

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

WHAT WOULD
A HEALTHY
MILWAUKEE
LOOK LIKE?

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ALAMELU
VAIRAVAN
TAKES ON
BUTTERNUT
SQUASH

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GOING
UNDERGROUND

*The real dirt on
root vegetables*

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Local Food Bloggers'

I POTLUCK

SEE WHAT THESE MILWAUKEE
FOODIES BRING TO THE TABLE

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A WORD FROM
THE EDITOR.



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.

DEAR READERS,

CLEMENTINES ARRIVED IN OUR STORES AS I WRITE THIS, IN LATE NOVEMBER. THE SMALL, SWEET FRUITS HAVE ALWAYS HERALDED THE HOLIDAY SEASON FOR ME, THOUGH THEY HAVE COME A LONG WAY TO DO SO – MOST OF THE WOODEN CRATES HAVE TRAVELED FROM SPAIN AND OTHER SUNKISSED MEDITERRANEAN LANDS.

When I was a child living in Ireland, the early winter appearance of oranges, tangerines and clementines in the bins at the green grocer was as much a harbinger of the approaching holiday as twinkling lights and decorated store windows. They also brightened up a diet left wanting for color that time of year, when beige, white and dark root vegetables were king and our family used ketchup as much for its bright crimson hue as its taste.

The citrus bounty was evidence of a larger world of mouth-watering tastes, and it would not take long for that bounty to reveal itself year-round, as the jet age brought here-to-fore exotic fruits and vegetables to the green grocer. There, they easily stole attention from pallid turnips and potatoes. You can buy kiwi year-round now in Ireland. Kumquats, too.

That's progress, of course, but it does come at a price.

We unintentionally ate a largely local, seasonal diet back then, in the days when Father Christmas left a plump, juicy orange in our stocking. The signs at the green grocer usually provided farm of origin info – the new potatoes were from Merville, or Letterkenney or County Down. On weekends, we'd go for walks or drives out of the city on the small bumpy lanes twisting through those farm fields, where much of our food was grown.

I'm happy, of course, to have oranges year-round, and New Zealand apples in spring and ripe tomatoes any day of the year.

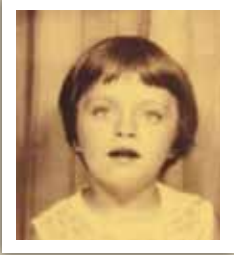
But I still think of winter when I see clementines. And those clementines make me think about both the wonder and joy that food can bring – and the connection that is lost when that food comes to us not on muddy tractors trudging into town but bundled up tight on planes, trains and boats from lord only knows where.

It's a big old world, and our smallest actions ripple across its entire surface, but pay attention to where your roots dig deep. They seek connection and community. They seek nourishment.

MALCOLM MCDOWELL WOODS
editor

graze@outpost.coop

WHO IS GRAZE ?

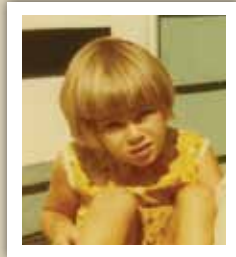


i am **LISA MALMAROWSKI.**

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.



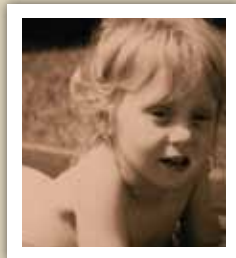
i am **PAUL SLOTH.**

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.



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 **CARA BERKEN.**

I like making things better. It could be the arrangement of images and type, finding the perfect accent piece for a room, organizing my closet by season, color and sleeve length. My passions are laughing, traveling, and sampling all of Milwaukee's newest restaurants.



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



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- GRAZE.

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IN THIS ISSUE...

CARA BERKEN . LISA MALMAROWSKI . MALCOLM MCDOWELL WOODS . MARGARET MITTELSTADT CARRIE ROWE . PAUL SLOTH

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8

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Hot Dog!

12

Here are
3 tasting
parties you
won't want
to miss...



saturday
January

11am **21** 2pm
All Stores!

**Cha Cha Chili
Sampler**

Featuring chili,
hot sauces,
cheese, beer and
more!

saturday
February

11am **11** 2pm
All Stores!

**Foods You'll
Love Sampler**

Featuring a
chocolate tasting
bar, seafood, wine
and more!

saturday
March

11am **17** 2pm
All Stores!

**Green Eats
Sampler**

Featuring a bevy
of green foods
and festive
holiday flavors!

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OUTPOST
NATURAL FOODS



I (you'll)

SWOON.

THINGS WE LOVE.



OMANHENE HOT CHOCOLATE MIX

A GOOD REASON TO LOVE WINTER

- Sure, you can make hot chocolate from scratch – grate the chocolate and then carefully whisk in warm milk
- – but it’s not easy to do that when your teeth are chattering after a brisk afternoon of ice-skating! That’s when we turn to this local favorite. It’s full of decadent, rich chocolate flavor, easy to make and even easier to swallow because the chocolate is fairly traded.

SUSIE'S NATURE BARS

ADMIT IT, THESE ARE BETTER THAN THE ONES YOU MAKE AT HOME

So, a barefoot hiker and two squirrels walk into a nature bar... no, we're not talking about that kind of nature bar. This one is a locally made granola bar that's so fresh and delicious you'll swear it's homemade. Every nut is still crunchy, and every bar is soft, sweet and chewy. Made in small batches up the road in Hartford, Wisconsin, these granola bars are perfect for tucking into a purse or backpack for a quick, on the go nosh. There's a flavor for everyone (we love the Trail Mix bar) so it's easy to find a favorite.



FIELD ROAST FRANKFURTERS

WE CAN'T WAIT FOR SUMMER, SO WE'RE STARTING THE PICNIC NOW

So darn good we want to buy them by the truckload. In fact, they're the best vegetarian substitute for hotdogs we've ever tasted. With a classic hotdog flavor and the right 'snap,' they are really good plain and unadorned. But what fun is that? They're even more amazing with all the standard hot-dog condiments piled high on a bun. Or try them sliced in your favorite baked beans. Heck, go ahead and fry one up for breakfast!



BLUE FARM TORTILLA CHIPS

GET THE BLUES AND BE HAPPY ABOUT IT

Are you confused over which corn chip will make you flip? Are you tired of chips that don't hold up to dip? Do you long for something that is really different but unfailingly familiar at the same time? Then look no further, friends, Blue Farm Chips are here. These local favorites are made from 100% organic blue corn grown right here in Wisconsin. They are perfectly crisp, perfectly salted and the perfect thickness – not too thick or thin. Bonus, organic means you forgo the nasty GMOs.



OUTPOST'S OWN CHICKEN CORNISH TURNOVERS

TALK LIKE A LUMBERJACK – CALL THEM PASTIES

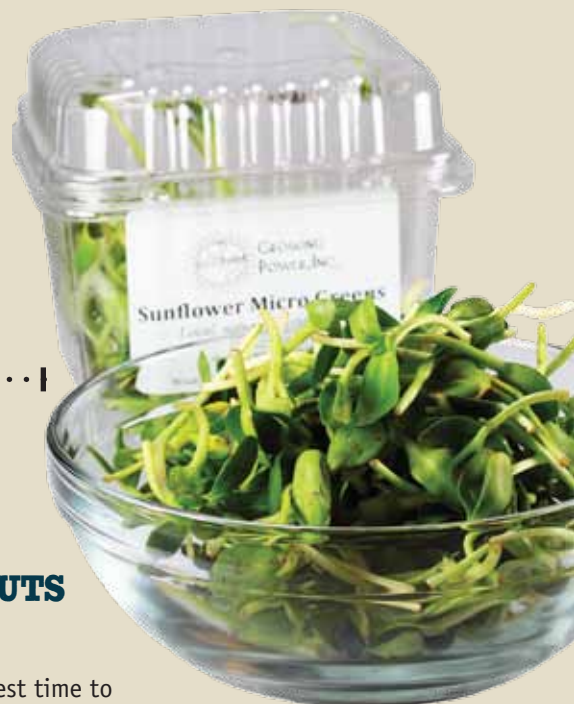


This type of handheld savory pie is all about the crust. Or is it the filling? Not to worry, these turnovers have both. Each crust is made by hand and baked to golden, flaky crispness. The filling is chock full of all-natural chicken breast, potatoes, carrots and other veggies in a light, creamy sauce. This is true comfort food – soul-satisfying, savory and warm. We often go old school and eat them with ketchup, but they'd be great with steak sauce, bbq sauce or gravy as well.

NEW BELGIAN TRIPPEL ALE

A SIPPING ALE FOR BELGIAN BEGINNERS

We enjoy big ales with the best of them – assertive, complex, chewy brews, but let's face it – one and you're done. That's why we turn to New Belgian's Trippel. It's crisp and well balanced, just bubbly enough and flavorful, but not overwhelming. It's a little fruity, so the coriander notes lend the perfect balance to the floral tones. And it's smooth, smooth, smooth. Here's the part where we tell you what to pair it with, right? Try a fireplace and a good friend. Crack one open, pour into a fancy glass, sit back, relax and watch it snow.



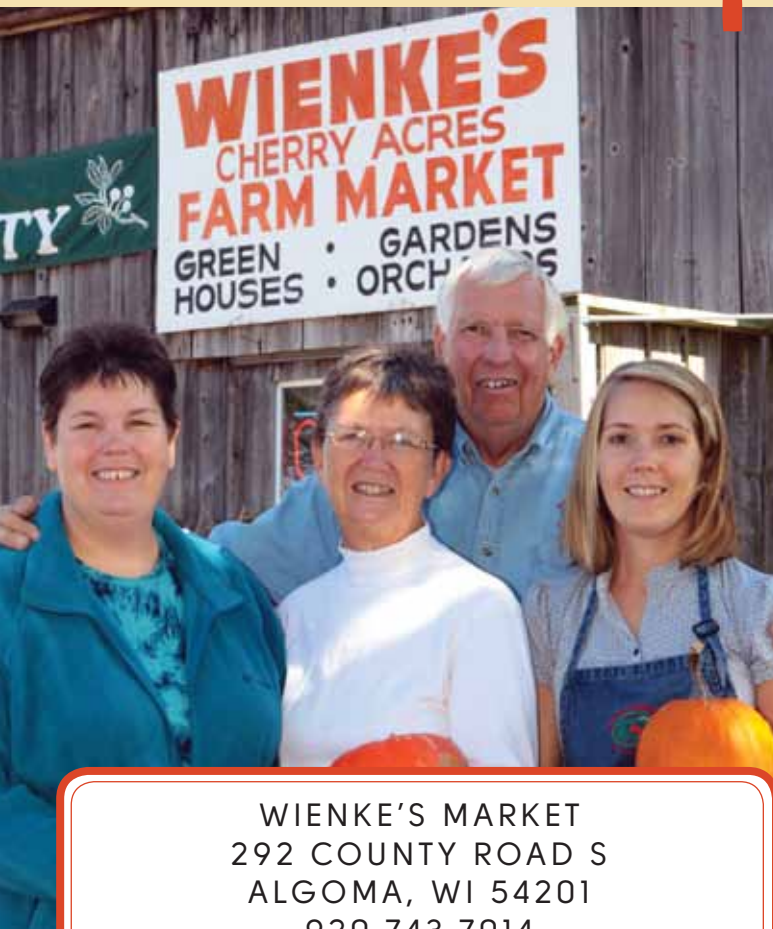
GROWING POWER SUNFLOWER SPROUTS

GREENS WHEN YOU NEED THEM MOST

Let's face it, the cold heart of a Wisconsin winter is not the best time to go scouting for fresh, local produce, unless, that is, you're looking in Milwaukee. Our pals at Growing Power keep us in the green throughout the year, but it's never more appreciated than now. We love everything they grow, but we can't get enough of their sunflower sprouts. We sprinkle them on salads, tuck them in sandwiches and sauté them in stir fries. And when no one is looking, we cram them in our mouth by the handful, starved for fresh greens and satiated by sunflowers.

pickled **PARADISE**

by PAUL SLOTH
photos by PAUL SLOTH



WALK INTO WIENKE'S MARKET, AND YOU MIGHT THINK YOU'VE STEPPED BACK IN TIME. NOT TOO FAR BACK, BUT JUST ENOUGH, TO A TIME WHEN THE HARVEST MEANT TIME IN THE FIELDS REAPING THE BOUNTY AND TIME IN THE KITCHEN PUTTING UP CANNED GOODS TO LAST THROUGH THE WINTER.

With a steady, year-round supply of food available, most families don't preserve foods like they used to, but Wienke's carries on the tradition of canning the old-fashioned way.

Outside, there's a gentle breeze off Lake Michigan and if your senses are keen, you can catch a whiff of dill wafting through the fields behind Wienke's.

Rows of dill are planted and harvested each year at Wienke's and are used to make some of the market's most popular products, pickles.

Through the years, Wienke's built a reputation for selling fresh produce and baked goods, but their canned goods keep customers coming year-round. That's because these aren't your ordinary canned goods.

WIENKE'S MARKET
292 COUNTY ROAD S
ALGOMA, WI 54201
920.743.7014

WWW.ATASTEOFDOORCOUNTY.COM



These are pickles that tastes like the ones your grandma used to make. Wienke's owner, Don Wienke, thinks he knows why Wienke's pickles are so popular.

"First of all, the quality of everything we put in the jars. Everything is done by hand. It's not mass produced. It's done in small batches," Don said. "We use only the freshest things that we can find. We raise a lot of our own fruits and vegetables and those are all processed and put into jars fresh."

Don and his wife, Jane, didn't start out selling pickles. The couple started selling produce from a card table set up in front of their farm in the southeastern corner of Door County.

What they started out doing eventually grew into a full-fledged business, a small market much like the ones Don remembers from his childhood growing up in La Crosse.

Don knew the grocery business. He grew up steeped in it, at his father's knee. Watching the demise of the small corner grocery store and the advent of the supermarket, Don's father moved the family, first to Milwaukee and then to Algoma, Wis., where he opened the town's first Piggly Wiggly grocery store, which Don managed.

After his father retired in the late 1960s, Don and Jane decided to strike out on their own and opened Wienke's Market. More than 40 years later, Don and Jane still run the business,

now with the help of their two daughters, Sigrid Slaby and Marit Virgin.

Family is important at Wienke's and so is tradition. It was Jane's mother who suggested making and selling jam one year. Then came the pickles. The kitchen at Wienke's has been humming ever since, with a canning crew that works year round making a variety of products — pie filling, sauerkraut, apple sauce, among others — that are sold in stores throughout Wisconsin and parts of Illinois. Another nod to tradition, and to quality: Wienke's still uses only glass jars.

The popularity of Wienke's products has also made the market a destination for people visiting Door County.

Daughter Sigrid said Wienke's products remind a lot of people of a tradition they have either lost or never experienced — canning. If people aren't going to make their own pickles, well, Wienke's is there to do it for them.

"Grandma Nelson's (my mom's mom) pickles were so good. Everybody always ranted and raved about them, so we just used her recipes," Sigrid said. "I think the hominess of it, the down home feeling and it's all fresh. We strive for that."

(our) TABLE OF ROOT VEGGIES.

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

Be
BEETS



FLAVOR . SWEET, TANGY & EARTHY; GREAT DEAL OF SUGAR
USE . BEST ROASTED TO CONCENTRATE FLAVOR

Br
BLACK RADISH



FLAVOR . SHARP & HOT, VERY FIBROUS
USE . GRATE INTO YOGURT OR SOUR CREAM TO PAIR WITH RICH FOODS

WE'RE NOT GONNA' LIE. APPLES, ORANGES, TOMATOES, PEPPERS... THEY'RE THE STARS OF THE PRODUCE AISLES, BRIGHT VIVID COLORS THAT DRAW ONE'S EYE AND TRIGGER THE DROOL RESPONSE. THEY JUST SHOUT SUNSHINE AND SENSE-SNAPPING TASTE.

Root vegetables? Not so much. The somber, dirtied husks of parsnips, radishes, beets and their subterranean soulmates hardly cry out for attention. Their withered, grimy faces seem to ask one to turn away, to avert one's eyes.

That would be a mistake. Because buried beneath the surface is a wonderful tapestry of tastes – from the sharp, mustardy bite of the radish, to the oh-so subtly sweet, soulful flavor of the rutabaga. Dig a little deeper in the root section. You'll be glad you did.

Tu
TURNIP



FLAVOR . A LIGHT, MUSTARDY BUT CLEAN TASTE
USE . IN DISHES WITH WHITE WINE & GRATED HARD CHEESES OR CREAM

Ce
CELERIAC



FLAVOR . DEEP CELERY FLAVOR; FIRM TEXTURE
USE . GREAT IN SOUPS & STEWS, ESPECIALLY WITH CHICKEN

Ru
RUTABAGA




FLAVOR . HEARTIER & SWEETER THAN TURNIPS; EARTHY
USE . MASH 50-50 WITH YUKON GOLD POTATOES FOR A TREAT

Pa
PARSNIP



FLAVOR . BRISK & LIGHTLY SWEET; MORE PRONOUNCED THAN CARROTS
USE . TEAM WITH CREAM, NUTMEG & ONIONS

Sc
SUNCHOKE




FLAVOR . SUNFLOWER ROOTS ARE LIGHT & MOIST;
USE . BEST STEAMED, ADD-ON LEMON, CHIVES, OLIVE OIL & GARLIC

Bu
BURDOCK



FLAVOR . HIGHLY FIBROUS & CHEWY, MILD IN TASTE
USE . CUT VERY THINLY INTO PLANKS OR MATCHSTICKS, THEN COOK IN MISO SOUP

Ko
KOHLRABI



FLAVOR . A MILD, SWEET CABBAGE OR BROCCOLI
USE . PEELLED & SLICED, IN SALADS

Hr
HORSE RADISH



FLAVOR . HOT & MUSTARDY; MOST POTENT FRESHLY GRATED
USE . GRATED IN DIPS & SAUCES



GRAINS OF TRUTH

by PAUL SLOTH

IT'S WARM INSIDE THE SPROUTED BAKEHOUSE, REALLY WARM. NOT SURPRISING FOR A BAKERY, BUT IT'S THE LIVING ROOM-SIZED OVEN IN THE CORNER THAT REALLY HEATS THINGS UP. THE OVEN IS ON ITS WAY OUT, BUT UNTIL IT'S FINALLY RETIRED IT SERVES AS A BACK-UP OVEN WHEN ORDERS MOUNT AT THE WAUKESHA BAKERY.

Two smaller ovens are baking off hot dog buns and dinner rolls, each one pumping out close to 400°. They're newer, flashier and more efficient, but the old fiery beast is something to behold, an antique that takes more than three hours to heat up before the head baker can start feeding dozens of loaves of bread into its giant maw. Bakers have measured temperatures close to 700° above the old oven, used for decades in this bakery, until two years ago known as Cybros.

One of the first things owners Jenny and James Marino decided to do when they purchased the bakery was change its name. They wanted a name that more accurately reflected what it is they're doing at the bakery — baking with sprouted grains.

After the financial markets collapsed in 2008, the Marinos, both of whom grew up in Mequon, decided they wanted more control over their own destiny. The couple started looking to buy a local business that would keep them close to home and had what they considered to be great growth potential. They weren't looking to buy a bakery, but Cybros was one of the first businesses the couple looked at.

"Who were we kidding? We didn't know anything about baking. We tabled Cybros and moved on, looking at all kinds of other options," Jenny said.

Then came a fateful summer night. Jenny made turkey burgers for dinner and served them on Cybros Sprouted 7 Grain buns. The next morning, the Marinos set things in motion and ultimately bought the company.

Their basic dough is a combination of red wheat berries and a mixture of 6 other whole grains (millet, corn, rice, rye, oat groats and barley). The grains soak in a warm water bath for 24 hours before being used for baking. As they soak, the grains literally sprout, much like a bean, unleashing the nutritional benefits of the grains. Trace amounts of flour are added, as are honey and molasses for sweetening. The end product is naturally high in protein and fiber, and low in carbohydrates and calories.

The bread, buns and rolls they sell are all natural, with no added fats, sugars, oils, preservatives, dairy, soy or nuts. It's a unique product, too, as the Marinos are the only producers of fresh, sprouted-grain products outside of California.

"The sprouting of the grain is what really makes this an art form and I think that's what really keep people from doing this," James said. "Our biggest challenge is creating a large scale demand for what we already know to be a nutritionally superior, all natural, amazing tasting product," Jenny said.

THE SPROUTED BAKEHOUSE
262.547.1821
WWW.THESPROUTEDBAKEHOUSE.COM

WINTER.

(two ways)

GINGER IT UP

WE LOVE GINGER. FRESHLY GRATED, POWDERED OR CANDIED, THIS REALLY IS A RENAISSANCE RHIZOME, FULL OF FLAVORS THAT ADAPT TO SO MANY DISHES.

FRESH GINGER'S LEMONY TARTNESS PLAYS WELL WITH SWEETS, AND CREATES A RICH FULL FLAVOR WHEN PAIRED WITH HONEY AND, WELL, PEARS. BUT IT CAN ALSO EXHIBIT A BIT OF HEAT - PARTICULARLY WHEN THE JUICE IS COLLECTED FROM OLD, FIBROUS ROOTS - AND MIXED IN WELL WITH MANY INDO-ASIAN AND EASTERN DISHES. HERE ARE TWO RECIPES THAT SHOWCASE GINGER'S FULL FLAVOR SPECTRUM. ENJOY!

INDONESIAN GINGER CHICKEN.

SERVES 6 TO 8

- 1 cup honey
- ¾ cup soy sauce
- ¼ cup minced garlic (8 to 12 cloves)
- ½ cup peeled and grated fresh ginger root
- 3 to 4 pounds chicken legs, thighs and breasts - about one whole chicken's worth

1. Simmer honey, soy sauce, garlic and ginger root in a small saucepan over low heat until the honey is melted. Arrange the chicken pieces in one layer in a shallow baking pan, skin side down, and pour the sauce over the chicken. Cover the pan tightly with aluminum foil and marinate overnight in the refrigerator.
2. Preheat the oven to 350°.
3. Place the covered baking pan in the oven and bake for 30 minutes. Uncover the pan, turn the chicken skin side up, and raise the temperature to 375°. Continue baking for 30 minutes or until the juices run clear when you cut between a leg and thigh or instant read thermometer shows 165°. Sauce will be a rich, dark brown.

1ST
way.





2ND way.

POACHED PEARS IN HONEY, GINGER & CINNAMON SYRUP.

SERVES 6

- 1 (750-ml) bottle Moscato wine or other sweet dessert wine
- 1 cup simple syrup, recipe follows
- 1 cinnamon stick, broken in half
- 2 tablespoons honey
- 1 (¾-inch) piece fresh ginger, peeled and finely chopped
- 1 vanilla bean, split lengthwise
- 6 small, firm, ripe Anjou pears, peeled
- Vanilla ice cream for serving



1. In a saucepan large enough to hold all the pears, combine the wine, simple syrup, cinnamon stick halves, honey, and ginger. Scrape in the seeds from the vanilla bean and add the bean and seeds to the saucepan.
2. Bring the mixture to a simmer, stirring occasionally, until the honey has melted. Add the pears and simmer for 15 to 20 minutes, turning occasionally, until the pears are tender. Remove the pears from the liquid and allow to cool.
3. Continue to simmer the liquid until it thickens and is reduced by half, about 15 to 20 minutes. Cool to room temperature. Remove the cinnamon stick halves and the vanilla bean and discard.
4. Place each pear on a small serving plate with a scoop of vanilla ice cream. Drizzle with the honey, ginger and cinnamon syrup. Serve immediately.

SIMPLE SYRUP:

- 1 cup sugar
- 1 cup water

1. In a small saucepan, combine the sugar and water over medium heat. Bring to a boil, reduce heat, and simmer for 5 minutes, stirring occasionally, until the sugar has dissolved. Remove the pan from the heat and allow the syrup to cool.





COOK THIS!

ONE COOK – ONE INGREDIENT
OUTPOST PUTS LOCAL CHEF,
COOKBOOK AUTHOR & PUBLIC
TELEVISION PERSONALITY
ALAMELU VAIRAVAN TO THE
TEST WITH BUTTERNUT SQUASH

by LISA MALMAROWSKI
photos by CARA BERKEN



ONE BLUSTERY WINTER DAY, WE HAPPILY FOUND OURSELVES SURROUNDED BY THE DELICIOUS AROMAS OF INDIAN SPICES. WE WERE IN THE KITCHEN OF LOCAL COOKBOOK AUTHOR AND PUBLIC TELEVISION HOST, ALAMELU VAIRAVAN AS SHE JOYFULLY COOKED UP TWO WARMING VEGETARIAN DISHES.

NAME 3 INGREDIENTS YOU CAN'T LIVE WITHOUT?

Onion, tomato, garlic and ginger. Oh, that's four, but I call these my 'enhancers'!

WHAT IS YOUR FAVORITE 'SECRET' INGREDIENT?

Vegetables! Not that secret, but what is surprising to people is how simple it is to use more vegetables and how many different things you can make with them. That's the secret.

WHAT WOULD YOU DO IF YOU WEREN'T A CHEF-EDUCATOR AND COOKBOOK AUTHOR?

I would work with seniors in the healthcare industry. My background is in healthcare and I'd love to work with them and educate about health and wellness.

HOW DID YOU END UP HERE, IN THE MILWAUKEE AREA?

I grew up in Southern India and came over here at 18 when I married my husband. And I didn't know much about cooking at all! I asked him, 'Where is our cook?' and he said, 'WE are the cook'. I soon after learned traditional Indian cooking from a professional chef in New York City. And then I practiced.

WHAT IS THE WORST THING ABOUT BEING A GREAT COOK?

Oh, I wouldn't say I'm a great cook... but there isn't anything bad about cooking! I love to cook for people and I'm lucky that I'm not a caterer or own a restaurant so I never get tired of it.

WHAT'S ONE TIP YOU'D GIVE A HOME COOK?

Cooking for your family is like exercise – it's important to do every day and it's a healthy habit. You really can find the time to do because everyone will benefit from it.

YOU WERE DELIGHTED WHEN YOU FOUND OUT YOU'D BE COOKING WITH SQUASH. WHY?

I love squash – it looks beautiful and has a lot of health benefits and it's so great to show people how to make it delicious without all the butter and sugar you usually find in squash recipes.

WHAT'S NEXT FOR YOU?

I just finished taping another 13 episodes of my Public Television cooking show 'Healthful Indian Flavors with Alamelu' that will begin airing in January 2012 on our local stations and across the country!

OUR FAVORITE ALEMELU QUOTE...

You know what my mantra is? Cooking is love.



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WWW.CURRYONWHEELS.COM
HEALTHFUL INDIAN FLAVORS WITH ALAMELU
CHECK LOCAL MPTV LISTINGS FOR AIRTIMES

BUTTERNUT SQUASH MASALA & CABBAGE with COCONUT PORIYAL.

SERVES 4

THERE ARE SO MANY LAYERS OF FLAVOR IN SOUTH INDIAN COOKING THAT IT CAN BE HARD TO KNOW WHAT PAIRS BEST WITH WHAT. THESE TWO DISHES COMPLEMENT EACH OTHER VERY BEAUTIFULLY. THE CRUNCH OF THE CASHEWS PROVIDES CONTRAST TO THE SOFTNESS OF THE SQUASH. AND DON'T FORGET THE WARM FLAT BREAD!

BUTTERNUT SQUASH MASALA

- 2 cups butternut squash, cubed
- 2 tablespoons vegetable oil
- ¼ teaspoon asafoetida*
- 1 whole dried red chili pepper
- 1 teaspoon black mustard seeds*
- 1 teaspoon urad dal*
- 4-6 fresh curry leaves – optional*
- 1 medium onion, cut lengthwise
- 1 small tomato, chopped
- ½ teaspoon turmeric powder
- ½ teaspoon cayenne powder or to taste
- ½ teaspoon ground cumin
- ½ cup tomato sauce
- ½ teaspoon salt
- ¼ cup coconut powder*

1. To easily cube squash: Rub squash with oil and poke with fork. Microwave squash for about 3 minutes, depending on size of squash, so that

it softens slightly. Remove skin, the pulp and seeds. Cut into cubes.

2. Place oil in skillet over medium heat. When oil is hot, but not smoking, add asafoetida powder and red pepper. Add fresh curry leaves. Use care as oil may splatter when adding ingredients to hot skillet.
3. Add mustard seeds and urad dal and cover. Fry until mustard seeds pop and urad dal is golden brown.
4. Add onion and tomato and stir-fry for 1 minute.
5. Add turmeric, cayenne and ground cumin. Stir well.
6. Add tomato sauce and salt. Mix well. When the mixture begins to bubble, add the butternut squash and stir well.
7. Cover and cook over medium heat until the squash becomes somewhat soft. Add a small amount of water

8. Add coconut powder and stir well. (about 1 tablespoon) periodically to facilitate the cooking process.

CABBAGE with COCONUT PORIYAL

An easy-to-make stir-fry cabbage dish with coconut, cabbage poriyal can be served as a side dish with any meal or can made into cabbage rice with cashews.

- 2 tablespoons canola oil
- 4 to 6 curry leaves (optional)
- 1 teaspoon black mustard seeds*
- 2 teaspoons urad dal*
- 4 cups shredded green cabbage
- 1 teaspoon minced fresh ginger
- ½ green chili pepper, chopped
- ½ teaspoon salt or to taste
- 1 tablespoon freshly ground or unsweetened powdered coconut





by ALAMELU VAIRAVAN

1. Place oil in a wok or skillet over medium heat. When oil is hot, but not smoking, stir in curry leaves, mustard seeds, and urad dal. Cover and fry until mustard seeds burst (listen for popping sound) and urad dal is golden.
2. Add cabbage, ginger, and green chili pepper. Stir well into seasonings and add salt. Cover and cook over low heat until cabbage is tender (about 3 minutes) but still crisp.
3. Add the coconut and stir well.

CABBAGE RICE with CASHEWS

- 1 tablespoon oil
- ½ cup chopped onions
- 2 cups cooked basmati rice
- ¼ cup roasted, salted cashews
- ¼ cup chopped fresh cilantro

1. In a skillet add oil and sauté for a minute. After onion has softened, gently fold in the cooked rice and the cabbage with coconut poriyal. Mix well.
2. Garnish with cashews and cilantro. Serve with butternut squash masala.

FOODIE GLOSSARY

ASAFOETIDA* - This dried and powdered tree resin is highly aromatic and pungent. When used judiciously, it imparts a savory flavor – sometimes described as oniony or truffle-like, to dishes that just seem flat without it. Store in a well-sealed container or it will scent your entire pantry with its unusual and yes, funky aroma.

BLACK MUSTARD SEEDS* - More pungent in aroma and flavor than its white or yellow counterpart, these small, dark brown seeds are a common spice in Indian cooking.

COCONUT POWDER* - An unsweetened, very finely ground coconut with most of the moisture removed. Fresh, ground or shredded coconut may be substituted but the texture will be more prominent.

CURRY LEAVES* - Sometimes called methi neem or kari, this fresh herb (no relation to curry powder) has a warm flavor similar to garam masala with smoky citrus thrown in. They will keep, covered, in the refrigerator for up to a week.

URAD DAL* - Black lentils, similar to mung beans, that are commonly used as a spice throughout India. They impart a nutty, savory flavor. Look for split beans that have the husks removed – they will be a creamy color - when using as a spice.

**AVAILABLE FROM LOCAL INDIAN GROCERS*





SOUP'S ON!

by MALCOLM MCDOWELL WOODS •
photos by PAUL SLOTH

THE JOKE IS THAT PEOPLE DESCRIBE THEIR EVERY MEAL ON FACEBOOK AND POST A PHOTO OF THEIR PLATE ON TWITTER. WHILE SOCIAL MEDIA SEEMS A LITTLE PRE-OCCUPIED WITH FOOD THESE DAYS, THERE'S NO DENYING THAT THE INTERNET HAS OVERSEEN A BOOM IN FOOD WRITING AND PHOTOGRAPHY.

The truth is that the web has made it much easier for foodies to share recipes, talk up unique foods and create local food communities – all online.

At Outpost, we've been following a handful of local food bloggers for years. And Lori Fredrich (just elected to Outpost's

Board of Directors this fall) reigns near the top of the list of our must-read bloggers. She and her husband, Paul, write *Burp! Where Food Happens*, detailing their many culinary adventures.

The food power couple, known online as Peef and Lo, have also taken a lead role in creating that community of local food bloggers, organizing regular meetups through their web site, www.eatatburp.com.

We wondered what one of those get togethers would be like, so we asked to tag along as Lori and Paul hosted several other food bloggers for a winter potluck. The evening centered around warming soups, supplemented by a variety of home-made breads, spreads and cheeses, just perfect for grilled paninis, finished off with cocktails and desserts.



BLT STUFFED ENDIVE

SERVES 12

For the BLT

- 2 packages Nueske's Wild Cherrywood Smoked Bacon
- 2 leeks
- 4 large red tomatoes

For the Garlic Aioli*

- 2 egg yolks (use pasteurized eggs)
- 2 garlic cloves, smashed
- 1 teaspoon white wine vinegar
- 1 small lemon (use zest and 1 tablespoon lemon juice)
- 1 cup extra virgin olive oil
- Kosher salt
- Ground pepper

For Serving

- 1 head of Belgian endive

1. Fry the bacon to render the fat off of it. Let bacon cool. Chop and set aside.
2. Clean leeks and chop finely using the white parts only. In a sauté pan, heat just enough olive oil to cover the pan. Add leeks and sauté with some salt and ground pepper for 2-3 minutes only. You want the leeks to keep some crunch.
3. Seed and dice the tomatoes and set aside.
4. Prepare the garlic aioli. Combine egg yolks, garlic cloves, white wine vinegar, lemon zest and lemon juice in a food processor and puree. Very slowly stream in olive oil until it has formed a thick emulsion. Salt and pepper to taste.
5. Combine the bacon, leeks and tomatoes. Add the garlic

aioli a bit at a time, stirring to combine until the BLT ingredients are covered.

6. Slice the Belgian endive head about 1/8 inch from the stem-end. Separate leaves, rinse and dry the leaves thoroughly. Fill each Belgian endive leaf with the BLT mixture and serve.

**If time doesn't permit you to make your own garlic aioli, you can purchase premade aioli from Outpost. We find the product Garlic Mayonnaise/Sauce Aioli by Delouis fils from France works just as well.*

BUTTERNUT SQUASH SPREAD

- 1 large butternut squash
- Fresh thyme sprigs
- 4 ounces Nordic Creamery Maple Syrup Butter
- 4 ounces cream cheese, softened
- 1 tablespoon extra virgin olive oil
- Pinch pumpkin pie spice
- Pinch nutmeg
- Sea salt
- Ground black pepper

1. Preheat oven to 400°. Peel and cube squash into 1-inch pieces. Generously oil, salt and pepper the squash and evenly layer in a 9x13 baking dish. Top with a bunch of fresh thyme sprigs. Roast for about 40 minutes. When finished roasting, remove thyme sprigs and let cool for 15 minutes.
2. Place squash in food processor. Add maple butter, cream cheese, extra virgin olive oil, 1 teaspoon fresh thyme, pumpkin pie spice and nutmeg. Salt and pepper to taste.
3. Spread on crackers or use as a sandwich spread



THAI-STYLE ROASTED SQUASH AND RED PEPPER SOUP

Olive oil
2 medium butternut squash OR 8 cups butternut squash puree
4 tablespoons butter
1 large onion, finely diced
1 tablespoon fresh ginger, minced
2 tablespoons red curry paste
4 roasted red peppers, chopped
4 cups chicken or vegetable stock
2 cans coconut milk
2 tablespoons brown sugar
2 tablespoons fresh lime juice
Salt, to taste
Garnish: sliced scallions, cilantro, lime wedges

1. Preheat oven to 400°.
2. Slice squash lengthwise, smear with olive oil and place cut-side-down onto a large sheet pan. Roast until browned and tender, about 45 minutes.
3. When squash has cooled slightly, scoop out seeds and discard. Scoop out flesh and set aside.
4. Heat butter in a stockpot or other large, heavy pan over medium heat. When melted, add diced onions. Cook, stirring occasionally, until the onions begin to turn golden.
5. Add ginger and curry paste and cook for an additional 2-3 minutes, or until fragrant.
6. Add roasted red peppers, roasted squash, and stock. Bring to a simmer and allow to cook for 15-20 minutes to allow flavors to meld.
7. Using an immersion blender, blend squash mixture until smooth. Or, working in batches, puree the squash mixture in a blender. Return to pot. Add coconut milk, brown sugar, and lime juice. Season with salt to taste.

ROASTED TOMATO SOUP

1 large onion, sliced
5 garlic cloves, peeled
¼ cup olive oil
3 28-ounce cans fire-roasted tomatoes (or approximately 2½ pounds of fresh tomatoes, roasted and peeled)
32 ounces vegetable stock
2 bay leaves
4 tablespoons of butter
2-3 tablespoons fig balsamic vinegar (or try your favorite fruity balsamic)
½ cup chopped fresh basil
Cream, optional

1. Preheat oven to 450°.
2. Toss onion, garlic and olive oil together. Spread out on a roasting pan and place into your preheated oven. Roast for 20-30 minutes, or until the onions have started to brown and crisp on the edges.
3. Place tomatoes, roasted onions and garlic into a stock pot. Add vegetable stock, butter, and bay leaves and bring to a boil. Reduce heat to a simmer and cook for 40-45 minutes, or until the soup has reduced slightly.
4. Puree soup until smooth with an immersion blender (or in a blender or food processor).
5. Return soup to pot and add basil and fig balsamic to taste (start with one tablespoon and continue to add vinegar until the flavor meets your approval). Heat gently until soup is warm and basil is fragrant.
6. Serve with a whorl of cream (optional).





(bios)

BANANA CUPCAKES WITH FLUFFY CHOCOLATE HAZELNUT FROSTING

Cake:

- 1/2 cup unsalted butter, softened
- 1 1/2 cups sugar
- 2 eggs
- 1 cup sour cream
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 medium ripe bananas (about 1 cup)

1. Preheat oven to 350°. In a large mixing bowl, cream together butter and sugar. Add eggs, sour cream and vanilla.
2. In a separate bowl, combine flour, baking soda and salt. Gradually mix into the creamed mixture.
3. Divide between 18 lined muffin cups; they should be 2/3 full. Bake for 20 minutes or until a toothpick inserted near the center comes out clean. Cool completely before frosting.

Frosting:

- 1/4 cup butter, softened
- 1/2 cup chocolate hazelnut spread
- 3 cups powdered sugar
- 1 1/2 - 2 tablespoons milk
- 2 cups marshmallow fluff

1. In a mixing bowl, cream together butter and chocolate hazelnut spread.
2. Gradually add powdered sugar. Continue mixing as you add 1 1/2 - 2 tablespoons milk (or until you reach a fluffy consistency).
3. Using a spatula, fold in marshmallow fluff until combined.

For additional recipes, visit outpost.coop/Graze

WWW.EATATBURP.COM

Peef and Lo (a.k.a. Paul and Lori Fredrich) have been sharing their passion for seasonal cooking, local, sustainably raised and organic foods, local eating, and entertaining on their blog, Burp!, since 2007. In addition to recording their devotion for farmer's markets, microbrews, whimsical kids birthday cakes and bacon, they have also taken a lead in harnessing the energy of the Milwaukee food community through monthly #MKEFoodies gatherings, charity events and other efforts to bring local food lovers together.

WWW.SHESONThERUN.COM

Alysha Witwicki is a creative writer with a passion for health, fitness and food. Whether she's training for another half marathon, making homemade candy from scratch or trolling farmers' markets for the freshest ingredients, she's always on the run. Her blog is an inside look at how she finds balance between culinary exploration and living her healthiest life.

WWW.RCAKEWALK.BLOGSPOT.COM

Rebecca Gagnon has worked many jobs in many fields before her current employment as a homemaker. She happily resides with her husband and 5-year-old son in St. Francis, where she chronicles her many kitchen experiments on her blogs CakeWalk and Becky-Home-Ecky. When not cooking or baking, she is most likely thinking about cooking or baking, or having a conversation with someone about kitchen related topics.

WWW.FORESEASONS.BLOGSPOT.COM

Chris and Erica Foregger focus on using seasonal ingredients in their cuisine. Light dishes in the spring, grilling in the summer, apples and squash in the fall, and stick-to-your-rib meals in the winter. Their blog started as a way to share their passion for cooking with family and friends. Features include their family traditions such as the Big Sunday Meal and Fishy Mondays. They also love to travel and explore local cuisine.

INDULGE *(yourself)*

THERE'S NO PALETTE IN JULIE WATERMAN'S STUDIO. NOR IS THERE AN EASEL. THERE'S JUST PLENTY OF CREAM AND BUTTER AND A LOT OF CHOCOLATE.

When you're an artist working in an edible medium, it's not hard to love what you do, especially if that medium is chocolate. Ask Waterman, owner of Indulgence Chocolatiers. She loves chocolate and has spent the past four years mastering the art of creating exquisite truffles, each one a tiny work of art.

"I've always liked chocolate. There's just something very whimsical about it," Waterman said. "There's creativity in other forms of food, but I found that it was a little more expansive with chocolate. Chocolate's sweet. It's delicious. You can't beat that."

With a delicate tap on the table, Waterman coaxes 32 chocolate truffles from a plastic tray. As they fall to the table, the truffles sparkle like polished stones.

Three simple ingredients go into the basic truffle – chocolate, butter and cream – but Waterman doesn't stop there. With the confidence gained from being a self-

taught chocolatier, Waterman isn't afraid to create truffles that others might consider just a tad strange – coconut habañero, parmesan crisp and balsamic fig – until they taste them.

Longtime customers have learned to trust Waterman's instincts, honed during an unconventional career path. Following a stint in the Army National Guard, Waterman studied music education, but instead of heading for a classroom after college, she decided to start her own business, making fine chocolates.

Waterman had developed a love of fine chocolate and chocolate making in Europe. As a member of the Army National Guard, she served for nine months on a peacekeeping mission in Bosnia. She met her husband in the Army and the two married and backpacked through Europe before returning to college in the US.

Overseas, Waterman visited chocolate boutiques and experienced the artistry of fine European chocolate makers. While finishing her degree, she started making chocolates, developing both her recipes and a business plan. Just before her final semester, she and her husband rented a warehouse space in Waukesha and renovated it, turning it into a commercial kitchen.

Waterman opened her business four weeks before she graduated, with one line of truffles. During the first year and a half in business, she worked a lot of special events like weddings, but she wanted to work with stores. Eventually, she came up with the idea of making bars, which would give her product a little more shelf life than truffles, without having to use preservatives.

"It took us in a new direction where we were able to start doing that artistic chocolate for stores and from there started growing," Waterman said. The business has expanded to include a second line of truffles and toffee, and Waterman hopes to start making a few new products in the spring.



INDULGENCE CHOCOLATIERS
262.510.9980
WWW.INDULGENCECHOCOLATIERS.COM

OUTPOST'S

(secret recipe)

KALE WITH WHITE BEANS

SERVES 6

THIS IS ONE OF OUR MOST REQUESTED SIDE DISH RECIPES AND ONE OF THE EASIEST TO MAKE. IT'S WONDERFUL SERVED AS IS, WITH CORNBREAD ON THE SIDE, AND EQUALLY GOOD PAIRED WITH BARBEQUE CHICKEN. ALTHOUGH WE MAKE ALL OF OUR BEANS FROM SCRATCH, YOU CAN USE CANNED BEANS TO SAVE TIME.

- 1, 15 ounce can low- or no-salt navy beans, rinsed, or 1½ cups cooked navy beans
- 2-3 large bunches of kale, about 8 cups, washed and roughly chopped
- Note: Our dish uses curly kale, but you can choose any type*
- 3 tablespoons canola oil
- 2 yellow onions, diced
- ¼ cup reduced sodium tamari
- ¾ teaspoon arrowroot
- 1 tablespoon Bac'Uns – vegetarian bacon flavored bits
- ¾ teaspoon freshly ground pepper

1. Steam kale until just wilted. Set aside.
2. While kale is steaming, heat canola oil in large pan or pot. Add onions and sauté until golden and beginning to caramelize.
3. Whisk together tamari and arrowroot. Add to onions and cook until sauce begins to thicken.
4. Combine onion mixture and kale. Add cooked beans, Bac'Uns and pepper.

Per serving – 209 calories, 3g fat, trace saturated fat, 355 carbohydrates, 13g protein, 879mg sodium, 10g fiber.





playing WITH FIRE

HOT SAUCE IS HANDY TO HAVE AROUND DURING OUR FRIGID WINTER WEATHER. IT'LL KICK YOUR CHILI UP A NOTCH OR THREE, ADD SPICE TO YOUR TACOS, BEDEVIL YOUR EGGS AND HEAT UP PRETTY MUCH ANYTHING YOU CAN IMAGINE.

We've stockpiled a good selection of hot sauces on our shelves, but we know picking the right one can be a challenge. A tasting was in order, but who to judge?

Well, who better than a group of Milwaukee fire fighters? We gathered up some hot sauces and headed to Firehouse No. 7, where a hardy group of firefighters donned protective gear and scooped and dipped. Here's our first responders' first responses.

 photos by PAUL SLOTH





MBF
Pit Bull

"Oh boy! HOTTTTTT!"
"peachy"

How would you use it? –
"If you like really spicy
chili, this would be
perfect"

(taste notes)

{MORE ALARMS 🔔 = MORE HEAT}



RAY'S POLISH FIRE

**this was the overall favorite*
"smoky" "great depth of flavor"
"Love it!"

How would you use it? – "I'd put this
on just about everything"



MBF
Chihuahua

"it's got some kick but it's a
smooth kick"
"you can taste the tomatillos"
"lots of flavor"
"for a 'mild' sauce, it's still
pretty spicy"

How would you use it? –
"would be awesome on
chicken tacos"



CO-OP
The Barrel

"tasty, not too hot"
"vinegary"
"little hint of coffee"

How would you use
it? – "would be
great on fish"



OFF ROAD FIRE

"nice level of heat"
"great garlicky flavors"

How would you use it? –
"Put this on tacos or
steak or chicken"



TABLE TALK.

PUTTING THE PUZZLE TOGETHER: WHAT DOES WELLNESS MEAN FOR THE CITY OF MILWAUKEE?

by MALCOLM MCDOWELL WOODS

photos by PAUL SLOTH





OUTSIDE, FALL WAS BOWING TO THE FRIGID WINDS OF WINTER, BUT THINGS WERE COZY AND WARM INSIDE LISBON AVENUE'S AMARANTH BAKERY AND CAFÉ AS WE GATHERED TO TALK ABOUT WELLNESS. MILWAUKEE IS A WELL CITY, A DESIGNATION GIVEN BY THE WELLNESS COUNCILS OF AMERICA, WHICH NOTED THAT OUR HOME IS THE LARGEST CITY IN THE COUNTRY TO RECEIVE THAT HONOR TO DATE.

Milwaukee's Well City Initiative began in 2007 as an effort to coordinate wellness efforts among area businesses, with the immediate goal of healthier employers eventually leading to an increased awareness of healthy lifestyles and finally, a healthier community. But how is wellness defined, and how can all of us participate in creating a healthier community?

To tackle those questions, we invited several health and wellness advocates to join us for coffee and conversation at Amaranth. Participating were Janet McMahon, vice-president, healthy living strategy of the YMCA of Metropolitan Milwaukee and executive director of Well City Milwaukee; Marcia Caton Campbell, Milwaukee director of the Center for Resilient Cities; and Janine Bamberger, manager of nutrition services and wellness programs at Aurora Sinai Medical Center. Our own Kari Mitchell, Outpost's director of human relations, served as moderator.



Kari Mitchell How do you define wellness? What would a well city look like in Milwaukee?

Janet McMahon When most people hear the word well city in Milwaukee, we think of all the initiatives and projects happening within our community to make it a stronger, healthier, more vibrant community across the board. Dropping down to the world I live in, it's very much focused on the workplace.

Marcia Caton Campbell The way we look at it involves both a combination of the built environment and the natural environment and the people who live in and use those environments on a daily basis. We look at neighborhoods that are safe, that are walkable, that have destinations to help induce you to walk, that have high quality parks, community gardens and other aspects of a healthy sustainable food system in place – farmers markets, community gardens, that kind of thing.

Janine Bamberger From our perspective at Aurora Sinai, what has already been described fits in so well with what we are trying to accomplish. The interesting twist is that we have not only the employees, but all the parts that fit into our job here. Our job is to care for patients, so we try to help our employees – our caregivers – be as well as they can possibly be and then at the same time let them demonstrate to our patients that they are on the same journey. Our caregivers, our patients, their families – it encompasses all of those groups.

The wellness piece really comes down to three things: food, activity and helping the body/mind/spirit to thrive.

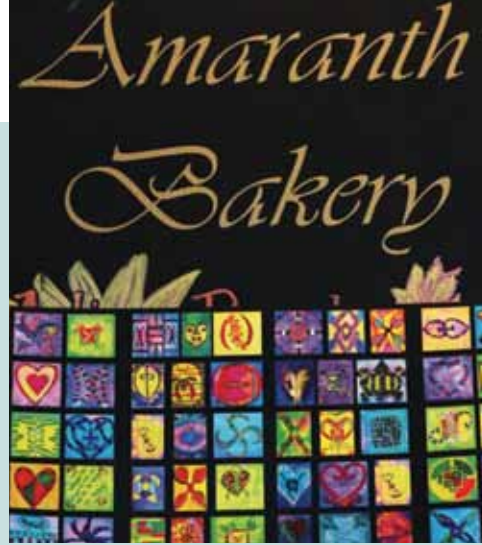
Janet It's kind of interesting to me that the three of us really represent diverse organizations or efforts but it's really evidence of how far we've come in understanding change from a community standpoint or an individual standpoint. In the past, it really focused on the individual and hammered away at that person, saying you've just got to change. We've finally learned that every individual is connected to a family and other relationships and those need to be supportive – and those relationships are part of a larger community and that larger community really needs to be supportive in all different ways from the actual physical environment, access to health care, access to food, healthy food. And then it needs support on a broader societal level, so that requires policy work at the local, state and national level. When all these pieces fit together to support and assist the individual, that's when we can be successful. It takes everyone working together. We're learning it's very much linked to society, culture, norms and policies that support good health behaviors.

Marcia Absolutely. It's important to stress that what we're dealing with from a health and wellness perspective cuts across all economic classes, and it is liberally distributed all across Milwaukee – these problems with obesity and diet-related illness.

I agree we've moved away from this medicalized view to a deeper understanding of the context and the larger forces at play that shape an individual's opportunity to be healthy. We have policies that we've set and practices we've engaged in that have created a context for generations of poor health and that we're now seeing writ large. It cuts across all of the US – urban, rural suburban – it's everywhere.



Far left, the group warmed up at Amaranth Bakery & Café. Center (from left): Janine Bamberger, Marcia Caton Campbell and Janet McMahon. Above: Kari Mitchell.



Janine In some respects it's a fascinating time that this is all taking place. We're in some ways going back to many of the comforts that we used to have. We have all of these electronic gadgets and things to make our life easy, but life has gotten too complicated. We need to realize that what's important is to sit down, eat real food, interact with your family, friends and neighbors.

Marcia We're realizing, too, just how important it is for communities to set the stage for what they define as a healthy environment for themselves and how they want to create the change. We don't need top-down, outside-in models of creating healthy communities. We need bottom-up and inside-out partnership with larger institutional partners and larger local governmental partners. They can create the policy changes and help make the programming that leads the change and so on to create a healthy environment.

Janet We don't sit back and really assess how far we've gone to the extreme. When we work with employers, one of the things we do is look at your internal policies, informal procedures and your workplace culture to see if what you're unintentionally promoting is counter-productive to workplace wellness. We see a lot of really interesting "ah-ha" moments when members realize that while they're saying get healthy, eat better and take time for yourself, everything about the work demands is totally opposite.

One easy thing we encourage companies to do is to allow walking meetings; don't just sit at a desk, walk around the block and talk – do a walking meeting. That's really frowned upon and yet it's perfectly accept-

able to stand outside a door and take a smoking break! The workplace is one small subculture, but from a Well City Milwaukee standpoint, if every business, from large to small, commits to quality employee wellness programming, all those small mini subcultures then have a big effect on our community.

Marcia Another part of the intentionality revolves around how we eat in the workplace. One of the things we have moved away from in the workplace is any kind of sense that the noontime meal is intended to be a break. So people eat at their desks. And before you know it, you've eaten your meal without really giving it any thought.

Kari So, what are some of the barriers to institutionalizing wellness?

Janine We're looking at how we can include naps, making space for people to have good food in the workplace, if we equitably give people the opportunity to take a walk every day, things like that. If other companies have ideas, we'd love to hear them.

Janet I think one of the biggest challenges is that we have this love/hate relationship with food and we can't come to terms with it. Exercise has also become an either you do it to the extreme or you don't do it at all concept. When can we get to that middle of the road where moving is great, play is great, recreation is great? We've got to find a way to get to that middle of the road.

Janine Probably the biggest barrier that I see in the communities I've worked in is income – a lack of money. It's not lack of knowledge about what's healthy, people know. It's not about how to prepare foods in a healthy way, people know. There's a lot



of indigenous knowledge about how to live in a healthy way, but income is a barrier, the surrounding environment is a barrier.

Janet Food is what brings families and people around the table and it's a mechanism to build and enrich relationships. It's critical. Sometimes, though, we give it the power to control our own emotions. We allow food to create guilt, self-loathing, frustration and anger.

Marcia Well, it can become a subject we abuse just as others.

Janet We are seeing a movement – small but growing - getting back to the basics. Important quality things like family and neighborhoods and helping each other and taking time are starting to come back.

Janine But as employers, we have to make it OK for people to maybe take a few minutes longer to get from this meeting to that one, because it's going to take longer if they walk. Or, we've got some general rules about how often you check your email and how quickly you respond. Well, if that totally overrides my ability to have a conversation with you and actually solve the issue at hand, instead of reading 10 more emails, then we as an employer have to think about what are we telling people we expect. The rules have changed without us really paying attention to them.

Marcia I'm thinking now as you speak about how we're extending the workday into the evening, beginning earlier in the morning and through the weekends. If we carry a smart phone on which we can read emails, (we're expected to be) accessible at all hours. How we set the boundary is an important part of the well city equation.

Janine These are big things we haven't wrestled with well. Some companies say, no emails on Friday, or no meetings on Friday. I can't even imagine how we'd accomplish that at this point when we're so obsessed with getting things done.

Janet A lot of managers are wrestling with this, but think of the impact on the average worker who today is doing the job of two or three people. They're stretched thin and pushed to the limit. Is there a fear that if I don't respond right way, I am going to be viewed as a less valued, less dedicated employee? How will that impact my status the next time job cuts come around? How does that stress impact the weekend, the family? I think you're right, Janine, I don't know that any one place has come to terms with it, because unless everyone agrees to this – how can one small unit do it? Because then they have to deal with their customers or leadership or whomever else is a player in their business. It's got to be a real movement.

Kari So, what can the average person do, taking small steps on a day-to-day basis, to have an impact? What three things can a person do that will move them onto that path – towards wellness?

Janine Find a way to include more activity in your work and make it a very simple thing. Take the stairs, whatever, find one thing and commit to it consistently. A second would be try to find the next easy way to incorporate some healthy food that maybe you haven't done in the past. Maybe you come to our cafeteria to find vegetables to go with your cold lunch. Maybe you can't afford to buy the whole lunch, but take the opportunity to grab something healthy. And the third one is take a few moments to deep breathe. Just stop and take several deep breaths. Hold it in for several seconds. These things aren't costly but can have a huge benefit in doing "something for me."

Janet Everybody has to come to terms with our health crisis. The bottom line is individual choices and what we as a community provide or support. What I love about

GRAZE and this opportunity is that the average person in Milwaukee has no idea how many organizations and programs are out here working to improve our community. It takes a grass roots effort of people becoming aware and getting involved.

Marcia What we've seen in a community setting is that starting small is really beneficial. We've had people come to Alice's Garden who have never gardened before. Through their participation in gardening, their eating habits change and their ability to exercise increases to the point that after one growing season they're feeling some demonstrable benefits. And because there is this community aspect to the garden and the programming offered here, we find a sense of community building as well. So, start with something small. A second thing is to talk to people, your neighbor or your co-worker, make a connection. And then, as the spirit moves, see how you can get involved in community efforts. All those things can make a difference in a sense of self-efficacy and a sense of contributing to your own health in a way that has lasting benefits for everyone.

Janet I think I would add, too, just thinking about the workplace as the setting, that employers really need to view employee wellness as an important part of their business strategy, rather than a little perk or little benefit. I don't think there's any other business effort where you wouldn't create a plan, follow the models that are proven successful, and go through a whole planning process. And that's where Well City Milwaukee can provide employees with the best practice models for doing employee wellness. We're getting there, but we're still often seeing random acts of employee wellness – just some disconnected things not connected to a plan or program. The time has come to stop doing that and to really look at employee wellness as a business strategy and approaching it that way.



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IN AN IDEAL WORLD...

by MARGARET MITTELSTADT



SOMETHING THAT HAS RESILIENCE HAS THE CAPABILITY OF RETURNING TO ITS ORIGINAL FORM AFTER BEING BENT, COMPRESSED OR STRESSED. PEOPLE, OF COURSE, ARE INCREDIBLY RESILIENT. SO, TOO, ARE COMMUNITIES.

One organization, The Center for Resilient Cities, wants to help both. Resilient Cities has a staff of creative thinkers and doers dedicated to the mission of community resilience, including urban planners, landscape architects, food system and social justice activists, community gardeners and urban farmers, environmentalists, consensus builders and, according to Milwaukee director Marcia Caton-Campbell, “idealists who dabble in the details!”

Incorporated in 1996 as the Urban Open Space Foundation, the Center for Resilient Cities has its roots in Madison. The Milwaukee office opened in late 2003. Even though staff members are situated in two cities, they are grounded in the singular vision of community resiliency.

Caton-Campbell says, “In a nutshell, we think that building resilience is about building resolve and responsiveness to environmental, social and environmental change; well-built environments foster the health and well-being of their com-

...OUR RESILIENCE IS OBVIOUS

munities; food should be healthy, affordable, accessible and fair, design matters, and that everyone should have a seat at the table.”

Caton-Campbell came on board in 2006 from the University of Wisconsin – Madison’s Department of Urban and Regional planning, where she had been an assistant professor for eight years. “I began my work at Resilient Cities with my responsibilities split equally between advancing the programs and physical improvements associated with the Greater Johnsons Park Initiative and what is now the Lindsay Heights Neighborhood Health Alliance, which was then in its formative stages.” Her focus then, and now, is on consensus building and community-based planning, and on increasing residents’ access to healthy and affordable.

Resilient Cities has been the primary driving force behind Milwaukee’s Historic Johnsons Park Initiative, covering 20 acres in total on three adjacent properties. The group allies with public, private and non-profit entities to design restorations, secure private funding, and renovate the community garden, schoolyard and park.

Unfortunately, not everyone sees a resilient community. “The biggest misperception that I hear is that Milwaukee’s central city neighborhoods are somehow broken beyond repair. In the time that I have spent working in the Lindsay Heights community, I’ve seen incredible resilience: neighborhood intelligence, strength in the face of adversity, persistence, hard work, and creativity and wisdom in identifying and living into the vision that people have for their community and their future. Sure, there are challenges. But that’s the way life works.”

The Center for Resilient Cities provides resources and strategies that empower communities to recover from adversity with vibrancy and vision. For Caton-Campbell, “in an ideal world, cities would be filled with clean water, clear air, green landscapes, sustainable and just food systems, and healthy people in economically thriving neighborhoods – and I’d be out of a job.”

CENTER FOR RESILIENT CITIES
414.289.7799
WWW.RESILIENTCITIES.ORG

CHECKOUT



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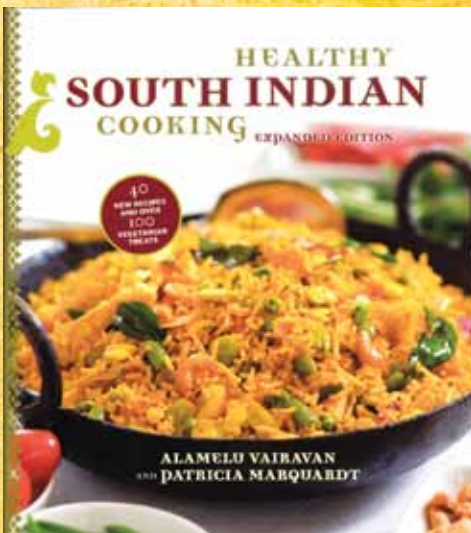
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See inside - page 14 - for more information and recipes from Alamelu!

