

Learn more about MARSH at marshlife-art.org

Become an owner of the MARSH Co-op:

Shares cost \$100 (more than \$100 helps subsidize another member!) This is a lifetime and refundable share; you never pay again and can get your money back if you ever choose to leave the co-op. Sliding scale, subsidies, group memberships, and payment options available.

marshcoop.org

Buy your groceries from the co-op:

- 8000+ items in our online catalog. More economical because we buy TOGETHER!
- all items are either sourced locally or come from a natural foods supplier. This means that all produce is organic (unless otherwise noted) and all products represent one or more alternatives to commercial food supplies: natural ingredients, health-oriented, sustainable growing practices, small / cooperative business model, fair labor practices, low energy use, fair trade, socially responsible, etc.
- Group orders are placed every other week. Items selected from our “on hand” list can be ordered at any time with a 24-hour turnaround. Curbside pickup. Members may also place orders by noon on alternating Fridays (4 to 7 p.m.) to be picked up at our outdoor market. Go here for all order and pickup dates:

<https://marshlife-art.org/marsh-food-cooperative-schedule/>

Are you interested in growing food for the co-op or using our licensed kitchen to develop products, baked goods, prepared foods, for the co-op/market? Have questions?

Contact us at bioculturalist@gmail.com.

MARSH

A food co-op, an urban farm, a kitchen/
diner, a gathering space, and a laboratory
for

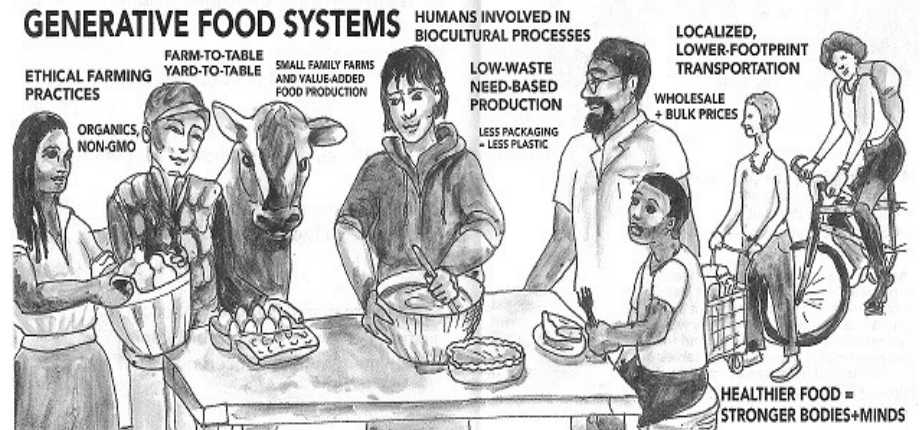
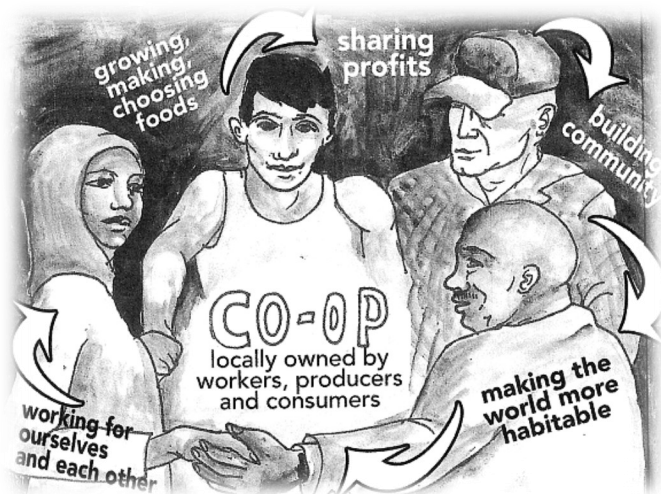


EMERGENT—in the process of becoming through active listening, broad sources of knowledge, and courage to question

HUMAN SCALED—people-sized and people-centered systems that support others and enable positive change for all

GENERATIVE—exploring possibilities, expanding potential, taking ethics-based action to uproot exploitation, extraction, violent coercion, and oppression.

SOCIAL PRACTICES—ways of doing and being based on mutual respect, relational values, restorative justice, and regenerative kinship with people and the planet.



A **COOPERATIVE** is formed based on a set of principles, **NOT PROFIT**.

CONSUMER OWNERS pool resources to improve access for themselves and others to foods that are more economical, reduce negative impact on the environment, promote justice and well-being, and foster sustainable relational economies.

WORKER OWNERS collaborate to manage an environmentally sustainable enterprise that benefits the organization and the community.

PRODUCER OWNERS develop practices and products that mutually benefit the participants and the other members of the cooperative ecosystem.

COOPERATIVES are owned by their participants.

COOPERATIVES are democratically governed.

COOPERATIVES are funded by member shares.

COOPERATIVES welcome everyone who wants to explore systems of mutual benefit.

COOPERATIVES value learning and sharing.

COOPERATIVES work toward social justice, ecological responsibility, fair employment, and health and well-being for all.