



# FRESH FEED

The Marquette Food Co-op Newsletter

September 2024



# DECOLONIZING KARI

In a world full of “curry,” a history of colonization still affects how we talk about Indian cuisine.



**Lu Cook**  
Marketing Assistant

The question of “what is curry” should be easy to answer, especially for Raghavan Iyer. The Betty Crocker-star chef wrote his 700+ page opus, *660 Curries*, in dedication to the thing, compiling hundreds of treats, traditions, and cultural histories connected in some way to “curry.” An easy answer is anything but the case. In the first few pages of his cookbook, Iyer explains it isn’t that simple because “curry” doesn’t exist.

“The word ‘curry’ itself is unknown in the Indian vocabulary,” Iyer writes. “It doesn’t appear in any of India’s twenty-three officially recognized languages and sixteen hundred dialects.”

“Curry” is and isn’t. It isn’t exactly Indian, though it shares similarities to the words *kari* and *kadhi*. Curry is still widely used, from curry powder to curry leaves to *660 Curries*. Its origin just isn’t with India, but instead with India’s British colonizers.

In her article, “Japanese Curry: A Curious Journey of Colonization and Globalization,” author Sita Kuratomi Bhaumik finds the first published use of the word “curry” in the 1747 book, *The Art of Cookery*. “Curry powder,” for that matter, first appears in an ancient English tome, the 1861 hit, *Mrs. Beeton’s Book of Household Management*. These cookbooks and many others after it spread the use of “curry,” putting a single word to all Indian cuisine.

“Food historian Thy Tran once told me that curry is an inadequate word because it uses the language of the colonizer to describe the foods of the colonized,” writes Bhaumik.

British colonizers weren’t shy about this sort of ignorance. Both cookbooks written early in England’s colonization of India and cookbooks of the 20th century share a disdain, a sense of superiority, and a malicious patronization of Indian cuisine.

The language in these cookbooks is often stereotyping when it isn’t outright degrading. The use of spices is considered a thing not done for flavor, but instead a general way for Indian chefs to cover up their “poverty-stricken” and “tasteless” produce. Curry becomes something “every native” knows how to make, even though, as historian Julia Fine points out in her 2018 paper, “Without Sympathy There Is No Cookery,” curry is a dish “created by British colonizers.”

Colonization comes in numerous forms. European slaughter of Indigenous populations in North America, economic conquest in the form of neocolonialism through Africa—humans have been creative and thorough in stripping others of land, wealth, and autonomy. In the case of curry and early English Colonial cookbooks, this comes in the form of cultural homogeny.

# DECOLONIZING KARI

These early cookbooks force a colonizer's understanding of Indian food onto the population they colonized. This came from a place of superiority branded as "sympathy," Fine argues. She quotes the beginning of the popular 1901 book, *The Native Cook's Assistant*, which reads: "Many years ago, an intelligent Sinhalese cook came to us with a ponderous English Cookery Book saying:—"Master make one Sinhalese book like this, plenty good for Cokies!" The language props up the British colonizers as "benevolent," Fine states. The rest of the book then goes on to teach Indian cooks how to make their own meals, guiding them through them recipes according to a British

understanding and preference. From this attempted Britification of Indian cuisine came the early popularization of curry.

The echoes of this era of colonization ripple out of the past into the present. The dals, masalas, rasams of Indian cuisine still get painted in one broad, "curry" stroke. Food gentrification leads to staple foods in BIPOC and Asian communities becoming financially inaccessible as white tastemakers claim them as something hip, exciting, theirs. Against food apartheid and imperialism, food justice activists and culinarians continue to work to "decolonize the diet." By bringing back the

conversation to those exploited by colonization, their voices can shine and their power can be reclaimed.

Curry sees itself falling out of use as more chefs share their stories and Indian cookbooks take the scene. In an interview with Anmol Irfan for *Mother Jones*, chef and cooking instructor, Amirah Islam encourages more nuanced, accurate conversations around cuisine. "[T]ake up space—tell your stories," Islam says. "It's imperative to talk about where specific culinary techniques and cuisines originate to give credit and respect to the cultures they derive from."

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This month, the Marquette Food Co-op adds new spices and herbs—black mustard seed, curry leaves, hing, and more—to our shelves! We've included some dazzling

Indian recipes featuring these new items: two excellent entrees from Raghavan Iyer's *660 Curries* and an original, gluten-free pakoras recipe by our own Sarah Monte.

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## Curry Leaf

Don't be confused, curry leaf is not curry powder. Curry leaf is a star of South Indian cooking, nearly always paired with black mustard seeds. The flavor is strong and unique enough that it's hard to pin down. It's been described as licorice, lemongrass, floral, herbal...the list goes on. The flavor is unique enough that there isn't a very good substitute, usually you'd just have to skip it. Luckily, the MFC has got you, and while fresh curry leaves aren't available in our area, you can bring South Indian flavor into your home with the dried leaves we now carry.

## Black Mustard Seeds

Black mustard seeds are bitter and sharp until they bloom in fat, where they mellow a bit and take on a smokey note. They don't completely lose their bitterness, adding just the right amount of pungency to your dish. Make sure you cover your pot or pan when using these seeds. They pop like popcorn as they heat up and will pop right out of the pan. Once they finish popping, they're ready for your recipe.



## Ajwain

You may see this referred to as Bishop's Weed or carom seed in some recipes, but it's not usually the green leafy part of the plant being used. It's technically not a seed either, but a seed-like fruit! This is often used sparingly due to its strong flavor. It tastes of thyme, oregano, and licorice all at once. These seeds are usually used in fish and seafood dishes or worked into doughs, such as samosas or parathas.

## Tamarind Paste

This sour paste is made from the fruit of the tamarind tree. It's a key ingredient for many Indian, Latin American, and Thai dishes (it's the key in Pad Thai). It's good with meat, such as in the South Indian tamarind chicken. It's a mainstay of chutney recipes across India, too. Samosas and pakoras are delicious dipped into tamarind chutneys, tasting sour, sweet, tangy, and spicy all at once.



# GREEN SPLIT PEAS AND SPINACH IN A YOGURT PEANUT SAUCE

## PATLIDAL

Serves 6 | recipe adapted from *660 Curries* by Raghavan Iyer

The original recipe calls for yellow split peas, but those are not available locally. Fortunately, green split peas work well as a substitute. The flavor will be slightly sweeter and less earthy than yellow split peas, but the dal becomes verdant and beautiful when using green split peas.

We suggest serving this with bread rather than rice. The buttery flavor of the Patli Dal, which shines with bread, gets a little lost when eaten with rice. If you're gluten-free, a slice of toasted, buttered Canyon Road Honey Wheat works well.

- 1 C green split peas
- 10 oz fresh spinach leaves
- 2 T unsalted, dry roasted peanuts
- 2 fresh green Thai, cayenne, or serrano chiles (if none are available you can sub jalapeno)
- 1 C full fat plain yogurt
- 2 T chickpea flour (besan)
- 1 ½ t coarse kosher or sea salt

- ¼ t ground turmeric
- 12-15 medium to large size curry leaves
- 2 lengthwise slices fresh ginger, each 2 ½" long, 1" wide, and ⅛" thick, cut into matchstick thin strips
- 2 T ghee or neutral oil
- 1 t black mustard seeds
- ¼ t hing (asafetida)

Place the split peas in a medium-size saucepan. Fill the pan halfway with water and rinse the peas by rubbing them between your fingertips. The water will become cloudy. Drain this water. Repeat three or four times, until the water remains relatively clear; drain.

Now, add three cups of water and bring to a boil, uncovered, over medium-high heat. Skim off and discard any foam that forms on the surface. Add the spinach, a few handfuls at a time, stirring it in until wilted. Once all the spinach has been stirred in, reduce the heat to medium-low, cover the pan, and simmer, stirring occasionally, until the peas are tender and the spinach is olive green, 30-35 minutes.

While the split peas are cooking, combine the peanuts and chiles in a mortar. Pound the mixture with the pestle, scraping the sides to contain the ingredients in the center to form a pulpy mass, still chunky with broken down pieces of peanuts and chiles.

Combine the yogurt and ½ cup water in a medium size bowl; whisk together. Sprinkle the chickpea flour over the mixture and whisk it in, making sure there are no lumps. Stir in the salt, turmeric, half the curry leaves, and the ginger. Add the pounded peanut mixture.

When the green split peas and spinach are tender, mash then with the back of a spoon or a potato masher until the leaves break down and some of the peas squish. Stir in the yogurt sauce and bring to a boil over medium-high heat. Once the mixture is boiling, lower the heat to medium and let it simmer, uncovered. Stir occasionally until the sauce has thickened and lost its raw, floury taste, yielding a nutty-tasting, curdle-free dal in about 15 minutes.

Heat the ghee or neutral oil in a small skillet over medium-high heat. Add the black mustard seeds, cover the skillet, and cook until the seeds have stopped popping (not unlike popcorn), about 30 seconds. Remove the skillet from the heat and sprinkle in the hing and remaining curry leaves (which will instantly sizzle and spatter in the oil). Add this mixture to the dal, stir once or twice, and serve.



# PAKORAS

Serves 4-6 as an appetizer | recipe by *Sarah Monte*

This is a classic Indian snack. Serve hot out of the pan with a tamarind chutney. In the unlikely event you have leftovers, these are best reheated by either deep frying again or broiling in the oven.

- 1 ½ C chickpea flour (besan)
- 1 t baking powder
- 1 t salt
- 1 t garam masala
- ½ t ground cumin
- ½ t ground turmeric
- ½ t ajwain
- 1 C water

- ¼ C chopped cilantro
- 1 whole jalapeno, minced
- 1 ½ t fresh ginger, minced
- Approx. 2 C fresh veggies. Try finely chopped potato, finely chopped cauliflower, or roughly chopped onions. Use just one option or a mix
- Enough oil for deep frying. You'll want it to be at least 1.5-2" deep in the pot

Whisk together the dry ingredients in a medium-sized bowl: chickpea flour, baking powder, salt, garam masala, cumin, turmeric, and ajwain.

Add water and stir until smooth and fully mixed. Mix in the remaining ingredients and let rest for about 20 minutes. The vegetables will release some water to make your batter a little thinner. If your batter looks very thin, add more chickpea flour. It should be a thick batter that fully coats the vegetables.

While the batter rests, begin heating a neutral, high-heat oil such as vegetable, canola, sunflower, or grapeseed oil. You can test the oil by tossing in breadcrumbs to see if they sizzle, but I recommend using a thermometer until you have some experience. You want the temperature to be between 350° - 375°F. Any lower, and your pakoras will be greasy; any higher, and you risk burning the exterior while the interior is raw. The temperature will drop once you add the batter, so it's good to start higher.

Use a large spoon to scoop up your pakora batter. Carefully slide the scoop into the oil. Never drop it, or you risk splattering yourself with hot oil. There will be some small pieces of the batter that break away; this is normal.

You can cook multiple pakoras at once, but you should not crowd the pan too much. Watch the pakoras, checking for a golden-brown color. You may want to turn them at least once to get an even browning.

Once the pakoras turn golden brown, scoop them out with a spider or slotted spoon and set aside to drain. Some people place them on paper towel, but I prefer to put a cooling rack over a cookie sheet so the oil can drain away from the pakoras. Scoop out the small crumbs that may be in the oil and add the next batch.

Enjoy immediately with a cilantro or tamarind chutney.



# LIME FLAVORED RICE

Serves 6 | recipe from *660 Curries* by Raghavan Iyer

Using peas or lentils as flavoring is a hallmark of South Indian cuisine. If you don't have yellow split peas, you can use green, even though that is quite different. Green peas will make the dish slightly sweeter.

- 1 C white basmati rice
- 2 T unrefined sesame or canola oil
- 1 t black or yellow mustard seeds
- ¼ C yellow split peas, soaked in hot water for 15 minutes, drained, and patted dry
- 2 dried red Thai pepper or cayenne chiles, stems removed

- 1 ½ t coarse salt
- Juice of 1 lime
- ½ t ground turmeric
- 12 medium to large curry leaves
- 2 fresh green Thai, cayenne, or serrano chiles, stems removed, cut crosswise into ½" thick slices. Don't remove seeds

Place the rice in a medium-size bowl. Fill the bowl halfway with water, to cover the rice. Gently rub the grains to wash off any dust or husks. Drain water. Repeat three or four times, until the water remains relatively clear; drain. Fill bowl halfway with cold water and let sit at room temperature until the grains soften, 20-30 minutes; drain.

Heat the oil in a medium-size saucepan over medium-high heat. Add the mustard seeds, cover the pan, and cook until the seeds have stopped popping (like popcorn), about 30 seconds. Then add the split peas and dried chiles. Stir-fry until the split peas are reddish brown and the chiles have blackened, 2-4 minutes.

Add the drained rice and coat the grains with the spice-legume mixture by tossing gently. Pour in 1 ½ cups cold water. Add salt. Stir the rice once to incorporate the ingredients. Continue to boil, still over medium-high heat, until the water has evaporated from the

surface and craters are starting to appear in the rice, 5-8 minutes. Stir once to bring the partially cooked layer from the bottom of the pan to the surface.

Cover the pan with a tight-fitting lid and reduce the heat to the lowest possible setting. Cook for 8-10 minutes (8 for electric, 10 for gas). Turn off the heat and keep the pan on the burner for 10 minutes.

While the rice is standing, combine the lime juice, turmeric, curry leaves, and fresh chiles in small bowl.

Remove the lid and fluff the rice with a fork. Pour the lime juice mixture into the rice. Stir until the rice is sun-yellow and mottled with green herbs

# Bulk Sale

SEPTEMBER 11 - 17



SCOOP UP  
THE SAVINGS!

**25%  
OFF**  
per pound

OUR MOST POPULAR BULK DEPARTMENT ITEMS!



Blueberry Flax  
Granola



Whole  
Almonds



Raw Whole  
Cashews



Walnuts



Black  
Chia Seeds



Black Turtle  
Beans



Red  
Lentils



Short Grain  
Brown Rice



White  
Basmati Rice



White  
Jasmine Rice



Pumpkin Seeds



Yellow  
Popcorn



Quick Rolled  
Oats



Garbanzo Beans



Regular Rolled  
Oats

**GO GREEN**  
BRING YOUR OWN CONTAINERS!

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



# CO-OP CLASSES

## FALL 2024



### KIDS COOK: FALAFEL!

September 10th

4:30 – 6:30pm

\$20 for Co-op owners, \$25 for general admission

Calling all young chefs, ages 11-14! Join us for a delicious and fun-filled cooking class where you'll dive into the vibrant world of Middle Eastern cuisine.

In just 2 hours, you'll learn the secrets to making crispy, flavorful falafel from scratch, using as many local ingredients as possible. Prepare to practice essential cooking skills, including chopping, mixing, and frying in a safe and supportive environment. Afterwards, enjoy the fruits of your labor as we taste test our creations together!



### WIISINIDA - LETS EAT

September 24th

5:30 – 8pm

\$35 for Co-op owners, \$50 for general admission

Join us for an enriching culinary and cultural experience as we explore the Indigenous foods of the Great Lakes. We'll be discovering the innovations of traditional foods and teas influenced by the *Decolonizing Diet Project*, *The Sioux Chef*, and *Wahpepah's Kitchen*.

MFC Educators, Amanda and Pamela, will present techniques for cooking manoomin, going beyond salad and casseroles. As you cook, you'll gain insights into the stories and traditions associated with each ingredient. This class is perfect for anyone interested in expanding their culinary repertoire while learning about the rich tapestry of Indigenous food traditions.



### SAVORING SÃO PAULO

October 1st & 8th

5:30 – 8pm

\$35 for Co-op owners, \$50 for general admission

Interested in the secrets of Brazilian cuisine? Giuseppe, a passionate NMU student from the São Paulo region of southeastern Brazil, is here to teach you how to cook some of his most cherished Brazilian dishes.

Giuseppe first learned the art of cooking from his mother. Missing the flavors of home, he worked to perfect his favorite recipes and is excited to share them with you!

In this class, you'll dive into the rich and diverse history of Brazilian cuisine, a style of cooking influenced by Italian and Lebanese traditions. Giuseppe will guide you through making iconic dishes such as Feijoada, a hearty black bean stew; Arroz de Carreteiro, a savory rice cooked with bacon, sausage, and dried beef; and Brigadeirão, a delectable chocolate flan.

Don't miss this opportunity to bring a taste of Brazil into your kitchen!



### SQUASH TASTING

October 12th

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 the Marquette Food Co-op's booth. We'll have several types of squash cooked and ready to eat. If you like what you try, we'll have recipes and information on how best to use each variety.



Check [www.marquettefood.coop/events](http://www.marquettefood.coop/events) or scan to register. Preregistration is required. Unless otherwise noted, all classes and workshops are held in the Marquette Food Co-op classroom.



### SYMBOLS KEY



Hands-on class



Vegan friendly class



Gluten-free friendly class



Vegetarian friendly class



## NOURISHING YOUR THANKSGIVING TABLE

November 5th & 12th

5:30 – 8:00pm

*\$35 for Co-op owners, \$50 for general admission*

This hands-on class will teach you how to prepare protein-packed deviled eggs and a vibrant seasonal salad with homemade dressing. While you eat your cooking, enjoy an engaging presentation on how to make a Thanksgiving dinner more nourishing.

Attendees will take home recipes for Thanksgiving, offering practical ways to add nutrition to their holiday meals without sacrificing flavor. This class is perfect for those looking to create a festive, healthy Thanksgiving spread.



## TEA TASTING WITH RAJ OF YOUNG MOUNTAIN TEA

November 20th

12 – 1pm

*\$5 for Co-op owners, \$10 for general admission*

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 teacup by teacup, stopping in Darjeeling, Nepal, Assam, and many other regions along the way.

Bring your own lunch or enjoy something from the Co-op Hot Bar!



## SIP & LEARN: MASTERING WINE AND CHEESE PAIRINGS

December 10th

5:30 – 7pm

*\$35 for Co-op owners, \$50 for general admission*

Learn about the world of wine and seasonal cheese through a night of sampling and conversation.

The Marquette Food Co-op's Cheese Buyer, Keale, and Beer and Wine Buyer, Ryan, will share their wisdom on cheese and wine through a deep dive on wine varieties, tasting notes, and cheese pairings. Plan to explore an array of wines with charcuterie-style snacks, including seasonal, specialty cheeses.

Come by the Co-op and enhance your wine pairings and cheese selections.

## TASTE OF PAKISTAN

December 12th & 19th

5:30 – 8pm

*\$35 for Co-op owners, \$50 for general admission*

Looking for your chance to try Pakistani food? Join us as we try one of South Asia's most taste-bud-tantalizing experiences!

Rafia Shamsi will be stopping by the Marquette Food Co-op to teach you some of Pakistan's favorite dishes. Learn what curry is, discover a spice blend unique to Pakistan, and make a very famous Pakistani dish: Biryani.

Come take a culinary trip with us! You're bound to find a new favorite dish or two.



Check [www.marquettefood.coop/events](http://www.marquettefood.coop/events) or scan to register. Preregistration is required. Unless otherwise noted, all classes and workshops are held in the Marquette Food Co-op classroom.



### SYMBOLS KEY



Hands-on class



Vegan friendly class



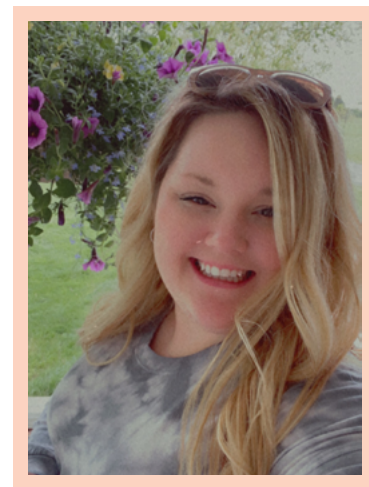
Gluten-free friendly class



Vegetarian friendly class

# LOCAL SPOTLIGHT

Learn more about the businesses that supply your favorite local products to the MFC



## TOP TIER TALLOW FARAH FORS

Farah Fors did not know what to do. After her husband lost his leg in the military, he could not find any relief for the sores caused by his prosthesis. She wanted to help, so she searched for a solution. The answer came in the form of tallow.

With the power of all-natural tallow, Farah found the way to help her husband wear his prosthesis comfortably again. She hasn't stopped there, though. In founding Top Tier Tallow, Farah shares her solution with everyone.

*"I am passionate about helping others," she writes. "For me, it's all about the testimonials. Seeing real people get real results."*

**THROUGH SEPTEMBER, ALL TOP TIER TALLOW PRODUCTS ARE 10% OFF!**

Learn more about Top Tier Tallow by visiting their Facebook, Instagram, or their website: [toptiertallow.com](http://toptiertallow.com).

# owner COUPONS

## 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, 2024

**\$1 Off**

**Gilbert's  
Farmhouse Cheddar  
Chicken Sausage**

10 oz - 4 pack  
Limit three packages per coupon.  
One coupon per owner account.  
While supplies last.



**\$1 Off**

**Field Day Organic  
Extra Virgin Olive Oil**

500 ml  
Limit three packages per coupon.  
One coupon per owner account.  
While supplies last.



**25¢ Off**

**Field Day Organic  
Garbanzo Beans**

15 oz  
Limit three packages per coupon.  
One coupon per owner account.  
While supplies last.



# NEW ITEMS

September 2024



## Shakshuka

Mina

Are you feeling “Shakshuka?” The phrase means “all mixed up,” which is a perfect way to describe Mina’s combination of tomatoes, roasted peppers, onion, garlic, herbs, oils, and a secret selection of Moroccan spices. While it’s commonly simmered with eggs, Shakshuka can be used wherever you need tomato sauce.



## Furikake

Sushi Chef

Since starting their journey in 1982 to make Japanese cooking more accessible in America, Baycliff Co.’s Sushi Chef line has grown into a large selection of quality ingredients and utensils. Furikake, a bright, nutty rice seasoning, is just one of their many new, delicious additions.



## Pomegranate Molasses

Al Wadi

During the Lebanese Civil War, Bechara Obegi and Frank Farage founded Al Wadi Al Akhdar to provide Lebanese Cuisine in a time of increased food shortages. Starting with hummus, moudammas, and chickpeas, Al Wadi has grown into a line of award-winning products, like their Pomegranate Molasses, featured in several of Bon Appétit’s stellar recipes.



## Montamore Cheddar

Sartori

Want a tinge of parmesan with a fruity, savory white cheddar? MontAmoré Cheddar gives you just that with Sartori’s Gold Medal quality. This cheese is a great charcuterie delight that pairs well with a crisp IPA or rich Pinot Noir.

All your favorite brands

# Fantastic Fall Savings!

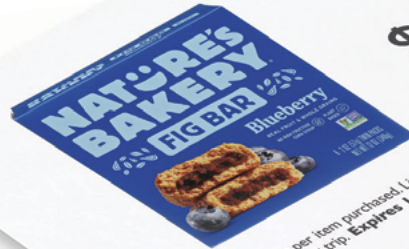
Look for more than 70 coupons throughout the store.

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**\$2.00 off 2**  
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**Nature's Bakery**  
Any 6-10 ct. item



Present one coupon per item purchased. Limit of one coupon per shopping trip. Expires 10/31/24.

save with **coop deals**  
**\$1.00 off**  
**Eat Meati**  
Any item

save with **coop deals**  
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**beyond Good**  
Any two 2.64 oz. bars

save with **coop deals**  
**\$3.00 off**  
**ly Tera's**  
powd

# CALENDAR OF EVENTS

# SEPTEMBER 2024

**Paryushan**  
Aug. 31 – Sept. 7

**Superieur Electrolytes  
Line Drive**  
Sept. 1 – 30

**Labor Day**  
Sept. 2

**Emerald Labs Line Drive**  
Sept. 4 – Oct. 1

**906 Day**  
Sept. 6

**Cooking Class  
Kids Cook: Falafel!**  
Sept. 10 • 4:30-6:30pm  
*Registration required*

**Bulk Sale**  
Sept. 11 - 17

**Hot Sauce Tasting**  
Sept. 13

**Beerfest**  
Sept. 14

**Mawlid-al-Nabi**  
Sept. 15 – 16

**World Peace Day**  
Sept. 21

**Store begins closing at 9pm**  
Sept. 22

**Cooking Class  
Wiisinida - Let's Eat**  
Sept. 24 • 5:30-8pm  
*Registration required*

**MFC Board of  
Directors Meeting**  
Sept. 24 • 6-8pm

**Lake Superior Shore Run**  
Sept. 27 - 28

**Wellness Weekend**  
Sept. 27 - 29

## THE FRESH FEED

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

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Ashley McGrath  
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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



502 W. Washington St.  
Marquette, MI 49855

In-store Hours **8am - 10pm**  
Grocery Pickup **11am - 6pm**

[www.marquettefood.coop](http://www.marquettefood.coop)  
Marquette, MI 49855

