



# FRESH FEED

The Marquette Food Co-op Newsletter

May 2024



# CO-OP ENTHUSIASM



**Matt Gougeon**  
General Manager

I want to be more like my dog, Junior. Junior is enthusiastic. I'm not saying I lack enthusiasm, but rather that Junior is 100% enthusiastic about his life and work as a dog. That is when he is not sleeping, which, admittedly, is a lot of the time. But when he's up, he's at 'em! But since we can't actually be like a dog, we get to use them as inspiration.

There is a lot to do at the Co-op and a lot gets done every day by a bunch of good people. I can honestly say that I and a whole lot of others approach our Co-op days with enthusiasm. It's helpful to take stock sometimes and recognize the results of this enthusiasm- which breeds more enthusiasm. Part of that recognition includes measuring results. A while back I reported here that we were getting LED replacement bulbs for all remaining fluorescent lights in the store. This initiative was inspired by one of our staff completing a senior project at NMU on energy usage in the store. The job itself was completed by a local contractor and Co-op member, Red Electric. We now have had a first full month of usage to measure with the new LEDs on the job. We saved almost \$900.00 on our electric bill because of them. These savings (and lowered usage) will carry forward.

More recently, another student staffer is completing their senior project on our grey water catchment systems in the store. Between our rooftop rainwater and refrigeration condensation collection, we are re-using more than 31,000 gallons of grey water to irrigate our outdoor greenspace and flush toilets. This equates to 5.5% of our total water usage. Think if every business and household could do this?

Relative to our grey water irrigation system, our green spaces will get a makeover this year. For the past few years, our greenspace has gotten short shrift due to managing store growth. This means that our once all native plantings have been overrun by invasives and uh, non-planned volunteers (weeds!). Landscaper and member Plant Theory LLC will be on the job this month ridding our greenspace of invasives, mulching, and prepping for new native plantings to return. We're excited to have this underway as we've learned much in the last ten years about parking lot and delivery traffic, snow plowing, and where people walk to better inform what is feasible for our greenspace and for our maintenance of it.

This is part of the beauty of our Co-op. We have members working here, working on the Co-op, and working to make the Co-op better with their ideas and talents. This level of member participation is unwritten, unorganized, and often unseen but is a very real undercurrent of cooperation that makes this place and our community unique. This makes it impossible to not approach the place with enthusiasm. I think my dog, Junior, would agree that waking up and going to work at, with, for, and because of the Marquette Food Co-op is something to be enthusiastic about. If I had a tail, I'd be wagging it.

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

# KEEPING IT EQUITABLE



**Tom Rulseh**  
Board Treasurer

Along with our aim of ensuring that the Co-op is providing local and organic food sustainably we strive to support an equitable shopping experience. The “we” here refers to your Co-op Board of Directors. In our ongoing work of policy development and review we recently focused our attention on how our Board Governance Policies could better follow the principles of Diversity, Equity and Inclusion. Basically this is most applicable to the policies dealing with treatment of Staff and Customers.

In a broad sense our policies are set forth in a framework of Executive Limitations that guide the General Manager in all aspects of Store Operations. Policy L1 addresses Treatment of Customers. Among its other limitations the policy has now been expanded to say that the GM will not: Allow a shopping experience for customers that is not consistent with the principles of diversity, equity, and inclusion as defined in Board Policy L12. A similar limit was added to Policy L2 Staff Treatment in which the GM will not: Fail to follow the principles of diversity, equity, and inclusion in employment decisions and in staff treatment as defined in Board Policy L12.

Those policy modifications are then more specifically defined in Policy L12 in which the GM will not: Fail to use the following definitions in the implementation of the Executive Limitations policies:

L12.1.1 Diversity: refers to the representation of all groups of people including those that may otherwise be underserved and marginalized. Diversity is achieved through actions that explicitly counter natural and societal inequities and meet the unique needs of all populations.

L12.1.2 Equity: is the measure of individual, interpersonal, and organizational well-being and the absence of discrimination, mistreatment, or abuse for all populations. Equity is achieved by eliminating structural barriers resulting from natural and societal inequities and meeting the unique needs of all individuals, groups and organizations.

L12.1.3 Inclusion: involves organizational practices that ensure that the makeup and backgrounds of different groups or individuals are culturally and socially accepted, welcomed, and equally treated. For individuals, inclusion is a sense of belonging based on respect and being valued.

And that is the formality behind our intention to make shopping at the co-op equitable. For us it includes the concepts of fairness and justice in all of the Co-op’s community services and also ensuring that getting good food is efficient, affordable and enjoyable for everyone. We are doing our best to get it right. Still, there is always room for improvement. We are counting on you to bring us those helpful suggestions.

# MOTHER'S DAY GIFT GUIDE

We've got a selection of goodies around the Co-op that make an excellent gift for a Mom in your life.

Are they a Mom who likes to kick back with a cool cup of tea? Groovy. We got that.

Are they a Mom who gets the day started with some Café de Olla? Sure. We got just the thing.

Are they looking to replace that old purse? Girl, we got it.



## 1 Brew Barrel Lily Pad MFC

What's a better gift than a Marquette Food Co-op mug? Nothing! Give Mom a cute piece of Marquette while supporting your favorite grocery cooperative!

## 2 Chill Witch Tea Botánica Quetzalli

Sometimes, Mama just wants to chill. This "Botanical Blend" helps with that. Using a mix of passionflower, lemon balm, skullcap, and rose, this tea is an earthy, quiet experience best had before bed. Botánica Quetzalli is a Marquette brand, and one which celebrates its Chicana-Indigenous roots.

## 3 Dark Guatemala Roast Café Femenino

Patriarchy presents plenty problems for women, debt and poverty especially prevalent in rural parts of the world. Café Femenino works to change this. The program pushes cooperatives to provide all women farmers equal pay, authority, and recognition for the amazing coffee they make, too.

## 4 Orange Blossom Bag Three Potato Four

Who doesn't love a little vintage? Three Potato Four is a wife and husband team creating custom designer goods in the suburbs of Philadelphia. Their Orange Blossom Bag is an excellent gift for the Mom on the go. This bag's light-weight, durable, and the perfect size for keeping it all together.

# MOTHER'S DAY GIFT GUIDE



4



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- 4** MFC Mugs  
*Potbelly Pink Passion*  
\$26.99
- 5** Now Designs  
*Cosmic Burrow Bag*  
\$23.99
- 6** Solstice  
*Sweet Violet Patch*  
\$8
- 7** Buttercup Hat  
\$27.99
- 8** Mom Water  
*Lemon Blueberry - Karen*  
\$13.49, 4 pack 12 oz cans
- 9** Homework Letterpress Studio  
*Sun Salutation Print*  
\$14.99
- 10** BRB Booklover Coffee Mug  
\$21.99



# Get Your Greens!

Reprinted by permission from [grocery.coop](http://grocery.coop).  
Find recipes, plus information about your food  
and where it comes from at [grocery.coop](http://grocery.coop).

It's no secret that green and leafy vegetables are good for you. But while a side of steamed broccoli is nutritious, it lacks ... excitement.

Even salads, with their endless potential for variety, can begin to feel too familiar.

Liven things up! To enjoy more of those glorious greens, start by making small additions to your daily diet: Snack on crunchy cucumbers and snap peas, or add a pop of flavor with fresh herbs. Toss leafy greens into any soup, smoothie, stir-fry or curry. Hungry for more ideas? Give these simple, green-themed recipes a try.

### Baby Kale Stir Fry

Serves: 2. Prep time: 15 minutes.

- 1 tablespoon tamari
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 tablespoon avocado oil
- 1 small carrot, sliced diagonally
- 1 5-ounce package baby kale

1. In a small bowl, stir the tamari, rice vinegar and honey; set aside.
2. Place a wok or large saute pan over medium-high heat for a couple of seconds, then drizzle in the oil.
3. Add the carrot slices and stir for 1 minute, then add the kale and stir. As the kale starts to wilt, after about 1 minute, drizzle in the tamari mixture and stir to coat. Cook until kale is softened, about 1 minute longer.
4. Serve hot.

*Nutrient-dense dark leafy greens like kale, spinach and collards are an excellent source of vitamins A, C and K, minerals, antioxidants and fiber.*



### Great Green Goddess Salad

Serves: 4. Prep time: 20 minutes.

- 1 clove garlic
- 1 small anchovy (optional)
- ½ cup lightly packed fresh parsley
- 2 medium scallions, white and green parts separated
- ½ teaspoon dried tarragon
- ¼ cup plain Greek yogurt
- 2 tablespoons mayonnaise
- 1 tablespoon white wine vinegar
- ½ teaspoon salt
- 2 tablespoons olive oil
- 5 ounces baby spinach, washed and dried
- 1 medium cucumber, peeled and sliced
- 1 medium avocado, sliced

1. For the dressing, in the food processor, combine the garlic, anchovy (if using), parsley and the white parts of the scallions. Process to mince very finely. Scrape down and process again. Add the tarragon, yogurt, mayonnaise, vinegar and salt and process until smooth. With the machine running, drizzle in the olive oil until well mixed. Transfer to a pouring cup or jar; keeps for 4 days, tightly covered, in the refrigerator.
2. For the salad, spread the spinach on a platter or four small dinner plates. Cover with cucumber and avocado, and drizzle with dressing, then chop and sprinkle the scallion greens over the salads. Serve immediately.



## Mint Pesto Pea Soup

Serves: 6. Prep time: 30 minutes.

### Soup

1 tablespoon olive oil  
2 tablespoons butter  
1 cup yellow onion, diced  
2 cloves garlic, minced  
4 cups vegetable broth  
6 cups fresh or frozen peas  
2 green onions, diced  
2 tablespoons fresh mint, minced  
¼ cup sour cream  
Salt and black pepper to taste

### Pesto

½ cup fresh parsley leaves  
¼ cup fresh mint leaves  
¼ cup pine nuts  
1 lemon, zest and juice  
2 ounces Parmesan cheese, shredded  
2 tablespoons olive oil

1. Heat 1 tablespoon olive oil with the butter in a large stock pot over medium-high heat. Add the onions and saute 5 to 10 minutes until onions are soft and translucent. Add half the minced garlic, and cook another minute, then add the vegetable broth and bring to a boil. Add the peas, return to a boil, and simmer for 1 to 2 minutes. Remove from heat, then stir in the green onions, mint, sour cream, and a pinch of salt and pepper. Puree the soup in a blender until smooth. Taste for salt and pepper.
2. To make the pesto, put the parsley, mint, remaining garlic, pine nuts and lemon zest and juice in a food processor and blend until smooth. Add the Parmesan cheese and blend. Slowly drizzle in the olive oil until blended well.
3. Top each bowl of soup with a large spoonful of pesto, and serve warm or chilled.

*This vibrant, refreshing soup can be served warm or chilled. Spread any extra pesto on toasted baguette slices or whole-wheat pita wedges, then top with a sprinkle of feta cheese.*



## Stuffed Collard Greens

Serves: 8 rolls. Prep time: 1 hour; 30 minutes active.

8 collard leaves, large stems removed  
1 tablespoon olive oil  
1 cup diced yellow onion  
1 celery stalk, diced  
½ red or green bell pepper, seeds removed, diced  
2 cloves garlic, minced  
½ pound ground turkey or plant-based crumbles  
1 teaspoon chili powder  
½ teaspoon dried thyme  
Pinch of cayenne (optional)  
¾ cup chicken or vegetable broth  
1 ½ cups cooked rice  
Pinch each of salt and black pepper  
¾ cup Carolina-style barbecue sauce

1. Heat the oven to 350°F. Oil or butter an 8 x 8-inch casserole dish.
2. Bring a large pot of water to a boil. Gently place the collard leaves in the water and cook for about 3 to 5 minutes until just tender. Remove the leaves, drain and cool.
3. In a large skillet, heat the olive oil over medium-high heat and saute the onion, celery, bell pepper and garlic for 5 minutes. Add the turkey and spices and cook another few minutes until the turkey is almost cooked through. Add the broth and rice and cook another few minutes until the broth is absorbed. Season the meat with salt and pepper to taste and remove from heat.
4. Gently lay out a collard leaf on a dry cutting board, stem end facing away from you. Divide the turkey mixture into eight portions. Place one portion of turkey near the stem end of the leaf. Fold in the side edges of the leaf and roll up the collard around the filling, like a burrito. Place the collard roll in the casserole dish, seam side down. Repeat with the rest of the collards and filling. Drizzle barbecue sauce over the top of the rolls, cover with aluminum foil and place in the oven. Bake for about 30 to 40 minutes until the collard rolls are tender. Serve warm.



# PRESCRIPTION FOR HEALTH

Are you or a loved-one at-risk for or dealing with a chronic illness? If so, you may be qualified for the Upper Peninsula Commission for Area Progress (UPCAP) Food as Medicine program.

Food as Medicine assists those 18 years of age or older struggling with chronic illness or possibility of chronic illness. Participants must also have a financial barrier between them and access to fresh food.

Qualifying participants can contact a partnered healthcare provider to receive a referral to the program. Once referrals are processed through UPCAP's 211 call center, a participant will be called if selected.

The program functions on a voucher system, providing up to \$15 per week for a 20-week period. These are only accepted at participating local farmer markets.

Those in the program may also check out nutrition classes held virtually by Michigan State University Extension Educators. Classes are free, and those who visit 4 of the 6 classes will receive up to \$40 in additional vouchers. This year, the Marquette Food Co-op will be offering cooking classes exclusively for Food as Medicine participants (pg. 12).

Food as Medicine also supports U.P. farmers through grants assisting with growth and development projects. Over the previous years, 13 farms received support allowing them to develop cold food storage systems, which UPCAP reports has "helped increase access to local, nutritious foods for residents, and extend the growing season, capacity and economic impact of local producers."

Now, the program is providing another round of farms from each U.P. region up to \$12,000 to develop high tunnel systems. This allows farms to avoid taking on heavy debt while installing high tunnel buildings which support vegetables and fruit that need a warm climate to grow.

2024 grant recipients have already been selected, but there is still time to apply to the Food as Medicine program! Speak with a partnered healthcare provider or visit [upcap.org](http://upcap.org) to learn more.





# **PRESCRIPTION FOR HEALTH**

## **PARTICIPATING FARMERS MARKETS:**

This list is subject to change as UPCAP adds more providers. For up-to-date information be sure to check [upcap.org/program/food-as-medicine](http://upcap.org/program/food-as-medicine)

- Baraga County Farmers Market (L'anse)
- Bay Mills-Brimley Farmers Market
- Depot Park Farmers & Artisans Market (Ironwood)
- Downtown Marquette Farmers Market
- Escanaba Farmers Market
- Gladstone Farmers Market
- Hancock Tori & Farmers Market
- Iron Mountain Downtown Farmers & Artists Market
- Ironwood Township Farmers Market
- Main Street Calumet Farmers Market
- Menominee Historic Downtown Farmers Market
- Munising Farmers & Artisans Market
- Newberry Farmers Market
- Sault Ste. Marie Farmers Market

## **NEW THIS YEAR:**

- Partridge Creek Farm Market in Ishpeming
- Lake Linden Farmers Market

## **PARTICIPATING HEALTHCARE PROVIDERS INCLUDE:**

- Upper Peninsula Health Plan UPHP Care Management
- OSF Healthcare St. Francis Hospital & Medical Group
- Upper Great Lakes Family Health Centers
- UP Health Systems – Marquette
- Helen Newberry Joy Hospital & Healthcare Center
- Bay Mills Health Center
- UPHS – Bell
- Superior Alliance for Independent Living
- Singletrack Health P.C.
- North Country Health of Marquette P.C.
- Hiawatha Behavioral Health
- Marshfield Medical Center – Dickinson
- KBIC Health System
- Pathways
- Cedar Hills Medical, PC.
- BCMH Physician Group – Baraga
- Superior Walk In and Family Health
- Access Family Medicine

# LOCAL FOOD

## *Global Flavor*



Learn to create delicious, affordable meals using local produce! These hands-on cooking classes will teach you how to bring your favorite cuisines from around the world into your kitchen while using as many local ingredients as possible.

Families are welcome, classes can be adapted to let children participate too. **Classes are free to Prescription for Health participants and their families.** All classes are at 5:30pm, and taught in the Marquette Food Co-op Classroom, located in the basement of the Co-op.

**Sign up for one or all of the classes by calling Pamela Valdez at 906-225-0671 ext. 701**

### Springtime Italian

**Wednesday, May 8**

A hallmark of Italian food is enjoying food seasonally. In this class we celebrate the early spring offerings of the U.P., including chicken piccata, two simple recipes with leafy greens, and an asparagus dish that is one of our most popular recipes ever.

### Middle Eastern Meal

**Wednesday, May 29**

Enjoy a feast of foods that can be found in countries all around the Middle East. We'll make chicken shawarma sandwiches paired with a refreshing yogurt sauce and tabouli, the classic parsley and vegetable salad. Gluten-free option available.

### Indian Curry Night

**Wednesday, October 16**

Indian food can be made with simple ingredients that pack a lot of flavor. Learn to make a vegetable curry that can use just about any produce you have available. Vegan & Gluten-free options available.

### Spanish Classics

**Wednesday, September 18**

In this class we make the most of tomato season in the U.P. by making the refreshing Spanish soup, gazpacho. We'll also cover how to make Spanish tortilla, whose humble ingredients of eggs, potato, and olive oil add up to lot of flavor. Vegetarian & Gluten-free options available.





## MARY BERRY'S SCONES & JAM

### Scones

- 1lb self-raising flour
- 2 level t baking powder
- 1¾ oz caster sugar
- 3½ oz butter, softened, cut into pieces
- 2 free-range eggs
- a little milk
- handful raisins (*optional*)

Preheat the oven to 425°F. Lightly grease two baking trays.

Put the flour, baking powder and sugar in a large bowl. Add the butter and rub in with your fingertips until the mixture resembles fine breadcrumbs.

Crack the eggs into a measuring jug, then add enough milk to make the total liquid 300ml/10fl oz. Stir the egg and milk into the flour – you may not need it all – and mix to a soft, sticky dough.

Turn out onto a lightly floured work surface, knead lightly and work in the sultanas, if using. Roll out to a rectangle about ¾ inches thick.

Cut into as many rounds as possible with a fluted 2 inch cutter and place them on the prepared baking trays. Brush the tops of the scones with a little extra milk, or any egg and milk left in the jug.

Bake for 12–15 minutes, or until the scones are well risen and a pale, golden-brown colour. Lift onto a wire rack to cool. Eat as fresh as possible.

To serve, split the scones and serve with strawberry jam on the plain scones along with a good dollop of clotted cream.

### Strawberry Jam

- 2lb 4oz fresh strawberries, washed, hulled and dried
- 1 lemon, juice only
- 2lb 4oz jam sugar

If the strawberries are large, cut them in half. Put the strawberries and lemon juice into a large pan. Heat for a few minutes to soften, add the sugar and stir over a low heat until the sugar has dissolved.

Once the sugar has dissolved and the liquid is clear, boil steadily for about 6 minutes, or until at setting point. To test if the jam is at setting point, spoon a little onto a cold plate, leave for a minute and then push the jam with your finger. If the jam crinkles and separates without flooding back, setting point has been reached.

Set aside to cool for 10 minutes. Spoon into sterilised jars, label and seal with wax paper and a lid.

# LOCAL SPOTLIGHT

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

## 231 WEST PATISSERIE

MATT & ERIN BEARDSLEY



231 West Patisserie prides itself on quality, detail, and effort. Everything they make, from their signature macaroons to their coffee syrups, is made in-house. These change with the seasons, keeping the menu lively and fresh. 231 West Patisserie also hosts community events, like their Annual Latte Art Showdown, letting locals show their talent and bring their passion to the cafe.



**ALL 231 WEST PATISSERIE PRODUCTS ARE 10% OFF**  
AT THE MFC FOR THE MONTH OF MAY

Learn more about this business on Facebook, Instagram, or their website, [www.231west.com](http://www.231west.com)

# owner COUPONS

## THE MARQUETTE FOOD CO-OP OWNER COUPON PROGRAM

Every month, the Marquette Food Co-op will be offering digital coupons for owners. 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, 2024

#### **\$2.00 Off** **Marquette Baking Co.** **Walnut Chocolate** **Chip Cookies**

6 pack  
Limit three packages per coupon.  
One coupon per owner account.  
While supplies last.



#### **\$1.00 Off** **Earthbound Farms** **Power Greens**

10 oz  
Limit three packages per coupon.  
One coupon per owner account.  
While supplies last.



#### **\$1.00 Off** **Force of Nature** **Ground Bison**

14 oz  
Limit three packages per coupon.  
One coupon per owner account.  
While supplies last.



All your favorite brands

# Spring into great savings!

Look for over 65 coupons throughout the store.

save  
over \$80

save with **coop deals**

**\$3.00 off 2**

**Navitas organics**  
Any two Power Snacks or  
dried berries



Present one coupon per two items purchased. Limit of one coupon per shopping trip. Expires 4/30/24.



save with **coop deals**

**\$1.00 off**  
**Jolly Llama**  
Any item

Present one coupon per item purchased. Limit of two coupons per shopping trip. Expires 4/30/24.

save with **coop deals**

**\$1.00 off**

**Traditional Medicinals**  
Any Smooth Move  
capsules or lozenges



Present one coupon per item purchased. Limit of one coupon per shopping trip. Expires 4/30/24.

save with **coop deals**

**\$2.00 off**

save with **coop deals**

**00 off**



# NEW ITEMS

May 2024



## Checkerboard Cookies

### Jovial Einkorn

Einkorn wheat may be one of our oldest farmed good, dating almost 11,000 years ago. This cultural artifact was nearly forgotten, but Jovial brings it back to the table. These Italian artisan cookies are lightly sweet with hints of vanilla and chocolate, a great companion to your coffee or tea.



## Potato Cheese Pierogies

### Jaju

It tastes a little of home; these pierogies come from family, born from old recipes left by the owners' Jaju, or grandfather. Jaju Potato and Cheese Pierogies are one of their most traditional recipes. It blends a savory mix of onions, butter, farmers cheese, and gold yukon potatoes into one hearty pastry.



## Lavender Lemon Conditioner Bar

### Anihana

Sophie Cooper did what every excellent entrepreneur does when they are expecting a new baby: she started a business. Originally Ahhh, Anihana continues to be a passion project seeking sustainable body care products that affordable and high-quality. Their Lavender & Lemon Conditioner Bar is no different.



## Lentils Madras Family Size

### Tasty Bite

Want a quick taste of India? Tasty Bites' Madras Lentils is just the thing for an easy family dinner. The mild mix of spices, tomatoes, and lentils makes this a hearty addition to a chili or a bowl of basmati rice. All ingredients are organic, non-GMO, and sustainably brought from the farm to your plate.



## Strawberry Ice Cream

### Tillamook

Tillamook sees its start over 110 years ago, formed by a collection of creameries in Tillamook Valley. The collective started with quality-obsessive cheesemakers. Now, it's much more. Their Strawberry Ice Cream is one of their many celebrated, extra-creamy creations, filled with delicious Oregon strawberries.



## Apothecary Vulva Balm

### Medicine Mama's

Dr. Clare Bertucio is a certified radiation oncologist founded Medicine Mama in revolt against shy, vague, often harmful marketing that produced unhelpful AFAB products and education. Organic, hormone-free, Vulva Balm is a safe vulva moisturizer that decreases irritation and dryness.

# CALENDAR OF EVENTS

# MAY 2024

**Riojana Sale**  
May 1 - 21

**Basics of Birding in the UP**  
May 1  
6:30pm

**Beltane**  
May 1

**NMU Commencement**  
May 5

**Viva Mexico! Culinary Class**  
May 7  
**FULL – Join the waitlist**

**Mother's Day**  
May 12

**Summer Hours at the MFC begin**  
Open until 10pm starting May 19

**MFC Board of Directors Meeting**  
May 21  
6pm

**Community Baby Shower**  
May 17  
9am - 2pm  
Redeemer Lutheran Church

**Memorial Day Sale**  
May 22 - 28

**Vesak**  
May 23

## THE FRESH FEED

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

### Content & Editing

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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  
Nathan Frischkorn VICE PRESIDENT  
Tom Rulseh SECRETARY  
Richard Kochis TREASURER  
Mary Pat Linck  
Michael Dewar  
Emmanuel Sally  
Mary Kramer-Rabine

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