



# FRESH FEED

The Marquette Food Co-op Newsletter

October 2023



# OCTOBER IS CO-OP MONTH



**Matt Gougeon**  
General Manager

October, being Co-op Month, is chock full of good things for you like sales, discounts, tastings, and events. But look past these individual benefits and you can see this cooperative in its full maturation, accomplishing all the elements of the cooperative business model. It is a living and breathing economic and social organism integral to what makes our community such a great place to live. Aggregate investment and return on that investment can be seen in dollars and cents, our emphasis on local, our awareness of environmental impact, and an equitable experience of participation in the organization.

Here are a few data points that explain:

- About 1 in 4 local households own a share of the MFC.
- Nearly 30% of the MFC's \$5.2M total assets are financed directly by member dollars.
- In the past two years, the MFC has paid out over \$220K in cash to members in patronage dividend.
- Aggregate purchasing through the National Cooperative Grocers purchasing contract brings close to \$400K in savings to members.
- Owner Rewards brings another \$100K in purchasing power to owners annually.
- The MFC employs 95 people, offering good benefits and a total payroll of approximately \$3.5M.
- The MFC is democratically governed by nine duly elected members in good standing.
- Active policy management dictates specific outcomes for the store operations and community development programs.
- The MFC partners in important food education and access programs like Recipe for Success and Prescription for Health.
- The MFC supports local agriculture through the purchase of hundreds of thousands of dollars of local food and goods from dozens of suppliers and facilitates a cold storage grant program for small farms.
- MFC provides equitable access to healthy food for everyone through Double Up Food Bucks and SNAP benefits.

This is an incomplete list but touches on some highlights. We must also consider the dedication of board members, management, staff, and you the members to keeping the MFC relevant in a changing world.

The proof is in the pudding. When I first started my tenure as General Manager in 2009, we were in the midst of a recession. Curiously, it was also the beginning of a strong period of growth. I explained this phenomenon along the lines of "When things get difficult, people have a tendency to come together, and the Co-op is a place where that can happen." Well, things have certainly been different and difficult since 2020.

Feeling far more informed and knowledgeable about cooperation and groceries now, I still stand squarely behind that past explanation. This Co-op is without a doubt a place where people can come together to get what they need. Reliance upon it results in natural growth and resiliency allowing all the facets of cooperation to deploy. I see it happen at all levels every day.

Enjoy Co-op Month! There is much to be proud of here and you are an integral part of it. Not long ago, I had this explained succinctly to me by Matt, our Customer Service Manager. Referencing the somewhat intimate relationship between members and the Co-op from his service perspective, he said, "If you're shopping at the Co-op, it's not an errand that you're running." What a great way to sum up what the cooperative model is all about.

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

# MFC BOARD CALL FOR CANDIDATES



**Emmanuel Sally**  
Board Member

As October ushers in the beauty of autumn, it also marks the beginning of an exciting opportunity to further strengthen our co-operative and community. We're inviting individuals like you, who have a passion for collaboration, and a commitment to our shared values, to consider becoming a vital part of our Board of Directors.

## **Why Join the Board?**

Our Board plays a pivotal role in guiding the future of our co-op. If you possess an understanding of financial matters, an enthusiasm for working alongside others, and a dedication to fostering our co-operative spirit, this is the perfect chance for you to make a meaningful impact.

## **Open Nominations for Board Seats:**

From October 15 to January 15, we welcome open nominations of Co-op owners for our Board of Directors. Each year, we renew three out of the nine seats on our board. We encourage you to explore more about this opportunity and consider contributing to the governance of our Co-op.

## **Nominate Someone Exceptional:**

Do you know someone who could be a valuable addition to our board? We encourage you to motivate them to apply. Starting October 15, the application link. Should you have any inquiries, please don't hesitate to reach out to us at [board@marquettefood.coop](mailto:board@marquettefood.coop).

## **Connect with Us:**

Our board members are available for your questions any time. You can reach out via social media, the board email (see above) or attend a board meeting to learn more. Board meetings are the third Thursday of each month at 6pm in the Co-op teaching classroom in the basement of the building.

## **Embrace the Co-op Spirit:**

As we embark on this journey together, relish the beauty of fall, and take pride in being an integral part of our thriving co-operative community. Your involvement could be the key to shaping a brighter future for us all. Thank you for your dedication to our co-operative values and for considering this opportunity to serve.

# BOARD APPLICATIONS OPEN OCTOBER 15!



# EASY WEEKNIGHT

## Meal Helpers



### Bean Salsa Verde Tamales

#### Fillo

Tender masa full of mayocoba beans, seasoned with a salsa suave of tomatillos, cilantro and just a hint of serrano. Non-GMO Project Verified, vegan friendly, plant protein, made with extra virgin olive oil. Ready-to-eat or microwave to enjoy warm!



### Pesto Carrot Noodles

#### Sideway Foods

This pesto sauce is like a breezy Italian kitchen in summertime. A blend of extra virgin olive oil, pecorino romano, fresh basil and garlic gracefully—and deliciously—adorn carrot noodles. What happens when we convert carrots into noodles, dressed in a perfectly composed pesto? Well, something magical that checks all of the boxes: Satisfying? Yes. Versatile? Yes. Plain delicious on its own or as a side? Yup.

In the whirlwind of weekday responsibilities, finding time to prepare a delicious and satisfying meal can often seem like an insurmountable challenge.

Sometimes you just need a helping hand.

Fear not, as we're sharing some of our favorite products that make dinner prep a breeze.



# EASY WEEKNIGHT

## Meal Helpers



### Yuzu Miso Glaze

#### Omsom

This savory glaze gets a beautiful citrus hint from yuzu - and pairs well with everything from salmon to eggplant. Umami-packed and sweet with a hint of tartness. Simply rip, pour, and fire it up for a restaurant-quality meal in 15 minutes. Vegan + gluten Free. No artificial flavors or preservatives, non-GMO verified.



### Enchilada Black Beans

#### Heyday Canning Co.

These full-of-spice-but-not-spicy black beans get their savory flavor from a blend of dried chilis, tomato paste, apple cider vinegar, and spices. Perfect for making veggie enchiladas and so much more. Add to a tortilla with roasted sweet potatoes and your favorite toppings for an easy taco or burrito night.



## YUZU MISO SOBA

serves 2-3 | by Betsy Ding for Omsom

- 1 Omsom Yuzu Miso Glaze
- 5 oz. soba noodles
- 2 stalks scallion, chopped into 2-inch long pieces
- 3 C chopped green veggies, such as bok choy, spinach, and/or zucchini
- 2 T neutral cooking oil
- ½ t salt
- 1 stalk scallion, thinly sliced for garnish
- sesame seeds (optional)

Boil soba noodles according to package instructions.

In the meantime, heat a large wok or skillet on high heat. Pour in oil, then toss in green onion. Fry for 1-2 minutes until aromatic. Add in the veggies and season with salt.

Once noodles are cooked, drain and rinse under cold water. Pour in half of the Omsom glaze and toss to coat. Set aside to cool until veggies are ready.

After about 5 minutes, veggies should be cooked through and lightly browned. Turn heat off and pour in the remainder of Omsom glaze and stir to coat.

To serve, layer noodles on the bottom, then veggies, and top with additional green onions and sesame seeds. Add salt to taste + enjoy!



# The Apples of Our Eye

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Every year the Marquette Food Co-op is lucky enough to participate in Agripalooza, an educational event for 5th graders in Marquette and Alger counties. The event is organized by the Conservation Districts of Marquette and Alger Counties and hosted at the MSU Upper Peninsula Research and Extension Center (UPREC) in Chatham. We hope that your fifth grader has had, or will have, the opportunity to attend to learn about agriculture, the ecosystems of the U.P., and even how to prepare local food.

For the last few years, we've done the same lesson plan about apples because it's popular, seasonal, and supports the educational standards for the grade level. This month the Co-op is running sales, sampling and events that feature apples, so we thought we'd share the basics of this lesson with you too. It turns out that the story of the apple is intrinsically tied to the story of humans!

There is evidence that the first apples originated in Kazakhstan. Travelers on the Silk Road helped spread apples across Asia and Europe. They became a beloved part of European agriculture and immigrants to North America brought seeds to plant in their new home. Unfortunately for them, these seeds did not produce the same apples that they loved back home, and most trees would eventually die from the harsh winters here.

Apples have a great trick, however, that ensured they would still survive while adapting to this new climate. Every seed contained within an apple is genetically unique. The genes that control their flavor, disease resistance, and many other traits are totally different from seed to seed. This means that each seed has qualities that will help it survive in varying conditions. Maybe one seed grows a tree that can handle drought conditions, while another thrives in a climate like ours that has long cold winters. This means that while not all the seeds will survive, the chances that at least one will survive, no matter what conditions they are thrown into, are far greater. This seed trait is called extreme heterozygosity.

Extreme heterozygosity has helped apples spread to every continent except Antarctica, and over 7,000 species are cultivated. But it's not just adaptability that has given the apple this success. Apples are beloved by humans for their flavor, range of ways to prepare and eat them, and their ability to be stored. Before modern refrigeration, apples were an important food source in the winter. They could be stored whole, dried, canned, or made into cider. That extreme heterozygosity means that each apple variety produced is good to use in one way or another. Some trees produce fresh eating apples early in the season while others taste better after being stored for a bit. Some have soft flesh that make them better suited for sauces and apple butters, while others are best for cider.



We tend to view the apple as serving us, but humans don't live outside of nature. By providing us with food, the apple has also ensured its survival. We are the species that has brought it to the various continents, caring for it and nurturing it. We have propagated certain species through grafting, since we couldn't count on its seeds to produce the exact apple we wanted. Apples and humans have changed and succeeded together over time, in a process called co-evolution.

At Agripalooza, we get to share this information with students and then sample apples that demonstrate how differently they can taste from one another. We hope that you will be able to marvel at the complexity of our relationship and the amazing success story of this fruit tree as you enjoy the samples and ciders we're featuring at the Co-op this fall.





# SLOW COOKER APPLE BUTTER

makes 3 pints | adapted from *Sam Merritt (sugarspunrun.com)*

- **5.5 lbs soft, sweet apples cored and chopped into small pieces, about ¼"**
- **1 C brown sugar firmly packed (200g)**
- **¾ C granulated sugar (150g)**
- **1 T ground cinnamon**
- **¼ t salt**
- **⅛ t ground cloves**
- **1 vanilla bean (or substitute 1½ t vanilla extract)**

Slice apples into small pieces (about ¼") and dispose of cores (you do not need to peel the apples). Place apples in the basin of large slow cooker.

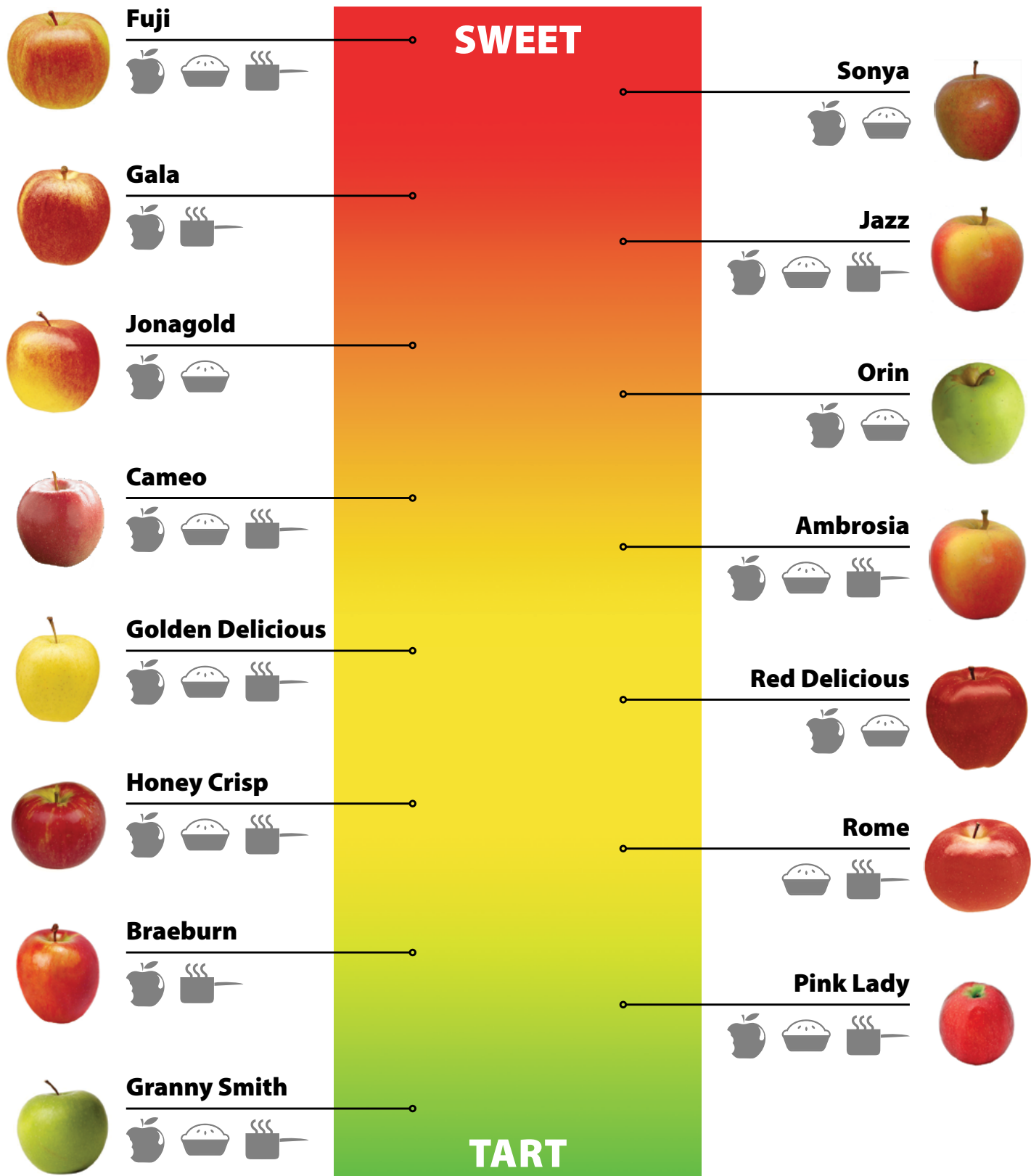
In a medium-sized bowl stir together sugar, brown sugar, cinnamon, salt, and cloves until well-combined. Pour sugar mixture over apple pieces and stir until well combined. Place lid on crockpot and cook on low heat for 10 hours.


Once 10 hours has elapsed, puree apples with an immersion blender or standing blender until smooth and no chunks remain. Scrape the inside of the vanilla bean into your apple puree (or add vanilla extract).

Turn crockpot on to low heat and cook another 2 hours uncovered, stirring occasionally.


Store in the refrigerator in an airtight container, where it will keep about 2 weeks, or freeze to keep for several months.





 = Fresh Eating

 = Baking

 = Cooking

# THE CULTURE OF BASQUE CIDER



**Find these Basque-style  
ciders at the Co-op:**



**Beti**  
Son of Man



**Estrella**  
Revel Cider



**Basajaun**  
Son of Man

Basque cider, or “Sidra,” is a traditional beverage with deep roots in Basque culture. It hails from the Basque Country, spanning northern Spain and southwestern France, and is renowned for its unique character.

Crafted from specialized cider apples, distinct from common grocery store varieties, Basque cider boasts a bitter and tannic complexity. It embraces wild fermentation, courtesy of natural yeasts on apple skins and in the environment, resulting in a rustic and diverse flavor profile.

Following fermentation, Basque cider ages traditionally in oak barrels, its duration tailored to desired flavor attributes. It remains still (non-carbonated) and unfiltered, often appearing cloudy due to yeast and sediment, enhancing authenticity and taste.

The Basque cider season is a highly anticipated event that begins with the harvest season, or txotx (pronounced choach) season in September and October and runs through the winter. In traditional Basque cider houses (sagardotegiak), customers are shown to tables and served a meal that is nearly always the same – chorizo, cod omelet, steak, Basque cheese, and quince paste. Many of the sagardotegiak still do not offer chairs. The meal is taken standing with frequent trips to whatever cider barrel is being opened. But customers shouldn’t expect a server to neatly pour their drink. Customers line up in front of the barrels and the cider shoots out; customers must position their glass at just the right angle to catch the cider and get the perfect amount of foam. This aeration practice, also known as txotx, enhances aroma and adds to the sensory experience.

Basque cider harmonizes beautifully with classic Basque dishes such as bacalao (salt cod), chorizo, and grilled meats, its acidity complementing rich, savory flavors. Basque-style cider is more than a beverage; it’s a cultural immersion intertwined with a unique production process, rituals, and a strong Basque identity. If you find yourself in the Basque Country or a cider-producing region, seize the opportunity to embrace this unique facet of Basque culture, or pick up some sidra right here at the MFC.

Serve your sidra the Basque way, poured high from the bottle with a shout of “txotx!” to celebrate.

# 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 52<sup>nd</sup> 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 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.

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 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
- Purchase 12 loaves of Marquette Baking Company Bread, receive the 13th loaf free. Your choice of San Fran Sourdough, Cracked Wheat or Country Italian.

"To us, being owners means putting our resources where our values are, in relationship to supporting healthy nutritious food and supporting community and local business owners and farmers. It feels important to be a part of the community in a way that's more than just going to a grocery store."

**Anna Zimmer  
&  
Andrew Plocher**  
Co-op Owners  
since 2015



## WHAT OWNERS HAVE TO SAY



**Rob:** "A lot of places you feel you are a temporary position for the company. And it comes out in the way that they treat you, but coming into the Co-op was very different, it was a very family kind of setting, very welcoming, very warm, and you don't feel like you're just a number on a board."

I really appreciate the way the Co-op is a part of the community to a higher degree than one of the box stores that I've worked at in the past. We get to know our customers and we get to be a part of the neighborhood so much more than you would if you were working at the big places."

**Hannah:** "Being a part of the Co-op, you feel more appreciated and not just a number. You're appreciated for what you bring, what you can do, and your creativity is appreciated—something you would never see at a corporate store. I make art with food, and that is my job."

**Robert Tracy  
&  
Hannah  
Anderson-Tracy**  
Co-op Owners  
since 2019

## 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](http://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.*

ENTER RAFFLE IN-STORE

ENTER **TO** WIN

**2 Tickets**  
to the

**2024  
HIAWATHA  
MUSIC FEST**

( JULY 19 – 21, 2024 )

**OCTOBER 4<sup>TH</sup> — OCTOBER 10<sup>TH</sup>**

Winner will be contacted by MFC staff  
*Winner must retrieve prize within two weeks*







# THE MARQUETTE FOOD CO-OP OWNER COUPON PROGRAM

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*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.*

## OCTOBER OWNER COUPON

*Valid until October 31, 2023*

***Owners take***

**10% OFF**

***all items on a shopping trip of their choice\****

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*\*Excludes Ace Sushi.*

# NEW ITEMS

## October 2023



### Charcoal Tea Tree Soap

**Zambeezi**

Handcrafted, Zambeezi Charcoal Tea Tree soap is made with ingredients that are crafted to cleanse, heal, and nourish your skin. The activated charcoal helps fight acne, impurities, and excess oil and the honey nourishes and softens your skin, while the tea tree is antibacterial. This leaves you with fresh, soft, and clean skin. Zambeezi is a fair-trade federation member.



### Organic Dried Mango

**Equal Exchange**

These organic dried mangos from Burkina Faso are the perfect mix of chewy, tart, and tangy. Equal Exchange's mission is to build long-term trade partnerships that are economically just and environmentally sound, to foster mutually beneficial relationships between farmers and consumers and to demonstrate, through their success, the contribution of worker co-operatives and Fair Trade to a more equitable, democratic, and sustainable world. Endeavors like these help the farming communities build a better economic future.



### Amaro Falso *non-alcoholic cocktail*

**St. Agrestis**

Introducing the St. Agrestis Non-Alcoholic Amaro Falso, the follow-up to their award-winning Phony Negroni, which also available at the Co-op. Amaro Falso is made using a combination of all-natural citrus, botanical, and herbal ingredients. Ready-to-drink and individually portioned, and carbonated. Enjoy chilled straight from the bottle or over ice with an orange twist.



### Cajun Plant Chicken

**Daring Foods**

Daring Cajun Plant Chicken Pieces are spicy, zingy, and oh-so chicken-y. Perfectly textured and tender, these pieces turn up the heat in any dish that calls for chicken. Also available in Teriyaki and Original. Made from 100% plant-based ingredients, Daring Foods, frozen plant chicken is Non GMO, gluten free and delicious.

## Co-op Month & Owner Drive

All month long

## Riojana Vendor Sampling

Tuesday, October 10  
3-5pm

## Carlson Vendor Sampling

Tuesday, October 10  
3:30-5:30pm

## Sausage Making Class

*Registration Required*

Tuesday, October 10  
5:30-8pm  
*MFC Classroom*

## Indigenous People's Day

Wednesday, October 11

## Squash Tasting

Saturday, October 14  
9am-1pm  
*MQT Farmers Market*

## Board Nomination

Period Begins

Sunday, October 15

## Board Meeting

Tuesday, October 17  
6-8pm  
*MFC Classroom*

## Bulk Sale

October 25 - 31

## Young Mountain Tea

Vendor Sampling

Saturday, October 28  
11am-1pm

## Downtown Trick or Treating

Saturday, October 28

## Halloween

Tuesday, October 31

## THE FRESH FEED

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

## Content & Editing

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## Board of Directors

Michelle Augustyn PRESIDENT  
Kevin Pierfelice VICE PRESIDENT  
Tom Rulseh SECRETARY  
Richard Kochis TREASURER  
Mary Pat Linck  
Michael Dewar  
Nathan Frischkorn  
Emmanuel Sally  
Mary Kramer-Rabine

Matt Gougeon GENERAL MANAGER

Everyone is welcome to attend Board Meetings, held the third Tuesday monthly at 6pm in the Co-op Classroom.  
For more info: [www.marquettefood.coop](http://www.marquettefood.coop)

## Disclaimer

The views within this publication are as diverse as the 5,000+ households sharing ownership of our Co-op, and thus do not represent the store, its Board of Directors, or staff. The Co-op does not prescribe health treatments or products. We offer the extensive knowledge of our staff, and encourage you to prescribe for yourself—every individual's right.

**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**