

THE FRESH FEED

THE MARQUETTE FOOD CO-OP NEWSLETTER

NOVEMBER 2024



THE BEST GOOD THINGS



Matt Gougeon
General Manager

One of the things that I appreciate the most about this cooperative is its resolute nature. By that, I mean how it is organizationally resolute in its ability to withstand change. Change in market economics, change in personnel, governance, and member and shopper purchasing habits are all things over more than five decades that have challenged our beloved Co-op. But it is not just withstanding change that is important. It is the ability to adapt and be resilient in the face of change that makes this organization so vitally important to our community.

Adaptability and resiliency also mean that there is room for everyone here. Through the years, we've worked hard to level the playing field, if you will, to address any imbalances or obstacles for folks to be here. Central to our success in this lies in the simple fact that we conduct our business around and about food. Nothing helps people come together like food. And little is more attractive than an independent, bootstrapping, do-it-yourself organization like a cooperative.

Especially one that has inclusive policies in place that make the unique welcoming environment of this cooperative. On balance, we also have plenty of limiting policies that work to protect the welcoming inclusive environment of our cooperative.

At our core, we are a small universe of democracy that thrives through appropriate delegation of responsibilities, costs, and rewards. But we're a quiet universe. We all experience it in our daily interactions with the store and all its programs, promotions, efforts, and profits, but we don't typically make a lot of noise doing so. We just are. We're here, doing good work for one another. We receive the benefits of that work which in turn come back to the Co-op in our efforts to continue to help ourselves and help others at the same time.

There is virtue in a directed democracy at work. It's important to be reminded that the best good things are most often quiet, with directed outcomes for everyone and exist in our midst. The best good things, like this cooperative, may be relied upon to help us through our days and make us just a little more resolute, adaptive, and resilient in our quest to be better, healthier, and happier people.

Feel good. Shop the Co-op.

APPLE PIE CONTEST *Winner*

AN APPLE PIE

Jane Honeycutt

Double Crust Pie Dough:

- 3 C all-purpose flour
- 2 T white sugar
- ½ t salt
- ¼ C lard
- 1 C salted butter, very cold, left in the freezer for 10 minutes or so
- 2 t apple cider vinegar mixed with approximately ¾ C iced water

Start with your dough, blending the flour, sugar, and salt together. Add lard and blend until it is fully incorporated, no lumps.

Using a box grater, grate the cold butter directly into the flour mixture, using the medium shredding size holes. Gently incorporate evenly but leave the shreds whole.

Remove ice from water/vinegar mix and gently mix a little at a time into the flour mixture using a rubber spatula or a cool biscuit-making utensil. The mixture should come together when squeezed in your hand, but you are working with gluten, so less is usually better.

Cover and refrigerate for at least an hour, up to 3 days.

Within a few hours or overnight after making your pie, take slightly more than half of your dough and roll to fit a 9-inch pie pan. Cover and refrigerate.

Take the remaining dough, roll it, cover, lay flat, and refrigerate.

Squeeze the lemons into a large bowl. Peel and slice the apples, dredge in lemon juice, and allow them sweat out juice for up to an hour.

Apple Pie Filling and Assembly

- 2 C apple cider, boiled down to ½ C with ½ C (8 T) added at the end
- 2 lemons
- 9 baking apples, approximate based on size
- 3 T apple butter (mine was made with macintosh apples, sugar, cinnamon and nutmeg)
- ¼ t flake sea salt
- 2 grinds of pepper (approximately ¼ t)
- 1 t cinnamon
- ½ t nutmeg
- ½ C flour
- ½ C sugar
- 1 egg, mixed with 1 T of water for the crust
- 1 T sugar and ⅛ t flake sea salt

Gently fold apple butter and cooled apple cider mixture into the apples. Mix flour, sugar, spices, and salt in a small bowl. Gently fold into the apples.

Remove pie pan from fridge and gently work the apple slices into all corners. Mound in the middle. It's possible you will have leftover apple slices. You'll have to eat those (dang).

Carefully moisten the edge of the lower crust. Cut slices in the top crust before or after it goes on top. Firmly attach the edge to the bottom crust. Be sure not to leave a gap, or it will spill out the side. This is why I don't use lattice for this pie.

Crimp any way you like. Return the pie to the fridge to set the sealed edge while your oven pre-heats. Put an egg wash on the top crust, sprinkle with sugar and a few flakes of sea salt.

Bake on the very bottom rack at 425°F for 20 – 25 minutes, or until the pie is just starting to brown. Move the pie up to the middle rack and set the oven temperature to 375°F. Bake it an additional 30 – 35 minutes, or until juices start coming out of the top.

Now is the hard part: you must let your pie cool for a couple of hours before eating.

APPLE PIE CONTEST *Winner*



VEGAN APPLE CRUMBLE PIE

Ari Koontz

Crust

- 1 ½ C all-purpose flour
- ½ t salt
- ½ t sugar
- 5 T plant-based butter, cubed
- ¼ C cold water

Filling

- 6 C peeled and sliced apples (mix of sweet and sour; approximately 4 large apples)
- 2 T lemon juice ½ C sugar
- 3 T flour
- ¼ t cinnamon
- ¼ t nutmeg
- pinch of salt

Topping

- ½ C brown sugar
- ¼ C all-purpose flour
- ¼ C rye flour (sub whole wheat)
- ½ C rolled oats
- ½ C plant-based butter, cubed
- pinch of salt
- pinch of cinnamon
- pinch of cardamom

Combine dry crust ingredients, mix well. Cut in butter and work in with a pastry cutter, fork, or fingers until pea-sized chunks remain. Add water 2 tablespoons at a time, gently combine until shaggy dough forms. Refrigerate dough 1 – 2 hours.

Roll out dough to a circle of ¼ inch thickness. Arrange in pie tin.

Combine all filling ingredients in a bowl and mix well, then spoon into crust.

Combine all topping ingredients in a separate bowl and mix until a crumble forms, then spread atop apple filling.

Slide into 450°F oven and bake for 10 minutes. Turn down heat to 350°F and bake for 30 – 35 minutes until golden brown on top. Let cool at least an hour. Slice and serve with vegan ice cream.

*Call for
Candidates*

FOR THE MFC BOARD OF DIRECTORS

Why would you apply to be on the board?

Because you simply want to make a difference? You love the Marquette food co-op? You heard they had cool people on the board and you wanted to join?

No matter your reason or passion for wanting to apply, we're waiting for good folks like you to help us make forward thinking, fresh minded and sound decisions for our community.

Have questions? Our lovely orientation committee is ready to help with anything!

**Applications open
OCTOBER 15 - JANUARY 15**

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

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

Scan the QR code to learn more today



STRENGTHEN NATIVE FOODWAYS



Scan the code
to learn more

**Save on over 270
Field Day products.**

For each product sold,
we'll donate 5¢ to NĀTIFS!

Oct. 30 – Dec. 3



STRENGTHEN NATIVE FOODWAYS



This November, get ready for gatherings with friends and family with big savings on all Field Day products at your co-op. Save on more than 270 Field Day items — from maple syrup to wild-caught tuna to paper towels — from Oct. 30 through Dec. 3. Field Day is our value brand that offers high-quality, delicious food and household products at more affordable prices every day through Co+op Basics, making this savings event even more spectacular. Our lowest prices will be even lower!

Stock up on staples like rice, pasta, beans and olive oil. Save on tons of spices and herbs, as well as baking essentials including sugar, vanilla and chocolate chips. Find the foods you want for holiday meals, like gravy, pumpkin puree and stuffing mix.

Gathering with family and friends for a Thanksgiving meal is a familiar ritual for many people, and we strive to serve our entire community well during this busy time of year. In recognition that the story of the first Thanksgiving perpetuates an inaccurate and harmful version of history, our co-op is joining food co-ops across the country to make a collective donation to

North American Traditional Indigenous Food Systems (NĀTIFS) this November. Food co-ops will donate \$0.05 for every Field Day product sold during this promotion.

NĀTIFS is a nonprofit organization founded by Lakota Chef Sean Sherman (known as the Sioux Chef), dedicated to revitalizing Indigenous food systems and promoting cultural preservation within Native American communities. Through initiatives like the Indigenous Food Lab, NĀTIFS offers training programs, educational workshops and support for Indigenous entrepreneurs to empower individuals and foster economic development.

By addressing economic disparities, food insecurity and the loss of Indigenous food knowledge, NĀTIFS aims to restore health, wealth and cultural identity to Indigenous populations. The organization's commitment to promoting Indigenous foodways education, facilitating food access and revitalizing ancestral knowledge underscores its mission to create positive social impact and support underserved communities.



**STRENGTHEN
NATIVE
FOODWAYS**

WHO WE ARE

North American Traditional Indigenous Food Systems (NATIFS), founded by James Beard award winner The Sioux Chef, is dedicated to addressing the economic and health crises affecting Native communities by re-establishing Native foodways. We imagine a new North American food system that generates wealth and improves health in Native communities through food-related enterprises.

OUR MISSION

Our mission is to promote Indigenous foodways education and facilitate Indigenous food access.

OUR VISION

Our vision is to rekindle and empower Indigenous food sovereignty through a thriving network of regional hubs that celebrate and elevate Indigenous culinary traditions.



WHAT OWNERS HAVE TO SAY

“Being owners of the Co-op makes us feel like we’re active members of our community. It means participating in the food systems that we believe in and helping to shape what food looks like for our community. We own a tea company and to be able to also be part of the place that our teas are sold has a lot of value for us because it feels like now we’re really connected all the way in.

The food Co-op treats their vendors the same way they treat their customers, which is to create a holistic community. We feel very lucky to be a part of it.”

**Raj Vable
& Mitra Nite**
Co-op Owners
since 2022



**Tom Rulseh
& Vicki Reuling**
Co-op Owners
since 2019

“The mission of the Board is to continue to make good quality food available at a reasonable price. The Board makes sure that the Co-op keeps moving in a positive direction. Being a part of the Board has been an interesting experience for me. We have a diverse group of people and different thoughts. We don’t always come to issues with the same idea of what the solution should be. I think that’s a real healthy thing. I welcome other people to join the Board and bring their ideas. It is a true community.”



Antonio Adan & Kristina Behrens
Co-op Owners
since 2018

“When we moved to Marquette and were getting a sense of the neighborhood we popped into the Co-op. Once we saw what it was all about, it was a no-brainer to become members.

We like to go to the annual meeting, where there’s a lot of transparency from the board to the staff and the owners about the business. It’s great to hear when things are working well and if they’re not, then I trust the board will make great decisions on behalf of the members.

When you go to other stores, you’re just a consumer. That’s it. Having the ability to be indirectly or directly involved in the Co-op feels great.”

“We love the connection to the community. We enjoy the selection of items here, particularly the local produce and commitment to local farming. We’ve taken advantage of the cooking classes here and have really enjoyed meeting people and learning new things.

It’s a privilege to be a part of the Co-op.”

Bill & Emily Mason
Co-op Owners
since 2022



Abbey Palmer & Chris Bloom
Co-op Owners
since 2018

“The co op is a community that I’m part of. I’ve lived 40 miles away from the Co-op and I’ve lived less than four blocks away from the Co-op and I still go there every week, multiple times a week. It’s a consistent and vibrant place.

Part of my work is to support schools incorporating more local food into school lunch. And the U.P. Food Exchange (through the Co-op) is that connecting point between local farms, their food, and institutions like school food service. I also get to work with the Co-op on different grant-funded projects that support farmers.

The Co-op is such an incredible resource for information, education, and access to local food.”



**Melanie Mottinger
& Oakley**
Co-op Owners
since 2021

"Oakly wants fruit all the time. We cannot get out of the Co-op without buying fruit. It's the first thing he checks when we walk in, the sales flyers. He says, 'Mom, pears! Pears are on sale.' He gets super excited.

We've done barter with Oakley before. He gave up his Halloween candy and he could buy whatever fruit he wanted at the Co-op. We left with a pineapple, a cantaloupe, strawberries. A cart full of fruit! It satisfies his little sweet tooth, but he's also getting healthier options. I feel like he already makes really great food choices because of growing up in the Co-op."

**THANK YOU TO THESE
WONDERFUL OWNERS FOR
SHARING WHY THEY CHOSE
TO INVEST IN THE CO-OP, AS
WELL AS TO ALL OF YOU WHO
COLLECTIVELY OWN YOUR
LOCAL GROCERY STORE.**

"As I look around, things are taken care of. It's clean, it's neat, it's attractive. That makes me proud to say, 'Oh yeah, I'm part-owner of the Co-op.' and I would gladly take people in, show them what services and what products there are. It's like, when you own something, your name is part of it. You want to be able to say, 'It's mine'."

**MonaJean &
Vince Rose**
Co-op Owners
since 2006



ANNUAL TURKEY GIVEAWAY

SATURDAY, NOVEMBER 23



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.

New to the Keweenaw

**CONGRATS TO THE KEWEENAW CO+OP
MARKET & DELI ON THEIR NEW STORE!**



Some of our staff—Kim, Robert, Austin C., Jennie, Bec, Bri, and Austin D.—helped out with setting up the new storefront. “Ten years after our own expansion,” Bri says, “it is exciting to see the Keweenaw Co-op finally realize this dream of their own after years of hard work. It is a beautiful store, and we wish them all the best.”

If you're in Hancock, give the new Keweenaw Co-op store a visit!



LOCAL SPOTLIGHT

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



MOONLIGHT MEADOWS

BRYAN KOPPANA & SHANNON DENNIS

There are few delicacies Moonlight Meadows doesn't do. Farm to table cuisine, chili crisps, macaroons, preserves—owners Bryan Koppa and Shannon Dennis share a love for innovative foods and the cultures that inspire them.

"We're very passionate about food, so to be able to share our enthusiasm with our customers is an actual dream," write Koppa and Dennis. "We put a focus on fresh ingredients by sourcing most of our fruits from Michigan farmers, from Copper Country strawberries to Keweenaw blueberries and Gladstone raspberries."

THROUGH NOVEMBER, ALL MOONLIGHT MEADOWS PRODUCTS ARE 15% OFF!

Learn more about Moonlight Meadows by visiting their Facebook, Instagram, or their website: moonlightmeadows.shop



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, 2024

75¢ Off

**Jilbert's
Butter**

1 pound
Limit three packages per coupon.
One coupon per owner account.
While supplies last.



\$2 Off

**Organic Honeycrisp
Apples**

3 pound bag
Limit three bags per coupon.
One coupon per owner account.
While supplies last.



\$2 Off

**Marquette Baking Co.
Cracked Wheat Bread**

20 oz loaf
Limit three loaves per coupon.
One coupon per owner account.
While supplies last.



All your favorite brands –

Savings for the Holiday Season!

Look for over 65 coupons throughout the store.

**save
over \$99**



CALENDAR OF EVENTS

NOVEMBER 2024

NĀTIFS Field Day Sale

Oct. 30 - Dec. 3

Diwali

Nov. 1

All Saints' Day

Nov. 1

Día de los Muertos

Nov. 2 - 3

Daylight Saving Time Ends

Nov. 3

Election Day

Nov. 5

MFC Culinary Class:

Nourishing Your Thanksgiving Table

Nov. 5 • 5:30 - 8pm

Registration required

Veterans Day

Nov. 11

MFC Culinary Class:

Nourishing Your Thanksgiving Table

Nov. 12 • 5:30 - 8pm

Registration required

Mix & Match Holiday Wine Sale

Nov. 13 - Dec. 3

Birth of Guru Nanak Dev Sahib

Nov. 15

MFC Board of

Directors Meeting

Nov. 19 • 6 - 8pm

MFC Culinary Class:

Tea Tasting with Raj of Young Mountain Tea

Nov. 20 • 12 - 1pm

Registration required

Turkey Giveaway

Nov. 23

Round up at the Register

United Way

Nov. 25 - Dec. 31

Ascension of 'Abdu'l-Bahá

Nov. 27

Thanksgiving Hours

Nov. 28 • Closed

Nov. 29 • 10am - 7pm

THE FRESH FEED

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

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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



502 West Washington Street, Marquette, MI 49855

8am - 9pm

marquettefood.coop

