

THE FRESH FEED



The Marquette Food Co-op Newsletter

October 2021



Food Co-op celebrates move with open house

MARQUETTE — The Marquette Food Co-op, a community-owned natural foods grocery, is celebrating its move to a new location in downtown Marquette.

March to new Food Co-op location



Davidson, center, general manager of the Marquette Food Co-op, leads a caravan of co-ops and supportive customers from the co-op's old location on Baraga Avenue in Marquette to its new store on West Washington Street for its opening this morning. (Journal photo by Zach Jay)



The Marquette Food Co-op is celebrating a new location with a grand opening Sept. 28. 9-19-02.



The first sale of the month was held yesterday by the Marquette Food Cooperative at Guild Hall of St. Paul's Episcopal Church. Members stocked food for the rest of the month while meeting with friends to share ideas on recipes and new foods. (Mining Journal photo)

\$175 purse in island bike race

Mackinac Island, which will offer a \$175, will be held on Saturday starting at 6 p.m.

Cooperative: Staples at economical prices

The Marquette Food Cooperative is not just another "organic" food lovers group. Instead, members are getting staple foods at economical prices. The idea is to have something that members can use for their money and to get whole food staples at a low price.

Members work where they shop



Members work where they shop. The Marquette Food Co-op is a community-owned natural foods grocery.

Co-op fills important role in community

Organic foods. Local produce. Natural ingredients. A store full of these products may seem straight out of the '70s to some, idealistic to others. But for the wide array of people who shop at the Marquette Food Co-op, it's a way of life.

"You can no longer look at someone and say, 'There goes a co-op person,'" co-op outreach coordinator Natasha Gill said. "The idea and look of a co-op has changed. It is for anyone who eats and cares about where their food comes from. We cater to a wide variety of people."

The Marquette Food Co-op isn't just another grocery store, however. While it has grown to become a one-stop shop, it has much more to offer than organic food and local produce.

"Our store offers not only specialty, hard-to-find and ethnic products, but we also have a lot to do with the growth."

Co-ops: An Enduring Upper Peninsula Tradition



Peers behind the scenes: Katie Mair, props manager; Amy Spitzley, stage hand; Trina Suttle, stage manager; Melissa Blackstone, costume lifter; and Haywire actress.



GROWING AMONG GIANTS

Matt Gougeon
General Manager



While doing some research on the history of our cooperative, our PR person, Kelsie, brought me a few old articles from The Mining Journal. They weren't about the Co-op specifically, but were a series of articles about the grocery industry in Marquette County during the mid-1980s. The articles described a time when there were too many grocery stores for the population, making it difficult for any of them to survive. Then, one grocer decided to build what was then called a "warehouse" grocery store in the west end to beat another developer from outside of the area who planned to do the same. That started a domino effect — the already stressed local grocers began closing.

This resulted in significant upheaval. A loose count indicates that several very small markets closed, two Red Owls, an Angeli's, and eventually, Dick's Foods. The last two were housed in our current building on Washington. With the entry of today's Econo Foods and Super One, several other stores closed in Negaunee and Ishpeming. Following all this, but not included in the articles, came the addition of WalMart, Target, and then Meijer, which played a role in the closing of Valles Village Market on the north end of Third St. For a couple of decades, it was one volatile market.

During this time, our own Marquette Food Co-op had been in existence in some form or other for fifteen years already. It was likely living its own parallel existence to the carnage happening in the local market. Its struggle for existence, though, was not one of competition but the slow growth of cooperation. The Co-op served a different market and the trickle of members, money, volunteers, and few paid staff kept it afloat. It was different. Its shoppers sought something different. The model upon which it was built was also certainly different from the large debt investment grocery war being waged outside of the Co-op confines. The Co-op simply hung around because enough interested folks kept coming to it to breathe a little more life into it.

The truth is, this Co-op grew in the shadow of grocery behemoths. But how could that have happened among so many casualties? The early Marquette Food Co-op certainly did not possess the hallmarks of business

ing Journal, Marquette, Mich., April 25, 1991
U. M. Long... Regional History Center
Public Library

Grocery Wars

Angeli was a casualty, but lived to fight another day

RCIA GOODRICH
Staff Writer

QUETTE — Mike Angeli spend half a century in the y business without learning hard lessons of the tplace. Angeli, now 60, was forced 17 s ago to close the super- t his family owned for 30 . The doors were locked after) Foods and Super One d stores in Marquette, driv- own prices and heating up etition. But, rather, than), Angeli, started over, open- ngeli's Bakery-Deli last July. don't have a background as a

couldn't."

The big chains have the capital to move into a new area and support new stores through the first hard months or years.

"It's the normal course of a business opening that they'll come in and pound away," Angeli said. "And the strongest draw is price, or price impression."

Price impression, he explained, is the perception that prices are

trend of the marketplace," he said.

And that trend hasn't shown any sign of ebbing. Yoopers who are awed by the size of Econo Foods, for example, would be bowled over by the new hypermarkets. Angeli doubts that the Upper Peninsula could support one of the huge retail outlets, but he doesn't rule out the possibility.

"I don't think the population here warrants a hypermarket," he said. "They're 100,000 to 200,000 square feet and they have everything. I'd compare it to adding a ShopKo to an Econo Foods and a bank and a post office, and then sticking in a Big Boy restaurant

"but we think we're gonna make it."

For a grocer, it's not quite the same. Angeli's parents emigrated from Italy to Iron River in 1918 and opened a grocery store there, where Angeli worked as a child. In 1959, he moved north to establish Angeli's Super Valu, and then in the 1960s he opened another Angeli's in Menominee.

Though he understands the economic trends that forced him to close his Marquette store, that didn't make it easy.

"Was it painful?" he said. "Oh very, very...How can you describe it? You never get over it."

"But it's a fact of life."

"I do miss the supermarket business very much," he added. "I don't know if I could get into it at this point, but if the opportunity arose, I wouldn't turn my back on it." Nonetheless, Angeli keeps his focus on the future. More stores mean more shoppers, and more customers for his bakery.

"Marquette is growing," he

'I do miss the supermarket business very much. I don't know if I could get into it at this point, but if the opportunity arose, I wouldn't turn my back on it.'

—Mike Angeli, grocery war survivor

Newspaper clippings provided by Marquette Regional History Center

Area grocery stores struggling to stay afloat

Editor's note: It's a war. Local supermarket and grocery store owners are caught in a desperate struggle for survival as competition increases and income dwindles. In an attempt to probe beneath the surface of the depressed local grocery economy, The Mining Journal today begins publication of a series of articles written by Staff Reporter David Edwards. In the first installment, Edwards takes an in-depth look at the nature of the problem.

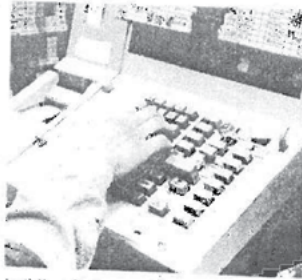
By DAVID EDWARDS
Journal Staff Writer

Profitability has become a thing of the past within the grocery industry of Marquette County.

The strain shows on the faces of grocery store owners and managers. They work long hours, plan each week carefully, invest in upgrading their facilities, count every penny — but still there are no profits.

Reasons for the depressed local grocery market are complex. They range from too much store expansion and new store construction, to fast food restaurants capitalizing on society's changing priorities.

But most major grocers in the area



building last year in Ishpeming, only several blocks away from his downtown store. Operating the new store under the name Big Dollar, Joseph admits that his increasing demand on the marketplace was at least partially to blame for the downfall of the downtown store.

Before announcing the closure, Joseph speculated that it would take more than one closing to have a serious

highest ranking officers. The company owns four Jack's IGA stores operating in the city of Marquette, Marquette Township and Chocolay Township.

Jack's Vice President Mike Schwemin observed, "Basically, nobody is going to make money in the grocery business in this town until there are some casualties."

At present, Schwemin said, Jack's stores making a profit are those in Chocolay Township and on North Third in Marquette. The store in downtown Marquette and the newly-constructed warehouse food outlet in Marquette Township are losing money, he added.

Schwemin speculated that Jack's likely will not have to close a store, explaining, "I'm sure it's a lot harder when you just have one store. I mean, if that one's not making money, then you don't have anything else."

Jack's President Eileen Urbaniak, who is Schwemin's mother, agreed with his assessment, adding, "Right now we're holding our own. I can't see anything but it's a struggle."



success in the mid-1980s. But it did possess the hallmarks of a progressive movement. All movements that slowly gain momentum do so because they make a certain amount of sense. The model they exhibit appeals to a broad spectrum of users. There is perceptible value in the movement's proposition. Investment returns positive results. There exists a feeling of belonging. Control of the movement comes from within.

Today, this Co-op is much changed from 35 or so years ago. No one would argue that statement. But while we operate similarly to our behemoth competitors, we very much continue the movement that kept this organization going. There is return on investment. The value proposition is yet sound. The bond of owning this store is shared by not just a few families but by more than 6,000 community households. But most importantly, we continue to control our own fate.

October is Co-op Month and we're 50 years old. The oldest grocery store in Marquette. Come in and reap the benefits of sharing in this bustling little enterprise in Downtown Marquette. It's here because of you and for you and because we have all stood on the shoulders of the giants that came before us. Uh, not those grocery giants — but all those earlier Co-op members who kept the movement going, one scoop of brown rice at a time.

FEEL GOOD, SHOP THE CO-OP!

plans to buy store

Marquette Organic Food Co-op plans to acquire the building at 345 W. Washington St. for more than 50 years, according to announcement by the organization's president, Martha Bush.

Leo Cole, owner and proprietor of that establishment, and retired last September.

The Food Co-op, which was founded in 1979 and which has been renting space at 345 W. Washington St., is expected to take over the Cole building and move in by mid-December.

The 600 members of the non-profit organization are being assessed a fee of \$10 to be used in purchase of the Cole property, with each also given the option of buying loan notes of \$50 or more. The notes will mature in one to eight years, depending on the length of the note.

In addition to Miss Bush, officers of the organization are Bob Lobell and Doug Cole, vice-presidents; Dennis McCowen and Lou Frye, secretaries, and Tom Turton, treasurer.

Also on the eight-year-old Food Co-op were listed by Miss Bush as follows:

- To provide wholesome food to people at inexpensive prices, utilizing volunteer work and cooperation.

To help obtain money for the Food Co-op will hold a fund-raising "feast" in the Guild Hall, 318 High St., from 5:30 to 7:30 p.m. Friday, Dec. 15. Featured will be Finnish pancakes, whole wheat pastries, for maple syrup and yogurt topping will be available.

"An individual wanting to buy a share might have to sign up with the Co-op by the end of the year. As a group, we have a much better chance to do this."

Co-op members are urged to pay their assessment fee and to buy loan notes by next Wednesday. Additional information can be obtained from Turton (telephone 429-7670).

The venture of buying a store provides Co-op members with the unique opportunity to gain ownership. Through the fund assessment, each member actually will own part of the store, just like stock in a corporation.

"The Food Co-op is a well-equipped facility. She added: 'The venture of buying a store provides Co-op members with the unique opportunity to gain ownership. Through the fund assessment, each member actually will own part of the store, just like stock in a corporation.'

March to new Food Co-op location



Matt Gougeon, center, general manager of the Marquette Food Co-Op, leads a caravan of co-ops and supportive customers from the co-op's old location on Baraga Avenue in Marquette to its new store on West Washington Street for its grand opening this morning. (Journal photo by Zach Jay)

MS 5/22/2014

MARQUETTE FOOD CO-OP TIMELINE

1971

A group of people came together to source natural foods to provide in Marquette area, where little was available.

Early 1970s

Members took turns driving to the People's Warehouse in Ann Arbor to pick up food, distributing through a series of locations (a private house on Ohio St., a garage on Third St. and the basement of a store on Washington St.)

Mid 1970s

The Common Health Warehouse in Duluth expanded distribution and regular deliveries to Marquette began. The Co-op hired its first manager and membership began to grow.

Mid to late 1970s

Many members loaned money to purchase the building at 325 W. Washington St., its first retail storefront and home for more than 20 years.

1980 to early 1990s

The financial wellbeing of the Co-op varied enormously, reflecting local and national trends in both the economy and the co-operative movement. There were periods of rapid growth, stable years, and difficult times, but there was always a core group of hardworking members dedicated to the co-operative principles.

Mid 1990s

The Co-op faced its most serious financial crisis, and with mounting debt, declining membership and high management turnover, it came close to closing its doors. Again, the membership responded, and kept the store open, operating with an entirely volunteer staff, and some rigorous financial controls.

Late 1990s

When the financial situation improved, an experienced manager was hired, and the Co-op grew in leaps and bounds.

2000

There was serious discussion about expanding so that the Co-op could offer its members more products and become more of a one-stop shop. The decision was made to move to bigger premises, sell the Washington St. building and relocate to a leased building.

2002

After years of planning, the Co-op opened its doors at 109 West Baraga Avenue in July of 2002.

2005

By June 2005, sales had increased to over \$1 million per year and the staff had grown to 24.

2006

An opportunity for expansion into the other half of the building on Baraga was presented — the idea was eagerly embraced, and a capital campaign generated much of the funding. The project was completed in the fall.

Marquette Organic Food
MJ 10-22-83
Co-op seeking members



Food co-op brings pure food to participants
Members work where they shop



Organic food co-op introduces counter. Although the rooms are new,

**\$175 purse
in island
bike race**

The first Mackinac Island bicycle race, which will offer a purse of \$175, will be held

2011

Sales had exceeded \$4 million and there were 49 staff and nearly 3,000 members. Plans began for expansion to a larger facility.

2012

The Co-op purchased the current building at 502 W. Washington St. and hired architects, consultants and a contractor to begin planning. A capital campaign was conducted to raise funds.

2012

The U.P. Food Exchange, a collaboration between many businesses and organizations, led by the Co-op was founded. UPFE serves as a resource portal for farmers, businesses, and individuals looking to participate in the local food system. It supports local food projects of all kind, and the UPFE Online Marketplace serves as a food hub that aggregates local food products for institutions and retail across the U.P.

2014

The Co-op relocated to the newly remodeled facility. The expanded store included a full-service deli, a Meat & Seafood Department, and the Co-op Classroom, a meeting room and kitchen that allowed Outreach staff to increase participation in cooking classes and other educational and community-driven events.

2017

By the end of this year, there were more than 5,000 members, 85 staff and annual sales reached \$9.2 million.

2019

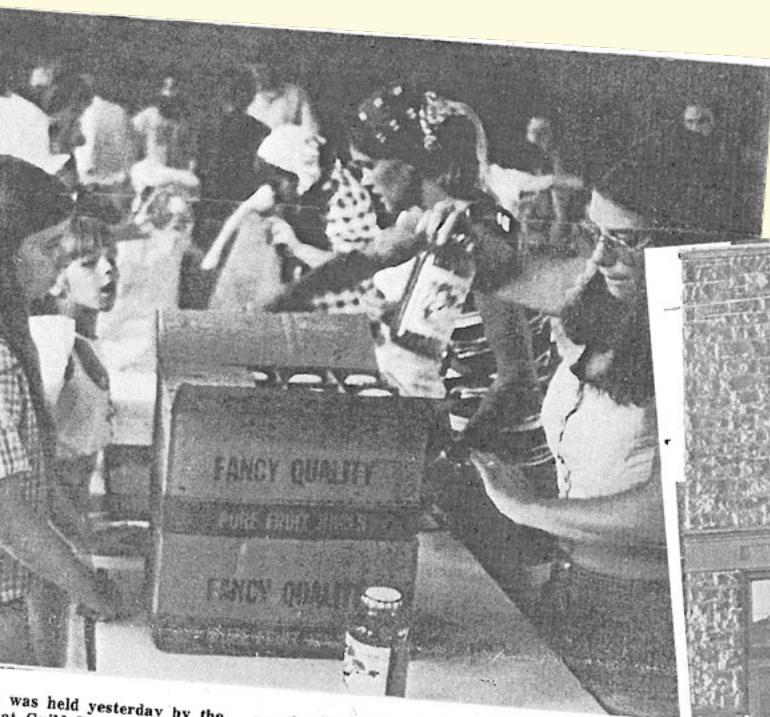
Co-op Grocery Pickup, a program that allows customers to shop online and pick up their groceries at the store, was launched.

2020

Many operational changes were made to adapt to life during the worldwide COVID-19 pandemic, which included masking, in-store customer limits, increased cleaning and sanitizing, and more

2021

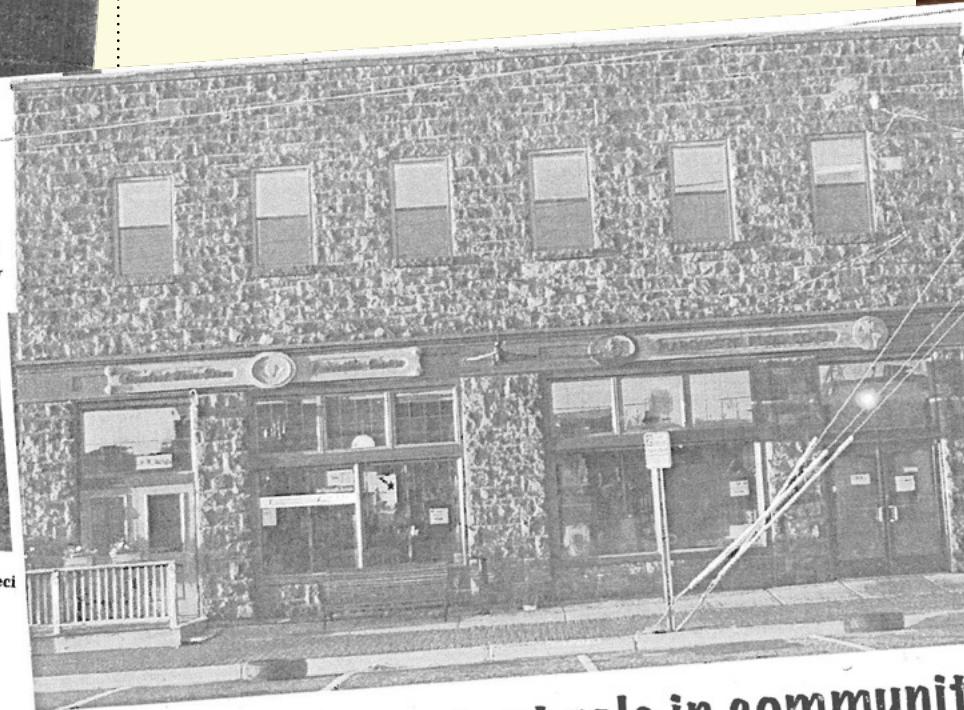
Marquette Baking Co. was purchased by the Co-op in May. Operations resumed in the weeks following, with MBC bread being sold solely through the Co-op's storefront while systems are learned and perfected.



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and new foods.—(Mining Journal photo)

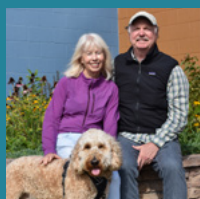
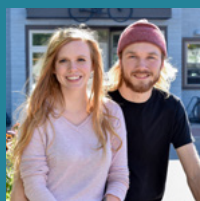
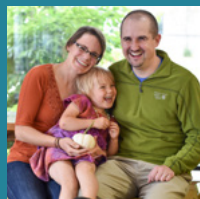
Cooperative: Staples at economical prices

The Marquette Food
Cooperative is not just
Persons belong



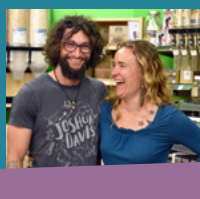
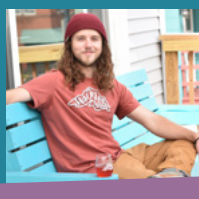
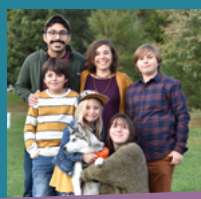
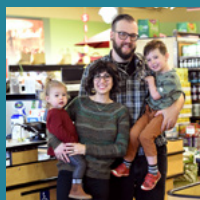
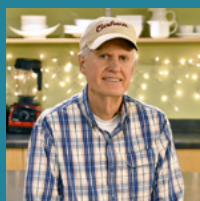
Co-op fills important role in community

and you get benefits because of it"
When the situation improved, an
experienced manager was hired and the



Est. 1971

Good food, good people.



OCTOBER IS CO-OP MONTH!

Celebrated each October, National Co-op Month is an opportunity to celebrate the many ways cooperatives create shared prosperity for their owners and communities. This year is even more special for the MFC, as we're also celebrating our 50th anniversary!

When you become a Co-op owner, you're supporting the local economy, the environment, community wellness, and much more. Click [here](#) to learn more about owner benefits and to sign up online. To hear about Co-op ownership directly from your friends & neighbors, browse the hashtag #MFCowners on Facebook and Instagram.

BECOME AN OWNER NOW!

MFC OWNERS GET 10% OFF.

Owners receive 10% off a shopping trip on a day of their choice in October.

GET A SPECIAL BONUS WHEN YOU REFER A FRIEND.

In October, we're doubling our ownership referral bonus.
Refer a friend and receive a \$10 Co-op gift card.

BECOME AN OWNER IN OCTOBER FOR A SPECIAL WELCOME BAG.

The first 75 new owner sign-ups will receive an MFC canvas bag filled with special gifts, including a MFC branded stainless steel Klean Kanteen pint.
The first 25 will also receive a cozy stadium blanket.

WHAT IS CO-OP OWNERSHIP?

Cooperatives cannot exist without owner/members. Members own their co-ops, which exist to provide products and services the members want. Joining a co-op means becoming an owner and a shareholder in the co-op's future.

OWNER BENEFITS

- Owner Rewards – earn points on every purchase, redeemable on anything in the store
- Great deals on special orders
- Opportunity to purchase additional preferred shares of your Co-op
- Free or reduced admission to Co-op sponsored events
- Standing invitation to owner gatherings and events
- Opportunity to vote & run for your Co-op Board of Directors
- Potential yearly patronage dividend
- Protected investment-- your equity share is yours to take with you
- Refer a new owner, receive a \$5 Gift Card (**\$10 during the month of October!**)

"The Co-op is so much more than a grocery store – you're part of a democratic process as an owner and there's fluidity in that ownership. The Co-op has been able to hold onto its principles and values and spearhead into the future. It's gone through a lot of change, but its core values have stayed solid. It's bigger than a grocery store in a lot of ways and also has so much potential. That potential is the important part. You're buying into the potential for community growth. It's an investment that supports a healthy community and also a way of life."

Michelle Augustyn

MFC Board Member
with Alejandro Aranda (former employee),
Saul, Opal, Jade, Jasper & their dog Huxley
Owner for 13 years



WHAT OWNERS HAVE TO SAY

– quotes from 2020 –



"I really appreciate the priority the produce department has in bringing in local and having a personal relationship with growers. There's a willingness to try things we're growing and a willingness to buy things that are maybe a little bit different, like our pink celery this year. It was new and weird and we were pleasantly surprised when the Co-op ordered it. There's also a big emphasis on organic, which is important to us since we're a certified organic farm. Beyond that, the types of products the Co-op is buying from other countries tend to be fair trade – we try to think about the working conditions of people who are making our food. I'm glad I can buy fair trade chocolate at the store."

Joe Newman & Kate Debs
Mighty Soil Farm
Owners for 3 years

HOW TO BECOME AN OWNER

Pay the one-time purchase of \$150 in full and receive a \$10 Marquette Food Co-op gift card in October.

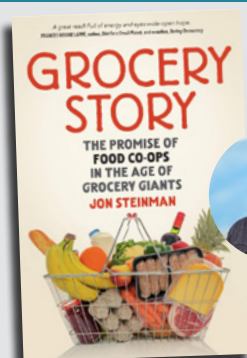
Sign up or update your account online
www.marquettefood.coop/ownership

OR

The 5/2 Plan, \$5 down & \$2 on each purchase until \$150 is paid in full.

Become an owner today with our pay as you go plan. \$5.00 down activates your owner account. Then, each time you shop in your store, \$2 is added to your total bill until you have made your full investment of \$150. It's that simple!

If the full \$150 is not paid within 2 years, you lose your equity investment & owner status.



MFC BOOK CLUB

Virtual DISCUSSION
& AUTHOR CHAT

**GROCERY STORY –
THE PROMISE OF FOOD
CO-OPS IN THE AGE OF
GROCERY GIANTS**

by Jon Steinman

Wednesday, October 13 • 7–8:30pm

Learn more at <https://fb.me/e/1P11LU0Ym>

Join THE BOARD OF DIRECTORS

Applications open
October 15– January 15

Learn more and apply at
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 if they want more information before filling out an application.



Bulk Sale



**20%
OFF**
per pound

OUR MOST POPULAR BULK DEPARTMENT ITEMS!



Blueberry Flax
Granola



Black Turtle
Beans



Equal Exchange
Love Buzz Coffee



Whole
Almonds



Red
Lentils



Yellow
Popcorn



Raw Whole
Cashews



Short Grain
Brown Rice



Quick Rolled
Oats



Pumpkin
Seeds



White
Basmati Rice



Steel Cut
Oats



Tri-color
Quinoa



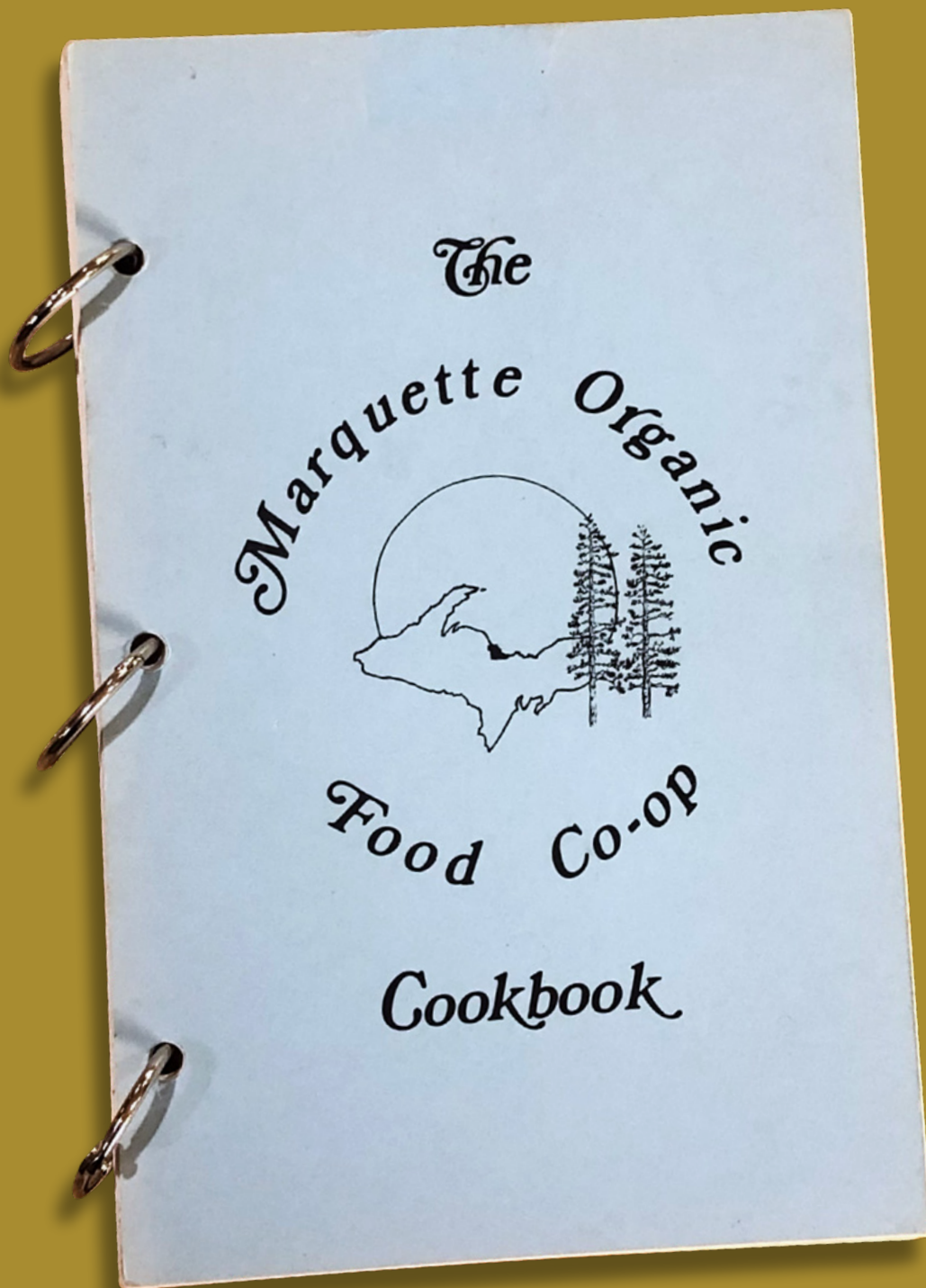
White
Jasmine Rice



Regular Rolled
Oats

WHILE SUPPLIES LAST | SALE PRICES DO NOT APPLY TO SPECIAL ORDERS

OCTOBER 6 – 12



To celebrate 50 years of Marquette Food Co-op history, a few of our staff members recreated recipes from "The Marquette Organic Food Co-op Cookbook" first edition, published in 1981.

From the book: This cookbook was designed to help members better utilize all of the products which are available in our food co-op. We have tried to provide a diverse selection of recipes

of which some are simple enough for beginner cooks and others which should challenge our more experienced cooks.

We have tested and sampled all of the recipes in our kitchens with co-op ingredients. The recipes include no meat, stress fresh vegetables and fruits, and use a minimum amount of prepared foods.



Prepared by:
Eli Hopp
UPFE Online Market Manager

Cauliflower Quiche

Yield: 6 servings

PIE CRUST

- 1 C unbleached flour
- 1 t sea salt
- 1 t baking powder
- 2 T butter

QUICHE FILING

- 1 ½ C milk
- 4 eggs, beaten
- 1 ½ C fresh cauliflower florets
- 1 t sea salt
- ½ t pepper
- 1 C celery, diced
- 1 medium onion, chopped
- ½ C fresh parsley, cut fine
- 1 C cheddar cheese, grated fine
- Parmesan cheese – optional finishing
- Paprika – optional finishing

Preheat oven to 400°F. In a medium sized mixing bowl mix together first four ingredients, adding a little ice water and handling as little as possible. Chill. In a large bowl beat eggs and add milk, salt, pepper, onion, parsley, celery, and cheese. Set aside. Roll out chilled pie dough and turn into deep pie plate. Steam cauliflower for five minutes. Place cauliflower into crust and pour egg mixture over it. Top with a sprinkling of parmesan cheese and paprika if desired. Place in 400° oven and bake for 35 minutes. Allow to set 5-10 minutes outside of the oven before cutting.

Suggestions from Eli – Only add one cup of milk, add two more eggs and another cup of cheese. Mixture was very wet when baking and took longer than 35 mins. 35 mins to an hour of baking depending on oven. I also sweat the onions out in some butter and let cool before putting into the mixture. Celery could have been chopped a little chunkier. I also used a pre-made pie crust. All ingredients were organic or local.



Prepared by:
Sarah Monte
Outreach Director

Carrot Cheddar Cookies

Yield: 3 dozen

- ¾ C unbleached flour
- 1 ½ C rolled oats, ground
- 1 C shredded cheddar cheese, mild
- 1 C shredded carrots
- ½ C butter
- ¼ C honey
- ½ C raisins
- 1 t cinnamon
- 1 t vanilla
- ½ t baking soda
- ¼ t baking soda
- ¼ t ground cloves

Combine all ingredients and mix well. Place by tablespoon on a greased cookie sheet. Bake at 350°F for 16 minutes. Store tightly covered.





Prepared by:
Ariella Hillary
Education Coordinator

Mushroom — Rice Pie Yield: 4-6 servings

- 1lb fresh mushrooms, sliced
- 4 T butter or margarine
- 2 $\frac{3}{4}$ C slightly undercooked brown rice ($\frac{3}{4}$ C uncooked)
- $\frac{1}{2}$ lb fresh spinach, coarsely chopped
- $\frac{1}{2}$ C cheddar cheese, shredded
- 4 eggs, slightly beaten
- $\frac{3}{4}$ t salt
- $\frac{1}{8}$ t black pepper
- $\frac{1}{2}$ C soft breadcrumbs

Grease a 9-inch pie pan.

Rinse, pat dry, and slice mushrooms.

In a large skillet, melt 2 T of the butter.

Add mushrooms, saute until golden and set aside.

Preheat oven to 350°F.

In a large bowl, combine rice, spinach, cheese, eggs, sea salt, black pepper, and reserved mushrooms; mix thoroughly. Spoon into prepared pan.

In a small saucepan, melt remaining 2 T butter; add breadcrumbs; mix well.

Sprinkle over mushroom-spinach mixture.

Bake, uncovered, until firm, about 30 minutes.

Cut into wedges and serve as a main dish.

If I were to make this again for my dinner table, I think I would modernize it by making a tart with a savory crust instead of topping with breadcrumbs. Switching out the spinach with half the amount of whole arugula leaves would add a nice peppery bite to the overall flavor of the pie. Instead of beating the eggs and mixing them with the other ingredients, I would bake whole eggs on top. This would make for a beautiful presentation, and the yolks would add a rich silkiness when cut into. In order make these changes, you would need to change the oven temperature to 425°F and dock and par-bake the tart crust for about 15 minutes until light golden. Spoon in the cheese, mushroom, arugula, and rice mixture so it's nice and level, then carefully break the eggs onto the tart's surface. Bake for about 12 minutes until the egg whites are fully cooked and the yolks are still runny.



Prepared by:
Kelsie Dewar
Publicity Coordinator

Peanut Butter — Carob Balls

"Energy" balls made with rolled oats are making a comeback! While carob powder was a very popular ingredient in the '80s when this cookbook came out, the Co-op doesn't carry it now. I tried out this recipe with cacao powder instead.

- $\frac{1}{4}$ – $\frac{1}{2}$ C carob powder (or cacao powder)
- $\frac{1}{2}$ C honey
- $\frac{1}{2}$ C peanut butter
- $\frac{1}{2}$ C hulled sunflower seeds
- $\frac{1}{2}$ C sesame seeds
- $\frac{1}{2}$ C rolled oats
- Shredded coconut

Mix everything together. Form into bite-sized balls and roll in shredded coconut.

May also be rolled into four logs, rolled in shredded coconut and sliced about $\frac{1}{2}$ inch thick.

Balls may be refrigerated in airtight container up to a month.

This recipe is an all-time favorite of children and adults!



Prepared by:
Chad McKinney
Graphic Designer

Nut Loaf

Yield: 6 servings

A classic vegetarian alternative to meat loaf that is easy to prepare and enjoy. Old school Co-op comfort food at its finest.

Nut Loaf

- 2 C ground nuts
(pecans, walnuts, sunflower seed kernels, or cashews)
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- stalks of celery, cut fine
- 2 eggs, slightly beaten
- 3 T brewer's yeast
- ½ C milk
- ½ C rolled oats, ground fine
- 1 T tamari
- ½ t rosemary, ground
- sea salt to taste

Sauté onion, garlic, and celery in a small amount of oil. Then combine with rest of ingredients. Mix well.

Put mixture in a buttered loaf pan and bake for 40 minutes at 375 degrees. Unmold.

Serve with tomato sauce, if desired.

Tomato Sauce

- 5 ripe tomatoes
- 1 small onion, chopped
- 2 stalks celery
- ½ t garlic powder
- 1 T parsley
- ½ t sea salt
- 1/8 t pepper

Combine all ingredients and blend in blender. Cook 15 minutes and serve hot with nut loaf.



Prepared by:
Pamela Valdez
Owner Services Coordinator

Ricotta Lasagna Swirls

Yield: 4 servings

- 8 whole wheat lasagna noodles (cooked)
- 1 lb spinach (fresh)
- 2 T Parmesan cheese
- 1 C ricotta or cottage cheese
- ¼ t nutmeg
- Salt & pepper to taste
- 2 C tomato sauce
- 2 cloves of garlic
- ½ C onion, chopped
- 1 T oil
- 1 stalk celery, chopped
- ½ t basil
- ¼ t oregano
- Pinch marjoram
- Pinch cayenne or 2 drops tobasco sauce
- Kelp to taste
- 1 bay leaf

Wash spinach; steam briefly. Chop finely. Drain and reserve juice for soup stock. Mix spinach with cheese, nutmeg, salt and pepper. Spread the mixture evenly along length of each noodle. Roll each one and place on its side in an 8x8 baking dish, oiled.

To make sauce, saute garlic and onions in oil, add celery and onion, tomato sauce and seasonings. Simmer 20-30 minutes. For a very smooth sauce, whirl in blender or food mill.

Cover lasagna swirls with sauce. Bake at 350 degrees for 20 minutes.

DIWALI



Ariella Hillary
Education Coordinator

Red, orange, and golden hues once again envelop the Upper Peninsula landscape. The impending loss of hot, sunny days is carried on brisk, foretelling breezes. COVID-19 infiltrating our communities at an increased rate again and political cacophony putting many on seemingly disparate planes weigh heavily on our hearts. But these lamentations give way to little sparks of joy people find in the everyday moments. Children buzz with excitement as they return to school in person. Beautiful wedding celebrations bring loved ones together and create their own joyous reprieve. Furry friends' goofy antics fill our hearts with laughter. To me, these moments of light triumphing within the darkness perfectly represent a joyous festival known as Diwali.

Diwali, also known as the Festival of Lights, is one of the biggest holidays in India. It lasts five days and is celebrated all around the world by Hindus, Sikhs, and Jains. Because of the different religious backgrounds involved, there are slightly different backstories as well as customs and traditions behind the festival, but they all focus on the triumph of good over evil and knowledge over ignorance. In many households the first couple of days are spent preparing the home for the goddess Lakshmi, in the hopes that she will bestow blessings and good fortune upon the inhabitants. This is done through buying new kitchen utensils, often in gold or silver, and cleaning and decorating. The floors are decorated with intricate patterns of bright colored powders called rangoli, and candles and oil lamps, or diyas, light the way for Lakshmi. The third day is the holiday's namesake and the central day of festivities. It is spent feasting and performing rituals to celebrate their blessings. The next two days celebrate the bond between spouses and the bond shared by siblings respectively.

Food plays a vital role in many Indian festivals, and Diwali is no exception. Sweets are bought or prepared in mass quantities and sent to friends and family or handed out to neighbors and visitors leading up to and during Diwali. On the day of Diwali, a large feast is held incorporating many fried foods as the hot oil is a representation in many households of the diyas lit for the Festival of Lights. It was this plethora of food that drew my interest to Diwali initially. Spice artistry in Indian cuisine held me captive upon my first introduction to the harmony of its piquant and fragrant melody of flavors. My first bite into the warm, rose syrup-soaked little fried balls of pillowy delight known as gulab jamun was the deciding factor of where I would live for the following year. It is a popular Indian dessert commonly served during Diwali and other festivals.

Diwali follows the Hindu calendar and is celebrated in either October or November depending on the year. This year it is being celebrated November 2 - November 6, with the main day of feasting and celebration falling on November 4. During Diwali, love and kindness and happy bellies prevail, and it makes me think of all those little moments of joy we create with our friends and family that bring us out of the darkness. Below, I have adapted some recipes from Madhur Jaffrey's and Monisha Bharadwaj's books, *An Invitation to Indian Cooking* and *The Indian Cooking Course*, respectively, so you can celebrate blessings with your loved ones Diwali style.

All of the ingredients can be found at the Marquette Food Co-op except for the rose water, which can be ordered online from virtually any spice shop or Amazon. You could also make your own with some dried rose petals from Spice Merchants.



KAJU BURFIE [CASHEW AND MILK FUDGE]

makes 12 squares | Preparation – 10 min; Cooking 30 min, plus 2 to 3 hr setting time

Burfies, which are like a dense fudge, are made from a wide range of ingredients from chocolate to figs. They can be picked up with one's fingers and the texture varies from being soft and moist to quite dense and dry. As they are quite sweet, they keep well for three to four days at room temperature, and for up to a week in the fridge. They are often decorated with edible silver or gold foil.

- 1 14-oz can sweetened condensed milk
- 2 T unsalted butter, plus 1 t for greasing dish
- 4 T unsalted cashews, finely chopped
- 4 green cardamom pods, seeds finely crushed and husks discarded
- edible silver foil to decorate (optional)

Put the sweetened condensed milk in a heavy-bottomed saucepan over low heat and cook for 10-15 minutes, stirring constantly, until the mixture thickens and comes away from the sides of the pan. Make sure to cook it long enough or it won't set properly. Stir in the butter, cashews, and cardamom, then remove from heat.

Grease a flat dish with the extra butter. Pour burfie mixture in and smooth the surface with a greased spatula.

Let cool and set for 2-3 hours, then cut into about 12 1-inch squares or diamonds and decorate with edible foil if using.



BESAN KE LADDUO [CHICKPEA FLOUR SWEETS]

Makes 12-16 balls | Preparation – 5 min; Cooking 30 min, plus cooling time

A festive sweet that can be made and stored for up to two weeks in an airtight container, this is often served at teatime or eaten as a snack. When the flour and ghee is cooked, it will be quite runny. It becomes firm as it cools and is easier to shape. You must do this while it is still warm though because if it cools completely, it is very difficult to shape into balls.

- 1 C chickpea flour
- 3 T fine semolina (buzz standard semolina in a food processor)
- ¼ C melted ghee
- ¼ C superfine sugar (buzz granulated sugar in a food processor)
- 2 T sliced almonds, broken into small pieces
- 6 green cardamom pods, husks discarded and seeds finely crushed
- golden raisins, to decorate (optional)

Put the chickpea flour and semolina in a heavy-bottomed saucepan and dry-toast over medium-low heat, stirring constantly, until an aroma develops and the flour turns slightly golden.

Pour in the ghee and continue cooking over medium heat, stirring constantly, until the mixture develops a nutty aroma. Depending on the chickpea flour you use, it'll either start to get runny or it will just clump, so it's important to pay attention to the aroma.

Remove from the heat and cool until just warm. Stir in the sugar, almonds, and cardamom.

Take a small fistful of the flour mixture and press into a ball or "laddoo," the size of a small plum; you'll have enough mixture for 12 to 16 balls. Press a raisin into each one to decorate, if using. Cool completely to set the laddoos, then serve.



GULAB JAMUN (MILK DUMPLINGS IN ROSE-FLAVORED SYRUP)

Makes 14 | Preparation – 15 min; Cooking 30 min, plus 1 hr soaking time

Gulab is rose in Hindi and jamun are Indian berries. These dumplings are fried to resemble jamun and then soaked in rose syrup. There are many recipes for this, including the traditional method of cooking down milk to make khoya (milk that is cooked down to its solid form). This is more of an “instant” recipe that uses milk powder.

FOR THE JAMUNS

- 1 C powdered milk
- ¼ C all-purpose flour
- ¼ C vegetable oil
- ¼ C full fat milk
- additional vegetable oil, for deep frying

FOR THE SYRUP

- 2 C sugar
- 2 C water
- 2 t rose water
- 1 T chopped pistachios

Combine the sugar and water in heavy-bottomed saucepan and bring to boil. Reduce heat and simmer for 10 minutes. Turn off heat and stir in rose water and pistachios.

Combine the powdered milk, flour, vegetable, and milk in a bowl and form a soft dough. Make smooth balls about 1-inch in diameter (try not to leave any cracks as that will cause the jamuns to absorb extra oil).

Heat enough oil to fully submerge the jamuns. Carefully lower them into the oil in batches. Give the jamuns a gentle stir at the beginning of frying to keep them from sticking to the bottom. Fry for 5-6 minutes, rotating halfway through, until they reach deep golden brown all over. Maintain an oil temperature of about 285°F so they cook all the way through without burning on the outside. Remove with a slotted spoon and transfer them directly into the warm syrup.

Leave the jamuns to soak up the syrup for at least 1 hour. Serve warm – they should still be warm from the syrup. If making in advance, they can be gently heated for 7 to 8 min in the syrup.



VEGETABLE PAKORA (VEGETABLE FRITTERS)

Serves 4 | Preparation – 15 min; Cooking 25 min

These deep-fried fritters are also known as “bajji” in south India. A variety of vegetables can be used, either singly or in a combination. The consistency of the batter is key in getting this recipe right; it should be thick enough to hold the vegetables together or coat a piece of vegetable. Like a thick custard, it should fall off a spoon easily.

- ¼ t cayenne
- ⅛ t ground cumin
- 1 t salt
- ½ C chickpea flour
- ¼ C cold water
- ½ C spinach leaves, finely chopped
- 1 medium carrot, peeled & grated
- ¼ C cauliflower florets, grated
- vegetable oil for deep-frying

Combine the cayenne, salt, cumin, and chickpea flour in a bowl, add water. If batter is too thick, add 1 T water at a time until proper consistency is achieved.

Fold in the vegetables, evenly coating them with the batter.

Heat enough oil in a deep skillet over high heat so the fritters will be submerged when you cook them.

Fry in batches, dropping as many teaspoonfuls as the pan will hold, with enough room to flip fritters over. Fry for 3-4 minutes until golden, then flip over and cook another 2-3 minutes to cook them evenly. Transfer to paper towels to drain. Serve immediately.



VEGETABLE SAMOSA (TRIANGULAR VEGETABLE PARCELS)

Serves 4 | Preparation – 15 min; Cooking 40 min

These are the most common form of samosa and come from Northern India. Though samosas can be made with any combination of filling, the most traditional filling used is made with spiced potatoes. Peas are added when in season, in the Indian winter.

FOR THE PASTRY

- 2 C all-purpose flour
- 2 T ghee or vegetable oil
- ½ t salt
- ¾ C cold water, divided

FOR THE FILLING

- 1 t cumin seed
- 2 T vegetable oil
- 1 fresh green chili, finely diced
(seeds can be removed for less spice)
- 1 t grated fresh ginger
- 2 large potatoes, peeled & finely cubed
- 1 T lemon juice
- 1 t salt

To make the pastry, combine the flour and salt in a bowl. Melt the ghee in a small saucepan over high heat and pour this into the flour. Carefully fold in the hot liquid, then pour in 3-4 T of cold water and mix well until it resembles breadcrumbs. Carefully add 3-4 oz more water, as necessary, until you have a springy, but firm dough. Knead well for 3-4 minutes, then set aside to rest while you're making the filling.

Heat skillet over high heat and add the cumin seeds. Dry toast until they darken, then tip them into a mortar or spice mill and crush or blend to a fine powder. Alternatively, you can toast ¾ t pre-ground cumin if you don't have a mortar or spice mill.

Add the oil to the same pan and fry the chilies and ginger for 1 minute, then add the potato and lemon juice. Add the salt and toasted cumin and mix thoroughly and cook until potatoes are tender.

Divide dough into 8 equal parts and form into balls. Flatten one and roll out on a floured surface into a flat disc about 6 inches in diameter. Cut the disc in half. On one half-circle, moisten half the straight edge with water. Fold it into a cone and pinch the tip to seal it. Press down the moist edge to seal. Spoon in the potato mixture. Moisten and fold over the open edge, then press together to seal. Repeat with the other half-circle and again with the remaining dough portions until you have 16 samosas.

Heat enough oil in a deep skillet to completely submerge the samosas, without letting them sit on the bottom of the pan. When very hot, turn the heat down to medium and deep-fry the samosas, a couple at a time for 5-6 minutes. Flip halfway through cooking, to fry evenly, until they turn golden brown, then remove with a slotted spoon and transfer to paper towels to drain.

SEB KI CHUTNEY (GREEN APPLE CHUTNEY)

Makes about 1 ½ C | Preparation – 25 min; Cooking 15 min

- ½ t cumin seed
- 2 green apples; peeled, cored, and roughly chopped
- ½ t fennel seed
- 1 t fresh grated fresh ginger
- 1 T vegetable oil
- 1 T sugar
- ½ t freshly ground black pepper
- 1 T white vinegar
- ¼ t cayenne
- ½ t salt

Heat a small skillet over high heat. Add the cumin and fennel seeds and dry-toast until they begin to darken. Remove from heat tip into a mortar or spice mill and crush or blend to a fine powder.

Heat the oil in a heavy saucepan over high heat and add the black pepper and cayenne. When they start to sizzle, add the apples and ginger. Season with salt and stir in the sugar. Sprinkle in the powdered spices from the mortar or spice mill.

Cook over medium heat for 8-10 minutes until the apples are very soft, then mix in the vinegar. Remove from heat, let cool, and serve at room temperature. This chutney will keep well stored in an airtight container in the refrigerator for up to 2 weeks.

IMLI KI CHUTNEY (SWEET TAMARIND CHUTNEY)

Makes about 1 C | Preparation – 10 min; Cooking 10 min

- 1 t cumin seed
- 4 T tamarind paste
- 4 T grated jaggery or brown sugar
- ¼ t cayenne
- ½ t salt

Heat skillet over high heat. Add the cumin seeds and dry-toast until they begin to darken and develop an aroma. Remove from heat tip into a mortar or spice mill and crush or blend to a fine powder. Alternatively, you can toast ¾ t pre-ground cumin if you don't have a mortar or spice mill.

Place the jaggery or sugar and tamarind in a pan, bring to a boil, reduce heat to low, and simmer 4-5 minutes, until the mixture turns shiny and the jaggery and the tamarind has completely dissolved. If the mixture gets too dry and sticky, add a couple tablespoons of water.

Add the cumin, cayenne, and salt, then simmer for another couple of minutes.

Remove from heat, let cool, and serve at room temperature. The chutney will keep well stored in an airtight container in the refrigerator for up to 4 weeks.

SQUASH SEASON

Ahh, autumn. It's here. Which means we have a few weeks to enjoy the crisp air and colorful leaves before we're blanketed in snow for several long months. Luckily, however fleeting the season is, many of the hearty veggies harvested in the U.P. during this time will last months with proper care. Along with beets, onions, potatoes, and garlic, winter squash is plentiful and so incredibly versatile. We've included a handy guide to help you identify the varieties that will be available in the store, a few recipes to inspire you, and also some storage tips to make sure you can have a lasting supply. For a helpful chart that outlines ideal storage times (and when to eat them) by variety, visit [Johnny's Selected Seeds](#).

TIPS FOR STORING

(from growfully.com)

1. **CURING:** place squash in a dry, sunny window for 7-10 days, rotating several times to even distribute the sunlight
2. **WIPE CLEAN** (optional): use a light vinegar solution (1:4 vinegar to water ratio) and wipe squash to remove dirt and kill bacteria
3. **PACK IT:** wrap loosely in newspaper and pack into large, open boxes in a cool, dry place (ideal environment is 55 degrees)
4. **INSPECT & USE:** regularly inspect your squash and use any that are showing dark spots or are starting to shrivel



Delicata Squash

Flesh is sweet, nutty, and a bit drier than other squash, with a distinct corn-like flavor. The skin of the delicata is edible.



Carnival Squash

Flavorful yellow flesh that is buttery and sweet once cooked. Excellent in soups.



Acorn Squash

The yellow to orange flesh of this squash is known for being especially tender, moist, and sweet. Wonderful cut in half and baked.



Buttercup Squash

A variety of Turban squash with orange flesh and a flavor reminiscent of a sweet potato.



Butternut Squash

The sweetest of the winter squash with a full, hearty flavor. The smooth, bright orange flesh purees easily.



Festival Squash

Mild flavor with a light sweetness. If the squash is hard to cut into, it may be baked whole before working with the flesh.



Hubbard Squash

Tender and golden yellow flesh. The thick skin of this squash makes it one of the best storing of the winter squash varieties.



Red Kuri Squash

The thick, creamy yellow flesh is nutty and sweet. The thin, hard skin of this squash makes it much easier to cook with the skin on.



Spaghetti Squash

When cooked, the flesh falls away from the skin in noodle-like strands. Seeds can be roasted and enjoyed like pumpkin seeds.



Pie Pumpkin

This full-flavored squash is perfect not only for pies, but also for soups, breads, and curries.

"MAKE FRIENDS" SQUASH BREAD

makes two 9" x 5" x 3" loaf pans, 1 ½ sheet cake, or muffins | recipe by Abbey Palmer

WET

- ⅔ C butter, room temperature
- 2 C brown sugar
- 4 eggs, room temperature
- 2 C cooked squash
(pumpkin, acorn, and many others work well)
- ⅔ C milk or water (and a little more, if necessary)

DRY

- 3 ⅓ C flour
- 2 t baking soda
- ½ t baking powder
- 1 ½ t salt
- 1 t cinnamon
- 1 t cloves

STIR-INS

- ½ C candied ginger, chopped or sliced
- ½ C pumpkin seeds
- ½ C chocolate chips

TOPPING

- 2 T turbinado sugar
- 2 T pumpkin seeds

Preheat oven to 350°. Grease and flour pans.

Cream butter and sugar until fluffy. Add eggs, one at a time, incorporating completely before adding the next. Puree or mash squash and then add into mixture, beat to a uniform consistency.

Begin blending in dry ingredients, alternating with milk, ending with dry ingredients.

Stir in ginger, seeds, or chocolate chips.

Pour or spoon into prepared pans.

Sprinkle pumpkin seeds over top of cake. Bake 50-55 minutes, take bread out of oven and sprinkle with turbinado sugar. Put back into oven for another 5-10 minutes or until a toothpick comes out clean.

Cooking times vary for muffins or sheet cake.



SQUASH GALETTE

FOR THE CRUST:

- 9 oz cake flour
- 1 stick butter, cubed and chilled
- ¼ C cold water
- 1 egg yolk
- eggwash

FOR THE FILLING:

- 1 lb butternut squash, peeled and cut into ¼ inch slices
- 1 lb kabocha squash, peeled and cut into ¼ inch slices
- ¼ C olive oil
- 2 t salt
- ½ t freshly ground black pepper
- ½ C gruyere, divided
- 2 T butter
- 1 medium onion, diced
- 1 pt shiitake mushrooms, stems removed and caps sliced
- ½ C heavy cream
- 1 T picked fresh thyme

Preheat oven to 425°F and line baking sheet using a silpat or foil.

Using a pastry blender or your hands, rub butter into flour until the mixture looks like a coarse meal.

Mix water and egg yolk and stir into flour mixture using a fork until the dough starts to form large clumps.

Pat dough into a disc, wrap in plastic, and place in refrigerator for at least one hour.

Toss squash with olive oil, salt, and pepper. Lay out on baking sheet and bake until tender, about 15 minutes. Adjust oven temp to 450°F.

Meanwhile, heat butter in skillet over medium-high heat until foamy. Toss in mushrooms and saute until browned. Add diced onion and thyme and saute until onion is soft and translucent. Season with salt to taste. Add cream and cook, stirring frequently, until reduced by half. Set aside.

Roll dough into a 14-inch circle (you may need to let it sit at room temp for a bit to allow it to become more malleable). Leaving a 2-inch border, spread mushroom mixture. Sprinkle half the cheese, then layer the squash on top. Fold the border in, pleating in areas where the dough overlaps. At this time, you can make an egg wash to brush over the dough to give it a shiny golden finish.

Bake for 30 minutes until crust is browned. Remove from heat and sprinkle with remaining cheese.

Serve warm.



KALE & DELICATA RIBBON SALAD WITH LEMON-SUNFLOWER DRESSING

serves 4

FOR THE SALAD:

- 1 bunch kale, washed
- 2 C mustard greens, washed
- 1 delicata squash
- 2 medium oranges
- ¼ C gorgonzola
- 3 T sunflower seeds
- salted water for blanching squash ribbons
- ice water for shocking squash ribbons

FOR THE DRESSING:

- 2 T sunflower seed butter
- 2 t honey
- 1 t salt
- Juice of one lemon
- ¼ C sunflower oil

Strip kale from stems and tear into 2-inch pieces. Toss with mustard greens.

Fill large pot with salted water and set over high heat to bring to a boil.

Cut delicata squash in half, lengthwise, and scoop out the seeds. Using a peeler, peel ribbons from the edges of the squash until you have two cups worth. Reserve remaining squash for future use.

When water comes to a boil, blanch squash ribbons for 15 seconds. Strain from water or pull out using tongs and toss in ice water to stop further cooking (you want to take out the extra chewiness, but you don't want them too soft). Once fully chilled, remove from ice water and set aside.

Supreme the oranges by cutting off the top and bottom and using your knife to slice away the outer peel. Make slices along the membrane to remove the orange sections. Set orange sections aside.

Whisk together sunflower seed butter, honey, salt, and lemon juice. Slowly pour in sunflower oil while whisking or using immersion blender to create an emulsion.

Use 2 T of dressing to gently massage greens.

Toss with gorgonzola and orange sections.

Divide salad onto 4 plates and top each with ½ C squash ribbons.

Sprinkle sunflower seeds onto each plate and drizzle more dressing.



NEW ITEMS

October 2021



Local Celeriac

Celeriac (aka Celery Root) is a member of the same botanical family as celery, parsley, parsnips, and carrots. Its distinctive flavor, a bit like celery meets parsley with nutty overtones, makes it a delightful, enjoyable, palatable vegetable. Celeriac is delicious in soups and casseroles. It is frequently grated when raw and served in salads, such as the popular French dish céleri rémoulade (grated celeriac in a smooth mustard-mayonnaise dressing). Celeriac has a nonfibrous texture similar to turnips. It's a great replacement for potatoes in some recipes to make a low-carb version. It can also be chopped or sliced and boiled, steamed, roasted, fried, grilled, or sautéed.



Trade Street Jam Co. Sour Cherry Ginger

Trade Street Jam Co. is a POC woman-owned small batch jam company founded by Ashley Rouse. Her Brooklyn-based company produces fruit forward vegan jams that are low in sugar and high in flavor. Trade Street Jam Co.'s Sour Cherry Ginger jam is made from fresh cherries, ginger, a little sugar, and lemon. There is never any pectin, thickeners, stabilizers, or extra sugar used, therefore, its texture is less viscous than common brands. Keeping your jam refrigerated will make it thicker, and please consume within two to three weeks of opening as these fresh jams do not contain preservatives.



Farmers First Coffee Company Ana's Dark Roast Coffee

In 2016, Farmer's First Coffee Company was created by two colleagues living in Honduras who wanted to provide a better income to coffee farmers. To do so, they decided they would need to cut through industry jargon and bring something simple to their customers: the name, the face, and the story of each coffee farmer that they partner with. One of the farmers they partner with is Ana. Ana's coffee has a smooth, melt-in-your-mouth feel and rich finish with sweet notes of chocolate and hazelnut. Along with being a coffee farmer, Ana is a community leader, and she has set an example for other women that they, too, deserve an equal role in coffee-producing communities such as her own.



Small Town Cultures Apple Sauerkraut

Small Town Cultures is a women-owned fermentation company located in the High Peaks of the Adirondacks. They are passionate about sharing their all-natural, handcrafted small-batch ferments. Full of micronutrients, enzymes, prebiotic fiber, and probiotics, fermented foods are known to reduce inflammation, boost immunity, and balance the gut microbiome. Small Town Cultures' Apple Sauerkraut is has a beautiful clean sweet and sour taste. Delicious and nutritious!



UpCircle Hemp and Cotton Makeup Pads

At UpCircle, creating a positive environmental impact is at the heart of what they do. From sourcing ingredients to packaging, they want to leave the world better than they found it. Their products are sustainable, vegan, cruelty-free and always free of sodium lauryl sulfate, parabens, mineral oil, parfums and sulfates. UpCircle's eco-friendly Hemp and Cotton Makeup Pads are a reusable alternative to disposable cotton pads and face wipes. Each box includes 7 silky soft pads that come with a mesh bag for washing them in.



cocojune Lemon Elderflower Organic Cultured Coconut

Created by fermentation enthusiast food lovers, cocojune's Lemon Elderflower Organic Cultured Coconut yogurt is full of zesty lemon, fragrant elderflower, and plant-based goodness. This creamy organic coconut treat is not too sweet and not too tart. Perfect for dessert or an afternoon snack, cocojune's creamy coconut yogurt is sure to satisfy. It's full of probiotics and flavor! Made with organic ingredients, and packaged in a paper-based cup, cocojune is committed to sustainability.



Emerald Labs

Emerald Labs is 100% committed to making products that are of the highest quality. They have made all their formulas using only "active" ingredients in their products, therefore, there are no: fillers, binders, lubricants, flow agents, or disintegrants. You can take Emerald Labs products knowing that you are only getting "active", bioavailable nutrients. All formulas are doctor formulated, gluten-free, additive-free with therapeutic dosages that are based on actual clinical results.



Café Spice Butter Chicken Meatballs

Café Spice's ready to heat and eat cuisine is made authentic flavors and is full of wonderful aromas. Their Butter Chicken Meatballs meal offers a lovely combination of meatballs simmered in an aromatic tomato-cream sauce paired with a serving of cardamon seasoned Basmati saffron rice. The spice level of this dish is medium. Made with gluten free ingredients, humanely raised chicken and rBST-free milk.

CO-OP BIRTHDAY CAKE

October 1
11:30am
Outside store, while supplies last

TAI CHI & TEA

October 3
11am-12pm
Co-op Classroom

MEETING OF OWNERS, PROPOSED BYLAW CHANGES

October 5
6-7pm
[virtual](#)

MFC BOOK CLUB VIRTUAL DISCUSSION AND AUTHOR CHAT WITH JON STEINMAN

October 13
7 pm
[virtual](#)

MFC BOARD NOMINATION PERIOD BEGINS

October 15

MFC BOARD OF DIRECTORS MEETING

October 19
6-8pm
Co-op Classroom

MAKING MASALAS COOKING CLASS

October 20 & October 27
6-8:30pm
Co-op Classroom

DINNER WITH THE DOCTOR: WHOLE FOOD, PLANT BASED DIET

October 21
4-5pm
Co-op Classroom



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.



502 W. Washington St.
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In-store Hours **8am - 9pm**
Grocery Pickup **10am - 7pm**

www.marquettefood.coop
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