



FRESH FEED

The Marquette Food Co-op Newsletter

September 2021



HEY, WE'RE STILL 50!



Matt Gougeon
General Manager

Summer is past and I'm not certain if it passed quickly or slowly. That uncertainty is evidence that much was happening over the last three months, regardless of my perceived pace of time. June, July, and August were all record-breaking months for volume of business. Couple that with increased supply chain issues, difficulties in hiring, and opening a bakery, and it's no wonder we feel exhilarated and a little breathless. I'll take this moment to give credit once again where it is due and that is to the effort, engagement, and compassion of all the staff and management of this cooperative for making the place hum every single day.

We're still in our 50th anniversary year. There's fun and bargains yet to be had as the rest of this year plays out, particularly in October, which is National Co-op Month. When I stop to consider all the changes this Co-op has been through in just the sixteen years I've been involved with it, I wonder how the next 50 years might look. We've been through two expansions, (three if you count the Marquette Baking Company), created a food hub in the U.P. Food Exchange, developed enriching educational opportunities, became an investment opportunity, and are a valued large employer in downtown Marquette. Those are all broad stroke accomplishments and there are myriad smaller ones in between. But I'd like to point out that all those accomplishments have to do with growth; growth of a "green" mentality. Growth of an awareness of food. Growth of a need to serve an increasing number of community members. Growth of reliance on one another. And growth of an opportunity to learn and to apply what we've learned to positively impact the community. There's an old business adage that goes something like this: "Profit isn't the goal of a good business, but the result." We profit in far more than just financial way. We profit in health and in accomplishing the most good that we can.

I have no doubt that this Co-op will be around for another 50 years. But I do wonder how it will alter. Climate change will have a dramatic impact on us soon. Simply considering the unbridled growth of the human enterprise on this finite planet should give us all pause. This Co-op will adjust because this community needs the mechanism it provides to accomplish good and return the human investment in it back into community capital that does its part in sustaining us where we live. At this point, we've built a solid base upon which we can continue to build for what the future will bring. We're far from being the solution but we're also far from being a problem.

Thank you for the remarkable summer. And here's to a fantastic autumn. We're all in this together — literally!

**FEEL GOOD,
SHOP THE
CO-OP!**

CELEBRATING
50
YEARS
OF THE
MFC

Founded in 1971, this year marks the 50th anniversary of the Marquette Food Co-op! To celebrate, we'll be sharing snippets of MFC history each month in the newsletter and on social media.

Follow along with the hashtag #MFCis50 on Facebook & Instagram

New home on Washington Street

In May 2014, the Co-op relocated to 502 W. Washington Street. The expanded store included a full-service deli and a Meat & Seafood Department. This new space supported the growth of the Co-op Kitchen and U.P. Food Exchange, as well as another facet of the Co-op. Community education on food and farming began in the mid-2000s, but growth of the classes was limited by the spaces available in town. The new store included a meeting room and teaching kitchen that allowed us to double the number of class participants in just one year. By the end of 2017, there were around 5,000 members, 85 staff, and annual sales reached \$9.2 million.



Have a special photo or memory of the MFC to share?
Send it to kdewar@marquettefood.coop or message us on Facebook or Instagram.

WELLNESS WEEKEND

SEPTEMBER
3RD — 5TH

25% OFF

BODY CARE, VITAMINS,
+ SUPPLEMENTS

*excludes items
already on sale*



WHILE SHOPPING IN-STORE
ENTER TO WIN
A **WELLNESS**
GIFT BASKET



NEW WELLNESS PRODUCT LINES & ITEMS



T is for Tame

T is for Tame is a woman-owned company that makes baby hair care products that are hypoallergenic, 100 percent clean, and dermatologist tested. There are no artificial dyes, parabens, sulfates, animal testing, or silicones in their items. Products carried at the Co-op include Hair Taming Mist Spray, Foaming Shampoo, Taming Matte Cream, and Scalp Soothing Cream. T is for Tame was created for littles by a mom of twins who was on a mission to find natural hair care products for her children.



Fyft Beauty

Created by veterans of the skincare industry who strive to live a holistic healthy lifestyle, Fyft is inspired by the word "fit," which also means "in good health." Echoing the plant-based approach, Fyft products are formulated with nutritious ingredients — natural foods to restore your skin to its healthiest, smoothest state. Their products are formulated with carefully selected plant-based healthy ingredients that are packed with large doses of antioxidants, vitamins, and minerals — 5x more nutrients than the average skincare product, offering essential nourishment for long term healthy "fit" skin. All Fyft products are gluten free and vegan.



Among the Flowers

Among the Flowers is a woman-owned company that makes naturally nourishing skin and body care products. Each item they create is made with intention using ingredients that soothe, repair, and revitalize. For a mood-boosting, uplifting aromatherapeutic experience, try Solis Body and Bath Meditation Oil. Experience the powerful botanical ingredients in Sana Body and Bath Meditation Oil for relief from inflammation, achy joints, and sore muscles. Encourage recharging and re-calibrating energy during the time of the new moon with New Moon Body and Bath Meditation Oil. Cleanse your face with Balancing Honey Cleansing Elixir, a gently cleansing soap alternative formulated to lift debris while working in sync with the PH levels of facial skin.



Nordic Naturals Multi Minerals

Nordic Naturals' Multi Minerals provides an easily absorbed blend of macro and trace minerals to support metabolic health and cellular function throughout the body. With 11 essential minerals in chelated form for better absorption, it supports metabolic and cellular health. Made with non-GMO and vegan ingredients.



Fat and the Moon

Continuing a family legacy of herbalists and natural healers, Fat and the Moon founder Rachel Budde has built her company around providing handcrafted, small-batch herbal body care products. Fat and the Moon, at its core, is about healing, which is reflected in their business practices and relationships, the plants they work with, which are ethically harvested and organically cultivated, and their radically non-toxic formulas. Their priority is to use reusable, recyclable containers and to minimize superfluous packaging. The Co-op carries a large selection of Fat and the Moon products including lip paint, eye coal, tinted balm, mama and babe products, and more.



Cocofomm Shampoo Powder

Salon-quality haircare without waste or anything bad! This woman-owned company is on a mission to reduce waste. When shampoo is made with about 80 percent water, they ask, "Why pay to ship water, when it's in our shower?" Free of plastic, harsh chemicals, water waste, sulfates, cruelty, Cocofomm Powdered Shampoo is vegan and color-safe. To us, WET hair entirely and SPRINKLE product into palm, swirling in some water. Keep swirling to help crumbs dissolve until it becomes translucent liquid/paste shampoo. Then LATHER and rinse for amazing results.



Bohemian Reves

Bohemian Reves, a woman-owned plant-based company, offers natural selfcare products that are soothing and invigorating. Their Hazy Moon Bath Soak is made with organic coconut milk pulp, lavender essential oil, and all natural smokey mica, making for a luscious bath soak that will have you soaking up all the moon vibes. Their Smolder Calendula Body Oil uses ingredients that are known for their anti-inflammatory properties for serious skin healing and smoothness. Calendula eases bruises and is an excellent choice for dry skin. Their foaming face wash comes in two versions — Fresh Faced, which is for normal to combination skin, and Clear It Up, which is for oily to acne prone skin. Both are great for daily use.



Vita Bioso

Vita Bioso10+ is a unique probiotic beverage made by fermenting organic sugarcane molasses infused with a specialized herbal tea. These ingredients undergo a hand-crafted triple fermentation process that creates a light, amber-colored drink. Ten complementary probiotic strains work together harmoniously. With every two tablespoons of Vita Bioso10+, you get over 6 billion bioavailable CFUs of probiotics. This artisan probiotic beverage is vegan and gluten and soy free. Because the pH level is already similar to your stomach acid's, our microbes don't go through a "shock" and are able to cope with the harsh environment of your gastrointestinal tract.



Facetory

Facetory is here to support you in your skincare journey! They create products that solve your skin concerns in a fun and approachable way. From face masks to pimple patches and foam cleansers to eye cream. Made without sulfates, parabens, fragrance, synthetic colors, and EDTA. Skincare made easy and convenient.



Alpine Provisions

Join the Plastic-Free Revolution! Alpine Provisions invites you to join in on its vision for a plastic-free future by upgrading your daily routine with products like Alpine Provisions Castile Body Wash, in 100 percent recyclable aluminum. With natural surfactants and natural and organic moisturizers, their haircare products will leave your hair feeling clean, smooth, and hydrated. And with sustainably sourced, and organic Essential Oil aromatherapy blends, it's also 100 percent biodegradable, natural, and organic. All Alpine Provisions products are gluten-free, vegan, and use non-GMO ingredients.

LABOR DAY SALE!

SEPTEMBER 1 – SEPTEMBER 7
• STORE CLOSED MONDAY, SEPTEMBER 6 •



\$3.99

Strawberries
1 lb Clamshell

You Save \$2.00

each



\$6.99

Blackrocks
51K IPA

You Save \$2.00

6 pack, while supplies last



\$4.99

Thousand Hills
Frozen Ground Beef

You Save \$2.00

16 oz, while supplies last

AND MUCH MORE!

[CLICK HERE](#) FOR THE FULL SALES FLYER



Co-op Classes

FALL 2021



GAAZOOTAAADIWAG! ANISHINAABE SCAVENGER HUNT & COOKING CLASS

Tuesday September 14

6-7:30pm

\$7 for Co-op owners, \$10 for all others

Gaazootaadiwag - They play hide and seek! Children ages 8-12 are invited to visit the Co-op to learn Anishinaabe food names through a scavenger hunt in the store. After the scavenger hunt, we'll create food together using products native to North and South America.



AFTER SCHOOL SNACK ATTACK

Tuesday September 28

6-8pm

\$15 for owners, \$30 for general admission

Your kids' inner snack monsters are ready to raid your kitchen with insatiable appetites the moment they step through the front door after school. Greasy chips and sugary cookies and bars are tempting but won't keep them full, making these snacks unhealthy and expensive to stock. Try these easy, protein-packed treats at home to satisfy your snack monsters and your wallet. Participants should make sure to eat prior to attending; only snacks will be served at the end of this class.



MAKING MASALAS

Wednesday, October 20 & Wednesday, October 27

6-8:30pm

\$20 for owners, \$35 for general admission

The secret to regularly eating delicious Indian food at home is to have spice mixtures on hand and ready to use. In this class, you'll learn to make masalas, or mixtures of spices that can be utilized in a variety of traditional and new ways. We'll then learn how to make classic Indian dishes you can enjoy for dinner. Plus, you'll leave with other ideas for using your new pantry staple spices.



MASTERING RISOTTO

Tuesday, November 2 and Tuesday, November 9

6-8:00pm

\$20 for owners, \$35 for general admission

Feeling intimidated by this simpler-than-it-seems Northern Italian staple? Learn the tricks to impress your family and friends with risotto — including vegans with a delicious vegan alternative. But shhh... no one needs to know how simple it was.



Register online [now!](#)

SYMBOLS KEY



Indicates a hands-on class
otherwise all classes are demonstration



Indicates vegan friendly class



Indicates gluten-free friendly class



DINNER with the DOCTOR

Join us at the Marquette Food Co-op for a meal and health discussion with doctors from the residency program at UP Health System. Each month you'll learn about how diet choices impact your health – and how you can make that impact a positive one! The accompanying dinner will exemplify the topic covered that night, and you'll go home with the recipes to recreate the meal at home.

SEPTEMBER 23 **STEPS TO LONG TERM BEHAVIOR CHANGE**

OCTOBER 21 **WHOLE FOOD, PLANT BASED DIET**

NOVEMBER 18 **STRESS EATING MANAGEMENT**

Held Thursdays from 4-5pm
in the Marquette Co-op Classroom

*All classes & meals are free, supported by a grant
from the Superior Health Foundation*

REGISTER AT [EVENTBRITE.COM](https://www.eventbrite.com)

For questions contact Pamela Valdez,
906-225-0671, x 701

TAI CHI & TEA



Join us for Free Tai Chi and Tea. A one-hour class to set your Chi right for your upcoming week! Sensei Traci Baxendale Ball, 3rd Dan, will lead us through Qi Gong, Shen Gong, and mixed-style Tai Chi for a relaxing, centering practice. Free tea is offered to power you through your Sunday grocery shopping afterward. All levels welcome from inactive to fitness-focused.

**Note: donations are welcomed but not expected and will
contribute to Traci's instruction and licensing.*

11am–12pm

October 3, 2021
November 7, 2021
December 5, 2021
January 2, 2022
February 6, 2022
March 6, 2022

FREE
NO REGISTRATION REQUIRED





DELIVERY SCHEDULE

WEEK DAYS (M – F)

Baguettes
Demi Baguettes
Country Italian
Cracked Wheat
Chocolate Pecan
Meltaways
Walnut Chocolate Chip
Snickerdoodles

MONDAY

3 Seed Sourdough

TUESDAY

Burger Buns
Hot Dog Buns
San Fransisco Sourdough
Chocolate Cake
Carrot Cake
Granola

WEDNESDAY

3 Seed Sourdough
Chocolate Cake
Carrot Cake
Granola

THURSDAY

Burger Buns
Hot Dog Buns
San Fransisco Sourdough
Chocolate Cake
Carrot Cake
Granola

FRIDAY

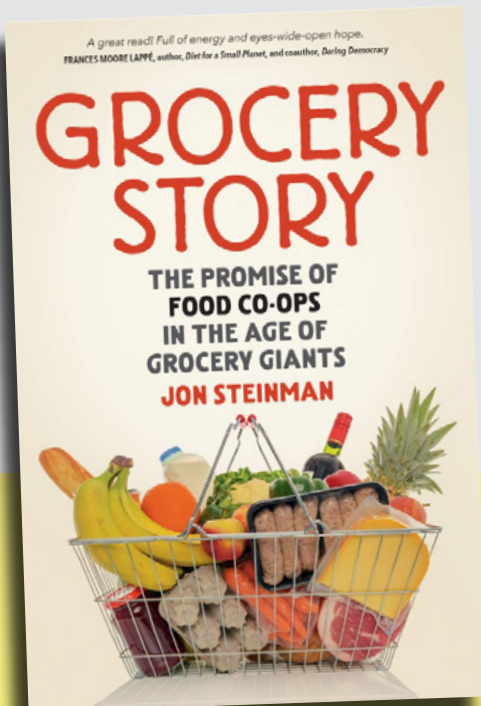
3 Seed Sourdough
Chocolate Cake
Carrot Cake
Burger Buns
Hot Dog Buns
Granola



Virtual

MFC BOOK CLUB

DISCUSSION +
MEET THE AUTHOR



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

by Jon Steinman

Wednesday, October 13 • 7–8:30pm

Hosted by the MFC Board of Directors

In celebration of upcoming National Co-op Month (October), join the MFC Book Club with Author Jon Steinman to discuss his book "Grocery Story – The Promise of Food Co-ops in the Age of Grocery Giants."

Food has become ground-zero in our efforts to increase awareness of how our choices impact the world. Yet, while we have begun to transform our communities and dinner plates, the most authoritative strand of the food web has received surprisingly little attention: the grocery store — the epicenter of our food-gathering ritual.

Through penetrating analysis and inspiring stories and examples of American and Canadian food co-ops, Grocery Story makes a compelling case for the transformation of the grocery store aisles as the emerging frontier in the local and good food movements. Author Jon Steinman:

- Deconstructs the food retail sector and the shadows cast by corporate giants
- Makes the case for food co-ops as an alternative
- Shows how co-ops spur the creation of local food-based economies and enhance low-income food access

Grocery Story is for everyone who eats. Whether you strive to eat more local and sustainable food or are in support of community economic development, Grocery Story will leave you hungry to join the food co-op movement in your own community.



Jon Steinman has studied and worked with all things food for over two decades. He was the producer and host of the internationally syndicated radio show and podcast Deconstructing Dinner. He lives in Nelson, British Columbia.

For more information about the book and author go to www.grocerystore.coop

To join the MFC Book Club and gain access to the event, check out our [Facebook group](#)

Books can be purchased at our local bookstore – **Snowbound Books**

118 N. Third St.
Marquette, MI

MFC BYLAW CHANGES

Hello Owners of the Marquette Food Co-op!

The Board is very excited to bring to you news of a proposed bylaws change concerning the patronage dividend. It has come to light in the last year that our bylaws were inadequate to support our patronage dividend deliberation and we felt collectively that it would be prudent to address this as soon as possible as we are all very eager to return profits to our invested owners.

We thank you for your patience with this process and look forward to answering any questions pertaining to these changes at an **informational virtual meeting to be held on October 5**. We also thank you in advance for your participation in this process as it is the foundation of how this Co-op is run — as a collective of decision making investors.

Let's get into the 'Why' of this bylaw change. The last time that a Co-op patronage dividend was issued was in 2014, which was the last year (until recently) that it was feasible to issue a dividend. The Co-op had just expanded, which was a long-term investment and had not yet become profitable. Every year we have come closer to being profitable enough to pay a dividend and that time was finally reached for the year 2020. At the end of the 2020 fiscal year, during the Board's regular deliberation regarding whether to return a patronage dividend to the owners of the MFC, it was noted that Internal Revenue Service code for cooperative patronage dividend rules had changed since the last time dividend was paid in 2014. It was further noted that current MFC bylaws were inadequate when balanced against the newer federal rules. The Board determined it was best to address our bylaws before determining whether to pay a dividend. This bylaw change will set the stage for the MFC to plan and pay patronage dividends, in years when applicable, in an accurate, legal, and timely manner from now on.

In order to make a change to the bylaws it is necessary to hold a special meeting of owners to announce said changes and answer any questions. As such, we are required to give the ownership at least 30 days' notice of the meeting. You may consider this your official notice of a virtual informational meeting at 6pm on October 5, 2021. Following this meeting, a one-week period of electronic voting will occur. Voting instructions will be made available to you soon. The proposed bylaw changes and rationale is outlined below.

Our current bylaws language to be struck:

ARTICLE VI: DISTRIBUTION OF SAVINGS

Section 1: Within 60 days of the end of the fiscal year, the Co-op shall determine its net savings for that fiscal year, which shall then be allocated at the Board of Directors' discretion, by any method deemed acceptable.

Section 2: Notwithstanding Section 2 of the Article, the Board shall make no allocations of net savings to member accounts if such allocations would render the Co-op insolvent.

Proposed bylaws language to replace:

Section 1. Allocations to Members. The Cooperative shall allocate and distribute to members the net patronage profit from business done with them in such a manner as to qualify them as patronage dividends consistent with cooperative principles, applicable state and federal laws, and generally accepted accounting principles. The Board of Directors shall determine when and how such allocations and distributions will be made in adherence to all applicable laws. Net patronage may be determined by either book value or tax value per the discretion of the Board of Directors. There is no guarantee of distributions annually or on any other schedule.

Section 2. Notice. Within 8 ½ months of the close of the year, the cooperative must provide each member a qualified or non-qualified written notice of allocation disclosing the amount of capital credited to their account.

Section 3. Consent of Members. By obtaining or retaining membership in the Cooperative, each member consents to the deposit of any patronage dividend into the member's Cooperative account. By obtaining and retaining membership in the Cooperative, each member agrees that if his or her patronage dividend is not cashed or used within 90 days of the date on which it was issued by the Cooperative, the Cooperative shall have the right to return the dividend to the Cooperative in a manner directed by the Board. Patronage dividends can be utilized as credit toward purchases, or as cash payment if requested at the Cooperative in person. The cooperative is not required to make a patronage dividend refund payment of less than \$5 dollars.

Section 4. Retained Amounts. Patronage dividends not currently distributed shall be credited or charged to capital accounts in the names of recipient owners. Retained patronage dividends shall accrue no dividend or interest. Retained amounts that are no longer needed for capital purposes of the Cooperative may be redeemed in amounts and at times as determined by the Board. At that time, they shall be redeemed in the order of the oldest outstanding amounts and on a pro rata basis among such amounts for each fiscal year. Such redemptions may be made payable only to member who are then in good standing or become so within a period determined by the Board; a member not in good standing shall receive 30 days' notice and instruction regarding how to cure its standing. These distributions shall be made by the method set forth in Section 3 of this Article or via check, at the Cooperative's sole discretion.

NATIONAL FAMILY MEALS MONTH

Recipes reprinted with permission from welcometothetable.coop. Find more recipes and information about your food and where it comes from at www.welcometothetable.coop.

This September, aim to enjoy more meals together as a family. Join families across the country by with a simple pledge: have one more meal together, at home, per week. Learn more and find tools (like recipes, nutrition assistance program information, conversation starters, etc.) online at FMI.org.

BENEFITS

Data shows that regular family meals have many positive, lifelong benefits, nourishing the spirit, brain and health of all family members. Family meals are linked to:

- Higher grades & self-esteem
- Exhibiting more positive behaviors like sharing, fairness & respect
- Decreased likelihood of drug/alcohol use and other risky behavior
- Lower rates of obesity
- Greater intake of fruits and vegetables



Photo courtesy NCG

APPLE PEANUT BUTTER OVERNIGHT OATS

serves 2

- 1½ C 2% milk
- ½ C Greek yogurt
- 3 T peanut butter
- 1 C rolled oats
- 1 large apple
- ½ t cinnamon
- 1 T honey, optional

Place the milk, yogurt and peanut butter in a bowl and whisk until smooth. Stir in the oats and cover; refrigerate overnight.

In the morning, chop the apple. Divide the oat mixture between two bowls and top with the apples. Sprinkle with cinnamon and, if desired, drizzle with honey.

For breakfast on the go, divide the oats into two one-pint, wide-mouth mason jars, — then just add the toppings in the morning. Consider other fruit toppings, such as bananas, pears, peaches, blueberries, strawberries or mangoes, based on what's in season.

BLACK BEAN & SWEET POTATO BURRITOS

serves 4

- 1 small sweet potato, cut into ½-inch cubes
- 1 red bell pepper, chopped
- 1 large onion, chopped
- ½ teaspoon ground cumin
- ½ teaspoon salt
- 1 tablespoon extra virgin olive oil
- 1 15-ounce can black beans, rinsed and drained
- ¾ cup shredded Monterey Jack cheese
- 4 10-inch flour tortillas
- 1 large avocado
- ½ small lime
- ¼ cup plain Greek yogurt or sour cream
- Hot sauce (optional)

Preheat the oven to 400 F. Place the sweet potato, bell pepper and onion on a small sheet pan with a rim. Sprinkle with cumin and salt and drizzle with olive oil, then toss to coat. Cover the pan with foil and roast for 20 minutes, then uncover and roast for five minutes to brown. Remove from oven and let cool on a rack.

While the vegetables are roasting, split the avocado and remove the pit, then slice each half in the shell and use a spoon to scoop out the slices onto a cutting board.

Transfer the roasted vegetable mixture to a large bowl and add the black beans and cheese, then toss to mix.

Warm the tortillas in the oven or microwave, then place them on a cutting board and scoop about a cup of the vegetable mixture into the center of each.

Drizzle with lime juice, then put ¼ of the avocado in each tortilla. Top with a tablespoon of Greek yogurt or sour cream and hot sauce to taste, if desired. Fold the sides in on each tortilla over the filling, then roll up. Place seam side down on a plate.

Add a side of salsa for dipping and some tortilla chips for a bit of crunch.



SAUTEED KALE WITH GARLIC & LEMON

serves 4

- 1 bunch kale, stems removed, coarsely chopped
- 3 tablespoons extra virgin olive oil
- 3 cloves garlic, sliced
- ½ teaspoon red pepper flakes (optional)
- ½ cup vegetable stock or water
- 2 tablespoons lemon juice
- ½ teaspoon salt

In a large skillet over medium-high heat, pour the olive oil and after about a minute, add the garlic. Stir until the garlic is fragrant, but not browned, about a minute.

Add the kale a handful at a time, stirring and turning in the pan. Add the red pepper flakes, if using, and stir, then add the vegetable stock or water and bring to a boil.

Cover the pan and let simmer, reducing the heat to medium-low, for about four minutes.

Uncover the pan, stir in the lemon juice and salt, and cook until the pan is nearly dry and the kale is tender, about four minutes.

Serve hot or at room temperature. Keeps for four days, tightly covered, in the refrigerator.

The lemon and garlic flavors in this simple side pair well with main dishes like baked chicken or grilled fish.



TOMATO SEASON



Sarah Monte
Outreach Director

We are in the midst of that fleeting moment in the U.P. called tomato season and I am enjoying every minute of it. I love the flavors, the colors, and even the names of the different varieties. Each lovely, jewel-like fruit carries a story that makes eating it more fun. Sometimes the story behind the tomato's name can be more interesting than the flavor of the tomato itself!

Usually, we attend the Downtown Marquette Farmers Market and share samples and stories with customers there, letting them taste as many types as they want, vote for their favorites, and then direct them to the farmer that grew that variety. It's a great way to support market sales and let people experience tomato varieties that aren't grown by large scale commercial growers. And it's not just about the temperamental or fragile heirlooms – people discover hybrids that pack in flavor or that they prefer a certain color of tomatoes over others.

For example, people who think they don't like tomatoes sometimes find a yellow or orange tomato that they love. These varieties tend to be sweet, with lower acid, which makes them more appealing to people who don't love "tomatoey" tomatoes. It should be noted that yellow tomatoes are not considered a good idea for hot water bath canning without extra acid added. My first year running the tomato tasting introduced me to a favorite – the black-purple tomatoes of Russia and Ukraine. It makes sense that these tomatoes would do well in the U.P., considering our similar climates. Sometimes these tomatoes almost taste salted already!

Below is a list of some of the local tomatoes that you may find in our store, though it is certainly not all of them. Due to amount of variety our local farms grow, they are unable to keep each type of tomato separate. This list features tomatoes that are so distinct, that once you are familiar, you'll be able to identify them yourself.



Black Prince

Beautiful dark color throughout with a rich, sweet flavor. An heirloom from Siberia, it does well in climates not usually known for good tomato growing. Excellent to eat fresh or cooked.



Black Cherry

Known as a prolific producer of perfectly round, perfect little cherry tomatoes. Rich, sweet flavor with a hint of smokiness. Lovely black/burgundy color.



Blue Gold

Bred in Napa California, this tomato is sweet and fruity, not to mention pretty, with a gold color and purple/blue striping on the outside with a hint of pink inside. Thanks to Seeds & Spores Family Farm for bringing this one in, which is new to me!



Brandywine

A classic heirloom, known for its balance of sweet and acidic flavor and excellent texture. Has the beefsteak shape with pink or yellow flesh. Even when fully ripe, it can have green shoulders near the stem. Most popular heirloom tomato with home gardeners. Great for eating fresh.



Cherokee Purple

Cherokee Purple is an heirloom possibly over 100 years old that is said to be grown by the Cherokee Indians. It bears up to 12 oz globular to slightly oblate shaped fruits with a dusky rose-brownish coloring, purple undertones, green shoulders and dark red flesh. It can have some concentric cracking. It is sweet, with a rich, somewhat smoky, taste. The fruit must be eaten pretty quickly when mature.



Indigo Kumquat

There was an effort by plant breeders to increase the amount of the antioxidant anthocyanin that resulted in the Indigo Rose, a dark purple/nearly black tomato. It may have been healthy, but flavor reviews were less than enthusiastic. The Indigo Kumquat proves that you can breed for the anthocyanin but still have a flavorful tomato that is both sweet and acidic. Plus, they are a lovely gold with purple shoulders that will make your salads extra beautiful.



Jaune Flamme

Incredible taste! Sweet, low acid tomato with a zing, too. Pretty apricot-like fruit with a unique flavor and fun name. Heirloom French variety.



Juliet Roma

This juicy red paste tomato is rich and flavorful, with a true “tomatoey” flavor. Great for sauces, salsas, and salads.



Pink Berkeley Tie Dye

A fabulously fun name for a tomato that looks the part. It's a lovely deep rose color streaked with otherworldly iridescent green stripes. So beautiful and with rich, sweet flavor.



Striped German

The flat, medium to large, variably ribbed-shoulder tomatoes are shaded brilliant yellow and red. The marbled interior looks beautiful sliced. Complex, fruity flavor and smooth texture. It has been compared to a peach and is amazing in salads and sandwiches. Eat quickly; this is not a long-lasting variety.



Sungold

Gorgeous bright orange-yellow cherry tomatoes grow in clusters like grapes on this hybrid. The taste is out of this world — fresh off the vine, it seems like you can actually taste sunshine. Very sweet and perfect for snacking, though light cooking can be good too. Try heating a little olive oil and garlic in a pan. When the garlic is just warmed add a pint of sungolds and cook until just warm and slightly mashed. Then dollop a soft cheese like Boursin into your bowl and let it melt into your sweet sauce. Serve over pasta.

THE SEED TO KITCHEN COLLABORATIVE

The Co-op is excited to be part of The Seed to Kitchen Collaborative run by MSU Upper Peninsula Research and Extension Center (UPREC). Originally from Wisconsin, this project connects plant breeders focused on organic systems to farmers and chefs, to create delicious, well-adapted vegetable varieties for local organic production. This collaboration presents a unique opportunity to focus on vegetable variety characteristics important to local food systems, such as flavor, fresh-market quality, and agronomic performance on smaller-scale diversified farms.

An essential component of this research is taste testing by chefs. Co-op staff is participating in these blind taste tests to rate produce by taste, texture, and more. We are thrilled to be part of the project, and not just because it means free food. The project allows chefs to learn about new varieties they could integrate into their menus (or on our produce shelves) and gives farmers an overview of what varieties will perform well in the field and on people's plates.

We look forward to the tomato tasting especially because UPREC is also experimenting with crosses of some of the tasty tomatoes listed above. We will have the privilege of tasting unique varieties that are helping to be developed right here in the U.P.!

Learn more about the local Seed to Kitchen Collaborative in [this article](#) from 2020 that introduced the program.

GAZPACHO

recipe from Almudena Aguierre | Serves 4

GAZPACHO

- 2 lbs tomatoes (any variety) or 28 oz canned tomatoes
- 1 cucumber
- 1 poblano or green bell pepper
- 1-2 garlic cloves
- ½ C olive oil
- ¼ C red wine or sherry vinegar
- Salt

PICADILLO

- 1 tomato
- 2 hard-boiled eggs
- 1 cucumber
- 1 poblano or green pepper
- ½ onion

Process the ingredients for the gazpacho in the blender until pureed. For the picadillo, or garnish, cut all the other ingredients in small pieces and put them into bowls. Serve it cold with the garnish in bowls so everyone can eat as much as they want on the gazpacho.



NEW ITEMS

September 2021



Midwest Juicery Juices

Ready for a deliciously refreshing serving of cold pressed organic juice? Enter Midwest Juicery, a Michigan-based company. Their juices are full of flavor, vitamins, enzymes, and antioxidants because of the cold-pressed juice making method they use. They have created fresh vegetable and fruit based juice recipes that contain less sugar than the average fresh juice on the market thanks to their veggie forward approach. Available in the Produce Department, we carry: Sipp'n on Ginger, 4 Carrot Gold, and All Greens Everything.



Tea Drops Rose Earl Grey

Tea Drops' lightly sweetened Rose Earl Grey tea has a distinctive flavor of Bergamot orange with a hint of English rose. Tea Drops teas are made with organic and fair-trade ground leaf teas that are pressed into fun shapes which melt in water. Tea Drops is a POC, woman-owned company that was created in 2015. Tea Drops has become a favorite among new and experienced tea drinkers alike and is proud to support a female forward supply chain. With every box sold, they donate a year's supply of clean water through the Thirst Project.



UNION Pepperoni Crisps

Union welcomes you to join them in enjoying a modern twist on charcutier via their Pepperoni Crisps. Their one-of-a-kind pepperoni crisps have a deeply satisfying and unique crunch. Whether on a cheese board, on top of a pizza, or paired with an IPA, Union's pepperoni crisps are sure to delight. Union is a Frontier Founder of The Savory Institute's Land to Market Program, and they donate 1% of their sales to regenerate grasslands globally.



Free Period Press Come Over All the Time Guest Book

Free Period Press is a woman-owned business that translates the latest research about living well into simple and friendly tools to help you slow down, unplug, and take care. Come Over All the Time, designed by Erin Guido, is a new take on the traditional guestbook. The book is full of creative vivid prompts to capture fun times with fun friends, family, and guests. Pairs well with color pencils.



Pocket Latte Lavender Vanilla Bar

Pocket Latte's coffee bars have a smooth natural caffeine buzz that keeps you sharp throughout the day without the jitters or crash that come with some synthetic caffeinated products. Their Lavender Vanilla Bar is a medium-dark roast French vanilla coffee infused with a soft lavender aroma. Pocket Latte is a mother & son company that makes natural coffee bars caffeinated with real coffee. They are palm oil free, non-GMO, vegan, soy, and gluten free.



Meera Patel Start Where You Are Notecard Set

Start Where You Are notecard set is a collection of gorgeous notecards featuring paintings from Meera Lee Patel's best-selling journal, Start Where You Are. This boxed set includes 12 full-color notecards with matching envelopes and a keep stake box. The notecards are beautifully illustrated and contain inspiring quotes perfect for gift giving or saving for thoughtful notes.



DeBacker Family Dairy Cheese Pizza

DeBacker Family Dairy, an Upper Peninsula farm, offers farm-to-table freshness that you'll find in every product they produce and sell from their milk to their take-and-bake pizzas. In addition to their milk, the Co-op now carries both their Cheese and Deluxe 12-inch frozen pizzas. Enjoy a cheese-centric melty stringy thin crust pie or a loaded Deluxe pizza topped with pork sausage, pepperoni, green pepper, mushroom, and onion.



Maple Leaf Smoked Gouda

Maple Leaf Smoked Gouda is creamy, soft, and smoky. It is amazing in homemade mac & cheese and scrumptious melted on a burger. This Dutch Style cheese pairs well with Pilsner and is a really nice addition to a cheese board. Hand crafted in Monroe Wisconsin.

LABOR DAY SALE

September 1-7

LABOR DAY

September 6

Store Closed

WELLNESS WEEKEND

September 3-5

GAAZOOTAADIWAG! ANISHINAABE SCAVENGER HUNT & COOKING CLASS

September 14

6-7:30pm

Co-op Classroom

[Register Now](#)

MFC BOARD OF DIRECTORS MEETING

September 21

6-8pm

Co-op Classroom

DINNER WITH THE DOCTOR:

STEPS TO LONG TERM BEHAVIOR CHANGE

September 23

4-5pm

Co-op Classroom

[Register Now](#)

AFTER SCHOOL SNACK ATTACK COOKING CLASS

September 28

6-8pm

Co-op Classroom

[Register Now](#)



THE FRESH FEED

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

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Kevin Pierfelice

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 10am - 7pm

www.marquettefood.coop
Marquette, MI 49855

