



FRESH FEED

The Marquette Food Co-op Newsletter

October 2022



IT'S CO-OP MONTH!



Matt Gougeon
General Manager

It has been quite a year for our Marquette Food Co-op. One of the most enjoyable parts of my job is when I take a moment to reflect on how this business and organization functions cooperatively. From the outside, it appears that we are like any other grocery store. Trucks full of food and products pull up to the back of the store and unload. All that food gets placed on the shelf. Shoppers come in to purchase it and take it home. There's a lot of other steps and actions that occur in between that simple description, but you get my drift. However, the cooperative difference, though subtle, is profound.

Last month I wrote a somewhat tongue-in-cheek piece in this column about how being an owner of the MFC means there really isn't much in it just for you. I went on to describe some aggregate benefits of this co-op and cooperation. And it's true—the real benefits of cooperation are community benefits. They improve the quality of life as equitably as possible for all members of a cooperative. Those benefits spill over into the community more broadly. Money flows back into the community and our cooperative efforts at community development through food and food education enrich more lives than you may know.

Today, I'll change direction a bit and talk about those individual benefits we all have, except that perhaps a better way to phrase it is the benefits of cooperation that happen on your behalf. Let's start with an obvious one, the recent patronage dividend. The board returned \$100,000 of the \$367,000 2021 profit to the owners. This means that there's another

\$267K that will yet come back to owners in subsequent years. This situation is unique to cooperation. As a quick reminder, if you haven't used or collected your dividend yet, it expires on November 30th!

Also, if you're an owner, you earn Owner Reward Points, or 1% of your purchases back to be used on more purchases. Speaking of purchases, as our collective volume of purchasing increases, we receive better pricing from our suppliers. We participate in a common contract with other co-ops across the country that gives us reduced pricing on purchases and those savings are passed directly on to you. And for the record, we are soon to receive the lowest discount that our collective cooperative contract will allow. And now, because it's Co-op Month, you'll be able to choose a day of shopping during October and apply a 10% discount to your purchases that day. Choose wisely! And let's not forget the power of suggestion. That's right, you can suggest or comment about a product you want or a product you can no longer find in the store and expect a prompt reply. How about special ordering? Get even better pricing and order right out of the catalogue. I could go on, but my point is that there are indeed many individual benefits that cooperation contributes on your behalf. All those small benefits for you, the individual, add up to the large aggregate benefit of the store and the organization in our community!

Happy Co-op Month. Feel good. Shop the Co-op.

OCTOBER IS CO-OP MONTH

*Not an owner yet?
Now's a great
time to join!*

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 we're celebrating our 51st anniversary!

When you become a Co-op owner, you're supporting the local economy, the environ-

ment, community wellness, and much more. Click [here](#) to learn more about owner benefits and to sign up online. To hear about Co-op ownerships 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 AND EARN TRIPLE POINTS

Co-op owners earn points in our Owner Rewards purchase. For every dollar spent, owners earn a point. For every 500 points you earn, you can take \$5 off your purchase. We're offering new owners triple the points in October.
The earlier you join, the more you can earn – and save.

Plus, new owners that pay their full equity at sign-up receive a \$10 gift card.

**IN-STORE
GIVEAWAYS
EACH WEEK!**

Visit the store to enter themed weekly giveaways throughout October! Everyone is welcome to enter.

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!)

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

Trevor & Maria Case
Case Country Farm
Co-op Owners since 2017



WHAT OWNERS HAVE TO SAY



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

Phil Britton
former MFC Board President
and owner, Fresh Systems LLC

Melinda Britton
owner, Doulas of Marquette
with Zemi, Kiah, & Aza and
dog Lulu B.
Co-op Owners since 2010

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.

BOARD ^{OF} DIRECTORS NOMINATION APPROACHING!

It is October again and this is an important month for our Co-op. First, it is National Co-op month, and we will be celebrating all month long. There will be in-store events and promotions as well as the usual bountiful array of early fall produce. It is a great time of year to shop the Co-op and stock up for the upcoming holiday cooking and baking seasons.

October also kicks off the 3-month open nomination period for the Board of Directors, which runs from October 15 to January 15. We have 3 seats up for renewal each year for our 9-member board. We encourage you to check out marquettefood.coop/board/about/ for information and to 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 encourage them to apply. The application link is available beginning October 15 at marquettefood.coop/board/about/. If you have questions, you may direct them to board@marquettefood.coop.

Board members will also be in the store for tastings on Fridays 11am-1pm and Saturdays 2:30-5:30pm during Co-op month. If you see us, feel free to stop by and ask any questions you may have about serving on the board. We will also offer an open informational meeting later during this 3-month period for those who would like more information before filling out an application.

Enjoy this beautiful fall month and congratulations on being part of our co-operative community.

Mary Pat Linck

Board Member





3 COOKIES FOR \$3!

October is Co-op Month, a celebration of the cooperative model. We're celebrating with cookies!

Each week a different cookie will featured at a price meant to encourage sharing.

OCTOBER 12 - 15
CHOCOLATE MELTAWAYS

OCTOBER 26 - 29
OATMEAL RAISIN

OCTOBER 19 - 22
SNICKERDOODLE

OCTOBER 4 - 8
CHOCOLATE CHIP WALNUT

117 W. Baraga
Marquette, MI 49855

**PROMOTION ONLY AVAILABLE
AT THE MARQUETTE BAKING CO.**

OPEN WEDNESDAY - SATURDAY
8AM - 4PM

Bulk Sale



**25%
OFF**
per pound

OUR MOST POPULAR BULK DEPARTMENT ITEMS!

 <p>Blueberry Flax Granola</p>	 <p>Whole Almonds</p>
 <p>Raw Whole Cashews</p>	 <p>Walnuts</p>
 <p>Tri-color Quinoa</p>	 <p>Black Turtle Beans</p>
 <p>Red Lentils</p>	 <p>Short Grain Brown Rice</p>
 <p>White Basmati Rice</p>	 <p>White Jasmine Rice</p>
 <p>Equal Exchange Love Buzz Coffee</p>	 <p>Yellow Popcorn</p>
 <p>Quick Rolled Oats</p>	 <p>Steel Cut Oats</p>
 <p>Regular Rolled Oats</p>	 <p>Pumpkin Seeds</p>

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

OCTOBER 5-11

OLIVE-WALNUT PASTA

Serves 4 | Adapted from Ali Slagle, New York Times

Rich in protein, antioxidants, calcium, omega 3s and omega 6s, walnuts pack a nutritional punch. They also make a great meat substitute. This vegan pasta dish comes together quickly for a simple weeknight meal. The walnuts add a hearty, earthy crunch to this dish, while the olives bring a mellow saltiness, and the splash of lemon and zest bring it all together with brightness. This pasta is incredibly versatile. Keep it vegan by adding leafy greens like sauteed kale, or add parmesan and butter to create a creamy sauce.

Find organic walnuts in our bulk section on sale for 25% off per pound until 10/11!

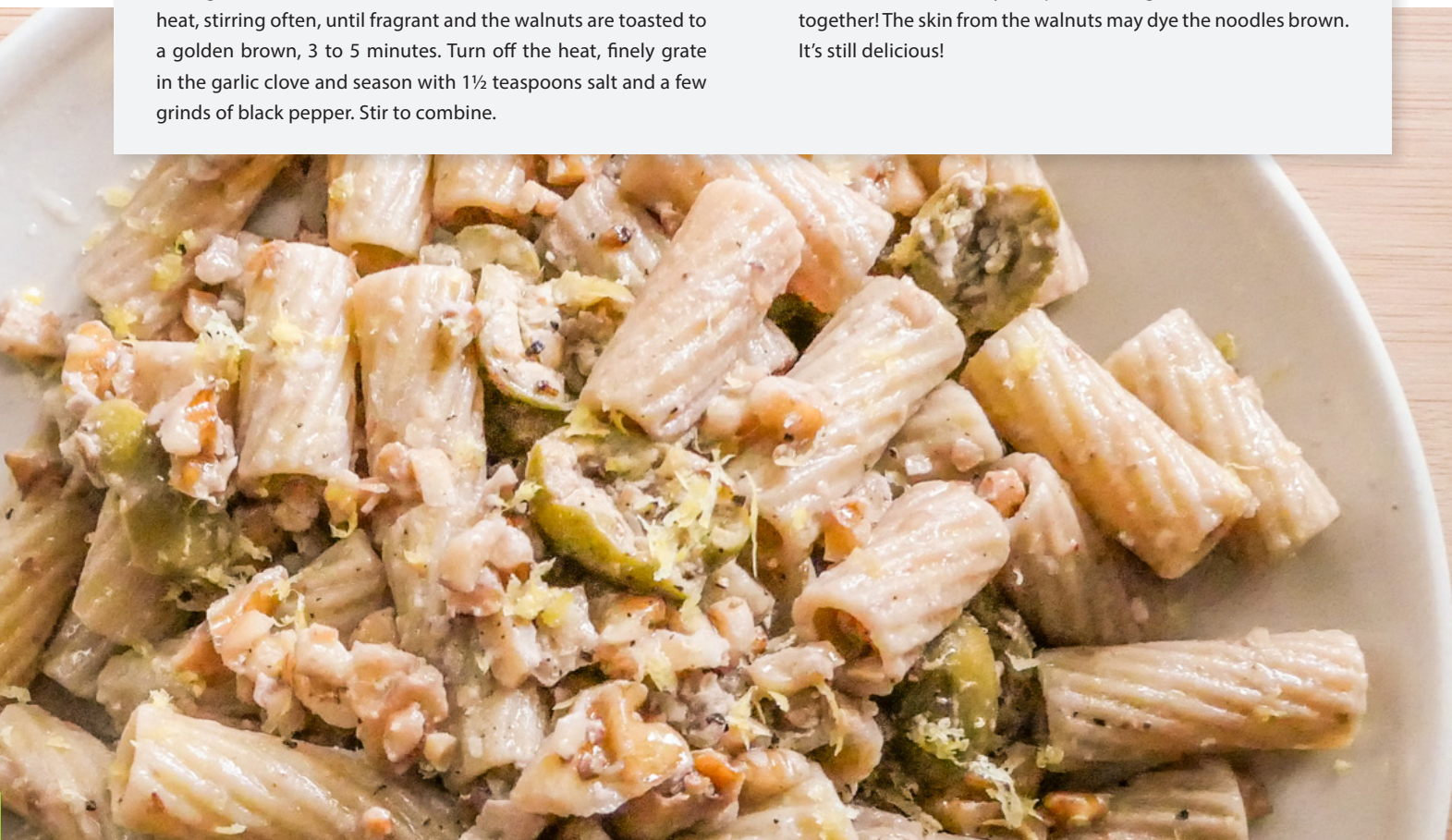
- Kosher salt and black pepper
- 1 pound short pasta
- ½ C extra-virgin olive oil
- 2 C chopped walnuts
- 1¼ cups Castelvetrano olives (or a mixture of green olives), pitted and torn
- 1 small garlic clove, peeled
- 1 lemon, zested and juiced (about 3 T juice)

Bring a large pot of salted water to a boil. While the water comes to a boil, pit the olives and zest and juice the lemon. When the water's boiling, add the pasta and cook until al dente. Reserve 1 cup of pasta water, drain.

While the pasta's cooking, in a large sauté pan or Dutch oven, stir together the olive oil, walnuts and olives. Cook over medium heat, stirring often, until fragrant and the walnuts are toasted to a golden brown, 3 to 5 minutes. Turn off the heat, finely grate in the garlic clove and season with 1½ teaspoons salt and a few grinds of black pepper. Stir to combine.

Add the pasta and ¼ cup pasta water to the walnut mixture. Cook over medium-low, stirring and adding pasta water as needed, until the pasta is well coated. Remove from heat and stir in half the lemon zest and all the lemon juice. Season to taste with salt and pepper and more lemon zest.

Don't be alarmed if your pasta changes color as it comes together! The skin from the walnuts may dye the noodles brown. It's still delicious!



NEW ITEMS

October 2022



Catalina Crunch Traditional Crunch Mix

At Catalina Crunch, they believe no one should ever have to choose between healthy and tasty. Each of their snacks is made with protein, fiber, good fats, real ingredients, and very little to no sugar. Their Traditional Crunch Mix is a delicious blend of pecans, cashews, chickpea pretzels, and crunchy cereal that has a buttery garlic spice flavor. Keto friendly!



Ocho Candy Caramel & Peanut Bar

When you choose Organic & Fair Trade Certified OCHO chocolate, you're voting with your dollar — supporting income sustainability, worker empowerment, community development and environmental stewardship. Their yummy Caramel & Peanut Bar is filled with luscious caramel, soft nougat, and crunchy peanuts. Let's just say that this taste is really satisfying!



Pur Gum Spearmint

Pur Gum's Spearmint flavor has a strong and crisp mint flavor that leaves breathe feeling fresh for hours! Naturally sweetened with 100% xylitol, Pur Gum is also vegan, gluten free, soy free, nut and peanut-free. Each resealable packet comes with 55 pieces of chewing gum.



Naturalis Sauvignon Blanc

Naturalis is inspired by the humble honeybee who is vital to supporting the local flora and fauna that thrive in their vineyards. They utilize sustainable production methods that not only create healthy vineyards, but also produce delicious wines made from organically grown grapes. Their Sauvignon Blanc is crystal clear with a soft green hue. Fresh aromas of citrus & passionfruit precede a palate with fresh apple and gooseberry flavors. Produced in South Australia.

OUTREACH & BOARD SAMPLING
Fridays, 11am-1pm
Saturdays, 2:30pm-5pm

BULK SALE
October 5 – 11

PLAIDURDAY
Friday, October 7

GETTING TO KNOW YOUR CO-OP
Wednesday, October 12
6:00 pm

FRESH COAST FILM FEST
October 13 – 16

BOARD NOMINATION PERIOD BEGINS
October 15 – January 15

**DINNER WITH THE DOCTOR:
MAKING HEALTHY BEHAVIORS STICK**
Thursday, October 20
4:00 pm

RIOJANA VENDOR SAMPLING
Friday, October 21

ALL ABOUT EGGS: PART 2
Wednesday, October 26
5:30 pm - 8:00 pm

**DOWNTOWN
TRICK OR TREATING**
Saturday, October 29
4-7pm

HALLOWEEN
Monday, October 31



BEGINNING SATURDAY, OCTOBER 8, THERE WILL BE CHANGES TO THE OFFERINGS OF OUR PREPARED FOODS DEPARTMENT

HOT BAR WILL NOT BE OFFERED ON SATURDAY OR SUNDAY. SALAD BAR, SOUP, HOT CHICKENS, AND HOT SANDWICHES ON THE HOT BAR WILL BE AVAILABLE.

HOT BAR WILL CLOSE AT 4PM DAILY

MADE-TO-ORDER SANDWICHES WILL BE DISCONTINUED UNTIL FURTHER NOTICE.

THE SERVICE COUNTER WILL BE OPEN
11AM-5PM, DAILY

SALAD BAR WILL BE OPEN 11AM-5PM, DAILY

We thank you for your patience during this temporary shift. We hope to resume regular service hours soon. You can continue to find many of your favorite items in our grab & go cooler.

THE FRESH FEED

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

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Mary Pat Linck

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Tom Rulseh

Emily Bateman

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.



502 W. Washington St.
Marquette, MI 49855

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

www.marquettefood.coop
Marquette, MI 49855

