



# FRESH FEED

The Marquette Food Co-op Newsletter

November 2021



# HOPE FOR THE FUTURE



**Matt Gougeon**  
General Manager

I must say, that as I write this short article, my head is full of current events, global trends, and hopeful thoughts for a post pandemic life to begin. In short, I am definitely feeling what most of us are likely feeling; a little lost as to what might happen next. However, by the end of this article, I promise I'll touch on what gives me hope for the future. But first, what follows is a laundry list of my cluttered mind — but don't worry, I won't dwell on them in this article. Suffice to say it is a brow furrowing list.

- Our supply chain is fragile and disrupted and we struggle to stay fully stocked.
- The pandemic recedes nationally, but locally we're yet in a high virus transmission situation.
- The COP26 climate meetings in Scotland are underway, where world leaders pledge ideas and promote policies that are multiple decades past being acted upon.
- The Great American Resignation shows little sign of abating.
- As of this writing, inflation, at 4.4%, is at a 30-year high.

I also add to this list, the recent passing of Miriam Hilton. Miriam is alleged to have been member number four of the Marquette Food Co-op. I say alleged because I have no verification of this and limited memory of how I came to know this. But Miriam, whom I did not know well, was always a delight to see and talk with in the store. Her kind words, appreciation for the Co-op, and beautiful smile helped make sense of what this cooperative has, and can yet, achieve. We invited Miriam to our groundbreaking for this store back in 2013 and she, smiling as always, dug the first shovel full of dirt to kick off construction on that sunny October afternoon. But think of this; the Co-op is Marquette's oldest grocery store and during our 50th anniversary celebration year we also celebrate the life of a lifetime member of this cooperative. Our condolences and best wishes to Miriam's family and friends.



Now here's the hopeful part. A cooperative is its people, people like Miriam. But not a specific type of person. You simply can't pigeonhole who a Co-op owner might be. After a pause during the early pandemic, we have continued to gain new owner households to the Co-op at a rate of one per day. Each year our partnerships with other organizations grow. Each year we deepen owner investment, most notably with our recent purchase of the Marquette Baking Company. Future investment will continue. And it likely won't be too many years, based on my "brow furrowing" list above, that cooperative investment will switch from consumer cooperation to mutual aid investment with other communities. We should consider that all current investment opportunities for this cooperative strengthen the footing for owners to build a broader asset/resource foundation for an uncertain future, a future that will require our reliance on one another.

As the oldest grocery store in Marquette, we are yet unique in our community. But with smart and continued investment, we may aspire to being the commons.

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





**THANK  
YOU!**



**Thanks to these beautiful people for sharing why they chose to invest in the Marquette Food Co-op, as well as the 6,000 others who collectively own this cooperative. We appreciate you!**

If you missed this series, explore the hashtag **#MFCowners** on Facebook or Instagram to see what they had to say.

During Co-op Month, we welcomed 52 new owners. Thank you from the MFC Staff and your fellow owners — we're happy to have you on board!

If you're not already an owner and are interested in becoming part of this community, learn more online at [marquettefood.coop](http://marquettefood.coop) or visit the Customer Service Desk at the front of the store.

# WHAT OUR CO-OP MEANS TO *US*



**Trevor & Maria Case**

Case Country Farm

**Co-op Owners since 2017**

"Nothing is better than walking into our food co-op and seeing local produce, flowers, meats, and other goods from farmers you know and love! We feel good spending our money at the Marquette Food Coop because we know they are putting such priority on facilitating local food relationships. They are the glue between a lot of farms and customers, always willing to put new locally produced products on their shelves and showcase all the great local choices."

**Austin Fure**

owner, The Humble Turnip



**Aurelia Hunter**

owner, Aurelia Holistic Health & Healing

with **Lewyn**

**Co-op Owners since 2012**

"This town has a tremendous opportunity to do some really cool, innovative things with food. We want to see that growth and hope to see the Co-op continue to cultivate relationships with local farmers. The more we can support them, the better our local food system becomes. We want to honor this earth and this place specifically with our choices, and we can do that with food. Food is the foundation. Supporting places like the Co-op makes us feel like we're doing our part."



**Vicki & Steve Lockwood**

**Co-op Owners since 1980**

"We rely on the Co-op to do a lot of the research for us. You can be on Google all day trying to find out what's the best this and what's the best that, but at the Co-op, you know they're looking at the ingredients and who owns the company. They care about what they're putting on the shelves. We like going places where we know the people and they're really helpful, and that is what the Co-op is about."

**Traci Baxendale Ball**

owner/founder Vibrant Health Company



**Robert Ball**

MFC Employee

**Co-op Owners since 2013**

"We've both worked in corporate America and have both made a conscious decision to no longer work in corporate America. We choose to work in a more entrepreneurial spirit or someplace where the culture matches our own values. It's full circle for us – we eat this locally produced, in season, and lovingly presented food to maintain our bodies and our health, we shop here in order to do that, and we work here and support the Co-op through free events like Tai Chi. It's more than just a place to get groceries – it makes you feel like you're part of something bigger." products on their shelves and showcase all the great local choices."







**Phil Britton**

former MFC Board President  
and owner, Fresh Systems LLC



**Melinda Britton**

owner, Doulas of Marquette

with *Zemi, Kiah & Aza and dog Lulu B.*  
**Co-op Owners since 2010**

"We're all about people and centering how we treat each other. Being an owner, to us, is about investing in other humans. These are real people out there that are growing our food and caring for their own families. As business owners, we understand sustainability in the supply chain and have deep value for the work that each person does. And at the Co-op, we know that the farmers are being fairly compensated. How we treat and compensate people is everything – it's social justice in action. For us, it started with wanting to buy what the Co-op sold — produce and then safe foods for our son who has food allergies. As time passed, it also became about embracing the whole idea of what a cooperative is, the cooperative business model, and the idea of a community-owned grocery store. It's so powerful, what it means and what it can do for each individual and an entire community."

**Emily (Goodman) Leach**

senior planner, Marquette County



**Madeline Goodman**

owner, Madgoodies Studio

with *Elton*

**Co-op Owners since 2017 & 2012**

"Supporting local is huge for our family. When you buy local, you're reducing your carbon footprint and helping your neighbors and your community thrive. The money you spend comes directly back into the community through outreach, providing local jobs, and the farmers/producers — it all circles back. The Co-op model is all about community and counting on your neighbors. We're all in this together, we're all connected and part of something bigger."



**Jenn Hill & Andrew Dalian**

**Co-op Owners since 2014**

"Co-op as a connection that aligned with our values. It's important to know that the Co-op does a lot behind the scenes, aside from selling groceries, like cultivating access to good food in a place where it's a challenge, teaching kids how to make healthy food they like, helping set agricultural standards, starting a living wage discussion here in Marquette, and committing to sustainability and smart energy use. The Co-op brings people together and serves the community – it's so important and meaningful."

**Beth Millner**

owner, Beth Millner Jewelry



**Mike Hainstock**

owner, Lakeshore Depot

**Co-op Owners since 2005**

**Mike:** "One of my influences for starting (Lakeshore Depot) was my experience at the Co-op, seeing the size and scope of it. I want it to be a supplement to our local food system and see it as a launchpad for a beginning farmer or someone wanting to try food processing. We can help them increase their volume or capacity, enabling them to work with larger vendors, like the Co-op. It's amazing to see the level of vibrancy we have here in our local food system, which was created through partnerships and cooperation. There's a lot of potential here and we recognize the Co-op's role in helping to get it to this point."

**Beth:** "When the Co-op moved into its current location, I knew that would kind of anchor this side of town and make (my storefront) a good spot for me. It's always been this anchoring hub of activity and people and discussion within the community. That community aspect is important in a small town."



# *Out of Stocks and Supply Chain Disruptions*

Due to pandemic related reasons, there are disruptions in all areas of the food supply chain, making some of our favorite products hard to obtain.

Please understand this is beyond our control and that our staff is working diligently to stock our shelves and meet your needs.

**We appreciate your patience and kindness as we navigate through this.**

MARQUETTE  
BAKING  
*Company*

**NEW OFFERINGS  
AT THE CO-OP!**



FOCACCIA



CIABATTA



SCONES



CARDAMOM BREAD



MACAROONS



# **FREE TURKEY GIVEAWAY**

**SATURDAY,  
NOVEMBER 20**



**FREE pasture-raised frozen turkey with purchase of \$150 or greater.**

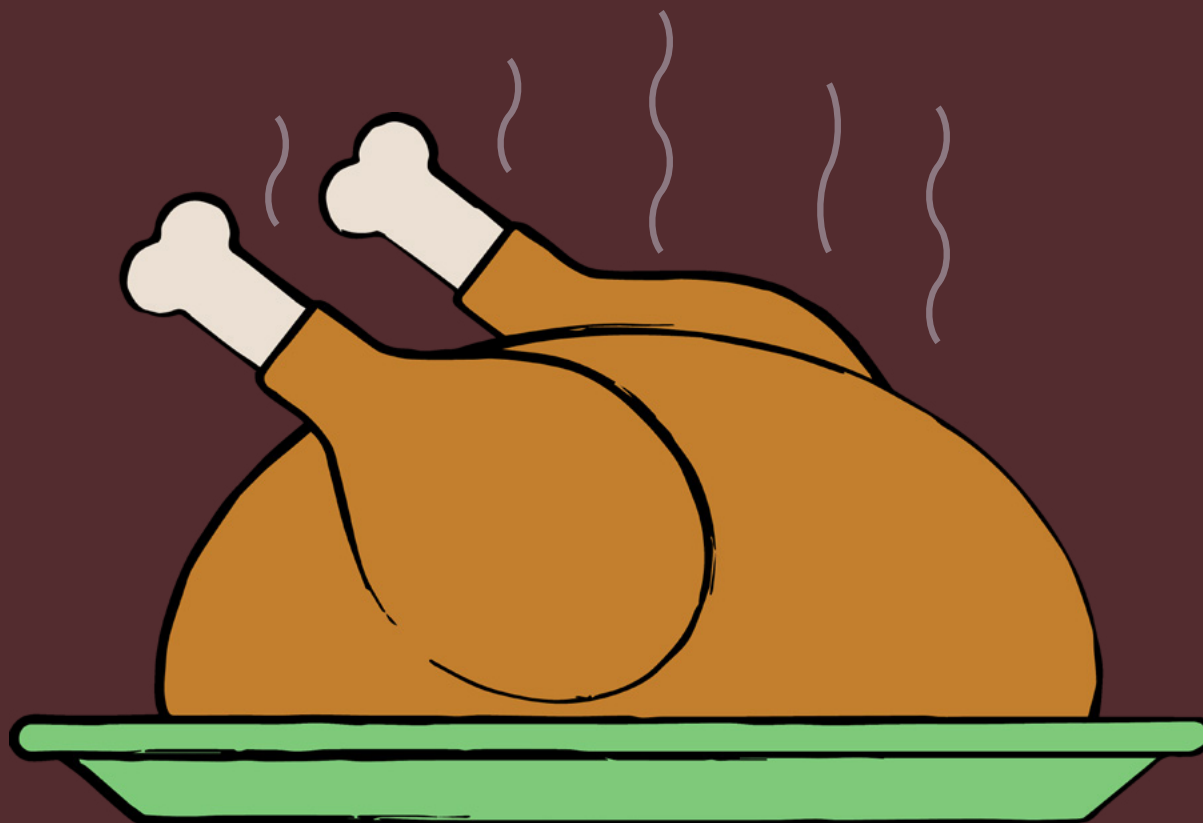
FREE TURKEY GIVEAWAY IS AVAILABLE ON THE MFC WEBSTORE

WHILE SUPPLIES LAST. ONE FREE TURKEY PER CUSTOMER

FREE TURKEYS RANGE FROM 10 – 12 LBS.

BALANCE MUST STILL EXCEED \$150 AFTER USING OWNER REWARDS TO BE ELIGIBLE.





# COOKING YOUR TURKEY

## FREQUENTLY ASKED QUESTIONS

### ***How much turkey should I purchase?***

Generally, 1-1.5 pounds of uncooked bird per person is a good amount.

### ***How long should I cook my bird?***

The following chart is a great reference guide for an oven set at 350 degrees.

Weight of Turkey	Roasting Time (Unstuffed)	Roasting Time (Stuffed)
10–18 lbs	3–3.5 hrs	3.75–4.5 hrs
18–22 lbs	3.5–4 hrs	4.5–5 hrs
22–24 lbs	4–4.5 hrs	5–5.5 hrs
24–29 lbs	4.5–5 hrs	5.5–6.25 hrs

# THANKSGIVING LUNCH SPECIAL

## THANKSGIVING THEMED HOT BAR

**WEDNESDAY, NOV. 24**

**ROASTED TURKEY**

**MASHED POTATOES** V

**QUINOA STUFFED ACORN SQUASH** V

**GREEN BEAN CASSEROLE** V

**CANDIED SWEET POTATOES** V

**HOMESTYLE MACARONI** VG

**STUFFING** V

V = Vegan    VG = Vegetarian

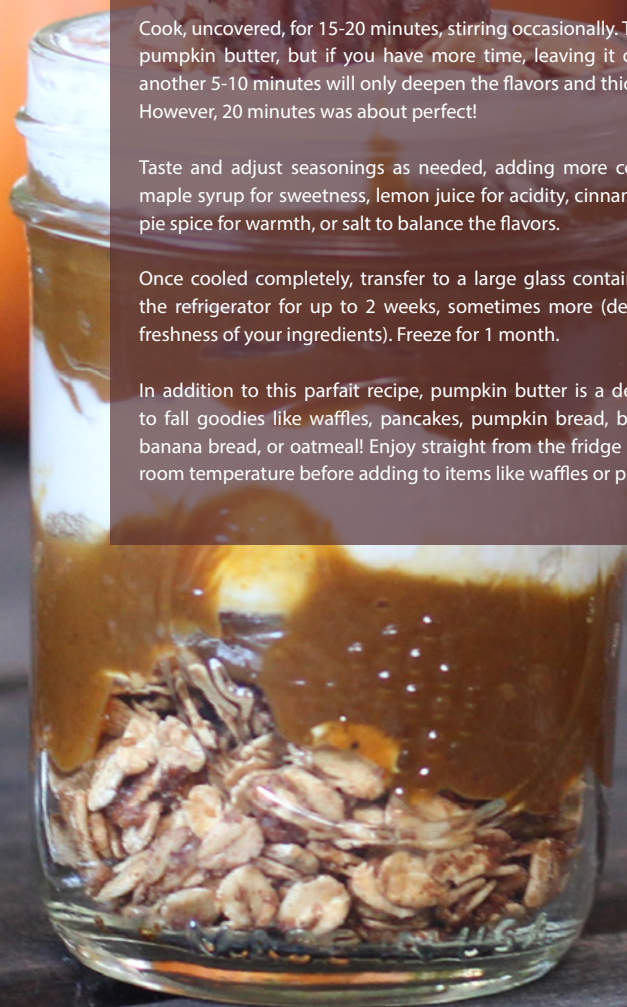


# VEGAN PUMPKIN PIE PARFAIT

Recipe by Minimalist Baker  
*Makes 4 parfaits*

This pumpkin pie parfait recipe is the perfect Thanksgiving dessert for those looking to stray from the traditional pumpkin pie. It's simple and delicious, plus the individual portion sizes make it visually stunning and fun to eat.

The many components of this dish can be used for other things – use the granola on top of yogurt for breakfast, the coconut whipped cream on hot cocoa, fruit or pie if you choose to still offer a traditional dessert, the toasted pecans are a great snack on their own, and the pumpkin butter can be used so many ways, including as a topping for pancakes or waffles.



## STEP 1

### PUMPKIN BUTTER

- 2 15 oz cans pumpkin purée
- 2 ⅓ C coconut sugar or muscovado sugar (or sub organic brown sugar)
- ¼ C maple syrup
- ½ C unsweetened apple juice
- 1 T lemon juice
- 2 ½ t pumpkin pie spice
- ½ t ground cinnamon
- 1 pinch sea salt

Add all ingredients to a large saucepan or pot over medium-high heat and stir to combine. Once it begins bubbling, reduce heat to low and simmer. You're looking for a frequent bubble, so if there isn't much going on at the surface, increase heat to medium-low heat. If bubbling too vigorously, reduce heat to low.

Cook, uncovered, for 15-20 minutes, stirring occasionally. This is 20-minute pumpkin butter, but if you have more time, leaving it on the stove for another 5-10 minutes will only deepen the flavors and thicken the texture. However, 20 minutes was about perfect!

Taste and adjust seasonings as needed, adding more coconut sugar or maple syrup for sweetness, lemon juice for acidity, cinnamon or pumpkin pie spice for warmth, or salt to balance the flavors.

Once cooled completely, transfer to a large glass container and store in the refrigerator for up to 2 weeks, sometimes more (depending on the freshness of your ingredients). Freeze for 1 month.

In addition to this parfait recipe, pumpkin butter is a delicious addition to fall goodies like waffles, pancakes, pumpkin bread, butternut squash banana bread, or oatmeal! Enjoy straight from the fridge or let it warm to room temperature before adding to items like waffles or pancakes.

CONTINUED ►



**STEP 2**

## COCONUT WHIPPED CREAM

- 1 (14 oz) can coconut cream or full fat coconut milk
- ½ t vanilla extract (optional)
- ¼ – ¾ C icing/powdered sugar  
*(use organic to ensure vegan friendliness)*

Chill your coconut cream or coconut milk in the refrigerator overnight (see notes for top brands!), being sure not to shake or tip the can to encourage separation of the cream and liquid. See notes for more insight / troubleshooting.

The next day, chill a large mixing bowl 10 minutes before whipping.

Remove the coconut cream or milk from the fridge without tipping or shaking and remove the lid. Scrape out the top, thickened cream and leave the liquid behind (reserve for use in smoothies).

Note: if your coconut milk didn't harden, you probably just got a dud can without the right fat content. In that case, you can try to salvage it with a bit of tapioca flour – 1 to 4 T (amount as original recipe is written // adjust if altering batch size)- during the whipping process. That has worked for me several times.

Place hardened cream in your chilled mixing bowl. Beat for 30 seconds with a mixer until creamy. Then add vanilla (optional) and powdered sugar (or stevia) and mix until creamy and smooth – about 1 minute. Avoid overwhipping because it can cause separation. Taste and adjust sweetness as needed.

Use immediately or refrigerate – it will harden and set in the fridge the longer it's chilled. Will keep for up to 1 – 2 weeks!

Coconut whipped cream is perfect for topping desserts like pie, hot cocoa and ice cream. It's also ideal for french toast, pie fillings, mousse, and even no-churn ice cream!

**STEP 3**

## GRANOLA

- ¾ cup gluten-free rolled oats
- 1 pinch sea salt
- 1 ½ Tbsp coconut sugar  
*(or sub organic brown sugar)*
- ¼ tsp ground cinnamon
- ¼ tsp pumpkin pie spice\*
- 1 ½ Tbsp coconut oil
- 1 Tbsp maple syrup

Preheat oven to 340 degrees.

Add rolled oats, salt, coconut sugar, cinnamon, and pumpkin pie spice to a mixing bowl and stir.

In a separate bowl, melt coconut oil in the microwave, add maple syrup, and whisk thoroughly to combine. Add to oat mixture and toss to coat.

Arrange on a baking sheet and bake for 15-20 minutes, or until golden brown and fragrant. Stir at the halfway point to ensure even baking. Watch closely near the 17-minute mark as to not let it burn.

Remove from oven and set aside to cool.

**STEP 4**

## PECANS

Leave oven preheated to 340 degrees and heat a large skillet over medium heat.

Once hot, add pecans and toast for 5 minutes, stirring frequently. If smoking or browning too quickly, turn heat to medium-low or low.

At the 5-minute mark, add coconut oil, maple syrup, coconut sugar, cinnamon, and salt.

Stir to coat and cook for another 1-2 minutes. Remove from skillet and add to a baking sheet. Bake for 3-6 more minutes, or until fragrant and toasted, being careful not to burn.

Set aside to cool.

**STEP 5**

## ASSEMBLING PARFAITS

Divide cooled granola between 3-4 small serving glasses or ramekins, reserving a small amount for topping (~2 Tbsp).

Top with a generous portion (about ¼ C) pumpkin butter and tap to settle.

Top with a generous amount of coconut whipped cream and tap to settle.

Top with another layer of pumpkin butter, then one more layer of coconut whipped cream. Tap to settle.

If serving immediately, top with the maple cinnamon pecans and remaining granola. Otherwise, loosely cover with plastic wrap (or lids) and refrigerate up to 3-4 days (though best within the first 24 hours). Top with pecans just before serving to keep them crisp.



# EVOLUTION OF THANKSGIVING



**Ariella Hillary**  
Education Coordinator

In the fall of 1997, Thanksgiving break was fast approaching. Very little held hope of retaining the attention of my fourth grade class as we anticipated the extra long weekend ahead. Construction paper and brown paper grocery bags awaited our scissors, markers, and glue sticks as we went over our assigned parts for our upcoming reenactment of the “first Thanksgiving.” I had a large part as one of the narrators who would have the pleasure of telling the story to our audience of the happy time in history when the Pilgrims and Indians came together over a bountiful feast to celebrate their newfound friendship. On the first fateful read-through, I stumbled on the word pneumonia. I lost my lead role and was given a one-liner. The day of the reenactment, I rebelled and wore a forest green shirt instead of the all black we were instructed to wear. I remained salty about that memory for some time. My biggest surprise was how long it took me to learn that I was righteous in my rebellion on that day, though for all the wrong reasons.

Movies and television in the first half of the 1990s was heavily devoted to Native Americans and trying to shine stories created about them in a positive light; stories that many accepted to be historically accurate, if only slightly romanticized by Hollywood. This was due to capitalization on a renewed interest in colonialism, a trend that had taken hold in the excitement of events that revolved around the 500th anniversary of Columbus’ voyage in 1992. Traveling just around the river bend with Pocahontas and learning about the Iroquois through a magical cupboard with Omri and Little Bear had made me a 9-year-old self-proclaimed expert on Native American culture. Playing dress-up with feather-laden paper headbands and having powwows with my friends were both completely normal activities. It wasn’t until I studied foodways in college that I realized that the food that adorns our tables today is vastly different from what was eaten during the colonist’s celebration feast in 1621. And it wasn’t until recently, when I started doing my own self-study, that I learned of the damaging effect the inaccurate skits and Hollywood stories had on the historical foundation of this country.

Though many dishes vary based on region and background, the food items that generally come to mind when one thinks about the average Thanksgiving spread are turkey, mashed potatoes, sweet potatoes, cranberry sauce, and pies galore. The only account we have of the 400-year historic feast is from chronicler, Edward Winslow. According to historians, while turkeys were accessible, waterfowl such as ducks, geese, and swans were more likely to have been present. Venison was brought by the Wampanoag, and seafood such as lobster and oysters were

abundant and also part of their feast. Potatoes had made it to Europe by this time but were not so popular yet to have been brought along on the voyage. The English, who enjoyed pie for every course in a meal prior to their voyage, sadly missed out on pumpkin pie. Though squash was plentiful, sugar levels were vastly depleted, and they had no cows for butter nor wheat for flour with which to make pastry. The Pilgrims’ reason for celebration was due to a successful corn harvest, so naturally corn was part of the meal, but it would have been ground into cornmeal then made into a type of bread or porridge. A three-day feast was enjoyed by about 50 colonists and 90 Wampanoag.

Thanksgiving continued to be recognized amongst the New England colonists sporadically, though instead of feasting, their days were spent fasting and praying. The feast of 1621 was inspired by the Natives’ harvest festivals, which would have taken place during the full moons of August, September, and October. Giving thanks was a natural part of the Native American lifestyle. Not only did they give thanks to the land, plants, and animals for everything they provided for the Natives’ survival, they had festivals during every full moon to give thanks for their many blessings. As in other ancient cultures, they had names for every month’s full moon. Names varied by tribe and region, but some names given in the north and northeast for the Harvest Festival moons were Green Corn, Harvest, and Hunter. There was music, gifting, and feasting to give thanks for their many blessings, and after days of celebration, it was time to get to work for the long winter ahead.

The way most celebrate Thanksgiving today, gathering with their family and friends and giving thanks for their blessings, is more in line with this practice the Native Americans had followed for thousands of years. David J. Silverman, historian and author of *This Land is Their Land*, points out that ignoring 12,000 years of Native American history in public education deprives the Natives of the credit they are due for these thanks-giving traditions. It is also dangerous to assume that the Pilgrims came over and the Wampanoags just gave them land to work and cultivate. An alliance was formed between the Pilgrims and Wampanoag leader Ousamequin to protect the Wampanoags who were vulnerable to Narragansett attacks after being devastated by several epidemics. What has often been referred to as a great, peaceful alliance developed a great amount of tension causing the relationship to deteriorate up to the culmination of King Philip’s War, considered to be one of the United States’ most devastating conflicts.

George Washington gave Thanksgiving attention again in 1789 in a proclamation to express gratitude for the country's newfound independence. Writer, Sarah Josepha Hale, spent 36 years on a campaign to make Thanksgiving a national holiday. Abraham Lincoln complied in 1863 in an effort to promote unity at the height of the Civil War, appointing the final Thursday of November as Thanksgiving Day. Franklin D. Roosevelt tried to move the holiday by a week in 1939, attempting to drive retail sales during the Great Depression. At the time, he was met with great opposition. Today, however, Thanksgiving almost seems synonymous with Black Friday, diminishing the significance of the day after Thanksgiving being American Indian Heritage Day.

If you are fortunate in being able to count blessings with friends and family this Thanksgiving, it is important to remember the cultures that contributed to the food and embodiment of the holiday we celebrate. Today, there is greater awareness of an existing history to this country prior to the arrival of Scandinavian and European voyagers. This history celebrated and worked with the land. The Decolonizing Diet Project (DDP), founded by Martin Reinhardt, through The Northern Michigan University Center for Native American Studies is doing an excellent study of the relationship between people and indigenous foods of the Great Lakes Region. They are expanding knowledge and have even created The DDP Cookbook. Learning is boundless, and it's important that we continue to educate ourselves through history and foreign cultures that we may gain better understanding and appreciation for the blessings and opportunities we are given.

## PECAN ENCRUSTED WHITEFISH

Recipe by April Lindala from The DDP Cookbook

• ¾ C pecans

• 2 T maple sugar

• 4 whitefish filets, medium size

Preheat the oven to 425°F. Grind up pecans in coffee bean grinder (or food processor); the consistency should be like brown sugar. Next, add maple sugar and mix well. Spoon out pecan/sugar mixture over the top of the fish. Spread out to cover all of the filets. Bake for 25 min.

**Cook's Notes:** Place fish on parchment paper to avoid need for oil.



## PURITAN CORN PUDDING

Recipe by George Crowther, chef owner of The Commons Lunch in Little Compton, Rhode Island. Procured from *NYT Cooking*

This dessert was born of the Puritans' nostalgia for British hasty pudding and their adaptation to the ground-corn porridges of their Native American neighbors (early settlers called it Indian pudding). For a proper historical re-creation of the dish, you need meal stone-ground from Rhode Island whitecap flint corn; a hard, tough-to-crack corn, less sweet but more buttery than hybrid strains. One of the oldest incarnations of the plant, it was cultivated by the local Narragansett and saved from extinction by a few equally flinty Rhode Island farmers.

• Butter, for the baking dish

• 4 C whole milk

• 1 C fine-ground yellow cornmeal

• ½ C molasses

• 4 eggs

• ½ C sugar

• ½ C raisins

• 1 t vanilla extract

• ½ t ground ginger

• Whipped cream or ice cream, for serving

Preheat oven to 350°F and butter a 2-qt baking dish. In a large pot, warm milk over medium-high heat until hot but not boiling. Whisk in cornmeal and molasses and cook, whisking, 2 minutes. Reduce heat to medium-low.

Crack eggs into a medium bowl and lightly beat. Very slowly add ½ C of the hot cornmeal mixture to the eggs, whisking constantly. Pour tempered egg mixture into the pot, whisking constantly to keep eggs from scrambling, and cook 3 minutes. Remove pot from heat.

Stir in sugar, raisins, vanilla, and ginger. Pour mixture into prepared pan, then place in a larger baking dish or roasting pan. Transfer to oven and carefully pour water into the larger dish until it comes about halfway up the sides of the smaller baking dish. Bake until pudding is set, but still jiggles slightly in the center, 45 minutes to 1 hour. Serve warm, topped with whipped cream or ice cream.



# Mission for the Perfect Pie Crust

With busy work schedules and calendars full of holiday activities, it's easy to give in and purchase a pre-made pie crust from the freezer section for your holiday feast. What if I told you that with only a few more steps and ingredients that are likely already in your kitchen, you can get that truly tender and flaky pie crust you really crave? To many, the science of the perfect crust is a daunting mountain to climb. With so many fats to navigate and the expectation that the pastry gods must be shining good fortune upon you to avoid a tough crust, it's no wonder so many choose not to attempt it. Have courage! With the aid of food scientist, Paula Figoni, I have wrangled the properties of the various fats used for pastry crust so you don't have to. Once you've mastered the basic ratio, you can experiment to your heart's content. You'll be slinging sweet pies, savory pies, and hand pies like you're Laura Ingalls-Wilder.

First, we'll learn about the fats. What's the difference between making pastry with butter and making it with margarine or shortening? Oil is a fat. Can you use it to make pastry? The first thing you need to understand is the purpose of the fat when making your pastry. Its main function when you're making pie pastry is to provide tenderness and flakiness. Tenderness is increased when a product lacks structure, making it easy to bite, chew, and crumble. Gluten strands are shortened; thus shortbread cookies are a perfect example of product tenderness. Flakiness occurs with distinct, usually crisp, layers. Puff pastry is a prime example of flakiness. The perfect pie pastry is both tender and flaky, creating a juxtaposition of softness and crispiness to send your mouth to texture nirvana.

Margarine has come a long way in production quality since its inception, giving it a similar composition to butter. They are both made up of about 80% fat and 16% water and have a similar amount of air trapped in. Margarine's advantages over butter are that it is cheaper and lacking in the cholesterol and saturated fats found in butter. It is also considered a designer fat, meaning features can be built into it to make it more applicable for specific products, whether one is looking to obtain a specific flavor, or the product needs to be made vegan. Butter, however, has two distinct qualities it provides that make it hard to beat: excellent flavor and texture.

Shortening is a designer fat like margarine except that it is 100% fat. It has a higher temperature range of workability, and its honeycomb network of fat crystals makes it highly effective in trapping air. Products made with shortening are

generally lighter and more tender and can have a longer shelf life. Shortening was created as a replacement to lard, which is uniquely suited to make exceptionally flaky products if you're not concerned about it being 100% pork fat.

Oil does not contribute to flakiness, but its ability to coat the flour to ensure low gluten development creates an exceptionally tender product. It is especially handy when making a bottom crust for a juicy pie. Pastry made with oil does not absorb as much water when they are mixed, so it bakes up tender. It is resistant to soaking up wet, juicy fillings once baked, preventing it from becoming soggy or toughening, as can happen with flaky bottom crusts. To tantalize your mouth with a marvelously flaky pie that has a perfectly tender top and bottom crust, you can certainly mix and match your pastries.



Next, your journey to the perfect pie crust requires learning the secret to working the dough. The secret lies in the step of mixing flour with fat before liquid is added. In sweet pies, you'll generally want a perfect balance of tender and flaky. The more the flour is worked with the fat and the smaller the pieces of fat, the more tender the crust will be. The larger the pieces of fat and the longer they take to melt, the flakier your crust will be. This is why you want to work with cold fat chunks if you're looking to get a flaky crust. Working the fat in enough to coat the flour while still leaving chunks about the size of peas gives you the best of both worlds. If you work the fat in too much, you'll miss out on the flaky layers. If liquid is added when the fat hasn't been incorporated enough to coat the flour, longer gluten strands will form and your crust will become tough.

The other key is making sure you only mix the liquid in enough to bring it all together. You don't want to have come this far just to turn it all into a gummy mess. This is the reason I prefer to make pie crust by hand rather than with a food processor. There are benefits to using a food processor in that it is cleaner and tends to be quicker. You'll just need to pay closer attention.

You are now armed and ready to tackle your homemade pie with renewed confidence, and joy at not having to make an extra trip to the store because you forgot to grab the pre-made stuff. Venture forth with the basic pie crust recipe below and the pastry gods will smile upon you and your oven, turning out pies that will surely impress your friends and family at your holiday feasts.

## BASIC 3-2-1 PIE PASTRY

This basic ratio combines 3 parts flour, 2 parts fat, and 1 part cold liquid.

- 12 oz all-purpose flour
- 8 oz butter, cubed and chilled
- 4 oz cold water
- 2 T sugar
- 1 t salt

Whisk together the flour, sugar, and salt. Mix in cold butter with pastry blender or your fingers until mixture is mealy with pea-sized lumps. Mix in cold water just until mixture comes together in a ball. Some water may be leftover.

Divide dough in half and form into flat discs. Wrap in plastic and refrigerate for at least 1 hour to allow it to rest. Dough can be frozen at this point to save for later use.

When you're ready to roll your dough, make sure you allow it time to return to almost room temperature so that it is more pliant.

Use your favorite pie dish and your favorite pie filling to make your new favorite pie.

## SIMPLE PUMPKIN PIE

via allrecipes.com

- 2 eggs
- 1 (16oz) can pumpkin puree
- 1 (14oz) can sweetened condensed milk
- 1 t pumpkin pie spice
- Pinch of salt

Preheat oven to 425 degrees. Combine filling ingredients and mix until combined. Fit pie crust into a 9-inch pie dish and pour in pumpkin mixture.

Place pie on a baking sheet in the oven for 15 minutes. Reduce heat to 350 degrees and bake until filling is set, 35-40 minutes.



## THE EASIEST APPLE PIE

via thekitchn.com

- 4 lb Granny Smith apples, peeled and sliced into ¼ inch thick half-moons
- ¾ C granulated sugar
- 2 T cornstarch
- 1 T freshly squeezed lemon juice
- 1 t cinnamon
- ¼ t cardamom
- ¼ t kosher salt
- For egg wash: 1 large egg + 1 t water
- 1 T coarse sugar

Transfer peeled & sliced apples to a large bowl, sprinkle with the granulated sugar, and toss to combine, making sure there are no pockets of sugar in the bottom of the bowl. Transfer the sugar-coated apples to a colander, set the colander in the bowl, and set aside while preparing the dough and the rest of the ingredients, about 30 minutes.

Arrange a rack in the middle of the oven and heat to 400 degrees F. Place a baking sheet in the oven while it's heating. Roll out disc of prepared dough and transfer to a 9-inch standard pie pan, leaving a slight overhang. Press the dough into the bottom and up the sides of the pie plate, being careful not to puncture it. Roll the second pie dough onto a lightly floured work surface. Use a paring knife to make 5-6 large vent holes in this top crust. Transfer to baking sheet and refrigerate pie shell and top crust while making the filling.

Remove the colander from the bowl and pour off accumulated liquid. Transfer the apples to the now empty bowl and add the cornstarch, lemon juice, cinnamon, cardamom, and salt. Toss by hand to coat.

Whisk together the egg and water with a fork in small bowl to make an egg wash. Brush the inside of the pie crust with some of the wash to coat.

Instead of dumping the apples into the crust, spend a few minutes laying and stacking the apple slices into the bottom pie crust. Don't worry about making things perfectly level, but avoid large gaps and you're less likely to get a shrunken filling and domed crust. The apples will be slightly taller than the pie pan. Discard any liquid left in the bottom of the bowl.

Lift the vented crust onto the filling and lightly press it down onto the apples. Pinch the edges of the pie dough to seal the top and bottom crusts together using your fingers or the tines of a fork.

Brush the top and edges of the pie with the egg wash and sprinkle with the coarse sugar.

Bake the pie on the preheated baking sheet until the filling is bubbling, 40 to 45 minutes. If the edges of the pie crust are browning too quickly, cover the edges with foil during the last 10 minutes of baking.

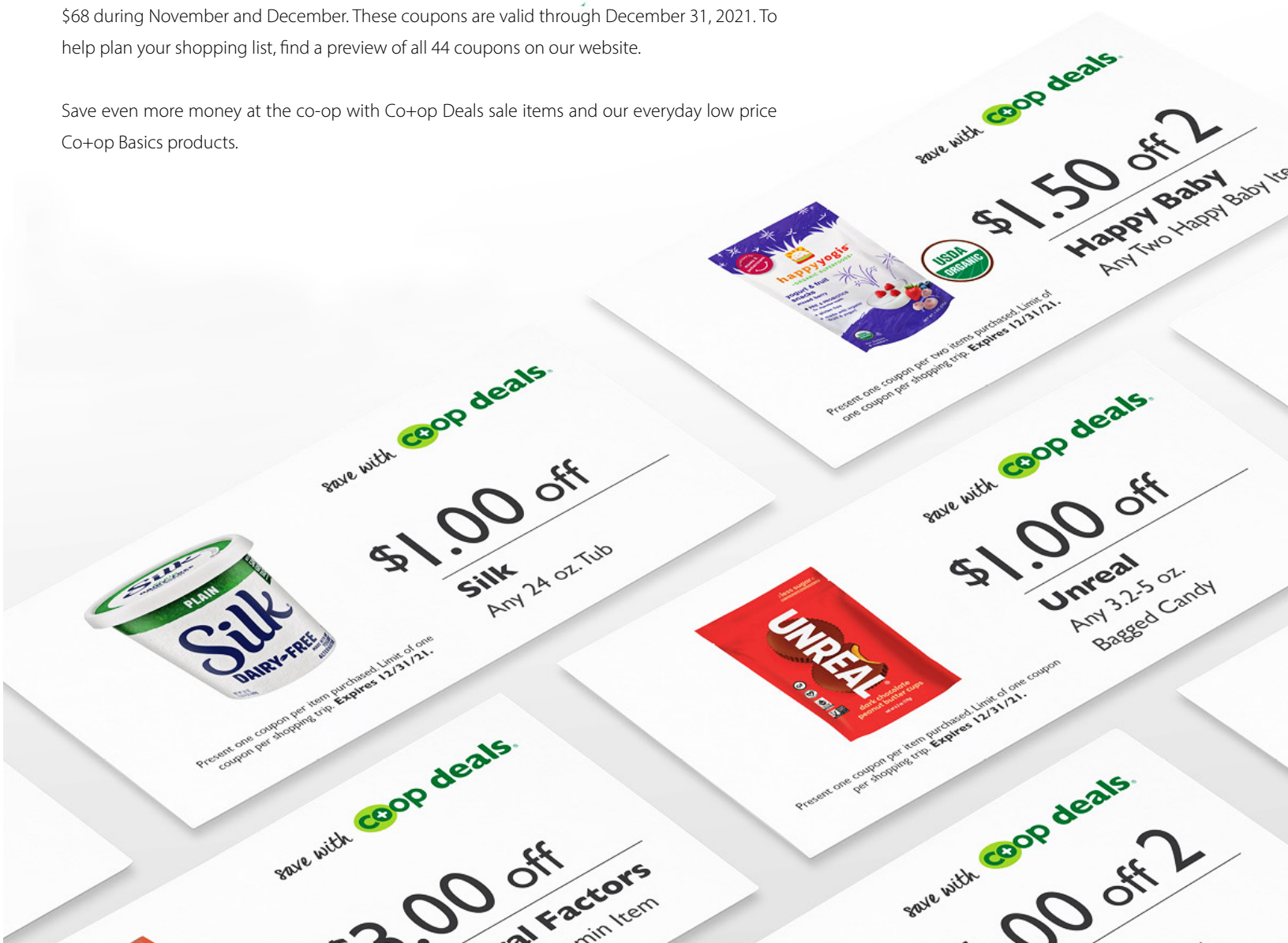
Cool before slicing.

# 'TIS THE SEASON FOR SAVING AT THE CO-OP

The Co-op is here to help you prepare for the holiday season with Co+op Deals coupons on everything from baking ingredients from Frontier Co-op and Annie's Homegrown, to gift ideas like Kleen Kanteen bottles and Endangered Species chocolate. You'll find incredible savings on everyday favorites, too — Stonyfield Organic yogurt, Numi tea and plenty of healthy, organic foods and nutritional supplements to help you feel your best.

Look for Co+op Deals coupon pads on shelves throughout the store for savings of more than \$68 during November and December. These coupons are valid through December 31, 2021. To help plan your shopping list, find a preview of all 44 coupons on our website.

Save even more money at the co-op with Co+op Deals sale items and our everyday low price Co+op Basics products.







# GROCERY PICKUP

**BUY ONLINE, PICK UP IN THE STORE!**

***[shop.marquettefood.coop](http://shop.marquettefood.coop)***

## 10am – 7pm

Product availability & price subject to change.

Items must be picked up during dates of sale to secure sale price.

If an item is out of stock, staff will substitute with a comparable product if available. You will have the opportunity to approve substitutions at pick-up.

Any changes to your order will be communicated at pick-up.

Your order will be ready at the time you selected for pick-up.

We will not call when your order is ready.



# Join THE BOARD OF DIRECTORS

Applications open  
**October 15– January 15**

Learn more and apply at  
[www.marquettefood.coop/board/join](http://www.marquettefood.coop/board/join)

The Board of Directors will be accepting nominations for the three-month period from October 15 to January 15. We have three seats that come up for renewal every year for our nine-member board.

We encourage you to check out our Board page for information and consider contributing to your Co-op by sharing in the governance of it. If you know of someone who you think would be an asset to our Board, please also encourage them to apply.

The application link is available on the Board site and if you have questions, you may direct them to the board contact email listed there. We will offer an open informational meeting later during this three-month period and encourage people to email [board@marquettefood.coop](mailto:board@marquettefood.coop) if they want more information before filling out an application.



# NEW ITEMS

November 2021



## Hachiya & Fuyu Persimmons

Persimmons are versatile fruit full of vitamins, minerals, fiber, and beneficial plant compounds. While hundreds of varieties exist, Hachiya and Fuyu are among the most well-known. Both are very sweet yet differ based on when they should be eaten. Hachiya are astringent persimmons. They are shaped like a giant acorn and should be eaten when almost overripe, otherwise they are tart and chalky. Fuyu are non-astringent persimmons. They're shaped like a squat, round tomato and should be eaten when firm, crisp, and barely ripe. Persimmons can be eaten fresh, dried, baked, roasted, or cooked. They are commonly used in salads, jellies, drinks, pies, muffins, breads, curries, oatmeal, and puddings.



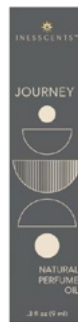
## Purely Elizabeth Grain-free Banana Nut Butter Granola

Purely Elizabeth combined organic banana purée and superfood seeds with rich cashew butter to create irresistible grain-free granola clusters that are keto and paleo friendly. It's all of the flavor you crave, free of the oats and grains! At Purely Elizabeth, they believe that food can heal. When you eat better, you feel better. It's that simple. That's why they use superfoods with vibrant flavors and rich textures to create delicious foods to help you thrive on your wellness journey.



## Me and the Bees Lemonade Ginger Lemonade

Refreshing and totally delicious, Me & the Bees Ginger Lemonade is a drink to be enjoyed year-round. Mikaila, the company's founder, started making her lemonade for youth entrepreneurial events and for her lemonade stand out in front of her home, donating a percentage of the profits to local and international organizations fighting hard to save the honeybees. Me & the Bees Lemonade is a very special lemonade that was inspired by a recipe from a 1940s era cookbook given to Mikaila from her great granny Helen.



## Inesscents Natural Perfume Oils

Inesscents Natural Perfume Oils are crafted with some of nature's most precious botanicals in a base of organic jojoba oil. Made with certified organic, wild-harvested and fair trade raw materials, Inesscents perfume oil roll-ons are formulated for an aromatherapeutic experience. There are five oils to choose from: Indigo Blush, with notes of Rose, Tansy, and Tobacco; Journey, with notes of Bergamot, Rock Rose, and Vetiver; Liquid Sunshine with notes of Jasmine, Orange and Grapefruit; Second Nature with notes of Evergreen, Fir, and Verbena; and Temple Blossom with notes of Neroli, Orange, and Sandalwood.



## This Little Goat Cooking Sauces

This Little Goat sauces are globally inspired sauces created by Stephanie Izard, Chicago-based chef and founder/CEO of This Little Goat. Inspired by flavors of Korea, Korea Everything Sauce is tangy and spicy, made with chilies, soybean paste, garlic, and brown sugar. Tokyo Everything Sauce is the perfect balance of salty and sweet — it's great for a finishing drizzle sauce. Hong Kong Everything sauce is made with savory notes of soy, with a pop of ginger, garlic, and spicy chilies. All of globally-inspired these sauces are gluten free and great on meat, rice, and veggies.



## Solely Organic Spaghetti Squash Pasta

Solely Organic Spaghetti Squash Pasta combines the convenience of traditional pasta with the true taste of fresh spaghetti squash. Made with only organic spaghetti squash, this pasta is low in carbs, gluten free, vegan, and keto friendly. It's ready in five minutes and can be used in any dish or recipe that calls for traditional pasta. Toss it with garlic shrimp or sauteed vegetables, or simply enjoy with your favorite pasta sauce!



## Poppi Raspberry Rose Prebiotic Soda

Husband and wife team, Stephen and Allison, were on a mission to create a soda that was tasty and full of real health benefits. They created Poppi, a soda made with sparkling water, fresh fruit juice, and the prebiotic powerhouse apple cider vinegar (ACV). ACV helps balance skin and reduce inflammation and has been proven to increase the good cholesterol (HDL) and decrease the bad cholesterol (LDL), contributing to better heart health. Poppi Raspberry Rose prebiotic soda is refreshing, crisp, energizing, and uplifting.



## TAI CHI & TEA

November 7  
11 am – 12 pm  
Co-op Classroom

## MASTERING RISOTTO 2

November 9  
6-8 pm  
Co-op Classroom  
[Register here](#)

## MFC BOARD OF DIRECTORS MEETING

November 16  
6-8 pm  
Co-op Classroom

## DINNER WITH THE DOCTOR: STRESS EATING MANAGEMENT

November 18  
4-5 pm  
[Register here](#)

## FREE TURKEY GIVEAWAY

NOVEMBER 20  
WHILE SUPPLIES LAST – DETAILS ON PAGE 8

## CLOSED, THANKSGIVING DAY

NOVEMBER 25

## REDUCED STORE HOURS, BLACK FRIDAY

NOVEMBER 26  
10 AM – 7 PM

## THE FRESH FEED

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

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Angie Cherrette VICE PRESIDENT  
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Hillary Bush  
Mary Pat Linck  
Brian Bouton  
Zosia Eppensteiner  
Kevin Pierfelice

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.



502 W. Washington St.  
Marquette, MI 49855

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

[www.marquettefood.coop](http://www.marquettefood.coop)  
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