

# GRANAZZE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

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OUR CHEF'S CHALLENGE

# THE JOY OF KIMCHI

PLU 3010

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A WORD FROM  
THE EDITOR.



DEAR READERS,

AT ITS MOST BASIC, FOOD IS ABOUT SURVIVAL. WE EAT TO FEED OUR BODIES, TO POWER THE BEATING OF OUR HEARTS AND TO FUEL THE MITOCHONDRIAL FACTORIES THAT INHABIT EACH CELL WITHIN US.

Over time, though, we've constructed layers upon layers of additional meanings to our foods, so that the act of consumption seems to be about something other than mere survival. Furthermore, our relative abundance and the plethora of choices many of us have only serve to move us further away from the notion of food as life.

The piece of chocolate I just ate and the cup of coffee I just drank? They don't represent the difference between living and dying to me. Nor do the choices, which confront me while walking down the cereal aisle in the store, seem all that critical. It's the coupled blessing of abundance and the curse of affluence. One might be tempted to think food doesn't matter.

But we know better. It matters. It matters where food comes from and how it's grown. It matters if the people who grow and prepare the food are treated fairly. It matters that healthy food is within the reach of everyone in our society. Food is life.

We hope to celebrate that in this new quarterly publication, GRAZE.

For Table Talk, we gathered several local activists to talk about urban gardening and how it can sustain communities and unite neighborhoods. We also travel to a stand of hardwoods an hour north of Milwaukee to visit a family-run maple syrup producer whose roots in that forest run 160 years deep and check in with a Madison coffee roasting cooperative which has taken corporate transparency and a fair trade philosophy to new heights.

Of course, food is also about taste and fellowship – about nourishing our souls and making life all the more vibrant. We've been told that walking into our stores is a bit like hanging out in the kitchen at a party – where the food is hot and fresh and the conversation easy. So, in Graze you'll find people like Jan Kelly, owner-chef of Meritage, talking about her passion for cooking, alongside delicious recipes and features on unique foods.

Pull up a chair. We've got the coffee on. Sit awhile and visit with us.

MALCOLM MCDOWELL WOODS  
*editor*

*graze@outpost.coop*



## WHAT IS GRAZE ?

### AUTHENTICALLY LOCAL

We're local and proud – happy to live in a city that values its unique identity. We'll celebrate the real flavors of our community and the surrounding area in every issue.

### FRESH

It's simple – we believe that the tastiest flavors are tied to what's in season. Natural and honest food is our favorite food.

### SMART

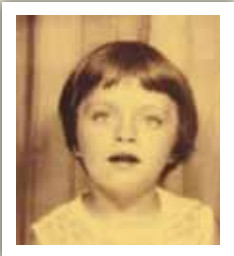
Sure we know our stuff, but we're right along side you on this food journey. We'll share what we know in a positive, expert way without a know-it-all attitude.

### FUN

Roll up your sleeves, put your elbows on the table and slop the sauce on the tablecloth. Good food is messy and best shared with laughter and good friends.

GRAZE WILL BE  
PUBLISHED QUARTERLY,  
WITH NEW ISSUES EACH  
SEASON – MARCH,  
JUNE, SEPTEMBER AND  
DECEMBER.

# WHO IS GRAZE ?

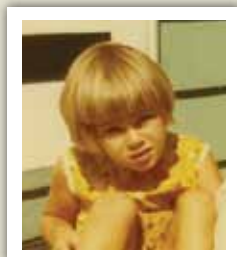


*i am* **LISA MALMAROWSKI.**

*Marketing isn't a dirty word. It's my megaphone to talk about things that really matter, like preserving local food security and the best way to roast a beet. I've made it my mission to turn natural food doubters into evangelists. When I'm not busy turning people on to turnips, you'll find me creating mixed-media art, shopping for shoes or traveling.*

*i am* **MARGARET MITTELSTADT.**

*My childhood was filled with simple, honest meals, and it's with great humility that I approach cooking. Great Grandma's apron hangs in my kitchen like a sentry from the Old Country. Of course, like life, not everything I cook turns out as I expected, so I've learned to let go of outcomes and smile with the surprises.*



*i am* **SIMÓN PINEDA.**

*"I make things. Sometimes I keep them, sometimes I eat them" is a phrase I often toss around regarding my work and the things I love. With a fine arts background, a sordid career as a chef everywhere from rural Iowa to Santa Fe and a passion for all things local wherever I am, I've learned that the things that you make, end up making you.*

*i am* **CARRIE ROWE.**

*My Grandmother had a glorious garden. I'd spend hours eating sunshine-warm raspberries and often just sitting, listening to the buzz and hum of all the critters hard at work making all of this magic possible. To me food is magic. And sharing it with people who make me smile is about the nicest thing a girl could ask for.*



*i am* **DIANA SCHMIDT.**

*I'm a recovering food snob, eating anything from watercress to tater tot casserole. My love of tasty vittles started as a child in my parent's garden and remains steadfast with the help of food-loving friends and a bit of butter. Of all the food I love to make, nothing makes me happier than canning pickles or squirreling away jars of jam.*

*i am* **PAUL SLOTH.**

*I've been eating for 38 years. It's good to think about food, not only what we're eating, but about those who aren't eating. While some people today search the world over for the perfect truffle, others continue to go to bed hungry. That's crazy, but that's what's so awesome about food. It's a complex issue, one that is worth all the attention it gets.*



# - GRAZE.

A QUARTERLY PUBLICATION OF  
**OUTPOST NATURAL FOODS COOPERATIVE**

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IN THIS ISSUE...

**JUDY MAYER . LISA MALMAROWSKI**  
**MARGARET MITTELSTADT . SIMÓN PINEDA**  
**CARRIE ROWE . PAUL SLOTH**  
**MALCOLM MCDOWELL WOODS**

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**GRAZE @ OUTPOST.COOP**

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SPRING 2011

*...features.*

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**Choose Local First**

*Outpost Natural Foods is a founding member of Our Milwaukee, an alliance that advocates for locally owned, independent businesses.*

**Learn more at [www.ourmilwaukee.net](http://www.ourmilwaukee.net)**



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I (you'll)

# SWOON.

THINGS WE LOVE.



1

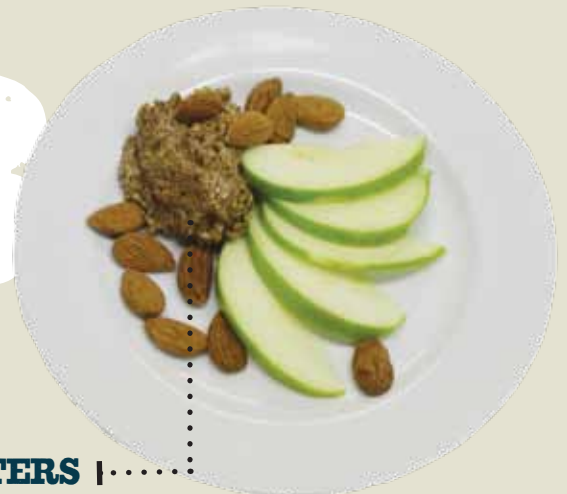
## JUST COFFEE LAS DIOSAS NICARAGUAN COFFEE

FEMALE EMPOWERMENT NEVER  
TASTED SO GOOD

This is what happens when you put four women cooperatives together with two grower collectives – you get a coffee that’s full-flavored with a dreamy, chocolaty sweetness that’s fair trade and empowers women, too. Fifty cents of every bag sold goes directly back to the cooperative. Bonus ... it’s organic and roasted locally in Madison.



3



## BULK ALMOND BUTTER *from* EASTWIND NUT BUTTERS | .....

PEANUT BUTTER’S FANCY COUSIN

One of life’s simple pleasures – a dollop of almond butter and crisp apple slices – the taste of a caramel apple sans the guilt. We get our bulk almond butter from the Eastwind community in the Missouri Ozarks– some of the nicest hippies you’ll ever meet who have been serving up nut butters since the ‘80s. And bulk saves you \$\$.

## SUGAR RIVER VANILLA YOGURT

YOGURT THAT EATS LIKE A DESSERT

Our local heroes have taken this humble food from average to outstanding and even after eating it (and eating it) we can’t figure out how. The alchemy of local milk, active yogurt cultures, real vanilla and a little sugar make this breakfast staple worthy of ending the most extravagant meal.



## BOLZANO ARTISAN MEATS | .....

### SPECK PROSCIUTTO

THIS IS SPECK-TACULAR PROSCIUTTO!

We’re pretty darn impressed with the Speck Prosciutto our pal Scott is turning out at Bolzano Artisan Meats. This kind of majestic charcuterie takes Bolzano a year to age, a process harkening back to the old country, complete with a rub down of herbs, salts, spices and cold smoking with fruit woods. The light smokiness of his resulting Speck Prosciutto nestles up nicely to just about any cheese – but our hearts did cartwheels when we discovered how heavenly it was stirred into risotto.



## OUTPOST'S OWN LITTLE OATIES

A SANDWICH COOKIE WORTH SHARING

Made from scratch, chewy, oatmeal cookies encase a decadent cream cheese filling. Sounds simple, but they're not – they're wicked good! Think Little Debbie snack cakes that your grandma used to eat but using only natural, fresh ingredients. Big enough to share, but you won't share, so buy two!

## NEW GLARUS WISCONSIN BELGIAN RED

MOVE OVER WINE, THIS ALE MAKES YOU PALE

One pound of Wisconsin's own Door County Montmorency cherries are packed into each bottle of this award winning Belgian fruit ale. Ruby red, lip-smackingly fruity without being cloying, complex and irresistible, this ale is best served in a fancy snifter and pairs wonderfully with everything from spicy, savory foods to desserts.

## BELLAVITANO SARTORI RESERVE

THE BELLE OF THE CHEESE BOARD

Sartori Bellavitano is a Wisconsin original and is as addictive as all get out. It has the elegance of Parmigiano Reggiano and the creaminess of a supple cheddar with a little crystalline crunch that pleases the gourmet folk and casual snackers alike. There's nothing this cheese can't do in a recipe that a cheddar or Parmesan could, but we think Bellavitano is at its best when we're fighting each other over the last crumbs on the cheese board.



# JUST COFFEE CO-OP.

## CELEBRATING THE TOTALLY TRANSPARENT MADISON COFFEE COOPERATIVE

by CARRIE ROWE

**E**VERY MORNING BEGINS PRETTY MUCH THE SAME IN MY HOUSE. THE ALARM GOES OFF, THE SNOOZE BUTTON GETS PUNCHED A FEW TOO MANY TIMES, AND THEN I CRAWL OUT OF BED TO GREET TWO DROWSY CHILDREN, THREE RAVENOUS OVERWEIGHT CATS AND TWO DOGS WHO THUNDER DOWN THE STAIRS, RUN OUTSIDE AND BARK MANIACALLY AT THE SQUIRRELS. GOOD MORNING, NEIGHBORS!

Meanwhile, back upstairs, the sound of the annoying dogs is drowned out by the coffee grinder crackling apart those aromatic beans which will - in mere minutes - create that first cup of steaming, truly magical, morning elixir.

For most of us, a cup of coffee is nothing more than a pleasant and pretty much necessary start to our day. Coffee, shower, breakfast and out the door.

But for the lovely guys and gals (and office dog) at Just Coffee in Madison, and the hundreds of coffee farmers they work with around the world, a cup of coffee is so much more. Just Coffee is a one hundred percent Fair Trade coffee roaster and all its beans have a huge impact on the small-scale farmers who receive fair and decent wages for their work and on the world of Fair Trade in general.

"Some companies do 5%, 25%, or 50% of their coffee using Fair Trade criteria," say the folks at Just Coffee. "While any fair trade is great, we don't know how you can commit to doing the right thing by some growers and not others. It winds up being charity as opposed to economic justice."

Building on the idea of doing all things the right way, Just Coffee makes most local deliveries with a sweet three-wheeled bike and has just invested in a biodiesel truck for long distance treks. We're out of bike range here in Milwaukee, but you can find their beans at all three Outpost locations. (Sorry, you'd have to head to Madison if you want your coffee delivered by a friendly, most likely bearded biker.)

Just Coffee's steadfast dedication to being a truly democratic and Fair Trade cooperative (I forgot to mention that JC is an employee-owned co-op but that seems pretty obvious) leads to what it calls the Transparency Project. With literally two mouse clicks, you and I are able to see every financial statement in the co-op's history as well as all its contracts with all of Just Coffee's growers. Maybe not be the most thrilling topic to think about, but really, it's quite an amazing concept.

Matt Earley, one of Just Coffee's co-founders and bona fide

Kentucky Colonel (really!) says, "we want you to do your own homework. Not just with regard to your coffee, but in all of the things you buy. Look at what we do, think about it, and then judge for yourself whether it meets your standards. Don't let other people tell you what is fair. In the end it puts another layer between you and the people that make and grow the things that you use in your daily life." You can even track where your very own beans came from with the roast number on the bottom of every bag. Cool, right?

We're not talking about just coffee here, we're talking JUST coffee - in the sense of truth, fairness, dignity and equality. And hot damn, it's crazy delicious to boot. You're practically guaranteed to wake up on the right side of the bed.



MADISON, WISCONSIN  
608 204 9011  
WWW.JUSTCOFFEE.COOP





# 7 A GOOD CUPPA' JOE IN EASY STEPS.

When did making a cup of coffee become so complicated – with presses, pour-overs and hundreds of dollars worth of machinery that leaves your kitchen looking like a steam punk trade show? Relax. It doesn't have to be that hard. Follow these seven easy steps and you'll have one darn good cup of joe.

1. Start by choosing the best, fresh-roasted beans. Outpost stocks a number of excellent local roaster's beans, plus we sell a whole lotta' coffee so you know they're fresh. Only buy enough for a week or so. And skip storing it in the freezer – that's an old husband's tale.
2. Begin with a clean coffee pot, preferably the best drip coffee pot you can afford. Wattage indeed matters.
3. Use fresh cold, filtered water. Distilled water will make your coffee taste flat.
4. Grind it fresh. Invest in a small grinder for home and learn to enjoy the ritual of it. For most drip makers, you'll want a grind that looks like coarse sea salt.
5. Use a filter and pick an unbleached one – better for the environment and better for the flavor.
6. Use the right amount of coffee. Professional coffee tasters recommend 2 tablespoons of coffee per 6 ounces of water, which is often too strong for the average er, Joe. Make it how you like, who are we to say?
7. Drink it! The longer it sits, especially on a warmer, the more the flavor degrades. Use an insulated carafe to make the magic last.

## COFFEE & SPICE RUB FOR STEAK.

*This recipe makes quite a bit of rub and it stores well. We love it on rib eyes or other well-marbled cuts. You can sear the steak in a pan, but grilling over wood coal really amps up the flavors.*

- ¼ cup ancho chile powder\*
- ¼ cup finely ground dark-roast coffee beans
- 2 tablespoons smoked paprika
- 2 tablespoons dark brown sugar
- 1 tablespoon dry mustard
- 1 tablespoon salt
- 1 tablespoon freshly ground black pepper
- 1 tablespoon dried oregano
- 1 tablespoon ground coriander
- 2 teaspoons ground ginger
- 2 teaspoons cayenne pepper (optional)

1. Combine all the ingredients in a bowl or a jar with a tight-fitting lid and mix well. Store in a cool place.
2. Rub steaks with a coating of 1 tablespoon of spice rub on each steak, plus salt to taste. You'll notice a bit of smoke during cooking, but the steaks are not burning; it is just smoke from the spices in the rub.

*Adapted from a recipe found on Bobby Flay's Boy Meets Grill*



\* AVAILABLE AT LOCAL SPICE SHOPS

# (our) TABLE OF RICE.

VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE

**Lg** LONG GRAIN BROWN OR WHITE



**FLAVOR** . BUTTERY, NUTTY, TOASTY

**USE** . STUFFINGS, PILAFS, SALADS, CASSEROLES

**SOURCE** . CALIFORNIA

**Rw** RED WEHANI



**FLAVOR** . HEARTY, ABSORBS OTHER FLAVORS WELL

**USE** . RISOTTO, SOUPS, STEWS

**SOURCE** . CALIFORNIA

**N**EVER VENTURED BEYOND THAT WHITE RICE FROM YOUR FAVORITE CHINESE TAKEOUT JOINT? THEN YOU'RE MISSING OUT ON A WORLD OF TASTE AND TEXTURE. THERE ARE THOUSANDS OF RICE VARIETIES AVAILABLE AROUND THE WORLD – HECK, WE'VE MORE THAN A DOZEN IN THE BINS AT YOUR LOCAL OUTPOST! HERE'S A BRIEF OVERVIEW...

*\* Wild rice is not technically rice, but rather a wild water grass that was domesticated by Native Americans. The wild rice available at Outpost is hand-harvested in Saskatchewan.*

**Ba** BASMATI BROWN OR WHITE



**FLAVOR** . SWEET, NUTTY, INTENSELY AROMATIC

**USE** . PILAFS, BIRYANI, SIDE DISHES, PLAIN BOILED

**SOURCE** . TEXAS

**Ar** ARBORIO



**FLAVOR** . CREAMY & HEARTY, ABSORBS OTHER FLAVORS WELL

**USE** . RISOTTO, PAELLA, SOUPS, STEWS

**SOURCE** . CALIFORNIA

**Su** SUSHI

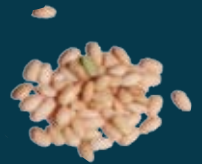


**FLAVOR** . SWEET, STICKY, HEARTY

**USE** . SUSHI, PLAIN BOILED AS A SIDE DISH

**SOURCE** . CALIFORNIA

**Sw** SWEET



**FLAVOR** . SLIGHTLY SWEET, FRAGRANT

**USE** . SOUTHEAST ASIAN DISHES, DESSERTS

**SOURCE** . CALIFORNIA

**Ja** JASMINE BROWN OR WHITE



**FLAVOR** . AROMATIC, DELICATE, NUTTY

**USE** . CURRIES, PILAFS, PLAIN BOILED

**SOURCE** . TEXAS

**Sg** SHORT GRAIN BROWN

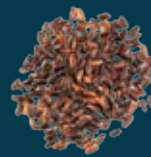


**FLAVOR** . HEARTY & EARTHY, ABSORBS OTHER FLAVORS WELL

**USE** . PUDDINGS, RICE BALLS, CROQUETTES, PAELLA

**SOURCE** . CALIFORNIA

**Jp** BLACK JAPONICA



**FLAVOR** . SPICY, AROMATIC, EARTHY

**USE** . CASSEROLES, STUFFING, STIR FRY'S

**SOURCE** . CALIFORNIA

**Wi** WILD \*



**FLAVOR** . AUTUMNAL, NUTTY, RICH

**USE** . SOUPS, SIDE DISHES, STUFFING

**SOURCE** . CANADA

NOT ALL RICES FEATURED ARE AVAILABLE AT EVERY LOCATION DUE TO SEASONALITY OR SPACE ALLOCATION. PLEASE CALL FOR MORE DETAILS.

## SO HOW DO I COOK RICE ?

MOST GRAINS THESE DAYS ARE CLEANED WHEN THEY'RE PROCESSED, BUT YOU MAY STILL WANT TO RINSE THEM JUST IN CASE. MOST RICES DON'T NEED TO BE WASHED, BUT SUSHI & SWEET RICE SHOULD BE RINSED UNTIL THE WATER RUNS CLEAR TO REDUCE THE STARCH CONTENT. AFTER THAT, IT'S AN EASY AND SIMPLE WATER TO RICE RATIO, SOME SALT AND A LITTLE TIME.

1. Pick over the rice to remove any pebbles, twigs or dirt. Put the rice in a bowl or pot and cover with cool water, massage gently, then pour off any chaff or floating grains.
2. Add the indicated amount of water for the rice you are cooking. You can also boil the water first and add the rice for a firmer result. Return to a boil, reduce heat to low and cover tightly. Cook for the indicated amount of time, don't uncover or stir.
3. Check the rice by uncovering and tipping the pot to see if all the water is absorbed. If not, cover and cook for a few more minutes. When all is absorbed, let stand, covered, off the heat for at least five minutes.

## RICE PUDDING WITH CARDAMOM & PISTACHIOS.

*Richly seasoned, milk-based rice puddings are popular in many parts of India, come in many varieties and go by many names. This recipe is quick, easy and delicious.*

- 1 cup basmati or jasmine rice, cooked al dente
- 1 cup whole milk
- ½ cup heavy cream
- ¾ cup coconut milk
- ¼ cup sugar
- ¼ teaspoon ground cardamom
- ⅓ cup raisins
- ½ cups chopped, unsalted pistachios
- pinch of salt

1. Heat rice and milk in a saucepan until just approaching a boil. Reduce heat to low, simmer and stir frequently until mixture thickens, roughly five minutes.
2. Increase heat slightly and add the cream, coconut milk, sugar and cardamom and simmer for another five to ten minutes.
3. Remove from heat, stir in raisins and ½ cup of the chopped pistachios.
4. Transfer pudding to individual dishes or a glass bowl and cover the surface with plastic wrap to prevent a skin from forming. Let cool to room temperature or chill before serving. Garnish with the remaining pistachios.



## COOKING TIMES & YIELDS.

RICE (one cup)	WATER (cups)	TIME (minutes)	YIELD (cups)
White Basmati	1½	15	3
Brown Basmati	2	30-45	3
Brown Long Grain	2½	30-45	3
White Long Grain	2	15	3
Wild	2½	45	3
Red Wehani	2	45	3
White Jasmine	1½	15	3
Brown Jasmine	2	30-45	3
Sushi & Sweet	1½	15	3
Brown Short Grain	2	20-25	3
Black Japonica	2	45	3
Arborio	<i>Cooking time &amp; style varies depending on your recipe</i>		

# SPRING.

*(two ways)*

## RELISH THE RADISH...

**W**E THINK RADISHES GET A BAD RAP. SPICY AND CRUNCHY, YES, THEY'RE WONDERFUL EATEN WITH A SPRINKLE OF SALT OR SLICED ATOP A BUTTERED CRUSTY BREAD SLICE. BUT WHY STOP THERE? COOK THEM, WE SAY! MUCH LIKE BABY CARROTS, RADISHES CAN BE BRAISED OR SAUTÉED. THESE TWO RECIPES WILL BLOW YOUR RADISH ASSUMPTIONS RIGHT OUT OF THE ICEBURG LETTUCE SALAD.

### 1<sup>ST</sup> way.

#### **GREEN BEAN & RADISH SALAD.**

1 pound green beans  
¼ cup olive oil  
½ pound radishes, stem removed and quartered  
2 cloves garlic, chopped  
1 tablespoon honey  
¼ teaspoon red pepper flakes  
Salt and pepper

1. Bring a pot of salted water to a boil. When bubbling, toss in the green beans for 3 to 4 minutes. Remove and place in ice water to quickly cool. Drain thoroughly.
2. Pour the oil into a skillet and turn the heat to medium. When hot, dump in the radishes, green beans, garlic, and chili flakes. Cook for 5 minutes or until the vegetables have softened.
3. Add the honey and stir to coat the vegetables. Cook for 2 to 3 minutes. They should just start to caramelize.
4. Transfer to a large bowl and then season with salt and pepper.

*Adapted from a recipe we found on [www.seriousseats.com](http://www.seriousseats.com)*





## 2<sup>ND</sup> way.

### **SPRING RADISHES, BRAISED *with* SHALLOTS & VINEGAR.**

- 2 large bunches of radishes, about 1 pound
- 3 large shallots
- 1 tablespoon butter
- 2 ounces salt pork, slivered into small slices (optional)
- 2 tablespoons balsamic vinegar
- ½ cup water
- 1 small bunch Italian parsley, leaves chopped into about two handfuls
- Salt and pepper

1. Trim away tops and bottoms of the radishes, reserving for soup or discarding to compost. (Ours were not in good shape so we let them go.) Slice each radish in half from top to bottom. Peel the shallots and slice into thin rings.
2. Heat the butter and salt pork over medium heat in a large heavy skillet (preferably cast iron). When the pork is starting to curl up at the edges and the butter has foamed and subsided, add the shallots and cook, stirring, until they start to brown slightly.
3. Add the radishes, placing each cut side down in the skillet. Let them cook undisturbed for about 2 minutes or until the bottoms just start to color.
4. Add the balsamic vinegar and the water – the water should just come up around the sides of the radishes. Cover, lower heat, and simmer for about 10 minutes.
5. Remove the cover and continue to simmer for about 3-4 minutes, or until the water has reduced into a syrupy sauce.
6. Add the parsley and sauté for about a minute or two, until it's wilted. Season with salt and pepper and serve.

*Adapted from a recipe we found on [www.thekitchen.com](http://www.thekitchen.com)*

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# COOK THIS!

ONE COOK – ONE INGREDIENT  
OUTPOST PUTS LOCAL CHEF JAN  
KELLY TO THE TEST WITH KIMCHI

by LISA MALMAROWSKI





FRIGID MONDAY FOUND US WARMING UP IN THE KITCHEN AT MERITAGE WITH JAN KELLY, CHEF AND OWNER OF THIS GREAT WESTSIDE RESTAURANT. WE REACHED INTO OUR MAGIC SHOPPING BAG, PULLED OUT KIMCHI AND CHALLENGED HER TO 'COOK THIS!'

**WHAT ARE THREE INGREDIENTS YOU CAN'T LIVE WITHOUT?**

Only three? Well, fresh herbs like thyme, basil and oregano, garlic and flavors of Southeast Asia like Sriracha hot sauce and coconut milk. And I guess that's more than three!

**OKAY, SO WHAT IS YOUR FAVORITE 'SECRET' INGREDIENT?**

Sweet chili sauce – it's great in just about everything and makes a great dressing too.

**WHAT IS YOUR LEAST FAVORITE FOOD?**

Scallops. They smell great, they look great, my customers love them but I just don't like them.

**WHAT IS THE BEST THING ABOUT OWNING AND RUNNING MERITAGE?**

I get to do what I love every day. I go home, come in the next day, and get to play all over again. I come from a family of chefs and I just love cooking!

**IF YOU WEREN'T A CHEF, WHAT WOULD YOU DO?**

I would be a vet or wild animal trainer. I love animals but only have one cat, Bonnie, right now.

**WHAT DO YOU COOK AT HOME THAT YOU NEVER COOK AT THE RESTAURANT?**

I don't like to fuss at home – two steps and dinner is done - so a simple roasted chicken or a one-pot tagine.

**WHY CHOOSE LOCAL FOOD SUPPLIERS?**

Coming from California, I grew up with a close relationship to farms and to where our food comes from. I've always enjoyed that and brought that love to each restaurant where I've worked and strived to work with local farmers and feature their products on the menu. From Steve at Pinn-Oak who supplies our lamb to my local buffalo supplier, I like building relationships. I'm actually supporting real people who work really hard.

**YOU WERE REALLY EXCITED WHEN YOU FOUND OUT YOU'D BE CREATING A DISH WITH KIMCHI. WHY?**

I guess I love kimchi because I love pickled things – it's all about that crisp vinegar bite you get and the heat from the chilies and the fact that it truly can be anything you want, cabbage is just the start.



**WHAT *is* KIMCHI ANYWAY ?**

Kimchi has been the king of Korean and Chinese cuisine for nearly 3,000 years. This traditional dish is made of vegetables seasoned with various herbs, aromatics, spices and even fish and seafood. There are hundreds of varieties of this tasty side dish, with the most common featuring Napa cabbage, radish, green onions or cucumber.

Many people believe kimchi is hard to make, requiring weeks of fermentation in clay pots while buried underground. While that may be true for traditional kimchi, simpler versions, adapted for the home cook, are out there to try for the adventurous.



# FISH STEAK WITH KIMCHI & MUSHROOM BROTH.

by JAN KELLY, CHEF & OWNER OF MERITAGE

**SERVES 4.**

DON'T LET THE STEPS INTIMIDATE YOU! THIS IS, AT ITS HEART, A SIMPLE DISH THAT IS CUSTOMIZABLE TO YOUR TASTE AND EVEN THE INGREDIENTS YOU HAVE ON HAND.

## MUSHROOM BROTH.

4 cups mushroom stems (preferably Shiitake or Portabella) or dried mushrooms

½ onion

½ bunch of cilantro

1 clove garlic

1 one inch piece of ginger, peeled

water to cover

1. Put all ingredients in a deep saucepan or stock pot. Fill with enough water to cover at least 2 inches above ingredients. The mushrooms will float but will sink after a little while.
2. Lightly simmer for about two hours.
3. Taste - if it seems too strong add some water or vegetable stock.
4. Can be cooled and refrigerated until needed.

## SEASONED MUSHROOM BROTH FOR FISH

To taste:

- Soy sauce
- Sambal or Sriracha hot sauce\*
- Rice wine vinegar
- Sweet chili sauce
- Salt

*The beauty of this broth is it can be any way you like it. To flavor the broth I add the above ingredients to taste. Start with a small amount and adjust accordingly. Because soy sauce is*

*a salty ingredient you may not need to add salt - tasting is important here. If you like it spicy, add more Sriracha or sambal. The sweet chili sauce adds sweetness to the dish and the carrots add some texture. The rice wine vinegar adds brightness from the acidity. Be creative and have fun!*

## PUTTING IT ALL TOGETHER.

4 six-ounce fish fillets (cod, mahi mahi, tuna or halibut all work nicely)

4 cups cooked udon noodles (or any noodle you prefer)

Toasted sesame oil

2 cups kimchi

2½ cups seasoned mushroom broth

½ cup chopped cilantro

Salt and pepper

1. Heat seasoned mushroom broth in a saucepan.
2. In a bowl, toss noodles with kimchi.
3. Heat a large sauté pan with the sesame oil.
4. While pan is heating, season fish fillets with salt and pepper.
5. When pan is hot, but not smoking, add fillets and sear on each side till desired doneness.
6. Divide the noodles between four bowls. Add broth around the noodles and place fish on top of the noodles. Sprinkle chopped cilantro for garnish.

*Jan recommends enjoying this dish with an Asian beer or a fruity, light wine like a Riesling or Gewurztraminer.*

## FOODIE GLOSSARY

**ASIAN CHILI POWDER\*** – Unlike the chili powder you'll find most often, this chili powder is made only from ground, usually Thai, chilies. Basic red chili flakes are a good substitute.

**FISH SAUCE** – A sauce made of fish that are allowed to ferment for a year or more. Yeah, it's smelly but it's magically salty and savory, too. It lends a deep, satisfying note to many Asian-inspired dishes when combined with other flavors.

**NAPA CABBAGE** – Sometimes called Chinese Celery Cabbage, this mild cabbage features very crisp, pale green crin-

kled leaves and a sweet, delicate flavor.

**SAMBAL\*** – This wickedly hot sauce often features the heat of habanero chilies. A common condiment in many Indonesian countries, it is sometimes substituted for fresh chilies.

**SRIRACHA SAUCE\*** – Named after a coastal city in Thailand, this zesty, slightly sweet hot sauce gets its flavor from chili pepper and garlic.

**\*AVAILABLE AT MOST ASIAN MARKETS**



# SPIRIT CREEK KIMCHI



CORNUCOPIA, WISCONSIN  
MILES TO MARKET = 377

Spirit Creek Farm is committed to local & sustainable farming. Nearly all of the ingredients in its lacto-fermented vegetables are from growers in the upper-Midwest; primarily the northern Wisconsin region.

Andrew and Jennifer Sauter Sargent's farm consists of vegetables, fruits, poultry and livestock. They live and work there with their 3 children and other companions - dogs, cats, chickens, ducks, goats and a diversity of wildlife. You can taste the life and care they put into the land and their products with each zesty bite of their vibrant kimchi.



## REFRIGERATOR KIMCHI

*This version, also from Jan Kelly of Meritage, is super simple, fantastically flavorful and gets better as it ages. Hmmm... kind of like Outpost!*

- 1 head Napa cabbage
- 2 tablespoons Kosher salt
- ½ cup sugar plus two tablespoons
- 3 tablespoons chopped garlic
- 3 – 4 tablespoons chopped ginger
- ¼ cup soy sauce
- ¼ cup fish sauce
- ½ cup Asian chili powder\*
- 2 teaspoons salted shrimp (in jar)\*
- ½ cup sliced green onions (optional)
- ½ cup julienned carrots (optional)
- Water if needed

1. Cut cabbage in half then cut crosswise into 1 inch pieces.
2. Toss cabbage with salt and two tablespoons sugar and let sit overnight in the refrigerator.
3. Make the brine - combine the garlic, ginger, Asian chili powder, fish sauce, soy sauce, shrimp, and ½ cup sugar. The consistency should be like creamy dressing. If too thick, add water.
4. Add carrots and green onions if using.
5. Drain cabbage then add it to the brine. Coat well.
6. Cover and refrigerate.

*Let sit for at least 24 hours. The longer it sits the stronger it will get, so just keep trying it till you find the length of time that works for you. I have let it go for a month, but I have also used it after 2 days - it just depends on what you like!*

## WANT MORE JAN?

CHECK OUT OUR  
CHAT ON OUTPOST'S  
YOUTUBE CHANNEL –

[WWW.YOUTUBE/USERS/  
OUTPOSTNATURALFOODS](http://WWW.YOUTUBE/USERS/OUTPOSTNATURALFOODS)



# (golden) EGGS

by PAUL SLOTH



**L**YNN LEIN HAS BEEN WITHOUT A DRIVER FOR A WHILE. THAT MEANS, EACH WEEK SHE HAS TO CLIMB INTO THE TRUCK AND MAKE DELIVERIES. IT'S NOT HER FAVORITE THING TO DO – DRIVE INTO THE CITY – BUT IT GIVES HER A CHANCE TO BUMP INTO CUSTOMERS AT OUTPOST.

Sometimes, if she sees someone with a carton of her Yuppie Hill eggs, she's not afraid to stop them in the aisles.

"I'll say, 'Thanks for buying our eggs. Thanks for the support'," said Lein, who knows first hand the importance of the local food chain.

"It puts us farmers in connection with consumers. If it wasn't for consumers, we wouldn't be in business."



Lein didn't grow up farming, but you wouldn't know it by watching her run her seven-acre operation in rural Walworth County.

It's safe to call Lein, 51, a suburban girl. She grew up around West Allis and Greendale. Her parents weren't farmers either. However, when their daughter decided to start farming 12 years ago, they pitched in, working side-by-side with her. Lein left her job with Aurora Healthcar, to start Yuppie Hill.

It all started with a couple of hens. Her children, who are now grown, brought them home and the family built a fancy coop for hens. It was finished inside and had curtains, so it would look nice, Lein said.

"The farmers would drive by and say, 'Look at those yuppies on that hill,'" Lein said. "It kind of just stuck with us. Nobody forgets."

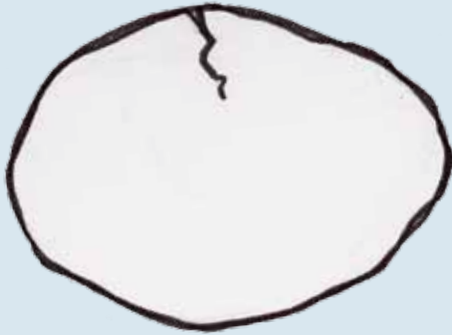
Two hens turned into a dozen. A dozen turned into 200 and so on. Lein has continued to grow as the demand for her brown eggs has grown. All the while, she's taught herself, through trial and error, how to become a farmer.

She eventually built a café at her farm where breakfast is served on weekends during the summer months. Lein maintains about 50 active accounts selling eggs to stores and restaurants in Madison, Milwaukee and Chicago. She's also planning another expansion at her farm.

"If we didn't have the demand, we wouldn't put up the barn, but the demand will be there for a long time, for locally raised food," Lein said. "People knowing where their food comes from is important."

# (our) MOST EXCELLENT EGGS

by MARGARET MITTELSTADT



**W**HAT'S IN AN EGG? PLENTY, IF IT'S NESTLED IN OUTPOST'S EGG COOLER. OUR BROWN AND WHITE GEMS COME FROM HENS THAT LIVE HAPPY LIVES ON FAMILY FARMS IN WISCONSIN.

They are allowed to do what chickens do best: roam, scratch, peck and cluck – no cages stacked atop one another and no corporate entity telling these farmers how to do business. Our eggs come from hens that are not treated with antibiotics or hormones because they have comfortable living quarters, fresh nutritional food and live in low-stress environments.

Egg sizes delivered to Outpost all depend on the variety of hens and their age and some sizes may be in abundance at times. Based on availability, we sell medium, large, extra large, and jumbo. Size really doesn't matter that much unless you're particular about your baking recipes.

The color of an egg has no bearing on its quality or nutritional content. White eggs come from hens that have white feathers and ear lobes and brown eggs come from hens that have red feathers and ear lobes.

Get this - one egg contains only 75 calories. Egg protein, mostly found in egg whites, is the highest of any whole food product. The yolk provides the majority of the vitamins and minerals found, including most of the choline – important for brain function, age-related memory decline, gene regulation and heart health - vitamin B12 and about 40% of the protein. Eggs also provide small amounts of lutein and zeaxanthin, two nutrients that are part of the carotenoid family (like beta-carotene in carrots) that contribute to eye health and help prevent common causes of age-related blindness.

## Beans & Barley<sup>®</sup> (a) RECIPE.

*Outpost and Beans & Barley have been friends since the 1970s. In fact, you could say we grew up together. Their wonderful café serves up tasty meals anytime of the day but we especially love stopping by for brunch. The folks at Beans were kind enough to share their recipe for this breakfast classic with us. After all, that's what good friends do.*

### BEANS & BARLEY EGG BURRITO

**THIS MAKES ONE VERY SATISFYING MEAL, BUT IT'S CERTAINLY BIG ENOUGH TO SHARE!**

3 Yuppie Hill eggs, whipped  
2 tablespoons green bell pepper, diced  
2 tablespoons red bell pepper, diced  
2 tablespoons spanish onion, diced  
4 tablespoons tomato, diced  
4 tablespoons queso cheese (mild white), shredded  
1 10" flour tortilla

1. Saute vegetables in oil or butter till soft.
2. Add eggs and scramble, stirring often till cooked through.
3. Place cheese in center of tortilla, top with the scrambled egg mixture. Fold in half, fold in the ends. While holding the ends, flip or roll the burrito over and toast in the oven until lightly brown.

*We don't usually add salt or pepper but follow your taste, especially if you would like to add something spicy. Serve with Beans & Barley salsa, a bit of fresh fruit and enjoy!*



BEANS & BARLEY MARKET & CAFÉ  
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WWW.BEANSANDBARLEY.COM



*the*

# **PANTRY RAID GIRLS ARE STILL COOKING UP FUN!**

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BLOGGERS AT –

[WWW.OUTPOST.COOP/CONNECT/BLOG](http://WWW.OUTPOST.COOP/CONNECT/BLOG)



# TABLE TALK.

HOW THE URBAN GARDENING MOVEMENT CAN CONNECT US WITH OUR PAST AND GIVE HOPE FOR TOMORROW

by MALCOLM MCDOWELL WOODS





**O**NE CLEAR, CRISP WINTER MORNING, WE GATHERED SOME OF OUR COMMUNITY'S BRIGHTEST MINDS IN THE CONVERTED DINING ROOM OF THE HOUSE THAT SERVES AS HEAD-QUARTERS FOR WALNUT WAY CONSERVATION CORP ON MILWAUKEE'S NEAR NORTH SIDE. IT WAS AS FAR REMOVED AS ONE COULD GET FROM GROWING SEASON IN THESE PARTS, BUT GARDENING WAS ON OUR MIND. WE WANTED TO KNOW: COULD THE URBAN FARMING MOVEMENT REALLY MAKE OUR LIVES BETTER?

Our guests at the kitchen table were Francesca Dawson, president of Walnut Way Conservation Corp; Ken Leinbach, executive director of the Urban Ecology Center; Gretchen Mead, executive director of the Victory Garden Initiative; and Martha Davis Kipcak, regional governor of Slow Food Wisconsin Southeast.

Moderator Pam Mehnert, Outpost's general manager, poured the coffee and started things off with a question, asking how the urban farm movement was doing in southeastern Wisconsin.

**Gretchen:** It's nice to understand how we got here. I was doing research a couple of years ago when I was trying to get chickens approved in Shorewood.

I ran across a turn of the century planning document (ca. 1900) in Shorewood. It described a deliberate effort to remove all signs of agriculture and industry from the yards in Shorewood. It was an epiphany to me... At some point, people just said 'we don't want to have any idea where our food comes from.' They didn't want to be reminded where it came from.

When you look at it that way, how deliberate the schism was, then I think we can really begin to appreciate the profundity of bringing it back in and reconnecting on a day-to-day basis.

What we're doing now is changing urban planning on a real pilot scale.

**Fran:** I find myself gardening or wanting to know more about gardening. So I have a little garden in my backyard. I have a peach tree, a cherry tree. It's not just the food. It brings so much more.

My four year old daughter will say, 'OK we're having dinner, let's go cut the broccoli. It brings your children closer, it brings your

neighbor closer... it's amazing how many urban children don't know what a peach tree is. So my 4-year-old goes 'Come on in, you want a peach?' It brings in neighbors of all ages.

**Gretchen:** It's the new front porch.

**Fran:** It is the new front porch. It draws people in.

**Martha:** Even in this digital age, the renaissance of growing your own food brings us back to that need for something so honest and simple and uncomplicated as low-tech as you could possibly get, with soil and water and...

**Fran:** Sun...

**Martha:** Yes, sunshine, the elements. It's very primal.

**Ken:** Not to be totally Pollyannaish about it, though. It's not easy. And it does take work. It requires training, if you've never done it



At left (clockwise from bottom): Francesca Dawson, Martha Davis Kipcak, Gretchen Mead and Ken Leinbach chat with Pam Mehnert in the converted dining room of Walnut Way's offices



**"IT FEELS GOOD TO LEAVE THE CELL PHONE, THE PAGER, THE RUSH OF LIFE AND I'M OUT THERE WITH MY HANDS IN THE DIRT. I DON'T NEED ANYTHING BUT DIRT AND WATER AND SUN AND PLANT."**



before.

**Fran:** I'd never done it before. I grew up with grandparents who did it in the south, but I never had. I went to Growing Power and they showed me how to do it. But I'm still learning. I've killed my share of plants.

**Pam:** We all do!

**Fran:** It is a learning process. I work during the day in a technical field and in the tech world everything is rush, rush, rush, give me a cell phone, give me a pager, give me this, give me that, everyone wants something now. Well, this (gardening) helps me relax.

**Gretchen:** I'm so with you.

**Fran:** It feels good to leave the cell phone, the pager, the rush of life and I'm out there with my hands in the dirt. I don't need anything but dirt and water and sun and plant.

But it is educational because you have people used to fast paced lives and 'if I plug it in it's supposed to work. I shouldn't have to do anything else. I'm supposed to weed what?' It's a good feeling on the inside to say 'I grew this.'

**Martha:** My joy really comes from the kitchen. I get lots of joy from bringing it into the kitchen and creating things. I always want to say, even if we had everyone growing their own food, if it doesn't come into the kitchen and into the belly, it's really just making some great compost. So that's the next step - of really making that connection so that we can feed ourselves.

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**Pam:** Well, I think there's an interesting connection with kids with what (you) are doing because so many kids didn't grow up with that connection. My great grandparents were truck farmers in Milwaukee. They would take produce to the farmers market and I would walk through the field as a 6-year-old with my mom, picking tomatoes and eating them right off the vine. There's a connection there that forms appreciation for food as well as an understanding of where it's coming from.

**Ken:** The large population that we work with, most of the urban kids, do not have that agrarian background.

I think the work we're doing is exceptionally important for the community building we talked about, for the food we're talking about, but I think another level of it is just retaining the craft. We are the mentors for so many people and that's really necessary as we progress.

**Fran:** But it takes organizations, to say, 'hey come out here, you could actually do things instead of watch TV and play video games.'

**Martha:** Or the schools can, create some sort of intentionality about giving this opportunity for shared learning.

**Pam:** So what are the hurdles? There are generational issues certainly - and familiarity. Is there enough land?

**Gretchen:** There's definitely enough land to get started. And I do think the city is really moving forward in the ways that it can... definitely wanting to at least get out of the way.

But I think we have to offer the younger generation the opportunity to value it. Before we can ask them to embark on growing their own food, you have to convince them it's worth it.

Right now, it's really telling that people can walk right by an apple tree in the city and not consider it food at all. It could be hanging with the fruit of the season and no one would even think to eat one. That's really telling to me. So how do you create the idea that that food has value, that money and food are not synonymous, because people right now think that in order to have food, you need to buy it?

So how do we teach that? How do we teach the value of food economy?

At our house, we're surrounded by the connection. My daughter can go out in the yard and see where we put the compost last year, the waste we made, how it turned into food. And at dinnertime, I'm able to say this is the food we grew or there's a farmer somewhere or think of the pig who gave its life for us.

**Fran:** Children are curious. Whatever they see you doing in the yard, they want to try.

**Pam:** But how do people get the education?

**Martha:** That's one of the beautiful opportunities of urban agriculture - it's this opportunity to learn alongside others. It's not the conventional student teacher relationship. It's a level playing field and that's a really, really powerful thing.

I've seen that at Sweetwater Organics, I've seen it as they take

this into schools for the kids.

**Gretchen:** And I think there's a little bit of a 'if you build it, they will come' factor. So how do we foster those places where somebody can go and make those connections between food and ecology? Just as you find solace in your garden (to Fran) how do we allow children as many opportunities as possible to access those places?

Well, if you go to a farmers market and you can say to your child, 'this is the farmer right here who grew this and the food came from this place.' It definitely is a lot more meaningful to a child to see that relationship than the one in a grocery store where it's just anonymous.

**Ken:** You asked about barriers earlier and I think one barrier is just a perception thing. The whole concept that a pristine monoculture lawn is beautiful is actually a concocted concept. It's really only 50-60 years old.

I remember being in the Netherlands and their definition of beauty is clearly different from ours because gardens are just all over the place, all different types - flower gardens and vegetable gardens - all intermixed. There's a lot to be learned from the natural world - which is built on biodiversity. The way we've structured our culture here is we are separating everything out - we have our homes over here, you have our jobs over there, which means you have to get there, you have your energy source way over here.

**Gretchen:** You remind me of something you said once about the Urban Ecology center, about how you were doing these trips with children out to the middle of nowhere to teach them that that nature was beautiful and it's the same thing we need to do with food. Teach them that this food is beautiful in the city and until children see that firsthand in their lives, the connections aren't going to stick.

**Ken:** We're at a stage in our growth population wise where it's going to be very critical to be thinking that not only do we have to be growing food for ourselves but we need to sustain the whole planet

**Martha:** That system approach is really key to us making a paradigm shift.

**Gretchen:** It works better. When you have a diverse food system, our food grows better. I've been reading about permaculture lately, which has to do with balancing those ecosystems. When white people came to this world, the Native Americans were cultivating the forest. They planted in the forest and they cut back some things and trained the forest to produce more food for them.

They weren't just randomly harvesting in the forest. They actually created a diverse ecosystem that fed them. But when we came to this country, no one recognized that as a food

system. We wanted to do the traditional agriculture instead. Thus, the clearcutting.

**Pam:** That's so sad.

**Gretchen:** I know. We had the food forest all around us.

**Ken:** Food requires a little bit of everything. So it makes you think about sunlight differently, and it makes you think about water differently.

**Martha:** Snow...

**Ken:** Snow, too. Yes, it connects you to the world. At the UECC, the reason we exist is to connect people to nature and the outdoors. And the reason we do that is that if you take a kid with consistent contact with the land and a kid next to him doesn't, the kid who does have the contact will have a higher chance of having an environmental ethic. They'll make decisions that impact the entire planet in a better way.

And gardening is a great avenue to do that. As many of you said, just getting outside with a kid has a huge impact. And I'm now watching my kids who have grown up with this - sort of blossoming out and doing their own thing now and it's like, 'wow, it worked!'



# OUTPOST'S

(secret recipe)

## BEET SALAD with PUMPKIN SEEDS

SERVES 6

THIS WILL MAKE ABOUT 2 POUNDS – THE PERFECT AMOUNT FOR THAT LATE SPRING PICNIC. BEETS ARE DELICIOUS, BUT MESSY AND YEP, THEY WILL STAIN, SO PROTECT YOUR WORK SURFACE OR LEAVE THE WORK TO US AND LOOK FOR THIS DELICIOUS SALAD IN THE PREPARED FOODS DEPARTMENT AT ANY OUTPOST LOCATION!

- 2 pounds raw beets, without stems and leaves
- 2 tablespoons balsamic vinegar
- ½ teaspoon Dijon mustard
- 1 tablespoon finely chopped, fresh basil
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 5 tablespoons extra virgin olive oil
- ¼ cup roasted, salted pumpkin seeds
- ½ cup finely chopped green onions

1. Scrub beets and steam until soft. Remove from heat and cool. Peel and quarter beets. Thinly slice each quarter piece into 1/2 inch slices. Place in bowl.
2. Whisk together balsamic vinegar, mustard, basil, salt and pepper. Add olive oil and whisk until well combined. Season with additional salt and pepper to taste. Pour dressing over beets. Add pumpkin seeds and green onions to beets. Gently toss to combine.

*Per serving: 196 calories, 15g fat, 2g sat fat, 12g carbohydrates, 5g protein, 176mg sodium, 3g fiber*



# DEEP ROOTED.

## HOW THE DREWRY FAMILY TAPS A LONG HISTORY OF MAPLE SYRUP PRODUCTION

by MALCOLM MCDOWELL WOODS

**I**T'S ALL DARK BROWNS AND GRAYS, THE LANDSCAPE NOW. NATURE, IN THIS SMALL STAND OF TREES AN HOUR NORTH OF MILWAUKEE, SEEMS FAST ASLEEP UNDER THE WORN BLANKET OF TIRED SNOW. EVEN ON A CRYSTALLINE-BLUE EARLY MARCH DAY, IT'S WHISPER-QUIET IN THE WOODS.

Hard to believe in this stillness, but the earth is lumbering back to life. Beat by slow beat, a heart pumps. Coursing through the veins of the trees and trickling through the spider's web of tubes connecting the mature maples in this forest, is sap. Sap is moving. And spring is afoot.

In this forest, farmed by the Drewry family for more than 160 years, it's the dawn of a new season producing maple syrup. For the next five or six weeks, the family business will be crazy. You make syrup when the sap runs.

Barb Drewry-Zimmerman is the manager of the farm and, as much as anyone, runs the maple syrup operation here. On the day I visit, Barb is bright and cheery and spattered with paint specks from house painting. She matter-of-factly recounts her family's proud history on the land. "I've seen old family photos of maple syrup production from the late 1800s, when they made just enough for the family," she recalls. "For the past 100 or so years, we've been selling it commercially."

You can find it at a few stores in the area, local farmers markets, and at all three Outpost locations, still with the gold label designed by Barb's mother's mother.

This is a small family business, and a tour of the facilities reveals a place built by necessity, frugality and ingenuity. An intricate network of tubing runs through the forest, collecting the sap. In some sections, a vacuum system helps coax the sap more quickly and increases yield.

At the steamhouse, sap collects in two large steel troughs, formerly used by cheesemakers. From there, it moves into a reverse osmosis (RO) machine which helps accelerate the separation of water from the syrup.



The RO speeds up the process so the liquid needs far less boiling time before it's syrup. It creates a lighter hued syrup, and some confusion on the part of consumers, who might think a lighter syrup is less authentic or contains additives. "A lot of people look for darker syrup because they think it will have more flavor," Barb notes. "But when you use a reverse osmosis machine to help remove water from the syrup, you just reduce the amount of boiling time needed."

The vacuums and the RO machine help the Drewrys make more syrup, which they hope meets the rising demand they've seen over the past several years. Barb says sales have grown steadily in recent years.

"It's a no brainer, to me," she says of the sales growth. "There's just so much interest in natural foods these days." And sap, collected from a tree, boiled and bottled... you can't get much more natural than that.

BEFORE I LEFT, BARB SHARED A QUICK RECIPE: A THANKSGIVING GLAZE. "I MAKE A GLAZE, MIXING EIGHT PARTS APPLE CIDER TO TWO PARTS OF MAPLE SYRUP, AND THEN REDUCING IT IN A SAUCEPAN." THIS PAST YEAR, SHE SLICED THE TURKEY AND SET THE SLICES IN HER SLOW ROASTER, DRIZZLING THE GLAZE OVER EACH LAYER BEFORE COVERING WITH MORE TURKEY SLICES. "THE FAMILY LOVED IT," SHE REPORTS. "AND, IT'S ALL NATURAL AND LOCAL, JUST MAPLE SYRUP AND APPLE CIDER."

WE DON'T THINK WE CAN WAIT UNTIL NEXT THANKSGIVING TO TRY THAT. EASTER HAM, MAYBE?

## (a) RECIPE.

### FLUFFY FLAPJACKS

SERVES 4

F-F-FLUFFY F-F-FLAPJACKS! IT'S LIKE A WEEK-END AT THE CABIN. YOU MIGHT NEED TO FEND OFF BEARS, BIRDS, LUMBERJACKS, YODELERS AND ANY OTHER WOODSY CREATURE ONCE THEY CATCH A WHIFF OF THESE GOLDEN BEAUTIES. LOAD YOUR CAKERS WITH BERRIES AND TOP WITH SOME WARMED MAPLE SYRUP. TRY DREWRY FARMS MAPLE SYRUP - IT'S LOCAL!

1½ cups plain non-fat yogurt  
1 large egg  
1 cup whole grain pancake mix  
¾ cup skim or 1% milk

1. In a bowl, combine yogurt and egg. Mix well. Add pancake mix and blend just to combine.
2. Lightly spray a nonstick pan or griddle. Ladle out 1/3 cup of batter per pancake. When edges are firm and batter starts to bubble, turn pancakes and cook for 1 minute more. Serve immediately.

*Per serving: 190 calories, 3g fat, 33g carbohydrates, 10g protein, 440mg sodium, 200mg calcium, 3g fiber*

*Recipe adapted from the American Dairy Association*

### SO HOW IS MAPLE SYRUP CLASSIFIED ?

MAPLE SYRUP SOLD IN WISCONSIN IS OFTEN GRAD-ED ACCORDING TO THE USDA'S CLASSIFICATION SYSTEM, WHICH IS PRIMARILY BASED ON THE COLOR OF THE SYRUP AND ITS TRANSLUCENCE.

**GRADE A** IS WHAT YOU'LL USUALLY FIND IN STORES, THOUGH IT CAN BE FURTHER DIVIDED INTO LIGHT (OR FANCY), MEDIUM OR DARK AMBER, THE FLAVOR DEEPENING AS THE COLOR DARKENS.

**GRADE B** IS DARKER STILL, WITH A MUCH MORE PRO-NOUNCED FLAVOR, AND IS USUALLY RESERVED FOR COMMERCIAL COOKING USES.



DREWRY FARMS MAPLE SYRUP  
W5762 WINOOSKI ROAD  
PLYMOUTH, WISCONSIN 53073  
920 893 5189



*Barb Drewry-Zimmerman with a bottle of her family's syrup in their bottling room.*

# IN AN IDEAL WORLD...



by MARGARET MITTELSTADT

**T**HERE ARE A NUMBER OF DEFINITIONS FOR THE WORD TRUST. REGARDLESS OF WHETHER IT'S TREATED AS A NOUN OR A VERB, TRUST IMPLIES STRENGTH, RELATIONSHIP, AGREEMENT, AND CARE. IT FEELS WEIGHTY, AND IN A GOOD, IMPORTANT WAY.

A number of progressive groups in the Milwaukee area are working to grow and develop urban gardening and agriculture. One of these is the non-profit organization Milwaukee Urban Gardens, known as MUG. What you might not know is MUG is a land trust. An urban land trust might seem like an odd thing, however, there is a lot of vacant property within Milwaukee's city limits that, with a little tender loving care, could be put to good use for growing food. And this is where MUG steps in.

Milwaukee Urban Gardens' mission is to purchase, lease or seek out easements for unused parcels of urban land, and partner with neighbors for the purpose of growing community gardens. They are also responsible for paying the insurance and taxes for the properties, as well as managing technical issues that may arise. According to Executive Director Bruce Wiggins, "We focus on securing the land with the goal of working with the neighbors to build community gardens and provide a place where the soil can be developed, compost bins can be built up and food can be grown without the threat of the property owner selling the land." In those instances where MUG leases land, it works in partnership with landowners, focusing on the future.

These community gardens also become a sanctuary for area residents (not to mention birds and other wild creatures), providing a peaceful place to relax, read, or simply to gather for the common good.

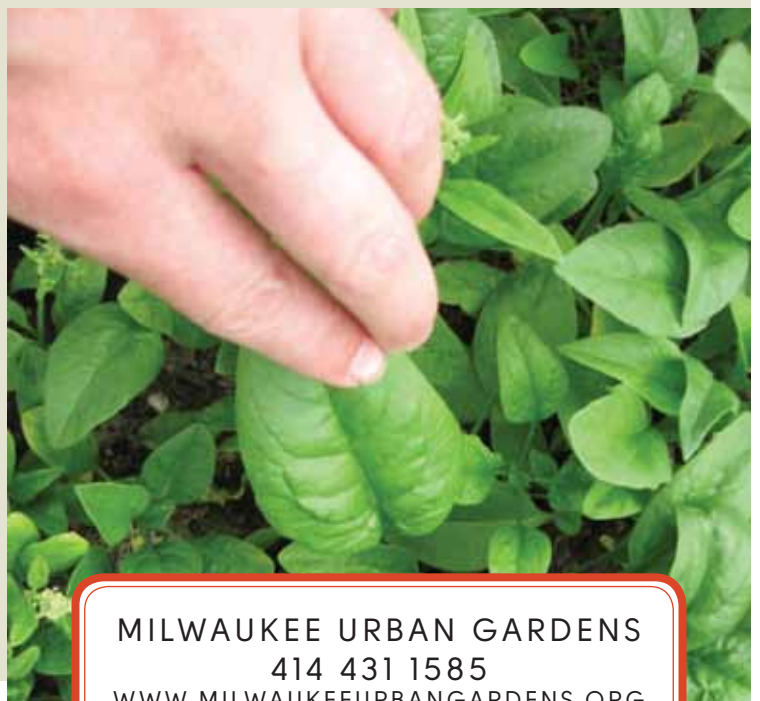
This coming October will mark the tenth anniversary for the group. Five community gardens form the cornerstones for the work that they do. MUG owns the land for these gardens: Village Roots in Bay View, Hocking Heritage and Spencer Community Gardens on the northwest side, Cluster Two Grow and Play Lot in Harambee, and Greenfolks Garden in Riverwest. This past year, MUG leased land for

## ...OUR CITY'S EMPTY LOTS WILL BE TOMORROW'S FARMLAND

16 gardens throughout the city. MUG board, staff and volunteers collaborate with groups on a variety of gardens, such as the Off the Grid Milwaukee, All Peoples and Harambee Gardens projects, and Kilbourn Gardens along North Avenue across the street from the former reservoir. MUG is also working on initiatives like World Lunchbox, a comprehensive curriculum that will join students with different cultures, ethnic groups, food sustainability and security issues, and justice.

Education is a key component of MUG. Currently, a task force is studying rain-harvesting systems to get people "off the hydrant." "Cisterns, rain barrels, swales, berms. There are more sustainable ways to get water and not have to pay hydrant fees for it."

Each year, in his own abundant garden, Wiggins likes to experiment with growing one new food. This spring, he is going to plant fava beans. "They are good for Middle Eastern fare, like hummus. They really like cool weather, so I can plant them early – as soon as the ground can be worked," directly sowing them into the chilly April earth.



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