



FRESH FEED

The Marquette Food Co-op Newsletter

May 2022



THE CINNAMON ROLLS! OH, AND THE PINWHEELS!



Matt Gougeon
General Manager

We haven't said a whole lot about it yet, but the Marquette Baking Company is now open to retail customers. After months of planning and getting the space outfitted with equipment, it feels really good to have the space open. Come in and check it out. There's a lot of good food available in addition to our fabulous breads — get a cup of coffee, a snack, or a bowl of soup for your lunch. We've tried to conveniently cover a variety of your needs beyond picking up your daily loaf! As we go, we'll be fine tuning the baked goods selection as well as the other product offerings. The only thing left to add to the space is our super deluxe bakery display case, which is on a long delay due to manufacturing and shipping issues. Once here, though, it will be quite the centerpiece.

Speaking of delays and new retail spaces, here's an update on our proposed second store on Third Street. In short, any planning and designing of a new retail store takes a significant amount of time. You must go through feasibility, store design, revenue and expense projections, lease negotiations, equipment sourcing, technology integration, lining up contractors, finance planning, cost estimating, merchandising planning, hiring, and more! That's a lot, and when you add in the fact that we're in a pandemic injured economy where equipment manufacturing, professional service, trucking, and staffing are all severely compromised, you can add many months to a timeline for project completion. Here's where we stand: we remain committed to the Third Street store. We have a store design, refrigeration system identified, other equipment sourced, a finance plan, a lease negotiated, technology identified, a staffing plan, and a fair idea of how the store will be merchandised. What we don't have as of this writing, is completed construction plans. Once we have those construction plans, we will be able to get quotes from contractors to build out the store. Once those quotes are in hand, and they meet our



expectations, that will trigger the signing of the lease, money to come available, ordering equipment, and construction to begin. There are still a few cost variables that could upend this project, but we feel confident that everything will fall into place. Building a new store, even this small store on Third Street, is an exercise in patience. At this point, my patience muscle is pretty buff!

There's more to come at the Marquette Baking Company and much more to come for the Third Street store. In the meantime, we're happy to serve you, the owners of two (soon to be three) thriving businesses.

Feel good. Shop the Co-op.



NOW OPEN FOR BUSINESS!

There's still work to be done at the bakery storefront, but we just couldn't wait any longer to share it with our community! To start, we'll be open 8am to 4pm Tuesday – Saturday with plans to extend hours once we're able. We'll be hosting a big celebration/grand opening this summer, so make sure to follow our social pages for an official invite.

Come in and grab a fresh loaf or delicious baked good from your local, cooperatively owned neighborhood bakery! We've also stocked a ton of great accoutrements like cheese, charcuterie, artisan jams, fair trade chocolate & more.

BAKERY PERKS

For Co-op/Marquette Baking Co. owners: All purchases made at the bakery earn you Owner Rewards Points that can be redeemed either at the bakery or the Marquette Food Co-op. Additionally, we'll make it a Baker's Dozen — purchase 12 loaves of Marquette Baking Co. bread, receive the 13th loaf for free. Your choice of MBC San Francisco Sourdough, Three Seed Sourdough, Cracked Wheat, or Country Italian.



Mother's Day GIFT GUIDE



Now Designs
Meow Meow Hip Bag
\$24.99

Denik
Embroidered Journal
\$16.99



Matr Boomie
Earrings
\$17.99



Big Dipper
Floral Pillar Candle
\$18.99

Figuière
Mediterranee Rosé
\$15.99



Silk Road Bazaar
Ornaments
\$19.99



Arcadia Brewing Co.
Lagerhosen Lager
\$8.99



Klean Kanteen
Camp Mug
\$24.99

Mother's Day RECIPES

HOMEMADE WAFFLE MIX

Recipe by Melissa Clark / NYTimes Cooking

This go-to recipe delivers fluffy waffles with crisp edges every time.

- 6 T unsalted butter, more for waffle iron
 - 2 C all-purpose flour
 - 1 T sugar
 - 1 t baking powder
- 1 t fine sea salt
 - ½ t baking soda
 - 1 C plain yogurt (or see note)
 - 1 C milk
 - 4 large eggs

Melt butter either on the stove or in the microwave. Set aside.

In a large bowl, whisk together flour, sugar, baking powder, salt, and baking soda. In a separate bowl, whisk together yogurt, milk, melted butter, and eggs. Fold wet ingredients into dry ingredients.

Preheat a waffle iron and, using a pastry brush or paper towel, lightly coat with butter. Cook waffles (using about 1/2 cup batter per waffle) until golden and crisp. Butter the iron in between batches as needed.

Serve waffles immediately as they are ready, or keep them warm in a 200 degree oven until ready to serve.

NOTES

- For a lighter, fluffier waffle, separate the eggs and proceed with step 2 using the egg yolks. Beat the whites until stiff, then fold into the batter. For whole-grain waffles, use 1 1/3 cup all-purpose flour and 2/3 cup whole-wheat flour. You can also substitute brown sugar for the granulated.
- If you don't have yogurt (sour cream or buttermilk will also work), substitute another 1 cup of milk mixed with 1 tablespoon lemon juice or vinegar.



TOPPINGS GALORE

For Mother's Day, go beyond the classic toppings like maple syrup or fresh berries and cream! If serving a crowd, prepare several topping options to make a fun DIY waffle bar.

BLUEBERRY LEMON CURD

Recipe from Sally's Baking Addiction

Add fresh or frozen blueberries to waffle batter before cooking. Top with prepared lemon curd and fresh blueberries. Serve & enjoy.

- 4 large egg yolks
 - ¾ C granulated sugar
 - 1 T lemon zest (about 1 lemon)
 - ½ C fresh lemon juice (about 2-3 lemons)
- ⅛ t salt
 - 6 T unsalted butter, softened to room temp

Fill the bottom pot of a double boiler with 1-2 inches of water. Place on high heat. Once the water begins to boil, reduce to low heat to keep the water at a simmer.

Place egg yolks, granulated sugar, lemon zest, lemon juice, and salt into the top pot of your double boiler. Using a silicone whisk, whisk until completely blended, then continue to whisk as the curd cooks. Constant whisking prevents the egg yolks from curdling. Whisk and cook until the mixture becomes thick, resembling the texture of hollandaise sauce, about 10 minutes. If curd isn't thickening, turn up the heat and constantly whisk.

Remove pan from heat. Cut the butter into 6 separate pieces, then whisk into the curd. The butter will melt from the heat of the curd. Pour curd into a jar or bowl and place a piece of plastic wrap directly on top so it is touching the top of the curd. (This prevents a skin from forming on top.) The curd will continue to thicken as it cools. Once cool, the plastic wrap can be removed.

Refrigerate the curd for up to about 10 days.

CARAMELIZED BANANA & DRIZZLED CHOCOLATE

Top prepared waffles with caramelized bananas and drizzle with melted chocolate, hazelnut spread or peanut butter. Serve & enjoy.

- 4 ripe bananas, sliced into coins
- 2 T butter
- 1/3 C sugar (brown or white)

Melt butter in skillet over medium heat.

Melt sugar in butter, stirring carefully to thicken and place bananas in a single layer on top. Cook for 2-3 minutes and flip, cooking an additional 2-3 minutes.

BROWN SUGAR PECAN PRALINE

Recipe from The Spruce Eats

Top prepared waffles with praline sauce and fresh whipped cream.

- 1 ¼ C light brown sugar
 - ¾ C evaporated milk
 - 1 T butter
- ½ t vanilla extract
 - ¼ C chopped pecans

In a small saucepan over low heat, combine brown sugar, evaporated milk, and butter.

Cook and stir sauce until it's smooth and syrupy, about 5 minutes. If it seems lumpy at all, strain through a mesh sieve.

Stir in vanilla extract and pecans. The sauce will thicken as it cools.

Serve praline sauce warm.

Mother's Day **RECIPES**

FROSÉ

Serves 4 – 6 | Recipe from bonappetit.com

Frosé or frozen rosé, although it does require some planning ahead, it is the perfect indulgence.

- **1 750 ml bottle hearty, bold rosé**
(such as a Pinot Noir or Merlot rosé)
- **½ c sugar**
- **8 oz strawberries, hulled, quartered**
- **2½ oz fresh lemon juice**



Pour rosé into a 13x9" pan and freeze until almost solid (it won't completely solidify due to the alcohol), at least 6 hours.

Meanwhile, bring sugar and ½ cup water to a boil in a medium saucepan; cook, stirring constantly, until sugar dissolves, about 3 minutes. Add strawberries, remove from heat, and let sit 30 minutes to infuse syrup with strawberry flavor. Strain through a fine-mesh sieve into a small bowl (do not press on solids); cover and chill until cold, about 30 minutes.

Scrape rosé into a blender. Add lemon juice, 3½ ounces strawberry syrup, and 1 cup crushed ice and purée until smooth. Transfer blender jar to freezer and freeze until frosé is thickened (aim for milkshake consistency), 25–35 minutes.

Blend again until frosé is slushy. Divide among glasses.





NATIVE STREET FLOWERS for MARQUETTE

As we move forward into an uncertain future with changing climate and social and economic upheaval, it's more important than ever to ask ourselves what we can do to prepare. As with any to-do list, it's best to start with the easy things first — that way, we build ourselves up to tackle the harder tasks. Like those easier “honey-do’s,” this is a starting point.

Marquette City Wildflowers is an initiative to replace marginal spaces of mowed grass, such as street medians, into perennial wildflower gardens. These ecologically-friendly garden spaces not only provide food and habitat for native pollinators and other wildlife, but also significantly reduce maintenance costs through water conservation, eliminating chemical inputs, decreasing the need for lawn mower gas and repair, and reducing labor needs. Planting native species will not only enhance the beauty of Marquette, but also provide accessible spaces for residents to interact with our local ecosystem.

Other municipalities have had similar projects meet great success, such as *Blooming Boulevards* in Mississauga, Ontario; *The Wildflower Project* in St. Paul, Minnesota; and *Bee City USA*, with 156 active communities across the continental U.S., including Ann Arbor and Ypsilanti here in Michigan. Through partnerships with local organizations and community members, we offer the opportunity to convert “wasted space” to productive pollinator gardens. Native plants have been proven to increase biodiversity, reduce storm runoff, and improve soil and air quality.

This ecologically beneficial alternative to sterile lawns is in line with the stated goals of the City of Marquette’s *Climate Adaptation Plan* and in accordance with the *Land Development Code* and *Community Master Plan*. By incorporating native flora into our everyday spaces, we will also grow closer to the land that sustains us and the living beings who have called the Upper Peninsula home since time immemorial.

To meet these goals, Marquette City Wildflowers is seeking volunteers, as well as donations of native plants and seeds, topsoil/compost and mulch, and most importantly – garden sites. Plants and seeds must be verified as native to the North Woods (EPA Level III) ecoregion. Garden sites must be in or near spaces of public access — along streets, bordering parks, or other areas of interest. Marquette City Wildflowers is not a registered non-profit and will not accept monetary donations. We are an affinity group joined together by love for Marquette and its native ecology!

If you are interested in supporting Marquette City Wildflowers, enter the Google Form URL below to sign your name!

forms.gle/EEK1sbPJczfV6aAKA

If you have any questions, please contact Tony Boyle via email at tonyboylemi@gmail.com



WELLNESS RESET

The new configuration of our Wellness Department may seem overwhelming at first, but we promise you'll love it. The extra shelf space has made room for more than 800 new products!

If you need help finding anything, please don't hesitate to ask our staff.

ASIAN PACIFIC AMERICAN HERITAGE MONTH

In celebration of Asian Pacific American Heritage Month, we've dedicated a page in our newsletter to highlight several Asian/Pacific-owned brands that you can find on our shelves. Please join us in the celebration!

asianpacificheritage.gov/about



RED BOAT FISH SAUCE

Following a successful career in computer engineering, Cuong Pham decided to start Red Boat Fish Sauce in 2011. Since his move to the United States in 1975, he had not been able to find a fragrant first-press fish sauce like he remembered from Vietnam. Cuong expanded a small, family-run facility on the tropical island of Phú Quốc in Vietnam, which has long been renown for producing the world's greatest fish sauces. Cuong partnered with expert fishermen and continued a centuries-old fermentation tradition. Today his brand is a global culinary sensation.



DIASPORA CO.

In 2017, after seven months of visiting farms in South Asia and learning about the spice trade of her native Mumbai and surrounding area, 23-year-old Sana Javeri Kadri founded Diaspora Co. Starting with just one spice, the company now sources more than 30 single origin spices from 150 farms across India and Sri Lanka. Their collection includes single source turmeric, pepper, chili, coriander, ginger, cumin, and cinnamon, among many more. Diaspora Co. is deeply connected with its farm partners, paying a living wage and making investments in leadership and land stewardship that will build climate resilience and more delicious food systems.



MAYA KAIMAL FOODS

Maya Kaimal is an award-winning cookbook author and founder of Maya Kaimal Foods. Raised in Boston by a South Indian father and a mother from New England, she grew up in a multi-cultural home filled with delicious and diverse foods. Her father's Indian cooking, combined with trips to visit family in India, piqued her interest in that cuisine from a young age. Inspired by heirloom family recipes, Maya's product line of simmer sauces, Everyday Dal, condiments, and more has garnered many industry awards.



SAN-J TAMARI SAUCE

The Sato family began making tamari soy sauce as the San-Jirushi company in Japan in 1804. In 1978, San-Jirushi established San-J to begin importing to the U.S and shortly after, in 1987, a plant was built in Henrico, Virginia. It was the first tamari brewing facility built in the United States. Today, Takashi Sato, an eighth-generation member of the founding family, is president of San-J, continuing the exacting standards for brewing some of the world's finest tamari soy sauce. Tamari soy sauce is made from 100% soybeans. San J tamari is non-GMO and gluten-free and there are no artificial preservatives, flavors, or added colors used.

LEMONGRASS PORK BÁNH MÌ

Makes 2 sandwiches | Recipe by Sandy Le for Vietnamese Cuisine Cooking Class

LEMONGRASS PORK MARINADE

- ¼ C minced lemongrass
- ¼ C sugar
- 1 ½ T fish sauce
- ¾ T ground black pepper
- 2 shallots, peeled and minced
- 2 cloves garlic, peeled and minced
- 1 T sesame oil
- 1 T soy sauce

PICKLED CARROTS AND DAIKON

- ½ C white vinegar
- ½ C sugar
- ½ t salt
- ½ C julienned carrots
- ½ cut julienned daikon

SANDWICH INGREDIENTS

- 1 lb boneless pork butt, cut into 1/4-inch thick slices
- 2 French baguette rolls sliced length wise in the center, approx. 8 in.
- cilantro
- 1-2 jalapenos, deseeded and thinly sliced
- pickled carrots and daikon (can substitute other radishes for daikon)
- mayonnaise (optional)

Place all marinade ingredients in large mixing bowl and stir until well combined. Lightly pound pork meat and place in marinade for at least 1 hour, the longer the better.

Make pickled veggies while meat marinates. Stir sugar and salt in vinegar until dissolved. Add carrots and daikon to vinegar and let sit at least 30 minutes.

Cook pork one of four ways:

1. Grill meat to develop char on both sides until pork is cooked through and reaches an internal temperature of 145°F
2. Broil in oven, 5 mins each side
3. Quick sauté on stove top
4. Cook in slow cooker or oven (unsliced pork)

Assemble sandwiches.



SPRING INTO SUMMER WITH DEALS AT THE CO-OP

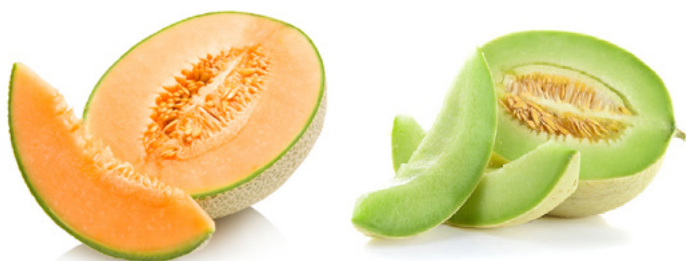
Summer is on the way, and the co-op has great deals on essentials for all your outdoor fun — refreshing drinks, snacks on the go and body care items for healthy skin. Look for Co+op Deals coupons throughout the store, and save over \$56 on favorite brands like Epic, Siggi's, Q Drinks, Maya Kaimal, Tazo and Garden of Life — 40 coupons in all! May/June coupons are valid through June 30, 2022.

Check out a preview of the coupons on our [website](#) and plan your next shopping trip today. To save even more money at the co-op, be sure to check out Co+op Deals items on sale and our selection of everyday low-price Co+op Basics items.



NEW ITEMS

May 2022



Organic Cantaloup & Honeydew Melons

Cantaloupes and honeydew melons are adored for their juiciness and sweet flavor. They can be consumed fresh and are often used in fruit salads, sorbets, smoothies, and ice-creams. The two have a similar taste and texture and can be used interchangeably in most recipes. Honeydew melon is slightly sweeter with a firm, green flesh, while cantaloupe has softer, orange flesh. Close relatives, both are members of the Cucurbitaceae family which also includes watermelon, cucumbers, pumpkins, and gourds.



Caves of Faribault Amagorg Gorgonzola

Cave of Faribault's cave dwelling Amagorg Gorgonzola cheese is aged for a minimum of 90 days in the legendary sandstone caves of Faribault, Minnesota. This natural setting leaves its mark on the cheese's sweet flavor profile. Amagorg pairs well with wine, chicken, and pasta, and would make a nice addition to a cheese board with dried fruit and nuts. From their community solar garden to the single-source origin of their milk, Caves of Faribault is driven by authenticity, flavor, texture, and sustainability.



Marquette Food Co-op Chicken Taco Blend

The Marquette Food Co-op's house-made Chicken Taco Blend is spiced with delicious taco seasoning and ready to be enjoyed on taco night. Chicken tacos are super versatile and easy to personalize. Opt for your favorite kind of tortilla or taco shell and pile on the toppings. The Chicken Taco Blend is also perfect for recipes like chicken burritos, nachos, rice bowls, Southwest salad, and taco soup.



Desert Essence Hand and Body Lotion

Keep your skin glowing and hydrated year-round with hand and body lotion from Desert Essence. Their vegan lotion collection is made with botanicals that deliver extraordinary results. Choose from a variety of formulas and scents, including Bulgarian Lavender, Coconut, Sweet Almond, and Island Mango. Soothe the senses with calming aromatherapy while leaving your skin kissed with your favorite scents. Also available in Fragrance Free.

Dinner with the Doctor: Making Healthy Behaviors Stick

May 10
4-5pm
MFC Classroom
Free, open to public
[Register Here](#)

MFC Board Meeting

May 17
6-8pm
MFC Classroom

Thai Cooking Class

May 19
6-8pm
MFC Classroom
[Register Here](#)

Memorial Day Sale

May 25-31

Thai Cooking Class

May 27
6-8pm
MFC Classroom
[Register Here](#)



THE FRESH FEED

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

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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.



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

www.marquettefood.coop
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