

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

MILWAUKEE PIZZA CO.:
FROZEN PIE BIZ HEATS UP

PAGE 8



| *It's a*

PIE PARTY!

TARTS — BIG & SMALL, SWEET & SAVORY —
FIT THE BILL FOR FALL

THE CAFÉ AT
THE HEART OF
RIVERWEST

PAGE 14

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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,

ONE OF MY MOST MEMORABLE MEALS OCCURRED YEARS AGO, AFTER A BOUT OF CHICKEN POX I SUFFERED THROUGH AS A TWENTY-YEAR-OLD. I HAD BEEN SICK AS A DOG FOR A WEEK OR SO. WHAT I REMEMBER MOST ABOUT THAT TIME WAS HOW I REALIZED I WAS RECOVERING: A SUDDEN ALL-CONSUMING DESIRE FOR PIZZA. A RICH FOOD ON A VERY EMPTY STOMACH WASN'T A GOOD COMBINATION, BUT I DIDN'T CARE, I NEEDED THAT PIZZA.

Food sustains us, obviously. But our relationship with food has more layers and is far more complicated than mere sustenance. When a friend falls ill, we think of offering food; when a death in our circle occurs, we all head to our kitchens, baking and cooking for the loved ones of the deceased. Food is also simple comfort.

I've been there, too, after my father's death decades ago, when daily life fell foreign and the food in my mouth lacked flavor. I ate – we eat in those times – to get by, to carry on. Eventually, though, something happened – in the midst of that sadness and heaviness, there came a day when I scooped a spoonful of food into my mouth and was suddenly breathless, stunned by a fruit's tart tang or by salt's piercing sharpness or by a soft, reassuring sweetness. Food is sustenance, yes, and comfort, but it is also to be savored. And savoring food means savoring life.

Our mission is to provide good, healthy food to our community in a sustainable manner. But here is a happy and profound coincidence: good, healthy food is so worth savoring. Fresh, warm-from-the-sun tomatoes at the height of summer's heat; crisp and cool apples still sweet and just miles from the trees which bore them; honey carrying trace flavors of the specific flowers the bees danced among; wine colored by the weather and land in which the grapes grew.

In those flavors, the tastes we relish and crave, is a joy of life and a gratitude for the soil, the Earth and the men and women who grow our food. That's worth savoring.

MALCOLM MCDOWELL WOODS
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WHO IS GRAZE ?

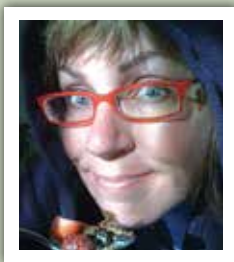


i am **LISA MALMAROWSKI.**

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.



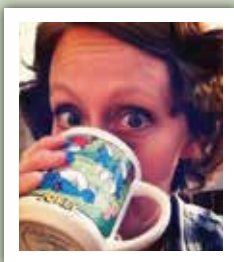
i am **PAUL SLOTH.**

I've been eating for decades. 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.



- GRAZE.

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GRAZE @ OUTPOST.COOP





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Buy a Bag

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Buy a Bag for the Hungry

Buy a Bag for the Hungry



A typical bag includes items like these.

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(you'll)

SWOON!

THINGS WE LOVE.



QUINCE & APPLE JAMS

A SUPER FANCY PARTY THE MINUTE YOU POP OPEN A JAR

These locally-crafted jams aren't just for dressing up your morning muffin, although we confess that we do just that. We've discovered that the Orange Lemon Marmalade is equally good on a buttery croissant as it is atop freshly toasted bread. But, oh darling, they really shine when they're adding a lux note to what would otherwise be a drab cheese board. We adore the Pear Ginger with its fresh from the orchard flavor of pears and honey spiced lightly with ginger, layered over creamy Brie and walnuts or topping a sliced of aged Cheddar and hearty cracker. Bonus, they make a darn nice host or hostess gift!



TABAL DARK CHOCOLATE BARS

HOMETOWN BOY CRAFTS A BITTERSWEET SYMPHONY

You expect great bands to get their start in a backyard garage, but chocolate bars? Milwaukeean Dan Bieser's love for chocolate took him to his garage, where he tinkered, roasted and ground the most delicious cacao beans he could find into incredible chocolate bars. Tabal offers four bars now, each one tailored to highlight the unique tastes of the cacao. The Coast Rica 70 + Sea Salt marries the deep, earthy cocoa flavor of Costa Rican cacao with the sharp taste of sea salt. Together, they make beautiful music!



WILD POPPY INFUSED FRUIT JUICES

UNIQUELY GROWN-UP JUICES THAT SIP LIKE A COCKTAIL

Only in the Republic of Los Angeles would you find people who figured out how to make fruit juice fit for a party. These non-sparkling, flavor-infused juices are made from simple ingredients but taste shockingly complex. Any flavor makes for a great non-alcoholic mocktail, but may we suggest a couple of grown-up pairings? Try the Peach Vanilla with muddled berries and rum over ice, or the Peppermint Lemonade with a shot of your favorite local vodka – shaken, not stirred, and served in a martini glass. Leave the fruit punch for the kiddies, these fun libations are made for grown ups, gossip and the conviviality of the season!



MARY'S GONE CRACKERS

NONE OF THE GLUTEN BUT SOMEHOW TWICE THE FLAVOR

We've always had a soft spot for these crackers — their crunch is addictive. But then they went and reformulated the original. Yes, reformulations can go horrendously bad (New Coke anyone?) but this one took a left turn into awesomeness. Mary has managed to pack more crunch into each savory round while adding a nutty flavor that is beyond compare. These are perfect plain, like little crunchy snacks, but we love them dearly topped with swirl of creamy cheese or veggie paté. Mary may have gone crackers but this is the kind of wild we can get behind!



NIMAN RANCH CORNED BEEF

NEW YORK DELI FLAVOR NOW AT YOUR CO-OP

We've tried our share of great corned beef but we haven't met one yet that made us audibly sigh, close our eyes with pleasure and somehow make us feel nostalgic in a way that defied understanding. Until now. Niman Ranch Corned Beef is outrageously tender, silky, savory and sliced paper-thin. It's perfect for stacking on rye bread for the ultimate deli-style nosh or for eating right from the package with a dollop of mustard. Your Bubbie called and said to pick up two packages. She also asked why you never call her!



GINGER PEOPLE GRATED GINGER

THIS JUICED UP, JARRED GINGER IS GOING TO JAZZ UP YOUR COOKING!

Want to instantly make your life easier? Buy a jar of this delightful ginger, tuck it in your fridge and get ready. This simple ingredient makes every stir-fry and salad dressing taste grand. It saves you time. You'll never have to run back to the store for fresh ginger again, or grate or chop the little roots, or dig around your crisper in search of one. With its perfect balance of sweet and spicy, it will liven up any marinade, add snap to a salad and elevate simple coleslaw to a whole new level. And it'll kick your old gingerbread recipe into the stratosphere.

ALASKAN HALIBUT

OTHERWISE KNOWN AS THE WHITE STEAK OF THE SEA

The icy waters of the North Pacific offer up the finest of fish and none is finer than the halibut. Salmon aficionados may disagree, but we've found that halibut is easier to love with its mild flavor and firm, dense texture. We're not going to kid you, this isn't your everyday budget catfish we're talking about – this is a luxurious fish caught at great danger in the frigid Alaskan wilderness (which makes us appreciate it even more). We love it simply cooked – and it's simple to cook – with a brush of olive oil, a dash of lemon and salt and pepper. Don't mess with it – treat it like the fab steak it is.



MILWAUKEE-STYLE PIZZA.

DUO GO TO BAT FOR THEIR FRESH-FROZEN HOMETOWN PIZZAS.

..... | story & photos by PAUL SLOTH



IT STARTED OUT SIMPLY ENOUGH, WITH ERIK BURGOS AND HIS BUDDY, NICK SMITH, CRANKING OUT PIZZAS IN THEIR CONDO. WELL, CRANKING MIGHT BE A BIT OF AN EXAGGERATION. NOTHING HAPPENED QUICKLY BACK IN THOSE DAYS, BUT ERIK AND NICK HAD AN IDEA AND THEY STUCK WITH IT, DETERMINED TO GET THEIR OWN BUSINESS – THE MILWAUKEE PIZZA COMPANY – OFF THE GROUND.

Before Erik and Nick could get Milwaukee Pizza Co. going, they had to master their recipe for the perfect pizza. In the beginning, there was a lot of trial and error, months and months of trial and error. A little tweak here, a little tweak there. They ate a lot of pizza.

Back then, Erik and Nick were running a batting cages place in New Berlin. It was a popular site for kids' birthday parties and while the previous owner was content serving frozen pizzas to the kids, Erik and Nick figured they could do better. They started making their own pizza — "Milwaukee Style" pizza.

It wasn't long before the pizzas became so popular that Erik and Nick started to package and sell them frozen. You can tell, just by looking the pizzas, why they're popular. Unlike a lot of other brands of frozen pizza, regardless of taste or quality, these pizzas have character.



For one thing, they're not perfectly round. These pizzas look like you made them yourself. It helps that Erik and Nick do everything by hand, from shaping the dough to topping the pizzas. Which brings us to the ingredients. Erik and Nick are using the best ingredients they can find.

"We try to make it as fresh as possible. I don't think anyone is doing it as fresh as we do," Nick said. "It's a lot of work, but it pays off." That's why they call them "fresh frozen." The guys don't use any preservatives. That's the point. These pizzas aren't meant to sit in the freezer for very long.

The two have been turning out their brand of "Milwaukee Style" pizzas for a little more than two years now. It's a competitive market, but Erik and Nick are confident they have right recipe for success. "Firstly, we believe that our product has an artisan quality to it and this satisfies our desire to contribute something good and unique to the community," Erik said.

For Erik and Nick, both artists (Erik is a photographer; Nick is a musician), making pizzas turns out to be a way to express themselves and make a little money at the same time.

"We found a different avenue to do art. It's that same sense of pride," Erik said.

While they're not done tweaking (Erik and Nick are always experimenting), they are confident that they have a great product and they're starting to develop the kind of following that gives them good reason to be confident.

Now, they're getting a little closer to cranking, as much as two guys can. In the early days, it took three hours to make 10 pizzas. Now they can make between 800 and 900 pizzas a week in their new kitchen in Bay View. You'd be surprised by what a couple of determined guys can get done in a tiny kitchen. The work makes for some long days, but the two couldn't be happier with how well their pizzas are being received.

While they work on building up their business and maybe expanding outside of Milwaukee, Erik and Nick are thinking about the future and a point in time when they're not the only ones cranking out pizzas.

"Small business is really about creating a sustainable system. That's why Nick and I are putting in such long hours, to create a great base to pass on to future employees," Erik said.

THE MILWAUKEE PIZZA CO. PIZZAS SOLD AT OUTPOST FEATURE AN ALL-NATURAL, WHOLE WHEAT CRUST, MADE WITH AN UNBLEACHED AND ADDITIVE-FREE ULTRA GRAIN FLOUR.

(a) RECIPE.

FRIJOLES BORRACHOS

(Drunken Beans)

SERVES 12

A classic Mexican dish which owes its layered flavor to tomatoes, oregano and beer. We love it with the smoky flavor of bacon, but you can easily leave out the bacon and use vegetable stock to make it the centerpiece of a vegetarian meal. Serve as a side dish or as a tortilla filling.

- | | |
|---|-------------------------------------|
| 1 pound dried pinto beans, washed | 1 tablespoon dried, crushed oregano |
| 1 quart low-sodium chicken stock | 1 cup chopped cilantro, divided |
| 1 medium onion, chopped | 1 bottle (12 ounces) hearty beer |
| 1-2 fresh jalapeños, seeded and chopped | ½ tablespoon freshly ground pepper |
| 6 cloves garlic, chopped | 1 tablespoon salt |
| 3 slices Nueske's Cherry Wood Smoked Bacon, chopped | |
| 1 14.5 ounce can of chopped tomatoes with green chilies | |

1. Soak dried beans overnight or do a 'quick soak' by placing beans into a large pot, covering with water, bring to a boil then turn off and let sit for one hour. Drain and rinse.
2. Drain beans and refill pot with chicken stock. If stock doesn't cover beans add water until beans are covered by about a ½ inch or so. Cover and bring to a boil. Reduce heat to medium low, cover and cook for 1½ hours or until beans are almost done. Check beans and stir making sure there is enough liquid to cover beans and ensure they are not sticking to pan.
3. While beans are cooking, in a large skillet brown bacon. When bacon is browned remove from pan and reserve. Add onions and jalapeños into the bacon fat and cook until softened. Then add garlic and cook for about a minute or so. Add tomatoes and stir well. Remove from heat and set aside.
4. When beans are almost done, stir in beer, tomato/onion/bacon mixture, oregano and half the chopped cilantro. Continue to cook uncovered for another hour or until beans are tender.
5. Add salt and pepper and mix well. With a potato masher crush some of beans to thicken the liquid. Adjust seasonings and serve with freshly chopped cilantro.



COOKING DRIED BEANS

- CHOOSE BEANS WITH A SMOOTH, FIRM SURFACE, THAT ARE UNIFORM IN SIZE AND COLOR, NOT WRINKLED OR SHRIVELED.
- DRIED BEANS WILL EXPAND TO ABOUT 2½ TIMES THEIR DRIED MEASURED SIZE.
- SORT OUT DIRTY, DAMAGED, WRINKLED OR BROKEN BEANS, AS WELL AS TINY STONES. POUR CHECKED BEANS INTO A LARGE BOWL, COVER WITH WATER AND REMOVE ANY FLOATERS.
- AFTER INSPECTING AND RINSING DRIED BEANS, COVER WITH 3 TIMES THE AMOUNT OF COLD WATER AND SOAK OVERNIGHT. IN THE MORNING, RINSE AND DRAIN THE BEANS 3 OR 4 MORE TIMES, UNTIL WATER RUNS CLEAR.
- GENTLY SIMMER BEANS ON LOWEST SETTING WITH A LID, COVERED BY AT LEAST AN INCH OF WATER.
- NEVER ADD SALT UNTIL BEANS ARE TENDER AND COOKED COMPLETELY.

COOKING TIMES.

DRIED BEANS (one cup)	TIME (minutes)	DRIED BEANS (one cup)	TIME (minutes)
Adzuki	40	Great Northern	50-60
Baby Lima	40-45	Kidney	75
Black	50-60	Navy	50-60
Cannellini	75	Pinto	60
Fava	60	Small Red	60

FALL.

(two ways)

recipes & photos by CARRIE ROWE

CALLING ALL CAULIFLOWER

TRENDY FOOD WEBSITE LISTICLES ALL AGREE — THIS IS CAULIFLOWER'S YEAR. BRASSICA OLERACEA IS ONE HOT VEGETABLE RIGHT NOW, WITH CAULIFLOWER APPEARING ON RESTAURANT MENUS AND CABLE COOKING SHOWS IN UNPRECEDENTED NUMBERS. WE'RE HAPPY TO SEE IT GET SOME LOVE, BUT THE TRUTH IS WE'VE ALWAYS LIKED CAULIFLOWER. IT'S NUTRITIOUS — LOW IN FAT AND LOW IN CARBS BUT HIGH IN FIBER, FOLATE AND VITAMIN C — AND IT'S VERSATILE. HOW VERSATILE? READ ON.

ROASTED CURRIED CAULIFLOWER & CHICKPEAS

SERVES 4

The humble cauliflower undergoes a transformation when paired with curry and cumin. In this dish, the dried berries add a great sweet-tart counterpoint to the pungent, savory spices.

- 3 tablespoons extra-virgin olive oil
- 1 teaspoon mustard seeds
- 2 teaspoons powdered cumin
- 1 tablespoon curry powder
- 2 teaspoons coarse salt
- 1 large head cauliflower (about 2 pounds), cut into large florets
- 1 15-ounce can chick peas, drained and rinsed
- ½ cup dried cherries or cranberries

1. Preheat oven to 375°.
2. Heat oil in a large sauté pan over medium-high heat. Add mustard seeds and sauté until seeds begin to pop. Add cumin, curry powder and salt, stir to combine. Add the cauliflower, tossing to coat thoroughly with spice mixture. Add chickpeas and toss. Remove from heat.
3. Arrange cauliflower and chickpea mixture in a single layer in a rimmed baking dish. Roast until florets are browned on bottom and tender when pierced with the tip of a paring knife, about 35 minutes.
4. Place in serving bowl, add cherries or cranberries and toss. Serve hot.

1ST way.







2ND way.

CAULIFLOWER PIZZA CRUST

MAKES ONE 10-12 INCH PIZZA

This pizza crust is not only delicious (and that's the most important part), it is gluten-free, grain-free and a darn sneaky way to get some more veggies onto your menu.

- 
- 1 small to medium sized head of cauliflower
 - ¼ teaspoon salt
 - ½ teaspoon dried basil (crushed between your fingers)
 - ½ teaspoon dried oregano (crushed between your fingers)
 - ½ teaspoon garlic powder
 - Pinch of crushed red pepper (optional)
 - ¼ cup parmesan cheese, shredded
 - ¼ cup mozzarella cheese, shredded
 - 1 to 2 eggs
 - 1 tablespoon almond meal

- 
1. Place a pizza stone or baking sheet in the oven and heat to 450°. Place a large piece of parchment paper on a cutting board and set aside.
 2. At the same time, bring a pot with a few inches of water to a boil — you'll use this for steaming cauliflower in a few minutes.
 3. Cut florets from the cauliflower, wash and pulse in food processor for about 30 seconds until your cauliflower looks light and fluffy. If you don't have a food processor, use a box grater. You should end up with 2 to 3 cups of cauliflower after processing.
 4. Using a steamer basket or colander, cover and steam cauliflower over a pot of boiling water for about 10 minutes, until fork tender but not mushy. Or steam in the microwave for about 5 minutes. Place steamed cauliflower on a clean dish towel and allow to cool.
 5. Once cauliflower is cool enough to handle, wrap it up in the dish towel and wring out as much water as possible to ensure you get a chewy crust instead of a crumbly mess.
 6. Place cauliflower in a bowl and add all remaining ingredients except almond meal – use one egg for closer to two cups of cauliflower, use two eggs for closer to three cups. Combine thoroughly, adding almond meal if your 'dough' feels too moist and sticky.
 7. Once mixed together, press the dough onto your parchment paper into whatever shape your pizza will be, pressing and patting firmly so the dough really sticks together. Your dough will be pretty sticky, so forming and squishing with a fork works well.
 8. Using a cutting board, slide the parchment paper onto your hot pizza stone or baking sheet in the oven. Bake for 8 to 11 minutes, until it starts to turn golden brown, then remove from oven.
 9. Now add your sauce and pizza toppings of choice and bake for another 5 to 7 minutes, until cheese is melted and bubbly.



LOVE OF ITS RIVERWEST
NEIGHBORHOOD
RUNS DEEP IN ITALIAN
RESTAURANT.



EAT HERE!

by MALCOLM MCDOWELL WOODS
photos by CARA BERKEN





THE NAME MIGHT HAVE SEEMED LIKE A BOAST, BUT IT WAS MEANT AS A DECLARATION: CENTRO CAFÉ. THE NEW LITTLE ITALIAN-INSPIRED RESTAURANT PEG KARPFFINGER AND HUSBAND PATRICK MOORE OPENED IN 2009 ON CENTER STREET WOULD BE THE HEART OF RIVERWEST.



Four years later, their love for the neighborhood is evident, as is the place the eatery occupies in this diverse east side neighborhood.

“We live in Riverwest,” declares Peg. “And two thirds of the staff, easily, live in the neighborhood. I really feel like we’re the center of Riverwest here. It’s really a wonderful place to be.”

For all the love of place voiced by the staff, a visitor might be in for a surprise walking into the restaurant.

“It’s New York meets Milwaukee,” says AJ Dixon, Centro’s outgoing (and out-going – she’s departing to pursue her dream of running her own restaurant in Bay View this fall) chef. (The kitchen is in safe hands. AJ’s assistant, Josh Unser, will replace her behind the counter.)

Inside, the small restaurant offers up a cozy, yet cosmopolitan feel. Peg says customers frequently comment that they felt they were no longer in Milwaukee. “That was my husband’s idea,” she says. “He wanted Centro to look and feel like an old Italian restaurant in Brooklyn.”

The couple purchased the storefront building in 2003 and spent years restoring and designing the interior.

The menu is old world meets new world cuisine – pastas and other traditional Italian dishes infused with and transformed by modern sensibilities such as seasonal and local foods. The restaurant is a member of Braise’s RSA (Restaurant Supported Agriculture), which connects area eateries with local farms, and also partners with the owners of Café Corazon to operate a small farm, bringing a steady supply of zucchini, squash, berries and broccoli, among other foods.

“The one comment I hear most is that everything tastes so fresh,” says Peg.

AJ says there is a really good explanation for that: lack of space. “We don’t have space for a walk-in cooler,” she says, laughing. “Everything we need for the day comes in that day.”

The menu is refreshed three or four times yearly, roughly coinciding with the seasons, but some things remain constant: the fresh foods prepared in an open kitchen, in full view of customers, the sights and smells of the food filling the air.

(recipe over)

CENTRO CAFE
808 E. CENTER ST.
414.455.3751
CENTROCAFERIVERWEST.COM
OPEN MONDAY THROUGH SATURDAY

ROASTED BUTTERNUT SQUASH LASAGNA.

— SERVES 12

by CHEF JOSH UNSER, CENTRO CAFE

- 3 pounds butternut squash, quartered, seeded, peeled and cut into ½-inch cubes (about 9½ cups)
- 3 tablespoons vegetable oil
- 4 cups milk (whole milk preferably)
- 2 tablespoons fresh rosemary, chopped
- 2 tablespoons roasted garlic
- ¼ cup unsalted butter
- 4 tablespoons all-purpose flour
- 9 7 x 3½-inch sheets dry no-boil lasagna pasta
- 1½ cups Parmesan cheese, grated (about 5 ounces)
- 1 cup heavy cream
- ½ teaspoon salt
- Garnish: Fresh rosemary sprigs

1. Preheat oven to 450° and oil two large shallow baking pans.
2. In a large bowl, toss squash with oil until coated well and spread in one layer in pans.
3. Roast squash in oven 10 minutes and season with salt. Stir squash and roast 10 to 15 minutes more, or until tender and beginning to turn golden.
4. While squash is roasting, bring milk to a simmer in a saucepan with rosemary and garlic. Heat milk mixture over low heat 10 minutes.
5. In a large heavy saucepan, heat butter over moderately low heat, stirring until softened. Stir in flour and cook roux, stirring, three minutes. Remove pan from heat and whisk in milk mixture in a stream until smooth. Return pan to heat and simmer sauce, whisking occasionally, about 10 minutes, or until thick. Stir in squash and salt and pepper to taste. Sauce may be made three days ahead and chilled, covered with plastic wrap.
6. Reduce temperature to 375° and butter a baking dish, 13 x 9 x 2 inches. Pour one cup sauce into baking dish (sauce will not cover bottom completely) and cover with 3 lasagna sheets, making sure they do not touch each other. Spread half of remaining sauce over pasta and sprinkle with ½ cup Parmesan. Make one more layer in same manner, beginning and ending with pasta.
7. In a bowl with an electric mixer, beat cream with salt until it holds soft peaks. Spread evenly over top pasta layer, making sure pasta is completely covered. Sprinkle remaining ½ cup Parmesan over cream. Cover dish tightly with foil, tenting slightly to prevent foil from touching top layer, and bake in middle of oven 30 minutes. Remove foil and bake lasagna 10 minutes more, or until top is bubbling and golden. Let lasagna stand 5 minutes. Garnish each serving with rosemary.



OUTPOST'S

photos by CARA BERKEN | *(secret recipe)*

TUSCAN KALE SALAD

SERVES 4

ALL HAIL KALE! THIS HAIRY AND HEARTY SALAD IS A FESTIVE ADDITION TO THE HOLIDAY TABLE AND IT'S SOMETHING YOU EASILY CAN MAKE AHEAD OF TIME. PUT IT ALL TOGETHER AND SET ASIDE, GIVING THE VINAIGRETTE A LITTLE TIME TO DO ITS MAGIC AND SOFTEN UP THE KALE LEAVES. THE FLAVORS PLAY OFF EACH OTHER WONDERFULLY IN THIS RECIPE.

- 1 bunch kale (approx. a half pound)
- ½ cup shredded carrots
- ½ cup sundried tomatoes, thinly sliced
- ½ cup toasted pine nuts
- ½ cup shredded Parmesan cheese
- ¼ cup olive oil
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste

1. Remove stems from kale and cut into thin julienne strips
2. Toss kale with shredded carrots, sundried tomatoes, parmesan cheese and pine nuts
3. Make dressing by whisking together balsamic vinegar, olive oil, salt and pepper
4. Pour dressing over salad ingredients, toss to combine.





(our) MENU

- GREEK FETA TART
- HEARTY FALL SALAD WITH HUMMUS DRESSING
- ROASTED ROOT VEGETABLE POT PIE
- BISON COTTAGE PIE
- MINI CHERRY & APPLE PIES ALA MODE
- SPARKLING HARD CIDER & APPLE CIDER



It's a **PIE PARTY!**

by LISA MALMAROWSKI • photos by CARA BERKEN

EVERY COUPLE OF YEARS, THE PIE MAKES IT TO THE TOP OF A FOOD TREND LIST. PLEASE ... PIES ARE NOT A TREND, THEY'RE A CLASSIC AND ARE ENJOYED ALL OVER THE WORLD IN VARIOUS FORMS, SO THERE'S SOMETHING FOR EVERYONE TO LOVE. OUR FALL PIE PARTY STARTS OUT IN GREECE, MOVES TO THE UNITED KINGDOM, WINKS AT FRANCE AND ENDS UP BACK AT HOME IN FRONT OF FIRE WITH GOOD OLD APPLE (AND CHERRY!) PIES.



COTTAGE PIE

SERVES 6-8

Did you know cottage pie is pretty much a shepherd's pie made with a meat other than lamb? Our version features bison and leaves out the cheese to lighten things up. Like its shepherd pie counterpart, it makes a welcoming cool weather entrée that is rich, satisfying and perfect for company. Use a meat substitute to make it vegetarian.

- 1 tablespoon canola oil
- 2 large carrots, chopped
- 1 medium onion, chopped
- 1 cup button or crimini mushrooms, chopped
- 1 pound ground bison
- 1 10 ounce package of frozen peas
- 2½ tablespoons Worcestershire sauce
- 1 cup low-sodium beef broth
- ⅓ cup good, red wine
- 6 tablespoons tomato paste
- 1 clove garlic, minced
- ½ teaspoon dried rosemary
- 1 teaspoon dried basil
- ½ teaspoon freshly ground pepper
- 1 teaspoon kosher salt
- 1½ tablespoons chopped, fresh Italian flat leaf parsley, divided
- 2 pounds Yukon Gold potatoes, peeled and cut into 1-inch slices
- 1 cup non-fat milk
- 2 tablespoons butter
- Salt and freshly ground pepper to taste

1. In a large pan, sauté carrots and onion in oil on medium-low heat until they begin to soften, then add mushrooms and continuing cooking until soft.
2. Turn heat up to medium, and add in ground bison. Cook until browned.
3. Add in peas, Worcestershire sauce, beef broth, wine, tomato paste, garlic, spices and 1 tablespoon of chopped parsley (reserve the rest). Reduce heat. Simmer uncovered 15 minutes.
4. While sauce is simmering, bring a large pot of water to a boil. Add in potatoes. Cook for about 15-20 minutes until tender. Drain water, add in milk, butter and reserved chopped parsley, and mash with a potato masher.
5. Preheat oven to 400°.
6. Pour meat and vegetable mixture into a 13" x 9" baking dish or large, round casserole like we did. Top with mashed potatoes making sure to leave little peaks that will brown as it bakes.
7. Bake in oven for about 20 minutes or until potato topping begins to golden up.

GREEK FETA TART

SERVES 12

This simple Greek tart (alevropita) is easy to make. The egg dough adds to its surprisingly complex flavor. But, this dough and technique are different. Keep following the recipe carefully and keep going. Be sure to get your pan nice and hot in the oven and work quickly to spread the dough over the pan. We're honestly not sure what the vodka contributes to the recipe — in fact, we used tequila because that's all we had on hand but are pretty sure water would work as well.

- 4 tablespoons extra virgin olive oil, divided
 - 2 teaspoons vodka
 - 1 egg
 - 1 cup water
 - 1¼ cups flour, sifted
 - ¼ teaspoon kosher salt
 - ⅛ teaspoon baking powder
 - 10 oz. feta, crumbled
 - 1-2 tablespoons of chopped, fresh oregano or parsley
 - 2 tablespoons unsalted butter, softened
1. Heat oven to 500°. Put an 18" x 13" x 1" rimmed baking sheet into oven for 10 minutes.
 2. Meanwhile, whisk together 2 tablespoons oil, vodka, egg, and water in a bowl. In a separate bowl, whisk flour, salt, and baking powder. Pour wet mixture over dry mixture and whisk until smooth.
 3. Brush remaining oil over bottom of hot pan and add batter, smoothing batter with a rubber spatula to coat the bottom evenly, if necessary. Distribute cheese and chopped herbs evenly over batter, and dot with butter. Bake, rotating baking sheet halfway through, until golden brown and crunchy, about 20 minutes. Let cool slightly before slicing and serving. *Note: slicing is easier with a pizza cutter.*

HUMMUS DRESSING

MAKES ¾ CUP

Make your favorite green salad and top it with this savory, tangy dressing. Don't skimp by using dried parsley, jarred lemon juice or garlic powder. The fresh ingredients really make it sparkle. Bonus, it's vegan and gluten-free — just be sure to use gluten-free mustard.

- ¼ cup cooked chickpeas
 - ¼ cup water
 - 2½ tablespoons tahini
 - 2 tablespoons freshly squeezed lemon juice
 - 1 tablespoon red wine vinegar
 - 1 teaspoon tamari
 - ½ teaspoon Dijon mustard
 - 2-3 teaspoon fresh, chopped parsley
 - 1 small clove garlic or to taste
 - 2 tablespoons extra-virgin olive oil
 - ¼ teaspoon sea salt
 - Freshly ground pepper to taste
- In a blender or food processor purée until smooth. Taste and adjust seasonings as desired. Chill.



ROASTED ROOT VEGETABLE POT PIE

SERVES 6

We like to call this vegetarian soul food. Roasting the vegetables and garlic adds a layer of savory flavor to this delicate pie. We used puff pastry to keep it really simple and individual ramekins to make it easy to serve, but you can easily make this as one large pie using your favorite homemade crust. You may want to decrease the amount of thyme depending on how pungent your variety is.



- 4 tablespoons olive oil, divided
- 1 head of garlic, exterior layers of skin peeled away and top of head removed to expose cloves
- 2 pounds assorted, your choice, peeled and cubed root vegetables (like turnips, carrots, parsnips, potatoes and/or sweet potatoes)
- 2 teaspoon ground thyme, divided
- Salt and freshly ground pepper
- 1 tablespoon unsalted butter
- 1 medium onion, peeled and diced
- 4–6 oz. of sliced button or crimini mushrooms
- 1 tablespoon whole grain mustard
- 1½ tablespoons all-purpose flour
- 1 cup low sodium vegetable broth
- 1 bunch lacinato kale, large stems discarded, sliced thinly
- 1 package puff pastry
- 1 egg, lightly beaten with 1½ tablespoons water to make egg wash

1. Preheat oven to 375°.
2. Place the prepared garlic bulb on a sheet of foil and add about a teaspoon of the olive oil and a pinch of salt and pepper, then wrap into a packet.
3. Place the assorted root vegetables in a bowl and toss with olive oil, salt, pepper, and 1 teaspoon of thyme to coat. Place in a single layer onto a baking sheet along with the garlic packet. Roast for about 45 minutes, stirring once or twice for even browning.
4. Meanwhile, heat 1 tablespoon olive oil and butter in a skillet and sauté onion until softened and translucent. Add mushrooms and reserved thyme as onions cook down. Continue cooking until mushrooms are browned.
5. Add mustard and flour and cook for a minute or two, stirring often. Then add vegetable broth and mix well, scraping the bottom of the pan thoroughly. Cook for about 10 minutes or until sauce thickens.
5. Add sliced kale to the top of the pan, stirring occasionally until kale cooks down.
6. Add roasted root vegetables, squeeze roasted garlic cloves into the mixture and mix well. Taste and adjust seasonings. Put pot pie filling into a single pie pan or divide equally between individual ramekins.
7. Top each pie with a circle of puff pastry (you'll want to work with it cold, but follow package directions for handling instructions). You can brush each top with an egg wash if desired.
8. Place completed pie/s on a baking sheet (to catch drips) and bake in preheated 375° oven for about 40 minutes, or until golden. Remove from the oven and allow to rest for 15 minutes before serving.



MINI PIES

MAKES 8-12 PIES

Who doesn't love a tiny, little pie of their own?! These seem complicated but they're not, and after you do a few, it gets easier. Don't worry about making them too perfect, we pieced dough together and did some lopsided crimping but we think that just adds to their homey charm. Plus, we found the pre-made pie dough really forgiving.

- 1-2 jars pie filling (We like Weinke's)
- 1-2 packages frozen or refrigerated pie crusts (or your favorite homemade recipe)
- Flour for dusting
- Egg wash (see vegetable pot pie recipe)
- Cooking spray
- Muffin tin

1. If frozen, defrost piecrusts according to package directions.
2. Preheat oven to 375° and lightly spray bottom and sides of muffin tins.
3. Unroll piecrust and roll out a bit thinner, using flour for dusting so it doesn't stick.
4. You'll be cutting circles large enough to cover the bottom and sides of each muffin tin. We used a knife and just did it free hand but if you have circle cutter, go for it.
5. Carefully line prepared muffin tins with dough circles.
6. Fill each pie to the top with pie filling.
7. Then, cut out a circle that will cover the top of pie remembering to cut a vent hole or two into it. We used a tiny little cookie cutter, but it's not necessary.
8. Here's the part that takes a little finesse — top each pie with a top and carefully crimp the edges shut with your fingers. The tighter the seal, the neater the pies will be and they'll be easier to remove from the tins. Brush each top with a little egg wash.
9. Bake in preheated oven 10 minutes. Check to see how brown they are. If they're getting too brown, cover lightly with foil and continue baking for another 3 – 5 minutes until bubbly. Allow to cool before removing from tins.
10. When cooled enough to firm up, run a butter knife around the perimeter of each pie, being careful not to pierce pies, to loosen. You can then remove each pie with a large spoon or heat resistant spatula. Or, put a cookie sheet over the muffin tin and carefully turn over so all pies come out. You'll have to quickly set them right side up, though!
11. Serve warm with ice cream. Try not to eat all of them in one sitting.



SPECIAL THANKS TO OUR MODELS

Carrie Rowe who graciously opened up her home and her kitchen, Lilah & Finn Gingery, Milo Sieger, and Stephanie, Liam, Zef & Thijs Van Iersel.

HOW TO MAKE A LATTICE-TOP PIE

www.youtube.com/watch?v=BZtz-LPEhk8

GLUTEN-FREE PIE CRUST RECIPE

www.outpost.coop/connect/graze/about_graze.php



GO + BENTO!

BECOME THE PERSON EVERYONE ENVIES AT THE LUNCH TABLE WITH A CUTE, PERFECTLY-PACKED LUNCH BRIMMING WITH SIMPLE, SOUL-SATISFYING TASTINESS. HERE'S HOW TO PACK A STELLAR BENTO-STYLE LUNCH FOR GROWN UPS.

by LISA MALMAROWSKI
photos by PAUL SLOTH

*Want to pack your own tidy lunch?
Outpost carries a variety of reusable
Tiffins and Bento boxes!*





We used Black + Blum bento boxes pictured here for our lunches, available at your favorite Outpost!

- 1. SIMPLE HAM, TURKEY & CHEESE SKEWERS**
- 2. GREEN SALAD + YOUR FAVORITE DRESSING**
- 3. BROWN RICE WITH SNOW PEAS SALAD**

This uncomplicated salad is easy to make and surprisingly savory. You can add the snow peas to the salad, but the dressing will dull their sparkling, green color.

For the rice

- 2¼ cups water
- 2 teaspoons toasted sesame oil
- ¼ teaspoon salt
- 1 cup short-grain brown rice

For the salad

- 1 medium red bell pepper, thinly sliced into 1-inch-pieces
- ⅓ cup chopped scallions, white and light-green parts only
- 2 tablespoons seasoned rice wine vinegar
- 3 teaspoons low-sodium or light soy sauce
- 2 teaspoons toasted sesame oil
- 2 teaspoons freshly grated ginger
- ¼ pound snow peas, blanched and cut on the diagonal into 4 or 5 pieces*
- 2 tablespoons toasted sesame seeds

1. In a 2-quart pot, bring the water, sesame oil and salt to a boil. Add the rice, stir to combine, cover and reduce heat to low. Allow the rice to simmer, covered, until the water is absorbed and the rice is just tender, 35 to 40 minutes.
2. Transfer the cooked rice to a large bowl and let cool for about 15 minutes. Add the red bell pepper slices, chopped scallions, vinegar, soy sauce, sesame oil and 1 tablespoon of the sesame seeds. Stir to combine thoroughly.
3. Transfer the rice salad to a shallow bowl or serving dish and top with the remaining tablespoon of sesame seeds and sliced, blanched snow peas. Let cool before refrigerating. Serve cold or at room temperature.

* See our tips for perfectly blanched snow peas, online at www.outpost.coop/graze



(continued)

1 MISO SOUP

2. KIMCHI SOBA SALAD

Kimchi, the spicy, fermented salad made of cabbage and other vegetables, adds a sour and tangy note to this simple, satisfying noodle dish. We used almost a whole jar of Wisconsin-made, Spirit Creek kimchi for this recipe and saved the rest to eat along side rice or to top a sandwich.

- 2 tablespoon unseasoned rice vinegar
- 1 tablespoon soy sauce
- 1 tablespoon lime juice
- 2 teaspoons toasted sesame oil
- 1 teaspoon honey
- Sriracha or other hot sauce to taste
- 1 small garlic clove, minced or finely grated
- 4 scallions, thinly sliced, white and green parts separated
- 8 ounces uncooked soba noodles
- 2 cups kimchi, drained and roughly chopped
- Toasted sesame seeds for garnish
- Chopped fresh cilantro for garnish

1. In a large mixing bowl, whisk together first seven ingredients and the white parts of the scallions. Taste and adjust the seasoning. Set aside to allow the flavors mingle.
2. Bring a large pot of salted water to a boil. Cook the soba noodles 3-4 minutes, or until they're just tender. Drain and rinse under cold running water, until the noodles are completely cool and the water runs clear. Shake excess water from the noodles, then transfer to the bowl with the dressing.
3. Add kimchi and toss to combine.
4. Before serving, garnish the salad with sesame seeds, cilantro and the green parts of the scallions. Serve cold or at room temperature.



RED TIDE.

story & photo by PAUL SLOTH

FALL IS CRANBERRY SEASON IN WISCONSIN.

IT'S FALL IN WISCONSIN AND FOLKS ARE HITTING THE ROAD IN SEARCH OF COLOR. IN THE BLINK OF AN EYE, WISCONSIN'S BEAUTIFUL COUNTRYSIDE DUSTS OFF ITS AUTUMNAL COAT. IT HAPPENS EVERY SEASON. PEOPLE IN THESE PARTS TIME THEIR WEEKEND GETAWAYS ACCORDING TO THE CHANGING SCENERY.

But trees and their leaves aren't the only things adding color to Wisconsin's landscape this time of year. If you find yourself in certain parts of Wisconsin — mainly the central and northern parts — you can treat yourself to one of the most brilliant displays of natural color that you're likely to see, pools of shimmering, ruby-colored fruit.

It seems almost magical, but it's really just cranberry season. This is the time of year growers flood their fields to help harvest these tiny gems.

It's easy to see how people might think that cranberries grow in water, as it's the only time you're likely to see them for yourself in the field. Actually, cranberries grow on low-trailing vines in sandy or peat marshes. Flooding the marshes causes the berries, each of which contain a pocket of air, to float to the surface.

"It's surprisingly tricky to grow. The vine grows year over year. The maintenance is putting sand on just to keep them fresh and growing new shoots," said Dan Wandler, owner of Sandhill Cranberries, an organic cranberry farm in Vesper, Wis. "But it's the same cranberry vine. There are plenty of growers in the area that have 100-year-old vines."

For growers like Dan, the rapid-fire harvest is the culmination of long months of hard work and preparation.

While most of the cranberry season feels like it creeps along, things can change overnight in late September, early October, Dan said.

"You've got to now get these ripe cranberries off these beds, in a packaging plant, and packed up and over to your customers in a matter of six weeks," said Dan, a Milwaukee-area native. "You've got six weeks to do a year's worth of work. You have to get it done."



WISCONSIN CRANBERRIES

- CRANBERRIES WERE FIRST HARVESTED IN WISCONSIN AROUND 1860 BY EDWARD SACKET IN BERLIN, WI

- CRANBERRIES ARE NOW GROWN IN 20 COUNTIES THROUGHOUT CENTRAL AND NORTHERN WISCONSIN
- WISCONSIN PRODUCES MORE OF THIS POWER-PACKED BERRY THAN ANY OTHER STATE IN THE U.S. — IN

FACT, THE CRANBERRY IS WISCONSIN'S OFFICIAL STATE FRUIT

- WISCONSIN CRANBERRY GROWERS ANNUALLY HARVEST ENOUGH CRANBERRIES TO SUPPLY EVERY MAN, WOMAN AND CHILD IN THE WORLD WITH 26 CRANBERRIES

Source: Wisconsin State Cranberry Growers Association

TABLE TALK.

SOWING THE SEEDS: BEHIND THE EFFORT TO RAISE A GENERATION OF URBAN FARMERS.

by MALCOLM MCDOWELL WOODS photos by PAUL SLOTH



Below (from left): Margaret Mittlestadt, Dennis Lukaszewski, Charlotte Litjens, Kirstin Anglea and Kyle Slick.





THERE ARE PLENTY OF EFFORTS TO BRING FARMING BACK TO THE CITY, WITH SMALL PLOTS, RAISED BEDS AND VACANT LOTS BEING TRANSFORMED INTO VEGETABLE GARDENS THROUGHOUT URBAN NEIGHBORHOODS, BUT FARMS NEED FARMERS.

The urban farming movement will succeed or fail on the shoulders of urban farmers, which got us wondering about efforts to train and grow urban farmers from the ground up right here, in our community schools. We gathered several local educators and experts to discuss the work to introduce urban youth to the wonderful world of farming at Milwaukee's Vincent High School, which offers specialized instruction in urban aquaculture on the city's north-west side. Participating were Kyle Slick, agricultural instructor at Vincent; Kirstin Anglea, principal, and Charlotte Litjens, health and wellness coordinator, from Milwaukee Environmental School, a charter school with a year-round curriculum; and Dennis Lukaszewski, urban agriculture program director with the Milwaukee County Cooperative Extension. Our moderator was Outpost's Margaret Mittelstadt.

Margaret Mittelstadt We want to talk today about how we grow a new generation of farmers. What do we do to really engage children, from a young age and on up, to consider agriculture as a career? You're all familiar with the book "Last Child in the Woods; Saving Our Children from Nature Deficit Disorder." Is there someone out there who is writing "Last Child on the Farm?" Are we experiencing a farm deficit?

Kirstin Anglea Actually, have you read "Animal Vegetable Mineral" by Barbara Kingsolver? That's a real fun read when you watch how she worked with her daughters to try and live off the land for a year, month by month. That was a really cool, inspiring story.

Margaret So, do you think our kids suffer from a farm deficit? How many kids actually set foot on a farm?

Kyle Slick Very few. In my food science class, getting my kids to understand what a calorie is is hard. A lot of it is just due to a lack of knowledge or experience. Also, they lack just basic ideas of where your food comes from – pork comes from pigs, beef from cows and so on. There are kids in MPS that have never seen Lake Michigan. Even though they lived in a big city, it's almost like they live in a village. They get bused to school, they get bused home.

Charlotte Litjens The positive, flip side of that is that when they do discover where food comes from, they get so excited about it. Last week we made pickles from fresh cucumbers that I grew. I started the class off giving them a fresh cucumber and pickle on the plate and hoping they would make the connection, but they didn't. Not a single one of the kids knew beforehand that pickles came from a cucumber. Or that a cucumber came from a seed inside a cucumber. Then, when one of the parents came to pick them up, one of the kids exclaimed "We're making pickles, from cucumbers!" It's cool to see that enthusiasm.

Margaret Where along the way did that connection between education and our food system part ways?

Kyle Somewhere in the '90s, when you started seeing decreased funding for career and tech education –

since it wasn't seen as preparing kids for college. It's coming back but slowly. There's research now saying a kid learns math more easily in shop class, or about science if they're learning in their agriculture class as well. We've really failed our kids by saying everyone has to go to college. That's not necessarily true. If a kid's interested in welding, there's great money in welding. An underwater welder working for an oil company in the Gulf makes \$90/hour. That's a lot of money. But the same thing has happened in agriculture. Programs were cut and that whole area has been marginalized. That's where a big part of that disconnect comes from.

Dennis Lukaszewski I'm going to go back further. I go back to the '50s, when I was a kid. I always smile when people now talk about the urban ag. movement because I lived the urban ag. movement. I grew up on Fifteenth and Layton, which is the middle of the Mitchell interchange now. We had ten acres, which was a mini-farm. When we came home from school, it was assumed we would work on our half-acre vegetable plot. All my friends, we all grew stuff, all of them were engaged in some sort of growing. For a lot of my friends, their first jobs were bunching onions. They worked on the truck farms.

We had truck farms, we had orchards, we had chickens, we had a pig farmer on 13th and Grange, hard to imagine. The whole southside, we had greenhouses that grew tomatoes. But somewhere along the line we lost all of this. Fast forward to 2000 and people are saying "Aw, we can grow food in the city, yay!"

And I think, we did this. Why are we not doing this? It's not just defunding programs. There was no McDonalds when I was a kid, no fast food. We never went to restaurants.

Margaret So your meals came from home.

Dennis Yeah. And it was expected we would learn to do simple preparations. Being a 4-H kid, we all took cooking classes, schools had home economics. I don't know if home ec. even exists anymore.

(continued)



Kyle It does, it's name has been changed, but it's part of that whole career tech program that has been marginalized. But this issue is really a huge problem with multiple reasons why it's happened. You can look at testing. If kids aren't learning math, science and reading from it, then there is no reason to put money into it.

Kirstin I'm not sure where it started. I grew up out in the country and my mother didn't work outside the home. We had a large garden and she cooked all of the food from scratch. But then I remember as a kid promoting those TV dinners. That was the coolest thing, because it wasn't homemade. And then came the microwave. This society that wants everything so quickly doesn't want to do all the thinking and planning and the work that goes into growing foods. There is all this effort that has to go into it and it's a lot of work. I intentionally moved out of the city a few years because I wanted to have this big garden and it is a TON of work.

Dennis It has to be a hobby you love.

Margaret So, how do you get children to love that as a hobby? Where do you start?

Charlotte I started with a homemade ranch dressing, made from herbs from the garden. With the older kids, it was fruit and berries and now they can't stop putting them in their mouths and then you show them how to make it or where it comes from and it's like a bug they catch. They want to come back to the garden all the time and grow more and eat more. You've just got to find that interest point.

Dennis I think it has to be mandated curriculum. A couple of years ago I was on a USDA tour looking at the food system. We saw the assembly line for the lunch food program, where they packed the hot items and the cold items and packed them up for delivery to the schools they fed. But I was looking at what's in the food and I thought it's not broken, it just needs to be tweaked. And somewhere along the line the teachers have to be involved in saying, "Okay kids, today we're going to have mashed potatoes" and hold up a potato and get the kids talking about potatoes. Then, after lunch, they come back and you ask how was the potato? That's the way you build a relationship with the foods you eat.

Kids have to learn life skills and be happy with them, I think. We were making salsa at the MPS science fair and everybody was so excited that we were making it, using tomatoes and peppers.

Kyle (To Dennis) You want to come and teach the salsa making?

Margaret At Vincent you're catching kids who are not as young. They're 14, 15 years old. Where and how do you hook them?

Kyle Well, you give kids food, they like that. That's a good start. I'm teaching veterinary sciences now and the kids get to get their hands on animals, they like that.

Margaret These are electives for your students, right?

Kyle Right now it's elective. We have the Intro to Urban Agriculture class and based on that, they decide after that, if they like animals or growing or mechanicals or whatever.

Margaret And are you seeing certain students rising to a subject?

Kyle Absolutely. Kids love the hands-on stuff. But with 40 kids in a class, hands-on is difficult to accomplish.

Margaret What roles do the parents play? Are they important?

Charlotte Very. If they're not involved at the school, they may not be sure they want you to make their kids dig and farm. So it is important to offer programs for the parents at the same time.

Kirstin That's part of the vision at our school. We start with the kids and sort of go from the inside out. Kids come home and they're really excited and passionate about what they're learning at school. We have raised beds that their parents have helped to make during the summer program, so in the spring each class will have its own raised bed and then they'll start from seed and learn about the seed. But so many people in the city just don't believe you can garden in the city and that you can put in a raised bed or a pot and grow peppers or tomatoes or beans or whatever. So, to expand and teach parents that there is a difference between how a fresh-grown cucumber tastes and one that has been in storage for months - it makes a difference.

Dennis We used the secret 4-H program, which was using the kids to get to the parents. The idea was very simplistic. Let's go back to the salsa. Each kid gets a couple tomatoes, an onion and a pepper. You chop it all up and then they put it all together and squeeze a little lime on it and they're amazed that it's salsa. Then, the idea is the kids take home the ingredients with the recipe and make the salsa at home for their parents. My goal is that the kids eventually start modifying the recipes. When they get to high school, they should have experimentation in their minds.

Kyle And that's using the scientific method, so that's a way to teach the scientific method as well, which is big on the standardized tests.

Margaret How else can we make growing food sexy for young kids? Can you make it fun or competitive?



Charlotte I love the idea of challenge. One thing I had done before at another school was pair up an eighth grader with a local chef downtown. They got trained to compete in Fondy Market's Greens Cook-Off. That really sealed the deal with that program. The attendance went up, the kids were so proud. They started cooking with their grandparents, which they had never done before.

Margaret The Milwaukee Environmental Science School is year-round. Is that an advantage?

Kyle Well, since the semester started (at Vincent), I haven't been able to get out in the garden for a while. And now if you look at our garden, it has been taken over by weeds. I personally would love it if we were year-round, to have kids here.

Kirstin It's true, we have more than just a secretary in the office in July. There's a lot of people around and it's a lot easier to remember to water or to weed. But [with kids' short attention span] maintaining the kids' attention over a whole year is a challenge.

Dennis Integrating the growing activities with kids' interests in digital media is a pretty cool way. They all have smart phones and cameras now. They can be taking photos of the insects in the garden and looking at each other's bugs online and stuff. If they are already skilled in digital activities, it's an opportunity to get them to utilize that to help the educational pieces come together.

Kirstin Our kids have a project where they're making a video of all the things they're doing this year. That might be a way to sustain their interest. We've set up an aquaponics lab so we can grow plants inside, so they're going to be videotaping that and build that interest. So that keeps some of their sustained attention and I think we've got to go back to this slower life - how do we honor this slow movement?

Charlotte The whole issue of character building is being tied to academic success in education, because that stick-to-it nature, that waiting, that slow progress that kids are losing (is important). I think it's absolutely right to say it's a challenge to get kids to wait from seed to canned product on the shelves but it can also be used - especially for kids who are not interested in their reading or their homework. Those are the same kids who are going to feel successful peeling, or canning or cutting, because it's a manual job.

Dennis One of the things we did with West Allis schools is we had the kids adopt tomato plants at the end of the school year that we'd planted in pots. They'd take them home for the summer and that's

where the competition came in. What plants survived? How many tomatoes did they get? It was so cool to see the plants come back in fall. That worked. The kids always love this, they always have wide eyes and huge smiles. Why can't we make headway with this?

Kirstin I think about Walnut Way and the impact the gardens have had on the sense of community there. It's got people outside of their houses and interested in each other. Crime has reduced significantly in that area. How about taking families on tours on some of these areas and talking to the community about the changes they've seen as a result of that? That might have a huge impact. It can happen anywhere.

Margaret Absolutely. One final question. Do you see promising students, ones that have that spark?

Kyle Absolutely! There's nothing else to say. I see it.

Dennis I find a certain sadness that I've gotten to be this old and haven't seen the changes we dreamed about back in the sixties, when I thought we had the critical momentum. Always having these restarts is frustrating to me, but do I see a spark? Yeah. Everyday. Every time I get depressed and think what I'm doing doesn't make a difference, I go to a community garden and walk around and talk to people and you can't help but get inspired. There's a lot of folks out there really doing a good job on what we think is the ideal.

Kirstin We can't blame children or adults for not knowing what they don't know. So, how can we educate them? Because when you give people that knowledge, then there's going to be change. So much of it is a lack of knowledge.

Dennis How do we know we're on the right side, though?

Kirstin It tastes better!



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by MARGARET MITTELSTADT
photos by MALCOLM MCDOWELL WOODS

IN AN IDEAL WORLD...

... MILWAUKEE IS EATING FROM FARM TO FORK.



ACTIVITY AT THE FONDY FARMERS MARKET IS WINDING DOWN AS THE HIGH-ENERGY DAYS OF THE WISCONSIN GROWING SEASON ARE QUIETLY FADING, ALONGSIDE THE SEASON'S REMAINING HOURS OF DAYLIGHT. THE MARKET'S FARMERS ARE HAULING IN THE LAST OF THE LOCAL HARVEST WHILE IN THE CITY, KITCHEN WINDOWS EVERYWHERE ARE HEAVY WITH STEAM FROM HOME CANNING KETTLES. MAKE NO MISTAKE. IT'S FALL.

The ebb and flow of the seasons is a natural rhythm felt at the Fondy Food Center (most folks simply call it Fondy). This non-profit organization and Outpost Community Partner is located at 2200 W. Fond du Lac Avenue in Milwaukee. In addition to providing cooking-based education for folks of all ages, it's probably best known for its summer farmers market, called the Fondy Market. It's one of Milwaukee's largest and longest running, dating back to 1917, bringing in local farmers to offer a sun-ripened harvest to city dwellers.

The Fondy Market is located in a very culturally rich part of Milwaukee, featuring ethnically and economically diverse neighborhoods, and Fondy embraces that diversity. The organization hosts many seasonally inspired food events that do just that, from the market-opening SoulBrat in June to the Haymarket Days of late summer (check out their Pumpkin Fest on October 26!).

Fondy's recent acquisition of an 80-acre farm near Port Washington is a natural evolution for the organization. The endeavor not only provides more locally grown food to the market menu, it's also intended to grow more farmers. The purpose: "to build a secure, economically viable farm cooperative for small-scale, local immigrant and limited resource farmers." This means that many smaller-scale growers who may not otherwise have the means to purchase rural, arable farmland of their own share those 80 acres of land. These folks farm individually, yet together, thus learning the value of cooperation and economic sustainability while honing their art and making a living as farmers.

This August, Outpost's central kitchen began buying fresh produce grown at Fondy Farm for use in some of our signature recipes. There is inherent risk for both parties, but it is a partnership worth risking in order to provide great local food to Outpost shoppers as well as building new and lasting relationships with our vendors. Over time, many of our farmers and vendors become like family. For Outpost, in an ideal world abundant food is grown and prepared close to home by people who steward the land in a meaningful and sustainable way. Fondy Food Center is a part of our ideal world.

Watch our events calendar for our Fondy Food Center fundraiser, coming in November, www.outpost.coop/events/.



FONDY FOOD CENTER
2200 W. FOND DU LAC AVE.
414.933.8121
WWW.FONDYMARKET.ORG

CHECKOUT



WHERE . 7590 W. MEQUON ROAD

WHEN . JULY 23, 2013 1:00 P.M.

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