.
- One entry per person. No purchase necessary. Free to enter.
- Winner will be announced March 27.

GRAND PRIZE

- \$100 Marquette Food Co-op Gift Card

SAMPLING & VOTING SCHEDULE:

Monday, March 16, 11am-1pm

Milton Creamery 4 Alarm Cheddar vs

Clawson Caribbean Blazer

Tuesday, March 17, 11am-1pm

Clawson Lemon Zest Stilton vs

Sartori Chardonnay BellaVitano

Wednesday, March 18, 3:30-5:30pm

Mitica Smokin' Goat vs

Grafton Village Maple Smoked Cheddar

Thursday, March 19, 3:30-5:30pm

Cheeseland Basil Garlic Gouda vs.

Clawson Cotswold Onion & Chive

Winners from these rounds will face off

Friday, March 20, 3:30-5:30pm

Final Sampling and voting is

Thursday, March 26, 3:30-5:30pm

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

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

**Taste every cheese in the competition at our first ever Bracket Party
Saturday, March 14, 11am-2pm**

St. Patrick's Day | Lunch Special

Tuesday, March 17 • 11am-5pm

CORNED BEEF

House made corned beef brisket served over cabbage leaves.

BOXTY (vegan)

Potato pancakes

COLCANNON

Mashed potatoes with ham, kale, and green onions.

IRISH STEW

Soft pork and vegetables in savory, rich broth.

CABBAGE ROLLS (vegan)

Vegetable filling wrapped in cabbage leaves and topped with tomato sauce.

SCALLOPED POTATOES (vegan)

Creamy sauce layered over caramelized onions and potato slices.

BEER CHEESE CASSEROLE

Potatoes with peppers, beer cheese, and ground beef.

HOUSE MADE SEAFOOD CHOWDER

available on the soup line



MARCH 13, 2026

SPREAD GOODNESS DAY at the Co-op

Enjoy one chocolate yourself
and give the other to a friend—
keep spreading the goodness

THE LATEST DIETARY GUIDELINES



**AMANDA
LATVALA**

MFC Education Coordinator
and Registered Dietitian

You may have noticed some buzz recently around the release of the updated Dietary Guidelines for Americans (DGA). These guidelines are developed jointly between the US Department of Agriculture (USDA) and the US Department of Health and Human Services (HHS) and are updated every five years. The recommendations are intended for policymakers and health professionals to assist in setting federal food policies that will dictate what foods are available in federally funded food programs such as school meal programs, meals provided to the military, SNAP, WIC, and healthcare institutions. They are also available to the public and can be used as a resource to help guide personal food choices. Before I dive into it, remember that it is always a good idea to check with a licensed healthcare professional before making any major changes to your current diet. If you find yourself needing some guidance, I'm a Registered Dietitian and available as a resource for you through the Co-op!

In our information age, knowing what to eat can be completely overwhelming. Challenges like decision fatigue from too many options, conflicting nutritional advice, and busy lifestyles can cause us to put healthy eating on the backburner. This is apparent when we look at the rate of chronic disease in the US. In a recent report from the Centers for Disease Control & Prevention (CDC), 76 percent of US adults report having at least one chronic health condition and these chronic diseases account for roughly 90 percent of our annual healthcare spending. On a positive note, 75-90 percent of all chronic conditions can be prevented, reversed, or better managed through improved nutrition, along with regular exercise, and not smoking.

The DGA aims to provide accessible, relevant, and "bite-size" ways we can improve our nutrition. While not perfect,

it is one of the most visible nutrition guidance documents that Americans will come across, which is why we think it's important to include it in our conversations around healthy eating. The **10-page document** uses the word "reset" to describe how it will affect our nutrition policy. This can be thought of as a back-to-basics paradigm shift. There are some real issues with blanket nutritional guidance like this, but we realize no singular document is ever going to be perfect because every person requires nutrition tailored to their own individual bodies. So, we're focusing more on the overarching message here, which is eat real food. This is something we've stood by from the beginning and is great summed up by **Michael Pollan** in his book **"Food Rules: An Eater's Manual."** We've condensed this into a handout (on page 18), and it's one of our favorite we've been distributing for years because it's so simple and cuts through the confusion many of us are faced with when implementing healthier choices.

On the flip side, while "eat real food" is a simple, true, and strong statement, the reality of implementing it is not so simple. Our modern-day food environment is not supportive of this idea. Over 70 percent of items in any given grocery store are considered processed and ultra-processed foods with the remaining 30 percent considered real food items. The items in the majority category are engineered to hijack our tastebuds so that we want more of them. They are convenient, and with our busy lifestyles, convenience is often the only factor when it comes to what we eat. The truth is, eating too many of these foods propel us into the world of chronic disease.

TWO STRATEGIES TO INCREASE THE AMOUNT OF WHOLE, REAL FOODS IN YOUR DIET

- 1 SHOP THE PERIMETER OF THE GROCERY STORE**
- 2 SET ASIDE TIME TO COOK AT HOME**

Shopping the perimeter means you focus on the outer edges of the store. This is where most of the whole “real” foods live. They’re fresh, perishable, unpackaged items like produce, dairy, meat, cheese, and bakery items made without preservatives. The perimeter of the Co-op is chock full of healthy, whole, and real foods. If you would like more guidance on how to shop this way, you can schedule a store tour with me.

Second, cooking foods at home is a tried-and-true way to eat better. By cooking at home, you have full control over what goes in your body. Home cooked food is typically lower in sodium, unhealthy fats, and processed additives and higher in nutrients which in turn helps improve our energy levels, sleep, and mood. Studies have shown that when you eat more home cooked meals, you are more likely to make healthier choices when you do eat out. Need help learning to cook? The Co-op offers a variety of cooking classes that can be tailored to any skill level. No experience needed! We also have a ton of recipes available both online and in the literature rack at the front of the store.

The latest DGA also emphasize getting protein at every meal, dairy without added sugars, eating vegetables and fruits throughout the day, incorporating healthy fats, fiber from healthy whole grains, limiting the amount of added sugar, and novel messaging about gut health.

Added sugar is found ubiquitously in processed foods. It must be said that there is a time and place for convenience foods, we are realist and sometimes a granola bar or any other snack item is needed. Some of my favorite on-the-go snacks are plain yogurt with fresh berries, Kind bars with 5 grams of sugar or less, meat sticks without added sugar, or cut up veggies dipped in no sugar added peanut butter or hummus. If you find yourself in this situation, here are a few tips to find the healthiest option:

- Find the ingredient panel, there should be five ingredients or less.
- Make sure you can pronounce all of the ingredients.
- Sugar should not be listed in the first 3 ingredients.

One of the most notable messages in the latest guidelines is that regarding gut health. Gut health is an emerging topic in nutritional science and is gaining in popularity amongst healthcare professionals and the public. Gut health pertains to all of the microorganisms that live inside our gastrointestinal tract, referred to as our microbiome. Having a healthy and robust microbiome is crucial for optimal health. Probiotics are the beneficial bacteria that live in our GI tract and do all kinds of amazing things for our bodies. Probiotics aid in nutrient absorption, promote healthy bowel movements, enhance our immune system, aid in mental health and so much more.

We can support are microbiome by eating foods that contain probiotics, which include plain yogurt, sauerkraut, kimchi, and miso. You can also focus on eating foods that contain prebiotics, such as bananas, oats, onions, garlic, beans, and any fruit or vegetable. Think of prebiotics as food for the probiotics.

In summary, the DGA is just one resource that can be used to help guide food choices. Whatever advice you choose to follow, know that we are here to help! We offer a variety of boots on the ground resources to help you make the best decisions regarding food choices.



**AMANDA
LATVALA**

MFC Education Coordinator
and Registered Dietitian

**REMEMBER, I'M HERE
AND READY TO HELP AT
ANY TIME.**

**YOU CAN REACH OUT TO
ME DIRECTLY**

- **ALATVALA@MARQUETTEFOOD.COOP**
- **906-225-0671 EXT. 727**



FOOD RULES

by Michael Pollan

Populations eating a Western diet—lots of processed foods and meat, added fat and sugar, refined grains—suffer high rates of Western diseases: obesity, type II diabetes, heart attack, stroke, and cancer. Four of the top ten killers in America are dietary chronic diseases linked to this type of diet.

People who switch from the Western diet tend to see dramatic improvements in their health. Enjoy a low intake of transfats, a high intake of polyunsaturated fats, lots of whole grains, some fish, the recommended daily allowance of folic acid, and—the fun part—at least five grams of alcohol a day (don't overdo it). This will

set everyone well on their way to better health. It goes without saying (but a gentle reminder can't hurt) that quitting smoking and getting 30 minutes of exercise a day will make a little go a long way.

Populations eating a wide range of traditional foods—nothing processed, refined, or battered and fried—generally don't suffer from dietary chronic diseases. Traditional diets may be high in fat, high in carbohydrates, or high in protein, but guess what? This suggests that there is no single ideal human diet. We can eat a wide range of different foods and still avoid many health problems.

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1. Don't buy anything your great-grandmother wouldn't recognize as food. Like anything orange that isn't salmon, a carrot, or an orange.
 2. Avoid products containing ingredients that aren't found in an ordinary pantry. Even better, avoid anything that contains more than five ingredients. Better still, if you can't pronounce most of the ingredients, you should not eat them.
 3. Don't buy anything listing sugar in the first three ingredients. And NO high fructose corn syrup! Not even a little.
 4. Shop the periphery of the supermarket. Stay away from the middle—that's where most of the processed food is shelved.
 5. If it came from the plant, buy it (and eat a lot of it). If it was made in a plant, pass it by.
 6. If it claims to be lite, low-fat, or non-fat, put it down. You'll be more satisfied eating a bit of the real thing.
 7. Avoid food pretending to be something it's not. This includes soy-based mock meats.
 8. Food with health claims on the package is not food you want to buy. Don't think the silence of the yams means they have nothing valuable to contribute to your health.
 9. Avoid food advertised on television. And if it's sold through the window of a car, it's not food.
 10. Get out of the supermarket. Look to farmers markets for the majority of your food and snacks.

Follow these rules and you'll be eating real, whole foods most of the time—that's the simple way to a healthy diet.

All your favorite brands

Spring into great savings!

Look for 58 coupons throughout the store.

save
over \$75



CALENDAR OF EVENTS

MARCH 2026

Marquette Food Co-op Annual Meeting of Owners

March 6 - 5:00 - 9:30 pm
Ore Dock Brewing Co.
See page 3 for details

Cheese Madness Bracket Party

March 14 - 11:00 - 2:00 pm
In-store
See page 9 for details

Marquette Food Co-op Board of Directors Meeting

March 17 - 6 - 8pm
Co-op Classroom

Cooking Class: Ayurvedic Staples

March 25 - 5:30 - 7:30pm
Co-op Classroom
Registration required

SAVE THE DATE

Earth Day Cleanup
April 25

THE FRESH FEED

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

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Olivia Kingery SECRETARY
Michael Dewar TREASURER
Maria Danz
Antonio Adan
Greg Hoffmann
Stephanie Weaver
Alex Berger
Matt Gougeon GENERAL MANAGER

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

Disclaimer

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

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



**PRIORITIZING
LOCAL AND
ORGANIC FOOD
SYSTEMS**

**PROMOTING
COOPERATIVE
GROWTH
OPPORTUNITIES**

**SUPPORTING
AN EQUITABLE
SHOPPING
EXPERIENCE**

**FOCUSING ON
SUSTAINABLE
ENVIRONMENTAL
OUTCOMES**