

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

HOME COOK:
LOCAL FOOD
LUMINARIES
MAKE A
MEAL
PAGE 14

GOOD & CHEAP:
EAT WELL ON
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Round-Robin
RENDEZVOUS

NEIGHBORS COOKING FOR NEIGHBORS

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FIRST WORD.



LET ME THROW OUT A NUMBER ... 167 ... NO, MAKE THAT 78 ... NO, WAIT, I CHANGED MY MIND, HOW ABOUT 232. THEY'RE JUST NUMBERS, RIGHT? COULD BE THE DISTANCE A PRODUCT TRAVELED TO GET TO OUR STORE SHELVES AND MAYBE INTO YOUR SHOPPING CART. OR, IT COULD BE THE NUMBER OF "LOCAL" PRODUCTS IN OUR STORES ON ANY GIVEN DAY THAT MEET A SET OF CRITERIA, OUR CRITERIA, FOR CALLING SOMETHING "LOCAL."

That word "local," what does it mean ... to us, to you, to the grocery business in general? It could mean different things to different people. One thing's for sure; you hear the word a lot ... "local." You're hearing it more and more these days and we couldn't be happier, sort of.

We love that more and more people want to buy local food. We're tickled that more businesses are seeing the value of selling local food. That's good for us. That's good for them. That's good for everybody, right? Yes and no.

Every industry has its buzzwords and ours is no exception. But being a co-op, we believe in transparency and honesty. We believe words should mean something. That's why they're not buzzwords for us.

We don't just sell local apples. If hail damages one of our local farmers' crops, we work with them to sell the crop they have and explain the situation. If a small, local vendor needs help getting their product on our shelves, we work with them to see that it happens. If we can't find an organic version of a product, we explain why. Our efforts are about more than just selling stuff. We're building relationships.

You see it's about authenticity. We are authentically local. Sounds like a buzzword, right. It isn't. But don't take our word for it. Ask one of the 21,000 owners of our co-op or check with one of the hundreds of local vendors and farmers we work with.

It's easy to slap a label on something and chances are you'll get noticed. Trouble is, it might resonate with one person, but not another. It might speak to a group of people one year and not the next. That's the tricky thing about labels; over time, they can lose their grip and eventually their meaning.

As our 45th year in Milwaukee comes to a close, it's good to reflect on where we started, where we've been, and where we're headed. We were born and raised here. We didn't leave and come back. We've always been here. We've always been local. We'll always be local.

That's why for those of us here at Outpost — our hundreds of employees, our thousands of customers, our 21,000 owners, our board of directors, our farmers and vendors, and community partners — local isn't just a label. Local is our way of life. It's the only way we know.

PAUL SLOTH

assistant editor and multimedia manager

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 IS PUBLISHED
QUARTERLY, WITH NEW
ISSUES EACH SEASON.



GRAZE is printed by J.B. Kenehan located in Beaver Dam, Wisconsin on Nature Web Matte paper with recycled content certified by the Forest Stewardship Council.

WHO IS GRAZE ?



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.

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 **CRAIG MATTSON.**

When I was really young I asked my dad where cereal came from. He could have said the store. Instead, he told me about the whole process of making cereal — from the farm to the box. Since then I've always enjoyed learning about where different foods come from, how they are made, and I remember to be mindful of all the people who make them.

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 **CARRIE ROWE.**

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

i am **DIANA SCHMIDT.**

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



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.

- GRAZE.

A QUARTERLY PUBLICATION OF
OUTPOST NATURAL FOODS COOPERATIVE

OUR PUBLISHING STAFF.

DIRECTOR . LISA MALMAROWSKI
ASSISTANT EDITOR . PHOTOGRAPHY . PAUL SLOTH
DESIGN . PHOTOGRAPHY . CARA BERKEN
WRITER . PHOTOGRAPHY . CARRIE ROWE
WRITER . PHOTOGRAPHY . CRAIG MATTSON
WRITER . MARGARET MITTELSTADT
WRITER . DIANA SCHMIDT

OUR STORES.

100 EAST CAPITOL DRIVE
MILWAUKEE, WISCONSIN 53212
PHONE . 414 961 2597

7000 WEST STATE STREET
WAUWATOSA, WISCONSIN 53213
PHONE . 414 778 2012

2826 SOUTH KINNICKINNIC AVENUE
MILWAUKEE, WISCONSIN 53207
PHONE . 414 755 3202

7590 WEST MEQUON ROAD
MEQUON, WISCONSIN 53092
PHONE . 262 242 0426

OUTPOST MARKET CAFÉ
AURORA SINAI MEDICAL CENTER
945 NORTH 12TH STREET
MILWAUKEE, WISCONSIN 53233
PHONE. 414 220 9166

OUTPOST AT WELLNESS COMMONS
1617 W. NORTH AVENUE
MILWAUKEE, WISCONSIN 53205
PHONE. 414 210 4577

WE'D LOVE TO HEAR FROM YOU!
SEND YOUR LETTERS TO –

OUTPOST NATURAL FOODS/GRAZE
205 WEST HIGHLAND AVENUE, SUITE 501
MILWAUKEE, WISCONSIN 53203



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



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(you'll)

SWOON!

THINGS WE LOVE.

SWEETTRIO CARAMEL APPLES

GROWN-UP DESSERT FOR THE KID IN ALL OF US

When we were kids, fall wasn't just about woolen socks and itchy jackets, it meant caramel apple season. They were the perfect treat, healthy enough to make mom happy and sweet enough to feel like we were getting away with something. You can relive that special magic again when you bite into one of these beautiful, gourmet treats. Chris Steeno starts with high quality, crisp, juicy apples and coats them with luxurious all-natural homemade caramel. You can stop right there and enjoy perfection, or keep going and try the salted pecan or salted peanut version. Rich and big enough to share, they make a perfect dessert. To impress your guests, simply slice and serve on a fancy plate. Handcrafted locally in her Grafton-area candy kitchen, each apple is made to order. These are a seasonal treat, so get them while they last!



SEA OF CHANGE BANGKOK BAR MIX

ONE NIGHT IN BANGKOK TAKES ON A WHOLE NEW MEANING

A visit to Bangkok has been described as a blast of fragrance, a kind of sensory overload found nowhere else in the world — steamy, sultry, hot, crowded, frenetic and friendly. Imagine our surprise when we opened a bag of this snack mix and out drifted the city in all its glory. This is a sweet, sour, salty, pungent, and savory seaweed nut mix that contains toasted coconut, peanuts, cashews and seaweed. It's a cacophony of Thai flavors, but in a good way. You will have a hard time putting it down once you open a bag of this gluten-free and vegan treat. And don't fret about the weather getting colder, with this bar mix the taste of sweet summer is in the bag.



PAQUI TORTILLA CHIPS

ADIOS DORITOS ...

We admit it: we eat a lot of tortilla chips 'round these parts, even though Milwaukee is thousands of miles from the Southwest; maybe it's all those Packer parties. Chips are the perfect vehicles for dips. But, say someone forgot the dip, or even worse, you run out. Fear not, gentle cruncher, a group of flavor fiends from Austin, Texas created some of the best tasting chips this side of the Rio Grande. Paqui

Tortilla Chips are perfectly crunchy and bursting with flavor. We are mad for Cowboy Ranch, a classic, but confess that the green tomatillo salsa flavor of the Very Verde Good is even better. And lest you think these flavors are too tame, the Roasted Jalapeño or Haunted Ghost Pepper will sizzle your sombrero. Bonus: they're gluten-free and made using non-GMO corn!



SA BRAAI MILD CHUTNEY

SO VERSATILE YOU MAY EVEN EAT IT WITH BREAKFAST

Looking for a way to warm up this fall? Crack open a jar of this magic South African jam. Crafted in Wisconsin, Sa Braai Chutney has quickly become our king of condiments. It's tangy, fruit forward flavor is mild but flavorful, with just the right amount of heat. You can taste the stone fruit and apples, but they're beautifully balanced with the classic curry-like spices of South Africa. Braai means to barbecue, or grill, in various African languages and this chutney does indeed go well with fire-kissed meats. But we love it tucked inside grilled cheese sandwiches and dolloped on veggie burgers. Or for a quick veggie dip try mixing it with equal parts sour cream and mayo.





3

HILARY'S EAT WELL WORLD'S BEST VEGGIE BURGERS

YOU'VE TRIED THE REST, BUT THIS REALLY IS THE BEST

If you're like us, you've probably tried every kind of veggie burger you could get your hands on. You've eaten bean-laden patties, heavy potato fritters, meat-like discs of soy, breaded faux cutlets, and even a portabella cap trying its best to be a burger. That's both the beauty and the beast of meatless burgers; there are so many options. But it's really hard to find THE one — the one that satisfies like no other, the one that's both vegan and gluten-free, the one that works on a grill as well as in a pan — thankfully, Hilary's cracked the code. These burgers are tender, but toothsome, savory but zesty, and earthy but just a tad sweet. We honestly love every single variety, not to mention the fact that they come only two to a package, so you can mix and match with abandon. Pro tip: try one topped with an egg for breakfast!

4



FAYETTE CREAMERY RAW MILK CHEDDAR BLEU CHEESE SPREAD

SPREADING THE WISCONSIN LOVE ONE TANGY BITE AT A TIME

There really is nothing subtle about this cold-pack cheese from Brunkow Cheese. It's curvy and seductive, like a lounge singer in a velvet dress. But it's also bold, creamy and pungent, like the smell of a wet forest after a hard, driving rain. Maybe it's the combination of aged Wisconsin cheeses — blue and cheddar — or the way it's whipped like butter, but we simply can't stop eating it. It's best when tempered by something sweet, like apples and honey, and seriously sublime served with fresh pears and walnuts. For a deluxe holiday appetizer, spread generously on a toasted baguette slice and top with thinly sliced beef tenderloin. See, fancy doesn't mean complicated!



SMOKING GOOSE UNCURED STAGBERRY SALAME

OLD-SCHOOL SALAME IS THE BEST WURST (SEE WHAT WE DID THERE?)

What magic alchemy happens when you infuse elk and pork with blueberries and paint it with mead? This fantastic salame from Indiana is what happens! Slow cured using Old World techniques, this handmade artisan sausage is not for the faint of heart. Each firm-textured bite is full of earthy, funky flavors that are both sweet and savory with notes of mushroom and wine. This is what you'd eat after hiking the frosty moors of a faraway land, cuddled up next to the woodstove while sipping a stein of hearty ale. We think it's particularly lovely paired with fancy cheese and fruit on a party tray. These wurst wizards at Smoking Goose handcraft their charcuterie using only humanely raised livestock from independent farms in Indiana and neighboring states, and there are no added nitrates or anything artificial. Don't miss their other great products!



CEDAR TEETH.

A SERIOUS PIZZA, WITH A NOT-SO-SERIOUS NAME.

HANNAH ROLAND AND HER HUSBAND, CHRIS, WERE WALKING DOWN THE STREET IN THEIR BAY VIEW NEIGHBORHOOD WHEN THEY SPOTTED THE “FOR RENT” SIGN. THERE WAS KITCHEN SPACE AVAILABLE IN THE FORMER HECTOR’S BUILDING. AFTER SPENDING SEVERAL YEARS WORKING IN FOOD SERVICE, HANNAH HAD DREAMED OF STARTING HER OWN BUSINESS.

She thought this might be her chance. She called the owner, made the necessary arrangements, and pretty soon she had her own kitchen. Now she just had to figure out what she was going to make.

“I always told my boss when we were cooking together that there’s a vegan and vegetarian section at Outpost, and I want a shelf,” Hannah recalled.

She started making sandwiches. In her new kitchen, she whipped up a few decent recipes. Hannah took some samples to the owner at Anodyne Coffee. He liked them. It wasn’t long before Hannah was selling sandwiches to the coffee shop. But she had other things in mind. She started working on some pizza recipes, too.

Hannah decided pizza was the way to go. These weren’t your ordinary, run of the mill pizzas. These were vegan and vegetarian masterpieces. She had her product, now she needed a name. She came up with Cedar Teeth Pizza, a unique name worthy of her unique pizzas.

If you’re curious about the name, we were too. It was a band name Hannah’s husband, a musician, came up with but never used. It was lighthearted, kind of humorous. But it also sounded wholesome and down to earth, just like Hannah’s pizzas.

With names like Smashed Potato Pie and The Peanut Gallery, people want to try them. The pizzas are creative from the ingredients, to the names, and even the labels.

Much of Hannah’s creativity is based on lessons she learned while growing up in North Dakota. The nearest grocery store was 75 miles away. As a teenager, she was the family cook and she had to do the best with what she had. When Hannah became interested in vegan food, she did what any self-reliant cook would do. She taught herself to make her own tofu, seitan and soymilk.

“I don’t remember ever looking at a recipe and buying ingredients for it. It was not part of our lifestyle,” Hannah said.



BRONZE FONZ ITALIAN STYLE VEGETARIAN SAUSAGE, FRESH MUSHROOMS & ONIONS, SWEET MARINARA, MOZZARELLA & PARMESAN CHEESE, BASIL. VEGETARIAN.



PSYCHO KALER GARLICKY KALE, SWEET MARINARA, MUSHROOMS, SUN DRIED TOMATOES, TOASTED ALMONDS. VEGAN.

These lessons worked for Hannah. The ability to improvise and be flexible has paid off.

Hannah's pizzas have become so popular it's difficult for her to keep up with the demand. She makes about 13-dozen pizzas each week, using her own sour dough recipe for the crusts. As her business expands, she wants to hire full-time employees. That could happen soon, she believes.

Luckily, with all this business, Hannah doesn't have to go it alone. Her husband helps manage the business and designs labels. For now, Hannah's friends help out in the kitchen. Even her sister pitches in from time to time. Cedar Teeth is a collaborative effort.

So why did Hannah decide to make only vegetarian pizzas? Well, she believes it's healthier for families and for the earth. Plus, it's a growing trend in the food world, Hannah said. Also, as a chef, she loves the challenge of vegetarian cooking, trying to coax the best flavors and textures from the ingredients. "If I can make a great vegan meal, I can make anything," Hannah said.



THE VEGAN PEANUT GALLERY SPICY ASIAN COCONUT CREAM PEANUT SAUCE, GARLIC ROASTED BROCCOLI AND CAULIFLOWER FLORETS, TOASTED SESAME SEEDS. VEGAN.



SMASHED POTATO GARLIC & BUTTERMILK MASHED POTATOES, EXTRA SHARP CHEDDAR, SOUR CREAM, SCALLIONS. VEGETARIAN.

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(our) TABLE OF FLOURS.

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

Ba BARLEY



FLAVOR. MALTY & SWEET.
NOTES. LOW GLUTEN & 4 TIMES THE FIBER OF AP FLOUR.
USE FOR. QUICK BREADS, COOKIES & PANCAKES.

Bu BUCKWHEAT



FLAVOR. VERY NUTTY.
NOTES. GLUTEN-FREE, HIGH IN FIBER & PROTEIN.
USE FOR. PANCAKES, DENSE CAKES, BAKED GOODS.

IT MIGHT BE HARD TO TELL JUST BY LOOKING AT THEM, BUT FLOURS ARE PRETTY EXCITING. WE KNOW, THEY ALL KIND OF LOOK THE SAME, BUT THEY AREN'T. TAKE OUR WORD FOR IT.

Sure, we'll still bake with our trusty stand-by, all-purpose. And we haven't even scratched the surface when it comes to the gluten-free options available. But we gave it a go here. We're not knocking wheat, but some of these flours will no doubt find their way into our regular baking rotation. And being gluten-free isn't the only reason to try some of these flours; many of them are more complex, nutritious, and flavorful than their cousin. Even better, you'll find all of these flours in bulk, so you can buy just enough to try out a recipe. 'Tis the season!

Co COCONUT



FLAVOR. HINT OF COCONUT.
NOTES. HIGH IN FIBER, LOW IN CARBS, GLUTEN-FREE.
USE FOR. PALEO BAKING OR TO COAT CHICKEN & FISH.

Ga GARBANZO



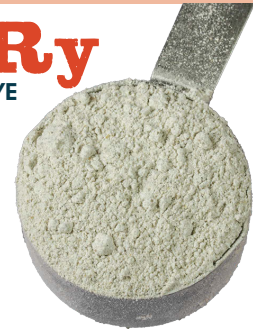
FLAVOR. SWEET & RICH.
NOTES. HIGH IN PROTEIN & FIBER, GLUTEN-FREE.
USE FOR. FALAFEL, PIZZA CRUSTS, & TO THICKEN SAUCES.

Mi MILLET



FLAVOR. MILD & SWEET.
NOTES. PACKED WITH NUTRIENTS, EASY TO DIGEST & GLUTEN-FREE.
USE FOR. DESSERTS & SWEET BREADS.

Ry RYE



FLAVOR. DEEP & HEARTY.
NOTES. RICH IN DIETARY FIBER & IRON, LOW GLUTEN.
USE FOR. HEARTY BREADS & MUFFINS.

Se SEMOLINA



FLAVOR. RICH, NUTTY & SWEET.
NOTES. HIGH IN GLUTEN, YIELDS A TOOTH SOME CHEW.
USE FOR. PASTA, BREAD, PIZZA CRUSTS & PORRIDGE.

So SOY



FLAVOR. NUTTY & MILD.
NOTES. HIGH IN PROTEIN & FIBER, GLUTEN-FREE.
USE FOR. COOKIES & SOFT YEAST BREADS.

Sp SPELT



FLAVOR. UNIQUE & COMPLEX.
NOTES. LOW GLUTEN, EASY TO DIGEST.
USE FOR. ANY RECIPE CALLING FOR WHEAT FLOUR.

Wh WHOLE WHEAT



FLAVOR. STRONGER FLAVOR THAN AP FLOUR.
NOTES. HIGH IN FIBER & PROTEIN, LOW GLUTEN.
USE FOR. BREADS, MUFFINS, BARS.



(a) RECIPE.

BUCKWHEAT & MILLET CREPES

MAKES 8-12 CREPES

We love crepes, seriously love them. As recipes go, they don't get much simpler: flour, eggs, oil, milk, a pinch of salt, and maybe some sweetener. They're also easy to adapt. We decided to try out a simple, buckwheat flour crepe recipe and made it gluten-free by replacing the all-purpose flour with millet flour. After a little digging, we learned that buckwheat flour was the original flour used in traditional French crepes. We love its rich, earthy, nutty flavor. Millet flour is light and mild, in other words a perfect replacement for regular white flour in this recipe.

- ¾ cup buckwheat flour
- ¼ cup millet flour
- ½ teaspoon salt
- 1¼ cups milk (we used whole)
- 3 large eggs
- 4 tablespoons melted butter (or your choice of oil)
- ½ teaspoon vanilla (optional if making sweet crepes)

1. Mix dry ingredients together.
2. Whisk wet ingredients together; then mix wet and dry ingredients until well combined. Allow batter to rest anywhere from 2 hours to overnight to give flour time to absorb the liquids.
3. Over medium heat, melt a teaspoon of coconut oil, butter or canola oil in a small non-stick skillet or crepe pan, making sure the entire pan is well coated.
4. Pour about a ¼ cup of the batter onto the pan, tilting the pan in order to coat the surface evenly. Cook the crepe about 2 minutes until the sides start to curl slightly. Loosen with a spatula, flip, and cook the other side for a minute more.

You COULD serve these for breakfast, but they would fit just as well at the end of a nice dinner. Or, leave out the vanilla and fill them with your favorite savory ingredients.

CREPE CREATIVITY |

We actually ate a few of these crepes right out of the pan and they're strong enough to stand on their own. But we filled 'em anyways. You could pick up a prepared apple filling like the one available from Wienke's Market.

We made a simple apple compote, drizzled some vanilla yogurt inside, and topped our crepes with a bright cranberry sauce.

APPLE COMPOTE

- 1 tablespoon butter
- 2-2½ cups of your favorite cooking apple (sliced or diced)
- ¼ cup water
- 1 tablespoon sugar (or whichever sweetener you prefer)
- 1 teaspoon cinnamon
- Pinch of salt

1. Melt butter to sauté pan, add apples, cover and cook for 5-10 minutes.
2. Add water and continue cooking for another 3 minutes, then sprinkle with sugar, cinnamon and salt and cook until the mixture thickens.

FALL

(two ways)

COLLARD GREENS

ISRAELI COUSCOUS *with* SPICED SWEET POTATO & COLLARD GREENS

SERVES 4-6

Filled with so many colors, textures and flavors, this beautiful dish is a feast for all your senses. The bright green ribbons of collards add a hint of earthy bitterness (as long as you don't overcook them), but the spicy-sweet roasted potatoes and bright-tart dried cherries help to balance it out. This delicious dish fits in nicely alongside a roasted chicken or grilled fish, but it's hearty enough to stand on its own.

1 pound sweet potatoes	Pinch of cayenne pepper
1 medium shallot, coarsely chopped	Pinch of salt and pepper
2 tablespoons olive oil, divided	1 cup dry Israeli couscous
2 teaspoons allspice	1¼ cup vegetable or chicken broth
1 teaspoon paprika	12 collard greens, washed, stems removed, sliced crosswise into 1-inch thick ribbons
¼ teaspoon dried sage	

1. Preheat oven to 450 degrees.
2. Cut sweet potatoes into one-inch cubes, place in a medium mixing bowl with shallots and toss with one tablespoon of olive oil, allspice, paprika, sage, cayenne, salt and pepper. Transfer to a baking sheet, arrange in a single layer, and roast until golden brown, 35 to 40 minutes, stirring a few times.
3. While the potatoes are roasting, place a sauté pan over medium high heat, add in couscous and toast the grains for a few minutes. Add broth to pan, reduce heat, cover and simmer until couscous has absorbed all the liquid, about 10 minutes.
4. Turn off heat and add the dried cherries to the couscous, stir to combine and cover. The cherries will steam and plump up a bit.
5. In a large sauté pan, heat remaining olive oil and add sliced collard greens. Sauté until softened and bright green, about 8 minutes. Do not overcook; you want the greens to be bright!
6. Add roasted sweet potatoes to the collards, and fold together with tongs. Add couscous and cherries to the pan, tossing to combine. Season with salt and pepper to taste.

1ST way.





COLLARD GREEN TAMALES *with* ROASTED VEGGIES

MAKES 12 TAMALES

Don't let the long recipe scare you off. Yes, we know, tamales take a little work. But they're really pretty simple and definitely worth the effort. Using collard leaves adds extra flavor and nutrition, unlike the traditional cornhusks (which, ahem, you don't get to eat)!

12 large collard leaves

Dough:

2 cups masa harina flour

2 cups vegetable stock (you will not use all of the stock in the dough)

½ cup solid coconut oil (chill if needed to keep solid)

1 large head of garlic

1 teaspoon olive oil

Filling:

1 small acorn squash, cut into chunks with seeds removed but skin still on

8-10 small (about the size of a golf ball) yellow potatoes

1 small red onion, roughly chopped

1 tablespoon olive oil

1 teaspoon salt

1 teaspoon pepper

2 teaspoons cumin

1. Preheat oven to 475 degrees.

2. **Prepare vegetables for dough and filling:**

Cut top of garlic head, leaving the whole head intact but exposing the tops of the cloves and place on one half of a baking sheet along with acorn squash chunks and red onion. On the other half of the baking sheet, place the potatoes.

Drizzle everything with olive oil and season with salt and pepper. Roast in the oven, checking and turning occasionally.

(Remove vegetables when they finish cooking: garlic when the tips of cloves start to brown, potatoes when they can be pierced with a fork but are still quite firm and squash when soft and browned. Set all veggies aside to cool, reserving garlic for use in dough.)

3. **Prepare collard leaves:**

Place tamale pot or steamer pot with water over medium-high heat and

bring to simmer. Meanwhile, trim collard leaves by cutting along the edge of stem and removing the thickest parts, but leaving the top 3-4 inches intact so that your leaves are still held together. Steam trimmed leaves for about 5 minutes and set aside.

4. **Prepare tamale dough:**

In a small saucepan over medium heat, warm but don't boil 2 cups of vegetable stock. While the stock warms, in a medium bowl combine solid coconut oil and all of the roasted garlic cloves (cooled and peeled). Mash with a fork to combine. If the oil starts to liquefy, chill it in the fridge for a bit. Then add masa flour in batches to the coconut oil using a fork or side of a wooden spoon, until mixture resembles large crumbs.

Ladle vegetable stock into masa mixture a little at a time, mixing until the dough is smooth and spreadable. Cover dough and set aside. Then combine filling ingredients: place cooled squash and onions in a bowl and mash, cut cooled potatoes into small bite sized pieces and fold into squash; season with cumin and salt and pepper to taste.

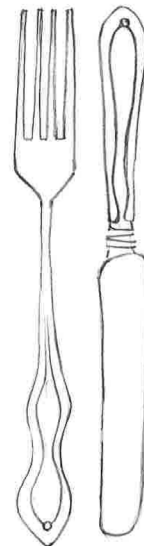
5. **Assemble and cook tamales:**

Set steamed collard leaves out on a large work surface. Spread masa dough about ¼-inch thick across top of leaf where the stem is still attached. Then spoon filling onto center of dough.

Fold in sides of leaf and roll, tucking in sides as you go so you have a little burrito, place prepared tamales in steamer pot. Steam tamales for about an hour, checking water level, until masa is firm. Serve with your favorite Mexican red sauce or salsa and enjoy!



COOKING WITH OUR
FRIENDS, VENICE WILLIAMS
& MARTHA DAVIS KIPCAK



HOME COOKING.

by LISA MALMAROWSKI
photos by PAUL SLOTH





THE LATE-AFTERNOON LIGHT FADED AS VENICE WILLIAMS STOOD AT THE STOVE, BROWNING ONIONS FOR HER FAVORITE AFRICAN CHICKEN STEW.

“Everyone makes it different. But I always use yams and black-eyed peas, greens like kale or collards, and peppers. Really, it’s a stew, so use what you like, what you have on hand,” Venice said, as she flipped another handful of chopped onions into the Dutch oven.

Meanwhile in another room, Martha Davis Kipcak laughed as she and Venice’s daughter, Makayla, scooped chocolate cookie dough in to little round lumps, placing them onto waiting cookie sheets.

“This is a very popular cookie in Texas”, Martha said. “But you don’t find them in bakeries. They need to be eaten up right away while they’re fresh and chewy.” The aroma suggested that this wasn’t going to be a problem.

If you don’t already know, Venice and Martha are Milwaukee food luminaries. There’s an easy camaraderie between the two, whether they’re spreading the gospel of good food, and food justice, throughout Milwaukee or teaming up in the kitchen to make some of their southern favorites. This was easy to see during a visit with the two friends, and their families, at Martha’s Riverwest home.

Venice is a natural home cook and instructor. She talked through each step of her recipe, never using a measuring spoon. Venice stirred her stew as Martha peered over the top of the simmering pot. “What I like about African dishes is that you bite into a stew like this and get a big chunk of flavor. Don’t cut the vegetables too small,” Venice instructed. “And let the record show, I don’t like overcooked greens. You have to add the greens last”.

Both women love fresh vegetables, lots of fresh vegetables, and simple, homespun flavors that reflect their upbringings. And both have cooking in their DNA. Venice comes from a family of cooks, many of them professional. Her dad was a chef and baker in Pittsburgh. Martha’s grandmother and mother were both fabulous home cooks. Her grandmother was still cooking at 97 years old.

“We always talked about our next meal while we were eating the one in front of us,” Martha said laughing.

Martha reached over to stir Venice’s pot of stew and set the spoon up straight in the middle. “Yeah, when a spoon can stand up, it’s a stew,” she said.

Soon, dinner was ready and their husbands, Demetrius and Bud, jumped in to help, carrying cornbread, biscuits, and rice to the table, along with the pot of stew.

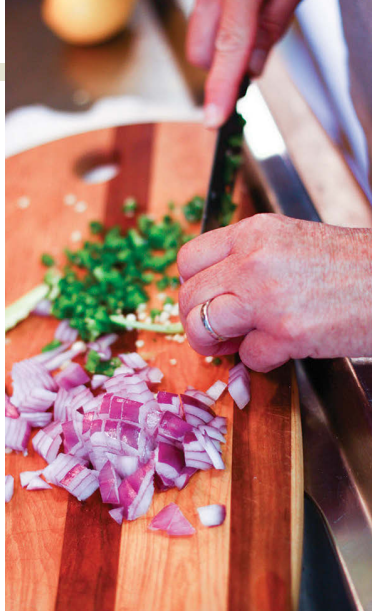
They poured the wine, everyone found a place at the table, but no one took a bite until after grace. There was indeed so much to be thankful for, from the farmers who grew the food to the community spirit that was present in the room that night.

THREE INGREDIENTS THEY CAN'T LIVE WITHOUT.

Venice: Sweet potatoes, onions and the herb, lovage. It’s like celery, thyme or oregano – everyone tastes something different from it. It’s so versatile.

Martha: Lemons, eggs and peppers. All kinds of peppers from cracked red pepper to hot peppers. I like the heat and I’m totally addicted!

(recipes following)



VENICE'S AFRICAN CHICKEN & PEANUT STEW

SERVES 6

Watching Venice cook and listening to her instructions was a lot like cooking with my mom. There are no recipes. You use what you like and what's fresh. A handful of this and a dash of that make up the stew until it 'looks and feels right.' Feel free to substitute winter squash for sweet potatoes or add white potatoes. Have extra green beans? Those would be good too. Don't have black-eyed peas? Use kidney beans instead. You can even change up the seasoning to a Moroccan spice blend if you like or add more hot pepper if that's your preference. Just be sure to add the greens at the end because Venice doesn't like those greens overcooked. This savory, nutty stew is best served over rice with cornbread or biscuits on the side. It freezes well, if there's any left.

5 tablespoons Jamaican jerk seasoning plus more for seasoning stew

6 bone-in, skin on chicken thighs, rubbed with jerk seasoning and refrigerated at least 4 hours before cooking

Oil for cooking

3–4 cloves garlic, minced

1 large white, sweet onion, halved and sliced into chunks

1 large red onion, halved and sliced into chunks

4 large sweet potatoes, peeled and sliced into chunks

1 sweet banana pepper

1 small jalapeño pepper, minced – optional

2 sweet red or green peppers, seeded and cut into chunks

1½ cups corn or the kernels from 2 ears of corn

3 cans black-eyed peas, drained and rinsed

1 15 oz. can diced tomatoes, liquid included

1 cup crunchy peanut butter

1 cup chicken stock, or to taste

3 generous, large handfuls of chopped, fresh kale or collards

1. Add a little oil to a large, Dutch oven. Heat to medium and sauté chicken thighs until they are browned on all sides. Remove to plate and cool, reserving chicken fat in pot.
2. Add onions to hot oil along with sweet potatoes. Sauté until softened and add all varieties of peppers.
3. After peppers have cooked slightly add black-eyed peas, tomatoes and mix well. Then add peanut butter and chicken stock and mix again. Add seasoning to taste. Simmer, uncovered for about 15 minutes.
4. Remove skin from cooled, browned chicken thighs and add to the stew (keep chicken on bones) then add chicken stock.
5. After stew has cooked down a bit and the flavors have combined, add chopped greens, mix well and cook until greens are softened. Taste and adjust seasoning.
6. Serve, making sure that everyone gets a chicken thigh is his or her bowl.



MARTHA'S PIMENTO CHEESE BISCUITS

MAKES ABOUT 20 BISCUITS

These are light, but cheesy and easy to make.

- 2 cups unbleached all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon kosher salt
- ½ teaspoon Hungarian paprika
- 8 tablespoons unsalted butter, cold
- 8 ounces Martha's Pimento Cheese
- ½ cup buttermilk
- 1 large egg
- Sea salt for sprinkling

1. Preheat oven to 425 degrees. Line a baking sheet with parchment paper.
2. Place flour, baking powder, salt and paprika in a large mixing bowl. Whisk dry ingredients until combined; cut the butter into small pieces and drop them in the flour mixture. With a fork, scrape the entire container of pimento cheese into small chunks and add to the flour mixture. Then blend flour, butter and cheese with a pastry cutter until evenly distributed with butter/cheese in small bits throughout the flour mixture.
3. Beat buttermilk and egg until well blended then add to flour mixture all at once and blend until everything begins to come together. Gather the dough carefully, but do not overwork or your biscuits will be tough.
5. Dump the dough onto a lightly floured surface. Roll out dough and cut into biscuits of desired shape and size (a medium size biscuit cutter will result in about 20 biscuits).
6. Place cut biscuits on prepared pan and sprinkle with sea salt. Bake for 15 minutes until lightly browned.

Day old biscuits are great toasted at 350 degrees until hot to the touch.



MARTHA'S MEXICAN CHOCOLATE CHEWIES

MAKES ABOUT 36 COOKIES

Martha spent the day before her wedding making a whole bunch of these cookies because everyone loves them so much. They only last a few days before drying out but even then they're still very tasty!

- 2 cups pecans, roughly chopped, roasted for 10–12 minutes at 350 degrees
- 2½ cups powdered sugar
- ½ cup unsweetened cocoa powder
- ½ teaspoon ground cinnamon
- ½ teaspoon chipotle chili powder
- ¼ teaspoon kosher salt
- 3 large egg whites
- 1 teaspoon vanilla extract
- 2 cups semi-sweet chocolate chips



1. Preheat oven to 350 degrees. Line a baking sheet or two with parchment paper.
2. Mix roasted and cooled pecans with powdered sugar, cocoa powder, cinnamon, chili powder and salt.
3. Stir egg whites into the dry mixture by hand until batter is well mixed. Then stir in vanilla and chocolate chips.
4. Drop tablespoon size portions of batter on prepared pan about 1 inch apart to allow for spreading during baking. Bake for 15 minutes or until crackled on surface.
5. Remove from oven and lift parchment paper with cookies to a rack to cool completely before removing. Store cookies in airtight container.



Round-Robin **RENDEZVOUS.**

by LISA MALMAROWSKI
photos by PAUL SLOTH

EVERYONE LOVES A DINNER PARTY. BUT LET'S NOT KID OURSELVES; THEY'RE A LOT OF WORK. WHEN A POTLUCK JUST ISN'T THE KIND OF FANCY YOU HAD IN MIND, WHY NOT TRY A ROUND-ROBIN DINNER PARTY, ALSO CALLED A "PROGRESSIVE" DINNER.

It's simple. Start with appetizers at one house, head over to another house for the main course, then finish with a leisurely dessert at a third spot.

To get you started, we've planned some uncomplicated, but elegant dishes that are suitable for a fall evening or even Thanksgiving. Now all you need is a route!

For simple instructions on planning your party, visit: www.myrecipes.com/menus/planning-progressive-dinner



PEAR CHUTNEY CROSTINI *with* PECANS & BLUE CHEESE

SERVES 8

This sweet and tangy chutney pairs beautifully with pungent blue cheese and toasted pecans in this elegant appetizer. You can make the chutney up to three days in advance; just assemble crostini shortly before serving.

- 2 teaspoons olive oil
- ¼ cup finely chopped shallots
- 1½ cups finely chopped peeled Anjou, Bartlett, or Bosc pear
- ½ cup pear nectar (reserve rest for Pear Mimosas)
- ¼ cup finely chopped dried apricots
- 2 tablespoons sugar
- 1½ tablespoons cider vinegar
- ⅛ teaspoon salt
- 1 3-inch cinnamon stick
- 1 teaspoon corn starch, optional
- 1 large baguette, cut diagonally into 16 thin slices and toasted
- 3 tablespoons chopped pecans, toasted
- 3 tablespoons crumbled blue cheese (about 2 ounces)
- 1 tablespoon chopped fresh chives
- 1 teaspoon chopped fresh thyme

1. Heat a small saucepan over medium-high heat. Add olive oil to pan; swirl to coat. Add shallots, and sauté for 2 minutes or until soft. Add pear and next five ingredients; bring to a boil. Reduce heat to medium; cook 20 minutes or until pear is tender and mixture is thick. If it looks thin, thicken with 1 teaspoon of cornstarch mixed with a teaspoon of warm water. Add mixture to pan and mix well. Cool to room temperature and discard cinnamon stick. Refrigerate for up to 3 days if not using immediately.
2. Spoon about 1½ tablespoons of chutney over each baguette slice and top each with ½ teaspoon pecans and ½ teaspoon cheese. Sprinkle evenly with chopped chives and thyme and arrange on tray for serving.

RED LENTIL & HARISSA DIP

SERVES 8

We would call this hummus, but hummus actually means chickpeas and this flavorful dip uses quick cooking lentils as the base. Harissa is a North African condiment made from chili peppers, garlic and spices. It's full of flavor and addictively delicious but spicy, so a little goes a long way. This dip stores well so it's easy to make ahead of time. Top with harissa right before serving.

- 2 cups water
- 1 cup dried red lentils
- 2 medium garlic cloves, finely chopped
- 3 tablespoons tahini
- 5 tablespoons olive oil
- ¼ cup freshly squeezed lemon juice
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 3-4 tablespoons prepared harissa sauce or to taste

1. Heat water in a small saucepan over high heat until boiling. Add lentils and reduce heat to low. Simmer until almost all of the liquid has been absorbed, about 15 minutes, making sure that lentils still hold their shape (they should be tender, but firm). Then, drain through a fine mesh strainer and let cool to room temperature.
2. Place lentils, garlic, and tahini in the bowl of a food processor fitted with a blade attachment and pulse until lentils are broken up.
3. With the motor running, add oil, lemon juice, salt, and pepper and blend until evenly incorporated, about 30 seconds. Scrape down the sides of the bowl and blend until very smooth.
4. Place in bowl, top with a swirl or pool of harissa sauce, and serve with fresh vegetables or crackers.

(continued)

CORNISH GAME HENS MOROCCAN STYLE

SERVES 8 (HALF A HEN PER PERSON)

This entrée works for a round robin dinner because you can pop it in the oven and have more than a half hour to enjoy appetizers at the neighbors. Infinitely customizable, use vegetables that you love, but make sure that you plan accordingly for cooking times. You can also adjust the amount of spicy heat by regulating the amount of cayenne in the spice rub. Be sure to serve with rice or couscous to make the meal complete. To keep it easy, rice or couscous should be made ahead of time and warmed up before serving. You can cook this all in one pan, but we liked the results better when the hens and vegetables were cooked at the same time but in their own pans plus you have the option of cooking the vegetables ahead of time; simply reheat before serving.

- | | |
|------------------------------|--|
| 1 teaspoon caraway seeds | 2-4 parsnips, about ½ pound total, peeled, halved lengthwise and sliced into 1-inch pieces |
| 1½ tablespoons salt | 2 red bell peppers, quartered and cut into 1½-inch pieces |
| 4 garlic cloves | 1½ pounds butternut squash, peeled, seeded, and cut into 1½-inch chunks |
| 2 tablespoons light honey | 2 medium onions, cut lengthwise into 1-inch-thick wedges |
| ¼ cup fresh lemon juice | 1 28-ounce can of diced tomatoes with most of the liquid |
| 2 tablespoons olive oil | 2 medium zucchini, about 1¼ pounds total, halved lengthwise and cut into 1½-inch pieces |
| 2 tablespoons paprika | 6 tablespoons chopped mixed fresh parsley, cilantro, and mint |
| 4 teaspoons ground cumin | |
| 2 teaspoons ground ginger | |
| 1½ teaspoons ground cinnamon | |
| ½ teaspoon cayenne | |
| 1 teaspoon black pepper | |
| 4 Cornish game hens | |

1. Preheat oven to 425 degrees.
2. Prepare spice rub. Coarsely grind caraway seeds with salt in an electric coffee/spice grinder or crush with a rolling pin. Mince garlic, then mash to a paste with salt mixture using flat side of a chef's knife or mortar and pestle. Transfer paste to a large bowl and whisk in honey, lemon juice, oil and spices.
3. Prepare vegetables. Put parsnips, bell peppers, squash, and onions in an oiled large roasting pan, then add half the spice rub and toss until well coated. Note: reserve zucchini to add later so it doesn't overcook. Stir in diced tomatoes and about half their liquid. Mix well. Cover pan with foil. Bake for about 30 minutes, uncover and add zucchini and continue roasting for another 10 minutes.
4. Prepare hens. Rub hens inside and out with half of the spice rub and place breast side up into oiled pan and cover with foil. Roast along side vegetables for 40 minutes, then remove foil, turn hens over and roast uncovered for another 10 minutes to brown. Remove when hens reach 165 degrees and are nicely browned.
5. Serve. Slice hens in half, lengthwise and garnish with chopped parsley, cilantro and mint mixture. Serve with roasted vegetables, prepared couscous or rice, and flat bread.

SPECIAL THANKS

to our gracious models and hosts, a special group of Washington Heights neighbors – Jay and Courtney Hollis, Gretchen Running, Tyra Hammett and Nicki Wooters.





BUTTERNUT SQUASH CRÈME BRÛLÉE

SERVES 6

If you've never made crème brûlée, don't be intimidated; it's easier than you think. The butternut squash in this version adds a silkiness and sweet nuttiness that you don't find in a plain vanilla version. Don't skip using a vanilla bean, because you want the vanilla flavor to take center stage. It may seem a bit tedious to strain the mixture. Trust us, you want to do this because the silky texture of the custard depends on it. This is the perfect round robin dessert because it can be made ahead of time and refrigerated. Just caramelize the sugar before serving.

- 2 cups butternut squash, diced
- 1½ cup heavy (whipping) cream
- 1 vanilla bean, halved
- ½ cup sugar
- 5 large egg yolks
- 6 teaspoons Demerara sugar (a large grained, semi crunchy raw sugar)

1. In a large saucepan, cook the diced squash in the cream and vanilla bean until the squash is soft, mixture will be about 180 degrees.
2. Discard the vanilla bean. Using a fine mesh strainer, strain the warm cream from the squash into a large mixing bowl, then purée squash in a blender or food processor.
3. Add puréed squash to the warm cream and combine well. Then strain mixture through a fine mesh strainer until you have 2½ cups of the squash/cream mixture.
4. In a large bowl, mix the sugar and egg yolks until well blended. Then slowly add the squash/cream mixture to the egg/sugar mixture, stirring gently to combine well.
5. Pour the custard into six, 4-ounce baking ramekins. Place the ramekins in a baking dish and carefully pour warm water around them, so water is about half-way up the sides of each dish. This ensures the custards will bake evenly.
6. Bake, covered, in a preheated 325 degree oven until just set, about 30-40 minutes. The custard will still jiggle slightly, but the surface should not ripple.
7. Carefully remove the ramekins from the baking dish. Let them cool at room temperature for 20 minutes, then chill uncovered in the refrigerator for 8 hours or longer, until ready to serve.
8. To serve sprinkle each ramekin evenly with sugar. Caramelize the sugar with a propane or butane torch until bubbling and lightly browned, or put the ramekins in the oven and broil as close as possible to the broiler element for 3-5 minutes, but watch very closely so they don't burn.



PEAR MIMOSAS

This sophisticated cocktail is the flavor of fall captured in a fancy glass. It's also a great way to use up the extra pear juice you'll have on hand after you make the pear chutney.

- Pear juice or nectar, chilled
- Sparkling wine or ginger ale, chilled
- Lime wedges
- Lime peel twists for garnish

Add 1–2 tablespoons of pear nectar to a champagne glass, squeeze in a bit of lime juice, then top with sparkling wine or ginger ale. Garnish with lime twist and toast your friends!

natural HEALING.

FOUR ELEMENTS TEAS TAP THE POWER OF HERBS.

Story & photos by CRAIG MATTSON



LOOKING OUT ON THE FIELDS OF JANE HAWLEY STEVENS' FARM IS LIKE STARING AT A COLORFUL POINTILLIST PAINTING; ROWS UPON ROWS OF FLOWERS AND HERBS DOT THE LANDSCAPE. NESTLED WITHIN A LARGE STAND OF TREES, ROOTED ON JANE'S 130-ACRE ORGANIC FARM, SITS A FIELD DEVOTED TO THE CROPS THAT ARE THE BREAD AND BUTTER OF HER BURGEONING BUSINESS. JANE IS IN THE BUSINESS OF TEA.

For many years, Jane, who owns and operates Four Elements Organic Herbals, has seen the value of healing with herbs. After college, she started cooking with fresh herbs, using them in crafts, and growing them to sell at farmers markets. It wasn't long before Jane started using herbs medicinally to help her family. Little did she know it, but these opportunities would eventually help to define her life's work.

"I made a commitment to nature and nature opened up a door," Jane said.

FOUR ELEMENTS
FOURELEMENTSHERBALS.COM



And why not use the power of nature to help heal, Jane asks. There's so much wisdom in plants that's been cultivated over millions of years, she says. And it's her belief that any time we reach for a natural remedy, we are tapping into that age-old wisdom.

When Jane started thinking about selling her tea at Outpost, she connected with Zack Hepner, our local purchasing specialist. They met to discuss Four Elements' redesigned packaging and Zack says Jane walked him through her process, explaining what makes her teas unique. All the herbs she uses in her tea blends she grows organically on her farm in the Baraboo hills, north of Madison.

"I don't know anyone growing and producing tea in Wisconsin," Zack said. And, deciding to stock the teas, well Zack said that was kind of a no-brainer.

This year, Jane and her employees will harvest 3,000 pounds of leaves just to meet the demand for tea. Jane uses these leaves, and other ingredients, to make custom herbal and medicinal blends. It's a huge investment of time and money, and so far it's paying off. Teas have become the largest part of

Jane's business, which includes a wide variety of other herbal body care products.

From May through October, all the plants at Four Elements are harvested by hand. During the harvest, the barn is filled with the steady hum of leaf dryers, preparing the leaves for tea production.

Jane and her employees planted 3,000 lemon balm plants this year alone. It's one of the key ingredients in her Triple Lemon Tea, a combination of lemon balm, lemon verbena, and lemon grass. Once harvested, the dried leaves weigh close to 500 pounds.

To refine her skills working with herbs, Jane says she works with some of the top herbalists in the country. She has an extensive collection of herb books and a complete natural library growing right outside her farmhouse window. She uses these tools, and a life's worth of experience, to create effective tea formulas.

"When you're thinking about something for 30 years, the dots connect," Jane said.

GOOD & CHEAP.

photos by Paul Sloth

WE'RE RELUCTANT TO THROW THE WORD CHEAP AROUND WHEN IT COMES TO FOOD. NOT BECAUSE WE THINK FOOD SHOULD BE EXPENSIVE, BUT BECAUSE WE BELIEVE THE COST OF FOOD SHOULD REFLECT THE REALITIES OF FOOD PRODUCTION.

That said ... we're OK with Leanne Brown's choice of the word for her fabulous cookbook, "Good and Cheap." She harnesses the power of that word for a worthy cause: dispelling the myth that you can't eat well without breaking the bank. Hence, the subtitle, "Eat Well on \$4/day."

Leanne wrote the cookbook (which is available for sale in print and as a free downloadable PDF) with a specific audience in mind: people with limited budgets and fixed incomes. Not only is it filled with great recipes; it's loaded with excellent tips on shopping and cooking.

SPINACH & CHICKPEAS ON TOAST SERVES 2

We love this recipe. It comes together quickly and it's an extremely satisfying and economical take on Spanish tapas. The possibilities of beans and greens on toast are nearly endless. While this makes a perfect tapas bite, beans and greens make for a complete meal, packed with vegetables and protein. Here's a tip: Smash some of the chickpeas to prevent them from rolling right off your toast.

- 1 teaspoon butter
- 2 cloves garlic, finely chopped
- 1 cup cooked chickpeas (a can of chickpeas is about 1½ cups)
- 1 bunch spinach (you could substitute packaged spinach)
- Salt and pepper
- Smoked paprika (optional, but we highly recommend it since it adds a great smoky flavor)

1. Melt the butter in a pan on medium heat. Add the garlic and cook for 2 minutes.
2. Add the chickpeas and spinach and cook 2 to 5 minutes more until the spinach cooks down, but is still bright green.
3. Salt and pepper to taste. Spoon over toast, sprinkle with smoked paprika if you need a little tapas flair!





BRUSSELS SPROUT HASH & EGGS

SERVES 2

This is a great light lunch or side dish. The Brussels sprouts get salty and tangy from the olive and lemon, then crispy and caramelized on the bottom. Mix in the little bit of fat from the egg yolk, and wow is this delicious!

- 4 cups Brussels sprouts, finely chopped
- Salt and pepper
- 1 tablespoon butter
- 3 cloves garlic, finely chopped
- 6 olives, finely chopped
- Lemon juice
- 2 eggs

1. Chop off the ends of the sprouts. Slice them in half then finely shred each half. Place the shreds in a bowl and sprinkle with salt and pepper.
2. Melt the butter in a non-stick pan on medium-high heat. Swirl it around to coat the pan. Add the Brussels sprout shreds and garlic then leave it to cook for about 1 minute. Mix it up and toss it around. Add the olives and mix again.
3. Crack the eggs into separate areas of the pan. Sprinkle them with salt and pepper. Pour in 2 tablespoons of water and cover with a lid. Let the eggs steam, undisturbed, for 2 minutes.
4. Once the whites of the eggs are cooked through, turn off the heat and sprinkle everything with lemon juice.



SMOKY & SPICY ROASTED CAULIFLOWER

SERVES 4

Roasted veggies are always delicious, but there's something magical that happens to cauliflower in the oven. It gets so crispy and nutty, and that flavor is beautifully accented with these peppery spices.

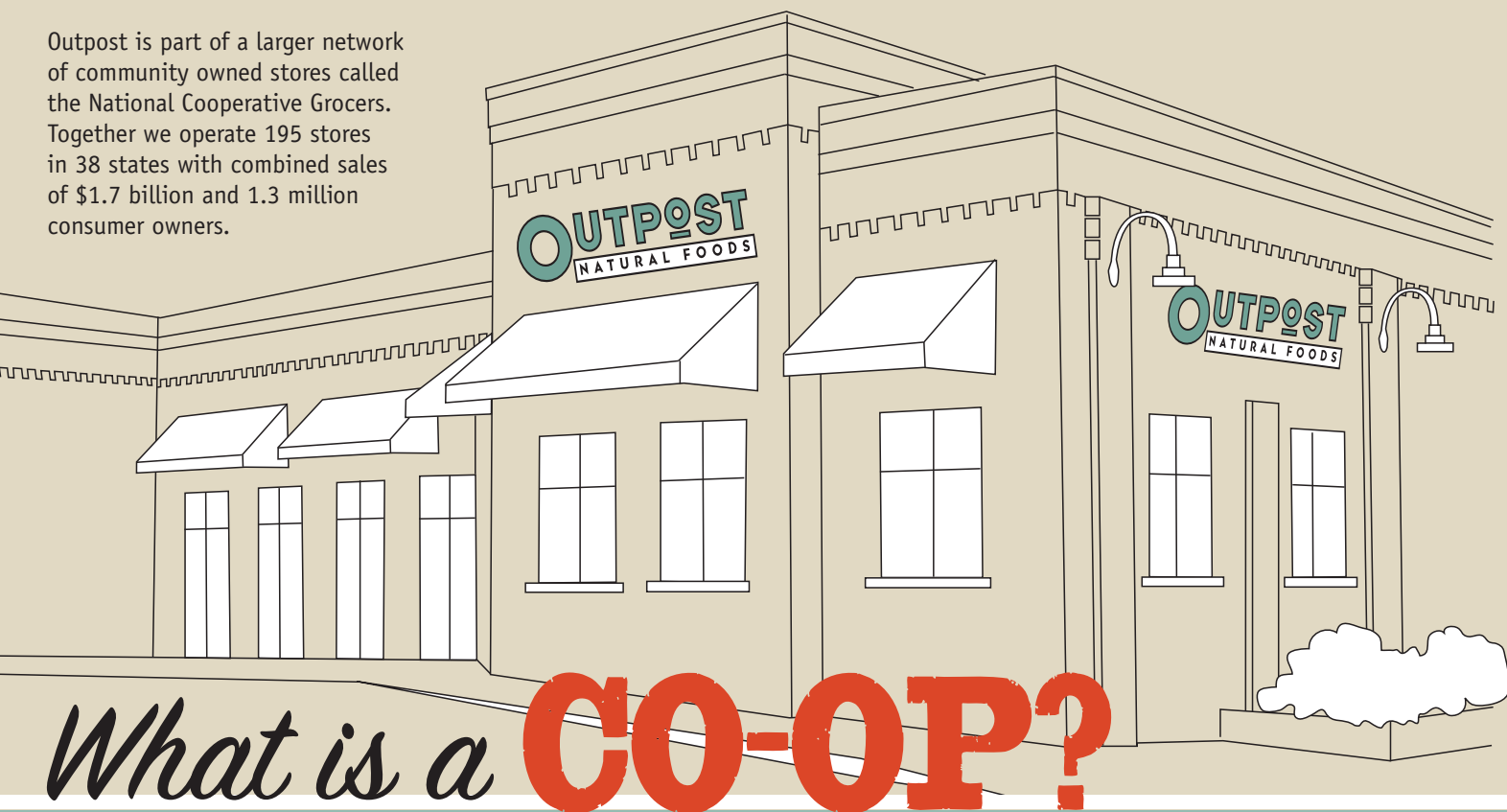
- 1 head cauliflower, cut into small pieces
- 2 cloves garlic, unpeeled
- 1 tablespoon butter, melted
- 1 teaspoon smoked paprika
- ½ teaspoon cayenne pepper

1. Preheat oven to 400 degrees. In a medium-sized roasting pan, arrange the cauliflower pieces and the unpeeled garlic cloves.
2. Pour the butter over the cauliflower and then sprinkle the spices over top. Use your hands to thoroughly coat the cauliflower with butter and spices.
3. Bake for 45 minutes to 1 hour, depending on how crispy you like the florets. Squeeze the roasted garlic throughout and trash the skins.

To get more thrifty recipes and to download your free cookbook, visit:

LEANNEBROWN.COM

Outpost is part of a larger network of community owned stores called the National Cooperative Grocers. Together we operate 195 stores in 38 states with combined sales of \$1.7 billion and 1.3 million consumer owners.



What is a CO-OP?

- ➔ Owned by local residents, cooperatives are community focused and contribute to growing a local economy.
- ➔ Co-ops create more jobs per square foot than their conventionally structured competitors.
- ➔ Cooperatives are motivated by sustainability and return less material to the waste stream.
- ➔ Food co-ops source a far greater proportion of product locally than their conventionally structured competitors.
- ➔ Co-ops engage in extensive philanthropic activity and donate, on average, 13% of net profits to charity.

DID YOU KNOW?

You don't have to be a member to shop our Co-op! Anyone can shop and anyone can join!

Outpost priorities:

- Workforce Composition
- Equal Opportunity
- Compensation
- Employee Engagement & Retention
- Training Programs

In our most recent survey, our employees overwhelmingly agreed, "Outpost is an amazing place to work!"

HOW DID CO-OPS BEGIN?

The earliest cooperatives appeared in Europe in the late 18th and early 19th centuries, during the Industrial Revolution. As people moved from farms into the growing cities, they had to rely on stores to feed their families because they could no longer grow their own food. Early co-ops were set up as a way to protect the interests of the less powerful members of society—workers, consumers, farmers, and producers.

For more information, visit: strongertogether.coop

HOW OUTPOST IS EFFECTIVE IN OUR COMMUNITY.

Outpost owners want these to be our priorities. We follow policies to make them happen.

- Outpost gives preference to local and regional produced products — we aim to have a local choice in each product category
- 32% of our sales come from local sources

LOCAL ECONOMIC IMPACT

ENVIRONMENTAL STEWARDSHIP

- Outpost gives preference to products that are manufactured or grown using sustainable methods
- We sell products in reusable, recyclable, recycled, compostable and/or reduced packaging, including many bulk items
- Outpost uses many energy-saving tactics and made the EPA's Top 30 Retailer List in 2014 and 2015

EMPLOYMENT & JOB QUALITY

Some of the factors that Outpost buyers use to select products are:

- Locally sourced
- Cooperatively produced
- Certified organic
- Independently owned
- Degree of processing
- Fair Trade certified

GREAT FOOD

THE 7 CO-OP PRINCIPLES IN A NUTSHELL

- 1. VOLUNTARY & OPEN MEMBERSHIP**
Anyone can shop at Outpost, and anyone can be an owner, if they choose.
- 2. DEMOCRATIC MEMBER CONTROL**
Every owner has the right to vote.
- 3. MEMBERS' ECONOMIC PARTICIPATION**
The capital that comes through ownership provides cash to make improvements.
- 4. AUTONOMY & INDEPENDENCE**
We operate independently, outside of the influence of other organizations.
- 5. EDUCATION, TRAINING & INFORMATION**
Outpost provides extensive training for our employees and educates the general public about co-ops.
- 6. COOPERATION AMONG COOPERATIVES**
Membership in National Co-op Grocers allows us to share info among other co-ops and pool our buying power.
- 7. CONCERN FOR COMMUNITY**
Outpost works to develop our community through programs like Outpost Community Partners, in-store food drives, community fundraisers, donations and events.

A full version of Outpost bylaws is available at outpost.coop/bylaws

story and photos by
PAUL SLOTH



SHIRLEY NATION HAS HIGH HOPES FOR THE CORNER OF NORTH AVENUE AND 16TH STREET. IN CASE YOU HAVEN'T HEARD, THAT'S THE LOCATION OF OUR CORNER MARKET WITHIN THE NEW INNOVATION AND WELLNESS COMMONS THAT OPENS IN OCTOBER. IT'S RIGHT AROUND THE CORNER FROM WALNUT WAY IN MILWAUKEE'S LINDSAY HEIGHTS NEIGHBORHOOD.

Shirley, a co-op owner for about the last 15 years, knows first-hand the positive impact that healthy foods can have on a person's life. She's hoping that Outpost, and the larger development project it's a part of, will have the same effect on the neighborhood.

"Well my first thought was that it would be something very good for the community to have in it," Shirley said. "This would be a start to raising the awareness for the people in the community and help educate them on making healthy choices when it comes to their eating habits."

For 45 years, Outpost has sought ways to build relationships like this. Whether it's the relationships we have with owners like Shirley, or the ones we build with community organizations like Walnut Way, this is the best way we know of to do the work that we do as a cooperative.

Enter Sharon Adams and the folks at Walnut Way. They'd already been working for years to address issues in the neighborhood, whether it was violence, boarded up houses or shut-

tered storefronts. This is just part of Sharon's larger goal, to heal through food.

Our new "pop-up" store is a pilot, intended to increase access to local, organic, and natural foods in the Lindsay Heights neighborhood, and to gauge the interest of the residents for potential expansion opportunities.

"Here's an organization that's saying, 'we're trying to make a difference, can we try this project together,'" said Pam Mehnert, Outpost's general manager. "If this works, and we move on to make something permanent in the neighborhood, it's now the model."

Outpost's goal is to complement the food options already available in the area and bring in our unique offerings already familiar to Outpost owners and customers.

As a leasing partner in this project, we're proud to be working alongside other familiar names in the community like the Fondy Food Market and Milwaukee Center for Independence. The Wellness Commons will provide innovations in community revitalization, health and wellness, commercial development, and job creation.

"We want to engage with neighbors to really connect and determine their needs. That is what being a co-op is all about. These are cooperative values in action," Pam said.

In a way, this project is a return to our roots. We started out small, in a location not unlike this one, at a time in the not-to-distant past when people were searching for better food options. We can't wait to see what the future holds.

OUTPOST'S

photos by CARA BERKEN (secret recipe)

TOFU WILD RICE SALAD

MAKES 16 SERVINGS
VEGAN • GLUTEN-FREE

THIS OUTPOST SIGNATURE DISH COMES TOGETHER QUICKLY IF YOU MAKE THE WILD RICE AHEAD OF TIME. THE SWEETNESS OF THE RAISINS AND CRUNCH OF PECANS KEEP THINGS INTERESTING AND ARE THE PERFECT FLAVORS TO ACCOMPANY ANY HOLIDAY FEAST.

- 1¼ cups wild rice
- ½ pound Simple Soyman plain tofu, drained
- 2 tablespoons tamari
- 1½ cups pecan pieces
- 1½ cups raisins
- 4 green onions, sliced
- 1 red bell pepper, diced

- Dressing:
- ⅓ cup apple cider vinegar
 - ½ cup organic canola oil or extra virgin olive oil
 - 1 tablespoon sesame oil
 - ¾ tablespoon ground coriander
 - 1 tablespoon curry powder
 - Sea salt and freshly ground pepper to taste

1. In a pot, cover wild rice with water (about 2 cups) and bring to a boil. Reduce heat to low, cover and simmer for 65 minutes. When done, drain rice and let cool.
2. Meanwhile, cut tofu into small cubes. Place in a shallow container and cover with 2 tablespoons tamari. Marinate in refrigerator for 30 minutes. Drain off excess liquid and bake at 375 degrees on a sprayed sheet pan for 15 minutes, tossing halfway. Remove and cool.
3. Add all dressing ingredients to a medium jar with lid and shake until well combined.
4. Place rice, tofu, pecans, raisins, bell pepper and green onion in a large mixing bowl. Add ¾ of dressing, mix and taste to see if additional dressing, salt or pepper is needed.

Per serving (½ cup): 334 calories, 25g fat, 3g sat fat, 27g carbohydrates, 7g protein, 131mg sodium



IN AN IDEAL WORLD...

by MARGARET MITTELSTADT

... EVERYONE HAS ACCESS TO QUALITY HEALTHCARE.

STEP THROUGH THE DOORS OF THE PROGRESSIVE COMMUNITY HEALTH CENTER AND YOU FEEL LIKE YOU BELONG. THEIR SUNSHINE FILLED CORRIDORS ARE BRIGHT SANCTUARIES OF HEALING AND HOPE SITUATED WITHIN MILWAUKEE'S BUSY NORTHWEST SIDE.

Each clinic is a cheerful place that feels safe and inviting, an important factor for the thousands of patients who walk through the center's doors each year.

Patient and provider work together so medical and support staff can provide what they call culturally competent services. Their programs provide a broad array of health services: family medicine; internal medicine; pediatrics; behavioral health; lab services; primary dental care; women's health services; and education programs for managing chronic conditions like cardiovascular disease and diabetes.

At Outpost, we feel everyone should have access to quality services that can increase personal wellness. So do the good folks at Progressive Community Health Center. Regardless of a patient's situation, their doors are always open.

The center currently operates two clinics, including one at 1452 N. Seventh Street.

Patients have the ability and freedom to choose the care and the practitioner they need. It's team-based, patient-centered health care at its finest, providing comprehensive care with a goal of properly treating chronic health conditions for maximum health.

Donations to the organization really can positively affect outcomes when it comes to quality care. No one is turned away because of their inability to pay for services.

In an ideal world, everyone should have access to quality healthcare, regardless of his or her zip code.

When you feel sound in mind, body and spirit there's no telling what you can envision for yourself. Progressive Community Health Center offers a refuge for healing, hope and positive change.

 **Progressive**
Community Health Centers



Photo courtesy of Progressive Community Health Center



MAIN FACILITY & ADMINISTRATIVE OFFICES
4738 W. LISBON AVENUE
MILWAUKEE, WI 53208
PROGRESSIVECHC.ORG

Community health centers in general typically locate their facilities where the need for quality healthcare is greatest: in low-income neighborhoods both urban and rural. In Milwaukee, community health centers treat roughly 1 in 7 people. Nationwide they serve close to 24 million people, about 8% of the population.

- Nearly 75% of patients receive medical assistance through Medicaid or Medicare
- More than 50% of patients live below the federal poverty level
- Their patient population is expected to double during the next two years

CHECKOUT



WHEN . 10:30 A.M., THURSDAY, AUGUST 6, 2015.

**WHERE . HUNGER TASK FORCE FARM, 9000 S. 68TH ST.,
FRANKLIN, WI.**

Outpost staff and owners harvested 70 bushels of zucchini, yellow squash, cabbage and broccoli, equalling around 3,000 lbs. total. Volunteers, like the Outpost team, annually harvest more than a half million pounds of fresh produce at the Farm, including Wisconsin favorites like melons, apples, sweet corn, peppers, green beans, winter squash and asparagus. All food is provided free of charge to participating agencies of Hunger Task Force to feed Milwaukee's hungry.

thefarm.hungertaskforce.org

KEEPING IT LOCAL

at Outpost

It's always been our belief that words should actually mean something. And since "local" has become the go to buzzword in the food biz, we think it's a perfect time to clarify exactly what you can expect when the word is used to describe the food in our stores.

What is LOCAL & REGIONAL?



LOCAL = WISCONSIN

REGIONAL = IOWA,
MINNESOTA, ILLINOIS,
MICHIGAN & INDIANA



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