

# GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

*a fall*  
**COCKTAIL FÊTE**

**AN APPLE A DAY  
WITH BARTHEL  
FRUIT FARM**

PAGE 16

**PASTURE-  
GRAZING  
AT GOLDEN  
BEAR FARM**

PAGE 30

PLU 3010  
**FALL 2018**

FREE WITH ANY PURCHASE



## FIRST WORD.

I'M WRITING THIS NEAR THE END OF OUR UPPER MIDWEST HARVEST SEASON. THE FARMER'S MARKETS ARE LUSH WITH FRUITS AND VEGETABLES AND THE SHELVES OF OUR PRODUCE DEPARTMENTS ARE FULL. LOCAL APPLES ARE ROLLING IN, AND WHILE NOT THE BUMPER CROP OF LAST YEAR, THE HARVEST IS STILL ROBUST AND WE'RE HOPING IT WILL CARRY US PAST THE FIRST SNOWFLAKES OF WINTER. BUT THERE ARE NO GUARANTEES. FARMING IS LIKE THAT.

Just a few months ago, our state was awash in rain, and record-breaking floods severely impacted some of our best growing regions. Fields were under water, heck, entire towns were flooded, and the fruits and vegetables that survived were changed by the water, their taste and texture altered by the whims of weather and the impact of a changing climate. This year you won't find as much local broccoli and those sweet, local green peppers won't be as plentiful. Us "city folk" sometimes believe that because we see grocery produce departments piled with fresh fruits and vegetables all year that the we should have access to anything we want, anytime we want. Our local farmers would beg to differ.

Living in a state where the majority of our land is devoted, in some way, to feeding us should make us keenly aware of how important farming is to life itself. Wisconsin is home to 68,500 farms which translates to more than 14 million acres devoted, in some way, to producing food. We produce 1/3 of the cheese in the United States, are number one in butter production, and grow more cranberries than any other state – and that's just a slice of how we help feed our nation.

Anytime is a great time to thank our farmers but fall seems especially fitting, since most of the harvest is done and we're ready to sit down at our Thanksgiving tables to celebrate the fruits of their labor. Here at Outpost, we try to thank them every day by offering up one of the largest selections of local and regional foods in our area and by sharing their stories, even when the crops are lean or the apples wear scars from a spring hail storm.



LISA MALMAROWSKI

Director of Brand & Store Development



*Nino & Bob, Barthel Fruit Farm*



## 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.

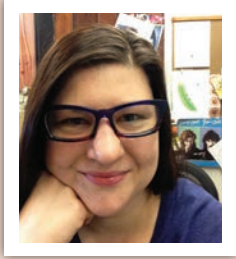
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## WHO IS GRAZE ?

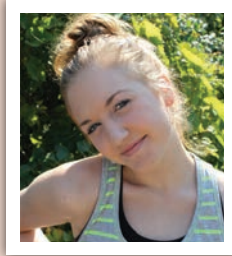


### *i am* CARA BERKEN.

*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.*



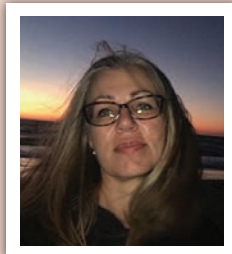
### *i am* LISA MALMAROWSKI.

*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.*



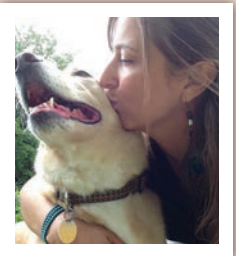
### *i am* MARGARET MITTELSTADT.

*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.*



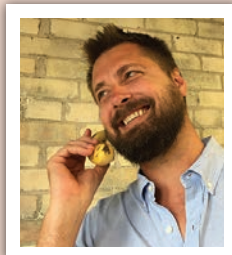
### *i am* DIANA SCHMIDT.

*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.*



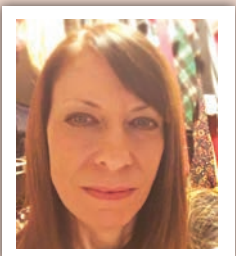
### *i am* MICHAEL SORENSEN.

*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  
**OUTPOST NATURAL FOODS COOPERATIVE**

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*have more fun!*

# CATERING from OUTPOST NATURAL FOODS

simple | casual | delicious

We offer a

*delicious*

selection for special diets

vegetarian • vegan • gluten-free

We concentrate on the

*quality*

of our ingredients

• organic, local, seasonal produce

• all-natural, organic meats

• local eggs & dairy

In fact, we make our menu items

*from scratch*

using fresh, all-natural & wholesome ingredients



Contact 414.755.3202 ext.452 or email [a.spangler@outpost.coop](mailto:a.spangler@outpost.coop)

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.



## TANDOOR CHEF SAMOSAS

RESTAURANT LEVEL SNACKS READY IN A FLASH

Just like Indian take-out...except you're taking it out of your oven! These delicate and tasty samosas have everything going for them: a light, flaky and flavorful dough surrounding a delectable filling of green chilis, coriander, potatoes and peas. And to top it all off—each box of frozen samosas comes with its own refreshing mint chutney for dipping. They've thought of everything!



## MA BAENSCH'S HERRING

WE'VE JUST REELED IN THIS MARVELOUS MIDWEST CLASSIC!

You know how you can tell a company with just two products is doing something right? They've been in business close to ninety years. Ma Baensch's is a Milwaukee staple and they know their herring. You can get their original marinated recipe or, if you're feeling fancy, you can opt for their "sour cream and chive" version. Either way you're going to get the finest Newfoundland caught herring around. As their saying goes, "It won't be a party if you don't invite Ma Baensch!"

## CREAM CITY BODY LOTION

THIS SWANKY SKIN SMOOTHER WILL BLISS YOU OUT

You know what we love about this local body lotion? The way it feels on our skin. It's not slippery or greasy—it just leaves you feeling luxurious and soft. Key ingredients include aloe vera, oat extract and buckthorn and is perfect for all skin types (and makes an ideal gift). It comes in three blissful fragrances: delicate "Lavender", the sweet citrusy "Peace" and the balanced earthy scent of "Nirvana."



## WESTBY FRENCH ONION DIP

GET HIP TO THE DIP THAT WILL MAKE YOUR CHIPS FLIP!

Farmer owned for more than 110 years the Westby Co-operative has been keeping it creamy since your grandparents were in short-pants and their Grade A Cultured French Onion Dip is ooo-la-la delicious. With just the right amount of pungent onion goodness and smooth sour cream this dip will be the highlight of any party. Dare we say that it's better than homemade? Yes. Yes, we do.



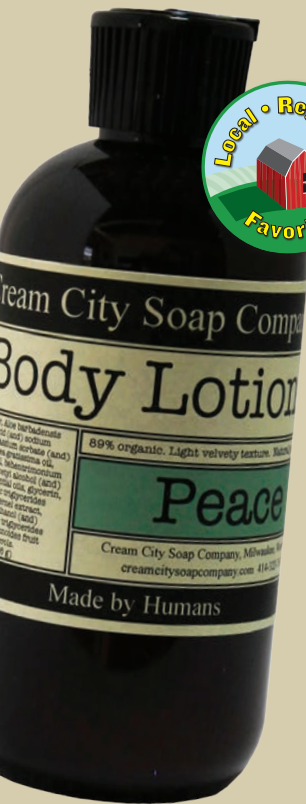


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## SPoon Optional SIPPABLE SOUPS

A SAVORY SANS STRAW SIPPABLE SUPPER

Certified organic, vegan and made with real, recognizable ingredients (you know, things like “carrots” and “cucumbers”) these soups can be eaten cold, hot or right out of the bottle. Get your green on with “Savory Super Greens” or spice it up with “Carrot Ginger Turmeric.” We’re particularly fond of the earthy “Beet Cucumber Gazpacho” that’s packed full of folates and potassium. Toss that soda, this is your new drink 'pick me up'!



## OUTPOST BAKEHOUSE TURTLE BARS

THIS DECADENT TREAT WINS THE DESSERT RACE

Ah Turtle Bars...how can something named for something so slow be eaten so fast? Maybe it's the rich and tempting combination of graham crackers, caramel and chocolate? Probably. Or maybe it's because we bake them in-house with all-natural, organic flours, sugars, and cream? Or is it the pecans? We think it's the pecans. Try one today and let us know if we're onto something here.



## FIELD ROAST MEATLOAF

NO FOOLIN'-THIS FAUX LOAF IS FAB

Field Roast's Classic Meatloaf is lovingly made like grandma used to make...if grandma was a vegan. Filled with natural ingredients like fresh carrots, celery, onions, tomatoes and a hint of garlic this satisfying “meat” loaf is a savory pleasure that works great alongside mashed potatoes or even better as the star of your sandwich. Glaze one with ketchup, brown it in the oven or bathe it in a rich, brown gravy this is a loaf to love.



# FALL.

*(two ways)*

## FIGS

**B**REAK OUT THE FIG LEAVES! FIGS HAVE BEEN ON THE MENU WELL BEFORE THE BEGINNING OF CIVILIZATION. THEY ARE A DELICIOUS AND FRUITY PRIZE UNTO THEMSELVES AND CONSIDERED TO BE A SYMBOL OF PEACE AND PROSPERITY. DRIED FIGS CAN LOOK A LITTLE MORE GNARLY, BUT DON'T BE FOOLED. ALL THOSE SUGARS ARE NOW CONCENTRATED INTO A CHEWY MORSEL! EITHER WAY, FIGS ARE A GOOD SOURCE OF MINERALS, ANTIOXIDANT VITAMINS A, E AND K AND FIBER. SHOP FOR FRESH FIGS AT THE BEGINNING OF THE FALL SEASON. EAT THEM WITHIN A COUPLE OF DAYS. DRIED FIGS ARE AVAILABLE YEAR-ROUND IN THE BULK DEPARTMENT.

### FIG & ALMOND BREAD STUFFING with FENNEL

*Vegetarian or vegan with substitutions*

SERVES 8-10

*Classic bread stuffing gets a California make-over with the addition of dried Mission figs and roasted almonds. Sweet and savory, the flavors blend together all that you love about fall seasonal cooking. Make and bake the stuffing the day before to buy yourself a little extra time. Simply cover with foil and keep in the fridge. Leaving the foil on, re-heat 15 minutes before serving.*

- |   |   |
|---|---|
| One 12-ounce loaf peasant-style bread, cut into 1-inch cubes                          | 1 onion, finely chopped                   |
| 1½ cups almonds, sliced   | 3 celery ribs, finely chopped             |
| 12 ounces dried Black Mission figs, stemmed and coarsely chopped to make about 2 cups | 2 large carrots, finely chopped           |
| 2 tablespoons fresh sage, chopped   | 1 fennel bulb, cored and finely chopped   |
| 2 tablespoons fresh flat-leaf parsley, chopped  | 2 garlic cloves, minced                   |
| 6 tablespoons unsalted butter, plus more to prepare a baking dish                     | 1 tablespoon fennel seeds                 |
|   | 8 large eggs, lightly beaten              |
|   | 2½ cups chicken stock or low-sodium broth |
|   | Salt and freshly ground pepper            |

1. Preheat the oven to 350 degrees. Spread the bread cubes on a large baking sheet and toast for about 15 minutes, stirring once. Remove and set aside to cool. Spread the almonds on another baking sheet and toast for 5 minutes, until lightly browned. Let the almonds cool, then lightly crush them. To a large bowl add the bread, almonds, figs, sage and parsley. Set aside.
2. In a large skillet, melt the 6 tablespoons of butter. Add the onion, celery, carrots, chopped fennel bulb, garlic and fennel seeds and cook over moderate heat, stirring occasionally, until the vegetables are softened, about 5-8 minutes. Let cool, then scrape the vegetables into the bread mixture in the bowl. Stir in the eggs and stock and season with salt and pepper. Mix all the ingredients together using your hands.
3. Generously butter a 9x13-inch baking dish. Spread the stuffing mixture in the dish and cover with foil. Bake for 30 minutes, until heated through. Uncover and bake for 10 minutes longer, until the top is lightly browned. Serve hot.



**1<sup>ST</sup>**  
*way.*







## CHAI SPICED FIG CAKE

MAKES ONE 9-INCH, THREE-LAYER CAKE

*Have your chai and eat it, too, with this lovely spice cake recipe. Fresh figs are less sweet than dried figs. They add an unexpected flavor brightness and elegance to an already festive cake. We made our 3-layer cake without any fancy-shmancy cake decorating tools – just a butter knife and a cake plate. You'll feel like a pro when you bring it to the table.*

### CAKE:

3 cups all-purpose flour  
3 tablespoons cornstarch  
1½ tablespoons baking powder  
1 teaspoon salt  
3 tablespoons cinnamon  
1½ teaspoons nutmeg  
1½ teaspoons allspice  
1½ teaspoons ginger  
1 teaspoon cardamom  
¼ teaspoon coriander  
¼ teaspoon cloves  
3 sticks unsalted butter, softened at room temperature

3 cups brown sugar  
5 eggs  
1½ tablespoons vanilla extract  
1½ cups milk

### FROSTING:

1½ cups unsalted butter, softened at room temperature  
3½ cups powdered sugar (one 16-ounce box or bag), sifted 1-2 times to remove lumps  
¼ cup whole milk or half-n-half  
3 tablespoons maple syrup

### LAYERS:

10-12 fresh figs (sliced for layering and garnish)

### CARAMEL SAUCE:

1 cup brown sugar, packed  
½ cup heavy whipping cream  
4 tablespoons unsalted butter  
Pinch of salt  
1 tablespoon vanilla extract  
(Short on prep time? Try Becky's Blissful Bakery Caramel Sauce – a local favorite.)

### Cake:

1. Preheat oven to 350 degrees. Using butter, grease and then flour three 9-inch round cake pans. To ensure easy cake removal, add a layer of parchment paper on the bottom of each pan.
2. In a large mixing bowl whisk together flour, cornstarch, baking powder and spices.
3. Using a stand mixer with paddle attachment, beat together butter and brown sugar for about 2-3 minutes on medium until fluffy. Add eggs one at a time, making sure each egg is thoroughly incorporated before adding the next. Then add the vanilla and milk.
4. Set mixing speed to low and add the dry mixture in three batches until just mixed.
5. Pour the batter evenly across the three prepared pans. Lightly tap cake pans on the counter to get rid of any major air bubbles.
6. Bake for about 30 minutes. Check with a toothpick in the center until clean. Remove from oven and let cool in the pan for about 15 minutes. Then remove to a cooling rack.

### Frosting:

1. Using your mixer and the paddle attachment again, whip the butter for eight minutes on medium-low. The butter will become very creamy.
2. Pour the milk into the butter as well as the maple syrup. Mix on medium-low until just incorporated, scraping down the sides if necessary.
3. Add the powdered sugar in three batches. Mix on low. The frosting will be very light and fluffy.

### Caramel sauce:

1. Melt together brown sugar, heavy cream, butter and salt in a saucepan over medium-low heat. Cook while whisking gently for 7-10 minutes, until it thickens. Add the vanilla and cook another minute. Turn off the heat, cool slightly and pour the sauce into a heat-proof container. Refrigerate until cold. NOTE: Caramel sauce may thicken further in the fridge. Microwave for about 20-30 seconds to loosen the sauce for assembling the cake.

### Assemble:

1. Once cakes are completely cooled, remove parchment paper and trim off the rounded top of each cake to make a flat, even layer.
2. Place the first layer down on your cake plate. Create a barrier or rim of frosting around the edge of the cake, pour caramel in the center of this and spread to create a thin layer. The barrier will keep the caramel from spilling over the edge. On top of the caramel cover with sliced figs. Drizzle a little more caramel if desired.
3. Repeat this process with the second layer.
4. Add the third layer and cover whole cake with the remaining icing. If you choose, use a paper or kitchen towel to remove frosting smudges from the cake plate.
5. Chill for 1-2 hours before serving. Try decorating it with extra figs and fresh seasonal florals like mums or other edible flowers


2<sup>ND</sup> way.



# (our) TABLE OF WISCONSIN CHEESE


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 VARIETY IS THE SPICE OF LIFE

**Ce** CLOCK SHADOW CREAMERY CHEVRE



TYPE. GOAT'S MILK  
FLAVOR. MILD, CREAMY & FLORAL  
PAIR WITH. SANCERRE OR SAUVIGNON BLANC

**Ci** CRAVE BROTHERS FRESH CILIEGINE MOZZARELLA



TYPE. COW'S MILK  
FLAVOR. DELICATE & FRESH, "CHERRY-SIZED"  
PAIR WITH. SPARKLING WINE

**T**HE CO-OP STOCKS WORLD-RENOWNED CHEESES, MADE RIGHT HERE IN WISCONSIN! WHILE WE MIGHT BE KNOWN AS CHEDDAR HEADS, OUR CHEESE IS HARDLY LIMITED TO JUST ONE DELICIOUS STYLE—ITALY, GERMANY, FRANCE, SWITZERLAND, AND GREECE—HAVE ALL INFLUENCED OUR WISCONSIN ORIGINALS. WE'D LOVE TO HELP YOU FIND YOUR NEW FAVORITE!

The dairy state has over 160 years of cheese making history on the books. From the old world-inspired cheeses to Wisconsin classics, there are hundreds of incredible varieties to choose from. We are also home to some of the most awarded cheeses and cheesemakers in the world. This table just scratches the

**Qu** CESARS QUESO FRESCO




TYPE. SASSY COW'S MILK  
FLAVOR. SWEET AND SALTY, SQUEAKY, MELTS WELL  
PAIR WITH. IPA

**Go** SWISS VALLEY FARMS MINDORO GORGONZOLA




TYPE. COW'S MILK  
FLAVOR. SWEET, CREAMY & MILD  
PAIR WITH. CABERNET SAUVIGNON

**Fe** ODYSSEY FETA CHEESE



TYPE. COW'S MILK  
FLAVOR. FIRM YET CRUMBLY, TANGY & SALTY  
PAIR WITH. RIESLING

**Bl** BUTTER MILK BLUE AFFINÉE




TYPE. COW'S MILK, AGED 6 MOS.  
FLAVOR. RICH, CREAMY, PIQUANT & EARTHY  
PAIR WITH. CABERNET SAUVIGNON

**Sw** DEPPLER BABY SWISS




TYPE. COW'S MILK  
FLAVOR. BUTTERY, NUTTY & CREAMY  
PAIR WITH. BELGIAN-STYLE ALE

**Rr** ROELLI RED ROCK




TYPE. COW'S MILK, CAVE AGED  
FLAVOR. TANGY, EARTHY CHEDDAR & A HINT OF BLUE  
PAIR WITH. PALE ALE

**Pa** COUNTRY CONNECTIONS PARMESAN



TYPE. COW'S MILK, AGED OVER 8 MONTHS  
FLAVOR. BUTTERY, SWEET & NUTTY  
PAIR WITH. ROSÉ

**Ch** HOOKS 5-YEAR CHEDDAR



TYPE. COW'S MILK, AGED 5 YRS.  
FLAVOR. TANGY, FRUITY & GRANULAR  
PAIR WITH. ZINFANDEL



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

surface of cow, sheep, goat (or sometimes all three!) cheeses made just a stone's throw away. What we love is an excellent jumping off point to curate your own top picks. We think cheese tastes best with friends and a little something to drink – while we can't tell you who to eat cheese with, we have some lovely suggestions of what to drink while doing so.



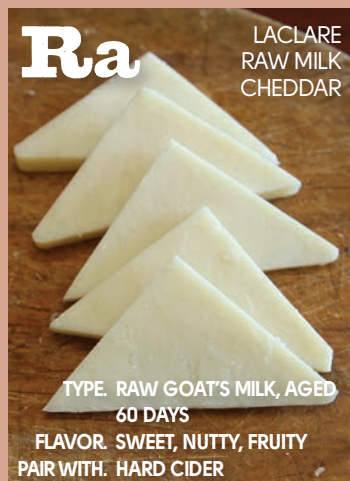
**Ma** CARR VALLEY MARISA  
 TYPE. SHEEP'S MILK  
 FLAVOR. MELLOW, SWEET & FIRM  
 PAIR WITH. LAGER



**Gr** ROTH KASE GRAND CRU  
 TYPE. COW'S MILK, AGED 4 MOS.  
 FLAVOR. FLORAL, FRUITY, NUTTY  
 GRUYERE SUBSTITUTE  
 PAIR WITH. HARD CIDER



**Ga** SAXON CREAMERY BIG ED'S GOUDA  
 TYPE. COW'S MILK, AGED 3 MOS.  
 FLAVOR. SMOOTH, SWEET & TANGY  
 PAIR WITH. PINOT NOIR



**Ra** LACLARE RAW MILK CHEDDAR  
 TYPE. RAW GOAT'S MILK, AGED 60 DAYS  
 FLAVOR. SWEET, NUTTY, FRUITY  
 PAIR WITH. HARD CIDER



**Mo** CARR VALLEY MOBAY  
 TYPE. SHEEP & GOAT, ASH LAYER  
 FLAVOR. DELICATE & RUSTIC  
 FRENCH-STYLE CHEESE  
 PAIR WITH. CHENIN BLANC



## SPOTLIGHT: CEDAR GROVE

It's the soil, the grass, the air, and the water that combine to create Wisconsin's rich and delicious milk. And it's Wisconsin's cheesemakers who transform that milk into something even more transcendent. It's a tradition that Cedar Grove Cheese owner Bob Wills has been focused on since he took over production of the hundred-year farm in 1989.

"Cedar Grove was started in 1878 by Lemiel Cooper... he owned the farm that it was on. It was the first cheese factory in that area of the state and he brought in a Swiss cheese maker from Fort Atkinson. I think he kept the factory until around 1900. I think it may not have been called Cedar Grove until around 1900...after the trees that had been in that location."

It's serendipitous that Cedar Grove is named after trees since Cedar Grove has a firm commitment to the environment including the use of a "Living Machine" which is, essentially, a natural water treatment facility that uses plants like Calla Lilies, Canna, Giant Taro, and Papyrus to "clean" waste water instead of using chemicals.

Besides cleaning up after themselves Cedar Grove is also home to award-winning organic cheeses that are animal enzyme and GMO-free so what you're getting is a true, Wisconsin cheese that tastes as good as it did in 1878—just with a little modern ingenuity thrown in for good measure.







# SINGAPORE CELEBRATION in the DAIRYLAND

story and photos by MICHAEL SORENSEN





**G**ROWING UP IN RURAL TENNESSEE STACEY WILLIAMS-NG DIDN'T SPEND A LOT OF TIME CONSIDERING THE IMPORTANCE OF PUBLIC ART, THE PERFECT RECIPE FOR HAINANESE CHICKEN RICE OR EVEN THE CITY OF MILWAUKEE, FOR THAT MATTER. BUT THEN WHAT DID ANY OF US KNOW ABOUT ANYTHING WHEN WE WERE KIDS?

Today, Stacey is the Program Director for Milwaukee's "Black Cat Alley," a street art destination on the East Side; an accomplished home cook with an arsenal of Malaysian and Singaporean dishes at the ready; and an artist in her own right with impressive murals all over town (including the second largest mural in Milwaukee at 26th and Kilbourn). But we'll get to all of that in a bit. Right now, we're standing in Stacey's open concept, art filled kitchen with her husband, Ken, and their two friends, Tim and Jen, as Stacey concentrates on grating a giant hunk of jicama explaining how she got here.

"When Ken and I first got married and we moved to Singapore I had never really learned to cook. I mean I was really young. I was only 23 and I was in Singapore," Stacey recalls. "I had three months to wait for a work visa with nothing to do and so I watched my mother-in-law making these amazing meals. I mean, I had never seen an Asian meal prepared before in my life."

This experience left a lasting impression on Stacey as she watched her mother-in-law create flavorful family feasts every day. Ken says it was something you had to pay attention to if you wanted to get it right. "My mother was kind of like MacGyver in the kitchen. Sniff-sniff. Taste. Test. A little bit of this. A little bit of that. It's all nose and tongue." Those motherly meals were Stacey's initiation into the world of Asian cuisine. "She was making these incredible, elaborate meals. So, I had to just watch her. It's funny how I learned how to make these Singaporean and Malaysian dishes before I learned to make the food I grew up with."

After three years in Singapore, Stacey and Ken decided to move back to the States. "We bought a book called 'Fifty Cities to Raise Your Family' and we picked Chicago, so we quit our jobs and

showed up in Chicago with a 14-month-old," Ken remembers. Stacey chimes in, "That was stupid... but we did it."

After seven years in the Windy City they moved to literally greener pastures in Wisconsin and haven't looked back. It was in Milwaukee that Stacey and a fellow artist friend, Tim Decker, got the idea for "Black Cat Alley."

"He was seeing his students cut through this alley on the east side and he came to me and said, 'What if we got the students to paint this alley and we make it an art destination?' It was all Tim Decker's idea," Stacey modestly says as she sautés shrimp shells. "It just kept getting more and more ambitious. We could have some of the artists be students—but why don't we have professional artists do it? Then it was not just professional artists from here—let's do a call for artists and open it up worldwide! The frog was painted by a European artist, another mural was done by an L.A. artist, another was a Philly artist, but 80 percent of them are from professional Milwaukee artists."

Now just two years old, "Black Cat Alley" seems like it's always been a part of Milwaukee and Stacey is one of the people at the forefront behind beautifying our city. "It's become a full-time job for me, which was a real surprise. At the time it was just a labor of love, but now I've worked with Bay View, Walnut Way, Lindsey Heights, and Wauwatosa. These different neighborhoods are saying 'We want to do mural projects. This is amazing.'"

As for how art intersects with cooking, Stacey adds, "It's all working with your hands." Which prompts her dinner companion Tim to add, "I think a lot of artistic people like to cook. Baking is science, cooking is art."

*(recipes following)*



## SINGABOYGAN SLING

*Stacey's friend and dinner guest, Tim Demeter, who is part owner of Great Northern Distilling, came up with this refreshing concoction inspired by a "Singapore Sling with a little bit of a classic Wisconsin Old Fashioned."*

2 ounces Great Northern Distilling Herbalist Gin  
¾ ounce Great Lakes Distillery Good Land Orange Liqueur  
1 dash Bittercube Trinity Bitters  
¾ ounce grenadine  
1 ounce orange juice  
¾ ounce lime juice

Shake all ingredients over ice and strain into highball glass over fresh ice. Top with club soda. Garnish with lime wedge.



## NONYA LEMAK LAKSA (MALAYSIAN CURRY FISH NOODLE SOUP)

SERVES 4

*If you're a curry fan you're going to love laksa. Traditionally it's served with rice noodles but we used good old Italian spaghetti. You can control the spice level by adding or subtracting the habaneros. Get ready for your kitchen to smell wonderful!*

1 16-ounce package spaghetti  
12-16 gulf shrimp, peeled, shells reserved  
4 hardboiled eggs, peeled  
5 shallots, peeled and sliced  
7 cloves garlic, peeled and crushed  
1 thumb-sized piece of ginger, peeled and cut into ¼-inch pieces  
1 habanero chili  
2 dried dates  
6-8 raw almonds  
2 tablespoons red chili powder  
2 tablespoons turmeric  
1 tablespoon coriander  
2 tablespoons dried mint leaves (or 6-7 fresh ones)  
1 teaspoon salt  
3 quarts (12 cups) shrimp or fish stock  
3 tablespoons coconut oil  
1 can coconut milk  
3 limes  
Garnish: cilantro, cucumber slices, and mung bean sprouts

1. Cut and prep all the vegetables; set aside. Hard boil the eggs and cool for later. Peel the shrimp and boil them, reserving the shells separately.
2. In a large pot, bring the fish stock to a boil, and cook the spaghetti in it, according to package instructions. Reserve the fish stock when draining the spaghetti. Set the noodles and the broth aside.
3. In a food processor, add shallots, garlic, ginger pieces, habanero chili, dates, almonds, and spices. Blend into a smooth paste. This is your laksa curry base. Set aside.
4. Heat coconut oil in a wok or other large skillet. For the adventurous, you can flavor the oil by flash-frying the shrimp shells for 2 minutes, then removing them. If you prefer a less pungent base, skip this step and just heat the oil to medium-low. Add the laksa curry base and simmer for 10 minutes, stirring continuously. After 10 minutes, add coconut milk, and stir. Simmer 2 minutes. Add 6 cups reserved fish stock; stir to combine and heat throughout. Add juice of one lime. Remove from heat.
5. To prepare the dish for serving, place one serving of spaghetti noodles in each large bowl, and top them with 3-4 shrimp, two boiled egg halves, and mung bean sprouts to taste. Ladle the hot coconut curry over each bowl when ready to serve. Garnish with cucumber slices and cilantro and serve hot.





## VEGAN POPIAH WRAPS

SERVES 4

*Popiah is a popular spring roll found in Malaysia and Singapore. It's usually served in rice paper wrappers but this is an easy and filling "fusion" version using tortillas. You can use rice paper wrappers to make them gluten-free.*

- 1 thumb-sized piece of ginger, grated
- 1 large jicama, peeled and shredded
- 3 carrots, peeled and shredded
- ½ cup water
- 3 tablespoons molasses
- 2 tablespoons tamari
- 1 head green leaf lettuce like Romaine
- 1 cup peanuts, chopped
- 2 cups mung bean sprouts
- ½ cup chopped cilantro
- Molasses for drizzling
- Chili garlic paste or your favorite hot sauce—like Sriracha
- Tortillas

1. In a pot, add the ginger, jicama and carrot shreds with about ½ cup of water. Simmer until soft, approximately 15 minutes. Add molasses and tamari to flavor the mix; stir. Set aside and let cool to room temperature.
2. Smear a tortilla with molasses and hot sauce to taste, then line the tortilla with green leaf lettuce. Spoon about ½ cup of popiah filling down the middle. Top with chopped peanuts, cilantro and bean sprouts to taste. (Non-vegan filling options are shrimp, egg omelet slices or cooked ground pork). Roll tightly and make a giant "burrito" or giant spring roll. Use a knife to cut each into 6 slices, and serve on a bed of curly lettuce. Serve with hot or sweet sauces for dipping.



## BOK CHOY IN OYSTER SAUCE

SERVES 4

*This dish is delicious with rapini, turnip greens, mustard greens, or "kai lan" AKA Chinese broccoli. We went with bok choy for this recipe. This can be served over rice if you want to make it a more filling meal.*

- 4-6 bunches of bok choy, washed and ½-inch of stem bases removed
- 1 teaspoon sugar
- 2 shallots, thinly sliced
- 2 cloves of garlic, thinly sliced
- 2 tablespoons of light soy sauce
- 2 tablespoons of vegetable oil
- Salt and white pepper to taste
- 1 teaspoon of sesame oil
- 4 tablespoons of oyster sauce
- Crispy fried onions

1. Wash and soak leafy vegetables in lightly salted water for 15 minutes. Boil a medium pot of water over high flame. Add 1 teaspoon of sugar (add more if your pot is large). Blanch the vegetables in the boiling water for 1–2 minutes, or until the leaves slightly wilt and darken. Drain and place on a serving dish.
2. Heat wok with vegetable oil on medium heat, stir-fry shallots and garlic until fragrant and golden brown. Reduce heat to low and add light soy sauce (beware of the sizzle!). Remove from heat and stir in the sesame oil, oyster sauce and salt and pepper. Pour immediately onto the vegetables and serve hot. Garnish with crispy fried onions.









## *An apple a day*

# FOR MORE THAN THREE DECADES

*story & photos by*  
MICHAEL SORENSEN

IT'S EARLY SEPTEMBER AT BOB BARTHEL'S AND NINO RIDGWAY'S MEQUON FARM AND THE APPLES ARE JUST BEGINNING THEIR SEASONAL TRIP TO OUTPOST SHELVES. IT'S A JOURNEY THAT HISTORICALLY STARTED BACK IN 1839, WHEN BOB'S GERMAN ANCESTORS FIRST SETTLED IN THE AREA, BEFORE MILWAUKEE WAS FOUNDED IN 1846. FLASH FORWARD TO THE SWINGING (NINETEEN) SEVENTIES WHEN OUTPOST ENTERS THE PICTURE AFTER BOB MAKES A SALES CALL TO OUR FORMER HOLTON STREET LOCATION TO SELL APPLES, JUST AS HIS FAMILY USED TO SELL APPLES DOOR-TO-DOOR WHEN HE WAS A BOY!

*(continued)*





“I was at your second store and I did a cold call trying to sell some apples and apple cider,” Bob recalls.

Naturally, Outpost jumped at the opportunity to cultivate a relationship with a local grower and we’ve been working with Barthel’s ever since. It’s a relationship that benefits Bob, Outpost and our customers. “I used to sell to the big chains and it’s an ugly market. It’s price driven,” Bob tells me. “There’s no loyalty and all they really want is appearance only. They really don’t care about the quality of the fruit as long as it looks good.”

To emphasize this point Bob tells me about the time he quit the “big box” retailers for good. “Once I had a truck enroute to a certain retailer and I got a call from them that they were offered a lower price and if I wanted them to take my apples I’d have to match that lower price.” It’s a shady retailer game that we don’t have to play with Outpost. In fact, it’s the opposite. Together we support our farmers any way we can.

“When we’ve had crop failures due to weather—Outpost has been there. Outpost demands food that is high quality and if you can supply that, Outpost is willing to support the local farmer and pay a fair price. We can talk price with you and you’re willing to meet what we need.”

Produce category manager William Quinn agrees, “This is a long-term partnership. We share the good years and the bad

years. For instance, one year they had hail damage and the apples all had dimples, but we educated our customers that these are still great tasting Barthel apples, and in years that they had bumper crops we pulled out all the stops to sell as many as we could for them and reached out to other co-ops in the area to help them sell their apples.”

And what about the apples this year? Bob tells me, “The quality looks good, the size is okay. Not as big, but we still have time for it to grow yet, the volume is a little light. It’s a little smaller crop this year.” He blames the smaller crop on pollination problems due to the weather, but he still got by with help from his friends at Indian Summer Honey Farms. “I’ve been real fortunate. I work with a neighboring commercial bee keeper. He runs 4,000 hives and I have about 50 hives here every year to help with pollinating the fruit. I have a good relationship with him and I make sure we have our bees every year.”

It’s a cycle of assistance that we here at Outpost understand and practice ourselves. When co-ops help co-ops and farmers help farmers everyone benefits.

BARTHEL FRUIT FARM  
12246 N. FARMDALE ROAD  
MEQUON, WI 53097  
WWW.BARTHELFRUITFARM.COM









VEGETABLE & WALNUT  
CREAM TARTLETS





# a FALL cocktail FETE



## VEGETABLE & WALNUT CREAM TARTLETS

MAKES 12

*Vegan & Gluten-free with substitutions*

*When everyone saw these beautiful rosettes, they commented on how complicated they looked. Here's the secret, yes, they're a little fussy, but easy to make. The hardest part is remembering to soak the walnuts – they need to soak overnight. The combination of creamy walnut and miso will fool you into thinking these are some sort of nutty, cream cheese tart. We used prepared crusts, but you can use your favorite vegan or gluten-free crust recipe if you like.*

### Walnut Cream Filling

- 1 cup raw, unsalted walnut pieces, toasted
- 2 tablespoons olive oil + more for drizzling
- 2 tablespoons light miso
- 1 clove garlic, minced
- 1/8 teaspoon kosher salt
- 1/8 teaspoon black pepper

### Tart

- 1 box Immaculate Baking refrigerated pie crusts, at room temperature
- 1 large zucchini trimmed and shaved into long strips using a peeler
- 2 medium carrots peeled and shaved into long strips using a peeler
- 1 tablespoon olive oil plus more to drizzle if needed
- Kosher salt and freshly ground black pepper, to taste

*Special equipment – food processor, round cookie cutter, muffin pan*

1. Soak walnuts overnight in two cups of water, or about 8 hours. Drain and combine the filling ingredients in a food

processor. Process until the mixture is very creamy. This will take a while. If mixture seems very thick, while processing, drizzle in a small amount of olive oil for a creamier texture.

2. With a 3 1/2-inch round cookie cutter, cut 12 rounds from crusts and re-roll if necessary. Preheat oven to 375 degrees. Coat muffin tin with spray oil. Place the pastry rounds in each cup and prick the bottom of the cup 2-3 times with a fork.
3. Spoon about 1 1/3 tablespoons of the walnut filling into each cup, so it's just at or below the level of the dough.
4. Roll strip of zucchini or carrot into a spiral and press firmly in the center of each cup, then surround it with a few strips of carrots until a spiral pattern forms in the cup. It's nice to alternate.
5. Drizzle or spray olive oil over all and then season the vegetables with sprinkles of salt and pepper. Bake for 35-38 minutes or until the crust is browned. When slightly cool, remove from tin. Can be served warm or cold.

## (our) MENU

CHEESE & NIBBLES BOARD  
with FAUX-GRAS

CHIPOTLE CRANBERRY  
BBQ PORK SLIDERS

VEGETABLE & WALNUT  
CREAM TARTLETS

TAHINI BEET DIP with  
GRILLED PITA

SMOKED SALMON STACKERS

CHOCOLATE TRUFFLE  
COOKIES

the GOLDEN DRAGON  
COCKTAIL



# CHIPOTLE CRANBERRY BBQ PORK SLIDERS

SERVES 10-12

*Gluten-free with substitutions*

*With a savory kick, this tangy-sweet BBQ pork says, “hello fall” and works equally well at a fancy cocktail party or a football bash. We love the ease of slow-cooking. We used pork loin for our dish, but shoulder works great as well, it will just be a little fattier. We like serving these plated up as sandwiches, but it works just as well in a chafing dish with buns on the side.*

- 2½ pounds boneless pork loin or shoulder
- 1 tablespoon paprika
- 1 teaspoon freshly ground black pepper
- 2 teaspoons salt
- 2 cloves garlic, minced
- ½ onion, sliced
- ½ cup water
- 1 cup Chipotle Cranberry BBQ Sauce (see recipe)
- 2 cups low or no sodium chicken or beef broth
- Pickled Red Onions (see recipe) and pimento stuffed green olives for garnish
- 24 small cocktail buns

1. Cut pork into 3-4 chunks.
2. In a small bowl combine paprika, black pepper, salt and minced garlic. Mix well then coat all sides of each piece of pork with rub.
3. Place cut onions on bottom of slow cooker and then add pork, fat side up. Add rest of ingredients and cook on medium to medium-high for 7-10 hours.
4. When pork is tender, remove from slow cooker to drain off most cooking liquid. Then, using two forks, shred pork, add to bowl and mix in more BBQ sauce to taste. Serve on cocktail buns, top with pickled onions and skewer with a stuffed green olive.

## CRANBERRY CHIPOTLE BBQ SAUCE

MAKES ABOUT 2 CUPS

**Vegan • Gluten-free**

*This is a fairly sweet BBQ sauce that pairs well with the tang of pickled onions. It's also good on meatballs, wings or tempeh.*

- 1 cup prepared cranberry sauce
  - ½ cup ketchup
  - ⅛–¼ cup molasses, to taste
  - 3 tablespoons canned chipotle pepper or more to taste
  - 2 tablespoons apple cider vinegar or more to taste
  - 1 teaspoon smoked paprika
  - 1 teaspoon garlic powder
  - 1 teaspoon salt
  - ¼ teaspoon dried thyme
1. Put all ingredients into a medium saucepan. Heat over medium heat, stirring frequently for about 10–15 minutes.
  2. You'll use about half for cooking the pulled pork. Store unused portion in a tightly sealed container and refrigerate.

## PICKLED RED ONIONS

**Vegan • Gluten-free**

*Great on our sliders, we also use these onions on tacos and sandwiches.*

- 1 red onion
  - 1½ cups white vinegar
  - 2 tablespoons sugar
  - 1 tablespoon salt
  - 1 teaspoon black peppercorns
  - 1 large jar with lid
1. Peel and slice red onion into thin slices. Place into a pint-sized jar, or container that will seal well
  2. In a small saucepan stir together vinegar, sugar, salt and peppercorns. Bring to a boil, then remove from heat.
  3. Pour mixture over onions in jar until full. Place the lid on and let cool to room temperature.
  4. Seal and refrigerate. These will keep for a week or longer if kept refrigerated.







CHIPOTLE CRANBERRY BBQ PORK SLIDERS

## SMOKED SALMON STACKERS

*Gluten-free with substitutions*

*These are basically a layered version of the beloved salmon and cream cheese pinwheels. We kicked our version up with fresh dill and lemon for a taste that sparkles. It's important these are well-chilled, it makes it easier to trim them into tidy squares.*

8 ounces cream cheese, softened

½ cup sour cream

¼ teaspoon garlic powder

Zest of 1 large lemon

½ teaspoon salt

¼ cup fresh dill, chopped

Soft large wraps (we used Gitto brand large white tortillas)

12-16 ounces smoked salmon, sliced thin

2-3 tablespoons butter, softened

1. In a medium bowl add cream cheese, sour cream, garlic powder, lemon zest, salt and fresh dill. Mix well.
2. Spread half of cream cheese mixture on a flatbread into a square shape. You will have the round sides leftover. Place flatbread on a cookie sheet or jelly roll pan lined with parchment paper.
3. Top cream cheese mixture with a single layer of thinly sliced salmon
4. Spread the next flatbread thinly with butter. Place the buttered side down onto the salmon – this will help the layers stay together.
5. Spread cream cheese mixture on flatbread, again in a square shape. Top with salmon. Butter third wrap and place butter side down onto the salmon.
6. Repeat process if there are more ingredients.
7. Use a large flat object, like a cutting board, and press down lightly to compress everything.
8. Wrap well and refrigerate for 4-24 hours so the filling chills and sets.
9. This is where you get tidy. You're going for neat, little squares here! Using a serrated knife, trim edges to make a square. Don't cut down, use a sawing motion to ensure that filling doesn't ooze out.
10. Cut square into even strips, then each strip into squares. Skewer each square with a toothpick and garnish with extra dill.



SMOKED SALMON STACKERS



## MUSHROOM FAUX-GRAS MAKES 3 CUPS

Vegan • Gluten-free

*This intriguing vegan paté is different from, similar to, and somehow even better than its meaty cousin, foie gras. It's deep, rich, savory, sweet and lighter than a liver-based dish would be, and just as elegant. Don't be put off by its fancy look either, it's easy to make and layer up in the jar. It also makes a lovely host gift. This recipe will make enough for two large jars.*

- 2 tablespoons olive oil
- 1 large shallot, roughly chopped
- Pinch of salt
- 2 cloves garlic, sliced
- 1, 8-ounce package of button mushrooms, cleaned and chopped
- 2 teaspoons fresh, chopped rosemary
- 2 teaspoons fresh, chopped thyme
- 2 teaspoons fresh, chopped sage
- 2 tablespoons cognac or brandy plus extra to taste
- 2 cups cooked, green lentils\*
- $\frac{2}{3}$  cup walnuts, toasted
- 2 tablespoons gluten-free tamari
- 2 tablespoons beet puree, reserved from beet dip recipe
- Dairy-free butter for topping

*Special equipment – small, clear jars with lids like canning jars*

1. Heat olive oil in a medium sauté pan. Then add shallot and a pinch of salt. Sauté until translucent, then add garlic and cook until fragrant, then add mushrooms and continue to sauté until well cooked.
2. Stir in herbs and 2 tablespoons brandy. Mix well and sauté for a minute or two more.
3. Add the contents of the pan to a food processor along with the cooked, drained lentils, walnuts and tamari. Pulse the mixture until combined well, then add in the beet puree. Process until almost smooth, taste and adjust seasoning - add an extra splash of cognac or brandy if needed.
4. Carefully layer pate into a clean jar, smooth, then add a thin layer of dairy free butter to the top. Refrigerate for 2-4 hours before serving to firm and allow flavors to combine. Serve with crusty bread.

\* *To cook lentils, rinse 1 cup of French green lentils in a colander and sort, removing any shriveled beans or small stones. Add lentils to a medium saucepan along with 2 cups of water. Bring to a rapid simmer then reduce heat and simmer gently, uncovered, for 20-30 minutes. Add more water if necessary. When soft, drain water and salt to taste. Do not salt while cooking or lentils may stay hard.*



MUSHROOM FAUX-GRAS







## TAHINI BEET DIP

MAKES 2½ CUPS

Vegan • Gluten-free

*Beets become elevated after meeting garlic and tahini in this simple-to-make, sweet and earthy dip. Feel free to adjust the garlic to your liking. The flavor and texture get better after a day or two, so make this one ahead of time. Note: If you're making the Faux-Gras recipe, be sure to set aside 2 tablespoons of the beet puree to use in that dish.*

- 1¼-pounds of red beets, trimmed
- ½ cup smooth tahini
- 3 tablespoons fresh lemon juice
- 1-3 cloves garlic, peeled and roughly chopped
- 3 ice cubes
- Kosher salt and freshly ground black pepper to taste
- 1 tablespoon extra-virgin olive oil, to garnish
- 1 tablespoon pine nuts, toasted, to garnish
- Grilled pita bread, to serve

1. Bring a medium saucepan of water to a boil. Add beets and cook until ten-

der, about 1 hour. Drain and peel the beets, then transfer to a blender and process until smooth. You could also roast or steam the beets.

2. Remove 2 tablespoons of beet puree to use in Faux-Gras recipe – set aside.
3. Then add tahini, lemon juice, garlic, and ice cubes to food processor. Season with salt and pepper and purée until smooth. Spoon into a bowl and garnish with a drizzle of olive oil and pine nuts and serve with grilled or toasted pita bread. You can also make this ahead and store, un-garnished, in a well-sealed container refrigerated for up to 3 days.

TAHINI BEET DIP



## TRUFFLE COOKIES

MAKES 6 DOZEN

*Decadent and definitely for chocolate lovers, these easy to make cookies are the perfect cocktail party dessert. These are more like a chocolate than a cookie so use the best quality ingredients you can find – we used Ghirardelli brand. They also make great gifts, just tuck a few into a fancy cello bag and tie with a merry ribbon.*

- 4 ounces unsweetened chocolate, chopped
- ¾ stick (6 tablespoons) unsalted butter, cut into small pieces
- 1 12-ounce bag of semisweet chocolate chips, divided
- ½ cup all-purpose flour
- 2 tablespoons unsweetened cocoa powder (not Dutch-processed)
- ¼ teaspoon baking powder
- ½ teaspoon salt
- 1 cup sugar
- 3 large eggs, room temperature
- 1½ teaspoons real vanilla extract

1. Melt unsweetened chocolate, butter, and half of the bag of chocolate chips in a 1-quart heavy saucepan over low heat, stirring occasionally. Cool.
2. Stir together flour, cocoa, baking powder and salt.

3. Beat together sugar, eggs and vanilla with an electric mixer until pale and frothy, about 2 minutes. Mix in melted chocolate mixture and then flour mixture at low speed until combined well. Stir in remaining chocolate chips. Chill, covered, until firm, about 2 hours.
4. Preheat oven to 350 degrees.
5. Roll heaping teaspoons of dough into 1-inch balls with dampened hands and arrange 2 inches apart on ungreased baking sheets. Bake in batches in middle of oven until puffed and set, about 10 minutes (cookies will be soft in center).
6. Transfer to racks to cool. Store in well-sealed container with wax or parchment paper separating the layers.





## THE GOLDEN DRAGON

MAKES 1 LARGE OR 2 SMALL  
COCKTAILS

*We had a different name for this herba-  
ceous honey of a cocktail but after hear-  
ing the story of Mike's nickname, we de-  
cided to change it. We can't tell you why  
he's The Golden Dragon, but trust us, all  
the most interesting party guests will be  
sipping this.*

2 jiggers of Boreal Spruce Gin  
1 jigger freshly squeezed lemon juice  
1 jigger honey simple syrup  
Natural Maraschino cherry for garnish

To make honey simple syrup, combine  
 $\frac{1}{2}$  cup honey with  $\frac{1}{2}$  cup water and  
simmer on stove until honey and water  
combine. Cool, pour into a jar, seal and  
store in refrigerator until use.

For cocktail, mix or shake ingredients  
with ice until well chilled. Strain into  
a martini or small coupe glass and gar-  
nish with a cherry.

Special thanks to our gracious hosts  
– CJ & Mike Wong and their friends  
Jeanne Ambrose, Melissa Wright,  
Dave Brazeau & Thor Xiong.





# OUTPOST'S

(secret recipe)

## TOFU CASHEW SPREAD

MAKES 1½ POUNDS **Vegan • Gluten-free**

*This savory dip is our healthy go-to for the holiday season. Serve as an appetizer with grilled pita or pita chips, chopped veggies, and crackers. Or prep on the weekend to use as a spread for sandwiches or wraps or an alternative to hummus. Available seasonally at Outpost, make it any time of year with this recipe.*

- 16 ounces plain firm tofu (we used The Simple Soyman)
- ½ cup roasted, unsalted cashews
- 1 cup Vegenaise Better Than Mayo spread
- 4 teaspoons tamari
- 3 tablespoons roasted red peppers, drained and finely diced
- 3 tablespoons red onion, finely diced
- 3 tablespoons celery, finely diced
- 3 tablespoons nutritional yeast
- 1 teaspoon chives, minced
- ½ teaspoon Dijon mustard
- Juice of ½ lemon
- 2 teaspoons dried parsley
- 1 teaspoon white sesame seeds
- ½ teaspoon garlic powder
- Salt and freshly ground black pepper to taste

1. Remove tofu from package, discarding liquid. Press tofu for 30-45 minutes to remove excess water. A simple method is to create a layer of 4-6 paper towels, place tofu in center, place another layer of paper towels on top of the tofu, cover the whole stack with a cutting board, then carefully weigh down with a heavy item, like a cast iron pan.
2. In the meantime, prep all ingredients. Pulse cashews in a food processor a few times until coarsely ground.
3. When tofu is dry give it a rough chop, then use a hand or stand mixer to bring tofu to a crumble.
4. Combine all ingredients in the food processor and mix on low until everything is well combined and creamy. Garnish with more chopped chives. Keeps in the fridge for up to 5 days.





# SISTERHOOD

## OF THE TRAVELING PLANTS

**I**T'S HARD TO IMAGINE OUR MIDWEST LIVES WITHOUT THE PRESENCE OF CORN, BEANS OR WINTER SQUASH. WHAT MOST OF US MAY NOT KNOW IS THAT THESE CROPS HAVE BEEN IN EXISTENCE IN THE AMERICAS FOR THOUSANDS OF YEARS, ORIGINATING IN THE CENTRAL AMERICAS AND MEXICO, TRAVELING NORTHWARD WITH COUNTLESS GENERATIONS OF NATIVE AMERICAN PEOPLES.

These three food plants offer a mutual upbringing when sown together, crop siblings of sorts. That's how they got their name: The Three Sisters. Each offers a unique characteristic that supports another and in turn, the tribe. It's called companion planting.

Here's how it works:

- A few corn seeds are planted in the center of a large, flattened mound.
- When the corn seedling reaches about 6" in height, bean and squash seeds are planted around the corn, alternately.
- As the three crops grow, the corn provides a strong structure for the beans to climb, so there's no need for a pole.
- Beans provide nitrogen, a natural fertilizer, to the soil.
- Large squash leaves provide plenty of ground shade, keeping weeds at bay and acting as a mulch to help keep the soil moist. Even the prickly hairs on squash vines keep pests away.

We have our Three Sisters to thank for providing a rich and colorful cornucopia of food to our table at harvest time. Next spring give companion planting a try and see for yourself. In the meantime, enjoy these three recipes.



### BUTTERNUT SQUASH SALAD with FARRO, PEPITAS & FETA

SERVES 4-6

*Vegan with substitutions*

*This salad is like a bowl of October sunshine, brimming with the flavors of the harvest. Play around with the ingredients and make it your own. Try a different squash or use your favorite grain. Don't like feta cheese? Try a grated Parmesan or rinsed cottage cheese. Add dried cranberries. It's up to you.*

- 1 medium butternut squash (about 2 pounds)
- 5-6 tablespoons olive oil, divided
- Salt and freshly ground black pepper, to taste
- 1 cup farro, uncooked
- 1 tablespoon red wine vinegar
- 1 tablespoon water
- ½ teaspoon salt
- ½ teaspoon granulated sugar
- ½ small red onion, finely chopped
- ⅓ cup pepitas, toasted
- ¾ cup feta cheese, crumbled

1. Preheat oven to 375 degrees.
2. Peel squash, then halve lengthwise and scoop out seeds. Cut squash into approximately ¾-inch chunks.
3. Coat one large or two small baking sheets with 2 tablespoons olive oil. Spread squash out in single layer on sheet. Sprinkle with salt and

freshly ground black pepper. Roast until pieces are tender, about 30-35 minutes, turning them over halfway through the cooking time. Set aside to cool slightly.

4. While squash is roasting, cook farro in a large pot of simmering salted water, uncovered, until the grains are tender but chewy, about 20-30 minutes. Drain and cool slightly.
5. Meanwhile, create a brine to pickle the onion by whisking together vinegar, water, ½ teaspoon salt and granulated sugar until sugar and salt dissolve. Stir in onion and mix together thoroughly. Cover and set in the refrigerator for about 30 minutes.
6. Toast pepitas in a dry skillet over medium heat until slightly browned and fragrant, stirring regularly to keep from burning. Remove from pan.
7. When squash and grains are cooked and cooled, toss together in a large bowl along with the onion and brine, toasted pepitas and crumbled cheese. Stir in remaining olive oil. Taste and adjust seasoning. Salad keeps in the fridge for up to a week.





# 2

## CORN PUDDING

SERVES 6-8 **Vegetarian • Gluten-free**

Also known as corn soufflé or corn casserole, this delicious dish is one of the first things to be eaten up at holiday dinners. Frozen, local Al-sum corn brings home-spun flavor to this dish, though any frozen corn will work beautifully.

- 3 cups frozen corn, thawed and drained
- ½ cup Gruyère or cheddar, shredded
- ½ cup half-and-half
- 3 large eggs
- 2 tablespoons fresh poblano or jalapeño pepper to taste
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons fresh chives or green onion, chopped
- 1 tablespoon butter

1. Preheat oven to 400 degrees.
2. Put corn, cheese, half-and-half, eggs, peppers, salt and pepper into a blender. Blend for about one minute, until smooth (but with some kernels to bite into).
3. Add chives and mix into batter.
4. Butter one 4-cup gratin dish. Fill with the corn mixture and bake for 25-35 minutes, until fluffy. The mixture can be refrigerated before baking up to a day ahead.



# 3

## COWBOY BEANS

SERVES 6 **Gluten-free**

You won't find a heartier, more delicious batch of beans this side of the Ponderosa. Our version uses bacon and chipotles but feel free to add in some chorizo if you have it. Short on time? Substitute the Peruano beans with 2 cans of drained and rinsed pinto beans, and the fresh, oven roasted tomatoes with a 14-ounce can of diced, fire roasted tomatoes.

- 1½ cups dried Peruano beans
- 4-5 plum tomatoes
- ½ pound bacon (about 7 or 8 slices)
- ½ yellow onion, chopped
- 1-3 chipotles in adobo, minced
- 2 cloves garlic, minced
- ½ teaspoon marjoram, dried
- ½ teaspoon salt
- Freshly cracked black pepper
- 2 cups soup stock, chicken or vegetable

1. Rinse the beans and look through them for small stones or other unwanted material. Add beans to a bowl and cover with 2-3 inches of cold water. Soak at room temperature overnight or for at least 8 hours.
2. Drain the beans and add them to a large pot. Cover them with water.

Bring the pot to a boil, lower the heat and simmer the beans until they are tender but not mushy, about 15-20 minutes. Drain and set beans aside.

3. While beans are cooking, preheat oven to 400 degrees. Place tomatoes on a baking sheet and roast for about 20 minutes. Remove from oven, place in a bowl and let cool. Roughly chop or tear into pieces, reserving the juices.
4. In a large skillet or pot cook bacon over medium-high heat until lightly browned.
5. Add in the onion, reduce heat to medium and cook 3-5 minutes until the onion is tender.
6. Add garlic and cook briefly, stirring 30-60 seconds.
7. Add the roasted tomatoes in their juices to the pan. Stir.
8. Add beans, chipotles, marjoram, salt, black pepper and stock. Combine well and let simmer on low for 15-20 minutes or until the liquid has reduced down a bit.
9. Season to taste. Serve immediately.





# where a PIG can be a PIG

..... || ..... |  
*story & photos by* MICHAEL SORENSEN

**T**HERE'S NO DOUBT IN ANYONE'S MIND THAT CONVENTIONAL FARMING OR INDUSTRIAL AGRICULTURE ISN'T GOOD FOR THE EARTH, THE ANIMALS...OR FOR US. THAT'S WHY, AT OUTPOST, WE ARE SERIOUS ABOUT WHERE OUR FOOD COMES FROM, AND WHEN IT COMES TO OUR MEATS, THERE ARE STRICT GUIDELINES THAT MUST BE MET BEFORE WE EVEN THINK ABOUT SELLING IT TO YOU. OFTEN THAT MEANS PAIRING UP WITH FARMERS WHO ARE COMMITTED NOT JUST TO MAKING A BUCK, BUT WHO TAKE A VESTED, ALMOST PATERNAL, INTEREST IN THE ANIMALS THEY RAISE. STEVE AND MARIE DEIBELE FROM GOLDEN BEAR FARM IN KIEL, WISCONSIN ARE THOSE KIND OF FARMERS.

"We're trying to do as much as we can from an environmental standpoint," Steve tells me as we walk his 130-acre farm of rolling hills full of free-range pigs and cattle. "We're really trying to work with nature." As we make our half mile trek from his barn out to his pigs, Steve points out new peach and apple trees he's planted along with his vegetable garden. "Anywhere on the farm there should be something that's very attractive to wildlife. Whether

YOU CAN FIND GOLDEN BEAR FARMS BACON AND PORK PRODUCTS IN THE FROZEN SECTION OF OUR MEAT DEPARTMENT.





that's turkeys, deer, coyotes, rabbits...whatever you would have naturally in this area."

As we round a bend we get our first glimpse of the piglets resting in the shade of an old wooden flatbed. Almost immediately they come out to say "hi" with a series of grunts, barks and small nibbles at our pant legs. Assistant farm manager Maya Powalysz-Trochlell tells me she can tell a pig's mood just from the way they sound. "The more you understand what the pigs are talking about, the more that you enjoy hearing something or not hearing something. The more you're around the animals, the more you see how they communicate—maybe in a different fashion than we do—but they're really smart. They have a pretty substantial degree of intelligence," says Maya.

Today Steve cares for about sixty pigs and makes it his mission to give them a good life while they're on his farm. "We're all about pasture-based," Steve tells me as the pigs jostle for a spray of hose-water. "There's a whole variety of different grasses, clovers, and alfalfa that we intentionally planted for them." Steve's commitment to pasture-raised Berkshire pork is the real deal. He even told me he's taste-tested his own field's offerings. "I've worked at systematically tasting the grasses, clovers, and alfalfa actually to the point where I've consumed

a fair amount of calories just trying to figure out why did they like this plant? Why this time? And why did they like that plant the last time? I can't think like a cow or a pig but I can say there are dramatic differences in the taste and texture of the plant depending on the season and what the weather has been like," says Steve.

So how does a farmer who puts so much time and thought into raising his animals deal with the inevitable outcome that he's raising these animals for food? "It's very hard when they leave," Steve tells me and Maya interjects, "We try to live by 'One Bad Day' here." Simply put: Steve and Golden Bear Farm makes sure their animals have the best life possible until that "one bad day" when they leave the farm to be processed. It's something that affects them not just as farmers but as human beings. "What would they say about us if we just looked at the animals as money?" Maya asks. "It's more pleasant for us as people by far to keep them happy," Steve adds.

It's a belief that's in the company's name itself. "The Golden Bear is the California grizzly bear and it's been extinct since the early 1920's, maybe earlier. By the twenties it was gone. The implication is what we do on this earth, we really want to be careful with how we tread and what we do and how we treat the earth and everything on it."



# What happens

## when you

# shop local?

**YOU NURTURE YOUR NEIGHBORHOOD**

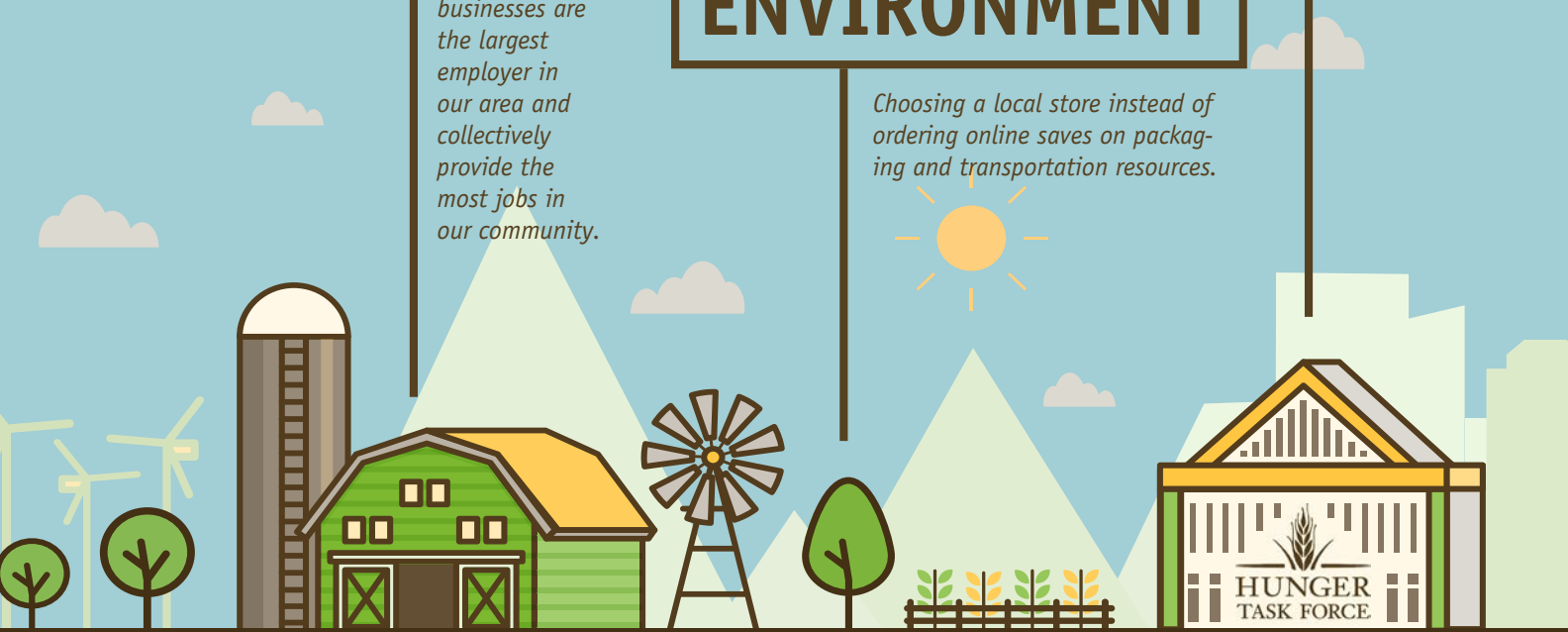
*Studies show that local businesses donate to community causes at more than twice the rate of chains.*

**YOU CREATE LOCAL JOBS**

*Small local businesses are the largest employer in our area and collectively provide the most jobs in our community.*

**YOU HELP THE ENVIRONMENT**

*Choosing a local store instead of ordering online saves on packaging and transportation resources.*



**CHOOSE LOCAL FIRST**  
*Because community matters*



Local First Milwaukee was established in 2006 by proud Milwaukeean to ensure a sustainable economy and create a community of local businesses. Outpost Natural Foods Co-op was among the 8 founding members who invested

time, energy and funds to sustain this independent business alliance. Twelve years later, Local First Milwaukee is over 200 members-strong and growing every day. Look for the Local First Milwaukee Proud Member badge on store fronts!



# YOU MAKE MILWAUKEE A DESTINATION

*The more interesting we stay, the more we attract visitors who provide revenue to our local economy!*

# MORE OF YOUR MONEY STAYS IN MILWAUKEE

*For every \$100 you spend, \$68 will stay in the community vs. \$43 at a big chain.*

# YOU CONSERVE TAX DOLLARS

*Shopping in your neighborhood means less infrastructure, less maintenance and more money available to beautify our communities.*

# YOU KEEP MILWAUKEE UNIQUE

*Walkable neighborhoods, diverse dining and shopping options, and businesses that make you proud.*



*You can help preserve Milwaukee's unique character! Find out how:*

[www.localfirstmilwaukee.com](http://www.localfirstmilwaukee.com)

When a local business supports local artisans, growers, and producers, it not only provides consumers with greater choice, but creates 45% more secondary local spending than at big-box chain stores.

*Pam Mehnert, Outpost General Manager and Local First Milwaukee founding member*



by MARI WOOD

## Looking Back to The Future

# THE SEVEN CO-OP PRINCIPLES:



### CO-OP PRINCIPLES

**Principle 1:** Voluntary & Open Membership – *Co-ops are voluntary organizations, open and welcoming to all.*

**Principle 2:** Democratic Member Control – *Co-ops are democratic organizations controlled by their owners.*

**Principle 3:** Member Economic Participation – *Members contribute to the capital of their cooperative.*

**Principle 4:** Autonomy & Independence – *Co-ops are autonomous, self-help organizations controlled by their owners.*

**Principle 5:** Education, Training & Information – *Co-ops provide education and training for their owners, elected representatives, managers and employees.*

**Principle 6:** Cooperation among Cooperatives – *Co-ops serve their owners and strengthen the cooperative movement by working together.*

**Principle 7:** Concern for Community – *Co-ops work for the sustainable development of their communities.*

### CO-OP VALUES

- Self-help
- Self-responsibility
- Democracy
- Equality
- Equity
- Solidarity
- Honesty
- Openness
- Social Responsibility
- Caring for Others

**G**IFTED WITH A RICH HISTORICAL PAST, CO-OPS LOVE TO TELL THEIR CREATION STORY THAT BEGAN IN ROCHDALE, ENGLAND 174 YEARS AGO.

THE SEVEN COOPERATIVE PRINCIPLES, ORIGINALLY KNOWN AS THE ROCHDALE PRINCIPLES, WERE WRITTEN BY THE ROCHDALE PIONEERS WHO WERE THE FOREFATHERS OF THE MODERN COOPERATIVE MOVEMENT.

These seven principles have provided Outpost and many other consumer food co-ops around the world with a set of ideals to guide their co-ops from formation to maturity. But, as co-ops look ahead to their collective future, can this set of olden principles continue to be their relevant guide? Pam Mehnert, Outpost's General Manager, says that Co-op Principles and Values help to define Outpost's identity more today than ever before.

"The 'text' may be old, but culturally our modern world is ready for what the Principles have to offer. In many communities a sense of ownership is lacking, but I think cooperative enterprise can fill that void," says Pam. "I'm not only referring to Principle 7 (Concern for Community) that reflects a co-op's commitment to its owners, vendors, partners and staff, but Principle 2 (Democratic Member Control) is extremely relevant today. By putting a focus on democracy in our business structure, it creates a culture where everyone is heard and welcomed."

Young Kim, President of Outpost's Board of Directors, agrees. "We live in a world where the internet has turned all of us into commodities. Co-ops offer individual ownership and relationships...Relationships that are built one person at a time."



And these cooperative relationships that Young mentions are at the heart of Principle 7, Concern for Community. "Ironically, 'Concern for Community' was the last Principle to be added (in 1995) by the International Cooperative Alliance, however its meaning has always been implied in the other existing six Principles," Mark Goehring, Manager of Cooperative Development Services Consulting Co-op, points out. "When co-ops focus on the needs of their members, the impact can be felt community-wide...That's why it's so important for co-ops to be cognizant of their past so they reflect the Co-op Principles and Values in their business practices today."

One way that Outpost Natural Foods exemplifies 'Concern for Community' is through their stated High Five goals for the future of the co-op: Lively Neighborhood Markets, Dynamic Local Food Systems, Sustainable Solutions, Strong Community Partners and Amazing Places to Work. By being successful in these five areas, local communities will be impacted by the important work that the co-op has accomplished.

"Cooperative Principles and Values can help a co-op avoid an identity crisis...It's up to that co-op's board and management to interpret the Principles for their individual co-op," says Mark Goehring.

As community-owned businesses, cooperatives continue to navigate their way into the ever-changing market place of the future; They'll forge ahead, principles in one pocket and values in the other.

Clockwise from top: Concern for Community: Outpost at an Earth Day celebration in the late 1980's. The original Rochdale Pioneers. Outpost welcomes ALL to our stores.



# GRAZE.

## CHECKOUT



WHEN . **SEPTEMBER 8, 2018**

WHAT . **THE GREAT 48 OUTPOST'S COMMUNITY BIKE RIDE**

WHERE . **BAY VIEW TO WAUWATOSA TO MEQUON TO MILWAUKEE**





# Holidays done delicious!

When it comes to doing up the holidays right, no one does it better than Outpost Natural Foods!

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