



FRESH FEED

The Marquette Food Co-op Newsletter

November 2023



THE COOPERATIVE THAT COULD



Matt Gougeon
General Manager

I recently read an article about a grocery co-op in Finland named S Market. It is part of a larger consumer cooperative named S Group. S Group includes other businesses and its own bank. The grocery part of this cooperative accounts for a whopping 47% share of the entire grocery market in Finland. Comparatively, Walmart, here in the US, holds a 25% share of the total US market. Of course, the two can't be strictly compared due to the differences of the sheer volume of revenue and for all I know, Walmart revenue may outpace the GDP of the entirety of Finland! I'm not going to look that up.

The article tells the story of the ups and downs of the co-op through the 1980s and the efforts to find efficiencies and buying power, systems development, consolidations, fair labor practices, good governance, and ever-increasing membership. But an interesting point made in the article early on is that S Market is kind of a boring store. This point is made in the sense that, although the stores are filled with quality items that people want and need, it is neither upscale nor a discounter. S Market doesn't hang its hat on exciting marketing or a unique niche, but simply just "is" what its members need it to be. Using a baseball analogy, I call this "hitting it up the middle." Additionally, S Market returns hundreds of millions of dollars annually to its members in dividends for an average of about \$190.

I bet you see where I'm going with this. On a much, *much* smaller scale, the S Market story could be the story of the MFC. We have grown in all those same ways over the last dozen years or so and going back further into the 1980s. The results are similar. A thriving store striving to hit it up the middle for its members and able to return profit now and then as a side benefit to the fact of the store itself and the goods and services it provides to the community.

I sometimes hear people pine for the old days of the MFC. The quaint smaller days of the Co-op. That the MFC has been "ruined" by scale, debt, and expansion. I know the past can be comfortably clouded as a better time and place, but I couldn't disagree more.

In the past ten years of expansion, pricing has vastly improved, we are a sizeable, good employer, food and product selection has increased, last year we sold \$1.7 million dollars of local food and products, we have a solid system of representative governance, we actively work on food access and education, there is robust member financial investment, and we return hundreds of thousands of dollars in profit to the members. I know those who pine for the past enjoy those dividends because I hear them say so. This is the Marquette Food Co-op in full—52 years old and in its prime. Scale has provided this. Manageable debt was a tool we used to achieve it.

Like Finland's S Market, there is much more to come for the Marquette Food Co-op. Which means there is much more for you along the way.

[The Cooperative That Could - The American Prospect](#)

Feel good. Shop the Co-op.

Gobble Guide

& TURKEY TIPS

The Co-op is proud to offer turkeys from two reputable companies committed to raising their birds humanely and to the highest nutritional standard.



Larry Shultz Organic Farm

Larry Schultz Organic Farm is seriously committed to organic farming. Schultz organic turkeys meet both Global Organic Alliance (GOA) and USDA guidelines and certifications. They are fed certified organic feed which contains no antibiotics, herbicides, or pesticides and enjoy space to roam outdoors. Schultz turkeys are more flavorful, succulent, and enjoyable than their commercial comparisons. The Co-op offers frozen organic turkey from Larry Shultz Organic Farm, in addition to organic turkey breast.

Ferndale Market

Ferndale Market raises a special flock of turkeys each year for their fresh turkey Thanksgiving program. All Ferndale Market Thanksgiving turkeys are free-range, antibiotic-free, and naturally processed – with no added salt, water, or fillers of any kind. The Co-op offers both fresh and frozen turkeys from Ferndale Market, in addition to a frozen smoked turkey and bone-in turkey breast.

Gobbler Guide

& TURKEY TIPS

Try A Dry Brine

Brining works by initially drawing moisture out of the meat and then allowing that meat to reabsorb the brine, resulting in increased moisture retention and flavor infusion. The salt in the brine plays a crucial role in restructuring the meat's proteins and enhancing its ability to hold onto moisture. The result is more tender, succulent, and flavorful meat when cooked.

Dry brining offers several advantages over wet brining for turkey preparation. It's simpler and more convenient, involving salting the bird and refrigerating it, without the mess of large containers and gallons of liquid. Dry brining also results in crispy, golden-brown skin and enhances the meat's natural flavor by penetrating it with salt.

Dry brining provides better control over seasoning, allowing you to tailor the salt level to your preference. The absence of excess moisture enhances the ability for the skin to brown and crisp, resulting in a flavorful, browned turkey with juicy meat. Dry brining simplifies the process, offers more control, and delivers a tastier Thanksgiving turkey.

CITRUS AND PEPPERCORN DRY BRINE

A dry brine is like a concentrated rub; massage citrus zest and peppercorns onto the skin and let it cure for at least 1 hour per pound before cooking.

- 2 T black peppercorns
- 1 T pink peppercorns
- 2 t white peppercorns
- 2 t coriander seeds
- 6 bay leaves
- ½ C kosher salt
- 2 T light brown sugar
- ¼ C lemon zest
- 2 T orange zest

Toast black, pink, and white peppercorns and bay leaves in a skillet until fragrant. Let cool, then crush in a bag using a rolling pin or heavy skillet. Mix with salt, sugar, lemon zest, and orange zest. Apply to turkey and after curing, rinse off and pat dry before roasting.

Easy Seasoning Options



Turkey Tips



How much turkey should I purchase to feed my family?

Generally, 1-1 ½ lbs uncooked bird per person depending on how many leftovers you want.

How long can I freeze my frozen turkey?

As the U.S. Department of Agriculture points out, foods that are kept constantly frozen at 0°F or lower will keep safe indefinitely. When it comes to quality, the story is different: Over time, the texture flavor and taste of frozen foods will diminish.

How long can I keep my fresh turkey refrigerated?

Once a fresh poultry product has been purchased and placed in a home refrigerator, it should be used or frozen within 2-3 days, regardless of how far away the sell-by or expiration date on the packaging states. Unlike a commercial grade cooler, a home refrigerator cannot maintain a cold enough or constant enough temperature to keep fresh poultry wholesome for an extended period of time.

Turkey Thawing Instructions

TO THAW TURKEY IN THE REFRIGERATOR:

Keep the turkey wrapped and place it in a pan. Let it stand in the refrigerator roughly 24 hours for each 5 pounds. Large turkeys should stand in refrigerator a maximum of 5 days. The giblets and neck, which are customarily packed in the neck and body cavities of frozen turkeys, may be removed from the bird near the end of the thawing period. If desired, the giblets and neck may be refrigerated and reserved for use in giblet gravy.

TO THAW TURKEY IN COLD WATER:

Make certain that the turkey is in a leak-proof package or a zipper-seal plastic bag. This prevents bacteria in the surrounding environment from being introduced into the food, and prevents the poultry tissues from absorbing water. Change the cold water every 30 minutes. Approximately 30 minutes per pound of turkey are required for thawing. After thawing in cold water, the turkey should be cooked immediately.

Turkey Roasting Instructions

Remove the giblets from turkey cavities after thawing. Cook separately.

Set oven temperature no lower than 325° F.

Place turkey or turkey breast on lower rack in a shallow roasting pan.

Let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.

Turkey Roasting Timetable

Oven times are approximate and will vary. Always use a meat thermometer to ensure the correct internal temperature of 165° F has been reached.

325° F oven temperature

UNSTUFFED	4–8 lbs	1.5–2.75 hours
	8–12 lbs	2.75–3 hours
	12–14 lbs	3–3.75 hours
	14–18 lbs	3.75–4.25 hours
	18–20 lbs	4.25–4.5 hours
	20–24 lbs	4.25–5 hours
STUFFED	6–8 lbs	2.5–3 hours
	8–12 lbs	3–3.5 hours
	12–14 lbs	3.5–4 hours
	14–18 lbs	4–4.25 hours
	18–20 lbs	4.25–4.75 hours
	20–24 lbs	4.75–5.25 hours





CORNBREAD STUFFING

serves 6 | recipe from *Jess Zerbel*

Two recipes in one! You can stop at the first part and eat cornbread, or continue on to make this tasty vegan and gluten-free stuffing.

Cornbread

- 2 T ground chia + ½ C water
- 5 T coconut oil
- ½ C apple sauce
- 1 T vinegar
- 1 C water
- 1 ½ C medium ground cornmeal
- 1 ½ C almond meal
- 1 ½ t baking soda
- 2 T coconut sugar
- pinch of salt

Grind chia seeds and mix with water. Let sit until it becomes a gel, about 10 minutes.

Preheat oven to 325°F. Stir all dry ingredients together in a large bowl. Melt coconut oil, add apple sauce, vinegar, water, and chia gel. Pour wet ingredients over dry and stir until uniform texture is achieved. Do not over mix.

Oil a 9x9 baking dish and coat with a pinch of cornmeal.

Bake for 30 minutes, turn heat up to 350°F and bake for additional 30 minutes or until an inserted toothpick comes out cleanly. Take cornbread out of pan and cool on rack.

Stuffing

- 3 T olive oil, separated
- 1 T Herbs de Provence
- 2 t poultry seasoning
- 2 cloves garlic
- 1 small red onion
- 1 rib celery
- 1 large carrot
- 1 C vegetable broth
- ½ C water

Preheat oven to 350°F. Cut cooled cornbread into 1/2" cubes. Coat two cookie sheets with 1T olive oil each, place cubes on sheets and drizzle with additional olive oil. Bake until golden brown. About 12 minutes.

While cornbread toasts chop garlic, onion, celery, and carrots. Heat remaining 1T of olive oil in saute pan, add chopped vegetables. Saute until onion is translucent. Add vegetable broth, water, Herbs de Provence, and poultry seasoning. Simmer for 5-10 minutes. Add toasted cornbread, stir to combine.



PAUL'S VEGAN PUMPKIN CAKE BARS 2.0

This recipe was a beloved fall treat that a former MFC employee would bring in to share. We loved it so much it became part of our cooking class repertoire. It's a great alternative to pumpkin pie for Thanksgiving since it can be made ahead of time and ensures vegan guests get to enjoy it too.

We experimented and added a streusel topping, which adds extra crunch and nuttiness. These are good with or without the topping though, so feel free to skip it if you'd like to save money or reduce the sugar.

Batter

- 3 T ground flax
- ½ C water
- 2 C all-purpose flour
- 2 t baking powder
- 1 t baking soda
- 2 t ground cinnamon
- ¼ t ground nutmeg
- ¼ t salt mixed in generous ½ C water (blend, let sit, blend again)
- 1 15-oz can pumpkin
- 1 ⅔ C sugar
- ¾ C cooking oil
- 1 C chocolate chips
- ¾ C chopped pecans (optional)

Optional Streusel Topping

- ¾ C flour
- ⅓ C light brown sugar, packed
- 8 T plant based butter
- 1 t cinnamon
- ¾ C chopped pecans
- ¾ C mixed nuts and seeds – pumpkin seeds, slivered almonds, or walnuts
- 2 T maple syrup

Make your flax "egg." Mix the ground flax with the ½ C water and let sit while you mix other ingredients. To grind the flax, we recommend using a cleaned spice or coffee grinder. It can be hard to fully grind with a blender or food processor. This is equivalent to one egg, so if you're not worried about this being vegan and missing the flax you can sub an egg.

Preheat oven to 350°F. In a medium bowl stir together flour, baking powder, cinnamon, baking soda and salt; set aside.

In a large mixing bowl beat together flax/water mix, pumpkin, sugar and oil.

Add the flour mixture and stir lightly.

Stir in chopped pecans & chocolate chips and spread batter in an ungreased 15x10x 1- inch baking pan, set aside.

To make the streusel, mix the flour, light brown sugar, and cinnamon in a medium bowl. Cut in the butter with a pastry cutter or fork until the butter is mixed in and there is pea sized or bigger clumps. Feel free to make clumps with your hands. Add your nuts and maple syrup, stir until just combined and spread over the batter.

Bake for 35-45 minutes or until toothpick inserted in center comes out clean.

Cut into squares. Makes 24 bars.

THANKSGIVING LUNCH SPECIAL

THANKSGIVING THEMED HOT BAR

WEDNESDAY, NOV. 22

ROASTED TURKEY

MASHED POTATOES V

ROASTED ACORN SQUASH V

GREEN BEAN CASSEROLE V

HOMESTYLE MAC & CHEESE VG

STUFFING V

SAGE GRAVY V

V = Vegan VG = Vegetarian

ANNUAL TURKEY GIVEAWAY

SATURDAY, NOVEMBER 18



FREE
PASTURE-RAISED
FROZEN TURKEY
WITH PURCHASE
OF \$150 OR GREATER.

WHILE SUPPLIES LAST.

FREE TURKEYS RANGE FROM 10 – 12 LBS.

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

AVAILABLE ON MFC WEBSTORE

All your favorite brands

Savings for the Holiday Season!

Look for over 60 coupons throughout the store.

save
over \$85



CHEESE OF THE WEEK

We're excited to introduce Cheese of the Week!

Each week throughout the holiday season, we're featuring new and unique cheeses on Fresh Deals! Learn how to pair each cheese with food and drink to build the perfect charcuterie board!

Our first featured cheese is

ST. ANGEL TRIPLE CREAM BRIE

St. Angel's Brie is a rich and full-bodied triple cream cheese with a velvety texture and a decadent yet mild flavor of milk and cream.

Be on the lookout for Cheese of the Week samplings each week!



Call For Candidates

FOR THE MFC BOARD OF DIRECTORS

Applications open
OCTOBER 15 - JANUARY 15

Learn more and apply at www.marquettefood.coop/board/join

Interested in contributing to your Co-op? You can help by sharing in the governance of our organization. You can apply or encourage someone you know who could be an asset to apply.

Watch for information on a Board Meet & Greet to learn more about the work of the board, our elections, and the Co-op.



Have questions now that the website didn't answer?
Send your question to board@marquettefood.org or call 906-273-2287

Anishinaabe Language Scavenger Hunt



The Marquette Food Co-op and the NAS 102 Anishinaabe Language, Culture & Community class at NMU are pleased to present a Native language scavenger hunt. Learn about Great Lakes Indigenous foods and the Anishinaabe language while you shop!

Look for signs around the store to mark products with their Anishinaabe name. You can even scan the QR codes on the tags to learn how to pronounce the words. Each food item is one that was available in the Americas prior to European colonization.

Look for our scavenger hunt game in our weekly Co-op email, on social media, or grab one at the Customer Service Desk. Completed scavenger hunts can be turned in at the Customer Service Desk to be entered to win a \$25 Gift Card to the Co-op, and a copy of the Decolonizing Diet Cookbook.

Winner will be drawn by Tuesday, November 14.

SCAVENGER HUNT STARTS MONDAY, NOVEMBER 6

WINNER WILL BE DRAWN BY TUESDAY, NOVEMBER 14

owner COUPON

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.

NOVEMBER OWNER COUPONS

Valid until November 30, 2023

\$2.00 Off **Field Day** **Bath Tissue**

12 rolls/300ct
Limit three packages per coupon.
One coupon per owner account.
While supplies last.



\$2.00 Off **Field Day - Free & Clear** **Laundry Detergent**

100 fl oz
Limit three per coupon.
One coupon per owner account.
While supplies last.



\$2.00 Off **Field Day** **Paper Towel**

6 rolls/120ct
Limit three packages per coupon.
One coupon per owner account.
While supplies last.



NEW ITEMS

November 2023



Classic Vegan Caramels Ocho Candy

Ocho Candy's Classic Vegan Caramels are soft and creamy, organic, and fair trade. These delicious caramels have a dark chocolate shell, filled with a soft and creamy plant-based caramel. Made with Miyoko's Creamery European cultured vegan butter.



Lentil Mole Casa Verde Ilineel Food Co.

Made in a traditional mole poblano sauce with charred onions, Casa Verde's Lentil Mole is rich in flavor and made with traditional ingredients. Serve with warm flour tortillas for scooping up the delicious broth and top with thinly sliced jalapeno and diced avocado. Enjoy with a garnish of cilantro and toasted pepitas. Non- GMO, plant-based, and preservative free.



Everything Spice Organic Sourdough Flatbread

Rustic Bakery Everything Spice Organic Sourdough Flatbread is a scrumptious addition to charcuterie boards with its crunchy texture and savory flavor. Pairs great with cheese, charcuterie, and accompaniments. Enjoy with brie, chevre, gouda, salami, pâté, figs, jam, honey, and your favorite charcuterie items.



Stress Relief Gummies Nordic Naturals

Nordic Naturals Stress Relief Gummies offer the stress-relieving properties of herbal ashwagandha along with vitamins C and D3 in delicious, mixed-berry flavored gummies that help the body maintain a healthy response to physical and mental stressors. Certified vegetarian, and made without artificial coloring, flavoring, or preservatives.

Cheese of the Week

St. Angel Brie

November 1-7

Anishinaabe Scavenger Hunt

November 6-13

Indigenous Foods of the

Great Lakes Region

Cooking Class

November 7 & 14

5:30-8pm

Join the waitlist

Cheese of the Week

Mimolette

November 8-14

Cheese of the Week

Blumenkaese

November 15-21

Turkey Giveaway

Free turkey with purchase of \$150 or more

November 18

Cheese of the Week

Hay! There

Lavendar & Thyme Raw Milk

Gouda

November 22-28

Downtown Marquette

Ladies Night

November 16

4-8pm

MFC Board Meeting

November 21

6-8pm

Thanksgiving Hot Bar

November 22

Thanksgiving Day

November 23

United Way

Round Up at the Register

November 24 - December 31

Cheese of the Week

Ubriaco Pinto Rose

November 29-December 6

THE FRESH FEED

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

Content & Editing

Andrea Pink

apink@marquettefood.coop

Design & Layout

Travis Gerhart

tgerhart@marquettefood.coop



502 W. Washington St.
Marquette, MI 49855

In-store Hours 8am - 9pm
Grocery Pickup 11am - 6pm

www.marquettefood.coop
Marquette, MI 49855



Board of Directors

Michelle Augustyn PRESIDENT

Kevin Pierfelice VICE PRESIDENT

Tom Rulseh SECRETARY

Richard Kochis TREASURER

Mary Pat Linck

Michael Dewar

Nathan Frischkorn

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

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