



# FRESH FEED

The Marquette Food Co-op Newsletter

May 2023



# SPREADING OUT



**Matt Gougeon**  
General Manager

I've written in recent months about our relatively cramped conditions at the store. As you may recall, this is due to our growth over the last three years resulting in an increase in staff members, customers, and equipment. The pressure for available space manifests in a lack of desks, meeting space, meeting space requiring a closed door, and space for necessary office equipment. It also has negated amenities like a breastfeeding room and the Co-op Café. (You may recall my announcement in this column in January that we have decided to reopen the Café.) We're targeting an open date towards the end of this month. So, how will we do that? Well, we have come upon a timely solution.

A couple of months ago we were contacted by the owner of Velodrome Coffee, across the street from the Co-op at 519 W. Washington. They told us of their intention to move their operations and inquired whether the Co-op would be interested in continuing the lease at that current site for retail or office use. Long story short, we determined that we could fit up to seven people in that space and create two offices with doors and a large common office for multiple desks. Working with our board of directors and the owner/landlords of the building, we settled on acceptable lease terms. While we will move people into the main floor of the building, we will also have access to the basement of the building that we can use for storage and a small workshop for technology and equipment repairs.

We're delighted that our Outreach, Marketing, and IT staff will have a new space in which to work. And at such a short distance directly across the street from the store. Importantly, moving them out of the windowless Co-op basement allows them to work in a daylight environment. This is good for all the obvious reasons. They will all still be connected to the systems and technology of the store. Back at the store, we will fill the vacated office spaces with a few other folks who need desks part of the time but also work on the store floor. We will also reorganize office equipment, printers, storage, and such.

There is a little remodeling to be done in the leased space. The floors will get re-finished, walls painted, and three doors to get hung. Pretty simple and straightforward, barring any surprises! Occupying this space is a win for everyone. Staff have their workspace needs met. Office equipment is better organized for whole store use. Customers get to have the Co-op Café back. All of this comes at a very reasonable cost. While this solution presented itself to us in a timely fashion, we do not look at it as a necessarily permanent solution. Though we have signed a five-year lease on the space, we know that the Co-op future has plenty of possibilities we haven't imagined yet. But for now, we are happy with the move across the street as we currently plan. When all is said and done, we should be moving our folks into 519 W. Washington sometime in the month of June.

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

# Self-checkout

## AND OWNER CARDS ARE NOW AVAILABLE!

We are excited to announce the opening of a self-checkout lane. All customers are welcome to utilize this lane, which is meant to provide a quick and easy way to checkout. For owners wishing to use the self-checkout lane, we recommend stopping by the customer service desk to pick up an owner card.



### A few notes on owner cards:

#### 1. Why do we need owner cards?

To access owner accounts at any checkout including our new self-checkout station. While not a requirement at staffed lanes, a card or fingerprint scan is necessary for your self-checkout items to be associated with your account.

#### 2. What is an owner card?

Plastic cards that you keep in your wallet, or a fob to keep on your key chain. They have a bar code on the back that can be swiped to access your account.

#### 3. Where can I get one?

Easy, just step over to the Customer Service Desk and in minutes you will be registered.

#### 4. When can I get my owner card?

Anytime! They are here and ready for our owners.



**Have you used the self-checkout lane?  
Let us know what you think!**

# MOTHER'S DAY GIFT GUIDE



- 1** Mother's Day cards  
Various  
\$4.99 and up
- 2** This Moment Is Full of Wonders:  
*The Zen Calligraphy of Thich Nhat Hanh*  
\$25
- 3** A Woman's Place  
*Deepi Ahluwalia and Stef Ferrari*  
\$14.99
- 4** MOMents journal  
\$14.99
- 5** Dark Guatemala Coffee  
*Café Femenino*  
\$13.99, 12 oz
- 6** Pom Lam  
*Revel Ciders*  
\$10.99, 750 ml
- 7** Carefree Chocolate  
*The Functional Chocolate Co.*  
\$6.99, 1.75 oz
- 8** Lowball Rise Autumn w/ Flip Lid  
*Klean Kanteen*  
\$15.99
- 9** Karen – Lemon Blueberry  
*Mom Water*  
\$13.49, 4- pack
- 10** Floral Candle Pillar  
*Big Dipper Wax Works*  
\$15.49
- 11** Baby Kittens  
*Fat Orange Cat Brewing*  
\$10.49, 4- pack
- 12** Babes in the Forest T-shirt  
*Landmark Project*  
\$34.99
- 13** Smithsonian Birdwatcher's Companion  
*David Burnie*  
\$24.95
- 14** Birdsong Mug  
*Now Designs*  
\$8.99
- 15** Butterflies & Moths Print  
*Yeesan Loh*  
\$14.99

# Hit the Trails

These portable, protein-packed snacks will give you the energy you need for your outdoor adventures.



## Nut Butter and Flax Powerballs

Servings: 15. Prep time: 20 minutes.

- 1 ½ cups almond butter
- 1 banana, peeled and mashed
- 2 tablespoons ground flaxseed
- 2 tablespoons whey protein powder
- 2 tablespoons cocoa powder
- 1 tablespoon honey
- ⅓ cup almonds, finely chopped

1. In a mixing bowl, stir together the almond butter, banana, flax, protein powder, cocoa powder and honey. Blend until smooth.
2. Line a plate or pan with parchment paper. Roll the mixture into 1- to 2-inch balls and place on parchment paper. Next, roll each ball in the chopped almonds and return to parchment paper. Place in the refrigerator or freezer until firm.



## No-Bake Apricot Cashew Energy Bars

Servings: Makes 14 bars. Prep time: 1 hour, 15 minutes; 15 minutes active.

- 1 ½ cups chopped dried apricots
- ½ cup cashews
- ½ cup almonds
- ½ cup cashew butter
- ½ cup peanut butter
- 1 cup flaked coconut
- ⅓ cup shelled hemp seeds
- ⅓ cup chia seeds
- 3 tablespoons cacao powder
- 1 tablespoon maca powder

1. Place the apricots, cashews, almonds and cashew butter in a food processor and mix until the apricots are finely chopped and the ingredients have come together. The mixture will still be coarse.
2. Transfer to a mixing bowl and add the remaining ingredients. Stir until the mixture takes on the consistency of a very thick dough. Line a loaf pan with parchment paper and press mixture firmly into the bottom of the pan. Chill in the refrigerator for at least one hour, then check to make sure it has set. When set, turn the mixture out onto a cutting board and slice into 14 pieces. Keeps refrigerated up to 5 days.

Reprinted by permission from [grocery.coop](http://grocery.coop).



## Chocolate Matcha Energy Balls

Servings: Makes 16. Prep time: 15 minutes.

- ½ cup raw cashews
- ¼ cup raw walnuts
- 1 cup pitted dates
- 1 tablespoon maple syrup or honey
- 2 tablespoons unsweetened cocoa
- 1 tablespoon plus 1 teaspoon matcha, divided
- Pinch of salt

1. Place cashews and walnuts in the food processor and grind the nuts to a fine mince, then scrape them to the center of the container. Add the dates, maple syrup or honey, cocoa, 1 tablespoon matcha and salt. Process until the dates form a thick paste and the mixture holds together if you squeeze a bit of it.
2. Scoop out a tablespoon of the mixture, form into a ball and place into a medium bowl; repeat until all of the mixture has been used. Use a wire mesh strainer to sift the remaining matcha over the balls. Roll the balls around to coat. Store, tightly wrapped, in the refrigerator for up to a month.



## Chewy Cocoa Granola Bars

Servings: Makes 12. Prep time: 20 minutes active; 50 minutes total.

- 2 cups rolled oats, thick
- ½ cup raisins, dried cherries or other dried fruit
- ½ cup coarsely chopped almonds, walnuts or peanuts
- ¼ cup cocoa
- ¼ teaspoon salt
- ¾ cup applesauce
- ½ cup honey or agave syrup
- 1 teaspoon vanilla

1. Preheat the oven to 350°F. Cut a piece of parchment paper 8 inches wide, and place it in an 8" x 8" baking pan, with the edges hanging over to make handles for easy removal of the finished bars.
2. On a sheet pan, spread the oats and toast them in the oven for about 10 minutes, until fragrant and lightly golden in spots. Let cool on a rack.
3. Place the cooled oats in a large bowl and add the dried fruit, nuts, cocoa and salt and stir to mix well.
4. In a medium bowl, combine the applesauce, honey and vanilla. Stir until smooth, then pour over the oat mixture. Stir until well mixed, then spread in the prepared pan. Using a spatula, press the mixture firmly and evenly in the pan.
5. Bake for 30 minutes, until the bars feel firm when pressed. Cool on a rack for 10 minutes, then use the parchment to lift the bars out and let cool completely. Cut 3-by-4 to make 12 bars. Store, tightly wrapped, for up to 4 days at room temperature or a week in the refrigerator.





# SHEET PAN GNOCCHI WITH ASPARAGUS, LEEKS, AND PEAS

serves 4 | adapted from the *New York Times*

- 2 17.5oz packages of gnocchi
- 3 T olive oil
- 4 T unsalted butter
- Kosher salt and black pepper
- 1 bunch asparagus (about 1 pound), trimmed and cut into thirds
- 2 small leeks, trimmed, halved length wise, then sliced ½-inch thick (about 2 cups)
- 2 shallots, trimmed and sliced length wise ¼-inch thick
- 1 C frozen peas, thawed (or fresh peas)
- 1 lemon, scrubbed
- ½ C grated Parmesan
- ¼ C sliced fresh chives or parsley (optional)

Heat oven to 425°F. While the oven heats, bring a large pot of water to a boil. Prepare gnocchi according to package instructions. Drain the cooked gnocchi and transfer to a large, rimmed baking sheet. Toss gnocchi with 2 tablespoons oil, 2 tablespoon butter, and ½ teaspoon salt.

On another rimmed baking sheet, toss asparagus, leeks and shallots with remaining 1 tablespoon oil and 2 tablespoons butter. Season with ½ teaspoon salt and a few generous grinds of pepper.

Put both pans in the oven, with the gnocchi on the bottom rack and the vegetables above. Stir the gnocchi and vegetables after 5 minutes to distribute the butter. Stir the vegetables once or twice more, but leave the gnocchi undisturbed. Roast until vegetables are golden and getting crispy on the edges, about 15 minutes total, and the gnocchi are golden brown on one side, 20 to 25 minutes total. Stir the peas into the vegetables in the last 5 minutes of cooking.

Combine the gnocchi and vegetables on one tray, then grate the lemon zest over the top. Sprinkle with half the Parmesan and chives, if using, saving some for serving. Season to taste with salt and pepper. Toss to combine, and transfer to a serving bowl or platter. Sprinkle with remaining Parmesan and chives, and serve immediately.

# Support

## ASIAN AMERICAN AND PACIFIC ISLANDER-OWNED BRANDS

for AAPI Heritage Month



### Lavender Vanilla Bar Pocket Latte

Pocket Latte's Lavender Vanilla Bars are ready-to-eat coffee bars made with chocolate and real caffeine from medium roast coffee, containing 110-130 MG of natural caffeine per bar. Proudly made in the USA with fair trade cocoa butter, organic ingredients and 100% Robusta coffee. Also try these delicious and energizing Pocket Latte flavors: Cream & Sugar, Dark Roast, and Hazelnut.



### Lemongrass BBQ Starter (3pk) Omsom

Omsom is a proud and loud Asian food brand founded by two sisters, daughters of Vietnamese refugees, who grew up watching their Mè cook Viet dinners from scratch every night. They work with iconic Asian chefs to craft starters or pantry shortcuts for specific Asian dishes. Their Lemongrass BBQ starter 3pk is a sweet and aromatic Vietnamese family pantry staple. These packets contain all the sauces, spices, and seasonings you need – just add your own protein and veggies and serve atop rice noodles with fresh herbs. Lemongrass BBQ is fragrant and ever so scrumptious.



### Japanese Barbecue Sauce Hot and Spicy

#### Bachan's

Bachan's Japanese Hot and Spicy Barbecue Sauce is made in small batches based on a family recipe. It's great as a sauce or marinade on meat, fish, veggies, rice, and anything in-between. Bachan means grandmother in Japanese. Inspired by his grandmother's sauces and cooking with her as a child, the founder of Bachan's named his company after her.



### Oishii Ginger Witbier Japas Cervejaria

Japas Cervejaria is a Chicago-based brewery founded by three women. This union occurred when they identified their similarities: they were some of the few women and, coincidentally, some of the few Japanese descendants in the craft beer industry. The name of this beer, Oishii, means "yummy" in Japanese. Made with ginger, wheat, and orange peel, this beer is specially designed to combine with light dishes, causing the drinker to exclaim "oishii!" at the end of each sip.



Lisa Bronner's

# DILUTIONS CHEAT SHEET

PURE-CASTILE LIQUID SOAP



## BODY USES:

### HANDS-FACE-BODY

Small squirt applied to wet hands or washcloth.

### FOAMING PUMP DISPENSER

1 part soap in 3 parts water.

### MAKEUP REMOVAL

Lather several drops in hands. Massage on to wet skin. Rinse.

### HAIR

A couple drops for close cropped hair or up to ½ Tbsp. (7.5 mL) for long hair, either worked directly into very wet hair or pre-diluted in a cup of water. Follow with Dr. Bronner's Citrus Organic Hair Rinse or diluted apple cider vinegar.

### BATH

Approximately 2 Tbsp. (30 mL) soap for an average-sized tub. (Doesn't bubble, but still cleans.)

### SHAVING

Face, 10 drops; Underarms, 3 drops; Legs, ½ tsp. (2.5 mL). Work to a lather in wet hands, apply to area.

### TEETH

1 drop on a toothbrush. (Yes, it tastes like soap.)

### FOOT BATH

½ Tbsp. (7.5 mL) in a small tub of hot water.

### CLEARING CONGESTION

1 Tbsp. (15 mL) of Peppermint or Eucalyptus in a bowl of steamy hot, but not boiling water. Drape towel over head, breathe in mist.

## HOUSEHOLD USES:

### DISHES (HANDWASHING)

- Recommended: Pre-dilute 1:10 with water in a squirt bottle. Use directly on a scrub brush.
- 1-2 Tbsp. (15-30 mL) Castile Soap in a large sink of water. A small squirt for one pot, more if needed.
- To avoid water spots in hard water conditions, dry dishes by hand.

### LAUNDRY

⅓-½ c. (80-120 mL) soap for a large load in a regular washer. Add 1 c. (240 mL) vinegar to the rinse cycle. Optional: For extra whitening/deodorizing, add ½ c. (120 mL) baking soda to wash cycle. Halve these amounts for HE washers.

### HANDWASHING DELICATES

1 capful (1 Tbsp. or 15 mL) soap in about 1 gallon (4 L) cold water.

Swish gently. Let soak 10 minutes. Swish again. Rinse with clean water. Gently press out excess water with a towel. Hang clothing or lay flat to dry.

### MOPPING (WOOD/LAMINATE/STONE/TILE)

½ c. (120 mL) soap in 3 gallons (12 L) hot water. Dunk mop (microfiber, preferably) and wring thoroughly. On wood and laminate, avoid excess water and mop up wet areas.

### ALL-PURPOSE CLEANING SPRAY

¼ c. (60 mL) soap in a quart (1 L) water in a spray bottle. Optional: Add ¼ tsp. (1.25 mL) tea tree essential oil.

### WINDOW WASH (AKA CASTILE LITE)

1 Tbsp. (15 mL) soap in a quart (1 L) of water in a spray bottle. Spray and squeegee. Follow with a spray of pure club soda or half vinegar/half water and squeegee.

### TOILETS

Pre-dilute 1:4 with water in a squirt bottle. Add ¼ tsp. (1.25 mL) tea tree oil. For best results, empty toilet. Spray bowl thoroughly with All-Purpose Spray, or sprinkle 2-3 drops of Castile Soap directly on toilet brush. Sprinkle baking soda on a brush, scrub bowl. Let sit 10 minutes. Turn water on. Flush.

## OTHER USES:

### FRUIT & VEGGIE WASH

1 dash (approx. ¼ tsp. or 1.25 mL) in a bowl of water. Dunk produce and swish. Rinse in clear water.

### DOG WASHING

Wet dog thoroughly. Massage in enough soap to create a good lather. (Amount varies based on size, hair type, and overall dirtiness.) Rinse thoroughly.

### CLEANING MAKEUP BRUSHES

Wet the makeup brushes in water. Add 1-2 drops soap to the bristles. Massage in gently for 10+ seconds, then rinse. Repeat as needed until water runs clear.

### PLANT SPRAY FOR BUGS

1 Tbsp. (15 mL) in a quart (1 L) of water. Spray plants twice daily until infestation clears.

### ANT SPRAY (NOT ON PLANTS)

¼ c. (60 mL) Tea Tree Castile soap in a quart (1 L) of water. (This concentration will burn plants.)



Visit the website:  
[LisaBronner.com](http://LisaBronner.com)

**GoingGreen**  
with Lisa Bronner

# 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.

### MAY OWNER COUPONS

Valid until May 31, 2023

#### **\$1.00 Off** per pound Marquette Food Co-op Chicken Breast

Limit 1 package per coupon. 1 coupon per owner account. While supplies last.



#### **\$2.00 Off** Brancott Estate Sauvignon Blanc

750ml - Limit 1 bottle per coupon.  
1 coupon per owner account.  
While supplies last.



#### **\$1.00 Off** per pound Nasonville Crumbled Feta

Limit 1 container per coupon. 1 coupon per owner account. While supplies last.



—— GOOD ODDS  
 - - - - HIT AND MISS

# CENTRAL U.P. PRODUCE AVAILABILITY

Spring

Summer

Fall

Winter

Mar Apr May Jun Jul Aug Sep Oct Nov Dec Jan Feb



# NEW ITEMS

May 2023



## Chocolate Cake Cocoa Truffle Bar

### Honey Mama's

Honey Mama's exquisite Chocolate Cake Cocoa Truffle Bar is reminiscent of rich chocolate cake. Made with Dutch cocoa, raw honey, toasted pecans, and golden coconut, these fudgy bars have a delightful texture. Honey Mama's refrigerated bars are made with organic whole foods and are naturally free from refined sugar, dairy, gluten, and soy.



## Unsweetened Vanilla

### Tache Pistachio Milk

Made with real pistachios and no added oils— Tache Pistachio Milk, Unsweetened Vanilla, is delicious on its own as it is in coffee, tea, matcha, smoothies, breakfast, baking, and more! Flavor, nutrition, and sustainability are all significant factors for Tache. Pistachios are rich in flavor, vitamins, antioxidants, and complete protein. And they require about 75% less water to produce than almonds. Tache Pistachio Milk is a female-founded and led company.



## Peanut Butter Banana

### Wise Bar

Wise Bar's Peanut Butter Banana bars contain a potent blend of adaptogens. Made with Lions Mane, Reishi, and Ashwagandha, these adaptogens can help enhance your focus and resist stress in your body. Paired with the perfect flavor combination of peanut butter, banana, and cacao, these bars are ideal as a snack or to fuel any adventure. Made with organic, vegan, gluten free ingredients.



## Sun-Dried Figs

### Ziba Foods

Grown in some of the most remote regions of southern Afghanistan, Ziba Foods sun-dried heirloom figs are highly sought after for their sweetness and high nutrition content. Ziba Foods figs are left to fully ripen and partially dry on the tree before being sun-dried. These figs are a heart-healthy superfood with high levels of calcium, iron, and fiber. Enjoy as a wholesome snack or cooked into jams or desserts.

**NMU Graduation**  
Saturday, May 6

**Mother's Day**  
Sunday, May 14

**MFC Board Meeting**  
Tuesday, May 16 • 6-8pm

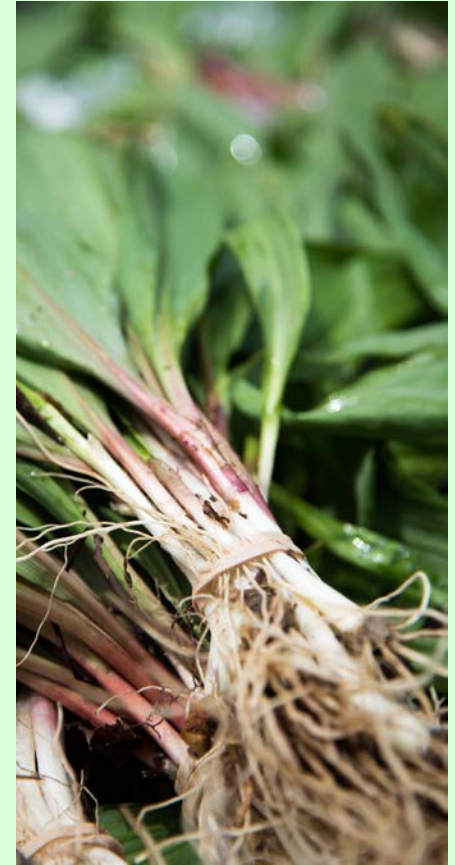
**Community Baby Shower**  
*Redeemer Lutheran Church*  
Friday, May 19

**Dead River Roasters Vendor Sampling**  
Saturday, May 20

**Aspen Ridge Family Night**  
*Aspen Ridge Elementary School*  
Wednesday, May 24

**Cooking with Ramps Demonstration at the Marquette Farmers Market**  
Saturday, May 27 • 8am-1pm

**Memorial Day**  
Monday, May 29



## THE FRESH FEED

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

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502 W. Washington St.  
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In-store Hours **8am - 9pm**  
Grocery Pickup **11am - 6pm**

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



### Board of Directors

Michelle Augustyn PRESIDENT  
Kevin Pierfelice VICE PRESIDENT  
Kelly Cantway SECRETARY  
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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.

**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**