



FRESH FEED

The Marquette Food Co-op Newsletter

September 2023



PATRONAGE DIVIDEND: MANY HAPPY RETURNS



Matt Gougeon
General Manager

Each year, one of the responsibilities of the MFC board of directors is to decide whether to return a patronage dividend to the members in years when the MFC has a net profit. This decision is based on information and a recommendation from the General Manager. You likely remember last year when the Co-op allocated 2021 profits to the members and returned \$100K dollars of it to them. A patronage dividend, also known as a patronage refund, is a distribution in cash from profit that a cooperative pays to its members. The process requires the board to allocate profit to the members and return a portion, or all, of the profit from that year. Patronage dividends are given based on the profits made and proportionally attributed to each member. Once this amount is determined, management calculates the dividend according to how much each member has purchased and contributed to the net profit. For 2022, the MFC is not allocating profit to the members of the MFC. However...

What you may not know is that, over the years, the MFC has allocated profit and returned patronage dividends to the members a total of six times dating back to 2007. Other years of allocated income and returned dividend include 2009, 2010, 2012, 2013, and, as mentioned, 2021. In each of those six years, except 2007 when all profit was returned, a portion of allocated profit was returned as dividend but most of it was retained and reinvested back into the store in the name of the members. There is approximately \$475K dollars for all five of the years in which the Co-op retained and reinvested earnings, remaining on our books, allocated in the name of the members. These retained earnings may be returned to the members, as cash, when the Co-op is able.

Because of the continued improved financial condition of the MFC, the remaining allocated profits from the years 2009 and 2010 will be returned. These profits total \$73K and \$47K respectively. Please note: These dollar amounts are allocated to members of the Co-op in those specific years and will be proportionally returned to members based on their purchases in those years. This means, if you are a current member of the Co-op but were not a member in those years, you will not receive a dividend.

The Co-op retains member rolls and member purchasing records from those years so we know who you are and determining dividend amounts will be no different than it was last year. Also, just as last year, no member will be paid a dividend of less than five dollars. Dividends will be credited to member accounts and can be used to purchase groceries or be returned in cash at the register when asked. Members receiving a dividend will be notified via email.

We realize that 2009 and 2010 were a long time ago and that some members may have left the fold, moved, switched email addresses, or have passed away with the membership transferred to another family member. We will make reasonable efforts to reach everyone. We have already identified Co-op accounts that present anomalies and are confident that we will secure a 100% redemption rate on these dividend distributions. Any member whose email notice returns to us as undeliverable, or no longer has an account attached to it, will receive a letter and a check sent to the last physical address we can find or have on file. Letters returned will result in a further search for a current address. If no current address can be found, those funds will be returned to the Co-op. As usual, all members receiving dividend payments to their store accounts will have ninety days to use or cash out their dividend before it is returned to the Co-op as per our bylaws.

It will be mid-September before these dividend disbursements will happen and again, you will be notified by email or by a letter.

Thank you for your continued patronage of the Marquette Food Co-op. Together we make a tremendous positive impact in our community. The disbursement of these past dividends is further evidence that the cooperative business model functions well-serving member-owners economically and socially, and always through a lens of health and wellness.

Feel good. Shop the Co-op.

LOCAL FEST

2023



September
21 – 23

A CELEBRATION OF THE
FOOD, WELLNESS ITEMS,
AND ART PRODUCED IN
THE UPPER PENINSULA!

10% OFF ALL LOCALLY PRODUCED ITEMS IN THE STORE*

SAMPLES • LOCAL FOOD COOKING CLASS & RECIPES • RAFFLE OF LOCAL ITEMS

*SALE IS WHILE SUPPLIES LAST. EXCLUDES BEER SINGLES.

WELLNESS WEEKEND

SEPTEMBER
15TH - 17TH

25% OFF

BODY CARE, VITAMINS,
+ SUPPLEMENTS

excludes items
already on sale



EASY PACKABLE LUNCHES FOR

Back-to-School

Simplify school lunches with meals that balance taste and convenience and streamline your mornings with smart strategies. Enjoy hassle-free lunches that fuel your child's day!

- 1** Turkey and Cheese Roll-Ups: Roll turkey slices and cheese together, and secure with toothpicks. Add whole grain crackers, carrot sticks, and a small container of hummus for dipping.
- 2** Peanut Butter and Banana Wrap: Spread peanut butter on a whole wheat tortilla, add banana slices, and roll it up. Cut into bite-sized pieces for easy eating.
- 3** Fruit and Yogurt Parfait: Layer yogurt, granola, and mixed fruits (berries, sliced kiwi, etc.) in a small container. Kids can mix them together at lunchtime.
- 4** Veggie Quesadillas: Fill a whole wheat tortilla with sautéed vegetables and grated cheese. Heat in a skillet until cheese is melted, then cut into wedges.
- 5** Chicken Salad Wrap: Mix shredded cooked chicken with mayonnaise or Greek yogurt, add diced celery and grapes. Spread the mixture on a tortilla, add lettuce, and wrap it up.
- 6** Hard-Boiled Eggs: Pack a couple of peeled hard-boiled eggs along with crackers, baby carrots, and hummus.
- 7** Pasta Salad: Toss cooked pasta with diced cucumbers, cherry tomatoes, mozzarella cubes, and Italian dressing.
- 8** Sunflower Butter and Jelly Sandwich: If your school is nut-free, use sunflower butter instead of peanut butter. Spread it on whole wheat bread with your child's favorite jelly.
- 9** DIY Lunchable: In a sectioned lunch container, pack crackers, cheese, and salami or sliced ham or turkey. Add a side of fruit.
- 10** Last night's leftovers! The easiest lunch of all.



TIPS FOR PACKING — *School Lunches*

Packing school lunches can become a streamlined process with a few smart strategies. Here are some tips to make it easier:



**Field Day
lunch box
essentials
are BOGO
now through
Sept 12**

- 1** Plan ahead: Take a few minutes at the beginning of the week to plan out the week's lunches. This will save you time and ensure you have all the necessary ingredients on hand.
- 2** Batch prep: Prepare ingredients in bulk when possible. Chop veggies, cook grains, and portion out snacks in advance.
- 3** Lean into leftovers: Repurpose dinner leftovers or leftover ingredients into lunch options. For instance, grilled chicken can become a sandwich filling or salad topping.
- 4** Invest in quality containers: Invest in sturdy, leak-proof containers that are easy to open. Consider using bento-style boxes with compartments to keep foods separate.
- 5** Pre-pack non-perishables: Pre-pack non-perishable snacks like crackers, nuts, and dried fruits in small containers or snack-sized bags. This reduces last-minute assembly.
- 6** Prep the night before: Prepare as much as possible the night before. Fill water bottles, portion out snacks, and refrigerate perishable items.
- 7** Create an assembly line: Set up an assembly line with all the necessary items. This speeds up the packing process and reduces the chances of forgetting something.
- 8** Involve the kids: Get your children involved in choosing and preparing their lunches. They're more likely to eat what they helped create.
- 9** Your freezer is your friend: Freeze items like sandwiches, grapes, or yogurt cups. By lunchtime, they'll thaw and keep the rest of the lunch cool.
- 10** Keep it simple: Lunches don't need to be elaborate. Simple, balanced meals with a protein, whole grains, fruits, and vegetables work well.

OUR FAVORITE WAYS TO USE

Tajín

Tajín is a popular Mexican seasoning blend known for its mouth-puckering tangy heat. It's made from a blend of chili peppers, lime, and salt, creating a semi-spicy, sour, and ultra-savory flavor. Tajín is often sprinkled on fruits, vegetables, snacks, and even used to garnish beverages. It's particularly popular as a topping for fresh fruits like mango, pineapple, watermelon, and cucumbers. Find it in aisle 7!

TRY IT OUT! WE LOVE TO USE TAJIN

- On fruit
- On a margarita rim or michelada
- Tajin sweet potato fries
- On cucumber and cut veggies
- Sprinkled over potato chips



ELOTES

Adapted from *Melissa Clark*, New York Times

- | | |
|------------------------------|------------------------------|
| • 6 ears fresh corn, shucked | • black pepper, as needed |
| • 3 T mayonnaise | • ½ C crumbed cotija cheese |
| • ¼ t Tajin, more as needed | (or substitute feta) |
| • fine sea salt, as needed | • ¼ C chopped fresh cilantro |

Heat your grill or grill pan to medium-high. Grill corn, turning occasionally, until cooked through and lightly charred, 7 to 10 minutes.

Meanwhile, in a small bowl, mix together mayonnaise, Tajin, salt and pepper.

Slather hot corn with mayonnaise mixture and sprinkle with cheese and cilantro. Cut limes into wedges and serve alongside corn.



CO-OP CLASSES

FALL 2023



TOMATO TASTING

Saturday, September 9

9am – 1pm

Free

Every year we eagerly await the arrival of local tomatoes. Beautiful, flavorful, and available in such wide variety. How do you choose which to buy? The Marquette Food Co-op is here to help with their Annual Tomato Tasting. Whether you're already a tomato enthusiast or just looking for a good simple slicing tomato, join us at the Marquette Farmer's Market for the fun.



CELEBRATING LOCAL

Thursday, September 21

5:30 – 8pm

\$25 for Co-op owners, \$40 for all others

September is the time of plenty we look forward to all year long. It's that magic time when the best of the high summer produce is still available, and the start of the fall season crops begin. We're celebrating the bounty of the local food season with our Annual Local Fest Celebration, which includes sales, raffles, and of course cooking classes! We're kicking off the festivities with this local food cooking class. Education Coordinator Amanda Latvala will walk you through recipes that use the freshest and tastiest ingredients our area has to offer.



SCONES!

Tuesday, September 26

5:30 – 8pm

\$25 for Co-op owners, \$40 for all others

Classic, simple, and delicious; scones are a staple in any baking repertoire and are perfect for novice and seasoned bakers alike. Marquette Food Co-op Produce Clerk Alex Kahn will teach participants how to make a savory and a sweet scone recipe that can be endlessly customized to match seasonal flavors and personal tastes!



SAUSAGE MAKING

Tuesday, October 3 or Tuesday, October 10

5:30 – 8pm

\$35 for Co-op owners, \$50 for all others

Discover the world of sausage in our Sausage Making 101 class with expert Paul Gluski, Co-op owner. Learn the best cuts of pork for each variety - Polish, Italian, breakfast, and cudighi styles, create herb blends, grasp essential equipment, and savor your crafted sausages. Join us for a flavorful experience!



Unless otherwise noted, all classes and workshops are held in the Marquette Food Co-op classroom. Preregistration is required. Check www.marquettefood.coop/events for the latest offerings!

Register at www.marquettefood.coop/events

SYMBOLS KEY



Indicates a hands-on class, otherwise all classes are demonstration



Indicates gluten-free friendly class



Indicates vegan friendly class



Indicates vegetarian friendly class

TEA TASTING 101

Thursday, October 5

12:30–1:30pm

\$5 for Co-op owners, \$10 for all others

Did you know that black tea and green tea come from the leaves of the same plant? Join us for a fun and informative tea tasting that includes black, green, white and oolong teas direct from farmers in the Himalayas of India and Nepal. We'll travel the subcontinent by tea cup, stopping in Darjeeling, Nepal, Assam, and other regions along the way. Cheers!



SQUASH TASTING

Saturday, October 7

9am – 1pm

Free

Winter squash is a great local food. It stores well, is extremely versatile, and each variety has its own unique flavor and texture. Not familiar with the different varieties of winter squash? No problem. Taste before you buy at our booth at the Marquette Farmer's Market. We'll have several types of squash cooked and ready to eat as well as recipes and information on how best to use each variety.



INDIGENOUS FOODS OF THE GREAT LAKES REGION

Tuesday, November 7 or Tuesday, November 14

5:30 – 8pm

\$25 for Co-op owners, \$40 for all others

The U.P. is home to multiple tribal nations. In honor of Native American Heritage Month in November, we are offering a cooking class that celebrates traditional ingredients and honors the ingenuity of indigenous cultures to utilize ingredients introduced through colonization. The class will highlight the bounty of the Great Lakes region that native people have long appreciated, such as fish, wild rice, berries, and mushrooms. It will also cover foods that are products of the reservation system, such as fry bread, which both highlights the problems of colonization and is a testament to resilience. All these ingredients will come together for a delicious meal and demonstrate that Native American foodways are not snapshots of the past, but a vibrant, ever evolving, and thoroughly modern cuisine.



BUILDING HOLIDAY CHARCUTERIE BOARDS

Tuesday, December 5 or Tuesday, December 12

5:30 – 7pm

\$35 for Co-op owners, \$50 for all others

Create your own charcuterie board with the Marquette Food Co-op. Cheese Buyer Keale Kaolulo will introduce new cheese offerings brought in for the holidays as well as old favorites. Each cheese will be paired with delicious accompaniments, such as jams, meat, pickles, and fruit. You'll learn tips and tricks for making successful charcuterie boards and then put together your own board. Beer and Wine Buyer Ryan Engemann will be on hand too, to provide suggestions for what beer and wines will best accompany the foods featured in the class, and which ones would be great for your upcoming holiday parties.



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Indicates vegetarian friendly class

\$5 Dinners

Select Wednesdays from 4-6

Enjoy a dinner from the Co-op
for only \$5 per person dine-in or carry out

September 13 & 27

RED SAUCE SPAGHETTI WITH A SIDE OF BROCCOLI

**Vegetarian meal. While supplies last. Only items listed are available for the \$5 dinner.
Other prepared food items will be an extra charge*



owner COUPON

THE MARQUETTE FOOD CO-OP OWNER COUPON PROGRAM

Every month, the Marquette Food Co-op will be offering digital coupons for owners. These coupons are automatically added to your account – no need to bring in a coupon or try to scan something from your phone. All you need to do is ask to use your coupon when purchasing your groceries in-store or online.

SEPTEMBER OWNER COUPONS

Valid until September 30, 2023

\$1.00 Off **Thousand Hills** **80/20 Ground Beef**

16oz
Unlimited packages per coupon.
One coupon per owner account.
While supplies last.



\$2.00 Off **Field Day** **Bath Tissue**

12 rolls/300ct
Limit two packages per coupon.
One coupon per owner account.
While supplies last.



\$3.50 Off **Organic Bagged** **Gala Apples**

3lb bag
Limit one bag per coupon.
One coupon per owner account.
While supplies last.



All your favorite brands

Fantastic Fall Savings!

Look for over 75 coupons throughout the store.

**save
over \$94**

save with **coop deals**

\$2.50 off
Coolhaus
Any item



Present one coupon per item purchased. Limit of one coupon per shopping trip. Expires 10/31/23.

save with **coop deals**

50¢ off
Earth's Best
Any jar, pouch or s



Present one coupon per item purchased. Limit of one coupon per shopping trip. Expires 10/31/23.

save with **coop deals**

\$1.00 off
ParmCrisps
Any item



Present one coupon per item purchased. Limit of one coupon per shopping trip. Expires 10/31/23.

save with **coop deals**

\$3.00 off 2
The Field Roast
in Meat Co
refrigerated items



save with **coop deals**

1.00 off

NEW ITEMS

September 2023



Wild Chokecherry Jelly

Red Lake Nation Foods

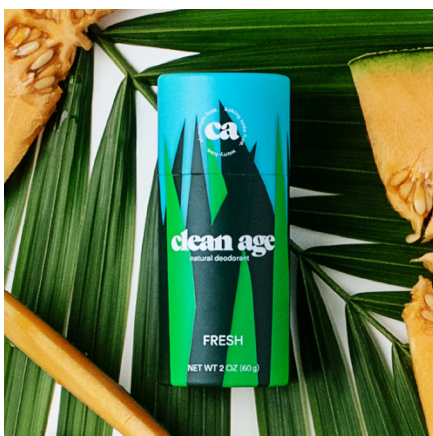
As a Native American owned company, Red Lake Nation Foods is dedicated to producing unique specialty products that represent their cultural heritage for the benefit of over 10,000 members of the Red Lake Nation. Their Wild Chokecherry Jelly is made in small batches from hand-harvested wild chokecherries. The Co-op also carries their Wild Blueberry Jam and Highbush Cranberry Jelly.



BAMnut Everyday Milk

WhatIF Foods

The Bambara Groundnut is a hardy legume that is related to the peanut and is native to West Africa. It is grown in regenerative farming to restore degraded land. WhatIF Foods BAMnut Everyday Milk is delightful enjoyed by the glass or used in baking and cooking. It is vegan & gluten free as well as high in fiber & protein.



Fresh Natural Deodorant

Clean Age

Clean Age Fresh natural deodorant has the scent of fresh air and a slice of melon. This subtle, gender-neutral scent is right for anyone who wants the end of the day to smell as good as the start. Packaged in 90% paper, with a tiny bit of plastic to hold the product in place, this deodorant's ultra-amazing packaging is 100% recyclable. Also available in Citrus and Waves.



Just Cacao Water

Blue Stripes Cacao Shop

Blue Stripes Cacao Shop makes cacao water by upcycling the whole cacao fruit, shell, & beans. This maximizes superfood benefits such as electrolytes, magnesium, vitamin C, antioxidants, and potassium. Blue Stripes Cacao Shop Just Cacao water has refreshing lemon notes with a tropical hint of vanilla orchid flower. Non-GMO / Upcycled / Kosher / Vegan. Also available in Passionfruit and Chili Lime cacao waters.

Big Lake Brewing Vendor Sampling

September 7th
2- 4pm

Short's Brewery Vendor Sampling

September 7th
5-7pm

Tomato Tasting at the Marquette Farmer's Market

September 9th
9am-1pm

Wellness Weekend

September 15-17

Celebrating Local Cooking Class

September 21st
5:30-8pm

\$25 for Co-op owners, \$40 for all others

Local Fest

September 21st – 23rd

Moonlight Meadows Vendor Sampling

September 21st
3:30 to 5:30pm

Ore Dock Brewing Co. Vendor Sampling

September 22nd
3:30 to 5:30pm

Dead River Coffee Roasters Vendor Sampling

September 23rd
11am to 1pm

Nordic Naturals and Emerald Labs Vendor Sampling

September 23rd
1:30 – 3:30pm

Scones! Baking Class

September 26th
5:30-8pm

\$25 for Co-op owners, \$40 for all others

Bell's Vendor Sampling

September 29th
3:30 to 5:30

THE FRESH FEED

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

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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

Disclaimer

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

The Marquette Food Co-op provides the region it serves with access to food, products, services, and education that foster a thriving, equitable, and resilient community by:

PRIORITIZING
LOCAL AND
ORGANIC FOOD
SYSTEMS

PROMOTING
COOPERATIVE
GROWTH
OPPORTUNITIES

SUPPORTING
AN EQUITABLE
SHOPPING
EXPERIENCE

FOCUSING ON
SUSTAINABLE
ENVIRONMENTAL
OUTCOMES

502 W. Washington St.
Marquette, MI 49855

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

www.marquettefood.coop
Marquette, MI 49855

