

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

the art of the
VEGETABLE

PAGE 20

LET'S DISH WITH
88Nine Radio
Milwaukee

PAGE 12

HARD CIDER
FROM THE
HEARTLAND

PAGE 26

PLU 3010
WINTER 2018
FREE WITH ANY PURCHASE



FIRST WORD.

THE YEAR 2018 MARKS THE START OF MY 38TH YEAR WITH THE CO-OP, 31 OF THEM AS THE GENERAL MANAGER. I'M STARING DOWN NEARLY FOUR DECADES OF MY LIFE AND CAREER THAT HAVE BEEN DEDICATED TO THE MISSION AND VALUES THAT OUR COOPERATIVE EMBODIES, AND THAT MANY TREASURE. WHILE OUR MISSION BEGAN WITH FOOD, TODAY IT IS EXEMPLIFIED IN HOW WE BUILD COMMUNITY, HOW WE ENGENDER AN INCLUSIVE AND WELCOMING ENVIRONMENT, HOW WE GENERATE A STRONG LOCAL ECONOMY, HOW WE WALK OUR TALK, AND HOW WE CREATE MEANINGFUL EMPLOYMENT FOR A WORKFORCE WE VALUE DEEPLY.

I'll be honest, dear 2018, I'm finding it challenging to be optimistic about what lies ahead. Our country is divided, our food system is broken, our climate is at risk, and many shoppers often choose what is convenient rather than what is local. Capitalism – the big “C” that co-ops who grew up in the 60's, like Outpost, were opposed to on principle – now drives our market through mostly publicly-traded businesses. That is the stark reality of 2018.

Fortunately, all I have to do is look around at what tens of thousands of Outpost owners have created over nearly five decades, and suddenly I'm energized and can tap the well of optimism that lives inside of me. While our country may be divided, our co-op is united by the cooperative principle that “everyone is welcome” here. Although our food system is broken, our co-op is here to create prosperity for our local food purveyors – those people in our community who bring their carefully crafted products to our shelves. Here at our co-op we understand that climate change is real and have chosen to take responsibility to spread that message and make a continued effort to lower our carbon footprint. And we know that low prices and convenience continue to drive consumers to shop around in our community and online, so we have ensured that our co-op remains a viable choice for some of the best quality natural and organic products around, all at fair prices that ensure fair pay for our employees including full-time jobs and generous benefits.

Over my nearly 40 years I've learned that we can be a dynamic and viable business without giving up our values or social conscience. By doing so we not only ensure more people in our community have access to healthy food, we help make the world a better place.

Happy New Year!



PAM MEHNERT
general 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@OUTPOST.COOP



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 ?

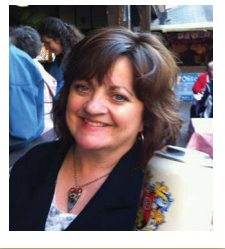
i am CARA BERKEN.

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



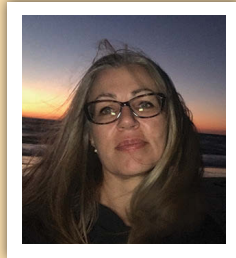
i am LISA MALMAROWSKI.

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.



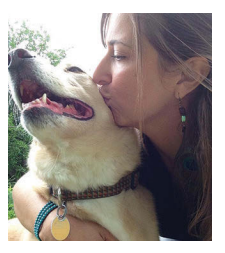
i am MARGARET MITTELSTADT.

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.



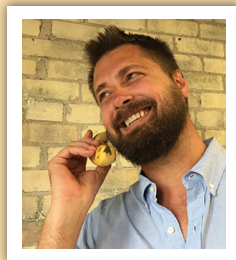
i am DIANA SCHMIDT.

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 MICHAEL SORENSEN.

Born and raised Milwaukeean with two decades of Brooklynian (fuggedaboutit) thrown in for kicks. I love our city by the lake and it's called a "bubbler". When I'm not cooking I love to travel and eat what the locals eat and drink what the locals drink. I'll try any food once, as long as the person offering this mystery food up takes a bite with me, so let's do this together.



i am MARI WOOD.

Our community is filled with millions of stories. I love to hear the tales that intertwine and connect our gloriously messy and unpredictable lives. If I can capture a little of what makes us laugh, cry, love and hate in my writing, then I'd say I've done my job.



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



- GRAZE.

A QUARTERLY PUBLICATION OF
OUTPOST NATURAL FOODS COOPERATIVE

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FREE TASTES

Mark your calendar for our upcoming sampling events!

11 A.M. – 2 P.M.

ALL OUTPOST STORE LOCATIONS

Saturday, January 13

VEGGIE FEST

Vegetables, in all their glory, from savory to sweet, get your share of nature's perfect food

Saturday, February 10

FOODS TO LOVE

Celebrate Valentine's Day with flavors we've fallen for

Saturday, March 10

MARCH INTO SPRING

We'll be chasing away winter with our favorite spring foods

WANT MORE OUTPOST?

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(you'll)

SWOON.

THINGS WE LOVE.



OUTPOST BAKERY ALMOND COOKIES

YOUR AFTERNOON TEA JUST GOT MORE DELICIOUS

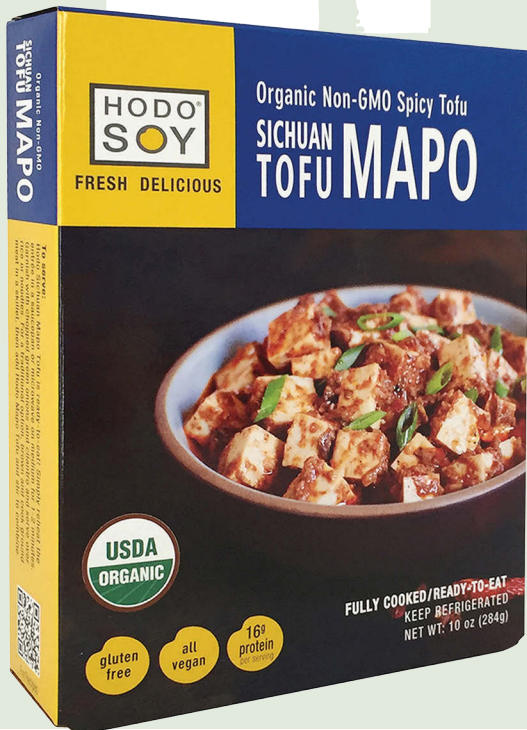
"I say old sport these almond biscuits are a delightful pleantry with my afternoon high tea," said no one, ever. But maybe they should! These almond cookies are the perfect treat without being too decadent and overpoweringly sweet. Nutty, with a hint of maple syrup and vanilla, and made from scratch with wholesome, organic ingredients these snack-size treats are perfect with tea (natch) but hold their own with a steaming mug of joe or an icy cold milk.



HODO SOY SICHUAN MAPO TOFU

YOUR FAVORITE TAKE-OUT IN MINUTES, AT HOME

Here's the recipe for a homemade "take out" meal. 1. Chopped veggies from produce. 2. Pre-cooked rice 3. One package Hodo Soy Sichuan Mapo Tofu – it's Sichuan-sauced and ready to go. 4. A splash of tamari and pepper flakes. Go home, get your jammies on, heat up a little oil in a pan, cook the veggies, add a little tamari and pepper flakes, add tofu and simmer, heat up the rice, toss it into a bowl, top with tofu and enjoy. Hodo Soy has done all the heavy-lifting by adding miso, shiitake mushrooms and a fiery mix of chilies and Sichuan peppercorns to their delish tofu – heady, floral and hotter than that date you ditched just so you could stay home and binge watch Netflix instead.



SRIRACHA HONEY CASHEWS

A SPICY ANTIDOTE TO WINTER'S CHILL

Does winter have you shivering in your union suit, huddled by the radiator trying to warm up? Well then, it's time you accepted Sriracha Honey Cashews into your life. Found in our bulk foods department this addictive treat features everyone's favorite flavor profiles – sweet and spicy – all rolled into a creamy cashew, topped with smooth honey and finished with tingly Sriracha. Not too sweet and not too spicy, they're just right and seriously perfect in a bowl, on a salad, in a stir fry or, better yet, chopped up and mixed in with some of Outpost's Own Curry Chicken. No longer shall you eschew the cashew!

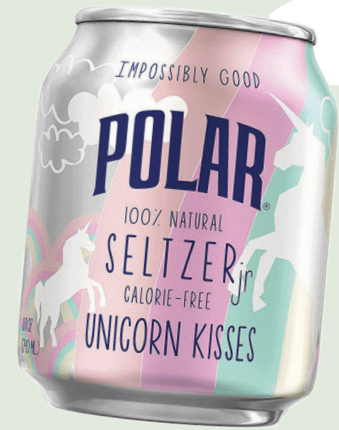




MAGICAL POLAR ICE MINIS

WE'VE ALWAYS WONDERED WHAT GLITTER WOULD TASTE LIKE

If bubbles will fix your troubles then Polar Seltzer's hella-whimsical new line of mini seltzers are sure to put a smile even on the grumpiest of cats. With flavors like Dragon Whispers, Mermaid Songs, Unicorn Kisses, and Yeti Mischief, you'd have to be an ogre to not feel delighted. So, does Yeti Mischief tastes like fruity bubble gum fluffed with elfin giggles or more like gummy bears dusted with magical woodland gnome whispers? You decide – there are NO RULES! These are ideal for parties, lunch boxes, or a quick break from reality.



RISHI TURMERIC GINGER TEA

SUNSHINE IN MY TEACUP MAKES ME HAPPY

Turmeric has become revered for its purported ability to reduce inflammation and help with digestion. And while its inoffensive mild flavor is palatable to most, it certainly doesn't brew into the "best tea ever." Ah, but the wizards at Rishi Tea have mixed up a tea blend that will, well, make you swoon. They start with earthy turmeric and add fresh dried ginger, lemongrass, black licorice orange and Meyer lemon. It makes for a slightly sweet well-balanced brew that features a robust flavor full of body with a hint of lemony sweetness at the finish. Try it with a splash of almond milk and dash of honey for the best golden milk concoction evah! Bonus: certified organic!



BLAKE'S CHICKEN POT PIES

LIKE A WARM HUG FROM YOUR GRANDMA

Most pot pies are just a big tease—all gummy crust, bland, watery gravy and slim pickins' when it comes to chicken and veggies. Bummer. But fear not gentle diner, Blake's Pot Pies has taken a stand and said: No more bad pot pies! What makes this pie so special (besides being made from scratch and not machines) is the top disc of light, flaky organic crust nestled on a bowl of creamy chicken-y sauce, chock full of organic vegetables and delectable chunks of all-white meat chicken. Our favorite way to eat it is how our grandma taught us – by breaking the crust up so it soaks up every delicious drop of gravy.

GAIA HERBS BLACK ELDERBERRY SYRUP

A TEASPOON A DAY KEEPS THE DOCTOR AWAY

Are you trapped in an office of coughing coworkers? Is your kid bringing home every cold from their classroom? Or maybe you're just feeling a wee bit under the proverbial weather? If so, the time is right to add black elderberry to your life. Gaia herbs has one of the best syrups we've found and it's certified organic to boot. Just a teaspoonful a day delivers a potent kick of vitamin C, from concentrated elderberries and acerola cherry fruit, in a tasty syrup. Try a spoonful in your favorite tea, mixed in with your morning oatmeal or added to a smoothie. It's way tastier than cod liver oil and better for you! PS – Kids love it too.





A TROUT- LOVERS PARADISE

Everything at Rushing Waters in Palmyra, Wisconsin is done by hand. From weeding the ponds to hatching the eggs to rearing the fish for the 18-months or so it takes to get them to their one-pound market weight, to getting them ready to ship across the state and the country.

The 80-acre farm is the largest of its kind in Wisconsin and harvests close to 250,000 pounds of rainbow trout every year. The environmental conditions at are not only well-suited to farm raising fish, the cold waters of the farm's ponds have proven ideal into raising one particular kind of fish: rainbow trout.

As fisheries manager Peter Fritsch explains, "Rainbow trout's a good fit. Wisconsin's known for its cold water. We're known for our rainbow trout. We have great water resources in the state, so rainbow trout's the best fit for our farm."

Rather than focus on quantity and compete with other farms, Fritsch said Rushing Waters has decided to focus on good animal husbandry, which in turn results in a better product. And that means better tasting, fresher fish on your table.



(a) recipe

TUNA BAN BAGNAT SERVES 3-4

For most sandwiches the rule is the longer it sits the worst it gets. But for a pan bagnat (which literally means "bathed bread" in French) the longer it sits the better it "gits." This is a sandwich you can make hours before you eat it and



it's only going to get better as the oil, tuna, and veggies seep into the crusty bread infusing it with flavor. Don't skimp on the tuna (in oil not water!) and bread. Traditionally this sandwich is served on a round crusty loaf but we love Troubadour Bakery's baguette since the crust holds up well to the wet insides. The veggies can be anything you've got handy from fennel to red peppers and artichokes to radishes.

- 1 16-inch loaf French bread
- 2 teaspoons red wine vinegar
- 1 teaspoon Dijon mustard
- Squeeze of lemon
- 1 very small garlic clove, minced
- Pinch of salt and freshly ground pepper
- 2 anchovy fillets, minced (optional)
- 4 tablespoons extra virgin olive oil
- 1 jar (5-6 ounces) tuna packed in olive oil, drained
- 2 hard-boiled eggs, peeled and sliced
- ½ regular cucumber seeded
- 1 medium-size, ripe tomato, sliced
- ½ small white or red onion, sliced
- Thinly sliced fennel bulb
- 2 tablespoons sliced pitted olives
- 1 tablespoon capers
- 6-7 leaves of fresh basil

- 1) In a small bowl, whisk together the vinegar, mustard, lemon juice, garlic, salt and pepper, and anchovies, if desired. Slowly drizzle in oil, whisking constantly.
- 2) Slice the baguette lengthwise pulling out a little bit of the interior crumbs to form a little cavity. Bathe both sides of the bread with the oil mixture using a brush. Don't skimp! This is where a lot of the flavor comes from.
- 3) Add the drained tuna evenly to the bottom half of the bread. Cover with the sliced eggs.
- 4) Now add your veggies, olives, capers, and basil. The order really doesn't matter. Cover with second bread half and firmly press sandwich together.
- 5) Wrap sandwich tightly in plastic wrap and then in foil. We also wrap all of it in a clean kitchen towel. Put sandwich under a weight such as your heaviest cast-iron frying pan. Weight down the sandwich for 7-10 minutes, then flip and weight it for another 7-10 minutes. Unwrap, slice and serve immediately, or keep it wrapped and refrigerated for up to 8 hours before serving.

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

cardamom

(two ways)

Mention the word cardamom and your imagination is instantly transported to another world, filled with exotic and tantalizing cooking smells that linger on humid fingers of air like the fading base notes of an oud. Cardamom comes from the seedpods of the cardamom plant that originates from the mountain forest regions of India, Asia, and the Himalayas. You can purchase the spice in its whole form as pods or as a dry powder. There is green, black or white cardamom, though green cardamom is more intense in flavor, and black cardamom has subtle smoky overtones. White cardamom, which is less aromatic, is green cardamom pods bleached white by the sun. Use it for recipes where you seek subtlety. You can store cardamom in all its forms in an airtight container for up to a year or more.

MOROCCAN LEMON & CARDAMOM MEATBALLS

SERVES 4

While you can use a traditional cardamom powder for this recipe, be adventurous and toast your own cardamom pods over medium-high heat until highly aromatic, without burning. Crack the pods open and collect the seeds, grinding them to a fine powder using a mortar and pestle, spice mill or coffee mill. You won't be disappointed!

Meatballs:

1 pound ground lamb
½ medium red onion, very finely minced
2 cloves garlic, finely minced
2-inch piece of fresh ginger, peeled and grated or finely minced
¼ cup plain dry bread crumbs
1 large egg, beaten
Handful of fresh parsley leaves, finely chopped, about ⅓ cup
Handful of fresh cilantro leaves, finely chopped, about ⅓ cup
Handful of fresh mint leaves, finely chopped, about ⅓ cup
Zest of two lemons
½ cup pine nuts
½ cup fresh feta cheese, finely crumbled
½ teaspoon cinnamon
1 teaspoon freshly toasted and ground cardamom
1 teaspoon salt
1 teaspoon fresh cracked pepper
Olive oil for frying

Sauce:

⅔ cup tahini
Juice of 1 lemon
¾ teaspoon salt
Water

Garnish:

Pine nuts
Chopped parsley, cilantro or mint
Sprinkling of smoked paprika

1. Preheat oven to 350 degrees.
2. Place the lamb, onion, garlic, ginger, bread crumbs, beaten egg, fresh herbs, lemon zest, pine nuts, feta cheese, cinnamon, cardamom, salt and pepper into a large bowl. Using your fingers, mix everything together thoroughly, making sure ingredients are evenly distributed without compacting the meat.
3. Form walnut sized meatballs. They can be done in advance and kept covered in the refrigerator until needed.
4. Cover the bottom of a heavy pan with olive oil and heat until hot. Working in batches so as not to crowd the pan, brown the meatballs on all sides. Add more oil as necessary.
5. Place meatballs on a baking sheet and bake for 12 minutes, or until cooked through and a meat thermometer reads 160 degrees.
6. Meanwhile, make the sauce by whisking the tahini and lemon juice, adding enough water to make a thin sauce. Salt to taste.
7. Serve the meatballs hot from the oven, nestled in the sauce. Garnish with extra pine nuts, chopped herbs and paprika.

1st
(way)





2nd (way)



LAVENDER CARDAMOM SHORTBREAD COOKIES YIELDS APPROX. 4 – 5 DOZEN COOKIES

Aw, shucks. It's snowing outside – again! Time to brew a cup of tea, load up a plate with these lovely buttery treats and watch everyone else shovel the sidewalk. The glaze is optional, though the subtle burst of citrus brightens the day.

Cookies:

- ½ cup granulated sugar
- 2 cups flour
- 1 tablespoon lavender buds, dried
- 1 ½ teaspoon cardamom powder
- 1 cup butter, room temperature

Optional Orange Glaze:

- 1 cup confectioners sugar
- Zest of one large orange
- 2 tablespoons freshly squeezed orange juice
- 1 tablespoon butter, melted

To make cookies:

1. Preheat oven to 350 degrees.
2. In a large bowl, combine dry ingredients. Divide butter into 6-8 pieces and add to dry mixture, using a fork or pastry blender to incorporate until the mixture looks like wet sand.
3. Form dough into a ball by gathering and pressing the ingredients together. Turn onto a lightly floured surface.
4. Knead the mixture just enough to ensure all the ingredients pull together. If the dough is too crumbly, add a few sprinkles of water to soften until it feels slightly moist. Do not overwork the dough or the butter will become too warm and cookies won't turn out flaky.

5. Using a rolling pin, roll the dough out to approximately ¼-inch thick on a floured surface. You may have to dust your rolling pin, too. Cut your cookies into the shape desired, using a knife or cookie cutter. If the dough sticks, dip the cookie cutter in flour each time.
6. Reincorporate scraps into a new dough ball, and continue to roll and cut more cookies until all the dough has been utilized.
7. Gently place cookies on an ungreased cookie sheet.
8. Bake 15-20 minutes, or until they are a golden brown color. Avoid over baking or cookies will be dry.
9. Immediately remove cookies from cookie sheet onto a wire rack. Let cool completely before glazing.

Glazing:

1. Allow cookies to cool completely.
2. Add confectioners sugar to a medium sized mixing bowl.
3. Add the orange zest, juice and melted butter.
4. Using a whisk, combine completely.
5. Glaze cookies by either dipping them one by one into the glaze or by using the back of a spoon as a spreader.
6. Allow glaze to set at room temperature for 30 minutes before serving.



LET'S DISH WITH

by LISA MALMAROWSKI
photos CARA BERKEN





THE GREEN ROOM IS SMOKING. THE STOVETOP IS CROWDED WITH PANS BOTH SIZZLING AND SIMMERING, EVEN THE OVEN IS FULL. THE THIRD WARD RADIO STATION'S SUNNY KITCHEN AREA IS TOASTY AND WARM WITH EASY LAUGHTER AS STORIES FLY BETWEEN TODAY'S COOKS — FIVE OF MILWAUKEE'S BEST DJs. JORDAN LEE TURNS TO OPEN THE WINDOW AND A RUSH OF SMOKE, DELICIOUS SMELLS, AND LAUGHTER WAFT OUT THE DOOR, PAST THE WALLS OF CDS, AND OVER THE CUBICLES OF THE PEOPLE BEHIND THE SCENES AT RADIO MILWAUKEE.

It's a treat each time we get to visit with our home cooks but spending time with these five amazing food and music-lovers is like hitting the jackpot. Each recipe is as unique and creative as the person behind it.

Soon other folks are peeking into the room to see what all the fun is about. And more importantly, when is lunch?!

(recipes following)



JORDAN LEE'S HIP HOP BIBIMBAP

SERVES 4

Jordan is a talker and we mean that in the best way. His running commentary is like watching a really good cooking show and as he dices, he peppers the conversation with stories of growing up, learning to cook Asian food, and how much he covets his father's perfectly seasoned cast iron pans. This classic Korean comfort meal is easy to customize with vegetables or meats of your choice.

- 2-3 cups short grain rice
- 8 ounces beef, rib-eye or sirloin
(substitute shiitake mushrooms for a vegetarian dish)
- Vegetable or canola oil
- 1 bunch spinach or baby bok choy, julienned
- 2 medium carrots, julienned
- ½ cup soybean sprouts
- 1 tablespoon soy sauce
- 2 teaspoons sugar
- 2 teaspoons sesame oil
- 2 teaspoons rice wine vinegar
- 2 scallions, chopped and divided
- 1 tablespoon minced garlic
- ½ teaspoon roasted sesame seeds
- Salt and pepper to taste
- 4 eggs
- Vegetable oil for cooking
- Bibimbap sauce:
 - 4 tablespoons of Korean red chili pepper paste (gochujang,)
 - 1 tablespoon of sugar
 - 1 tablespoon of sesame oil
 - 3 tablespoons of water

1. Cook the rice in a rice cooker or following package directions.
2. In a separate bowl mix soy sauce, sugar, sesame oil, rice wine vinegar, 1 tablespoon of chopped scallion, minced garlic, sesame seeds and a pinch of pepper. Marinate for 20 minutes.
3. Cut the beef or mushroom (if using) into thin 2-inch long strips. Marinate in soy sauce mixture for at least 20 minutes.
4. Sauté meat or mushroom in a hot skillet for 2-3 minutes over high heat. Remove and set aside to rest.
5. Sauté carrots, bok choy, spinach, and sprouts in a lightly oiled skillet for 1-2 minutes over medium high heat, sprinkling with salt and pepper to taste.
6. Assemble: Place a serving of rice in a big bowl. Nicely arrange a small amount of each prepared vegetable and beef (or mushrooms) over the rice. Top with a sunny-side up fried egg. Drizzle with prepared Bibimbap sauce and reserved scallions and serve.





NATE IMIG'S ROCKIN' RUBBED PORK TENDERLOIN

SERVES 4-6 (can be easily cut in half to serve two)

Nate said his cooking really got better when he learned to follow a recipe. That said, you can't get this kind of flavor without the right technique – something Nate excels at given his time working in restaurant kitchens. He credits America's Test Kitchen for this recipe but the perfect balance of flavors and precise cooking are all Nate. Be sure to serve it with some good crusty bread to sop up all the juicy roasted vegetable goodness.

- | | |
|--|--------------------------------------|
| 2 12-ounce pork tenderloins | ½ cup pitted Kalamata olives, halved |
| 2 teaspoons Herbs de Provence | 12 ounces cherry tomatoes, halved |
| 2 fennel bulbs, stalks removed, halved,
cored & sliced into ½-inch thick slices | 2 tablespoons olive oil |
| 1, 14 ounce can artichokes, drained and
patted dry | 3 teaspoons lemon zest |
| | 2 tablespoons parsley, minced |

1. Adjust oven rack to lower middle position and preheat oven to 450 degrees. Pat tenderloins dry and season with salt, pepper and Herbs de Provence.
2. Microwave fennel with 1 tablespoon of water, covered, until slightly softened, about 4-5 minutes. Drain well. Toss fennel with artichokes, olives, and olive oil. Season with salt and pepper.
3. Arrange vegetables in the bottom of roasting dish in a single layer. Top vegetables with seasoned tenderloins and roast until pork registers 145 degrees, about 25-30 minutes, flipping tenderloin over halfway through cooking. Transfer pork to cutting board and tent loosely with foil.
4. Stir cherry tomatoes and lemon zest into vegetable mixture and continue to roast until fennel is tender and tomatoes are just softened, about 10 minutes more. Stir in parsley and season with salt and pepper to taste. Slice pork into ½-inch slices and serve with vegetables and lemon slices.





TARIK MOODY'S FUNKY ASIAN FLANK STEAK WITH SHIITAKE MUSHROOMS **SERVES 2-3**

Tarik's cooking is as chill and laid back as his on-air personality – smooth, easy and perfectly seasoned. The whole team defers to him as “the best cook here” and despite the fact he seems to shun scripted recipes, his dishes never fail to delight. We watched him just “toss together” this incredible dish, layered with rich flavors and mouth-watering texture.

1 pound beef flank steak
 ¾ pound sliced shitake mushrooms, woody stems discarded*
 5 cloves garlic, minced and divided
 2 serrano chilis, minced
 1 tablespoon ginger, minced
 Splash of fish sauce
 2-3 tablespoons soy sauce
 1 lime, juiced
 1 teaspoon brown sugar
 1 teaspoon sesame seeds
 3 scallions, green parts only, chopped
 Salt and pepper

**The stems are great to save and use to flavor stocks.*

1. Season the steak with salt and pepper. Heat a cast iron skillet over high heat until very hot. Add the oil to coat the pan and sear the steak for about 2-3 minutes per side. Let the steak rest for 5 minutes.
2. While steak is resting make the sauce by chopping 3 cloves of garlic and cooking them in a small skillet with about two tablespoons of olive oil. When the garlic is aromatic add 1 tablespoon of soy sauce, brown sugar, lime juice and scallions and simmer for a minute.
3. Slice the flank steak against grain and place in plate and drizzle with sauce.
4. Sauté the shiitake mushroom until soft (about 3-5 minutes), add 1-2 tablespoons of soy sauce (you should taste before adding the second tablespoon), ginger, the remain chopped garlic, serrano peppers and fish sauce and cook for another 2-3 minutes and then serve hot with fresh scallions on top.

MARCUS DOUCETTE'S CHILLIN' VEGETARIAN CHILI **SERVES 4**

Most vegetarian chili recipes fall on the side of bland and safe, but not this version. Marcus credits the complex flavor to making his own chili seasoning blend. “Oh, you know, I just added different chilies until it tasted right and then ground them by hand.” We're just using regular chili powder for this recipe to keep it easy. He also kept the heat level at a solid “medium,” a bit cooler than usual for him but still packing a pleasant punch of heat. Chock full of vegetables and two different kinds of beans, this is the perfect dish for a cold winter day.

2 tablespoons olive oil
 1 medium red onion, chopped
 1 large red bell pepper, chopped
 2 medium carrots, chopped
 2 ribs celery, chopped
 ½ teaspoon salt, divided
 4 cloves garlic, minced
 2 tablespoons chili powder
 1 tablespoon smoked paprika
 2 teaspoons ground cumin
 1 teaspoon dried oregano
 1 28-ounce can diced tomatoes with their juices
 2 cans (15-ounces each) black beans, rinsed and drained
 1 can (15-ounces) pinto beans, rinsed and drained
 2 cups vegetable broth or water
 1 bay leaf
 2 tablespoons chopped fresh cilantro, plus more for garnishing
 1-2 teaspoons apple cider vinegar
 Garnishes: chopped cilantro, sliced avocado, tortilla chips, sour cream, grated cheddar cheese



1. In a large Dutch oven or heavy-bottomed pot over medium heat, warm the olive oil until shimmering. Add the chopped onion, bell pepper, carrot, celery and ¼ teaspoon salt. Stir to combine and then cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 7-10 minutes.
2. Add the garlic, chili powder, cumin, smoked paprika (go easy on the paprika if you're sensitive to spice) and oregano. Cook until fragrant while stirring constantly, about 1 minute.
3. Add the diced tomatoes and their juices, the drained black beans and pinto beans, vegetable broth and bay leaf. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes. Remove the chili from heat.
4. For the best texture and flavor, transfer 1 ½ cups of the chili to a blender and blend until smooth, pour the blended mixture back into the pot. (Or, you can blend the chili briefly with an immersion blender, or mash the chili with a potato masher until it reaches a thicker, more chili-like consistency.)
5. Add the chopped cilantro, stir to blend, and then mix in the vinegar, to taste. Add salt to taste. Divide the mixture into individual bowls and serve with garnishes of your choice.

DORI ZORI'S NEW WAVE NOODLES WITH CURRY & VEGETABLES

SERVES 4

We love it when a cook uses the "excuse" of trying out a new recipe as a reason to get a new piece of kitchen cookware. Dori went with a beautiful ocean-blue soup pot that looks even better embracing her delicate, slightly sweet and oh-so-creamy recipe. Dori is pretty much an expert at making gluten-free food fun and delicious and these noodles are both – and vegan to boot! Dori also recommends pairing this dish with a fruity rosé and listening to the new album by "Relaxer" for maximum dining enjoyment.

6 ounces uncooked gluten-free linguini
 1 large sweet red pepper, thinly sliced
 2 Thai or Serrano peppers, chopped (seeds removed for less heat)
 1 large carrot, cut into match-stick thin strips
 1 small red onion, thinly sliced
 2 tablespoons Thai curry paste, red variety
 1 tablespoon ginger root, peeled, grated

- 2 tablespoons garlic, minced
 3 cups fat free vegetable broth
 1 cup light unsweetened coconut milk
 2 cups, shredded uncooked savoy cabbage
 1 teaspoon lime zest
 1½ tablespoons fresh lime juice
 1 tablespoon salt
 Pepper to taste
 ¼ cup fresh cilantro, chopped
1. Combine pasta, peppers, carrot, onion, curry paste, ginger, garlic, broth and coconut milk in a large soup pot; bring to a boil over high heat. Cook, uncovered, stirring and turning pasta frequently with tongs, 8 minutes.
 2. Stir in cabbage; cook, stirring, until pasta is al dente and liquid has reduced to a saucy consistency, about 2 minutes more. Remove pan from heat; stir in lime zest, lime juice and salt and pepper. Serve sprinkled with cilantro.

Special thanks to our friends at Radio Milwaukee

Non-profit, listener supported 88Nine Radio Milwaukee has been part of the community since 2007, and Outpost has been a proud supporter since then! Radio Milwaukee broadcasts a collection of diverse new music, including at least one song by a Milwaukee artist each hour, and shares stories about individuals making a positive difference in the community. Tune into 88.9 FM or stream online at radiomilwaukee.org.



OLD-WORLD SWEETS *meets* MODERN TREATS

story and photos by MICHAEL SORENSEN

IN 1978, AT THE HEIGHT OF THE COLD WAR, MILA AND MARK KOFMAN LEFT MOSCOW FOR AMERICA. ALL THEY BROUGHT WITH THEM WERE THEIR TWO CHILDREN, \$500 IN THEIR POCKETS, AND A DREAM OF MAKING A BETTER LIFE FOR THEMSELVES. THREE YEARS OF STRUGGLE LATER, THEY MADE THEIR DREAM A REALITY BY OPENING MILA'S BAKERY IN THIENSVILLE.

Mila's quickly established itself as the go-to place for old-world favorites like coffee cakes, pastries, cheesecakes, cookies, cake-rolls, and other creative confections. But running a bakery was hard work and when the retail side of the bakery closed in 2008, to focus more on the wholesale side, customers demanded their old corner bakery return and so, last year, Mila's reopened to resounding fanfare. What came with the grand reopening was a welcome return to the sweets people loved along with some new, healthier, recipes thanks to Mila's innovative daughter, Anna Bakalinsky.

Sitting inside her family's cozy bakery, Anna tells me she felt the time was right to embrace the healthier side of baking. "Mila's was more of the decadent side—with the butter and the cream cheese and the flour because that's what people expected in a





bakery. Many years ago I saw the need to create something with healthier options. That's when I launched the three paleo granolas—where there's no sugar, there's honey, there's egg whites and different kinds of nuts and almond flour."

Anna's line of gluten-friendly and paleo alternatives named, fittingly, "Anna's Baked Goods" includes treats that you wouldn't guess are made with healthier ingredients. Whether you're snacking on a bag of Morning Blend Paleo Granola or biting into a flourless peanut butter cookie you'll be hard pressed to realize you're actually eating something that's healthier than the usual full-fat, lots of sugar snack you're used to. "I have a lot of friends who don't eat gluten for health reasons. The product line really came out of a selfish passion of something that I wanted to create and eat for myself. Little did I know it would become a true business. People would come over to my house and raid my refrigerator because they knew I had these items in there."

When Anna broke the news to her traditional baking family about her paleo plans, they were skeptical. Especially from her mom who was brought up to believe baking goes hand in hand with sugar and butter. "They thought I was insane. My mother didn't want to do it. She didn't understand. It was such a niche," Anna recalls. "Chia seeds with dates she would say, 'What? What are

chia seeds? What kind of combination is that? Rolled in what? I don't know what you're talking about!' So the Anna's line is more for keeping up with the times and that's why we split a little bit between the Anna's line and the Mila's line. The Anna's is more of my passion. It's something I created for myself."

Since the success of the Anna's line, Mila has come around to seeing the benefits of her daughter's way of healthier thinking. As for Anna's kids they still enjoy teasing their mom about her passion for better, more natural and nutritious foods, which is just fine with Anna. "It's important that they understand labels. I read labels all of the time about ingredients and nutrition. It's important for them to understand what goes into an item and when I bring things home they say 'Oh, it's healthy huh?' They can still have sweets. They're kids. Everything in moderation but they mock me. Don't think they don't. But at least this instills some thought about what they eat into their heads." Look for Anna's Baked Goods at your local Outpost on the shelves and in the fresh dessert cases.

WWW.MILASBAKERY.COM
239 N. MAIN STREET, THIENSVILLE
262-242-1404



by LISA MALMAROWSKI
photos CARA BERKEN

the art of the
VEGETABLE



CHARD CAKES with ARUGULA SAUCE

SERVES 4

Vegetarian • Gluten-free with substitutions

These savory, earthy cakes are hearty enough for a main course but are lovely as an appetizer too. The sauce and cakes can be prepared ahead of time and cooked just before you're ready to serve. And if you have any of the arugula sauce left, it's great as a salad dressing or a sandwich topper.

3 cups arugula
 ½ cup Greek-style plain yogurt
 1 garlic clove, crushed
 3 tablespoons olive oil, divided
 ½ teaspoon Dijon mustard
 Salt and pepper to taste
 1¼ pounds Swiss chard, any variety
 ⅓ cup pine nuts
 4 ounces pecorino cheese, coarsely grated
 1 large egg
 ⅓ cup low-sodium bread crumbs
 Olive oil

1. Make the sauce: In a food processor or a blender, place arugula, yogurt, garlic, 2 tablespoons olive oil, and mustard; process until it is bright green. Taste and add salt and pepper to taste. Refrigerate until needed.
2. Cut woody stalks from chard leaves. Bring a large pan of water to boil. Add the stalks and simmer for 4 minutes. Then add the leaves, stir and continue simmering for 3 minutes.

Drain the chard and allow to cool slightly. Once cool enough to handle, squeeze out as much water as possible. Chop leaves and stalks roughly and put in a medium bowl.

3. In a small skillet, fry pine nuts in 1 tablespoon olive oil for 1 minute, or until light brown. Set aside.
4. Add nuts and oil to the chard, followed by the cheese, egg, bread crumbs, and pepper to taste. If mixture is very soft and sticky, add more crumbs.
5. Pour enough oil into a large skillet to come ¼-inch up the sides. Shape chard mixture into eight patties roughly 2 inches in diameter and ⅝-inch thick. Fry them for about 3 minutes on each side, or until golden brown. Place on paper towels to absorb oil. Serve warm or at room temperature, with sauce on the side.

VEGETABLES ARE SUNLIGHT ENCAPSULATED. EACH TENDER SHOOT AND TOOTHsome ROOT IS ALIGHT WITH FLAVOR AND TEXTURE — SO MUCH SO THAT WE THINK IT'S TIME THEY MOVED TO THE CENTER OF THE PLATE. TREATED WITH CARE AND CREATIVITY, THE HUMBLE VEG-ETABLE RIVALS ANY MEATY ENTRÉE AND OFFERS UP UNIQUELY BOLD FLAVORS AND A NUTRITIONAL BOOST YOU WON'T FIND IN A STEAK. WE THINK MICHAEL POLLAN, AUTHOR AND ACTIVIST, SAID IT BEST IN THE "OMNIVORE'S DILEMMA" WHEN HE RECOMMENDED, "EAT FOOD, NOT TOO MUCH, MOSTLY PLANTS."

RIBOLLITA VEGETABLE STEW

SERVES 6-8

Vegan • Gluten-free with substitutions

There are many iterations of this classic Tuscan stew commonly made of leftover soup, bread, and vegetables. Ours leaves out the meat and kicks up the flavor with fresh basil and pesto. Reduce or increase the amount of liquid to your liking.

1 large onion, sliced
 1 medium fennel bulb, sliced
 ½ cup olive oil, divided
 1 large carrot, peeled, cut lengthways in half and sliced
 3 celery sticks, sliced
 2 cloves garlic, minced
 1 tablespoon tomato paste
 1 cup white wine
 1 15-ounce can diced, fire roasted tomatoes
 1 tablespoon chopped fresh oregano
 2 tablespoons chopped parsley
 1 tablespoon fresh thyme leaves
 2 bay leaves
 2 teaspoons sugar
 3-4 cups low-sodium vegetable stock
 1 pound frozen spinach, thawed and squeezed dry
 4 large slices stale sourdough bread, crust removed
 1 15-ounce can cannellini beans, drained
 Salt and black pepper to taste
 4-6 ounces prepared vegan pesto
 A handful of chopped basil leaves

minutes, just to soften the vegetables, then add garlic, stirring occasionally.

3. Stir in the tomato paste and cook for 1 minute. Add the wine and simmer for a minute or two.
 4. Next, add the canned tomatoes with their juices, the herbs, sugar, vegetable stock, and some salt and pepper. Bring to a boil, then cover and simmer gently for about 30 minutes.
 5. Tear bread into rough chunks with your hands. Toss with 3-4 tablespoons oil, sprinkle with a little salt then arrange on a roasting pan. Bake for about 10 minutes, or until thoroughly dry. Remove from the oven and set aside.
 6. About 10 minutes before you want to serve the soup, place beans in a bowl and crush them a little with a potato masher; you want some to be left whole. Add them to the soup along with the spinach, and simmer for 5 minutes. Taste and add salt and pepper to taste.
 7. To serve, put a few chunks of toasted bread into each bowl, add soup and top with a spoonful of pesto and chopped basil.
1. Preheat oven to 350 degrees.
 2. Place the onion and fennel in a large soup pot, add a generous pour of the oil and sauté over medium heat for 4 minutes. Add the carrot and celery and continue cooking a few more

DECONSTRUCTED BEET SALAD

with PICKLED CARROTS & PISTACHIO SOIL

SERVES 2

Vegetarian • Gluten-free • Vegan with substitutions

This is your new showstopper salad. Carefully cooking each ingredient then plating them like a painting somehow makes each bite more delicious. This dish does have a lot of steps but they're easy, and all components can be made ahead of time or while you're cooking other things.

- 4 small to medium golden beets, washed
- 4 small to medium red beets, washed
- 3 medium carrots, peeled, cut into thirds, and sliced thinly into sticks
- ½ cup apple cider vinegar
- ⅛ cup sugar
- 1 tablespoons kosher salt
- ½ tablespoon black peppercorns
- ½ tablespoon mustard seeds
- ½ cup water
- 1 cup balsamic vinegar
- ⅓ cup salted pistachios, chopped very fine into a meal-like texture
- 1 tablespoon butter or cooking oil
- 4 ounces chèvre-style goat cheese OR creamy style vegan cheese
- A handful of microgreens or baby arugula

1. Make beets: Preheat oven to 400 degrees. Place golden beets in one pan and red beets in separate pan to avoid staining. Add about ¼-inch of water to each pan and cover pans tightly with aluminum foil. Bake for about 30 minutes or until beets are tender when pierced with a sharp knife. Remove from oven, cool slightly, then slip or peel skins off of beets. Set aside.
2. Make carrots: While beets are roasting, place carrots in a heatproof resealable container or jar. Combine apple cider vinegar, sugar, salt, peppercorns, mustard seeds, and ½-cup water in a small pot. Bring to a

boil over high heat, stirring occasionally. Immediately pour over carrots. Let cool to room temperature, then cover and refrigerate at least 2 hours.

3. Make balsamic reduction: Pour balsamic vinegar into a small saucepan and heat over medium high heat until boiling. Reduce and let simmer, about 10 minutes or so, until vinegar has reduced by about half. Stir occasionally – be careful it doesn't scorch. When it coats the back of a spoon, it's done. Remove from heat and cool.
4. Make pistachio soil: Heat a small skillet over medium heat and add butter or cooking oil, then add pistachio meal. Cook, stirring frequently until fragrant and medium-browned. Remove from heat, put meal into a heat safe dish and cool.
5. To assemble: Smear a base of the chèvre or vegan cheese on a pretty plate or platter. Cut beets into large, flat bottomed chunks and arrange over cheese being careful not to let the colors run or bleed into each other, then add pickled carrots (note, you will have more than you need, but they make great side dish or sandwich topping). Sprinkle the pistachio "soil" over the top, drizzle with desired amount of the balsamic reduction and garnish with microgreens or baby arugula.

GINGER & THE PROFESSOR COCKTAIL

SERVES 2

Vegan • Gluten-free

This sunny, zesty-sweet concoction is equally delicious with or without vodka. We love freshly juiced carrot juice (available from our juice bar), but jarred juice works as well. That said, fresh ginger and a good quality ginger ale are a must!

- 5 thin slices fresh, peeled ginger root
- 6 ounces fresh carrot juice
- 2 ounces apple juice
- 3 ounces vodka, if desired
- Ginger ale
- Fresh lime slices

1. Muddle fresh ginger in the bottom of a cocktail shaker.
2. Add carrot juice, apple juice and vodka. Cover and shake well. Pour the contents over ice, top with a splash of ginger ale. Garnish with lime slice.

VEGETABLE PAELLA

SERVES 2-4

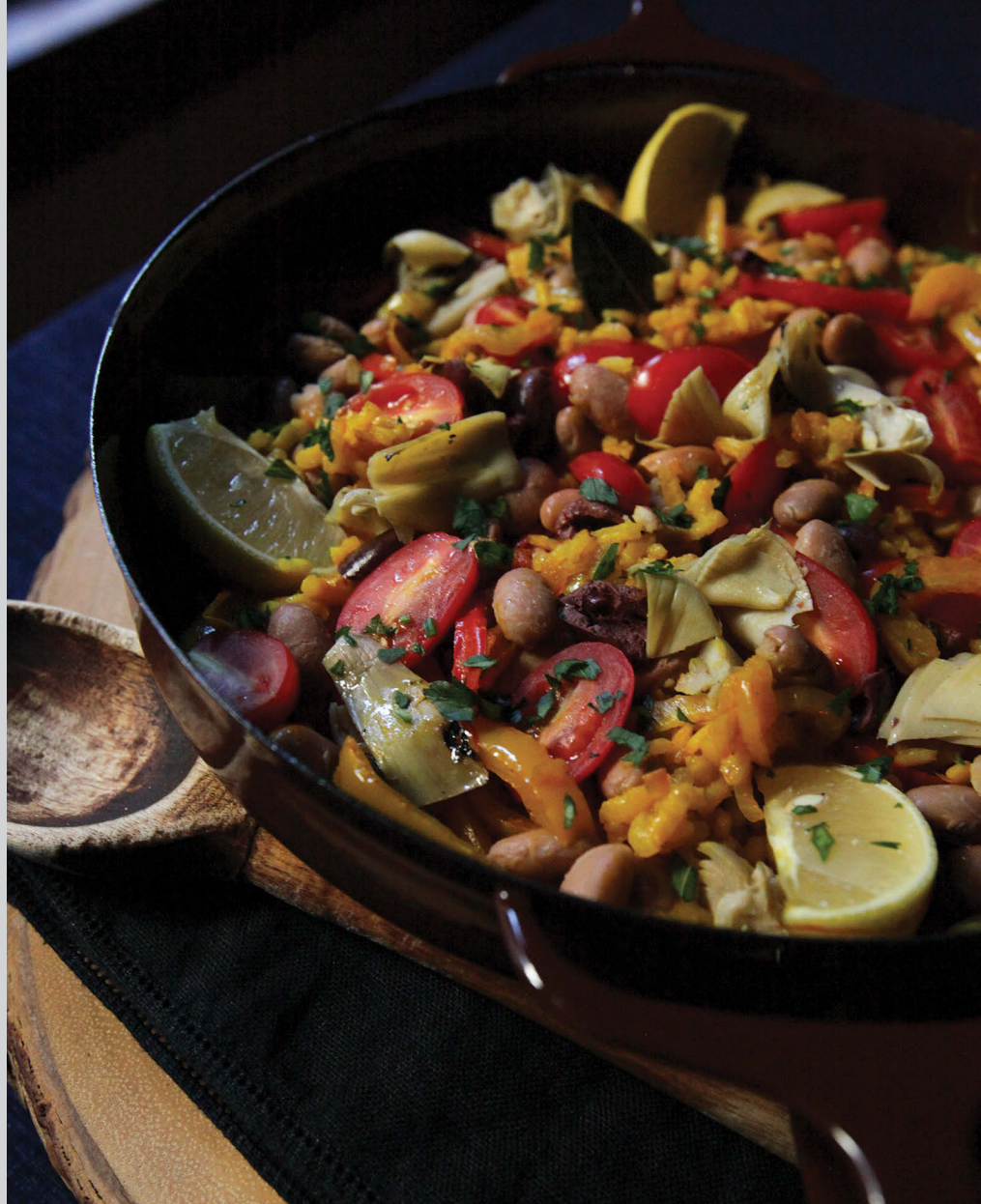
Vegan • Gluten-free

Paella is usually loaded with seafood and often sausage, but this colorful rendition celebrates vegetables and allows the exquisite flavors of saffron and smoked paprika to shine. The addition of kalamata olives and marinated artichoke hearts add just the right brininess. This makes enough for 2 as a hearty main dish or 4 as a side, and pairs well with a sparkling cava. If you are a seafood lover, try topping with grilled shrimp.

- 3 tablespoons olive oil
- ½ Spanish onion, finely chopped (about ⅓ cup)
- 1 small red pepper, cut into strips
- 1 small yellow pepper, cut into strips
- ½ fennel bulb, cut into strips
- 2 garlic cloves, crushed well
- 2 bay leaves
- ¼ teaspoon smoked paprika
- ½ teaspoon ground turmeric
- ⅔ cup arborio rice
- ½ cup good-quality sherry
- 1 teaspoon saffron threads
- 2 cups boiling vegetable stock
- 1 cup cooked borlotti, butter or pinto beans
- 12 cherry tomatoes, halved
- 5 small grilled marinated artichokes in oil, drained and quartered
- 15 pitted Kalamata olives, crushed or halved
- 2 tablespoon roughly chopped parsley
- 4 lemon wedges
- Salt

fennel, and sauté over medium heat until soft and golden - about eight minutes.

2. Add garlic, cook for a minute, then add bay leaves and spices, stir, add the rice and cook, stirring, for two minutes. Add the sherry and saffron, boil for a minute, then add the stock and a third of a teaspoon of salt. Reduce the heat as low as it will go and simmer for 20-30 minutes, or until most of the liquid has been absorbed. Do not stir – the low heat will prevent the rice from sticking to the bottom of the pan.
3. Remove the pan from heat. Taste and add salt if needed, but avoid stirring. Scatter the tomatoes, artichokes and beans over the rice, cover the pan tightly with foil and rest for 10 minutes for all ingredients to heat through.
4. To serve, remove foil, fluff gently with a fork, scatter the olives on top, sprinkle with parsley, and add lemon wedges.



CHOCOCADO PUDDING

Vegan • Gluten-free

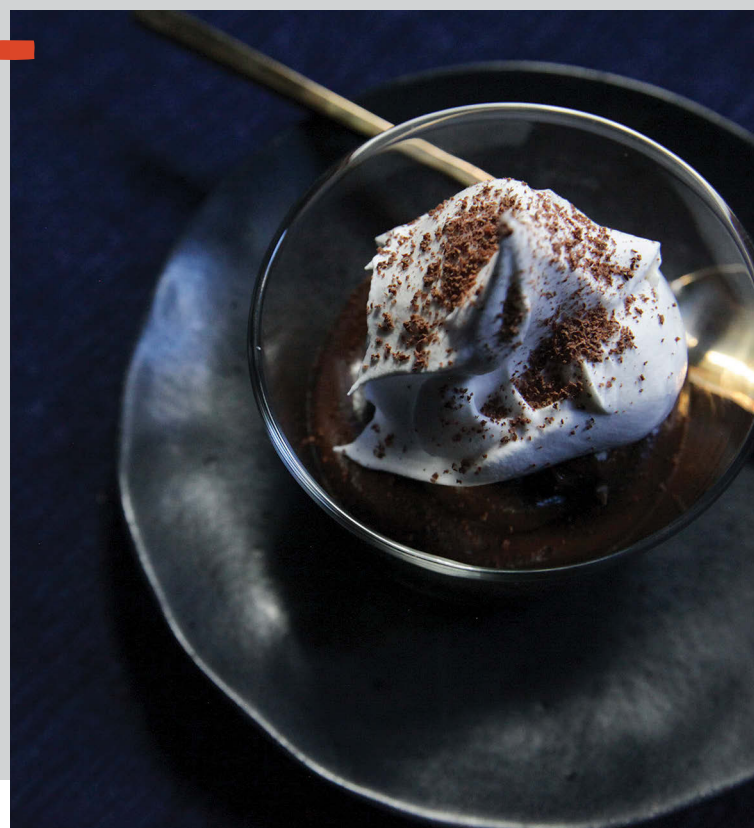
Vegetables for dessert? Yes, please! The addition of avocado to this luscious, easy to make pudding adds a smooth, creamy texture and a light vegetal note. Top with your favorite whipped topping and a few fresh berries if you like.*

2 ripe avocados
½ cup cocoa powder
⅓ cup bee-free honey or agave nectar
⅓ cup almond or rice milk
2 teaspoons vanilla extract
Garnish – favorite whipped ‘cream’ and dark chocolate shavings

1. Peel and quarter a ripe avocado.
2. Put all the ingredients in a blender or food processor and blend until smooth. Chill well before serving.
3. Serve in fancy dishes topped with whipped ‘cream’ and chocolate shavings.

**Like tomatoes, avocados are technically a fruit, but most commonly enjoyed as a veggie!*

SERVES 4



30 MINUTE SHEET PAN MEAL IDEAS

recipes and photos by
DIANA SCHMIDT

Got food goals? Need more veggies? Check. Get more creative at dinnertime? Check. Get dinner on the table in 30 minutes? Check. Wash fewer dishes? Check.

Whether you're looking for a 30 minute dinner or doing meal prep for the week, preparing food is a lot easier when you can toss all of your ingredients onto one sheet pan and bake it up. And did we mention clean-up is a cinch? One cutting board, one sheet pan and you're back to your evening routine.

These three recipes are a jumping off point to a brave new winter; filled with more exciting meals and less dishes to do all from one sheet pan. Eggs and hash browns, pork chops and Brussels sprouts, shrimp and peapods, steak and broccoli – the combinations and seasoning possibilities are endless.

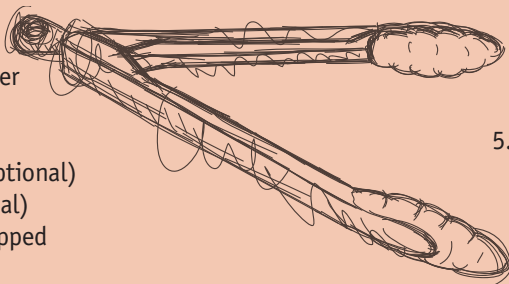


SHEET PAN SALMON FAJITAS **SERVES 6**

Simple flavors, bright colors, and quick preparation – this is a 30 minute meal to keep in rotation. Serve alongside tortillas or skip them all together for an equally satisfying dinner.

- 10-ounce salmon fillet, cut into portions or left whole
- 1 red pepper, sliced
- 1 green pepper, sliced
- 1 yellow pepper, sliced
- 1 red onion, sliced
- 1/3 cup olive oil
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1/2 teaspoon garlic powder
- Pinch of chili flakes
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 4 lime wedges
- 2 orange wedges
- 1 radish, sliced thinly (optional)
- 1 avocado, sliced (optional)
- 1/2 bunch of cilantro, chopped (optional)

- For Spicy Cream Sauce:
- 1/2 cup light sour cream (or Greek yogurt)
 - 1 tablespoon mayonnaise (optional)
 - 2 tablespoons of your favorite hot sauce (adjust for taste)
 - 1 teaspoon ketchup
 - 2 tablespoons chopped cilantro



1. Preheat oven to 400 degrees.
2. Line large sheet pan with foil or parchment.
3. In small bowl combine oil, chili powder, cumin, chili flakes, garlic, salt and pepper. (Fajita spice packet or taco seasoning packet may be substituted.)
4. Place salmon fillet on prepared sheet pan and brush with a small amount of the olive oil mixture or rub in with fingers.
5. Toss remaining olive oil mixture with veggies and

- add to sheet pan, spreading around the salmon.
6. Bake for 20 minutes until salmon is cooked and the veggies are soft with a crispy edge. Remove from oven and squeeze lime and orange wedges over salmon, sprinkle with cilantro.
7. Whisk together ingredients for spicy sour cream sauce and set aside.
8. Serve with tortillas, spicy sour cream sauce, avocado and radishes.



RAINBOW VEGGIES with SMOKED TURKEY KIELBASA

SERVES 4

"What's for dinner?" is the eternal question when we get into a food rut. This quick recipe is likely to spark your creativity with all that's possible for sheet pan meals; substitute packaged baked tofu, seasoned chicken thighs, fish or forgo a protein all together and switch it up with your favorite veggies for a vibrant, tasty rainbow. Cut veggies in similar sizes – if substituting, pick veggies with similar cooking times (eggplant, butternut squash, fingerling potatoes, kale).

- 1 pint cherry tomatoes
- 1 yellow bell pepper, chopped
- 1 sweet potato, cubed
- 1 medium zucchini, quartered and chopped
- 1 medium head of broccoli, cut into spears
- 1 small red onion, chopped
- 1 smoked turkey kielbasa, 12-16 ounces, cut into coins
- 1/3 cup olive oil
- 1 teaspoon (a generous shake) Papa Alioto's seasoning or your favorite spice mixture
- Salt and pepper to taste

1. Preheat oven to 400 degrees.
2. Prep veggies and assemble on a sheet pan.
3. Drizzle with olive oil and sprinkle with seasonings, pepper and salt.
4. Top veggies with kielbasa (or substituted protein) and bake for 20 minutes.
5. This dish is delicious served alone or atop rice, pasta or polenta.



BANANA BLUEBERRY SHEET PANCAKES

SERVES 6-8

Breakfast for dinner and it can be made ahead of time? Yes, please. Sheet pan pancakes are a clever alternative to flipping flapjacks to order. Serve these pancake squares alongside breakfast sausage links baked in the oven at the same temperature for 10-15 minutes.

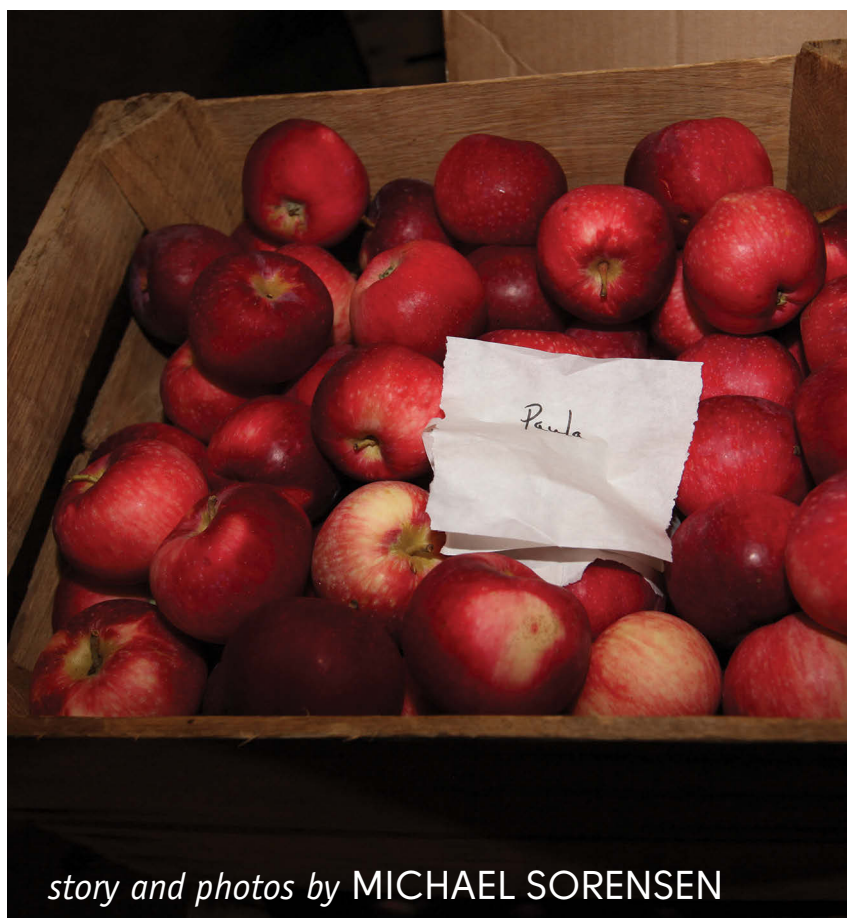
- 4 cups pancake mix (gluten-free is great)
- 4 eggs
- 2 cups milk
- 1 pint blueberries
- 2 bananas, sliced

1. Preheat oven to 425 degrees.
2. Pour pancake mix, milk, and eggs into a bowl and mix just until combined.
3. Pour batter onto a parchment-lined baking sheet and spread to the edges.

4. Place blueberries and bananas on top of the batter.
5. Bake for 15 minutes, or until golden brown.
6. Cut into squares and serve immediately, or freeze up to 1 month.
7. To reheat, place on a microwave-safe plate and heat for 20 seconds per pancake on the plate.
8. Serve with extra fruit, powdered sugar, butter, and maple syrup (or your favorite pancake toppings).



an APPLE *a* DAY



story and photos by MICHAEL SORENSEN



LET'S GO BACK IN TIME ON THIS COLD WINTER DAY. BACK TO EARLY OCTOBER. CAN YOU HEAR THE LEAVES RUSTLING IN THE TREES? THE SANDHILL CRANES' PREHISTORIC BUGLING IN THE SKY? QUITE POSSIBLY THE ONLY THING BETTER ON A CRISP FALL DAY WOULD BE DOING SOMETHING QUINTESENTIALLY AUTUMNAL—LIKE, SAY, FOLLOWING A CURVING, COUNTRY ROAD TO ELA ORCHARD IN ROCHESTER, WISCONSIN.

Ela orchard has been a family run business, growing 35 different varieties of new and antique apples on this fifteen acre farm, since the 1920's. They've been pressing their delicious

apples into cider since the seventies and have just recently branched out into turning their mouthwatering "soft" cider into an equally tempting "hard" cider. Twenty-eight year old John Ela was the genius behind this bold seed of an idea, "Me and my mom thought, well the cider is so good it's not rocket science to know that good fresh cider will make good hard cider so let's see what happens. We made a lot of bad hard ciders at first when we were testing it out but eventually we made some pretty good cider. It's a testament to the apples. Rule number one is that good apples make good cider. That's the secret."

This October day was the height of the apple season for the Ela's as John, his sister Annie and their good friends were knee deep in apples. Driving down the road towards their barn you could hear the loud rattle of the conveyor

(continued)





belt feeding apples into their humming press. “Back in the day our Uncle Bob used to press apples with a car jack on top of a stack of apples inside a big wooden frame and it did basically the same thing. It was a bit more work than it is today.” The hard labor of pressing apples into cider is pretty straightforward compared to the extensive experimenting that went into finding the perfect hard cider recipe.

After John’s late father, Tom, set up a controlled environment in his their garage it was time to get to work. “Each apple variety we grow here we pressed individually and tested it out just to see the individual characteristics of the apples. We tested different yeast strains and different combinations of things too. It was an awful lot of testing but it was sort of necessary to get a good grasp of how to make a good hard cider.” John’s recipe

epiphany for Ela’s Stone Silo cider came when he least expected it.

“It was my girlfriend’s mom’s birthday and she wanted me to bring some cider for her mom and I had all of these samples lying around, and all of these test batches, and I said we should probably taste it before we give it to her because a lot of this stuff isn’t too tasty,” he recalls with an open smile. “We opened up a bottle to test and it was the eureka moment. It was really, really good. And I started running around trying to find a pen and paper to write down what this was and trying to dig through my notes to figure out what this particular bottle was besides ‘test batch G.’”

Once the recipe was perfected they had to find a way to actually ferment, bottle, and distribute their hard ciders. That’s where Paul Asper of Madison’s Restoration



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OUTPOST
NATURAL FOODS

Cider comes in. "I had read a lot of books about cider making and I went to a cider making class in Washington State. There's really only one guy who teaches cider making in the U.S. It's this British guy named Peter Mitchell. Most cider makers in the U.S. are his pupils. And that's where I actually met Paul Asper who runs Restoration Cider who's the guy who actually ferments our cider." Giant 250 gallon tanks of Ela's apple cider make the eighty mile trip to Madison where Paul uses John's recipe to ferment the cider for him. It might seem strange to some people to have your "competition" help you out but John sees it a different way, "It's been really great. It's a cool thing because we really learned about being in a small scale craft business is that collaboration is so much more helpful than competition. We all need to help each other out."

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REIMAGINING YOUR KITCHEN CUPBOARDS

by MARGARET MITTELSTADT

FOR 6 MONTHS OF MY COLLEGE LIFE I LIVED IN A BEAUTIFUL EAST SIDE VICTORIAN JUST ACROSS THE WAY FROM RIVERSIDE PARK ALONG OAKLAND AVENUE IN MILWAUKEE. THE CORNER HOUSE WAS SMALL BUT WELL APPOINTED WITH THE QUALITY OF ARCHITECTURAL DETAILS THAT YOU ONLY FIND IN HOUSES OF THAT ERA. THE KITCHEN WAS ONE BIG OPEN SPACE THAT, ONCE UPON A TIME, HOUSED A WOOD-FIRED STOVE. REMNANTS OF THE STOVEPIPE AND FLUE STILL REMAINED. I IMAGINED A LARGE, WELL-WORN PREP TABLE OCCUPYING THE CENTER OF THE SPACE, THE LOCUS FOR ALL OF THE BAKING AND FOOD MAKING. THERE WERE NO KITCHEN CABINETS. ANYWHERE.

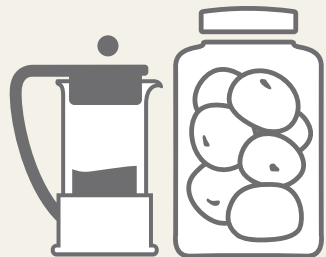
But...there was the most beautifully appointed butler's pantry filled from floor to 12-foot high ceiling with deeply stained oak cupboards, pullout bins, silverware drawers and cabinets with leaded glass doors and oiled bronze pulls and latches. Two simple white globe fixtures hung from the ceiling on long, dark chains and a south facing stained glass window illuminated the room in dancing color, leading to the service stair to the 2nd floor. Every morning in that house was High Mass in the pantry for me. Weirdo that I am I would deposit myself in that dark room with my morning coffee, shut the door and lose myself in self-made ghost stories of years gone by.

Modern kitchens have moved away from the beauty – and practicality – of a thoroughly outfitted kitchen pantry. We've merged the two into one utilitarian room. And while most home design eschews old-school pantry arts, with a little planning and organizing, you can bring the concept of a working pantry back to your kitchen. With a fully stocked larder, you can run an efficient kitchen and be a handy home cook. Having pantry essentials already on hand, you need only make one or two shopping trips to Outpost for fresh items (think produce, meat, eggs, dairy), replenishing your stores, or acquiring additional ethnic flavors.

With the time it takes to research mail-order meal deals online, you can plan out a simple and delicious weekly meal plan. I say let's get back into our kitchens by reinventing the pantry!

CUSTOMIZE YOUR PREFERENCES

Put your favorite things front and center. If you love to bake, by all means, put those supplies at eye level! Create favorite meal kits by pulling ingredients for dishes like pancakes, curries, or chilli and store those items together on a tray or in a baking pan, to pull out of the pantry as needed.



Get Organized

Baking Supplies & Non-Essentials

Store napkins, serving bowls, and baking supplies in less accessible spaces. Keep a foot stool nearby.

Spillables

Place oils and vinegars on a spill-proof tray or mat. Seasonings and condiments should be kept cool and dry.

Dry Ingredients

Best kept in airtight containers to retain freshness and keep bugs out.

Canned Goods & Boxed Meals

Arrange cans in rows on a lower shelf. Use expandable wire shelving to maximize space. Keep easy meal foods around eye level to find food fast.

Snacks & Beverages

Place lower for smaller family members. Have a family member with a special diet? Consider designating them one shelf to prevent cross contamination.

Appliances

Crock pots, blenders, oversize pots and strainers, and infrequently used small appliances can be stored neatly out of sight until you need them.

Healthy Pantry Basics

Save!



Baking

Flours, sugars, baking soda, baking powder, cream of tartar, cocoa powder, chocolate chips, pure vanilla extract

Condiments

Ketchup, mustard, mayonnaise, hot sauce, Worcestershire, BBQ, soy sauce, fish sauce, nut butters, jellies, jams



Oils & Vinegars

Extra virgin olive oil, vegetable oil, sesame oil, apple cider, red wine, balsamic and rice vinegar



Basic Seasonings & Sweeteners

Broths, kosher and fine salt, pepper, dried and whole spices, sesame seeds, maple syrup, honey, agave, dried fruit



Legumes, Nuts & Seeds

Dried or canned beans, lentils, peas, peanuts, almonds, walnuts or pecans, popcorn kernels



Grains & More

Long-grain white rice, brown rice, bulgar, farro, quinoa, old-fashioned rolled oats, panko or breadcrumbs



Pastas

Semolina and whole grain pasta, rice noodles, egg noodles, couscous



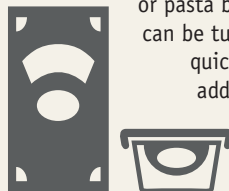
Canned Goods

Mushrooms, corn, green beans, crushed and diced tomatoes, tomato sauce, tomato paste, coconut milk, evaporated milk, tuna, anchovy fillets or paste



Quick Dinner Bases

Ethnic sauces and rice or pasta based mixes can be turned into a quick dinner by adding protein and fresh veggies



Jarred

Olives, capers, chipotles in adobo, pickled jalapeños, roasted red peppers, homemade preserves, and salsa



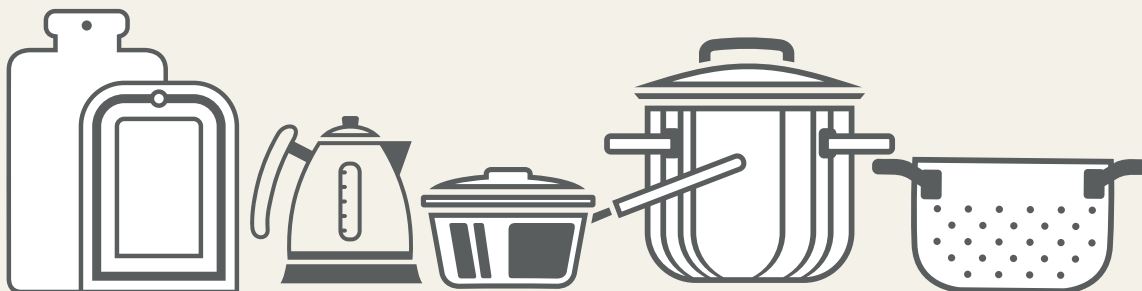
Snacks & Cereal

Crackers, tortilla chips, pretzels, granola bars, juice boxes, applesauce, breakfast cereal



Beverages & Fruit

Coffee, tea, seltzer water, and non-refrigerated produce



BUY IN BULK

Saves money and packaging. Buy only what you need or want and try new things!

SHOP THE SALES & STOCK UP

Pick up the weekly sales flyer or view it online at: www.outpost.coop

MAKE A GROCERY LIST

I know. It sounds really boring, but a grocery list makes your shopping trip quick and efficient and keeps you on track. Pen and paper do the trick!

PRESERVE YOUR OWN FOOD

Feel like freezing, canning or putting up preserves? Take your pantry to the next level by stocking it with items you've preserved from the growing season.

CREATING A COOPERATIVE ECONOMY IS BUSINESS AS UNUSUAL.

by MARI WOOD

NEARLY 175 YEARS AGO, IN THE SOOTY AND DISEASE-RIDDEN DAYS OF THE BRITISH INDUSTRIAL REVOLUTION, TWENTY-EIGHT WEAVERS POOLED THEIR SCARCE RESOURCES TOGETHER TO FORM WHAT HAS NOW COME TO BE KNOWN AS THE FIRST SUCCESSFUL CONSUMER COOPERATIVE BUSINESS: THE ROCHDALE EQUITABLE PIONEERS SOCIETY. TOGETHER, THEY WROTE A LIST OF GUIDING PRACTICES FOR THEIR CO-OP THAT HAVE SINCE BEEN REWRITTEN INTO TODAY'S SEVEN COOPERATIVE PRINCIPLES THAT ASSIST MODERN CO-OPS TO ALIGN THEIR VALUES WITH THEIR BUSINESS PRACTICES.

Today, Principle Six (Cooperation among Cooperatives) and Principle Seven (Concern for Community) are alive and well in the Twin Pines Cooperative Foundation's (TPCF) modus operandi. Founded in 1964, originally as the Bay Area Neighborhood Development Foundation, they are now the longest serving foundation in the United States that provides funds in the form of investments and loans to cooperative businesses. Through donations from other co-op organizations and businesses, TPCF has been able to invest at least \$33 million in cooperative development nationwide.

One beneficiary of TPCF loans and investments is worker co-op, Equal Exchange. Daniel Fireside, Capital Coordinator at the co-op, says, "The Twin Pines Cooperative Foundation has loaned and invested \$500,000 in Equal Exchange, the largest coffee roasting cooperative in the United States. These funds have allowed us to buy organic coffee and chocolate from small farmer cooperatives around the globe at fair prices for the farmers. The interest and dividends we pay on the loans to Twin Pines goes to financing their work with grocery cooperatives across the country. This is the cooperative economy at its best!"



Photo provided by Progressive Community Health Centers

In return, U.S. food co-ops have been given the opportunity to contribute funds back to TPCF in the form of Co-op Community Funds. In 2006, Outpost Natural Foods established its own Co-op Community Fund through a matching grant provided by TPCF. Through donations made by the co-op and its shoppers, Outpost is able to make its own grants to local non-profits based on the fund's earned interest that is returned to the co-op for that year. The recipient organizations' work must address environmental, farming & hunger, community or cooperative issues.

Groundwork Milwaukee, a two-time beneficiary of Outpost's Co-op Community Fund, has used their donations to help elementary and middle school aged children learn about urban agriculture by tending their own garden beds and selling the produce. "The donation(s) that Groundwork Milwaukee received through the Co-op Community Fund supported the purchase of supplies for our Young Farmers Program. This support helped our Young Farmers plant vegetables that they sold to their neighbors and plant a tree in honor of our ancestors that will bear fruit for the community and for new generations of Young Farmers still to come," says Nick DeMarsh, Groundwork Milwaukee's Food Systems Director.

THE CIRCULAR LIFE OF A COOPERATIVE ECONOMY



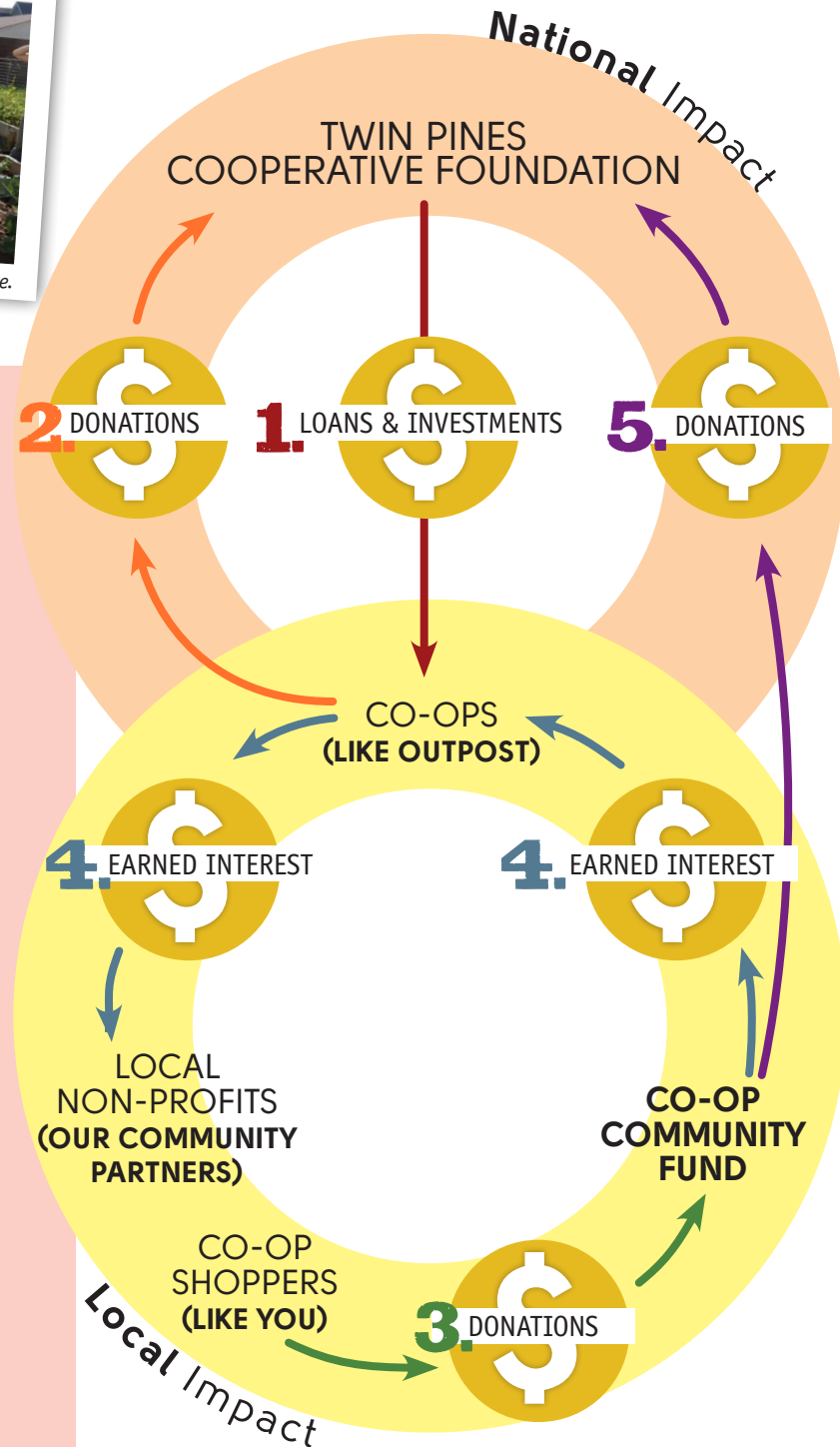
Photo provided by Groundwork Milwaukee.

Groundwork Milwaukee's Young Farmers displaying their produce.

Progressive Community Health Centers received a portion of the earned interest on Outpost's Co-op Community Fund in 2015.

Progressive Community Health Centers, a 2015 Co-op Fund recipient, put their donation to use by offering health services to those in need in the Milwaukee area. "The donation was used to sponsor important health screenings and wellness exams for patients at our clinics who could not otherwise afford them. We currently operate four clinic locations, including an urgent care and primary care clinic at Aurora Sinai Medical Center. This reach ensures that all members of our community have access to quality health care services regardless of their socioeconomic status," says Sarah Bailey, Progressive Community Health Centers' Director of Fund Development & Marketing.

Looking back 175 years ago to a dark and distant time, did twenty-eight poor weavers know that their collaborative vision would have the great impact it's had on our cooperative history? Perhaps they were just trying to make their lives slightly better for themselves and their families. Or perhaps they had a bigger vision of a thriving cooperative economy that is self-sustaining, perpetually giving and benefiting everyone. Perhaps this is exactly what they had in mind.



- 1.** Twin Pines Cooperative Foundation grants loans and investments to co-ops nationwide to grow and develop these businesses.
- 2.** Thriving co-ops contribute funds to Twin Pines Cooperative Foundation to support their work with consumer grocery co-ops.
- 3.** Co-op shoppers donate to Co-op Community Funds.
- 4.** Earned interest on Co-op Community Funds is given back to participating food co-ops, who distribute funds to non-profit organizations for a local impact.
- 5.** Co-op Community Funds support Twin Pines Cooperative Foundation to help grow and develop cooperatives nationwide.

IN AN IDEAL WORLD...

... THE COOPERATIVE BUSINESS MODEL WOULD BE THE NORM, NOT THE EXCEPTION.

WWW.WILDROOTMARKET.COOP



CURRENTLY STANDING VACANT AND COLD, 500 WALTON AVENUE IN RACINE WILL SOON BE BUSTLING WITH ACTIVITY AS WILD ROOT MARKET GEARS UP TO OPEN ITS DOORS IN FALL 2018. PICKED FOR ITS CENTRAL LOCATION NEAR DOWNTOWN RACINE, THIS START-UP CONSUMER COOPERATIVE, FORMED IN 2009 AND INCORPORATED IN 2011, INTENDS TO BE A SOURCE FOR FRESH AND NATURAL FOODS IN AN AREA THAT IS IN DESPERATE NEED OF A GROCERY STORE.

"I want to see Wild Root Market become something more than just a grocery store. I want our co-op to be a community hub... A place where I can see my neighbors in the aisles," says Rose Nelson, Wild Root Market's Board President.

Board Member, Margie Michicich, agrees: "The forming and organization of Wild Root Market has been the most exciting food-related news in Racine in the past 20 years. Besides offering great food, our co-op will provide our owners and shoppers with community connections, joy and happiness! A cooperatively-owned business is the perfect fit for this community."

Besides giving the community a place to gather and shop, Wild Root Market is planning to have a positive impact on the ar-

ea's economic growth. With 40 new jobs being created with the opening of the store and by committing to sell as much locally produced merchandise as possible, they hope to influence the formation of new local businesses and farms by providing them with space on their shelves to sell their products.

Both Rose and Margie see their co-op having an educational impact as well. Whether their future shoppers attend a workshop or join their food-focused book club, they want Wild Root Market to be seen as a knowledge center and place where you can learn about the food that you purchase there.

Racine's Wild Root Market will soon be joining the ranks of over 250 food co-ops already in existence in the U.S. By providing healthy food to its community, supporting and strengthening their local economy and offering food education to its shoppers and owners, this new natural foods grocery store is doing its part to prove that co-ops have a significant impact in the areas that they serve.

Did you know? Outpost has been a proud partner in Wild Root Market's journey – from providing consulting services to awarding the co-op an \$8,000 grant in 2013, we are vested in the success of our 'sister' co-op!

CHECKOUT



Photo by Milo Sieger

(one last) **recipe**

We're not gonna' lie, you will crave these. Plus, they're uber-easy to customize however you like!

- 1 bag of 'tater tots'
- 2 strips of bacon, fried and crumbled
- ½ cup shredded cheddar
- Hot sauce
- Ranch dressing
- 3 green onions, chopped

1. Bake tots according to package directions.
2. Scatter bacon and cheese, then drizzle hot sauce across tots. Return to oven for 5 more minutes.
3. Remove from oven, drizzle ranch, and top with green onions to serve.

WHEN . FRIDAY, DEC. 29, 2017

WHAT . FRIDAY TOTS

WHERE . PLAYING GAMES IN WASHINGTON HEIGHTS

WORK TO LIVE - LOVE TO WORK!



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- We offer generous benefits including paid breaks (yes, even lunch), health insurance, vacation, personal days, and more
- Hiring and retention bonuses available for select positions

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to get the whole scoop and apply today!

