

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

IT'S A PARTY ON THE PORCH

PAGE 18

**SWEET TREATS
MEET THE HEAT**

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**CROWING ABOUT
KELLNER POULTRY**

PAGE 26

PLU 3010
SUMMER 2018
FREE WITH ANY PURCHASE



FIRST WORD.

HERE IT IS. SUMMER. FINALLY. THE TRANSITION FROM COMPLAINING ABOUT THE COLD TO COMPLAINING ABOUT THE HUMIDITY IS COMPLETE. BUT IN ALL SERIOUSNESS, SUMMER IN WISCONSIN IS A MARVELOUS TIME. OUR MANY GLISTENING LAKES START WARMING UP, THE ONCE DULL GREY FORESTS EXPLODE IN VIBRANT GREEN AND THE LOCAL PRODUCE THAT MAKES WISCONSIN SPECIAL EMERGES FROM THE SILTY LOAM.

I've only been working at Outpost for about a year now (last summer was the first and last time I wrote a Graze introduction) and I'm not being hyperbolic when I say I'm fortunate to be a part of this co-op as an owner and as an employee. In just my first year I've been lucky enough to meet some of the generous farmers, vendors, employees and customers who make shopping at Outpost unlike any other grocery store in Milwaukee.

Take Scott Alsum, from Alsum Family Farms who, along with his family, will be up before the birds this summer picking sweet corn from the fields and then loading those heavy bags of bounty onto his truck to hand deliver them to each Outpost twice a week. You're not going to find that sort of commitment to Wisconsin agriculture and "can-do" attitude from the Big Box stores (no matter what they might like you to believe).

Why just for this issue I had the honor to travel to Denmark, Wisconsin just south of Green Bay (Go Pack!), to meet Nancy Kellner and her farming family who have been raising grass-fed chickens, turkeys and ducks on their forty-acre farm for decades. These chickens aren't the kind jammed into cages and plumped up with unpronounceable mystery chemicals—the Kellner's hens roam free acting as the Kellner's little lawnmowers eating grass pasture by pasture.

Along with our farmers and vendors it's the employees and the customers that make this co-op what it is. I also do the social media for Outpost (check out our Facebook, Twitter and Instagram pages!) and I'm always amazed at how our employees are willing to help with a crazy Instagram picture idea or how our produce buyer, William Quinn (who's been a part of Outpost since just about the beginning), puts up with my nagging questions of when the ramps are going to start showing up on store shelves (insider tip: sometime in May depending on the weather). And there's the customers who enjoy shopping with us so much they don't mind smiling for the camera as they're perusing the aisles. But then I guess it's hard not to smile when you're a owner of this 48(!) year old co-op. Here's to many more and to a great summer, 2018.



MICHAEL SORENSEN
Multi-media editor



Scott Alsum delivers his corn to State Street



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



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WHO IS GRAZE ?

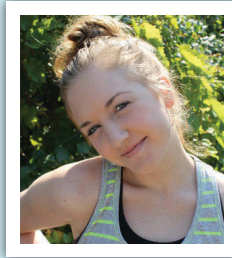


i am **CARA BERKEN.**

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.

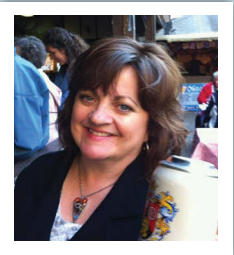
i am **HANNAH EVANS.**

I've been making all things art since the day I picked up my first crayon. Growing up in a log cabin home that my parents built inspired me to communicate visually using different mediums like wood, textiles and nature. While I spend most of my time designing on the computer, I also live for inhaling chai tea lattes, watching Gilmore Girls on repeat and tackling as many DIY projects a weekend can hold.



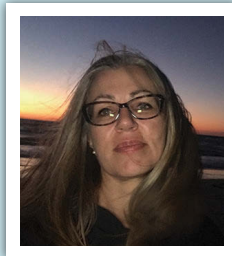
i am **LISA MALMAROWSKI.**

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.



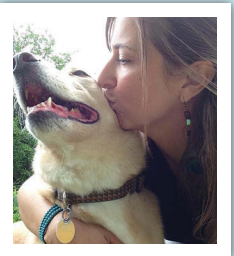
i am **MARGARET MITTELSTADT.**

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.



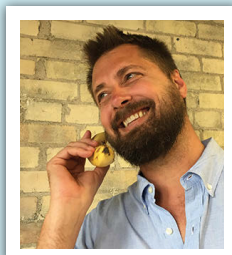
i am **DIANA SCHMIDT.**

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.



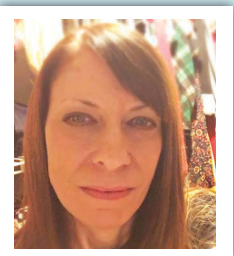
i am **MICHAEL SORENSEN.**

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.



- GRAZE.

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



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(you'll)

SWOON!

THINGS WE LOVE.



TRUE MADE FOODS VEGETABLE KETCHUP

DOUSE A BURGER, EAT YOUR VEGGIES

As long as it's just the two of us, here's a secret – we are ketchup snobs – full on, nose in the air, snob-a-riffic. We find most ketchups too sweet, too salty and too devoid of complex flavor, so when we discovered this magic red sauce it rocked us deep in our condiment bones. True Made Foods has figured out how to concoct the ketchup of our dreams – one full of vegetal flavor and bright tomato zing with the perfect balance of tangy, sweet, and salty. We were dumbfounded to discover that they use more than fresh tomatoes in their sauce; they pack in spinach, carrots and butternut squash too. With a short list of ingredients – tomatoes, vegetables, cane sugar, vinegar, salt and spices – it weighs in with 50% less sugar than other brands. Plus, this thick ketchup manages to be paleo-friendly, gluten-free, non-GMO, and vegan, all while tasting like a highfalutin sauce any snob worth their gourmet burger would love.



2

KITE HILL CREAM CHEESE STYLE SPREAD WITH CHIVES

DAIRY-FREE DELIGHT DELIVERS DELICIOUS DIPPING

The best kind of “dairy alternatives” are the magical beasts that taste less alternative and more like dairy. We are happy to report that Kite Hill Cream Cheese Style Spread with Chives is just that sort of unicorn. Made from whipped up almond milk, this cheese smells magically milk-y and creamy. It's light, spreadable, and mildly flavored so the chives really shine through. In fact, it would make a great stand in for a Gourney style cheese like Boursin. With its short list of ingredients and no weirdo fake after taste like some vegan cheeses, it's great on its own, on bagels, as part of a fancy picnic spread with hearty crackers and fresh fruit, or swirled into your favorite dairy-free mac n' cheese recipe.



STEPPIN' OUT FOODS PICKLED ASPARAGUS

THESE SNAPPY PICKLES ARE A SHOE-IN FOR YOUR NEXT PICNIC

Aren't we all a little bored with the usual dilly cucumber spears that grace most summer banquets? That's why we're sharing our secret – deez pickled spears! Sure, most folks think Bloody Mary when they see asparagus like this, and yes, they are particularly fabulous for just that, but they are so delicious, they deserve to be the center of any pickle tray. But be warned, they are not your average, work-a-day pickled stalks; they are snappy, crisp, tangy and flavorful. The Five Inch Spikes variety is multi-layered with spices from marjoram to lavender, for an herbaceous flavor explosion that would be lovely on salad Nicoise alongside tuna and beans. The Red Hot Pumps are all herby but with a fiery kick from red pepper, and we're trying them on everything from tacos to eggs. Okay, we lied – basically we're standing at the counter eating them straight from the jar!



6



SMASHMALLOW MARSHMALLOWS

SNACKIN' LIKE THE ROCKSTAR YOU WANNA BE

We know what you're thinking, "Are you kidding, marshmallows, really?" These are not the white, jet-puffed blobs of your summer camp memories. They are old fashioned, legit confections – light and airy, layered with sweet, dessert flavors and a melt-in-your-mouth softness that will have you reaching for more. Look, we try a lot of snacks here and our team almost came to fisticuffs over the last few sample bags. These will make you feel like a kid, only a fancy kid in a rock band with cool friends. They are blow-your-mind good straight outta the bag, but will still take a s'more to the next level. Try starting with a vanilla wafer cookie, lightly toasting a Smashmallow over a campfire (we like Strawberries & Cream), then adding a square of rich, gourmet chocolate. Pair this rustic petit four with a nice bourbon or chocolate stout. Now you're glamping!

THAYERS ROSEWATER WITCH HAZEL

BELIEVE THE HYPE, THIS HAZEL HAS SUMMER HANDLED

File this under "everything old is new again," because Thayers Witch Hazel has been around since ole Henry hitched his horse to his wagon way back in 1847. There's a good reason for this. Witch hazel, a shrubby plant found along damp woods and streams, has great astringent and healing properties. Combine this wunder-plant with aloe vera's soothing effects and rose petal's emollient ways, and you have a gentle skin toner that is anti-inflammatory (buh-bye zits), gently moisturizing and even soothing to sunburn.

It's also rich in vitamin C which promotes collagen production and helps fade blemishes and scars. We like using this every morning after washing our wake-up face, and then again later – just a gentle spritz of the facial mist – to refresh our fading mid-afternoon mug. Oh, did we mention, it smells amazing too.



PRESS PREMIUM ALCOHOL SELTZER

GETTING THAT PARTY LIT SANS THE SOZZLE

Are you old enough to remember that clear, bubbly drink Zima? Way back in the early 90's all the hip, newly minted grown-ups were sipping this crystal clear, sparkling alternative to beer. There was one flavor and gol-dangit, we were happy to have it. Sadly, folks moved onto other beverages and Zima was relegated to the land of mullets and mall bangs. But wait, what if we told you that you could enjoy a lighter, both in alcohol and calories, beverage that was sparkling clear, super modern, and full of fresh fruit and subtle spice flavors? Enter locally-made Press, a premium alcohol seltzer that's just what summer ordered. Each frosty can is only 100 calories, 4% alcohol, 6 carbs, 4 grams of sugar and carbon filtered to remove gluten. We love all four of the fruity flavors over a bit of ice with a fresh citrus wedge, 'cause we fancy, but these would be delicious, chilled and enjoyed at the beach, or while drifting on a raft in the river.



DIANA'S BANANAS BABIES

NO MONKEY BUSINESS THESE ARE DELISH

Next to hummus mix and beans in bulk, chocolate covered, frozen bananas have been a mainstay in natural food stores for ages. They feel wholesome and decadent at the same time – and they are.

Diana's has been dipping these darlings for decades – ever since they coated their first, sweet, ripe banana at The Taste of Chicago in the mid-80's. Since then, many have attempted to copy them, but none have succeeded and here's why – they use the best, perfectly ripe and sweet bananas, flash freeze them and then layer them with chocolate-ier-grade melted chocolate. And they never cut corners. The chocolate is rich, doesn't break apart as you eat it, and the frozen banana softens as it melts and gets creamy. They are simple and perfect really, and the fact that you feel just a little silly eating one is half the fun.



(our table of) VEGETARIAN BBQ

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

Be THE BEYOND BURGER



BRAND . BEYOND MEAT
LOVE IT . 20 G PROTEIN, TEXTURE & FLAVOR OF A BEEF BURGER, VEGAN, GLUTEN-FREE, SOY-FREE

Fi FIELD BURGER



BRAND . FIELD ROAST
LOVE IT . 22 G PROTEIN, TEXTURE WILL FOOL MEAT-EATERS, VEGAN, SOY-FREE

IN THE HISTORY OF THE WORLD, THERE HAS NEVER BEEN A MORE DELICIOUS TIME TO THROW A VEGETARIAN BACKYARD BARBECUE.

We've learned a thing or two about what's tastiest on the grill in our 48 years of offering alternatives to meat. While it's classic to find a tofu-pup or black bean burger on the grill, why stop at the old standbys? Tasty-tubular and burger-shaped non-meats are plentiful and better than ever. If a dozen of our staff favorites doesn't get your grill going, there's always dessert to look forward to (see page 24).

Cb CHIPOTLE BLACK BEAN BURGER



BRAND . GARDEIN
LOVE IT . CLASSIC VEGGIE BURGER TEXTURE, VEGAN, GLUTEN-FREE

Wb WORLD'S BEST VEGGIE BURGER



BRAND . HILARYS
LOVE IT . CRISPY TEXTURE, COOKS UP FAST, VEGAN, GLUTEN-FREE, SOY-FREE

Sm SMART DOGS



BRAND . LIGHTLIFE
LOVE IT . OUR GO-TO VEGGIE DOG, GREAT TEXTURE, VEGAN

Bb ORIGINAL SAUSAGE BEER BRATS



BRAND . TOFURKY
LOVE IT . 27 G PROTEIN, SHOPPER FAVORITE, VEGAN

Tw TOFU WALNUT BURGER



BRAND . NATURE'S BAKERY COOPERATIVE
LOVE IT . MADE FROM MKE-MADE TOFU, SAVORY, VEGAN, GLUTEN-FREE

Sp SWEET POTATO BLACK BEAN QUINOA BURGER



BRAND . OUTPOST NATURAL FOODS COOPERATIVE
LOVE IT . CO-OP MADE, OUTPOST CUSTOMER FAVORITE

It GRAIN MEAT ITALIAN SAUSAGE



BRAND . FIELD ROAST
LOVE IT . 25 G PROTEIN, FLAVOR AND TEXTURE OF A TRADITIONAL SAUSAGE

Ng THAI CURRY TOFU NUGGETS



BRAND . HODO SOY
LOVE IT . GREAT FOR KEBABS, SLIGHTLY SPICY, CHEWY, GMO & GLUTEN-FREE

RIETY IS THE SPI
 THE SPICE OF LIF
 CE OF LIFE VARI

(a) recipe



GRILLED GUACAMOLE

SERVES 4-6

Sometimes the usual condiments just don't stack up to the complex flavors and textures of a veggie burger – this smoky guacamole will rise to the occasion. Smoky flavors of peppers and onions mixed into guacamole are elevated even more with the addition of smoked salt.

- | | |
|---|---|
| 5 avocados, halved and pitted | 2 tablespoons of olive oil (or vegetable oil) |
| 2 limes, halved | Salt |
| 2 Roma tomatoes, halved lengthwise | Smoked salt (optional) |
| 1 poblano or 2 jalapeños (depending on how spicy you prefer), seeds removed | 2 strips of Lightlife Smart Bacon, grilled briefly, chopped |
| 2½-inch thick slices of red onion | |

1. In a large bowl, toss the lime halves, tomatoes, chilis, red onion slices and oil with a pinch of salt.
2. Light the grill and oil the grate. Grill the limes, tomatoes, chilis and onions cut side down over medium heat until charred but not falling apart. About 3 minutes for the lime, 8 minutes for the onion, 12 minutes for the tomatoes and peppers. As the ingredients finish cooking, transfer them to a work surface to cool.
3. Scoop the avocados into a large bowl, mash until coarsely chopped. Squeeze with grilled lime. Chop the grilled vegetables into bite-sized pieces and add to the bowl. Season to taste with smoked salt, top with chopped Smart Bacon. Mix gently before serving.

Eg

EGGPLANT



LOVE IT. PALEO-FRIENDLY, EASY BUNS FOR SLIDERS, OR SERVE ATOP PASTA

Po

PORTOBELLO MUSHROOMS



LOVE IT. STEAK LIKE TEXTURE & FLAVOR, PALEO-FRIENDLY, LOW CARB ALTERNATIVE TO BUNS

To

GOOD OLD-FASHIONED TOFU



BRAND. SIMPLE SOYMAN
LOVE IT. THIS MILWAUKEE MADE TOFU IS A LOCAL FAVORITE



THE BEYOND BURGER CLASSIC

The Beyond Meat Burger with organic red onion, Roma tomatoes, and spring greens on whole wheat bun with ketchup and mustard. Choose Cedar Grove or Daiya cheddar. Grilled to order and served with dill pickle, side of potato salad or chips.

NOW AVAILABLE – ALL SUMMER – AT OUR CAFES!

SUMMER.

(two ways)

CORN

HOT DANG, IT'S SUMMER. AND ONE SUNNY VEGGIE ALWAYS SEEMS TO STAND OUT FROM THE REST: CORN! OH HOW WE LOVE OUR SWEET CORN. HOWEVER YOU CHOOSE TO BE CORNY – COBS, KERNELS OR CORN MEAL – BE SURE TO LIVEN UP YOUR BACKYARD BANQUET WITH GOLDEN CORN!

GRILLED MAIZE CARIBE with COCONUT

MAKES ENOUGH FOR 8-10 EARS OF CORN

If you haven't tried Grilled Mexican Street Corn (Elote), you're missing out on a whole lotta corn love. Our version is a fusion of sweet and spicy. However you prepare your corn on the cob – grill, roast, steam – slather on the sauce and get messy. Make it vegan by switching out the mayo.

- | | |
|---|---|
| 2 dried chipotle peppers, split and seeded, chopped | 1 teaspoon allspice |
| 1 cup water | 2½ teaspoons kosher salt |
| 6 scallions, chopped | 1 cup mayonnaise |
| ½ medium onion, chopped | 8-10 ears of corn, shucked |
| 2 garlic cloves | 1 cup sweetened shredded coconut, lightly toasted |
| 2¼ teaspoons fresh thyme leaves | 2 limes, quartered |

1. In a small saucepan, add water and bring to a boil. Add peppers and turn off heat. Let steep for five minutes to soften. Strain, reserving the liquid. Set aside.
2. Light a grill or heat a grill pan. In a food processor, combine the chilis, scallions, onion, garlic, thyme, allspice and salt and purée until smooth. Add 2 tablespoons of the reserved water if the mixture is a bit stiff. Whisk ½ cup of this fresh sauce into the mayonnaise. There will be extra sauce, so freeze any extras for another use.
3. Grill the corn over moderate heat until lightly charred, 12-15 minutes. Spread the mayo all over the corn; transfer to a platter. Generously sprinkle coconut over the corn and serve with lime wedges.

A-MAIZE-ING HISTORY

According to a study done in 2002, all maize, or corn, we cultivate and eat today arose from a single domestication about 9,000 years ago in Southern Mexico. Those early plants produced cobs about one-inch in length and one per stalk. Today, there are myriad varieties of maize! Through the wonders of plant breeding, modern maize yields large cobs bursting with big kernels, and multiples per stalk. Maize is now one of the most widely grown of grain-type crops, filling approximately 15 billion bushels in the U.S. alone in 2016. Of all that corn, about 40% is used to produce corn ethanol for fuel. Sweet corn is what we fancy to eat off the cob, while field corn is what gets processed into a variety of items including liquid sweeteners, animal feed and fodder, corn meal, corn oil, bourbon whiskey and biodegradable "plastic."

In traditional agriculture, farmers save their maize seeds from year to year, ensuring the plant's genetic make-up for the next year's crop. Maize plants indigenous to Mexico are now threatened by the introduction of genetically modified corn. GM corn pollen can cross pollinate with native varieties and forever alter the genetic structure. Along with the introduction of GM corn comes super weeds, insects and pests susceptible only to those chemicals used to grow GM corn crops. In the blink of an eye, thousands of years of biological and cultural diversity could be lost.



2ND way.

by MARGARET MITTELSTADT
photos MICHAEL SORENSEN



BAKED CURRY CORN DOGS with TIKKA MASALA KETCHUP

MAKES 16

Just in time for the State Fair! This version is a tad healthier because they are baked rather than deep fried. Substitute the curry and coriander for ½ teaspoon of ground mustard for a different flavor profile. Store extra corn dogs (like you'll have any) in an airtight container in the fridge for up to two days. Reheat for 10-15 minutes in a 400 degree oven. Do not microwave.

1 cup white whole wheat flour	½ cup milk
1 cup yellow cornmeal	¼ cup honey
1 teaspoon baking powder	½ cup fresh corn kernels
1 tablespoon curry powder	8 hot dog franks, cut in half to make
2 teaspoons dried coriander	16 small dogs
½ teaspoon salt	16 wooden sticks
6 tablespoons butter	Tikka Masala Ketchup

1. Preheat oven to 400 degrees. Line a large baking sheet with parchment paper and set aside.
2. In a large bowl, whisk together the flour, cornmeal, baking powder, curry, coriander and salt. Cut in the butter with a pastry blender or two forks until mixture resembles coarse crumbs. Stir in the milk, honey and corn kernels with a wooden spoon or your hands until thoroughly combined.
3. Place dough on a lightly floured piece of parchment paper. Sprinkle some more flour over the dough and top with another piece of parchment paper. Roll dough to ¼-inch thickness.
4. Push a wooden stick up the center of the cut end of each hot dog half. Place the dog on the dough and cut a square that is big enough to wrap around it. Form and press dough around each dog sealing both ends and any open areas. Place corn dogs on the prepared baking sheet and bake for 15-20 minutes or until they start to brown.

TIKKA MASALA KETCHUP

This ketchup is divine on corn dogs, hamburgers or veggie burgers, scrambled eggs – you name it! Keep any extra in the fridge and use within 2-3 days.

4 tablespoons butter	2 tablespoons ketchup
1 teaspoon ginger, finely minced	½ teaspoon sugar
2 teaspoons garlic, finely minced	Salt, to taste
½ cup canned tomato paste	½ cup water
2 tablespoons chili powder	4 tablespoons yogurt
1 teaspoon garam masala	2 sprigs cilantro, leaves only, chopped

1. Heat the butter in a pan over low heat. Add the ginger, garlic, and sauté for about 1-2 minutes or until aromatic. Add the tomato paste and chili powder, stir to mix well, about 30 seconds.
2. Add the garam masala into the pan, stir and let simmer on low for 2 minutes to release the flavor.
3. Add the ketchup, sugar, salt, water, and simmer for another 3 minutes. Turn off the heat and add the yogurt. Stir to combine well with all the ingredients in the pan. Transfer a dipping bowl and garnish with the chopped cilantro leaves before serving.



BOLIVIAN MEAL IN MILWAUKEE

story and photos by MICHAEL SORENSEN



TATIANA MAIDA'S BRIGHT AND COZY KITCHEN ON MILWAUKEE'S SOUTH SIDE IS AWASH IN UPBEAT SPANISH MUSIC AND THE SOUNDS OF A FAMILY GETTING READY FOR DINNER. FOURTEEN-YEAR-OLD KALEI IS HARD AT WORK SAUTÉING VEGETABLES ON THE STOVE. HER SISTER, TWELVE-YEAR-OLD IRIS, HAS CALLED DIBS ON DICING THE ONIONS AND TEN-YEAR-OLD GABRIEL IS INTENSELY FOCUSED ON TEARING A HEAD OF ROMAINE INTO BITE-SIZED PIECES. COORDINATING THIS CULINARY SYMPHONY IS THEIR MOTHER, AND BOLIVIAN NATIVE, TATIANA, WHO IS IN THE MIDDLE OF MEASURING OUT SPICES FOR HER DISHES. "THESE YOU CAN ONLY GET IN BOLIVIA," SHE TELLS ME HOLDING UP A JAR FULL OF A BRIGHT YELLOW POWDER, "BUT YOU CAN SUBSTITUTE CURRIES FOR THEM AND IT'LL BE JUST AS GOOD."



Tatiana works at Sixteenth Street Community Health Centers where she oversees the Healthy Choices Department, focusing on helping families make better choices when it comes to what kinds of foods people put into their bodies. "It was kind of a vision that I had. How can we empower Latino families that, along with African-American families, have the highest obesity rates in the country? We are the ones that are in the worst shape."

To help fight this surging epidemic Tatiana teaches classes focusing on nutrition, healthy cooking, physical activity and stress management. "One of the things we discovered is that a lot of Latino families want to learn how to cook healthier because they feel like they don't know how to make healthy meals. We teach them how to cook healthy and I think we're making an impact one family at a time. Kids are becoming healthier, they are losing weight." It's a hard fight to change people's perceptions about food, especially in the Latin community where so much of the culture revolves around it. "When I see what our department has accomplished, this is really the power of food. The power of healing but also the power of uniting people and bringing people together, especially in the Latino community because we are always all about food. If you come to a Latino house you need to eat!"

Passionate about exercise and nutrition, Tatiana started down her own path to a healthier lifestyle more than twenty years ago after she realized she needed to make a change. "I was super sick before. I had sinusitis, respiratory problems and when I got rheumatoid arthritis and I couldn't move my hands I knew it was time for a change." It was then that Tatiana decided the answer for her was to cut meat out from her diet. "I started testing recipes, but I have to say, that when I became vegetarian, that's when I started to enjoy food in a way that I didn't before. The intense flavors of the meat didn't allow me to taste the other flavors, so when I became vegetarian it was really a different experience for me."

It's a vegetarian lifestyle she's passed on to her own children who have all grown up never eating meat. Gabriel tells me that when his friends ask him why he doesn't eat meat he reminds them he's a vegetarian and "I also try to explain to them that it used to be a living animal and how would you feel if you were being butchered, you know?" Kelei adds, "I don't know if it would be different if I had turned vegetarian, but I don't feel the need to try any meat. For me personally it's just not something I want to try and I'm going to raise my kids vegetarian too." It shouldn't be too hard for her to do when she's got a mother like Tatiana teaching her recipes.



(recipes following)

QUINOA SOUP

SERVES 6-8

Quinoa has grown in popularity recently in the U.S. but the Bolivians have known about its health benefits for thousands of years. Traditionally quinoa has been the food of the poor but it's rising popularity in Bolivia and around the world has raised the price of this "perfect food."

- | | |
|--|---------------------------------|
| 2 tablespoons of olive oil | 6 cups of vegetable broth |
| 1 small onion, diced | ½ cup of quinoa |
| 2 cloves garlic, minced | ¾ cup of peas (fresh or frozen) |
| 1 carrot, diced | Cumin |
| 1 stalk of celery, diced | Oregano |
| 3 potatoes, diced | Bay leaf |
| 2 tomatoes finely chopped (or a can of diced tomatoes) | Chopped parsley |
| | Salt and pepper to taste |

1. Sauté onion and garlic in olive oil until light brown.
2. Add broth, remaining vegetables, quinoa, pepper, oregano, bay leaf, salt and cumin to taste.
3. Simmer for 30-40 minutes (or until potatoes are tender).
4. Garnish with chopped parsley when serving.



HUANCAINA POTATOES (*papas a la Huancaína*) BOLIVIAN STYLE

SERVES 5-6

The real star of this dish is the peanut sauce that gets drizzled over the salad's fixins'. Tatiana used a special yellow chili powder she brings back from Bolivia but you can get the same effect with a tablespoon of curry and a tablespoon of turmeric. A good salty queso fresco really adds a creamy depth to this traditional Bolivian meal which Bolivians eat as a main course.

- 1 head of Romaine lettuce cut into 2-inch pieces
- 3 tomatoes, cut into slices
- 5 peeled hard-boiled eggs, sliced into circles
- 5 potatoes boiled, peeled and cut into circular slices
- 1 pound of fresh cheese cut into strips (like fresh mozzarella)
- 1 pound of roasted, salted peanuts
- 2 tablespoons of powdered yellow chili pepper (if not available you can use a combination of curry and turmeric)
- 1 small can of sliced black olives
- Olive oil
- Salt to taste

1. To make the peanut sauce, place peanuts in blender with 2 cups of water and blend until puréed.
2. In a heavy bottomed pot heat olive oil over medium heat and sauté the chili power (or curry/turmeric mixture) for about 3 minutes until fragrant.
3. Add the peanut purée and stir constantly until the sauce starts to become creamy. Cover and let simmer for about 15 minutes, stirring occasionally to prevent it from sticking to the bottom. Add water as necessary and salt to taste.
4. To serve, place a bed of lettuce onto the plates, spread slices of potatoes, eggs, cheese and tomatoes. Cover with the hot peanut sauce, top with black olives.





CHICKPEA & LENTIL CURRY

SERVES 6

To keep her family happy and vegetarian, Tatiana often looks outside Bolivia for inspiration. She's found it in this Indian curry that has become a big hit around the dinner table.

- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 tablespoon olive oil
- 1 teaspoon curry powder
- ½ teaspoon salt
- 1 teaspoon ground turmeric
- 1 teaspoon hot paprika
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1½ cups of cooked chickpeas (or 1 can rinsed, drained chickpeas)
- 4 chopped tomatoes (or 1 can diced or fire roasted tomatoes)
- ¼ cup red lentils
- 2 cups of peeled and chopped sweet potatoes
- 2½ cups vegetable broth
- Finely chopped basil to garnish

1. Heat oil in a medium pan. Add onion and garlic, sauté until onion is transparent, stirring constantly.
2. Add curry powder, salt, turmeric, paprika, cumin and coriander, and cook for 2-3 minutes until spices are fragrant.
3. Add tomatoes, chickpeas, lentils, sweet potatoes and broth. Cover and simmer over low heat for 30 minutes, stirring occasionally.
4. Serve over pasta or brown rice and garnish with chopped fresh basil.



"JELL-O" with EVAPORATED MILK & BERRIES

SERVES 6-8

Go to any farmer's market in Bolivia and chances are you're going to find vendors selling this street treat. Tatiana's version uses a vegetarian gelatin but the taste is just as delicious...especially when it's topped with a creamy dollop of whipped evaporated milk.

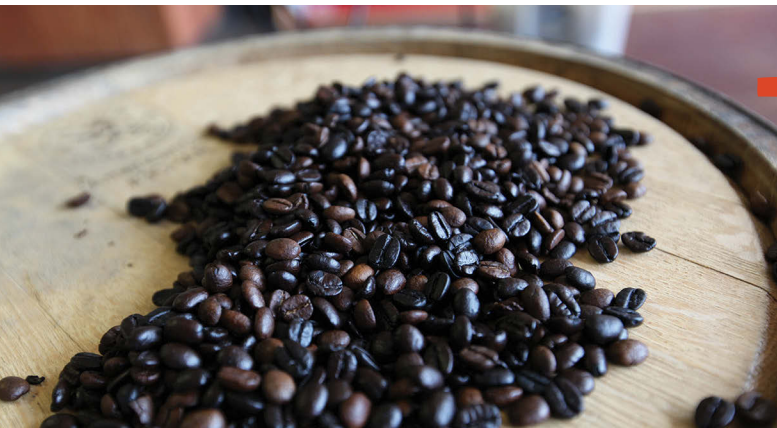
- 1 can evaporated milk
- 2 packages of Simply Delish Strawberry Gel Dessert Berries (raspberries and blueberries are traditional)
- Juice of one lemon
- Sugar to taste (optional)

1. Prepare the gel dessert following package instructions and place in individual dessert bowls.
2. Place the can of evaporated milk in the freezer for 30 minutes to make it cold.
3. With an electric mixer, mix evaporated milk until it increases twice in size and thickens to form a cream.
4. Add sugar and the juice of one lemon to milk and mix for a couple minutes more.
5. Place the cream on top of gel dessert and decorate with berries.

from H2O to H2 WOAAH

story and photos by MICHAEL SORENSEN

WATER'S GREAT, BUT IT GETS A LOT BETTER WHEN IT'S MIXED WITH A LITTLE SOMETHING. THIS SUMMER SEASON WE'VE GOT THREE LOCAL BEVERAGE MAKERS ADDING COFFEE, TURMERIC AND HOPS TO OUR SOURCE OF LIFE! THEY'LL KEEP YOU HAPPY AND HYDRATED FROM SUNRISE TO SUNSET... AND BEYOND.



PHILOCOFFIA

Former Navy man John Ross Ferrell (aka Johnny Stallion) is out to revolutionize coffee with a little help from the coconut. Johnny used to work at coconut water behemoth ZICO where he became an expert on the tropical nut's palatable potential. "The taste of an older coconut from Mindanao – it's going to taste wildly different from a sweet dwarf coconut in Thailand." Obviously, this is a man who knows his coconuts.

He's putting that nut knowledge to fruitful use with his Philocoffia (pronounced "fill-la-SOF-ee-ah" like "philosophy") brand of bottled coffees and beans. Johnny discovered that coating coffee beans in a thin layer of coconut oil led to astonishingly tasty results. "When I brewed it, even before I tasted it, I noticed that there's kind of a savory, sweet aroma to the coffee and when I tasted it I was floored. It really reduced the bitterness and it was as if you added a little cream to it."

Since this serendipitous discovery Johnny has been moving full steam ahead with a line of "paleo" cold brewed coffees and a growing line of alcohol infused coffees, aged in barrels, that deliver the flavors of rum, whisky, cognac and tequila without the booze itself. "I don't like tequila that much on its own, but that may be my favorite barrel aged product because the alcohol evaporates but you still taste the agave plant," he tells me.

Johnny's got big plans for Philocoffia in the future and he's glad it's all happening in his home state. "I love being able to start it here. You hear about these start-ups in Brooklyn and Los Angeles and all the coffee guys in Seattle. Milwaukee has a lot of great qualities to it and I like having the home-base here to grow this into a multi-billion-dollar company."



ZYN

Brothers Asim and Qasim Khan tell me they're "recovering finance people trying to do good for the world." Originally from Pakistan, the brothers went to school at Marquette and made their mark on Wall Street but decided to make a change. "The 'a-ha' moment for us was when we were back in Pakistan in 2016 with our parents. Our father, who is a diabetic, had a severe episode of diabetic nerve pain in his foot. Our aunt took turmeric powder, blended it with olive oil, made a paste and applied it to his foot. In less than an hour his pain was gone." From there the brothers' entrepreneurial spirit took over.

"The concept of Ayurvedic medicine, natural healing, and homeopathic medicine is what we've grown up with," Qasim tells me. Starting from scratch the brothers devoted their time, energy and kitchen to their new endeavor. They would up with "a lot of orange and yellow pans" to create the formula behind their low-sugar, low-calorie, drink, Zyn. Asim elaborates, "What we learned is it's not the turmeric that provides the healing power. It's one of the 90 compounds that make up turmeric. The main one that's the source of anti-inflammatory properties is curcumin. The root of what matters."

Each hydrating bottle of Zyn contains 200mg of curcumin. Current research is looking into curcumin's anti-inflammatory benefits, in hopes that it may help in fighting diseases like arthritis, certain cancers, obesity, diabetes and even PTSD symptoms. For the brothers Zyn has become a calling that is more than just about the bottom line. "Right off the bat we established ourselves as a B Corp. We're a purpose driven company so we have a mission to help in the communities we're involved in, education being one of the things we focus on. We're about doing good as much as we are about building this brand and making money."



CITY LIGHTS BREWING COMPANY

Really knowing your product means putting years of research into it. For Jimmy Gohsman, head brewer at City Lights Brewing Company, that meant years of beer sampling (a cross to bear but someone has to do it). He got his first real taste of the craft brewing scene in Colorado and then Vermont and brought that knowledge back home to Wisconsin, all the time honing his brewing skills and designing recipes as a home brewer. Those days are over now. "Going from five gallons to 1100 gallons was kind of a jump," Jimmy tells me at his spacious and stunning brew pub in the Menomonee Valley.

Success didn't happen overnight. Jimmy and his brothers began with a small brewing operation in Black River Falls, Wisconsin where they got their feet wet in the industry by working out recipes, making contacts and laying the ground work for City Lights (the brewery's name comes from the former Milwaukee Gas Company building that once powered Milwaukee's city lights and now houses both their pub and distribution operations).

Jimmy tells us he's proud to be a part of the Brew City's renaissance. "I think it's been a long time coming. The city was built on beer and got away from that for a long time. There's a lot of awesome beer available now and I think the people of Milwaukee need that and they want that. I think with all the breweries here it leaves no room for complacency. There's a lot of options so it's forcing the local breweries to come out with new beer, awesome beer, quality beer and consistently good beer." We'll drink to that.

FOR MORE INFORMATION
ABOUT OUR LOCAL &
REGIONAL FAVORITES VISIT
WWW.OUTPOST.COOP





a mezze PORCH PARTY

Move over tapas, mezze is the perfect luxe, but simple, way to celebrate summer!

(our) **MENU**

- CARROT & CARAWAY DIP WITH YOGURT
- TABBOULEH STYLE MOGHRABIEH SALAD
- BATTATA HARRA – POTATOES WITH SPICES
- BARBUNYA PILAKI – BEANS WITH TOMATOES
- RAS EL HANOUT CHICKEN KEOBS
WITH FRESH LABNEH
- GRILLED HARISSA SHRIMP
- HUMMUS, CHEESE, STUFFED GRAPE LEAVES,
OLIVES, TAHINI SAUCE, PEPPERS, FALAFEL
- GRILLED FLAT BREADS
- FRESH FRUIT & NUT PLATTER
- CHILLED BEVERAGES – ROSÉ WINE, MINT TEA

by LISA MALMAROWSKI
photos CARA BERKEN

HOWEVER YOU SPELL IT – MEZE, MEZZE OR MAZZA, THE ANCIENT PERSIAN WORD “MAZA” MEANS “TASTE” OR “RELISH” – A PERFECT DESCRIPTION FOR A TABLE LADEN WITH DELICIOUS FOODS MEANT TO BE SAVORED AND ENJOYED CASUALLY WITH FRIENDS AND FAMILY. YOU’LL BE IMPRESSED WITH HOW EASY IT IS TO PULL TOGETHER SUCH A DELISH, PARTY-WORTHY SPREAD IN A SHORT AMOUNT OF TIME. WITH THE HELP OF SOME STORE-BUGHT CLASSICS (DON’T WORRY, OUTPOST HAS YOU COVERED) A FEW HOMEMADE DISHES, A PILE OF COMFY CUSHIONS AND ICY-COLD BEVERAGES, YOU CAN ACE YOUR NEXT SUMMER SOIREE WITHOUT EVER BREAKING A SWEAT!



CARROT & CARAWAY DIP with YOGURT

SERVES 6-8 AS AN APPETIZER

Vegetarian • Gluten-free

This is deceptively simple and unbelievably delicious; sweet, savory and creamy all at the same time. Steaming the carrots concentrates the flavor and sweetness and it's easy to make ahead, just top the dip with the yogurt right before serving.

1 pound carrots, peeled and sliced thick
1½ tablespoons good quality olive oil, plus extra for drizzling
Juice of 1 lemon
1 teaspoon whole caraway seeds
1 garlic clove, smashed
¾ cup Greek style yogurt
Salt and freshly ground black pepper to taste
½ tablespoon chopped dill
Flat bread to serve

1. Steam carrots until very soft, remove from pan and mash them in the bowl or process in a food processor until smooth. Gradually add in olive oil, lemon juice and caraway seeds. Season to taste with salt and pepper.
2. In a separate bowl add yogurt and garlic. Mix well and season to taste with salt and pepper.
3. To serve, mound carrot mixture on a platter or shallow bowl, make a large indentation in the middle and mound yogurt mixture in center drizzle a little olive oil over the top and garnish with chopped herbs. Serve with flat bread.

TABBOULEH STYLE MOGHRABIEH SALAD

SERVES 8 OR MORE

Vegan

This simple salad variation features the larger size Middle Eastern style couscous. We love it topped with crumbled feta as the salty, briny flavor blends well with the lemon and herbs, if vegan isn't a concern.

¼ cup extra virgin olive oil, plus extra for drizzling
1 cup Middle Eastern style couscous
6 tablespoons fresh lemon juice, or to taste
2 cups chopped fresh flat-leaf parsley, about 2 large bunches
¼ cup finely chopped fresh mint
½ pound ripe tomatoes, very finely chopped and drained if very juicy
¾ pound cucumbers, seeded if using regular cucumbers, diced fine
¼ cup chopped chives
Salt to taste

- 1 head of romaine lettuce, washed, dried and coarsely chopped into large pieces and tossed with a little lemon juice olive oil, salt and pepper
1. Heat one tablespoon of the olive oil over medium-high heat in a medium saucepan and add the couscous. Stir until the couscous begins to color and smell toasty, 4-5 minutes. Add 2 cups water and salt to taste and bring to a boil. Reduce the heat, cover and simmer 15 minutes, or until the couscous is tender. Drain if any liquid remains in the pan.
 2. Transfer the couscous to a large bowl, add a little olive oil, mix well and cool. After cooled, toss with lemon juice, parsley, mint, tomatoes, cucumbers, scallions or chives and salt to taste. Add the remaining olive oil, mix again, taste and adjust seasonings.
 3. Serve immediately over chopped romaine. If serving later, assemble just before serving so the greens stay bright.

MEZZE IN MINUTES

This type of party, well, most any party, lends itself to filling out the menu with quality store bought or made dishes. Here's our shopping list and yes, your favorite co-op stocks some of the best!

HUMMUS – assorted varieties

STUFFED GRAPE LEAVES

FALAFEL

TAHINI SAUCE – an Outpost favorite

OLIVES

NUTS – almonds, pistachios, walnuts

CHEESE – feta, haloumi

PICKLED PEPPERS

FLAT BREADS

FRESH FRUIT – like grapes, musk melon, figs

DATES – dried, rolled in coconut



BATTATA HARRA (*potatoes with spices*)

SERVES 6-8 AS AN APPETIZER

Vegetarian • Gluten-free

We love how you can taste the historic spice route in many dishes of the Middle East and see how the different culinary cultures have influenced each other throughout time. This potato dish reminds us of the classic Indian dish called Sookhi Bhaji, minus the mustard seeds and fresh, hot chilies. A squeeze of fresh lime at the end makes this recipe sparkle.

1½ pounds small, waxy potatoes like red, Yukon Gold, etc.

2 tablespoons olive oil

1 tablespoon butter

2-3 garlic cloves, minced

½ teaspoon dried red chili flakes or to taste

2 teaspoons whole cumin seeds

2 teaspoons coriander seeds

1 tablespoon ground turmeric

2 lemons, juiced

Salt and freshly ground pepper to taste

1 bunch cilantro, chopped – reserve some for garnish

1 lime, cut into small wedges

1. Steam whole potatoes, skins on, for 10-15 minutes or until they are cooked but still firm. Rinse under cold water and peel off skins. Chop into 1-inch chunks.
2. In a large, heavy pan over medium high heat, heat olive oil and butter then add garlic, chili flakes, cumin and coriander and sauté for 2-3 minutes until fragrant. Then add potatoes, mix well and add turmeric, mix well, then add cilantro and lemon juice. Continue sautéing for 2-3 minutes more.
3. Taste and season with salt and pepper, add chopped cilantro.
4. To serve, put in shallow bowl or plate, garnish with reserved cilantro and place lime wedges around potatoes. Can be served hot or room temperature. Squeeze lime over each serving before enjoying.



BARBUNYA PILAKI (*Turkish beans with tomatoes*)

SERVES 6-8 AS AN APPETIZER

Vegan • Gluten-free

Much liked baked beans, this simple dish is classic comfort food. It's a little sweet, a little savory and the addition of fresh tomatoes and carrots give it texture and a fresh flavor. You will want to squeeze the lemon over it before serving – the acid really helps pull the dish together. You can also serve this dish warm or cooled.

1 can/jar borlotti or pinto beans, drained and rinsed

2 tablespoons high quality olive oil

1 medium onion, diced

2 garlic cloves, minced

2 carrots, diced

2 large tomatoes, diced

1 cup water

1 tablespoon tomato paste

1 teaspoon sugar

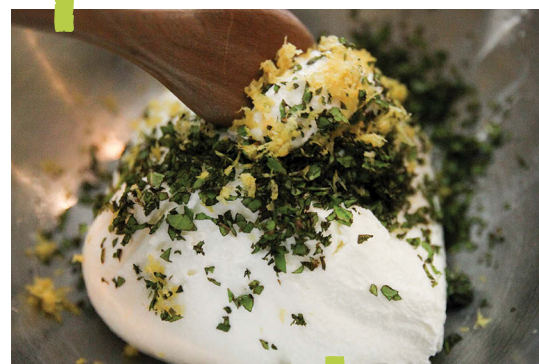
½ teaspoon salt

¼ teaspoon ground black pepper

1-1½ cups water

Garnish – Fresh parsley, lemon wedges, a drizzle of olive oil

1. In a large skillet, heat olive oil. Add the onion and garlic. Sauté for 2-3 minutes over medium heat, until soft. Add the carrots and sauté 5 minutes.
2. Add the tomatoes, tomato paste, sugar, salt, and pepper. Mix well. Then add the drained beans and water. Mix well and simmer, uncovered over medium-low heat, until most of the liquid has evaporated, 30 minutes, stirring occasionally.
3. Remove from heat and chill.
4. To serve, drizzle with olive oil and garnish with chopped fresh parsley and lemon wedges.



CHICKEN KEBOBS with RAS EL HANOUT

SERVES 6-8 AS AN APPETIZER

Gluten-free

Nothing says summer like food on a stick! Ras el Hanout is an Arabic spice blend that originated in North Africa. Akin to India's garam masala, it infuses food with an explosion of warm flavors that are particularly suited to grilling. Look for it in our bulk spice section and buy a bit more than you need – you'll want to try it on roasted or grilled vegetables or in rice dishes, it's that good!

- ¼ cup fresh lemon juice (note - reserve zest for labneh)
- ¼ cup olive oil
- 1 teaspoon garlic, minced
- 1 tablespoon Ras el Hanout spice blend
- ½ teaspoon sea salt
- Freshly ground black pepper, about ¼ teaspoon
- 2 pounds boneless skinless chicken breasts, cut into 1½-inch chunks
- 1 sweet onion, outer layers cut in squares
- 1 red bell pepper cut in squares
- Wooden skewers

1. Combine marinade ingredients in 1-gallon zip bag. Add chicken, seal and massage to coat all the pieces. Refrigerate for at least an hour and up to 24 hours.
2. Pre-soak skewers in water for 30 minutes to prevent scorching
3. Alternate chicken chunks with red pepper and sweet onion.
4. Grill over a medium heat for 12-15 minutes (depending on size). The internal temperature should be 160 degrees. Cover and rest until ready to serve.
5. Serve skewers with lemon mint labneh and other dipping sauces as desired.

LEMON MINT LABNEH

MAKES ABOUT 1 CUP AFTER STRAINING

Vegetarian • Gluten-free

This easy to make fresh cheese is really popular on the mezze table. Yes, we've suggested serving it with the kebabs, but it's really a stand-alone dish that is lovely spread on top of a warm pita. You can switch out the lemon mint with other flavors like smoked paprika or caramelized onions, because like cream cheese, it's neutral, tangy flavor and creamy consistency make it a perfect base for many different combinations.

- 16 ounces plain, full fat thick Greek yogurt
- Zest of 1 lemon
- 1 tablespoon fresh mint, minced
- 2 teaspoons salt
- Cheesecloth or clean linen towel

1. Stir salt into yogurt. Place a square of cheesecloth or lay out a clean, linen towel on your work surface and spoon the yogurt on the top. Tie up the corners to create a bag, then transfer to a colander that's set over a bowl or pan. Place in refrigerator and leave for 4 hours. This will make a creamy labneh. You can continue draining for 8 hours or more for a drier cheese – just make sure the “bag” doesn't rest in the drained liquid.
2. Add labneh to a bowl and mix in lemon zest and fresh mint. Taste and adjust seasoning if needed.
3. Serve simply in a small dish.



GRILLED HARISSA SHRIMP

SERVES 6-8 AS AN APPETIZER

Gluten-free

Shrimp are a classic kebob food because they cook really fast whether you're using a grill or stove top method. Harissa, a sauce featuring peppers, paprika and olive oil, pairs well with the shrimp's briny notes without overpowering them. It can be spicy, hot or mild, just check the label of the jar. If you don't have Harissa on hand, you may balk at buying a whole jar, but it's great as a rub for chicken (like a BBQ sauce) served atop an omelet, to liven up pizza, or to top hummus.

1½ pounds large shrimp, peeled & deveined, tails intact
2 tablespoons olive oil
2-3 tablespoons prepared harissa paste
Freshly ground black pepper
Kosher salt
Garnish with chopped fresh herbs like cilantro or basil
Wooden skewers

1. Pre-soak skewers in water for 30 minutes to prevent scorching.
2. Combine shrimp, harissa, and oil in a medium bowl; season with salt and toss to coat. Put 2-3 shrimp on each skewer.
3. Heat grill or grill pan to medium-high heat. Grill shrimp until cooked through, about 2 minutes per side. Transfer to a plate and let cool.



OUTPOST'S

(secret recipe)

THAI PASTA

SERVES 4

Vegan • Gluten-free with substitutions

When the temperature is rising, and the relative humidity is hanging in the air like a damp beach towel, nothing can quite beat the simple satisfaction of a cold pasta salad. Outpost's Thai Pasta Salad is a classic. Easy to make, easy to enjoy. Fill yourself a big bowl and set a space down at the end of the pier. Don't forget a generous wedge of watermelon and glass of icy cold lemonade or bottle of your favorite crispy local brew, like Lakefront Brewery's Happy Glammer. Summer has arrived.

8 ounces of your favorite linguini-style pasta, dry
2 tablespoons Tamari
2 tablespoons water
¼ cup smooth peanut butter
4 teaspoons sugar
1 tablespoon brown rice vinegar
2 tablespoons toasted sesame oil
2 tablespoons canola or sunflower oil
2 cloves garlic, minced
⅓ cup unsalted dry roasted peanuts
1 tablespoon fresh mint, chopped
1 tablespoon fresh cilantro, chopped
2 tablespoons carrot, grated
1 whole green onion, including leaves, chopped
¼-½ teaspoon red chili flakes
Salt and pepper to taste

1. Cook pasta according to the directions on the bag. Drain and set aside.
2. To make the dressing, in a bowl combine Tamari, water, peanut butter, sugar, vinegar, sesame oil, canola oil and garlic. Whisk until smooth.
3. In a large bowl incorporate the warm pasta noodles with the dressing. Let cool.
4. Add the peanuts, mint, cilantro, carrot, green onion and chili flakes. Toss until combined.
5. Season with salt and pepper to taste.
6. Serve cold.



SWEET ON THE HEAT!

*Firing up the grill?
Don't forget dessert!*

photos CARA BERKEN

Sweet, caramelized peaches with a kiss of caramel, berry pie without heating the house, bananas made into decadent s'mores – whether you're a party of two or a party of eight, these desserts will ensure a happy ending to your grillables.

A few grill-happy tips for adding desserts to the fire:

1. Give your grill a good scrape to keep your dessert sweet (or grill dessert first!)
2. Oil or butter your fruit to keep fruit from sticking
3. Gas grills work best for fruit pies, tarts or fruit pizzas – a constant heat ensures consistent baking results



BECKY'S BLISSFUL CARAMEL SAUCE

EASY SUMMER DESSERTS
IN A HOT MINUTE

Everyone says that caramel sauce is easy to make. Yeah, no, not really and especially one as good as Becky's satiny, lush version. Use as is or heat it slowly to your preferred consistency and slather over crackers, toast, croissants, ice cream and cakes. It's even great as a filling for pastries and crepes, or in coffee, smoothies or shakes. Or just eat it out of the jar with a spoon. It's locally made, gluten-free and endlessly useful – it's that legit!



GRILLED BERRY PIE

SERVES 6-8

Grilling pie is as easy as, well, pie! As rustic as it is impressive, this pie can chill on the grill while you finish dinner. By the time your bottle of wine is empty – like magic – the grill will give you a pie!

- 1 pie crust (from a pack of two) or you can use a homemade crust
 - 3 cups fresh berries
 - $\frac{1}{3}$ cup granulated sugar, plus more for sprinkling
 - 2 tablespoons cornstarch
 - 1 tablespoon lemon juice, from $\frac{1}{2}$ a lemon
 - Zest of $\frac{1}{2}$ a lemon (about 1 teaspoon)
 - 1 teaspoon heavy whipping cream
 - 2 disposable foil pie pans (or square baking pans)
1. Preheat grill to as close to 350 degrees as you can get it.
 2. Place berries in a large bowl. Sprinkle with sugar, cornstarch, lemon juice and zest. Toss with your hands.
 3. Unroll pie crust and place it in a

- foil square pan). Place fruit in the center and fold up the edges to form the crust. Brush the edges with heavy whipping cream and sprinkle with granulated sugar (optional).
4. Place a second foil pie plate or square baking pan upside down on the grill. Place the pie (in its pan) on top of the inverted pan and close the lid to the grill. Cook until the crust is cooked through, from 20-30 minutes depending on how hot your grill is. Check it at 15 minutes and then every few minutes after to make sure it doesn't burn.
5. Carefully remove pie from grill. Cool before slicing. Serve with whipped cream or ice cream!



GRILLED PEACHES with MASCARPONE WHIPPED CREAM

SERVES 8 • *Gluten-free*

Nothing is better than a ripe peach – except maybe a ripe, grilled peach. While this isn't the stand-over-the-sink-juice-running-down-your-arm peach experience we all love, we think you'll do just fine with these sweeter than ever, juicy peaches. Topped with fresh mascarpone whipped cream with a kiss of caramel sauce, this is heaven on the grill.

- 4 medium-ripe peaches, cut in half and pits removed
- ¼ teaspoon ground cinnamon
- ½ teaspoon sugar
- ½ cup mascarpone cheese
- ½ cup chilled whipping cream
- 2 tablespoons sugar
- ½ cup Becky's Blissful caramel sauce
- Mint for garnish

1. Heat grill to medium. Sprinkle cinnamon and sugar on cut sides of peaches.
2. Place peaches cut side down on grill and grill for 4-5 minutes.

Flip over and grill another 4-5 minutes. Remove from grill and place on a serving platter.

3. Using an electric mixer, beat mascarpone cheese and whipping cream until the mixture starts to thicken. While continuing to beat, gradually add sugar. Keep beating until just combined, don't overbeat. Chill until ready to use.
4. To serve, place a large spoonful of mascarpone cream where the pit was on each peach and drizzle with desired amount of caramel sauce.



GRILLED BANANA S'MORES

SERVES 6 • *Gluten-free* • *Vegan with substitutions*

Sorry marshmallows, we turned you into bananas. Some might call this a healthy twist, but that doesn't sound delicious! What does is grilled, caramelized bananas atop graham crackers and chocolate-hazelnut spread...if you're into whipped cream, sneak some of that on there too. S'more, please.

- 3 medium bananas
- 1 tablespoon coconut oil, melted (or vegetable oil)
- ½ cup chocolate-hazelnut spread
- 18 graham cracker squares (or shortbread cookies)
- Whipped cream (optional)
- Toasted chopped hazelnuts (optional)

1. Leaving peels intact, cut banana in half lengthwise. Brush cut sides with oil.
2. Place bananas cut sides down on the rack of a

covered grill over medium heat. Grill for 4-6 minutes or until heated through and golden grill marks appear. Remove peels from bananas; cut each half crosswise into thirds.

3. Spread chocolate-hazelnut spread onto graham (or cookies); add banana portions. If desired, top with whipped topping and hazelnuts.





in the HENHOUSE

story and photos by MICHAEL SORENSEN

THE HENHOUSE AT KELLNER BACK ACRE GARDEN IN DENMARK, WISCONSIN IS A CACOPHONY OF NOISES, SMELLS AND SIGHTS. IF YOU'VE NEVER HAD THE PLEASURE OF SPENDING AN AFTERNOON WITH A COUPLE THOUSAND PRANCING, CLUCKING, PECKING CHICKENS THE CONSTANT BUZZ VEERS BETWEEN THE ENJOYABLE AND THE RIDICULOUS

SO MUCH THAT YOU CAN'T HELP BUT SMILE. IT'S A FOWL HARMONY THAT FARMER NANCY KELLNER HAS HEARD SINCE SHE WAS A CHILD AND HAS COME TO LOVE. "WE'VE ALWAYS HAD CHICKENS, BUT SMALL, MAYBE LIKE FIFTY TO A HUNDRED AND THEN WE'D JUST SELL EGGS OFF THE FARM AND THEN IT JUST GREW FROM THERE."

(continued)



Today Nancy and her husband, Tom, have close to 3000 flightless fowl on their forty-acre farm. What started as dairy farm forty years ago changed nineteen years ago when Nancy discovered she had breast cancer. It was a diagnosis that made her rethink what she was putting into her body and spurred her and her husband to start farming chickens the natural way. "We're hands on with our birds, number one and we don't spray them or feed them any antibiotics. We pasture graze them. Every seven days we switch them into a different pen and then in the winter we grow fodder, which are trays of wheat grass, that we give them as a substitute for fresh grass. We feed them some grains in the winter, but in the summer, we hardly feed them any grains at all because they're all out on pasture. We wanted to get back to the basics like grandma and grandpa did."

Recently Nancy added another bird to her flock by being the only vendor at Outpost selling fresh duck eggs. Similar

to a chicken egg, a duck egg has a harder outer shell and contains a richer, darker yolk. They're used in the same way a chicken egg is but are especially good for baking. "So many of my customers would tell me they can't buy chicken eggs because they have a chicken allergy so then I thought I'd try duck eggs. Even my daughter, Courtney was allergic to chicken eggs and told me her doctor said she could eat duck eggs because the oils are different in the duck eggs even though the duck is fed the exact same thing as the chicken." Science!

Nancy admits that there are easier ways to run a farm with more machinery, more chemicals and less oversight but the Kellner's wouldn't change about what they're doing. "Everyone thinks that chickens are so easy. I mean, we can't leave the farm. We are hands-on on here. We hand feed them. We don't have augers like those big commercial farms. Our thinking is you've got to walk in there and you've got to



see the health of the chicken. If something is happening. Are they stressed? You can tell by the egg too if they're stressed. So, that's what we wanted to do on the farm is be more hands-on."

At nineteen years cancer-free Nancy can't imagine living life any other way and she thinks her grandchildren are learning to appreciate it too. "Last weekend I had the grandkids over and we were picking kale and the five-year-old was eating it and I said 'Oh, we're going to feed that to the goats,' because it was kind of wilted so I was handing it to him to give to the goats and he's eating and giving it to the goat and then taking another bite himself. When you see something like that it it's like hey, this is worth it when you see the kids enjoy the food as much as we do."



YOU'LL FIND KELLNER'S CHICKENS IN THE FROZEN SECTION OF OUR MEAT DEPARTMENT AND DUCK EGGS IN OUR EGG COOLERS.

CO-OP road trip

PCC Community Markets: Seattle, WA

When you're in the Seattle area, your options for co-op food are nearly limitless. With twelve store locations, PCC is the largest natural foods co-op in the nation, you're bound to find everything on your shopping list at PCC!

pccmarkets.com

PACIFIC OCEAN

YELLOWSTONE

GRAND CANYON

Wheatsville Food Co-op: Austin, TX

Whether you're checking out the cool urban sites or just passing through, a stop at one of Wheatsville Co-op's two full-service store locations is a must. Word on the street is that their Popcorn Tofu Po'Boy is one amazing sandwich!

wheatsville.coop

HITTING THE OPEN ROAD THIS SUMMER? THERE'S NO NEED TO GIVE UP DELICIOUS AND HEALTHY FOOD WHILE YOU'RE TRAVELING. NO MATTER WHERE YOUR VACATION MAY TAKE YOU, THERE'S SURE TO BE A FOOD CO-OP NEARBY. SO, PACK YOUR BAGS, FILL YOUR GAS TANK AND GET READY FOR A CO-OP ROAD TRIP!

There are more than 200 food co-ops to visit in our great land! Find them by visiting ncg.coop

**Marquett Food Co-op:
Marquette, MI**

Yes, you can find delicious natural foods way up in da U.P.! As one of the only full-service natural food stores in the area, you'll find everything from fresh, organic produce to made-from-scratch deli foods in this charming, vibrant store.

marquettefood.coop

**Blue Hill Co-op Community Market & Café:
Blue Hill, ME**

Located "downeast", this cozy store features a café that uses the best in local and organic ingredients in their made-from-scratch specialties. Despite its size, they offer organic produce, an extensive bulk department and organic, vegan and gluten free grocery items alongside unique local treats.

bluehill.coop

**Viroqua Food Co-op:
Viroqua, WI**

Nestled in the hills of western Wisconsin, Viroqua Food Co-op provides local and sustainable food to their quaint hometown and the surrounding areas. Since they are conveniently located in a thriving organic farming community, fresh local food is always on their shelves.

viroquafood.coop

**Co-op Food Stores:
Upper Valley Region, NH**

Located on the border of Vermont and New Hampshire, The Co-op is one of the oldest surviving consumer food co-ops in the nation. You'll find conventional groceries right alongside natural, organic and specialty items. They even own their own gas station and service center!

coopfoodstore.coop



THE HOWARD BOWERS FUND: THE LEGACY OF A MAN WHO LIVED BY CO-OP VALUES



by MARI WOOD

LIKE A WELL-USED AND WORN MAP, THE INTERNATIONALLY RECOGNIZED LIST OF SEVEN COOPERATIVE PRINCIPLES, IS A GUIDE FOR COOPERATIVELY-OWNED BUSINESSES AS THEY TRAVEL INTO THE UNCHARTED UNCERTAINTY OF THE FUTURE. BUT THE CHALLENGES THAT LIE AHEAD FOR NATURAL FOOD CO-OPS AREN'T AS DAUNTING AS THEY ONCE WERE DUE TO THE LEGACY OF ONE MAN, HOWARD BOWERS.

Howard Bowers was a relatable man who held a strong and steadfast belief that "Co-op" is the business model that works. As the General Manager of the now defunct Eau Claire Consumers Cooperative from 1962 to 1984, Howard demonstrated his commitment and passion for consumer cooperation.

"My father had very strong opinions about what was necessary to make a cooperative financially strong and viable. He grew the Eau Claire Consumer Co-op from a rather small entity to a very large full-service operation. I believe he was responsible for much of the growth and financial stability of that co-op," says Stacey Bowers, Howard's son.

In 1984 Howard pulled up his co-op stakes and moved to Chicago to become the General Manager at Hyde Park Cooperative Society where he turned the financially flailing grocery store around to profitability.

"We have prevailed because we are a community owned business with the sole purpose of member and community needs. Our co-op entity is here forever, in a constantly changing form, so long as we do our total job and do it on a financially sound basis," Bowers said in a speech he made as GM of Hyde Park Co-op in 1989. Sadly, the Co-op did shutter their doors approximately 20 years later.

In his five-decade career working in the consumer cooperative sector, Howard found the time to mentor hundreds of food

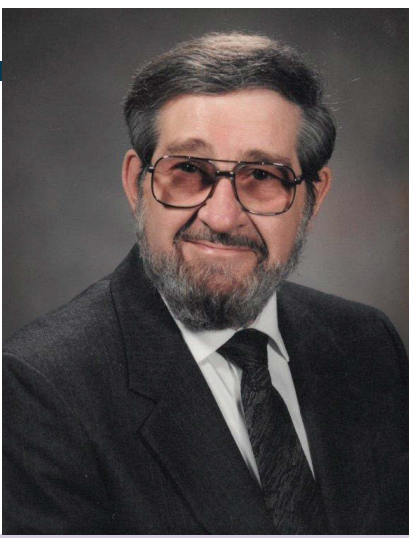
cooperators and was in large part responsible for reviving the annual Consumer Cooperative Management Association (CCMA) conference. It was in the early 1990's, at a two-week long course called the Co-op Management Institute, that Outpost's General Manager, Pam Mehnert, met Howard, who was a course instructor teaching the attending co-op managers about store operations.

"After the course was over, Howard would call to check-in with me to see how a then struggling Outpost was doing. He was full of advice and connected me with other cooperative organizations around the country," says Mehnert. "The amazing thing about Howard was that he helped turned Outpost's financial situation around, but would never take any credit for our success."

Karen Zimbelman, Senior Director of Membership and Cooperative Relations at National Co-op Grocers, agrees. "I worked at NCBA (National Cooperative Business Association) in the late 1980's and I would call Howard often for advice and support. This was at a time when there was a generation gap between the old and new waves of U.S. co-ops...Howard helped to bridge that gap so that all consumer co-ops worked together and supported each other."

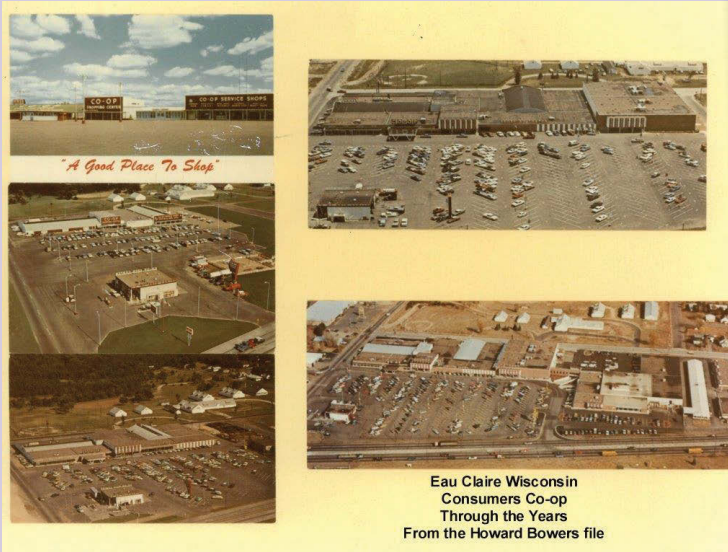
It was on one of these phone calls that Howard told Karen about a recent cancer diagnosis. "In the midst of this tragic news, he was mostly concerned about what he could do in his short time left to make sure that consumer co-ops remained strong and successful."

Shortly after Howard's death, the Howard Bowers Fund was created in 1994 with an endowment from the Hyde Park Cooperative Society to recognize and honor his life's work in the co-op world. True to Co-op Principles Five (Education, Training and Information) and Six (Cooperation Among Cooperatives), the Fund's purposes are "to promote and develop consumer-owned food cooperatives and consumer cooperative education, to encourage and train people to pursue careers in



Top left: Howard Bowers, 1991

Top right: 2018 CCMA Co-op Conference - Howard Bowers Fund fundraises to support the grants that they give out to food co-ops throughout the year



Bottom left: A collage of the Eau Claire Consumer Cooperative showing its growth over the years. Photo credit: The Family of Howard Bowers

Bottom right: An active community volunteer, Howard Bowers spread happiness as a Shriners clown. Photo credit: The Family of Howard Bowers

the management of consumer-owned food cooperatives and to provide education programs for staff, board and managers of consumer cooperatives.”

Hosted by the Cooperative Development Foundation, a charitable family of funds that advance economic development for cooperatives, the Howard Bowers Fund is responsible for giving out over \$500,000 in grants to co-ops since 1994, of which nearly \$9,000 has been given to Wisconsin-based food co-ops in the last five years alone. True to the memory of Howard, the Fund also has continually supported annual co-op conferences, such as CCMA, the Up & Coming Food Co-op Conference (held in Milwaukee for the past two years), and the Small & Strong Co-op Conference, which educates staff of smaller food co-ops.

Aside from financial support, perhaps the most profound impact of the Howard Bowers Fund is the cooperative culture that it has helped to create. “All co-ops have good times and bad times. We owe it to ourselves to help each other...We truly are stronger together,” says Zimelman. “Those GM’s who were mentored by Howard

are now mentors themselves. He helped create a culture in our industry of paying it forward.”

“You have to remember that when Howard mentored us, it was a time before internet communication existed,” says Mehnert, who sat on the original Howard Bowers Fund Board of Advisors. “The only way we could help and support each other was by picking up the phone and investing time in each other... Howard envisioned us building community wealth through cooperation.”

Leslie Mead, Executive Director of the Cooperative Development Foundation, says of the Howard Bowers Fund: “By providing training and education grants that help food co-ops develop and grow, we are directly contributing to healthy, connected, and economically sustainable communities.”

Despite the truth of this observation, it’s an impact that Howard Bowers probably would have been too humble to accept. Due to the vision and life-work of Howard Bowers, “Education, Training and Information” is no longer just a Co-op Principle, but is now a reality for many consumer food co-ops.

OUTPOST MAKERS MARKET COMES TO CAPITOL DRIVE



by VENICE WILLIAMS

photo MICHAEL SORENSEN

WISDOM IS LIKE A BAOBAB TREE; NO ONE INDIVIDUAL CAN EMBRACE IT. I THINK OF THIS AFRICAN PROVERB, EACH TIME I SET UP FOR THE OUTPOST MAKERS MARKET. MOST OF THE MARKET'S ENTREPRENEURS HAVE BEEN OFFERING THEIR PRODUCTS, COLLECTIVELY, AT THE OUTPOST COOPERATIVE LEARNING CENTER, ON THE NORTHSIDE OF MILWAUKEE, FOR TWO WINTER SEASONS. HOWEVER, IF YOU LOOK CLOSELY, YOU WILL SEE THAT THE MARKET, BIRTHED WITH THE OVERWHELMING SUPPORT OF OUTPOST NATURAL FOODS, HAS BLOSSOMED INTO SO MUCH MORE THAN A VENUE TO PROMOTE BUSINESS AND EXPAND YOUR CUSTOMER BASE. MANY OF THE ONE DOZEN, OR SO, SMALL BUSINESS OWNERS HAVE SHARED IDEAS, RESOURCES, AND OPPORTUNITIES. THE COMBINED WISDOM AND ENCOURAGEMENT HAS STRENGTHENED THESE HOME-GROWN MILWAUKEE ARTISANS.

"Being a part of this team of entrepreneurs has become more like a family; people who understand exactly what you are going through, and give you real life feedback," says TrueMan McGee, owner of Funky Fresh Spring Rolls. In May of this year, Funky Fresh opened its first brick and mortar restaurant in the Shops of Grand Avenue. "The Outpost Makers Market has given our business an opportunity to continue creating throughout the slow winter months," McGee continues. "We

have been able to keep cash flow going so we can continue to build our business and brand. It has also given our loyal fan base a place to find us during our 'winter recess.'"

This summer, Funky Fresh Spring Rolls, and several of the other creative business visionaries, have accepted the invitation to move the Outpost Makers Market to the Capitol Drive Outpost store. This outdoor market is held every Thursday, 10:00am to 8:00pm, with two rotating sets of makers, 10:00am to 3:00pm, and new vendors arriving, 4:00pm to 8:00pm. Along with some of the anchor merchants, Cakes by Linda Kay, Made to Be Clean, Alice's Garden, Cozy Zone, Indigo Body, LUSH Popcorn, Essential Raw Naturals, Cheri J Photo, Forever Fresh, Amanda's Homemade Juices, and more, the market welcomes Chef Ana of KASANA, as the outdoor food vendor during the 10:00am to 3:00pm timeframe. Funky Fresh Spring Rolls has deliciousness to nourish you, 4:00pm to 8:00pm.

TrueMan's excitement for this move cannot be concealed. "It has always been a dream of mine to potentially get our product onto Outpost shelves. I hope getting this close to the store, and selling our Funky Fresh Goodness is one step in the right direction of making that dream come true."

Venice Williams curates and coordinates the Outpost Makers Market. Venice divides her time between operating and managing Alice's Garden Urban Farm and growing her business of hand-crafted, artisan herbal products, "Alice's Garden".

WWW.ALICESGARDENMKE.COM

CHECKOUT



Chinooks mascot, Gill, warms up the crowd

WHEN . JUNE 1, 2018

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