

THE FRESH FEED

THE MARQUETTE FOOD CO-OP NEWSLETTER

SEPTEMBER 2025



WE'RE ON A ROLL



Matt Gougeon
General Manager

For the fourth time in five years, the MFC returns a patronage dividend to you.

For those of you new to this action, a patronage dividend is the return of business profit, in cash, to Co-op owners. Based on recommendation from Co-op management, our Board of Directors may allocate store profit to the members. When an allocation of profit is determined, Internal Revenue Service rules require that a minimum of 20 percent of profits must be returned to owners in that year.

In 2024, the Co-op had just over \$255 thousand in net profit. The Board has voted to return 20 percent of this profit to the members, or \$51,108. Additionally, the Board has voted to return the remaining allocated but undistributed profit from 2021 to the owners as well. This amount is \$142,717. In total, this makes \$193,825 in dividend payout. This is our single largest distribution ever.

Dividends from these two years will be paid to owners based on owner purchases and contribution to profit, from those specific years. If you weren't an owner in 2021, you will not receive a dividend from that year. Owners receiving a dividend will be notified through a Notice of Allocation delivered by email. As in recent years, dividends will be credited to member accounts and can be used to purchase groceries. Alternatively, an owner may request the dividend be returned to them as cash. Specifics on how to do so will be detailed in the Notice of Allocation. Again, members receiving a dividend will be notified via email.

Please note, your account will not be credited with a dividend until you have been notified.

I'll take a moment here to remind you that this dividend payout is unique to the cooperative business model. All of us have invested in this Co-op. It only stands to reason that we would then share the profits. And the sharing of the profits is accomplished equitably based on our usage of the store.

Patronage dividend is but one aspect of the Co-op model that contributes to cooperative resiliency and the act of paying it out is evidence of the foundational strength and financial health of the MFC. The small investments of many, and the shared participation of using the Co-op, result in good things for our entire community. These are reasons why we are Marquette's oldest grocery store — outdone only by the (you guessed it) Chatham Cooperative Grocery and Hardware, which formed in 1926! Talk about proof of the resiliency of the cooperative model!

So, look for your Notice of Allocation, which will be coming soon. It will contain your specific dividend amounts and how to claim them. Thank you for your continued patronage. This place is here because of you.

Feel good. Shop the Co-op.

Fantastic Fall Savings!

See all available coupons at marquettefood.coop/store/sales-specials

**save
over \$100**



Present one coupon per two items purchased. Limit of one coupon per shopping trip. Expires 10/31/25.

save with **coop deals**

\$1.50 off 2
Back to Nature
Any two cookie
or cracker items

4534



Present one coupon per two items purchased. Limit of four coupons per shopping trip. Expires 10/31/25.

save with **coop deals**

\$3.00
Mole
Any two

save with **coop deals**

\$1.50 off
flatbread

4547

save with **coop deals**

\$3.00
flatbread

LOCAL SPOTLIGHT

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



CRAPPIE COFFEE

DAVE GRANT

OWNER

Walk into The Crib Coffee House & Roastery in downtown Marquette, and you'll feel it right away –the warmth of a space that is welcoming to all. Whether you're there to sip a freshly pulled cortado, study quietly by an original Victorian era fireplace, or catch live music with friends, owners Dave Grant and his wife Nicole Alexander have succeeded in baiting you in.

It's by thoughtful design. The Crib borrows its name from the fishing term, a structure submerged in a body of water that acts as a shelter and attracts fish. Dave and Nicole envisioned their coffee shop the same way, as a space that draws people in – a place of both comfort and discovery.

To an experienced angler, it might seem obvious. But the name "Crappie Coffee," which is the label for their roasted, bagged beans, has been known to raise eyebrows. Dave and Nicole both find humor in the mistaken identity, also a tongue-in-cheek jab at the "crappy" coffee offerings that had been the norm for them before starting the business. But as alluded in the name of the café, it's an ode, following a passion of Dave's. He once owned a charter fishing business in lower Michigan but has reeled it in to be just a hobby nowadays.

"I fish Lake Superior, Lake Michigan, inland lakes... everything except stream fishing. That's another level and I can't give any more time to this."

After completing medical school out west, the couple landed in Marquette. A friend tipped them off to job opportunities after school (both are physicians at the local hospital, Dave in the ER and Nicole in the ICU) and the move made sense.

"We didn't expect to settle back in the Midwest," said Dave. "But Marquette is different. Everything we love – biking, skiing, fishing – is right here."

When they got here, however, they noticed it was lacking one of the comforts they had grown to love during their years of studying, a cozy coffee shop that welcomed lingerers and served a quality cup.

LOCAL SPOTLIGHT

"We spent hours and hours and hours of our lives in coffee shops and I just loved them for reading and studying," said Dave. "We obviously had our favorites, and there wasn't a coffee shop here similar to what we knew and loved."

Dave doesn't dabble. When he finds a new hobby or interest, he's all in – it's a deep dive. That's how a dissatisfaction with mediocre coffee turned him into a roaster and eventually, a business owner in 2018.

"I was not liking much of the coffee I was drinking," said Dave. "Occasionally, I'd find an amazing cup and then started trying to replicate it myself."

Crappie coffee starts with specialty organic beans, said Dave, which he sources through an online marketplace for roasters. Then, they're carefully roasted to achieve a uniformly cooked bean with the desired roast character. If you do it too slow or too fast, you'll wind up with off flavors. Too dark, it's bitter. Too light, it's vegetal. Patience is key.

"To get it right, there's a very narrow window to hit," he said. "We're in a constant pursuit of refining our approach to get the best flavors, which keeps it exciting."

Dave mostly buys and roasts espresso beans, while his fellow roaster, Dylan Trost, focuses on beans for your classic drip varieties.

Today, Crappie Coffee roasts 8,000-10,000 pounds of beans each year in the renovated 1890s Victorian on the crest of Third Street. Baristas serve underneath century-old wooden beams at The Crib and the team also bags and distributes roasts locally, focusing on the Marquette community to keep it close to home.

It's all about community, and at The Crib, anything goes.

"It's left, it's right. It's Christian, it's Atheist. It's old, it's young. It's welcoming and it's whatever you want it to be," he said. "There's enough space where you can talk to people if you want, or you can be a recluse and just study."

Extending hours and including a bar is another decision that sets The Crib apart from other shops in town. It's the perfect laid back venue to grab a local beer and enjoy local music. It's the added details like this – the Little Free Library out front, the used bookshop tucked inside, local art on the walls, the smell of Nicole's made-in-house chai mix, the familiar faces of longstanding staff members – that make it a loved "third place" for many.

"Your hang doesn't have to end at 1pm," said Dave. He genuinely wants people to feel like they can get comfortable and stay awhile. It's a classic hook, line, and sinker.



ENJOY 10% OFF Crappie Coffee beans in September

The Co-op carries 12 oz bags of Sinker, Jig, and Ethiopian Yirgacheffe, as well as several bulk options.

Back to School MEALS



School is back in session! While it's generally an exciting time for families with school-aged children, it can easily teeter into chaos with added homework, sports, extracurriculars, etc. As parents, we put in our best efforts to juggle it all, but sometimes, something has to give to keep it in balance. I'm here to help you with easy meals so you don't have to sacrifice your health to keep your sanity! I've compiled some easy, filling breakfast ideas,

tips to pack a balanced lunch, and some crockpot recipes to make weeknight dinners a breeze. The most important thing that I want to get across to you, however, is that you are not alone – this feels hard because it is hard! Give yourself the same grace as you'd give your child as they navigate a new school year. I hope these recipes give you back some time in your day to enjoy your family.



AMANDA LATVALA, RD
MFC EDUCATION COORDINATOR

BREAKFAST

Made Easy



It's not called the most important meal of the day for no reason! A healthy breakfast is one of the best ways to set kids up for success in school, giving their bodies and brains the fuel they need to focus, learn, and stay energized throughout the morning. Research shows that kids who eat breakfast are more likely to perform better academically, have improved mood, and participate more actively in class. Beyond academics, a nourishing breakfast also supports healthy growth, metabolism, and overall well-being.

I know, I know – this information makes sense and sounds great but can be hard to achieve when the alarm clock doesn't go off or kids wake up crabby or <insert chaotic situation here> happens. But there are workarounds. Preparing things ahead can make your mornings so much easier and ensure that your family is set up for success. Here are a few of my go-to weekday morning breakfasts.

HOMEMADE PROTEIN PANCAKE MIX

Makes 7 batches

- **2 C oat flour**
- **2 C whole wheat flour**
- **1 C dry milk powder**
- **½ C protein powder of choice, optional**
- **¼ C baking powder**
- **¼ C sugar**
- **1 t salt**

Mix all ingredients until thoroughly combined and store in an airtight container.

PROTEIN PANCAKES

6-8 pancakes/batch

- **1 C protein pancake mix**
- **¾ C water or use milk for more protein**
- **1 egg, optional but will up the protein content and improve texture**
- **½ C chocolate chips or blueberries, optional**

Mix all ingredients until just combined. Allow batter to rest for 2-3 minutes to thicken up. Using a ¼ cup measure, scoop batter and pour onto a hot greased griddle. Cook on one side until you see bubbles form on the edges. Flip and cook on the other side until done. Store leftovers in the fridge or freeze for later.



INSTANT OATMEAL MIX

Makes about 8 ¼ cup servings

This homemade instant oatmeal mix, made with simple ingredients like rolled oats, brown sugar, and cinnamon, is a waste-free alternative to store-bought packets – easy to make in bulk and full of only what you choose to include. Ground flax can go rancid quicker if not stored in the fridge, so we recommend that you keep this mix in the fridge. The other route is to not add the ground flax to the mix which would make it shelf stable. If you still want the flax, you can add it right in when you make a bowl.

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- **2 C quick cooking oats**
 - **1 T cinnamon**
 - **2 T brown sugar, more or less depending on your sweetness preference**
 - **¼ C ground flax seed**
 - **¼ t salt**
-

Add all ingredients to a bowl and mix well to combine. Store in an airtight container.

ANYTIME OATMEAL

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- **¼-½ C Instant Oatmeal Mix**
 - **Liquid of choice, milk, plant based milk, or water**
 - **Optional add ins: chia seeds, pumpkin seeds, berries, chopped apple, nut butter, nuts, etc.**
-

Place oatmeal into a microwave safe bowl. Add liquid of choice until you reach desired consistency. Microwave for 90 seconds. Stir, if not thick enough, microwave in 20 seconds intervals, stirring in between until desired consistency is reached. Top with desired add ins.



EGG MUFFINS

Recipe from *NYTimes Cooking*
Makes 12

These make-ahead egg muffins are a good source of protein and easy to pop in the microwave and reheat. The recipe is also easily customizable – choose whatever meat, vegetable, and cheese your family prefers! They store in the fridge for up to two days or can be frozen for longer storage if you want to make a bigger batch.

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- **Nonstick spray**
 - **1 C shredded cheddar**
 - **1 packed C baby spinach, finely chopped**
 - **½ C chopped cooked bacon (about 5 slices)**
 - **½ C finely chopped cherry tomatoes or red bell pepper**
 - **½ C crumbled feta cheese**
 - **¼ C chopped scallions (about 3 trimmed scallions)**
 - **10 large eggs**
 - **¼ C whole milk**
 - **½ t garlic powder**
 - **½ t onion powder**
 - **Kosher salt and black pepper**
-

Heat the oven to 350 degrees and generously coat a standard muffin tin with nonstick spray.

In a medium bowl, toss together the cheddar, spinach, bacon, tomatoes, feta and scallions. Divide the mixture evenly among the 12 muffin cups (about ¼ cup each).

Crack the eggs into a large glass measuring cup and whisk just until smooth. Add the milk, garlic and onion powders, 1 teaspoon salt and ¼ to ½ teaspoon black pepper; whisk until combined.

Divide the egg mixture among the muffin cups (the cups will be about ¾ full), then gently stir each one with a small spoon or butter knife.

Bake for 22 to 25 minutes, until the muffins are puffed and just set on top. Cool for at least 10 minutes, then remove from the tins and serve.

To store egg muffins, allow them to cool completely before transferring to an airtight container and refrigerating for up to 2 days. To reheat, bake the muffins, covered, at 350 degrees for 10 minutes, or until heated through.



MORE IDEAS



Have a few things in your pantry and freezer ready for days you need something really quick!

Parfaits, with yogurt, berries, and granola is an easy, satisfying breakfast option. We have a lot of great granola options available to purchase, or this is another thing you can make ahead and store in the pantry for a quick grab item.

Smoothies are perfect for on-the-go or for kids who may not be hungry for a full breakfast in the morning. Plus, the possibilities are endless! Combine greens, frozen fruit, milk or yogurt, nut butters, flax or chia, etc. into a blender and breakfast is ready.

Breakfast burritos and breakfast sandwiches, either make-ahead and freeze or pre-made, are another great option. Reheat in the oven as you get ready for the day or pop into the microwave if you need it fast.





PACKING *the Perfect* LUNCH

For many families, back to school also means back to packing school lunches – cue the collective ugh! We want to provide a few lunch ideas that are simple, healthy, and have been tested and approved by our Co-op kids.

For school lunches, especially for younger kids or “picky” eaters, it’s important to focus on both nutrition and food acceptability. This can mean making sure they have a good source of protein, a source of fiber, something colorful, and something fun, which will make it more likely that they’ll actually eat it!

PROTEIN: beans, lentils, tofu, nuts, seeds, dairy products such as milk, yogurt, and cheese, deli meats, cooked meats

FIBER: whole grain bread, tortillas, or English muffins, cooked whole grains such as oatmeal, brown rice, and quinoa, berries, apples, bananas, carrots, broccoli, green peas

COLOR: any fruit or vegetable

FUN: piece of dark chocolate, a few small cookies, brownie bites, fruit snack

PINWHEELS **A**

Pinwheels – whole wheat tortilla spread with hummus, top with a few turkey or cheese slices, rolled up and cut into pinwheels

Snap peas

Fruit with yogurt dip (*plain yogurt mixed with maple syrup and a spoonful of peanut butter*)

Brownie bites

QUESADILLA

Whole wheat quesadilla made with beans and cheese

Side of shredded lettuce, chopped tomato, and sour cream

Chopped melon or berries

Piece of dark chocolate

B

GRILLED CHEESE

Grilled cheese on whole wheat bread

Cut up cucumbers and carrots with your kids favorite dipping sauce

Cut up strawberries

A few cookies

C

WEEK-NIGHT MEALS



Crockpot Edition

The weather is starting to cool, so it's time to dust off those crockpots! Crockpots are one of my favorite kitchen tools for a no worry, weeknight dinner in a hurry. It's easy to work in prep the night before or you can make the most of your morning while the kids get ready.

It's not glamorous to be chopping an onion at 6am, but the satisfaction of knowing dinner is done or almost done when you walk through the door will make you feel lighter and like you achieved something before the day even begins. This is one small thing you can do to bring peace into your weekdays and reduce the mental load that comes with parenting. Plus, we all know that being intentional with what we eat and preparing food at home is better for our health. When we're stressed or in a hurry, it's easy to turn to convenience foods, whether pre-packaged or from a drive through, that are often ultra processed. While fine on occasion, it's not a habit you want to lean too hard into.

So, save these recipes! I promise that your after-work self will thank you.



SLOW COOKER DAAL

Crockpot GROUND BEEF 3 WAYS

Cooking ground beef in a crockpot is a game changer! It's a great time saver, plus it can keep your meat from going dry, which is often a complaint with grass-fed beef. The crockpot allows for minimal evaporation so all the juices stay with the meat.

In the morning, simply place 1-4 lbs of ground beef in the crockpot and turn to low. Spread the meat around so it is mostly in an even layer. Allow to cook on low for 4-6 hours, longer is fine. Once meat is cooked, remove lid and break up the meat with a spatula or fork until crumbly. Drain the meat if you like. Then season any way you like. Here are a few kid tested and approved meal ideas:

A

SLOPPY JOES

- 2 lbs cooked ground beef
- ½ C brown sugar
- ½ C mustard
- 1 ½ C ketchup
- Optional additions:
Worcestershire, garlic powder, onion powder, smoked paprika
- Buns
- Pickles
- Fresh veggies, cucumbers, carrots, or celery

Drain meat if desired. Add brown sugar, mustard, and ketchup to cooked ground beef. Mix well to combine. Add any additional flavorings or spices you like. Serve on buns and top with pickles. Enjoy with a side of fresh veggies.

B

TACOS

- 2 lbs cooked ground beef
- ¼ - ½ C taco seasoning
- chopped lettuce and tomato
- can of pinto or black beans, warmed
- pickled jalapenos or any pickled veggies
- cheese and sour cream
- tortillas

Drain meat if desired. Add taco seasoning to cooked ground beef and mix well. Assemble tacos, burritos, or make bowls with cooked rice and beans.

C

SPAGHETTI

- 2 lbs cooked ground beef
- 24 oz jar pasta sauce of choice
- ½-1 lb cooked spaghetti noodles
- cooked vegetable, broccoli or green beans are great (canned and frozen vegetables are a great option too!)

Drain meat if desired. Add jar of sauce right into slow cooker and stir well to combine. Serve with cooked pasta and vegetable side.

SLOW COOKER DAAL

Makes 6-8 servings
Recipe from *Marquette Food Co-op*

Toasting the whole spices will provide a more authentic flavor, but you can make this recipe even easier if you want and substitute all the spices for 2 tablespoons curry powder of your choice. Our bulk section has a few fun options. Feel free to cut back on any of the “spicy” spices to suit your family needs. It will still taste wonderful! Add the salt toward the end of cooking, too early and it may affect how the lentils cook.

-
- **2 ¼ C or 1 -16 oz bag red lentils, rinsed**
 - **5 ½ C water or broth**
 - **3 tomatoes, diced**
 - **2 t cumin seeds**
 - **1 t black mustard seeds**
 - **2 dried red Thai chiles**
 - **1 green cardamom pod, crushed or 1/8 t cardamom powder**
 - **1 inch cinnamon stick**
 - **½ t ground coriander**
 - **1 t turmeric**
 - **½ t black pepper**
 - **¼ t cayenne**
 - **OR 2 T mild curry powder - alternative to all the spices listed above**
 - **1 medium red onion, finely chopped**
 - **5 garlic cloves, minced**
 - **2 T minced fresh ginger**
 - **1 fresh chile, minced, optional**
 - **1 t salt, divided**
 - **1 -5 oz bag fresh spinach**
 - **¼ C butter, optional**
 - **fresh lemon slices**
-

Rinse lentils to remove any dust. Place in slow cooker with water or broth and chopped tomatoes.

Place a small sauté pan over medium heat. Add cumin seeds, mustard seeds, Thai chiles, crushed whole cardamom pod, and cinnamon stick. Stir spices often and toast until cumin seeds go from brown to reddish in color. Remove from heat immediately to prevent burning. Allow spices to cool and place all except cinnamon stick into a spice grinder. Grind until a powder is formed. Add to crockpot. Add cinnamon stick as well. Add coriander, turmeric, black pepper, and cayenne to crockpot. Alternatively, replace all of the spices with 2 tablespoons of your favorite curry powder, just add right to crockpot.

Chop veggies or alternatively, place onion, garlic, ginger, and chile in a food processor and pulse until onion is finely chopped. Try not to let food processor just run and avoid making a smoothie! Place chopped veggies in the crockpot along with ¼ teaspoon salt. Allow to cook on high for 3-4 hours or low 5-7 hours, longer is fine.

Remove lid and give a good stir, if too watery, let it cook with the lid off, stirring every few minutes to allow water to evaporate. If it is too thick, add water or broth to desired consistency.

Add spinach, the rest of the salt, and butter if using. Stir to incorporate spinach. The spinach will soften in the heat of the daal in a few minutes. Ladle soup into bowls and top with a squeeze of fresh lemon juice.

SLOW COOKER THAI CHICKEN COCONUT SOUP

(TOM KAH GA)

Serves 6

Recipe by *Martha Stewart* found on *food52.com*

-
- **3 lemongrass stalks, tough outer layers removed**
 - **3 C chicken broth**
 - **¼ C fish sauce**
 - **1 T sugar**
 - **1 (2-inch) piece fresh galangal or ginger, thinly sliced**
 - **6 makrut lime leaves, halved, or 6 strips lime zest with a vegetable peeler**
 - **1 shallot, thinly sliced**
 - **3 Thai bird chiles**
 - **1 ½ lb boneless, skinless chicken thighs, cut into ½-inch strips**
 - **4 oz shiitake mushrooms, stemmed, thinly sliced**
 - **1 - 13.5oz can unsweetened coconut milk**
 - **1 large carrot, finely chopped**
 - **3 T fresh lime juice**
 - **¼ C chopped fresh cilantro plus more for garnish**
 - **2 T chopped Thai basil, plus more leaves for garnish**
 - **1 scallion, thinly sliced**
 - **chili oil sauce, for serving**
-

Preheat a 4-quart slow cooker.

On a cutting board, using the side of a chef's knife, lightly smash lemongrass. Combine lemongrass, broth, fish sauce, sugar, galangal or ginger, lime leaves, shallot, chiles, chicken, and mushrooms in the slow cooker. Cover and cook on high until chicken is cooked through, about 2 ½ hours, or on low for 5 hours, longer is fine.

Add coconut milk and carrot, and cook on high 30 minutes longer (or on low for 1 hour). Stir in lime juice, cilantro, basil, and scallion. Top with cilantro and basil, and serve with chili oil sauce.

LOCAL FOOD PANTRIES & FEEDING AMERICA WEST MICHIGAN: HOW YOU CAN HELP



Sarah Monte
Outreach Director

The Marquette Food Co-op has been partnering with Feeding America West Michigan for many years now on a variety of projects. Feeding America West Michigan, or FAWM, is a food bank that distributes food through monthly mobile pantries across the Upper Peninsula and parts of the northern Lower Peninsula. In addition to these mobile pantries, FAWM helps supply local pantries that are available for residents outside of their monthly deliveries.

One of our favorite Outreach events is to visit the mobile pantry in Marquette and KI Sawyer a few days each summer and fall. We receive the list of food that will be passed out one day prior to the distribution, then create a dish from our recipe archives that uses items from the food list. These are dietitian approved, wholesome recipes that prioritize teaching people how to use different types of produce, whole grains, or dried beans.

We take care to select recipes with short ingredient lists and that generally do not require special equipment. Participants love getting to taste new foods and can find out if they like it before making the recipe at home. We've been told many times that they've enjoyed making these dishes on their own and sharing with others!

As a result of this partnership, we have got to know many of the people who visit these distributions and understand how important they are in alleviating food insecurity. Throughout the UP, people will line up hours ahead of time and wait for the distribution because they worry that FAWM may run out of food before their turn if they are too far back in line. Since 2021, economic fallout from COVID, food inflation, and stagnant wages have contributed to increased mobile pantry participation in the UP by 90 percent. And unfortunately, this situation will be more dire in the future.

Earlier in the year, you may have heard about the ending of a program called the Local Food Purchasing Agreement, or LFPA. This program granted money to organizations so they could purchase food from local producers and distributors to people facing food insecurity. The termination of the program had a real impact on food access in the UP. While some projects' grant awards were reduced, the funding FAWM was counting on through the program to purchase food from local farmers, including some who supply the Co-op, was immediately cut during the initial funding freeze last this winter. This \$1.3 million cut to FAWM's food purchasing budget was compounded by an additional cut to The Emergency Food Assistance Program, or TEFAP, which provided FAWM with dairy and protein for those in need.

Thus, prior to the changes coming through the One Beautiful Bill Act, FAWM already lost \$2.2 million worth of food that they were counting on to supply food to neighbors in need. The cuts to SNAP and Medicaid will only increase the burden on FAWM distributions and pantries. For every one meal provided to families by FAWM, another nine are provided by SNAP dollars. FAWM estimates that SNAP cuts will cause another 50,000 households in its 40-county service area to become food insecure. Cuts to Medicaid may also impact need, as those who lose their healthcare may struggle to find an affordable alternative as 67 percent of SNAP recipients are also enrolled in Medicaid.

It's not just pantries that will be feeling the pinch. In economically depressed areas, a significant portion of grocery store income comes from SNAP dollars. If you've been reading the excellent articles in recent newsletters from our general manager, then you know that grocery stores operate on a razor's edge. Already tight margins, plus federal policies, such as not enforcing the Robinson-Patman Act, are contributing to the closure of rural

grocery stores across the country. The decrease in SNAP dollars in these communities will have a real impact on their operating budget, and their ability to stay open. Often, these are the hardest communities for charitable networks to serve as well, due to transportation cost.

All of this weighs heavily on our minds here at the MFC. Now is the time to share a few ways you can support our neighbors in need, while also announcing a small operational change here at the MFC. Many of you may know that when you bring your own bag to the MFC, you receive a 5¢ discount per reusable bag. Many customers have their account set to donate this discount to a fund for our local pantries. We will be increasing our bag

discount to 10¢ per bag starting September 2. Some customers also round up year-round, and these funds are also used to purchase food for local food pantries.

The bag discounts and year-round change contributions add up. Prior to July, when we hold a focused Round Up at the Register campaign for our local food pantries, we had already accumulated \$4,000 to purchase food for them, thanks to these recurring contributions. Since we order food the pantries request, it is purchased at cost, rather than shelf price and the dollars are stretched further. We hope that with an increase in the bag donation and a few new participants in the donation programs, we will be able to purchase even more food

HOW TO HELP FOOD PANTRIES

- **Set up your account so that your bag discount is donated, and/or consider rounding up year-round.** You can ask your cashier the next time you shop, update your account setting with this form, or contact our Community Services Coordinator Pamela at 906-225-0671, ext. 701.
- **The MFC collects pantry donations all year round.** We have a collection bin at the end of the registers you may contribute to any time.
- **Downtown Marquette Farmers Market Harvest Fund.** Purchase food at the Saturday market and bring it to the Market Manager Booth. They will bring the food to the MFC coolers, and we'll make sure it goes to a Marquette County food pantry on Monday.
- **Bring food directly to the pantries.** For a list of the Marquette County pantries, [click here](#).
- **Volunteer at a local food pantry or at the FAWM distributions.**
- **Donate to Feeding America West Michigan, of course!** Help them continue to stock food pantries and mobile food pantries throughout the Upper Peninsula with nutritious food. To learn how to help FAWM meet the high demand for food, visit feedwm.org/bridgethegap.
- **Subscribe to our newsletter and follow us on social media (Facebook & Instagram) for updates and announcements on more ways to help.**



WELLNESS WEEKEND

SEPTEMBER
12-14

25% OFF
BODY CARE, VITAMINS,
+ SUPPLEMENTS

excludes items already on sale. 10% off Owner coupon does not apply.

WELCOME TO WELLNESS!

Come in during Wellness Weekend to talk with staff members who know this department inside and out. Laura, our center store manager, and Rachel, our wellness buyer, will be available in the Wellness Department to answer questions and give tours during Wellness Weekend.

**SATURDAY, SEPTEMBER 13 &
SUNDAY, SEPTEMBER 14
FROM 11AM-1PM**



WELLNESS STAFF PICKS

WHAT'S YOUR FAVORITE WELLNESS ITEM?

The Alaffia Purely Coconut Everyday Face Cream is worth a mention here, as I have extremely sensitive skin and this does the trick for me.
-Hannah A.



Tiger Balm - my millennial back survives off it.
- Kaitlyn W.



All the Badger Balms are good specifically a fan of the hardworking hands one and the lip butter.
-Ryan E.



The Zum soap bundles are fun. I like to put a couple of slices in a little muslin bag in my car to freshen things up!
-Kelsey T.



I really like Fat and the Moon deodorant cream. Really, anything by that company is incredible.
-Sarah M.



Source Naturals GABA Calm Mind goes everywhere with me.
-Kelsie D.



ASK OUR DIETITIAN

ACCESSIBLE, TRUSTWORTHY, ONE-ON-ONE
NUTRITION GUIDANCE WHILE YOU SHOP
WITH AMANDA LATVALA, RD



THIRD TUESDAY OF EACH MONTH
3:30-5:30PM • AT THE MFC
FREE & OPEN TO ALL

**MFC EDUCATION COORDINATOR AND REGISTERED DIETITIAN
AMANDA LATVALA WILL BE AVAILABLE IN THE STORE TO:**

- Answer quick nutrition questions
- Help customers read and understand food labels
- Guide customers to products that meet their dietary needs or preferences
- Provide tips on meal planning, portion sizes, and healthy substitutions
- Distribute handouts, recipes, and nutrition information

BULK SALE

SEPTEMBER 26 - 28

SCOOP UP THE SAVINGS!



**INCLUDES BULK FLOUR, OATS, RICE,
POPCORN, NUTS, TEA, SPICES AND MORE.**

WHILE SUPPLIES LAST | SALE PRICES DO NOT APPLY TO COFFEE, PREPACKAGED ITEMS, OR SPECIAL ORDERS.

PUMPKIN BREAD

Recipe from *Feel Good Foodie*

-
- **1 ½ C all-purpose flour**
 - **1 T pumpkin pie spice**
 - **1 t baking soda**
 - **½ t salt**
 - **½ C unsalted butter room temperature**
 - **1 C cane sugar**
 - **¼ C packed light brown sugar**
 - **4 eggs**
 - **1 C canned pumpkin**
 - **½ t vanilla extract**
 - **¼ C pumpkin seeds optional**
-

Preheat oven to 350°F and spray a loaf pan with nonstick cooking spray.

In a medium bowl, whisk flour, pumpkin pie spice, baking soda, and salt. Set aside.

In a stand mixer with a whisk attachment or in a large bowl with a hand mixer, mix butter, cane sugar and light brown sugar until light and fluffy, 2 minutes. Add eggs, one at a time, until incorporated. Add canned pumpkin and vanilla extract and mix to combine.

Add dry ingredients and mix until no streaks remain. Pour into prepared pan and sprinkle with the pumpkin seeds if using.

Bake in preheated oven until a toothpick inserted in the center of the loaf comes out clean, about 50-55 minutes. Remove from the oven and allow the bread to cool completely in the pan set on a wire rack before slicing.

Store in an airtight container at room temperature or in the refrigerator for up to 4 days. You can freeze the bread for up to 3 months. Just thaw overnight in the fridge and bring to room temperature before serving.



MEDITERRANEAN BEAN SALAD

makes 4 servings
Recipe by *Amanda Latvala*

The concept is simple but lifesaving! Combine beans with hearty fresh vegetables and a tasty dressing. This salad gets better as it sits, making it perfect for meal prep. Cook once and have 4-5 lunches ready to go!

-
- **1 can garbanzo beans, drained, rinsed and dried**
 - **1 can navy beans, drained, rinsed, and dried**
 - **1 small red onion, diced**
 - **2 small bell peppers, red, orange ,or yellow**
 - **½ English cucumber, diced**
 - **½ C Kalmata or green olives, sliced**
 - **6 oz vegan feta or regular feta**
 - **¼ C chopped parsley**
 - **dressing of choice**
-

Add all ingredients except dressing to a salad bowl. Add enough dressing to lightly coat the veggies. Mix well.

Enjoy immediately or divide into mason jars and store in fridge. Eat within one week.





COOKING CLASSES

FALL 2025

VIETNAMESE PHO

September 4 & 18 • 5:30 - 8:00pm

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

SOLD OUT



No matter the season, Vietnamese Pho (pronounced fuh) offers a warmth and brightness that will elevate your mood. This hot noodle soup, made by slow-simmering beef or chicken, is probably the most well-known Vietnamese food world-wide, and for good reason! Pho Gà is a rich and earthy chicken bone broth with aromatic spices like star anise, ginger, cloves, cinnamon, and onion, finished with the cornerstone of Vietnamese cooking — fish sauce (nuoc mam). The light and golden broth is served over rice noodles with the tender stewed meat, topped with lime and fresh herbs like mint and basil. Experienced home cook turned chef and owner of Nuoc Mam-a Vietnamese Goods, Sandy Le will break down how to make a good bone broth and share tips she has learned from her family, who hail from South-Central Vietnam. She is also sharing how to stretch ingredients by making a Vietnamese chicken salad with leftover meat and showcasing her creativity with sweets with her take on tiramisu, using Vietnamese coffee and condensed milk cream. Sandy has built her business around the utilization of seasonal, local produce and herbs from small farms in the UP, so you can expect local ingredients where possible.

ROASTED & CHARRED: HOMEMADE SALSA

September 24 • 5:30 - 7:30pm

\$25 for Co-op owners, \$40 for general admission



Veg

GF

Join us for a fun and flavor-packed class making dips and homemade chips, for adults and kids to enjoy together! In this hands-on session, we'll learn about the different types of colorful peppers you can grow right here in the UP from local farmer Gabriel Caplett, owner of Dukes Farm and Foolazul pepper sauce company. We'll roast and char peppers and make two different kinds of salsa (red and green) from scratch using seasonal produce like tomatoes and tomatillos, as well as refried beans, and creamy queso. Plus, we'll be making tortilla chips the traditional way, by cutting and frying corn tortillas right in class. Children 8+ welcome to attend.

Learn more about Dukes Farm at lakesuperiorfarms.com and Foolazul at foolazul.com.

SIMPLE AYURVEDIC COOKING FOR ALL BODIES

October 1 • 5:30 - 7:30pm

\$25 for Co-op owners

\$40 for general admission



V

GF

In India, Ayurveda is the traditional system of medicine that focuses on holistic well-being through the balancing of the mind, body, and spirit. Ayurveda foods emphasize nourishment and digestion as a cornerstone of health, and cooking fresh meals from scratch is one of its most powerful tools. In this class, Shaina Levee, M.A., a seasoned Ayurvedic practitioner and holistic psychotherapist, will guide you through the basics of preparing simple, nourishing meals that support digestive health for all ages and body types. You'll learn foundational cooking techniques, explore ingredients that promote balance, and leave with the skills and confidence to cook for yourself with greater care and ease.



CO-OP COOKING CLASSES

FALL 2025

DECOLONIZING DIET STORIES: MEMORIES FROM A TRANSFORMATIVE RESEARCH PROJECT

October 7 & 14 • 5:30 - 8:00pm

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



From 2012-2013, Dr. April E. Lindala, professor of Native American Studies at Northern Michigan University, was on the project team and a volunteer research subject for the Decolonizing Diet Project. Dr. Lindala became notable for being one of the bakers of the group, making recipes for breads, pancakes, waffles, and cookies using native ingredients like pecans, pumpkin seeds, and maple syrup. This class gathering will combine DDP recipes with stories of the DDP experience, and a conversation of the significance between humans and the more-than-human relatives that serve as a source for human foods.



ISLAND FLAVORS: PUERTO RICAN CUISINE

November 4 & 11 • 5:30 - 8:00pm

\$35 for Co-op owners

\$50 for general admission



Calling all cilantro lovers! Join us for a hands-on Puerto Rican cooking class where you'll explore the vibrant flavors of the island. We'll start by making traditional soffrito from scratch, the aromatic base to many Puerto Rican dishes. We move onto classic arroz con habichuelas (rice & beans), crisped to perfection tostones, then wrap it up with a deliciously decadent coconut tres leches cake. Our teacher is Darby Cummings, who learned how to cook traditional Puerto Rican food from her best friend, a Boston chef, and her friend's mother, who immigrated from Trujillo Alto in the early 1990s. Puerto Rico is calling, with all its flavor, culture, and fun in the kitchen! Dancing is encouraged!

STRETCH & FOLD: SOURDOUGH AT HOME

December 2 & 9 • 5:00 - 8:00pm

\$35 for Co-op owners

\$50 for general admission



Join us for a beginner sourdough class where we will explore the entire process of making sourdough bread. In this hands-on class, we learn how to care for the starter, mix dough, do a set of stretch and folds (which helps develop the dough's gluten structure and encourages even fermentation), and sample fresh bread. All experience levels are welcome — we hope to dispel some of the apprehension around sourdough and help you feel more comfortable baking fresh, homemade bread. This class is formatted as an open forum and ongoing conversation and will be led by local farmer and experienced sourdough baker Olivia Kingery of Pileated Farms in Chatham. You'll leave with prepared dough to bake a loaf at home, so please bring a container to transport it.

CALENDAR OF EVENTS

SEPTEMBER 2025

Market Demo: Tomato Tasting **Downtown Marquette Farmers Market**

Marquette Commons
9am - 1pm - September 6

Wellness Weekend

September 12-14
Details on page 19

Marquette Food Co-op **Board of Directors Meeting**

6 - 8pm - September 16
Co-op Classroom

Cooking Class **Vietnamese Pho**

5:30 - 8pm - September 4 & September 18
Co-op Classroom

SOLD OUT - waitlist available for 9/18
Register at marquettefood.coop/events

Cooking Class **Roasted & Charred: Homemade Salsas**

5:30 - 7:30pm - September 24
Co-op Classroom

Register at marquettefood.coop/events

Bulk Sale

September 26-28
25% OFF BULK DEPARTMENT ITEMS
Details on page 23

THE FRESH FEED

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

Design & Layout

Travis Gerhart
tgerhart@marquettefood.coop

Content & Editing

Kelsie Dewar
kdewar@marquettefood.coop

Board of Directors

Tom Rulseh PRESIDENT
Ashley McGrath VICE PRESIDENT
Olivia Kingery SECRETARY
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Stephanie Weaver
Alex Berger
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.

