

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

Make ahead MEALS

BATCH COOKING: BREAKFAST, LUNCH & DINNER

SEED SAVERS:
SAVING
HISTORY
ONE SEED
AT A TIME

PAGE 26

**ROMANCE
A DEUX:**
LOVE IS ON
THE PLATE

PAGE 28

PLU 3010
WINTER 2016 • 99¢
FREE WITH \$20 PURCHASE



FIRST WORD.



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.

ROLLING THROUGH IOWA, AS LATE SUMMER TURNS TO FALL, IT'S EASY TO GET LOST; NOT LITERALLY, OF COURSE, HEMMED IN AS YOU ARE, COASTING ALONG THE CONCRETE RIVERS THAT SNAKE THEIR WAY THROUGH MUCH OF THE MIDWEST. BUT METAPHORICALLY, IT'S HARD NOT TO LOSE ONE'S SELF IN THE ENDLESS SEA OF CORN AND SOYBEANS.

I spent several days visiting a few of our regional vendors in the area. I started not far from the border in Decorah, where I toured the Seed Savers Exchange farm. My next stop, just outside Iowa City, was a 10th anniversary celebration for Kalona Supernatural, one of our organic dairy suppliers. My final destination was Des Moines, site of Niman Ranch's annual Hog Farmer Appreciation Dinner.

Driving through the eastern half of Iowa, the fields, some harvested, some soon to be, seemed to spread out endlessly. They drown your senses. So I gave in to the desire to let my mind wander as I struggled to take in all there was to see. That's right, there is more to see in Iowa than corn and soybeans.

The shadow of the farm crisis still looms large in parts of the Midwest, especially in Iowa. For those of us who didn't grow up on a farm or in rural America during the 1980s, those two words, "farm crisis," are at best a historical footnote.

Our memory of that period in history, if we have one, can't adequately put into focus the pain and anguish that it caused as it drove families from the land and sucked the life out of the once-proud rural communities that still dot the landscape. Like other kinds of natural disasters, it altered the landscape, both physically and psychologically.

However, traumatic as it was, if not for the farm crisis, we might not have seen the rise of a small cooperative of farmers in western Wisconsin that just happened to develop a clever acronym, CROPP. What started as the Coulee Region Organic Produce Pool, in the wake of the farm crisis, is better known today as Organic Valley.

That's just one example of one group of individuals and how they responded to a crisis in our food system. Outpost Natural Foods was born out of an earlier period in our collective food history; a group of individuals responding to what they perceived as a crisis in their food system. These crises arise, from time to time, and give us an opportunity to reflect on how we get food on our tables.

We call this magazine Graze, but that's shorthand for the full title, "Graze: Around the kitchen table with Outpost Natural Foods." That's what we're trying to do, four times each year: create a conversation about the foods we eat, why we love them, where they came from, and who grew or produced them.

Like any good conversation around the kitchen table, ours can take off in unexpected directions. Usually, it's fun and lighthearted, just like any good meal can be. Sometimes it can get complicated, like when someone decides to bring up the farm crisis.

Food is all of those things: fun, lighthearted, and yes, complicated. So, as we embark on another year of Graze magazine, we'd like to say thanks to all the farmers and producers who make this all possible. Without them, there would be no us. And we'd like to thank you, the reader, for joining us in this most important conversation. See you in the aisles!

PAUL SLOTH
multimedia manager

WHO IS GRAZE ?

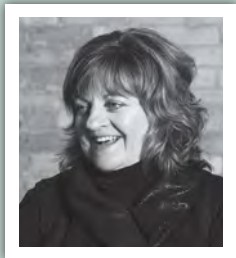


i am **CARA BERKEN.**

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.

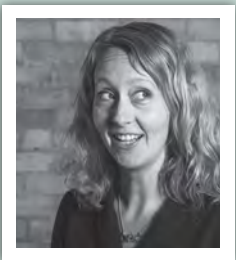
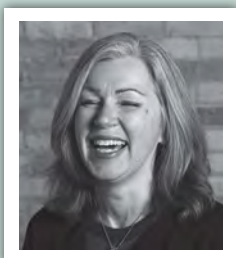


i am **CRAIG MATTSON.**

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.

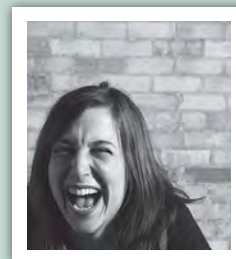


i am **CARRIE ROWE.**

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
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YOU'LL SWOON.

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



saturday
January
11am **16** 2pm
All Stores!

Kale Fest Sampler

Get your share of greens—kale is the perfect antidote to the winter blues!



saturday
February
11am **13** 2pm
All Stores!

Foods You'll Love Sampler

Featuring sweets, cheese, wine and recipes from Romance a Deux!



saturday
March
11am **12** 2pm
All Stores!

Bulk on a Budget Sampler

We'll show you how to save at your co-op by shopping the bulk aisle, sample before you buy!

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



WANT MORE OUTPOST?

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OUTPOST
NATURAL FOODS

(you'll)

SWOON!

THINGS WE LOVE.



EQUAL EXCHANGE PEPPERMINT TEA

A TRIP TO THE FERTILE CRESCENT WITHOUT LEAVING YOUR HOME

In the Middle East, there is a section which curves, like a quarter-moon shape, from the Persian Gulf into northern Egypt. The land is rich there, verdant and lush, and awash with delicious foods. Imagine you're strolling in a market that's teeming with people and animals; it's warm and noisy. Luckily, there is a small coffee shop off a shaded courtyard. You wander in and settle onto a worn, wooden stool and order a tea. It's served to you with a flourish, carefully poured into an ornate, glass cup. Yeah, this organic, fair trade tea is just like that only without the jet lag or the sweating in a souk. Brew up a cup, sweeten with a little honey, and enjoy its perfect bold-without-bitterness mint flavor. Just think of the money you'll save on a plane ticket!



BETTER THAN BOUILLON

A MYSTICAL ELIXIR THAT MAKES MAGIC OF EVERY SAVORY DISH

Hey, psst...wanna' know how to make every soup, stew, casserole, or sauce taste better? Try Better Than Bouillon base! We use it every time we want to kick up the complexity of flavors to the next level. Noodle soup tasting a bit 'thin'? Add a teaspoon of Better Than Bouillon to the pot. Is your potpie filling drab? Nothing a generous dash of BTB won't fix! Each minimally processed base is made using all-natural ingredients like meat or vegetable stock, and spices. Then it's concentrated into an easy-to-use paste, so a little goes a long way. Keep a jar in the fridge where it lasts a long time, then you're always prepared to soup up your sauces in the most delicious way.



OUTPOST'S OWN MACARONI, BACON, & CHEESE TURNOVER

THIS OTHERWORLDLY PIE WILL MAKE A BELIEVER OUT OF YOU

In olden days of yore, miners in chilly climes tucked savory hand pies into tin lunch pails for a hearty laborer's lunch. They were humble, tasty pies, stuffed with meat and potatoes. Leave it to us to figure out a way to make these satisfying pies even more awesome. First we start with a flaky, tender crust—one that's as light as angel wings (seriously, we've weighed them)—and then we fill it up with our made-from-scratch, four-cheese macaroni. Oh, but we don't stop there; we add bacon, the Hail Mary play of food fantastic-ness. It's winter, you want comfort food and you want it fast. Done!





BULK WILD RICE SOUP MIX

WINTER WELL-BEING IN A BOWL

This winter, we are getting our hygge on like the Danes. Hygge (HYU-gah) is about humor, warmth, coziness, and living in the moment. It often involves the closeness of friends and family and good food. This simple, satisfying soup invites you to don a favorite cardigan, pull out a good book, and sit closer to the fire. It's chock-full of hearty ingredients, including Minnesota wild rice, barley, yellow and green split peas, and dried veggies. All you have to do is add one part soup mix to eight parts stock and let it simmer for 45–60 minutes. We like to add smoked sausage or ham as well. Season to taste with the spices you enjoy like salt, pepper, garlic, paprika, you decide! Then add a generous splash of cream or milk before serving. Enjoy with good friends and do what the Danish do...appreciate the snugly comfort winter brings.



CHAO 'CHEESE' SLICES

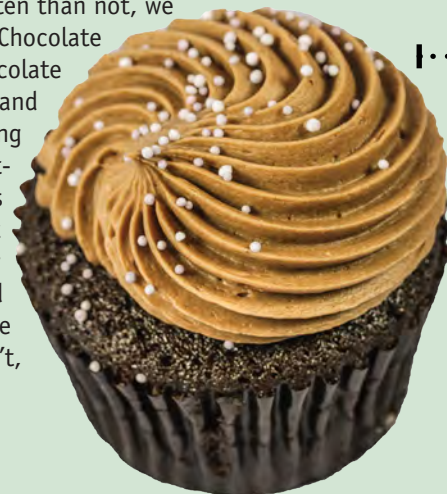
ONE TASTE OF THESE AND SAY CIAO TO YOUR OTHER VEGAN CHEESE!

We're going to cut straight to the chase: this vegan cheese alternative is good, darn good. Made with coconut and fermented Vietnamese tofu, it's one of the best tasting, most versatile non-cheese cheeses we've found in our 45 years. A little bit firmer than your classic American cheese, Chao Slices are tasty straight from the package. They don't need a recipe to shine, but we do love them in a classic grilled cheese sandwich, draped over a burger, or as the start of a rocking good queso dip. There are three flavors to choose from, but we're grooving on the Creamy Original, because it's so delicious and oh so versatile!

OUTPOST BAKEHOUSE MEXICAN CHOCOLATE CUPCAKE

A CHOCOLATE FIESTA IN EVERY SWEET BITE

Warning: we're going to brag a little. Our cupcakes are pretty amazing. Made from scratch using local and organic ingredients—each cupcake is a delight. Fact: our bakery blows through 2 TONS of local flour a year. We want to tell you we love them all equally, but truth is, we have our favorites. Sure, the carrot is a classic, but more often than not, we pick the vegan Mexican Chocolate one first. It's darkly chocolate without being cloying, and super moist without being soggy. The 'tofu' frosting is a revelation; it's creamy, dense, and not too sweet. It's exactly what a cupcake should be. Buy two and share with a friend...or don't, we'll understand.



ACURE FIRMING BODY LOTION

A BODY-LISCIOUS BALM THAT BANISHES DRY SKIN

Old Man Winter is one harsh dude; he sucks the moisture from our pores and leaves us to dry out like frozen raisins in the tundra. That's why it's best to fortify a winter survival kit with a powerful lotion. Acure Firming Body Lotion is loaded with antioxidants, like olive leaf and CoQ10, that help protect skin, and rich moisturizers like organic argan oil and cocoa butter, that moisturize thirsty skin. The creamy formula absorbs well and sports a refreshing lemongrass scent. There are no nasty chemicals either. This vegan formula is paraben free, sulfate free, cruelty free, gluten free, and free of synthetic fragrances.

IOWA IS CHANGING. IT'S BEEN CHANGING FOR THE PAST SEVERAL DECADES. SO IS THE HOG INDUSTRY. YET YOU'LL FIND A FEW FARMERS LEFT WHO AREN'T THRILLED WITH THE CHANGES. THEY DECRY THE MOVE AWAY FROM A MORE TRADITIONAL STYLE OF RAISING CROPS AND ANIMALS TO THE MORE CONSOLIDATED AND CONCENTRATED FARMING THAT IS THE TREND THESE DAYS. PAUL BROWN IS ONE OF THOSE FARMERS.

NIMAN RANCH.





IT WAS A FRIDAY IN LATE SEPTEMBER AND I WAS TRAVELING WITH A BUSLOAD OF STRANGERS—CHEFS, BUTCHERS, AND OTHER FOOD SERVICE TYPES—IN THE MIDDLE OF IOWA, ON THE FIRST LEG OF A WEEKEND-LONG JOURNEY THROUGH THE HISTORY OF NIMAN RANCH.

Our tour guide, Ron Mardesen, as we soon learned, is lucky enough to be raising hogs on the same farm that his great-grandfather farmed in Elliot, Iowa.

As we wound our way through the countryside, Ron interrupted his storytelling to point out some of the telltale signs of the industrial agriculture that has come to represent modern-day Iowa. Ron continued sharing his own personal story, about the joys and struggles faced by many, if not most, farmers like him.

Ron's a proud Niman farmer, that's clear. He's also a field agent for the company. In addition to raising hogs for Niman, Ron travels around working with and supporting other farmers like himself.

As we continued on our journey, Ron explained the Niman difference: the price guarantees they put in place to help support farmers, unlike the traditional hog market; the stewardship initiatives designed to help protect the environment; and most importantly, the animal husbandry practices that mean a hog is raised as humanely as possible.

Market weight for Niman hogs is 280 pounds; they usually start out around 3 pounds. Farmers follow Niman's strict protocols to get their hogs to the required weight in 180 days.

"What sets Niman apart is that the pigs gain those 277 pounds without the use of antibiotics. That flies against the wisdom of the pork industry that says, 'you cannot do that,'" Ron explained. "We believe that a pig should be a pig."

We were in Iowa as part of a weekend get-together that culminated in Niman's Hog Farmer Appreciation dinner, the brainchild of Niman Ranch co-founder Paul Willis, himself an Iowa hog farmer. This was the 17th year of the event.

This annual event is a chance for people who buy, sell, cook, and/or eat Niman products to get together for a few days in Des Moines to visit a farm, meet some farmers, eat, and learn a little more about the complicated system that gets the company's prized pork from the farm to the fork. This year, it was also an opportunity to learn a little more, along with the farmers, about the biggest change for Niman—the recent purchase of the company by Perdue Farms, one of the country's largest meat producers.

The first leg of the journey was a stop at one of Niman's many farms here in Iowa. The company has hundreds of hog farms spread throughout the Midwest. Our destination was Paul Brown's farm in New Providence, Iowa, 70 miles northeast of Des Moines.

(continued)



(continued from page 9)

Paul Brown cuts an imposing figure. Barrel-chested with burly hands, there's no mistaking he's a farmer. He's what you might call the quintessential farmer and it's no coincidence we're meeting again, for the second year in a row, on his hog farm. As it turns out, Paul is a rare breed in these parts, his is also a showcase farm for Niman.

Paul has spent most of his farming life on this piece of land, where he moved with his wife Andrea, in the early 1990s. I say farming life because, as he tells it, Paul knew nothing about raising hogs when he left Iowa State with a farm management degree.

He spent three months working at a confinement operation and knew he didn't want to raise hogs that way. So, when he got the chance to start his own farm, Paul decided to do things differently. In a way, you could say this is when his farming life began.

Paul and Andrea are proud of this place, which they named Alderland Farm, a portmanteau of their children's names—Allison, Derek, and Landon.

"We've been known as the oddballs for quite some time. We haven't had to use commercial fertilizers in 25 years. It's a beautiful system," Paul tells a group of visitors touring his farm. "If you came here 25 years ago, it would look pretty much the same as it does today."

The Brown's have raised hogs for Niman Ranch since the late 1990s. They raise between 1,200 and 1,500 hogs annually. Theirs is the last remaining pastured hog farm in the area. Ron Mardesen and Paul Brown are just two of the 370 active Niman Ranch hog farmers. Many of those farmers had questions about the purchase of the company and what effect it might have on them or their practices.

As part of the Perdue purchase, Niman said they've been reassured that it will be business as usual for the company and the farmers who raise animals for them. During the weekend, a representative from Perdue reaffirmed that. While it might send a message to consumers who are leery of large corporations, it's provided a small sense of security for farmers like Paul Brown and Ron Mardesen.

Ron and his family have been farming with Niman since 2002. He says that had he joined the company when he first had a chance, back in 1998, he'd be better off than he is today. In the late 1990s, the market for hogs tanked, and farmers like Ron were left selling their hogs for next to nothing.

"It is because of Niman Ranch that I can say that I am the fourth generation on my farm," Ron told the busload of visitors. "What they are doing for our communities and family farms is impossible to gauge."

OUTPOST'S

(secret recipe)

FLOURLESS CHOCOLATE CAKE

SERVES 12 • GLUTEN-FREE

LOOKING FOR THE PERFECT DECADENT DESSERT TO SERVE YOUR WHEAT-FREE SWEETIE? OUR CUSTOMERS LOVE OUR FLOURLESS CHOCOLATE CAKE. IT MIGHT BE FOR THE SIMPLE FACT THAT EVERY BITE IS INTENSELY CHOCOLATY. THE FACT THAT THERE'S NO FLOUR IS JUST A BONUS! TOP THIS BEAUTY WITH YOUR FAVORITE FRESH FRUIT (WE'RE PARTIAL TO RASPBERRIES) FOR THE PERFECT PRESENTATION.

Ganache:

9 ounces bittersweet chocolate, chopped
1 cup heavy whipping cream

Cake:

1 pound bittersweet chocolate, chopped
2 sticks unsalted butter, room temperature
6 large eggs, room temperature
 $\frac{3}{4}$ cup granulated sugar
 $\frac{1}{2}$ cup heavy whipping cream
1 tablespoon powdered sugar
 $\frac{1}{4}$ teaspoon vanilla extract
2 ounces fresh fruit for garnish

1. Start by making the ganache. Place chocolate into a medium bowl. Heat cream in a small saucepan over medium heat. Bring cream just to a boil, then immediately pour over the chopped chocolate, and whisk until smooth. Let cool slightly before using.
2. Heat oven to 350 degrees. Spray a 9-inch cake pan with nonstick cooking spray, then line the bottom with a circle of parchment paper. Spray the paper with cooking spray, too, then set aside.
3. In double boiler, melt remaining chocolate and butter over low heat. Remove from heat and transfer to a large bowl. Add sugar and mix well. Add eggs one at a time, whisking well after each addition. Pour batter into prepared pan.
5. Set pan in a larger pan, then add water to the larger pan so it comes about halfway up the side of pan to make a water bath. Bake for 25 to 30 minutes or until it appears dry on the top and is firm in the center.
6. When done, remove from oven and cool completely in pan. When cool, flip out of pan onto a cake board and then onto a wire rack.
7. If necessary, gently reheat ganache until it is slightly warm and pourable. It cannot be hot. Pour over cake and cover completely. Let set just until firm, about 45 minutes.
8. Whip cream with powdered sugar and vanilla and beat until stiff peaks form.
9. Garnish each cake slice with a dollop of whipped cream and a piece of fresh fruit.



(our) TABLE OF HEALING HERBS & SPICES

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



Fe
FENNEL

ORIGIN . MEDITERRANEAN REGION.
BENEFITS . ANTI-FLATULENT, INTESTINAL BENEFITS, CLEANSING.
SOURCE . SEEDS OF FLOWERING BULB.

IN ANCIENT TIMES, THE ONLY PHARMACY PEOPLE COULD RELY WAS NATURE. THROUGH TRIAL AND ERROR, THEY DISCOVERED THAT CERTAIN LEAVES, ROOTS, BULBS, FRUITS, AND SEEDS HELPED WITH AILMENTS. THEY BEGAN CULTIVATING THEIR FAVORITES, PROBABLY FOR THE HEALTH BENEFITS AS MUCH AS THE GREAT TASTES THEY IMPARTED TO FOODS.

Today we take these common herbs and spices for granted. We toss a little cinnamon in our apple pie never really considering that sweet spice just might be helping with joint aches and pains. Or we steep dried peppermint as an after dinner tea enjoying the taste and the digestive relief it brings.

We owe a big high five to our ancient ancestors who help us today live not only healthier lives, but tastier lives as well, through the sharing of folk knowledge and careful cultivation. Hippocrates said it best when he wrote, "Let food be thy medicine and medicine be thy food."



Ch
CHILI

ORIGIN . CENTRAL AMERICA.
BENEFITS . ANALGESIC, ANTI-DIABETIC, ANTI-BACTERIAL, REDUCES CHOLESTEROL.
SOURCE . DRIED FRUIT POD & SEEDS.



Fn
FENUGREEK

ORIGIN . NEAR EAST.
BENEFITS . LAXATIVE, FEVER REDUCER, PROMOTES LACTATION.
SOURCE . SEEDS.



Pe
PEPPER

ORIGIN . INDIA (MALABAR REGION).
BENEFITS . COGNITIVE HEALTH, ANTIOXIDANT, STOMACH HEALTH.
SOURCE . DRIED & POWDERED FRUIT OF FLOWERING VINE.



Ry
ROSEMARY

ORIGIN . MEDITERRANEAN REGION.
BENEFITS . ANTI-INFLAMMATORY, ANTI-OXIDANT, COGNITIVE STIMULANT.
SOURCE . WOODY PERENNIAL HERB.



Ci
CINNAMON

ORIGIN . SRI LANKA.
BENEFITS . LOWERS BLOOD SUGAR, REDUCES CHOLESTEROL, ANTI-INFLAMMATORY.
SOURCE . INNER BARK OF TREES.



Cl
CLOVES

ORIGIN . MADAGASCAR, INDONESIA & SRI LANKA.
BENEFITS . ANTI-INFLAMMATORY, ANTIOXIDANT, INTESTINAL BENEFITS.
SOURCE . AROMATIC FLOWER BUDS OF TREE BULB.



An
ANISE

ORIGIN . MEDITERRANEAN REGION & ASIA.
BENEFITS . DIGESTIVE AID, PROMOTES SINUS HEALTH, LACTATION BOOSTER.
SOURCE . SEEDS.



Th
THYME

ORIGIN . MEDITERRANEAN REGION & ASIA.
BENEFITS . ANTISEPTIC, ANTIOXIDANT, IMPROVES BRAIN HEALTH.
SOURCE . LEAVES.

Health benefits statements are based on historical folk remedy data and have not been evaluated by the FDA. Please consult your physician with questions or concerns.

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



Tu
TURMERIC

ORIGIN . SOUTHWEST INDIA.
BENEFITS . ANTI-INFLAMMATORY,
ANTI-CANCER, IMPROVES
BRAIN HEALTH.
SOURCE . RHIZOME OF TURMERIC
PLANT.



Sa
SAGE

ORIGIN . MEDITERRANEAN REGION.
BENEFITS . ANTI-INFLAMMATORY,
ANTI-OXIDANT, MEMORY
& MOOD BOOSTER.
SOURCE . LEAVES.



Mi
MINT

ORIGIN . WORLDWIDE
BENEFITS . DIGESTIVE AID, INCREASES
APPETITE, ANTI-FLATULENT.
SOURCE . FLOWERING TOPS &
LEAVES.

(a) RECIPE.

CREAMY TURMERIC LATTE

SERVES 1

Bright yellow and super creamy, this turmeric latte looks and tastes like it was made by a professional barista. Savor this delicious concoction; it's made with one of the most potent healing spices. It can be sweetened to taste, and the ginger's wonderful spiciness makes it a little zesty. Choose any milk you enjoy, just remember not to skimp on the foam!

1 cup soy or almond milk, or make fresh cashew milk
½ teaspoon ground turmeric
½ teaspoon ground ginger
¼ teaspoon vanilla extract
2 teaspoons maple syrup, or to taste
Pinch of sea salt
1 tablespoon coconut milk or cream (optional)

Pour milk into a small saucepan. Add turmeric, ginger, vanilla, maple syrup, and sea salt. Whisk together. The turmeric and ginger give the drink a creamy texture. To make it extra creamy add 1 tablespoon of coconut milk or cream.

Heat the mixture over medium-high heat. Begin whisking to froth the foam and reduce heat to medium-low when mixture begins to simmer. Don't let it come to a boil. Continue whisking until the foam thickens.

Remove from heat and pour into your favorite mug.

WINTER

(two ways)

RUTABAGA LOVE

RUTABAGA ROOT VEGETABLE GRATIN

SERVES 8

Rutabagas are the stars of this glorious root vegetable dish, mostly because we had so many in our CSA boxes that we had a few more to use up. But any combination of root veggies works wonderfully, just make sure you get everything sliced the same thickness for even cooking. A mandolin is your best friend for this kind of recipe.

- 4 tablespoons butter, divided, plus more to butter baking dish
- 1½ cups Panko breadcrumbs
- 1½ cups grated Parmesan, divided
- 3 cups half and half
- 1 tablespoon Better Than Bouillon, dissolved in 1 cup water
- 2 garlic cloves, crushed and minced
- 6 sprigs thyme, plus 1 tablespoon leaves
- Salt and pepper
- 1½ pounds rutabaga, peeled, sliced ¼" thick
- 1 pound red or gold beets, peeled, sliced ¼" thick
- 1 pound turnips, peeled, sliced ¼" thick
- 1 pound Yukon Gold potatoes, peeled, sliced ¼" thick
- 1 pound carrots, peeled, sliced ¼" thick

1. Heat oven to 400 degrees. Butter a glass baking dish.
2. Melt 2 tablespoons butter in a medium skillet over medium-high heat. Add breadcrumbs; cook, stirring often, until golden brown, 5 to 7 minutes. Transfer to a small bowl and toss with ½ cup Parmesan and 1 tablespoon thyme leaves; season with salt and pepper.
3. Bring half and half, bouillon mixture, garlic, thyme sprigs, and remaining 2 tablespoons butter to a simmer in a medium saucepan over medium heat; season with salt and pepper. Remove from heat, cover, and let sit 10 minutes; discard thyme. Cover and keep warm.
4. Starting with beets (so they don't color all the other veggies red), arrange slices on bottom of baking dish. Follow with one layer of all other veggies then top with ½ cup Parmesan. Repeat layers, ending with rutabaga on top. Pour cream mixture over all the vegetables and place a piece of parchment paper directly on top of vegetables.
5. Bake until vegetables are crisp-tender and cream is thickened, 50 to 60 minutes. Uncover, top with breadcrumbs, and bake until gratin is bubbling and breadcrumbs are browned, 15 to 20 minutes longer. Let sit 10 minutes before serving.



1ST
way.





RUTABAGA SPICE CAKE *with* BROWN BUTTER FROSTING

SERVES 6

We know what you're thinking...rutabaga cake!?! Relax, we took a little convincing ourselves. But now we're sold. You wouldn't think twice about carrot cake or zucchini bread, right? All we are saying is give rutabagas a chance.

Would you believe those sturdy root vegetables produce a delightfully dense and moist cake? Well, it's true, and we kept our taste-testers guessing about the key ingredient. And the frosting—brown butter, ginger, and cinnamon—yeah, you'll want to use this again.

Cake:

- 3 eggs
- ¾ cup sugar
- ½ cup sour cream
- ¼ cup applesauce
- ½ cup coconut oil
- 2 teaspoons vanilla extract
- 2 teaspoons ground nutmeg
- 1 teaspoon ground cinnamon
- ½ teaspoon allspice
- 1 cup, packed, raw grated rutabaga
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2½ cups all-purpose flour (can substitute gluten-free flour)

Frosting:

- 3 cups powdered sugar
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- ½ cup unsalted butter
- 2 teaspoons vanilla extract
- 3-4 tablespoons milk



For the cake:

1. Heat oven to 350 degrees. Grease two 9-inch round cake pans and line with parchment paper.
2. In a stand mixer, beat the eggs, sugar, sour cream, applesauce, coconut oil, and vanilla together well. Mix in the grated rutabaga.
3. Sift together the flour, baking powder, baking soda, nutmeg, cinnamon, allspice, and salt and add in batches to the wet ingredients. Mix until combined.
4. Pour into the prepared cake pans, half in each, and bake for 25 to 30 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes in the pans and then turn onto a wire rack, removing the parchment paper, to cool completely.

For the frosting:

1. Combine powdered sugar, ginger, and cinnamon in a mixing bowl and set aside.
2. In a saucepan over low heat, melt the butter and continue to heat, stirring often, until it turns brown and smells nutty, but not burned.
3. Add vanilla and milk to powdered sugar. Add browned butter, beating until thick and smooth, adding more milk if necessary.
4. Spread a thin layer of frosting on the top of one of the cooled cakes. Place the second cake on top and spread the remaining frosting on top of that cake.



2ND *way.*



COOKING WITH OUR
FRIEND, SAEHEE CHANG

HOME COOK.

story and photos by CRAIG MATTSON



SAEEHEE CHANG HAS HAD THE WONDERFUL OPPORTUNITY TO LIVE IN DIFFERENT PARTS OF THE WORLD. WHILE SHE WAS GROWING UP IN SOUTH KOREA, HER FATHER WORKED AS THE COUNTRY'S TRADE AND PROMOTION DIRECTOR. WHEN SHE WAS STILL A CHILD, SAEHEE MOVED WITH HER FAMILY TO NAIROBI, KENYA, WHERE HER FATHER HAD BEEN TRANSFERRED.

Saehee suddenly found she was living in a city with a vibrant city market filled with exotic and unfamiliar flavors. Despite being surrounded by local food and local culture, at home Saehee's mother made sure to serve traditional Korean food, at least a few times each week. This memory remained with Saehee, who learned to cook from her mother and keeps Korean traditions alive with her own children.

"For me, cooking is about remembering my tradition and my family. Without my mom, I would never have learned all of these good cooking techniques," Saehee said.

During a recent visit to her home in Whitefish Bay, Saehee prepared a few of her favorite traditional Korean dishes. When we arrived, rice was warming in the rice cooker as Saehee prepared vegetables for the popular Korean dish bibimbap. Preparation is an important part of Saehee's cooking method. It might have something to do with the fact that she's a cooking instructor.

Through every step of the preparation and cooking process, Saehee's careful instructions were interspersed with bits of family history and culinary tips.

The word bibimbap as Saehee explained means "mix with rice." There are no strict rules about the vegetables you choose, it's just important that you make it colorful.

After making all of the ingredients for the bibimbap, sautéing the zucchini and carrots separately, blanching the spinach and mung beans, and frying the ground beef, Saehee set everything aside.

She moved on to the next item on her menu, haemul pajun, a savory shrimp and scallion pancake. She ladled the mixture into a heated wok filled with oil. When she flipped the pancake, the bottom had just begun to turn golden.

"The green onions caramelize and they're so pretty. They're like a meal," Saehee said.

Once Saehee finished cooking, we sat down to eat. Saehee prepared the bibimbap by layering the ingredients in her traditional Korean stone bowls, rice, beef, vegetables, a sprinkling of dried seaweed and finally a fried egg on top.

"Make your egg however you like it. My kids and I like it cooked and fried, my husband likes it runny. Traditionally you should serve it runny to coat the rice," Saehee said.

It's clear cooking is an important part of Saehee's life and, if you spend any time with her in the kitchen, you quickly realize that she's a natural teacher.

"It's such a great process, cooking. It's calming," Saehee said. "I do spend a lot of time in the kitchen."

(continued)



YANGYUMJANG

Korean Spicy Sauce

This amazing Korean spicy sauce is so good, and so easy to make, you'll probably find yourself looking for any excuse to use it. It was perfect with our hot shrimp and scallion pancakes.

- 3 tablespoons soy sauce or tamari
- 1 tablespoon sugar
- 2 tablespoons green onions, finely chopped
- 2 cloves garlic, finely chopped
- 1 tablespoon of sesame oil
- 1 teaspoon Korean red pepper powder (could substitute ½ teaspoon of smoked paprika; ¼ teaspoon cayenne powder)
- 1 tablespoon sesame seeds
- Black pepper to taste

Just mix all the ingredients together, simple as that.

THREE INGREDIENTS SAEHEE CAN'T LIVE WITHOUT:

- 1) I bet you can guess this one. Garlic is going to be my number one. You have to have garlic, no matter what nationality you are.
- 2) Sesame oil
- 3) It's a toss-up between chili flakes and fish sauce. I was thinking about all the ingredients you need to make kimchi. You can't survive without kimchi.

HAEMUL PAJUN

Shrimp and Scallion Pancakes

MAKES ABOUT 3 PANCAKES

These fabulous savory pancakes are light, yet filling. As we learned from Saehee, the recipe is easily tweaked to suit your tastes. Make sure your pan and oil are hot enough in order to guarantee your pancakes turn out crisp and golden brown. While they're traditionally served as comfort food on cold, rainy days, these pancakes are light enough to serve any time of year.

- 1 pound uncooked shrimp
- 2 to 3 bunches of scallions, cut in long strips
- 2 cups all-purpose flour (or use 1 cup flour and 1 cup sweet rice flour for a chewy texture)
- 1 egg, lightly beaten
- 1½ cups very cold water
- 3 to 4 tablespoons canola oil
- Salt and pepper to taste
- Roasted sesame seeds

1. In a large bowl, lightly mix the flour, egg, water, scallions, and shrimp. Season with salt, pepper, and sesame seeds to taste.
2. In a large, nonstick skillet or frying pan, heat 1 to 2 tablespoons of oil on medium-high. Add about ⅓ of the batter (or one ladle full) onto the skillet. Cook for about 2 minutes until edges turn brown. Flip and cook another 2 minutes. Flip one more time for an extra minute. Let cool, then slice the pancake into squares and serve.

You can dip the pancakes in soy sauce or Korean spicy soy sauce, Yangyumjang.

BIBIMBAP

Rice with Mixed Vegetables, Beef, & Egg

SERVES 4

- 3 cups cooked white rice, short grain, warmed
- 2 cups bean sprouts, blanched
- 2 bunches spinach, blanched (or 2, 5 oz. packages of baby spinach)
- 5 to 6 carrots, sliced thinly
- 2 large zucchinis, sliced thinly
- 1 oz. package dried shiitake mushrooms, rehydrated in very hot water for 10 minutes
- 1 pound ground beef
- 4 eggs
- 5 tablespoons sesame oil, divided
- 4 tablespoons sesame seeds, divided
- Canola oil for sautéing
- 4 tablespoons chopped garlic
- 4 tablespoons soy sauce or tamari
- Black pepper to taste
- Salt to taste
- 2 tablespoons mirin or any Asian cooking wine
- 1 tablespoon fish sauce
- Roasted seaweed, cut into strips, (or try Gimme Seaweed Snacks or Sea Snax)
- Korean chili paste—gochujang, to taste (occasionally available at Outpost or your favorite Asian market)



FLAVORS OF KOREA

right here at Outpost!

•• Kimchi (Korean kraut with mild heat), locally made by Spirit Creek Farm

•• Organic Roasted Seaweed Snacks

•• 40°N Fish Sauce (made from black anchovies and sea salt), Red Boat

•• Dehydrated Organic Shiitake Mushrooms, Terra Dolce

•• Mirin (rice cooking wine), Eden Foods

This is one of the most popular Korean dishes. Think of it as a deconstructed stir-fry. Each component is prepared separately then assembled just before eating. You can substitute your favorite vegetables. As for the meat, Saehee's recipe calls for ground beef, but if you're feeling ambitious, try making your own bulgogi, Korean grilled beef—recipe not included. In Korea, the dish is traditionally served in a heated stone bowl with a healthy spoonful of gochujang, an amazing Korean red pepper paste known as the miso of Korea.

1. Blanch spinach and bean sprouts in hot water for 1 to 2 minutes, let cool and squeeze out excess water. Place in bowl and season with 1 tablespoon soy sauce or tamari, 1 tablespoon garlic, 1 tablespoon sesame oil, and 1 tablespoon sesame seeds and pepper to taste. Mix well and set aside.
2. In a large sauté pan, heat about 2 tablespoons of canola oil and sauté carrots until softened then add zucchini and sauté until crisp-tender. Add 1 tablespoon garlic and cook for about 1 minute. Finish with 1 tablespoon sesame seed, fish sauce, and salt and pepper to taste. Remove from pan and set aside.
3. Using same pan, sauté rehydrated mushrooms with 2 tablespoons sesame oil, 2 tablespoons soy sauce or tamari, 1 tablespoon sesame seeds, 1 tablespoon garlic, and pepper to taste. Remove from pan and set aside.
4. Using same pan, heat 2 tablespoons sesame oil and add ground beef. As beef browns add 1 tablespoon garlic and sauté for about 1 minute then add 1 tablespoon soy sauce or tamari, 1 tablespoon sesame seeds, and cooking wine. After beef is cooked through, remove from pan and set aside.
5. Heat a small amount of canola oil in sauté pan and fry eggs sunny side up or over easy. You want the egg yolks to be somewhat runny.
6. To serve, evenly divide warm rice between 4 deep bowls (preferably warm), or use Korean stone bowls, pre-heated in oven, and arrange beef and vegetables in a flower pattern over the rice. Place an egg on top and add seaweed strips and a generous dollop of gochujang. Traditionally, Koreans also use vegetables such as fiddlehead fern, bellflower roots, and daikon radish. Mix everything with rice and enjoy!

WANT TO LEARN MORE ABOUT KOREAN COOKING?

Check out one of the upcoming cooking classes Saehee will be teaching at Nicolet High School.

Traditional Korean Pancakes for Lunar New Year

5:30 to 7 p.m. Thursday, February 4
Celebrate the Lunar New Year and create a festive Korean table with mung bean pancakes (bindaettuk, with or without meat) and scallion pancakes (pajun).

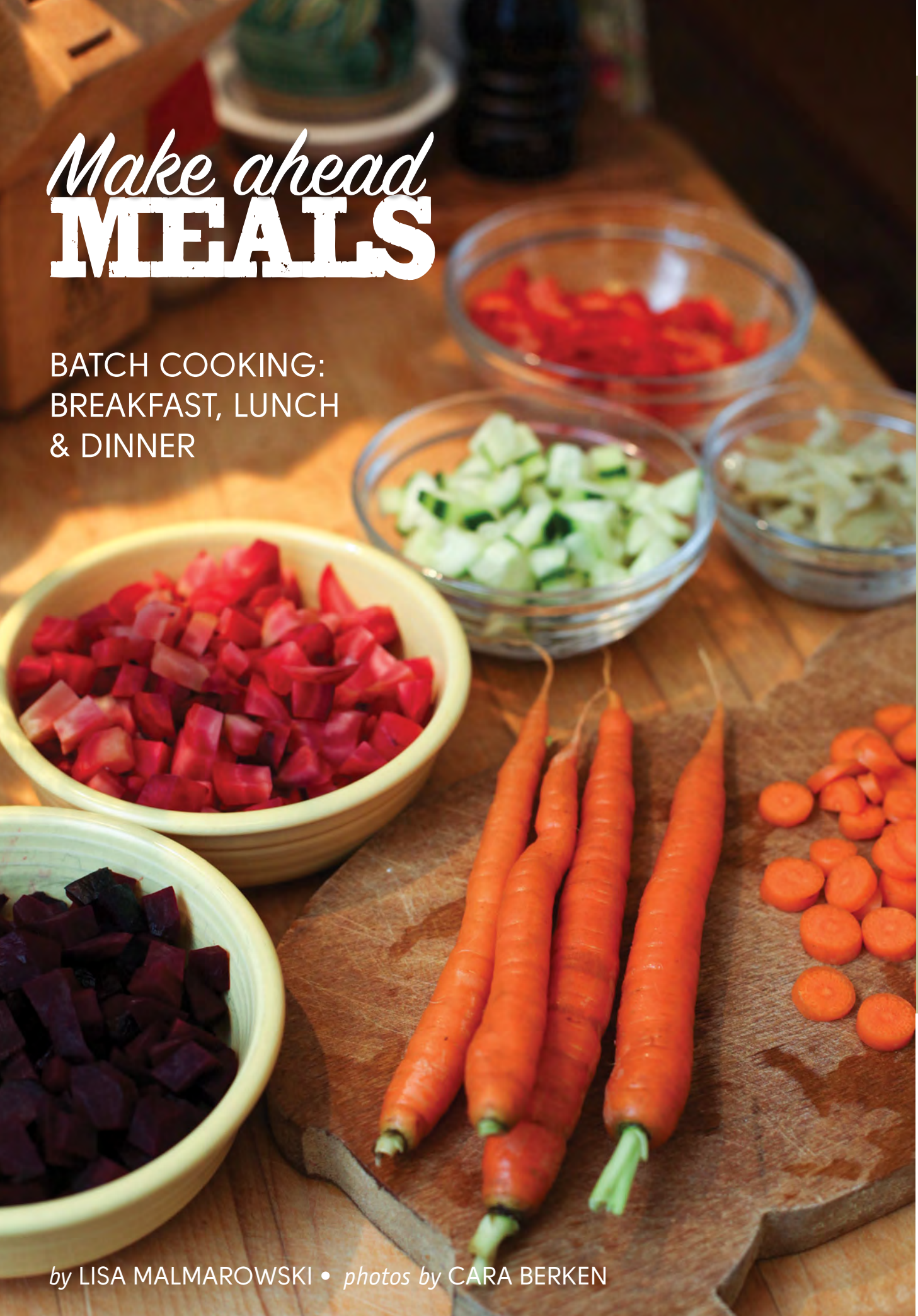
Korean Cooking and K-Pop for Teens

11 a.m. to 1 p.m. Saturday, March 12
Join Saehee for a delicious adventure with Korean food and pop culture! Participants are encouraged to bring their favorite K-Pop music to share with the class.

Saehee will be selling her kimchi at farmer's markets throughout the winter. For more, visit Saehee's website www.kosarikimchi.com

Make ahead **MEALS**

BATCH COOKING:
BREAKFAST, LUNCH
& DINNER



by LISA MALMAROWSKI • photos by CARA BERKEN



WINTER IS THE PERFECT TIME TO SETTLE INTO A BATCH COOKING ROUTINE. IT'S CHILLY OUTSIDE AND TYPICALLY THERE'S MORE TIME ON THE WEEKENDS TO SHOP AND COOK FOR THE UPCOMING WEEK. IT DOESN'T HAVE TO BE OVERWHELMING EITHER. WE'VE FOUND THAT A BALANCE USUALLY WORKS FOR MOST PEOPLE: MAKING SOME INGREDIENTS AND BASICS AHEAD OF TIME THAT YOU CAN USE IN VARIOUS WAYS; USING THE SLOW COOKER; AND DOING SOME SIMPLE PREP EACH DAY, CAN MAKE WEEKDAY MEALS MUCH EASIER.

GET SHOPPING:

Choose ingredients you can make and prep ahead, that store well, and can be used in various ways, and most importantly, are things you and your family enjoy. If you love mashed potatoes, make a big pot!

GRAINS (Choose one): brown rice, quinoa, barley, wheat berries, millet

ROASTED OR STEAMED VEGGIES (Choose a variety): sweet potatoes, carrots, broccoli, cauliflower, beets, onions, fennel, garlic, potatoes

SALAD FIXINGS (Choose a variety): lettuce/s, carrot coins, peppers, cherry tomatoes, thawed peas, onions, nuts, dried fruit

BEANS (Choose one or a couple; and it's okay to use canned): black, garbanzo, kidney, cannellini, kidney

PROTEIN (Choose a couple): cooked chicken breasts or thighs, luncheon meats, sautéed cubed tofu, cubed cheese, hard-boiled eggs

OTHER: Frozen vegetables, good bread, spreadable cheese, hummus

GET COOKING:

1. Pick a day where you have a solid block of time to spend in the kitchen.
2. Start your slow cooker meal first. That way dinner will be done when you're done!
3. If you're cooking beans from scratch, now is the time to start those.
4. Prep vegetables for steaming or roasting. Since each variety cooks at a different pace, it's a good idea to segregate them into different pans so you can take them out as they finish cooking.
5. Start cooking your grain/s while the vegetables are cooking.
6. If you have proteins to cook, like meats or eggs, you can do those while you have the oven heated from roasting vegetables.
7. While ingredients are cooking, you can prep fresh vegetables for salad and any other ingredients that don't require cooking, like luncheon meats and cheese.

(continued)

BREAKFAST

- BREAKFAST COOKIES
- SAVORY BREAKFAST TOASTS

LUNCH

- TUNE-NOT SANDWICHES
- HEARTY SALAD IN A JAR

DINNER

- SLOW COOKER CASSOULET
- EASY VEGETARIAN BURRITOS

BREAKFAST:



BREAKFAST COOKIES

MAKES ABOUT 30 COOKIES

Breakfast shouldn't be complicated and these granola bar-like cookies make it super simple. This recipe is very customizable to what you have on hand and what you enjoy. We like adding a hard-boiled egg or some cubed cheese on the side to add more protein to this on-the-run meal. These also freeze well.

- 1 cup nuts like walnuts, pecans, or almonds
- 1½ cups rolled oats (not instant)
- ⅓ cup whole wheat flour or gluten-free substitute
- ½ cup ground flax meal
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ cup nut butter like almond, peanut, etc.
- ¼ cup vegetable oil like canola, coconut, etc.
- ¼ cup honey or agave nectar
- ¼ cup brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- ½ cup dried fruit like raisins, cherries, cranberries, currants, etc.
- ½ cup semi-sweet chocolate chips



1. Preheat oven to 375 degrees. Line baking sheets with parchment paper.
2. Pulse the nuts in a food processor several times; continue processing until they are ground into a flour and transfer to a bowl. Add rolled oats, whole wheat flour, flax meal, baking soda, salt, and cinnamon and mix well. Set aside.
3. Combine the nut butter, oil, honey or agave, brown sugar, eggs, and vanilla extract in the food processor and process a few seconds to blend the ingredients well; then transfer this mixture to a large bowl and fold in the dried fruit and chocolate chips. Mix the dry flour mixture into the wet mixture. Dough will be very thick.
4. Scoop heaping teaspoons of dough, and form into balls. Place dough balls onto prepared baking sheets, about 2 inches apart.
5. Bake until lightly browned about 8 to 10 minutes. Remove from oven and flatten the cookies with a spatula. Leave cookies to cool on baking sheets for about 5 minutes before moving to metal racks to cool completely. Store in airtight container.

SAVORY BREAKFAST TOASTS

SERVES 1

We hear that toast is a 'thing' now, but we've loved it forever. This super simple recipe is for the savory breakfast lover, and bonus, it easily adds to your total daily vegetable tally!



- Two slices rustic bread, toasted
- Chèvre goat cheese, quark cheese, or other spreadable cheese
- Made-ahead roasted vegetables, cut into bite size pieces

Simply spread warm toast with cheese and top with your favorite roasted veggies.

LUNCH:

TUNE-NOT SANDWICHES

MAKES ENOUGH FOR 2 TO 4 SANDWICHES

Our tasters raved about this one, “I can’t believe it’s not tuna!” “Wow, what a great alternative to hummus.” “It’s just like tuna salad without the fishiness.” This super easy-to-prepare spread makes a great sandwich and is also fun to eat with your favorite crackers. We love the special tang that umeboshi (pickled plum) vinegar gives to this recipe; it’s salty, sour and fruity taste is perfect.

- 1 (15.5-ounce) can garbanzo beans, drained and rinsed (or 2 cups homemade)
- ¼ cup mayonnaise (or vegan alternative)
- 1 tablespoon whole grain mustard
- 1½ tablespoons umeboshi vinegar
- 2 teaspoons whole celery seeds
- ¼ cup chopped celery, from about one rib
- 2 tablespoons sliced scallions, from about two scallions
- Pinch cayenne pepper, optional
- Freshly ground black pepper

Place garbanzo beans in the bowl of a food processor and pulse two or three times to very roughly chop. Add remaining ingredients, except for celery, and pulse two or three times more to incorporate, then stir in chopped celery last (do not process, you want the celery to add texture and crunch). Spread generously on rustic bread and top with thick tomato slices and greens.

HEARTY SALAD IN A JAR

SERVES 1

1. Start with a large, wide mouth jar with a tight fitting lid.
2. Add your favorite salad dressing (about 2 tablespoons or so) to the bottom of the jar and then begin layering your pre-prepped ingredients as follows from bottom up:

- Crunchy/hard, chopped vegetables like carrots, cucumbers, peppers, cooked beets, fennel, etc.
- Beans and/or heavy grains like rice, wheat berries, barley or firm pastas
- Proteins like meats, eggs, tofu, tuna, and cheese
- Softer fruits or vegetables like berries or avocado
- Seeds, nuts and lighter grains like millet or quinoa
- Fill the rest of the jar with greens and lettuce—you can pack it in

Some people leave enough room at the top so you can shake the jar, but we like to empty it into a bowl and toss. You can make multiple salads a few days ahead, but if you’re including cheese, proteins, or soft fruits and vegetables, it’s best to add them to the top of the jar on the day you’ll eat the salad, so the delicate ingredients don’t get soggy.



DINNER:

SLOW COOKER CASSOULET

SERVES 8

This makes enough for your weekend meal with leftovers to enjoy during the week for lunch or dinner. This is one of those magic recipes where the simple ingredients yield a complex, flavorful dish. It's also very customizable, but be sure to use a smoky sausage and bacon for the best flavor.

- 2-3 smoky bacon slices
- 2 medium or 1 large onion, chopped (about 2 cups)
- 1 teaspoon dried thyme or 2 teaspoons fresh
- ½ teaspoon dried rosemary or 1 teaspoon fresh
- 3 garlic cloves, minced
- ¼ cup dry red wine
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1, 28-ounce can diced fire-roasted tomatoes, drained; reserve juices
- 2, 15-ounce cans great northern beans, rinsed and drained (or 4 cups homemade)
- 1 pound lean boneless pork loin roast, or 1 pound boneless, skinless chicken thighs, trimmed and cut into 1-inch cubes
- 12-ounce package of smoked kielbasa sausage or Spanish chorizo, cut into ½-inch cubes
- Freshly grated Parmesan and chopped flat leaf parsley for garnish

1. Cook bacon in a large skillet over medium-high heat until crisp. Remove bacon from pan; crumble. Add onion, thyme, rosemary, and garlic to drippings in pan and sauté 3 minutes, or until tender. Deglaze pan with red wine, then add crumbled bacon, salt, pepper, and tomatoes; bring to a boil. Remove from heat.
2. Place half of beans in a large bowl; mash with a potato masher until chunky. Add remaining half of beans, pork, and sausage or chicken; stir well. If the mixture seems dry, add the reserved tomato juices.
3. Place half of bean mixture in a 3½-quart slow cooker; top with half of tomato mixture. Repeat layers. Cover and cook on low in a slow cooker for 5 hours. This can also be cooked using a covered Dutch oven in a 325-degree oven for 90 minutes. Serve in bowls and garnish with Parmesan cheese and parsley. Serve with rice or crusty bread and sautéed greens for a complete meal.

BLACK BEAN, SWEET POTATO, & GREENS BURRITO

SERVES 4

This is another “make it how you like it” recipe. We jazzed up cooked, unseasoned beans with spices and some of our roasted onions and garlic; did a quick sauté of fresh greens; then assembled the burritos with other vegetables we had on hand.

- Oil for sautéing
- ½ cup roasted onions, chopped
- 2 cloves roasted garlic
- 1 teaspoon ground cumin
- ½ teaspoon oregano
- ½ to 1 teaspoon chili powder, to taste
- 2 cups cooked black beans
- Salt and pepper to taste
- 2 cups sautéed greens like kale, chard, spinach, or collards
- 1 cup roasted sweet potatoes, warmed
- 1 cup frozen corn, thawed and warmed
- 4 large tortillas
- A soft cheese like chèvre (goat cheese) or quark, and salsa to taste

1. Add a little cooking oil to a medium pan, then add onion, garlic, cumin, oregano, and chili powder. Cook for about 2 minutes.
2. Add cooked beans to pan, mix well, and cook until warmed through; season with salt and pepper to taste.
3. To serve, divide beans between tortillas and top with rest of prepared ingredients. Top filling ingredients with cheese and salsa, roll up and serve.





seed SAVERS

story & photos by PAUL SLOTH

THERE'S A FARM IN EASTERN IOWA WHERE THEY'RE DOING MORE THAN JUST RAISING SEEDS, THEY'RE TELLING THE STORY OF OUR RELATIONSHIP TO GROWING OUR OWN FOOD AND KEEPING OUR AGRICULTURAL HISTORY ALIVE.



DURING WORLD WAR II, A YOUNG MAN MARCHES THROUGH A FIELD IN THE SOUTH DURING TRAINING. SOMETHING CATCHES HIS EYE, A COWPEA. THIS YOUNG MAN BREAKS HIS STRIDE, POCKETS SOME OF THE PEAS, AND CONTINUES ON. WHEN HE GETS THE CHANCE, HE MAILES THE SEEDS TO HIS FATHER BACK HOME IN IOWA. THOSE SEEDS BECOME A POPULAR FAMILY HEIRLOOM, PASSED FROM GENERATION TO GENERATION.

Every seed has a story. Turns out some stories are more interesting than others and the most interesting stories are attached to the varieties grown on a farm in Decorah, Iowa.

In a basement office at Seed Savers Exchange, staff works diligently collecting these stories and cataloging seeds

annually, helping to maintain what turns out to be a remarkable and fascinating link to the past, our past.

"Imagine a kid, 18 or 19, today walking through a field of corn or soybean, picking a handful and thinking, 'these have value,'" said Tim Johnson, head of preservation at Seed Savers. "It speaks to an imagination. People's lives revolved around food."

Stories like these are the cornerstone of the organization's preservation work. On 890 acres in this northeastern corner of Iowa, they're cultivating about 25 acres at any given time. The organization has some 20,000 seed varieties, but makes only about 600 publicly available. They're not just collecting the stories; they're testing every seed for validity.

The work has been going on here for since 1975, ever since Diane Ott Whealy helped start Seed Savers Exchange. It started out as a goal to help preserve her ancestors rich gardening



heritage. In 40 years, Seed Savers has become the nation's premier nonprofit seed-saving organization.

Getting a seed, and its story, from someone's home garden plot and into Seed Savers collection, isn't an easy proposition. It can be a three-year process. Part of that job falls to Zach Row-Heyveld, whose official title at Seed Savers is inventory technician.

He takes calls and queries from people around the country, who hope to share the seeds they've been growing for as long as they can remember. He gathers all the pertinent information: who grew the seed, where they grew it, and for how long. These are the concrete details, but it's not necessarily the story. The story takes shape during Zach's interactions, usually with the gardener's relatives.

Seeds have to have been grown and saved for at least 20 years to be considered heirloom. To be considered an historic

variety requires at least 35 years. Seed Savers places a higher priority on seeds released prior to 1950, the year when hybrid seeds became more readily available.

Whether it's potatoes from Germany, arugula from Sicily, or watermelon from South Carolina, Seed Savers has found and continues to find the fascinating details that help us to better understand our rich agricultural history.

"History is the primary reason why a variety can come into the collection," Zach said. "We're making the work those gardeners have been doing available to gardeners who are interested in older varieties."

YOU'LL FIND
SEED SAVERS EXCHANGE SEEDS
IN OUR STORES IN EARLY SPRING.
WWW.SEEDSAVERS.ORG



Romance a Deux

by LISA MALMAROWSKI • photos by PAUL SLOTH

AH FEBRUARY, WHEN THE DAYS GROW IMPERCEPTIBLY LONGER AND LOVE IS IN THE AIR. IT'S THE PERFECT TIME TO SNUGGLE UP AT HOME AND CELEBRATE A LITTLE ROMANCE WITH A RUSTIC, BUT RESTAURANT-WORTHY MENU.

We've created some dishes that are simple to prepare and are particularly suited to couples cooking. That said each recipe does serve more than just two so you can expand the party and share the love with good friends.

LOVE APPLE SOUP SERVES 4

Did you know that the French called tomatoes 'love apples' because they believed them to have aphrodisiac powers? Well, we can't confirm if that's true, we do believe that you will fall in love with this simple, savory soup. Don't let the ordinary ingredients fool you; the sum is far greater than it's parts. Adding a dash of fresh lime juice to each serving helps to meld the flavors and add just the right note of brightness to this slightly spicy, rustic soup.

1 tablespoon unsalted butter or olive oil
1 medium yellow onion, finely chopped
1 large garlic clove, minced
½ cup diced, roasted peppers
1, 14.5-ounce can diced, fire-roasted tomatoes, with their juices
2 cups low-sodium chicken or vegetable broth
½ teaspoon chili powder
½ teaspoon smoked paprika
Salt and freshly ground black pepper to taste
Fresh lime wedges

1. In a large stockpot over medium heat, melt the butter or heat oil. Add the onion and garlic, and cook until soft. Add the peppers and tomatoes, cover and cook gently over low heat for 10 minutes.
2. Add the stock, chili powder, and paprika, and cook for an additional 5 minutes.
3. Using an immersion blender, food processor or blender, purée until almost smooth. Season with salt and pepper to taste and serve with fresh lime wedges.





THREE MUSHROOM RISOTTO

SERVES 6

Any cook worth their apron will tell you that the two secrets to outstanding risotto are: using the best quality ingredients you can find and patience. Risotto is not difficult to make, but it does require constant attention and stirring. Do what we do, turn on some Sinatra, pour a glass of wine, and enjoy the moment.

To add depth and mystery, this earthy version relies on the umami, created by the dried porcini mushrooms. So don't toss the liquid from the porcinis, you'll need it! If you want to forgo the vegetarian version, add slices of grilled tenderloin or chicken to the finished dish.*

6 cups low-sodium chicken or vegetable broth	2 tablespoons butter
3 tablespoons olive oil, divided	Salt and freshly ground pepper to taste
1 onion, diced and divided	1 ounce dried porcini mushrooms, reconstituted with hot water, then drained (reserve liquid)
4 garlic cloves, minced and divided	2 cups Arborio rice
1 pound fresh portabella and crimini mushrooms, sliced	½ cup dry white wine
2 bay leaves	½ cup fresh Parmesan cheese, grated
2 tablespoons fresh thyme, chopped	Fresh Italian parsley, for garnish
2 tablespoons fresh Italian parsley, chopped	

1. Heat the chicken broth in a medium saucepan and keep warm over low heat.
2. In a medium skillet, heat 1 tablespoon of oil over medium heat. Add half of the reserved onion and 2 cloves of minced garlic, cook, stirring, until translucent, about 5 minutes. Add the fresh mushrooms, bay leaves, thyme, chopped parsley and butter. Sauté for 3 to 5 minutes until lightly browned and season with salt and pepper.
3. Chop drained porcini mushrooms and add to skillet. Sauté for an additional minute, remove from heat and set aside.
4. Add reserved porcini liquid to warm broth and mix well.
5. Coat a large saucepan with remaining 2 tablespoons of oil. Sauté the remaining onion and garlic until softened. Add the rice and stir quickly until it is well-coated and opaque about 1 minute. Stir in wine and cook until it is nearly all evaporated.
6. Using a large ladle, add about 1 cup of the warm broth to the rice and cook, stirring, until the rice has absorbed the liquid. (This would also be a good time to crank up the volume on your favorite playlist as you settle into stirring.) Continue adding the broth, 1 cup at a time, while stirring to allow the rice to absorb each addition of broth before adding more. Taste as you go along. The risotto should be slightly firm and creamy, not mushy. *Note: you may not need all of the broth to achieve the desired consistency.*
7. After the rice is done, test for seasoning and add salt and pepper to taste. Then, stir in mushrooms and Parmesan cheese, cooking briefly until melted. Top with chopped parsley before serving.

** Also known as the fifth taste, umami is the sensation that gives certain foods—vegetables and meats— that wonderful, savory taste!*

See page 11 for our **FLOURLESS CHOCOLATE CAKE** recipe.



Special thanks to our lovebird models—friends and loyal Outpost shoppers—Allegra Capozzi and Kevin Schofield.

How to **SAVE** at your **CO-OP!**

SALES for EVERYONE



CO+OP BASICS

Our Co+op Basics program offers everyday low prices on some of our most popular grocery and household staples, to everyone who shops the co-op. From bread to bananas, and cheese to soup, you'll find wholesome, affordable choices in just about every department. Just look for the purple signs!



CO+OP DEALS

Every week our buyers work diligently to harness our local and national buying power and pass the savings along to everyone who shops the co-op. These deals change weekly and include items from every department including fresh foods like produce, meat and seafood, dairy, prepared foods, and more.



DIVINE WINE

Our wine selection isn't extensive, but it is chosen specifically to pair perfectly with the different foods we sell. We sweeten the deal by offering a changing selection of wines we like to call 'divine' because the prices are heavenly, with most bottles \$10 or less for everyone who shops the co-op...21 and over that is.

FOUR saves you **MORE**

FOUR SAVES YOU MORE

Want to save even MORE? Then buy four or more full size bottles of wine—mix or match—and save 10%!

..... | **DID YOU KNOW?**

OUR WEEKLY SALES FLYER IS POSTED TO OUR WEBSITE EVERY WEDNESDAY, MAKING IT EASIER FOR YOU TO PLAN MEALS AND SHOP OUR BEST SALES.



OWNERS SAVE EVEN MORE!



GET FRESH

5

We know our owners LOVE our fresh foods, which is why we offer great deals weekly on some of our most popular items from produce, prepared foods, meat, seafood, dairy, and more. Look for the bright green signs!



GET LOCAL

6

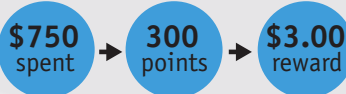
We've made it easier for owners to support their favorite local, artisan products and keep money circulating in our community by offering an everyday 5% discount on these beloved products. Look for the bright green signs!



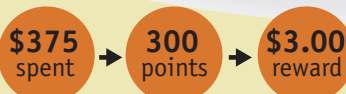
7

EARLY BIRD REWARDS

Owners earn redeemable points for every dollar they spend at Outpost:



For senior owners:



When you purchase Outpost brand vitamins and supplements, you earn triple points!

** Bonus owner deals*

BULK CASE ORDERS

Stock up! Outpost Owners receive an additional 10% off bulk case orders. Stop by our Customer Service desk to learn more.

CO+OP DEALS COUPON BOOKS

Through our partnership with co-ops across the country we are able to offer an exclusive, quarterly booklet to co-op owners, filled with money-savings coupons for the most popular national brands! See stores and website for details.



Diana and Shia at our Mequon store

COOPERATION *among* COOPERATIVES.

FOR COOPERATIVES, ONE OF THE KEYS TO SUCCESS IS...YOU GUESSED IT, COOPERATION.

COOPERATIVE PRINCIPLE 6:

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures.

by CRAIG MATTSON

IT'S NOT UNHEARD OF FOR CO-OPS TO HELP EACH OTHER OUT. IT'S A PRETTY SIMPLE CONCEPT THAT'S WOVEN INTO THE FABRIC OF OUR BUSINESS MODEL. THE PRACTICE OF COOPERATION IS ONE OF SEVEN COOPERATIVE PRINCIPLES THAT SERVE AS THE FOUNDATION FOR COOPERATIVE BUSINESS PRACTICES.

Say a co-op needs help implementing a program, employees can call another co-op that has experience and learn from them; managers help managers, employees help employees. You might not realize it, but there's a steady stream of people moving between co-ops every year.

The National Cooperative Grocers (NCG) is a cooperative organization founded by retail co-ops to support food cooperative member stores across the country. People who work at NCG know the value of helping cooperative food businesses succeed. And, they know how to do it.

Michelle Schry, NCG's manager of cooperative development for the Midwest corridor, helps coordinate visits between co-ops



in the Midwest to share their knowledge and best practices with each other.

"We have the ability to organize because we have a long history, in the center part of the U.S., of co-ops working together," Michelle said.

By keeping her finger on the pulse of what's happening among food cooperatives, Michelle knows the ones that are in need of assistance. Michelle knows just the right people who are willing to jump in their car and drive anywhere to help another co-op out. These relationships strengthen cooperatives as a community.

"That's our advantage, to pool what we can provide for each other," Michelle said. Two of Outpost's own, Diana Schmidt and Shia Ames, took part in this time-honored tradition during a recent visit to Wheatsville Food Co-op in Austin, Texas. Diana, Outpost's purchasing and promotions manager, and Shia, a purchasing and promotions specialist, traveled to Austin to learn about Co-op Basics, the pilot program the co-op had implemented.

The folks at Wheatsville are recognized for designing the new program to work at any co-op, which is part of a national cooperative effort to make natural and organic foods more accessible. The program design allows co-ops to select their own unique brands, in addition to the independent line of "Field Day" products, as part of a market basket that features products at everyday low prices. Following the successful pilot of the program in Austin, the plans included making it available to all co-ops that belong to the National Cooperative Grocers.

"It's really about pooling our resources. The national tagline 'stronger together' is very meaningful," Diana said.

This exchange of information between retail co-ops, like Outpost, typically goes on all the time. This past fall, Outpost hosted staff from New Pioneer Food Co-op in Iowa and Community Food Co-op in Bozeman, Mont. to explore our store and food service operating systems.

"Anything you want, we're pretty much open books to each other, without a fee. So you really just reach out to a comparable contact at their co-op," Diana said, "Our strength really is in our cooperation!"

IN AN IDEAL WORLD...

by MARGARET MITTELSTADT

... EVERYONE HAS ACCESS TO A HEALTHY, SATISFYING, & MEANINGFUL LIFE.



Photo courtesy of Outreach Community Health Centers

HOME IS WHERE THE HEART IS. FOR MANY PEOPLE, THERE IS NO HOME OTHER THAN THE HEART. HOMELESSNESS, OR THE FEAR OF BEING HOMELESS DUE TO POVERTY, IS AN ALL TOO FAMILIAR PREDICAMENT IN OUR URBAN NEIGHBORHOODS. THOSE EXPERIENCING EXTREME POVERTY MAY FIND THEMSELVES ON THE MARGINS OF OUR MODERN SOCIETY, UNABLE TO KEEP UP, UNABLE TO FACE THE STRUGGLE, FOR THEMSELVES AND FOR THEIR FAMILIES.

In the metro Milwaukee area, Outreach Community Health Centers acts as a home base for folks without a home. The heart of their mission is to provide the highest quality health care and support services for people who are homeless, those experiencing extreme poverty, and those who are uninsured.

Outreach Community Health Centers started in 1984 as a project funded by the Robert Wood Johnson Foundation and the Pew Memorial Trust. They now operate five locations throughout Milwaukee County. In 2014, OCHC served 10,338 people through their health care and supportive services. Of these, 78 percent were homeless and 8.2 percent were children under the age of 18.

Over the years, OCHC has grown to provide services that support overall health and well-being, including: primary care

like family services and women's health; behavioral health; community services like case management; dental and pharmacy needs. Healthy foods, including fresh fruits and vegetables, are made available in their food pantries. Education is also provided on how to prepare simple, healthy meals with a limited budget.

What you might be surprised to know is that OCHC also operates a transitional housing program for homeless families. Families Assisted In Transitional Housing (FAITH) works to bring the homeless off the street, providing safe living quarters and a stable environment. Additional support services help those experiencing mental illness or addictions make the transition from homelessness to wholeness. Their trained Street Outreach team seeks out the homeless sheltered in abandoned buildings or in parks, and provides services to those seeking shelters, meal sites, or food pantries.

Outreach Community Health Centers is working to close the door on homelessness and open a portal—toward a healthy mind, body, and spirit—for the poor and homeless in our society. What they are accomplishing may not change the world, but they are bringing lasting change to many lives. Visit www.ochc.org for more info.



OUTPOST IS HONORED TO DONATE \$3,000 AND OFFER FUNDRAISING OPPORTUNITIES TO OCHC!

CHECKOUT



WHEN . 11:17 A.M, TUESDAY, DECEMBER 8, 2015

**WHERE . THE SKY ABOVE OUR MEQUON STORE,
7590 W. MEQUON ROAD, MEQUON, WIS.**

Sunvest Solar Energy Solutions of Pewaukee installed the 56kW solar panel system on the roof of our Mequon store and on Friday, Dec. 11, WE Energies hooked the system up to the energy grid. The system is designed to produce about 10% of the Mequon store's overall energy needs. The project cost \$152,054 and Outpost received a \$31,343 grant from Wisconsin Focus on Energy. The Mequon store is expected to save an estimated \$7,458 annually, according to today's energy market. The size of the installation is projected to offset Outpost's overall carbon footprint by 46.4 metric tons. If you can't wrap your head around that figure, we will avoid all the carbon emissions generated from burning 49,846 pounds of coal. Part of Outpost's High Five Vision for Sustainable Solutions is to reduce our overall carbon footprint by 50% by the year 2022. The solar panel array will help us get closer to realizing our goal. Even as we continue to grow!

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



Your community cooperative since 1970.

OUTPOST
NATURAL FOODS

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7000 W. STATE STREET WAUWATOSA • 2826 S. KINNICKINNIC AVENUE BAY VIEW
www.outpost.coop • open daily • 414.431.3377