

# GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

# Outpost

FAVORITE  
RECIPES FROM  
THE YEAR OF  
INCONVENIENCE

PAGE 12

## Natural Foods

WISCONSIN'S  
BIG CHEESE-  
SARTORI

PAGE 16

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# OUTPOST TURNS 50



PLU 3010  
SPRING 2020

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## FIRST WORD.

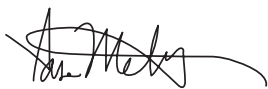
I WAS SINCERELY LOOKING FORWARD TO WRITING THIS INTRODUCTION TO KICK OFF ALL OF THE CELEBRATIONS WE'VE BEEN PLANNING FOR THE 50TH YEAR ANNIVERSARY OF OUR BELOVED CO-OP. AND THEN CIRCUMSTANCES IN THE WORLD CHANGED RIGHT BEFORE OUR EYES, AND THE MOST UNBELIEVABLE THINGS BEGAN TO HAPPEN. SUDDENLY, TURNING 50 IS NO LONGER IMPORTANT.

In 1970, our founders started a conversation about the health of the people and the health our planet, and they believed they could accomplish that by opening up a community-owned grocery store. Today when people talk about Outpost and what they like about the co-op, that conversation doesn't always lead with food. Yes food, delicious food, organic food, is what we sell but is it who we are? I often hear our owners or staff refer to the co-op as a community and a gathering place. We actually used to lead with the tagline that we were "big enough to meet your needs, and small enough to meet your neighbor." A shopping trip at Outpost was never 10 or 20 minutes because it was likely you would have a conversation with a co-worker or run into an old classmate or old friend you hadn't seen in a while. That is who we are and who we have always been – community.

Which is why in part it is a bit agonizing for me to write this column as we move through the different waves of this Pandemic. While our identity remains intact, the most important thing we can do right now is be a community by keeping our community safe. Our employees, our seniors, and those who don't have the health or immune system necessary to put up a fight. We can't hang out together, we can't hug each other, we can't shake hands when we're happy to see each other, and we really, really can't stand next to each other. That doesn't make us less of a community, in fact I think it makes us more of a community because it shows that what we value most is that someone else's health is as important or more important than our own.

There will be a time for celebration, hugs and handshakes ahead, and I can imagine I'm not the only one looking forward to that. We made the decision that we'd publish this issue of our magazine electronically because what is between the covers will help us remember why this co-op is our community.

Be well, stay safe.



PAM MEHNERT  
General Manager



## WHAT IS GRAZE?

### AUTHENTICALLY LOCAL

We're local and proud – happy to live in a city that values its unique identity. We'll celebrate the real flavors of our community and the surrounding area in every issue.

### FRESH

It's simple – we believe that the tastiest flavors are tied to what's in season. Natural and honest food is our favorite food.

### SMART

Sure we know our stuff, but we're right along side you on this food journey. We'll share what we know in a positive, expert way without a know-it-all attitude.

### FUN

Roll up your sleeves, put your elbows on the table and slop the sauce on the tablecloth. Good food is messy and best shared with laughter and good friends.

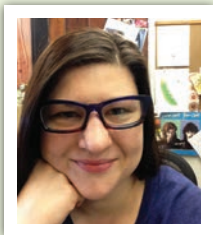
GRAZE IS PUBLISHED  
QUARTERLY, WITH NEW  
ISSUES EACH SEASON.

GRAZE@OUTPOST.COOP



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# WHO IS GRAZE ?

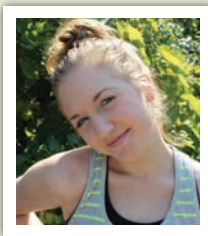


## *i am* CARA BERKEN.

*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.*

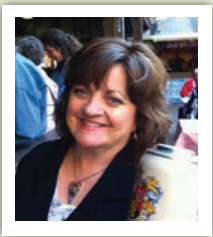
## *i am* HANNAH EVANS.

*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.*



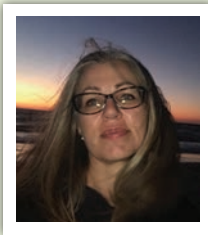
## *i am* LISA MALMAROWSKI.

*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.*



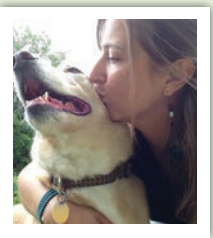
## *i am* MARGARET MITTELSTADT.

*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.*



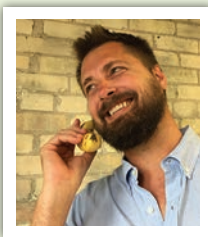
## *i am* DIANA SCHMIDT.

*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.*



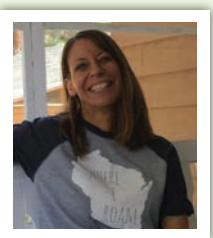
## *i am* MICHAEL SORENSEN.

*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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SPRING 2020

*...features.*

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*...in the aisles.*

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**You've tried the rest,  
now taste the BEST!**



### Sausages

- Made-from-scratch
- + all-natural + humanely-raised
- any artificial flavors or preservatives
- = 1 crave worthy, old-world sausage

**OUTPOST**  
NATURAL FOODS  
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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!



## FRESH IS BEST DOG & CAT TREATS

THE NEAT TREATS PETS LOVE TO EAT

As soon as we open a bag of Fresh is Best around our house, we've released the hounds...literally. Maybe it's because poochers and kitties know that Fresh is Best's pet treats and foods are made from whole fruits and veggies along with hormone and antibiotic-free meats and are 100% free of grains, starches or fillers. This Milwaukee based company got its start about 15 years ago when owner Stacy LaPoint wanted a healthier and all-natural diet for her German Shepherd, Jade, who had been diagnosed with an auto-immune disorder. Her research and recipes led to creating Fresh is Best (along with a healthier life for Jade) because she believes pets are our truest companions and deserve whole, fresh foods for a healthy long life. Try some of their snacks and pet foods today and see if your furry friends agree...we think they will.



## SWEET POTATO TOASTS BY CAULIPOWER

THE NEW TOAST OF THE TOWN

Caulipower (of cauliflower pizza fame) has revolutionized toast...sweet potato toast that is! Made from real sweet potato slices, this "toast" is an excellent source of vitamin A and C, a good source of fiber and goes great with any gluten-free, vegan, or paleo dietary needs. Until now, there was only one way to make this tasty snack yourself: peeling, slicing, cooking and finally toasting sweet potato slices, which were so delicious they were gone before you could even clean up the kitchen. The days of that messy, time-consuming process are now officially "toast." Caulipower has done all the work for you by perfectly cooking each sweet potato slice before they freeze it. Which means all you have to do is pop it in the oven for a few minutes, cover it with your toppings of choice and enjoy. They're the best thing since sliced bread.

THINGS WE LOVE.





## SPRECHER SPARKLING WATERS

ZERO CALORIES, ZERO SODIUM,  
ZERO SUGAR, ALL FLAVOR

One of Milwaukee's first microbrews is diving into the sparkling water deep end with a new line of refreshing, alcohol-free seltzers. You'll find flavors like Strawberry Basil, Fresh Cut Mango, Valencia Orange, Ripe Strawberry, Red Raspberry, Lime Royale and Cool Cucumber (with just a touch of mint is one of our favorites). Each bubbly bottle has just the right amount of natural sweetness balanced by the perfect amount of tart to make them go down easy. These thirst-quenchers are perfect right out of the bottle or even better mixed with an adult libation of choice (It doesn't get any easier than a Lime Royale and vodka). Pick up a four pack today and enjoy a sipper knowing you're keeping it local.



## MUNK PACK COOKIES

THE PLANT-BASED COOKIE REVOLUTION IS HERE

Part cookie and part energy bar Munk Pack's vegan, gluten-free, plant-based snacks are perfect to squirrel (Get it? Squirrel...like chipmunk? Munk Pack?) away for a high protein snack on the trail or in the desk drawer. These discs of delight pack not only a protein punch but flavor as well. Usually when you remove eggs and dairy from a cookie you're left with a dense, flavorless hockey puck but Munk Pack cookies are just the opposite: chewy, bursting with flavor and overflowing with healthy ingredients like coconut, macadamia nuts, oats and real cocoa. With 18 grams of protein from peas and brown rice plus 6 grams of fiber, you're sure to be satisfied. If you're tired of the same old protein bar get ready for some serious chipmunk cheeks with these cookies.

## BLACK UMAMI GARLIC

GARLIC SO GOOD EVEN A VAMPIRE WOULD LOVE IT

Garlic is one of those veggies that we didn't think could be improved upon...until we tasted this! Chef Joe Thomas from Wausau, Wisconsin chooses only organically grown garlic and then slowly cooks whole bulbs for about three weeks transforming the sharp, white cloves into a rich umami bomb that has hints of sweet balsamic, caramel and molasses. Think of it like a garlic raisin. This ancient superfood has properties that boost the immune system, is high in amino acids and has twice the antioxidants of regular garlic. You can use it in any recipe you would normally use roasted garlic in, but we love it mixed into some good olive oil and spread on a nice, crunchy piece of toast. Now that's a simple appetizer!



## THAT'S TASTY STIR-IN PURÉES

TOTALLY TUBULAR HERBS

Everyone knows the story: You buy a bunch of herbs, use two or three sprigs of basil, put the rest back in the fridge and rediscover them after they've turned into wilted shadows of their former selves. What if there was a way to have fresh herbs on hand all the time without all the waste? Now there is! That's Tasty Organic Stir-in Purées are made with fresh, organic ingredients that come in convenient, resealable tubes that are perfect when you need a bit of cilantro in your stew or a little dill in your egg salad. With varieties like Italian herb, garlic, lemongrass, ginger and even a deliciously spicy harissa, a little dab'll do you and you'll have plenty left over for the next dish. We guarantee once you try these tasty tubes, you'll have found your next main squeeze.



# (chèvre)

## two ways

**F**RESH GOAT CHEESE, ALSO KNOWN BY ITS FRENCH NAME, CHÈVRE (PRONOUNCED “SHEV-RUH” OR “SHEV”) GETS ITS TANGY CHARACTER FROM THE CAPRIC ACID THAT ALSO PROMOTES GOOD BACTERIA IN OUR BELLIES, MAKING IT ONE OF THE MOST EASILY DIGESTED CHEESE ON THE GLOBE. DIGESTIBILITY ASIDE, CHÈVRE IS THE GATEWAY TO BRINGING GOAT’S MILK CHEESES INTO YOUR CHEESE REPERTOIRE. MELTED INTO EGGS, CRUMBLLED ON SALAD, WHIPPED INTO FROSTING AND ADDED TO ELEGANT PASTAS, IT’S ONE OF THE SWEETHEARTS OF THE CHEESE CASE, ESPECIALLY IN SPRING!

### QUESO FUNDIDO VERACRUZ

SERVES 6

*A tangy Veracruz spin on a treasured Mexican appetizer, queso fundido. This version features a molten surprise of chèvre under melty pepper jack cheese. The combination of olives, raisins, red peppers and onions make it bright and briny to balance out the rich cheeses. It’s perfect served with warm tortillas or tortilla chips. This can be made on the grill as well as your oven!*

- ¼ cup pimento-stuffed green olives, finely chopped
- ¼ cup red pepper, finely chopped
- ¼ cup frozen corn, thawed (or fresh)
- 3 tablespoons red onion, finely chopped
- 3 tablespoons raisins, roughly chopped (gold or sultana)
- 4 ounces fresh chèvre
- 1 cup pepper jack cheese, shredded

1. Preheat oven (or grill) to 400 degrees. In a dry skillet over high heat, char the corn until 50% of the corn is charred. Take off heat and combine with chopped olives, red pepper, red onion and raisins in a bowl. Toss well and set aside to marry flavors.
2. Cut chèvre into 5 disks and lay flat in the bottom of an oven-proof baking pan or small cast iron skillet and cover with shredded pepper jack, making sure to completely cover the chèvre. Bake for 15 minutes or until pepper jack begins to bubble and turn brown around the edges. For an extra golden top, turn the broiler on high for the last minute or two.
3. Immediately sprinkle corn and olive mixture over the cheese. Serve while hot with warm tortillas or tortilla chips. Reheats well (on the rare occasion you have any leftovers).







## SPRING SKILLET *with* CHÈVRE BECHAMEL, BACON & PEAS

SERVES 4-6

*Béchamel is the base for all great cheese sauces and so easy to make! Chèvre, bacon and peas brightly embody the colors and flavors of spring in an impressive skillet that is similar to a pasta alfredo. That this is simple and quick can be your little secret for this impressive dinner.*

5 ounces of pancetta, diced (bacon may be substituted)  
3 garlic cloves, minced  
1 pound penne pasta, semolina, whole wheat, or gluten-free  
2 tablespoons butter  
2 tablespoons flour  
2 cups whole milk  
4 ounces goat cheese, crumbled, divided  
Salt and pepper to taste  
1½ cups frozen peas, defrosted  
Zest of one lemon



1. Bring a large pot of water to boil over high heat. Add about 1 tablespoon of salt and pasta once the water is boiling. Cook for 8 minutes or al dente.
2. Fry the pancetta in a large skillet set over medium heat. Once the pancetta is turning slightly brown, add the garlic. Sauté 1-2 minutes longer until the pancetta is crispy. Scoop out the pancetta and garlic, set aside.
3. Make the béchamel sauce. In the skillet used for the pancetta, add butter and melt over medium heat until it begins to bubble. Add the flour and whisk to form a roux (it will become a thick paste). Whisk constantly, for about 1 minute. Add the milk slowly, whisking as you go to mix in any lumps.
4. Once all the milk has been added, turn the heat down to medium and stir constantly until sauce comes to a delicate simmer and thickens slightly. Reduce heat to low and cook, stirring, until sauce is thick enough to coat the back of a wooden spoon, about 3 minutes. Take off heat and add the crumbled goat cheese to the sauce. Stir until incorporated. Season with salt and pepper.
5. Drain your penne, reserve ¼ cup of cooking water. Toss the cooked pasta into the finished béchamel along with the peas and the cooked pancetta/garlic. Add reserved water if the sauce is too thick. Top the finished pasta with lemon zest and freshly cracked pepper.

# (our) TABLE OF HERBS

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 VARIETY IS THE SPICE OF LIFE

## Ba

BASIL



**FLAVOR** . VARIED - BRIGHT, CROSS OF PEPPER & MINT.

**USE** . ITALIAN DISHES, SUCH AS PESTO. SHARPER ASIAN BASILS USED IN SOUTHEAST ASIAN CUISINE.

## Ch

CHIVES



**FLAVOR** . LIGHT ONION TASTE (IT'S FROM THE ALLIUM FAMILY).

**USE** . CHOPPED AS A GARNISH, OR AS AN ACCENT IN RICH CHEESE DISHES.

ONE OF OUR FAVORITE THINGS ABOUT SPRING IS THAT THE HERBS ARE BACK! WHETHER YOU'RE PLANTING THEM YOURSELF FROM SOME OF OUR AMAZING GROWERS—LIKE MAGGIE'S OR TEENS GROW GREENS—HERBS ARE NOT ONLY A USEFUL, BUT A BEAUTIFUL, ADDITION TO YOUR GARDEN OR WINDOW BOXES. WE'VE COMPILED A LIST OF OUR TEN FAVORITES ALONG WITH WAYS TO GET THE MOST OUT OF THEM EVEN AFTER THE GROWING SEASON IS OVER.

## Ci

CILANTRO



**FLAVOR** . BRIGHT & CITRUSY TO MOST; SOAPY TO SOME.

**USE** . MEXICAN AND ASIAN DISHES.

## Mi

MINT



**FLAVOR** . VARIED - FROM MENTHOL-LIKE PEPPERMINT TO LIGHTER, SWEETER SPEARMINT.

**USE** . THAI FOOD, MIDDLE EASTERN CUISINE, IN DESSERTS AND DRINKS.

## Or

OREGANO



**FLAVOR** . SWEET & SOMEWHAT SPICY.

**USE** . ITALIAN AND MEXICAN DISHES, SUCH AS PIZZA AND CHILI.

## Pa

PARSLEY

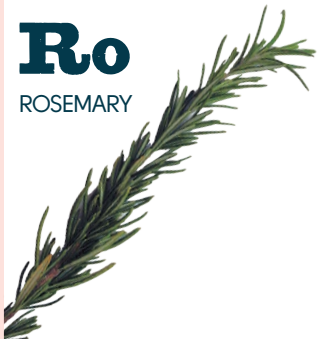


**FLAVOR** . CURLY VARIETY IS QUITE MILD; FLAT OR ITALIAN PARSLEY HAS A BOLDER, GRASSY TASTE.

**USE** . PASTA & EGG RECIPES, ESSENTIAL IN TABOULI, TRY IT IN A PESTO.

## Ro

ROSEMARY



**FLAVOR** . STRONG PINE TASTE.

**USE** . MEDITERRANEAN COOKING, WITH POULTRY OR PORK.

## Sa

SAGE



**FLAVOR** . EARTHY, SAVORY, ALMOST MUSTY.

**USE** . ROAST & POULTRY, POTATOES OR BEANS. STRONG - USE SPARINGLY .

## Ta

TARRAGON



**FLAVOR** . SUBTLE ANISE FLAVOR.

**USE** . GREAT ON FISH AND WITH CHICKEN OR EGGS. ESSENTIAL TO FRENCH CUISINE.

## Th

THYME



**FLAVOR** . LEMONY, SLIGHTLY PEPPERY.

**USE** . FRENCH, MIDDLE EASTERN & MEDITERRANEAN CUISINE.

# (a) recipe

## AMAZING GREEN SAUCE

MAKES ABOUT 1½ CUPS

*This sauce is as versatile as a spring trench coat. It can dress up the simplest of vegetables or save a chop that's a tad overcooked. We love it drizzled on roasted or steamed carrots, dolloped on grilled tofu steaks and served on baked chicken. It keeps well in the fridge for up to two weeks.*

A large handful of fresh mint  
A large handful of flat-leaf parsley  
A large handful of cilantro  
1 tablespoon capers  
2 teaspoons Dijon mustard  
1 teaspoon anchovy paste

½ cup extra virgin olive oil (or more depending on your taste)  
¼ cup freshly squeezed lemon juice  
Sea salt and freshly ground black pepper

Put all the ingredients in a blender and process until smooth. It should be somewhat runny, but substantial. You can add more olive oil if you prefer a thinner sauce. Transfer to a sealable jar and refrigerate.



## SAVING HERBS

There is nothing that'll perk up a meal quite as well as herbs fresh from the garden. That said, there are ways to preserve that magic to enjoy the rest of the year. Freezing fresh herbs or preserving them in cooking oil is a great way to bring a touch of summer to your meals year-round. And dried herbs still pack plenty of flavor—in fact, dried herbs concentrate their power and are three to four times stronger than fresh.

### FREEZING HERBS

Some leafy herbs freeze well. Simply rinse the leaves, dry them and store them in labeled airtight containers in your freezer. Try this approach with basil, chives, dill, mint, oregano, sage, savory, tarragon and thyme.

Another great approach is to make a paste of herbs and cooking oil which you can freeze for use all year long. Make the paste by mixing an herb or herb blend with cooking oil—we like one-third cup of cooking oil for every

two cups of fresh chopped herbs—in your blender until a thick paste has formed. Scoop into ice cube trays for perfect portions and cover with plastic wrap. This works well for basil, chervil, cilantro, dill, fennel, mint, parsley, rosemary, sage, savory and thyme.

### DRYING HERBS

You don't need a fancy food dehydrator to dry herbs—you just need a warm, well-ventilated spot, and time. Parsley, rosemary, sage, summer savory and thyme can be rinsed in cool water, gently blotted and then tied in a small bundle and hung to dry.

A microwave can also be used to dry herbs. Arrange a layer of herbs between paper towels and microwave on high for two minutes. Check to see if the leaves are brittle; if not, microwave an additional twenty seconds at a time. Be careful—the leaves can dry out quickly. Cool the herbs and store in an airtight container.

## Herb Blends

### HERBS DE PROVENCE

This traditional French herb blend is potent—you won't need a lot to add great flavor to your dishes. Mix equal amounts basil, marjoram, savory, thyme, lavender, fennel seed.

### FINES HERBES

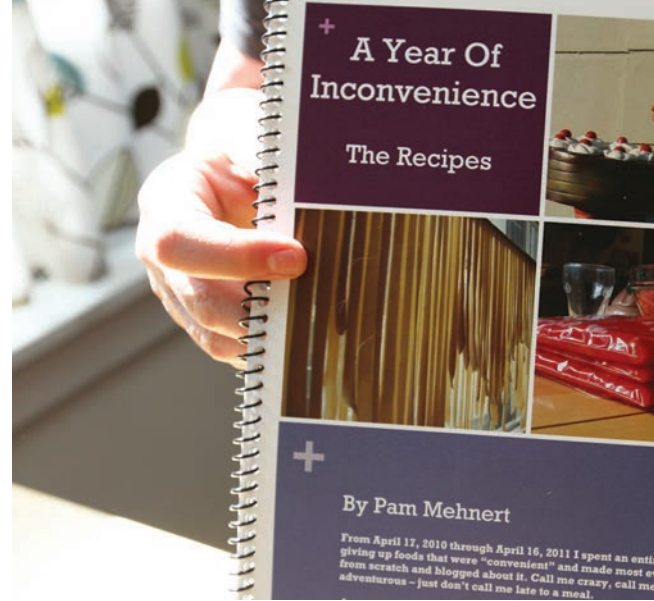
Another great classic combo to spice up salads and egg dishes. Use equal amounts chervil, chives, parsley, tarragon.

### ITALIAN HERB BLEND

Start with a base of equal amounts basil and oregano. Depending on your preference, add smaller amounts of thyme or rosemary, marjoram and/or fennel.

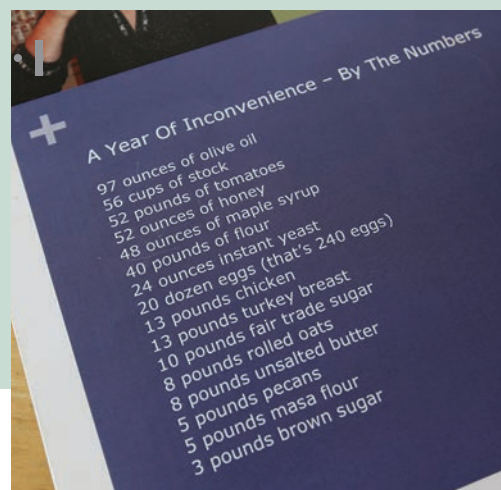
### BOUQUET GARNI

A classic bouquet garni is a bundle of fresh herbs tied together and added to soups, stocks and stews (use kitchen twine or unwaxed floss). The bundle makes it easier to remove before serving. The base contains 8 parts parsley, 1 part bay leaf and 1 part thyme. You can experiment and add other herbs, such as chives or savory.



# INCONVENIENCE *revisited* .....

story and photos by MICHAEL SORENSEN



- + A Year Of Inconvenience - By The Numbers
- 97 ounces of olive oil
- 56 cups of stock
- 52 pounds of tomatoes
- 52 ounces of honey
- 48 ounces of flour
- 40 pounds instant yeast
- 24 dozen eggs (that's 240 eggs)
- 13 pounds chicken
- 13 pounds turkey breast
- 10 pounds fair trade sugar
- 8 pounds rolled oats
- 8 pounds unsalted butter
- 5 pounds pecans
- 5 pounds masa flour
- 3 pounds brown sugar



**T**HE YEAR WAS 2010. INCEPTION WAS BLOWING MINDS AT THE BOX OFFICE. THE IPHONE WAS JUST OUT OF DIAPERS AT FOUR YEARS OLD. THE NEW ORLEANS SAINTS WON THE SUPERBOWL AND OUTPOST GENERAL MANAGER PAM MEHNERT EMBARKED ON A DARING EXPERIMENT TO SPEND A YEAR OF HER LIFE MAKING EVERYTHING SHE ATE FROM SCRATCH AND FOREGOING ALL THE CONVENIENCE FOODS THAT MAKE LIFE SO...CONVENIENT.



Coinciding with Outpost's 40th anniversary, and for the next 52 weeks, Pam said sayonara to cereals, bye-bye to canned beans and ciao to chips. In addition to swearing off ready-made foods, Pam also wrote a weekly blog about the ups, downs, successes and mistakes of her Year of Inconvenience. We thought now (on Outpost's 50th anniversary) would be a good time to catch up and reminisce about that year and share some of the recipes that have stood the test of time.

"I love to bake," Pam tells me in her bright kitchen while she measures ingredients for one of her favorite and fastest breads. "Baking has always been my passion, more than cooking. But preparing for the year, I knew I was going to have to bake everything and that takes time and planning. We happened to stay at this bed and breakfast once, and the owner would make breakfast every day. She had this delicious English muffin bread which was just divine toasted. It's a batter bread, so it goes together real fast, and so we were kind of like 'Ah-ha! We're going to be eating a lot of that.'"

And a lot of that bread was made along with other staples we take for granted when they don't come out of a box. Stuff like homemade pastas ("We used our curtain rods to hang fresh pasta."), tortilla chips ("Not worth it.") and processing more than 52 pounds of tomatoes. Pam's spouse, Lisa, remembers the amount of work that went into prepping tomatoes when you can't just open a can.

"We went to Outpost and the South Shore Farmers Market to buy scratch and dent tomatoes and it was one of the hottest days of the summer.

When we got home, we were boiling gallons of water to blanch all of these tomatoes' skins off. Later, Pam's mom informed us you can just freeze tomatoes and the skins will fall off when they thaw. Nobody told us that!"

That sweltering memory brings up another lesson Pam learned about prepping and cooking everything from scratch...the waste. "Everything is so wasteful if you buy convenience items, meals, frozen or whatever—it's all packaging—so there's that waste. But even in the production of convenience items, there is so much waste. When we were boiling all those tomatoes, there is so much water left over. It really gets you thinking ecologically."

Pam and Lisa also learned new ways to put that waste to work, like using the whey from their delicious, but blistering, attempt at making homemade mozzarella to enrich other recipes; sort of a two-for-one.

"No one tells you that the stretching of fresh cheese is hotter than the sun! But when we made the cheese, you create this whey, and I read somewhere you can use that whey for making breads, so then I started saving the whey. I'm not going to throw it down the drain!"

"That could be the name of your memoir," Lisa chimes in. "Show Me The Whey."

Until that explosive tell-all is published, Pam is more than happy to share some of her favorite recipes with you. If you want more recipes or want to revisit the year 2010, just google "Year of Inconvenience" and take a trip back to a simpler time.

*(recipes following)*



## BETTER WITH CHOCOLATE GRANOLA BARS

MAKES 16 BARS

*This granola bar recipe has become a staple in Pam's home since she made so much of it during her Year of Inconvenience. What goes into this recipe is pretty much up to you: Different dried fruits, the nuts you're nuts about, maybe butterscotch chips instead of chocolate? The varieties are endless!*

2 cups rolled oats	½ cup chocolate chips
½ cup raw sunflower seeds	½ cup honey
½ cup chopped pecans or walnuts	2 tablespoons brown sugar
½ cup dried cherries, blueberries or any dried fruit	2 tablespoons butter
¼ cup ground flax	2 teaspoons vanilla extract
	½ teaspoon salt

1. Lightly grease a 9x9-inch baking dish and preheat your oven to 350 degrees.
2. On a large baking sheet, spread out the oats, sunflower seeds, nuts and flax. Toast in the oven for about 15 minutes, giving it an occasional stir.
3. While the grains and nuts are toasting, combine the honey, brown sugar, butter and salt in a small saucepan and heat over a medium flame until the brown sugar dissolves into the rest of the mixture. Make sure to stir and don't let it bubble. Once dissolved, add the vanilla.
4. Once your grains and nuts are toasted, remove it from the oven and reduce the oven to 300 degrees. Don't miss this step or you'll end up with REALLY crunchy granola bars!
5. Take your oat and nut mixture and combine it in a mixing bowl with the dried fruit. Stir until everything is equally mixed. Now add the chocolate chips and stir again. They will begin to melt a bit from the heat of the grains. Add the liquid mixture and stir well. Turn all of this into your greased baking dish and press it down firmly with a spatula, making sure it is evenly spread out in the pan. Place this in the LOWER TEMPERATURE oven (see step 4 above if you missed it) for 25 minutes.
6. Remove from oven and let it cool. Once it cools down a bit, cut it into squares and store in an airtight container.



## BUTTERMILK RANCH DRESSING

SERVES 6

*Why make your own salad dressing? The easy answer is because it's delicious! When you control the quality of your ingredients, you control the taste, and once you start making your own Ranch dressing you won't be searching for any hidden valleys in the future.*

½ cup nonfat plain yogurt	½ teaspoon onion powder
⅓ cup low-fat buttermilk	½ teaspoon garlic powder
3 tablespoons mayonnaise	1½ tablespoons finely chopped fresh chives
1½ teaspoons lemon juice	1 teaspoon salt
1 heaping teaspoon Dijon mustard	¼ teaspoon celery salt

Combine all ingredients and let them marinate together for at least 30 minutes before using the dressing. For a thicker dressing let the yogurt strain through cheesecloth or a paper towel for about 20 minutes before you use it.





## ENGLISH MUFFIN BREAD

SERVES 4-6

*Who doesn't love a good English muffin? This one's even better because it comes in loaf form and you can whip it all up yourself in no time. This bread is best served toasted, just like English muffins are best served toasted. Resist the temptation to eat a slice warm from the oven and instead let it cool and then toast one up with a generous slathering of butter and jam.*

1 1/4 cups milk  
 1/2 cup whole-wheat flour  
 1 1/2 cups unbleached white flour  
 2 1/4 teaspoons active dry yeast  
 1 teaspoon salt  
 1/8 teaspoon baking soda  
 1/2 tablespoon sugar  
 Cornmeal for dusting

1. Heat the milk until it reaches 125 degrees.
2. Next, lightly oil an 8x4-inch loaf pan and sprinkle the bottom with cornmeal or corn grits.
3. In a large bowl combine together 1/2 cup of whole-wheat flour and 1 cup of the white flour (reserving the other cup of white for later). Add the yeast, sugar, salt and baking soda. Stir in the milk and beat well with a whisk.
4. Slowly add the other 1/2 to 1 cup of white flour. The batter should be stiff and sticky, but not something you can pour. If it seems too wet, add just a bit more flour.
5. Place batter into prepared pan, spreading it out evenly. Cover and let rise in a warm place until the dough doubles, about 1 hour 15 minutes.
6. Preheat your oven to 400 degrees. Bake until golden brown, about 25 minutes. Remove from pan immediately and cool on a cooling rack.

## COFFEE BOURBON BBQ SAUCE

MAKES ABOUT 1 CUP

*When Pam wanted an easy grilled chicken recipe she thought, "No, problem I'll just grab some sauce from the fridge." Not so fast, she discovered, since she would have to make the sauce from scratch. Once you make this powerfully flavorful sauce, you'll never go back to the bottle. This sauce also works great as a marinade.*

1 cup strong brewed coffee  
 1/2 cup bourbon  
 1/2 cup packed light brown sugar  
 1/2 cup tamari  
 2 tablespoons apple cider vinegar  
 1 teaspoon Worcestershire sauce

1. Combine all the ingredients in a saucepan and cook over medium heat (a simmer) for about 30-45 minutes. Stir occasionally. You want the sauce to cook down to about 1 cup so the flavors can develop nicely. The sauce will be thin.
2. If you are cooking the meat over direct heat, it's best to brush on the sauce at the end of the cooking so that the sugars don't char.

## SLOW COOKED PORK CARNITAS

SERVES 8-10

*These pork carnitas are sinfully easy to make. Heck, it feels a lot like cheating, that's how easy they are. This is one of those recipes we think can't really be screwed up, even by the most novice cook.*

2 pounds pork shoulder, cubed into 1 1/2-inch chunks  
 4 large cloves garlic, minced  
 1/2 medium sweet onion, sliced  
 2 teaspoons oregano  
 2 teaspoons cumin  
 1 1/2 teaspoons ancho chili powder  
 1 teaspoon smoked paprika  
 1 teaspoon fresh ground pepper  
 3/4 teaspoon salt

1. Place the cubes of pork into the slow cooker. If you purchased the shoulder with bone-in, use the bone as well. Sprinkle the minced garlic on top of the pork. Now mix all your spices together and add to the pork, stirring it until all the meat is coated with spices and garlic.
2. Take the onion and layer it on top of the pork. Don't worry about the fact there is no liquid in this recipe, the meat and onions will create a delicious broth.
3. Cook on high for 4 hours or on low for 6 hours. The meat is "done" when it can be easily shredded with a fork.

FOR MORE RECIPES & TO READ MORE ABOUT PAM'S JOURNEY VISIT: [WWW.OUTPOST.COOP/GRAZE/BLOG/TOPIC/A-YEAR-OF-INCONVENIENCE](http://WWW.OUTPOST.COOP/GRAZE/BLOG/TOPIC/A-YEAR-OF-INCONVENIENCE)



*the*  
**ART OF THE WHEEL**







*story by* MICHAEL SORENSEN  
*photos courtesy of* SARTORI CHEESE

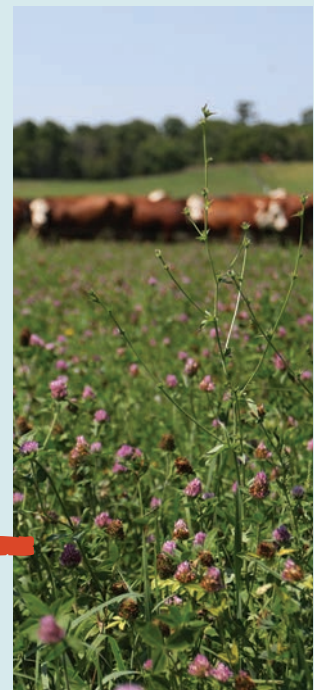
**A**S A YOUNG CHILD, PAOLO SARTORI BEGAN HIS LIFE IN THE PICTURESQUE TOWN OF VALDASTICO, ITALY— JUST 15 MILES FROM THE VILLAGE OF ASIAGO (OF ASIAGO CHEESE FAME). HE DIDN'T KNOW THEN WHAT A HUGE PART CHEESE-MAKING WOULD BECOME FOR THE FUTURE GENERATIONS OF THE SARTORI FAMILY.

After immigrating to America at age 24, Paolo worked a variety of jobs (helping build Penn Station, running a Minnesota grocery store, even postmaster) but it wasn't until 1939, at the spry age of 56, that Paolo found himself in Plymouth, Wisconsin cofounding the company that would eventually become Sartori Cheese.

As his great-great grandson, Bert Sartori tells it, the company hit the ground running. "Day one we were selling fresh mozzarella and scamorza. We barely had enough cash to start the business, so to wait and age classic Italian cheeses – like Parmesan or Romano – for up to a year in order to sell them was not a possibility." Those early days of hard work in a hot cheese plant paid off and soon Paolo was able to retire and leave the company in the capable hands of his son, Joe ("Papa Joe" to employees at Sartori). Whereas Paolo was more of the business side, Papa Joe expanded their lucrative wholesale business into a truly international company.

*(continued)*





“My grandfather loved to travel,” Bert recalls. “He took a trip to Italy in the seventies and sold some cheese there. He also took a trip to Japan and sold them cheese. That really spoke to the quality of what we were doing. It was also a pretty big honor for him to go back to where his dad was from and have our cheese be accepted in Italy.”

By 2010, Sartori was selling their wholesale cheeses to more than fifty countries and they felt the time was right for expansion into the retail market. It was providence that not long after this decision they found Pam Hodgson...only one of two female master cheesemakers in the country. “I’m looking forward to more,” she quips.

Pam started her path to cheese master working on her parent’s dairy farm and in 1991, she began working at a cheese plant where she fell in love with the mix of science and creativity that goes into making Wisconsin’s favorite export. “The journey to become a master cheesemaker in Wisconsin is long. First, we’re required to have licenses. Typically, that’ll take

someone about two years. Assuming you pass the exam and become a licensed cheesemaker, there’s a ten-year waiting period before you are eligible to apply to the master cheesemaker program. To get accepted is not a given either. There’s an extensive interview, a plant walk-through, letters of recommendation from people you sell cheese to and once you’re in the program, there’s a second three-year apprenticeship, course work and at the very end, there’s an exam.”

While all of this might seem daunting to people like us who just want a nice piece of cheese, to Pam it’s an opportunity to create something new and unique...like Sartori’s one-of-a-kind Parmesan inspired cheddar, Montamore and its brand new Italian cheddars; Heritage and Old-World, which were just released this year. “There’s a lot of cheese maker Jedi magic in the Montamore. We do some unexpected things to create that flavor. Sartori has many fine cheeses, I’m proud of them all. The Montamore, the Heritage Cheddar and the Old-World Cheddar I have a personal relationship with.”



Personal, in the sense, that Pam and her team created these new flavors from scratch. While most cheddars are the same cheese just aged longer, “That’s not how we’re doing it,” Pam explains. “We’re doing it totally different. Each one of these cheeses started out as what it was supposed to be, so when we made the Heritage Cheddar, we followed our new recipe. Old World Cheddar has its own unique recipe. Montamore is also its own special thing.”

It’s a philosophy that goes for the entire Sartori company. As Bert explains it, “If we do what everybody else has always done, we’re going to get what everybody else has. We’ll do unique things to make unique cheeses.” Pick up some of Sartori’s extensive variety of cheeses and you can taste the innovations for yourself.



SARTORI CHEESE  
PLYMOUTH, WI  
[WWW.SARTORI.COM](http://WWW.SARTORI.COM)



# 50 YEARS

OF FOODS WE'VE LOVED

*(our)*  
**MENU**

MOOSEWOOD'S CLASSIC TOFU BURGERS

CURRIED POTATO SALAD

SPINACH ARTICHOKE DIP

CHINESE CHICKEN SALAD

CHOCOLATE HAZELNUT TOASTER STRUDELS

SNAPPY BLACK & BLUEBERRY TEA



**W**E HAVE SEEN A LOT OF FOOD TRENDS COME AND GO OVER THESE PAST FIVE DECADES, BUT SOME FOODS HAVE MANAGED TO REMAIN IN OUR HEARTS. WE HAD AN EXTENSIVE LIST WHICH INCLUDED DISHES LIKE THE ENCHANTED BROCCOLI FOREST CASSEROLE (YES, IT'S REALLY A RECIPE), FONDUE, QUICHE, POPOVERS, TOFU BALLS, VEGETARIAN ENCHILADAS, AND MORE. WE FINALLY SETTLED ON THIS SET OF NOSTALGIC RECIPES THAT STILL FEEL RELEVANT TODAY, ARE EASY TO PREPARE AND WOULD WORK WELL FOR EVERYTHING FROM PICNICS TO POTLUCKS. WE'VE COME A LONG WAY FROM ONE OF OUR FIRST CO-OP FUNDRAISERS, THE "NO SHIT FOOD POTLUCK" (YES, THAT REALLY WAS THE NAME) TO TODAY, BUT IF WE'RE BEING HONEST, WE STILL ONLY WANT TO EAT THE GOOD STUFF.

## MOOSEWOOD'S CLASSIC TOFU BURGERS

MAKES 8-10 LARGE BURGERS    *Vegan* • *Gluten-free*

*Our Moosewood cookbook looks a little worse for the wear probably because a lot of our early deli items came from its pages. These hearty, healthy and yes, delicious burgers have fueled many a sit-in and potluck since the early '70s yet are just as beloved nearly 50 years later. Nutty and savory with a great texture, we love them served up like any burger—on a bun with all the fixings!*

*To freeze – Wrap cooled, baked burgers in plastic wrap and freeze. To reheat – Bake on an oiled baking sheet, right from the freezer, at 350 degrees for 20-30 minutes until heated through.*

2 blocks of firm tofu (14-16 ounces each)  
2 tablespoons vegetable oil  
2 cups onions, diced  
½ teaspoon salt  
1 teaspoon dried oregano  
1 cup grated carrots  
½ cup bell pepper, diced (about ½ a large pepper)  
1 cup toasted walnuts, coarsely ground  
⅔ cup gluten-free breadcrumbs  
3 tablespoons tamari plus more to taste  
2 tablespoons Dijon mustard  
2 tablespoons toasted sesame oil  
¼ cup tahini  
¼ teaspoon black pepper  
¼ cup chopped fresh basil

1. Press the tofu for at least 30 minutes, to drain water, by wrapping in a clean dishtowel or paper towels and placing it between two plates and resting a heavy book or can on the top plate.
2. While the tofu presses, prepare the rest of the burger mix.
3. In a covered skillet, warm the oil.
4. Add the onions, sprinkle with the salt and oregano and cook on low heat for 7-8 minutes, stirring occasionally.
5. Add the carrots and peppers and cook covered until the vegetables are tender.
6. Transfer the vegetables to a large bowl.
7. Remove tofu from your press. Discard any liquid. Then grate the pressed tofu in a food processor. Do not over process – it should have the texture of ground meat. Then add grated tofu to the cooked vegetables along with the walnuts, breadcrumbs, mustard, sesame oil, tahini, pepper and basil.
8. Mix well and add tamari, taste and add a bit more as needed.
9. Preheat the oven to 375 degrees. Lightly oil a baking sheet.
10. Using about one cup per burger, shape the mix into 8-10 burgers.
11. Set the burgers on the prepared baking sheet and bake for 25 minutes, flip and continue baking for another 5-15 minutes or until firm and browned.

*(continued)*



## CURRIED POTATO SALAD

SERVES 6 **Vegan • Gluten-free**

*Curries in America have been around since the 1800s, but as interest in vegan and vegetarian foods expanded in the '70s, so did people's interest in those global flavors that naturally featured plant-based dishes. This simple recipe is our homage to a classic potato salad with a twist. It's a great side dish for any barbecue and mild enough even for those that don't like a lot of spice. But, by all means, if you like it hotter, feel free to spice it up with a dash of cayenne!*

1½ pounds small Yukon Gold or red potatoes  
2 tablespoons apple cider or white wine vinegar, divided  
1 cup frozen peas, defrosted  
2 green onions, sliced  
¼ cup vegan mayonnaise alternative  
2 tablespoons curry powder (like garam masala)  
Salt and pepper, to taste  
Handful of fresh cilantro or parsley, chopped for garnish

1. In a large pot, add the potatoes and cold water until potatoes are covered by a few inches. Add 1 heaping teaspoon of salt.
2. Bring the water to a boil, then reduce to simmer. Allow the potatoes to cook until they are tender when pierced with a fork.
3. While potatoes are cooking, in a small bowl mix together vegan mayonnaise, curry powder and 1 tablespoon vinegar.
4. Drain the potatoes. When cool enough to handle but still warm, slip off skins, if desired, and chop into 1-2-inch pieces. Place in large bowl and toss with 1 tablespoon vinegar.
5. Add the vegan mayo mixture, peas and green onions to the potatoes and fold together until well mixed.
6. Taste and add salt and pepper as needed. If salad seems too dry, add a bit more mayonnaise.
7. Garnish with chopped cilantro or parsley.
8. Cover and refrigerate the salad until ready to serve.



## SPINACH ARTICHOKE DIP

SERVES 8 **Vegetarian • Gluten-free**

*This classic dip seemed to be everywhere in the '80s, but a dip this good has staying power so we're still enjoying it here in the new millennium. Rich, creamy, lush with cheese and brimming with spinach and artichokes, it's still one of the first things to be gobbled up on any party buffet! Use freshly shredded cheese to ensure a creamier dip.*

8 ounces Neufchatel cheese, well softened  
¼ cup light sour cream  
¼ cup mayonnaise  
1 garlic clove, minced  
⅓ cup parmesan cheese, freshly shredded  
½ cup mozzarella cheese, finely shredded  
Freshly ground pepper, to taste  
1 (14-ounce) can artichoke hearts  
6 ounces frozen spinach, thawed, squeezed to drain excess liquid

1. Preheat oven to 350 degrees. Spray a small (1 quart) baking dish with non-stick cooking spray.
2. Thaw frozen spinach, then squeeze to drain excess liquid. Set aside.
3. Drain artichokes and squeeze to remove excess liquid then coarsely chop.
4. In a mixing bowl stir together cream cheese, sour cream, mayonnaise, garlic, parmesan, mozzarella and pepper.
5. Stir in drained artichokes and spinach.
6. Spread mixture evenly into baking dish. Bake in pre-heated oven until heated through and melty, about 20 minutes.
7. Serve warm with tortilla chips, crackers or toasted baguette slices.

## CHINESE CHICKEN SALAD

SERVES 8 *Gluten-free with substitutions*

*Let's get this out of the way. This isn't what we would call "Chinese", but we're sticking with the classic name of this popular '90s salad. Some of us remembered eating this salad in our murky past but we were truly wowed when we tried it again. It's obvious why it was so popular. The dressing is so darn tasty, the different textures are crunchy to soft, and the sweet tang of mandarin oranges make this fun to eat. Plus, it's also a great way to use up leftover chicken.*

*We topped our salad with gluten-free chow mein noodles (found in our grocery department) but you could also add crushed ramen noodles. Just be sure to add those as part of the mix, not as a topping, so they'll soak up the flavors.*

- 3 cups lettuce, shredded
- 2 cups red cabbage, shredded
- 2 cups cooked chicken, shredded, any skin or bones removed
- ½ cup mandarin oranges, drained
- ½ cup chow mein noodles or crushed ramen noodles from a soup packet (seasoning pouch discarded)
- ½ cup carrot, shredded
- ⅓ cup green onions, sliced
- ¼ cup almonds, sliced or chopped

### Dressing

- 3 tablespoons rice wine vinegar
- 2 tablespoons honey
- 1 tablespoon toasted sesame oil
- 1 tablespoon hoisin sauce
- 2 tablespoons lower sodium tamari
- 1 teaspoon fresh ginger, finely minced or grated
- 1 clove garlic, minced
- ¼ cup vegetable oil

1. In a large bowl, toss together lettuce, red cabbage, chicken, mandarin oranges, carrots, green onions, almonds and crushed ramen noodles (if using).
2. In a small bowl, whisk together vinegar, honey, sesame oil, hoisin sauce, soy sauce, ginger and garlic. Slowly drizzle in vegetable oil, whisking constantly until emulsified.
3. Before serving, drizzle dressing over salad and toss to combine.
4. To serve, top with chow mein noodles if using.

*(continued)*



## SNAPPY BLUEBERRY ICED TEA

SERVES 4

**Vegan with substitutions • Gluten-free**

*From Sobe to Arizona, and then onto Snapple, bottled iced tea reached full cooler saturation sometime in the early “oughts” as they say. We sure sold a lot of these soda-pop alternatives. Now our tastes have changed and kombucha is king, but we still have a soft spot for basic tea gussied up with tasty fruit juices.*

4 tea bags (regular or decaf black tea)

2 cups boiling water

1 (12-ounce) bottle Better Way Farms Cold-pressed Organic Blueberry Juice

2-3 tablespoons honey or sweetener of choice, or to taste

½ lime, juiced

1. After water boils, remove from heat and add teabags. Steep for 5 minutes, remove bags and add tea to large pitcher. Then add blueberry juice, lime juice and sweetener. Taste and adjust sweetness as desired. Chill before serving.
2. To serve, fill glasses with ice, add tea and garnish with a lime slice.



## CHOCOLATE HAZELNUT “TOASTER” STRUDELS

MAKES 6 **Vegetarian**

*We witnessed an explosion of packaged foods in the mid-to-late '90s. While Outpost didn't carry those infamous “toaster strudels,” just about every kid and every adult (if we're being honest) tried these easy-to-heat treats. This recipe, while a little more work than just pressing a toaster lever, is still pretty quick and simple to make and really elevates these simple pastries. If you don't like chocolate hazelnut spread, we'll still be friends—just sub your favorite jam in its place.*

1 package all-butter puff pastry

1 egg mixed with ½ tablespoon water

5 tablespoons chocolate hazelnut spread

1 tablespoon full-fat Greek yogurt or crème fraîche

½ cup confectioner's sugar

1 teaspoon vanilla extract

1-2 tablespoons whole milk or cream

1. Roll the puff pastry out into a thin rectangle, about ¼-inch thick. With a sharp knife or a pastry wheel, cut into 12 rectangles.
2. Brush the egg wash over half of the pastry. These will be the strudel bases.

3. In a small bowl, stir together the chocolate hazelnut spread and Greek yogurt. Place 1 tablespoon of the mixture in the center of each brushed pastry rectangle. Lightly spread the filling on the pastry, leaving about ¾-inch space from the edge. This won't seem like a lot, but it will spread.
4. Place the matching tops on the strudels and using your fingers, press to seal the edges. Don't worry if it looks a bit messy as the pastries will even out as they bake. Your goal is to get them sealed. Then, pierce the top of each strudel several times to vent the filling. Brush the tops with the remaining egg wash.
5. Chill the strudels for 30 minutes.
6. Meanwhile, preheat oven to 400 degrees.
7. Bake the strudels for 12-15 minutes, or until puffed and golden on top.
8. While the strudels bake, whisk together confectioner's sugar, vanilla and 1 tablespoon milk to make a thick glaze. If the glaze is too thick to drizzle, add more milk, little by little, to thin it out.
9. Let the strudels cool for 5 minutes, then drizzle with glaze.



# OUTPOST'S

## ALL-TIME FAVORITE RECIPES

**W**E'RE ALWAYS COMING UP WITH NEW RECIPES FOR OUR CAFÉS, BUT SOMETIMES YOU'VE GOT A HANKERING FOR A FAVORITE THAT'S NOT IN PRODUCTION AT THE TIME. THAT'S WHY WE'VE TAKEN TO SHARING SOME OF OUR SECRET RECIPES IN EACH ISSUE OF GRAZE. FOR OUR 50TH ANNIVERSARY WE'VE DECIDED TO SHARE FOUR OF OUR MOST REQUESTED RECIPES. AND DON'T FORGET...IF THERE'S A RECIPE YOU WANT FROM OUTPOST, JUST GO TO THE "CONTACT US" SECTION ON OUR WEBSITE AND DROP US A LINE.

## THAI PASTA

SERVES 4 **Vegan • Gluten-free with substitutions**

*Outpost's Thai Pasta is a customer favorite, whether you're a Boomer or Gen Z. Easy to make, easy to enjoy. Fill yourself a big bowl and don't forget a bottle of your favorite crispy local brew!*

8 ounces of your favorite linguini-style pasta, dry	2 cloves garlic, minced
2 tablespoons tamari	1/3 cup unsalted dry roasted peanuts
2 tablespoons water	1 tablespoon fresh mint, chopped
1/4 cup smooth peanut butter	1 tablespoon fresh cilantro, chopped
4 teaspoons sugar	2 tablespoons carrot, grated
1 tablespoon brown rice vinegar	1 whole green onion, including leaves, chopped
2 tablespoons toasted sesame oil	1/4-1/2 teaspoon red chili flakes
2 tablespoons canola or sunflower oil	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. Season with salt and pepper to taste.
5. Chill and serve cold.

*(continued)*





## TAPIOCA POPOVERS

MAKES ABOUT 30 **Gluten-free**

*Like many of our most popular bakery items, this was created by one of our excellent staff members who was gracious enough to share her family's recipe for pão de queijo—Brazilian cheese puffs—with our stores. Bonus—it's naturally gluten-free!*

- 4 cups tapioca flour
- 1 tablespoon sea salt (or to taste)
- 1 cup Parmesan cheese, shredded
- 3 eggs
- 1 cup 2% milk
- 1 cup canola oil

1. Preheat oven to 350 degrees.
2. In a large bowl, mix together tapioca flour, salt and cheese.
3. In another bowl, whisk together eggs, milk and oil.
4. Make a well in the flour mixture, pour in the wet mixture, and combine until it reaches the consistency of a soft margarine.
5. Coat mini-muffin tins (30 cups) measuring about 1¾-inches wide and 1-inch deep with vegetable oil spray. Then fill three-fourths full with the batter.
6. Bake in preheated oven 18-20 minutes or until golden in color. Popovers are best served immediately.

*Note: Popovers can be made in smaller or larger muffin cups. Adjust baking time accordingly.*

## MAMA'S VEGGIE CHILI

SERVES 12 **Vegan • Gluten-free**

*We have been serving up this chili every day for more than two decades! In fact, one particularly hot summer we decided to stop offering it daily. That lasted about four days as there was quite an outcry and it quickly went back on the daily menu.*

*This simple, satisfying vegan chili is a bean lover's delight and relies on textured vegetable protein (TVP) for its meatiness—find it in the bulk aisle. The TVP will plump up as it cooks.*

- 1½ teaspoons canola oil
- 1 large onion, chopped
- ½ cup green bell peppers, chopped
- 1 (15-ounce) can kidney beans
- 1¾ pounds tomatoes, diced
- 2 (15-ounce) cans chili beans
- 1½ cups water
- ½ tablespoon chili powder
- ¼ tablespoon garlic powder
- 3 teaspoons salt
- 1½ teaspoons black pepper
- ½ teaspoon thyme
- ¾ teaspoon cumin
- ½ cup textured vegetable protein (TVP)

1. Heat canola oil in a large stock pot over medium-high heat. Add onion and green pepper and sauté until soft, about 5 minutes.
2. Add all remaining ingredients and bring to a boil. Reduce heat and simmer for 20-30 minutes.



## BIRDY BARS

MAKES 18 LARGE BARS **Vegetarian • Gluten-free**

*This recipe is easy to make and loaded with healthy fiber and vegetable oils from all the seeds and nuts. Perfect as a breakfast bar, a mid-afternoon snack, or an energy boost during a long hike, they are chewy, just sweet enough and rib-sticking good. They freeze well. Just be sure to wrap tightly before chilling.*

- ¾ cup organic smooth peanut butter, no salt added
- 1 cup Kallas Pure Honey
- 2½ cups sesame seeds
- 1¾ cups roasted salted sunflower seeds
- ½ cup dried cranberries
- ½ cup diced or sliced almonds
- ½ cup roasted salted pumpkin seeds
- 1 cup unsweetened shredded coconut
- ½ teaspoon salt

Special equipment: 8x12-inch or 9x14-inch baking pan

1. Preheat oven to 350 degrees. Spray pan with cooking oil spray and set aside.
2. In a large bowl, thoroughly mix peanut butter and honey.
3. Add remaining ingredients to honey-peanut butter mixture and fold ingredients until everything sticks together.
4. Use a spatula to press batter smoothly and evenly into prepared pan.
5. Bake for 15-18 minutes, or until golden brown. Cool and chill before cutting.

*Note: This recipe is adapted for the home cook and won't make as thick of bar as you'll find in our stores.*





# SPRING CLEANING *with* REBEL GREEN

*story & photos by* MICHAEL SORENSEN

IT'S A DIRTY LITTLE SECRET THAT MOST OF US WOULD RATHER NOT THINK ABOUT. "THE GROSSEST STUFF IS ON YOUR FRUITS AND VEGETABLES. THERE ARE LITTLE MITES, THERE'S TINY WORMS, THERE'S DIRT, THERE'S PESTICIDES, INSECTICIDES AND FUNGICIDES AND HAND OILS. UP TO 20 OR 30 PEOPLE TOUCH YOUR FOOD BEFORE YOU EAT IT."

This was the spark that led Mequon's Ali Florsheim and Melina Marcus to create Rebel Green's Fruit and Veggie Clean, a natural produce cleaner that helps get rid of the creepy stuff found on conventional and even organic produce. "A good produce wash was very hard to find," Melina tells me over the phone during a moment of downtime from Rebel Green's packed schedule of cross-country trade shows. "Before I was washing my produce with dish soap and that's just not a good idea. I just remember there were so many recalls growing up of fruits and vegetables that I thought whatever is happening I want peace of mind to know I'm cleaning my produce well."

REBEL GREEN  
MEQUON, WI  
WWW.REBELGREEN.COM



After being disappointed with the produce washes available at the time, “They smelled like lemon furniture polish, and left an after taste” Melina recalls, these two working mothers decided 12 years ago to dive headfirst into the natural cleaners’ market and haven’t stopped since. They knew that to do it right meant having an exceptional product that people would want to use.

“We thought, if we really want this to be as popular as we think it should be— because it’s so good for families’ health—we want it to be right on the kitchen sink because if you throw it underneath the sink you’re never going to see it again. If we want parents to wash their kids’ fruits and vegetables, they have to have it right in their line of sight and the only way to do that was to have awesome packaging and a price point that was affordable.”

A word about that packaging. The bright, 1950’s inspired retro labels really make Rebel Green’s products stand out from other natural cleaners, which look more like something you’d find in an 1850’s apothecary and that’s just the way they wanted it. The two tweaked the design a bit last summer but kept that apothecary feel and the labels now reflect gender changing roles, there is now a dad featured on the baby detergent, the Green gal is an organic farmer on the Fruit and Veggie Clean, a doctor on the hand soap.

“Packaging is really important for new brands,” Ali explains, “We need to compete with lower cost and lower quality products. Packaging is essential when communicating what’s in the bottle or box, especially with new, natural brands. That’s why we came up with Rebel Green.”

But great design is only half the battle. It’s what goes in the bottle that keeps people coming back. Since their produce wash debut Rebel Green has introduced organic laundry detergents, dish soaps, hand sanitizers, glass sprays, sulfate free hand soaps and more. They’re commitment to transparency and environmental sustainability translates into Rebel Green becoming a Certified B Corporation and recently winning a “Force for Positive Change” Award from Marquette University and the Wisconsin Alumni Research Foundation.

And while most Rebel Green’s products are made in Wisconsin or the Midwest, their new line of Carbon Neutral, tree free bamboo toilet paper comes from overseas. To offset this carbon footprint Rebel Green has partnered with The Paradigm Project, a social enterprise focused on funding clean cook stoves for women and families in rural Kenya. “It’s really a big problem there, cooking over primitive stove tops which causes immense pollution. Hopefully this brings awareness to the issue as well.”

Rebel Green’s commitment to the environment also extends to their packaging which they are hard at work trying to make greener, “We’re working on some awesome sustainable packaging right now,” Melina says. “Infinitely refillable glass, ocean-bound plastics are great alternatives and we’re looking forward to incorporating those into our product line as well as bulk dispensers and other ecofriendly alternatives. Our ultimate goal is to help consumers use less packaging but still take care of their household needs.”

# 50 Years of

**FEB. 1970**

First food co-op planning meeting was held at a Yippie commune on Milwaukee's East Side.

**APRIL 22, 1970**

The first Earth Day was held. An estimated 22 million people attended festivities that day nationwide.

**MARCH 13, 2000**

Outpost opened the area's first 'green-designed' grocery store on West State Street.

**MAY 1970**

First co-op shares were publicly sold at the Warren Avenue Street Festival.

**WINTER 1971**

The food co-op moved to East Clarke Street and was officially renamed Outpost Natural Foods.

**JAN. 14, 1990**

Outpost moved to its current location on East Capitol Drive.

**APRIL 17, 1970**

The East Kane Street Co-op opened, only to close just a short 6 months later.

**SPRING 1974**

Outpost moved to East Locust Street, right next door to the Gordon Park Food Co-op.

# Co-operation

**SEP. 15, 2005**

Outpost opened its third store location in the Bay View neighborhood.

**FALL 2009**

The first Outpost wholesale account at Aurora Sinai Hospital Cafeteria was opened. There are a total of seven accounts open today.

**NOV. 2003**

Outpost reached a total of 10,000 co-op owners; approximately 1% of Metro Milwaukee's population at that time.

**SPRING 2011**

Outpost debuts its award-winning magazine, Graze.

**MAY 12, 2014**

Outpost opened its first store located outside of Milwaukee County in the city of Mequon.

**MAY 2011 - 2019**

Outpost operated a Market Café at Aurora Sinai Hospital.

**OCTOBER 2014 - 2016**

Outpost operated a Market Café at Wellness Commons.

**1981**

The Outpost Exchange magazine was born and would be published for another thirty years.

**APRIL 2013 - FEB. 2014**

Outpost operated a Market Café at Rite Hite YMCA.

**APRIL 17, 2020**

Outpost celebrates fifty years of cooperation!

**DECEMBER 1979**

Outpost moved into the former Steinman Lumber Company building on North Holton Street.

**JULY 2014**

Outpost increased co-op ownership to a total of 20,000 people.



**GO CO-OP!**

# OUTPOST PIONEERS

(front row): Lenore Lee, Diane Schieffer, Heather Schmidt, Valerie Vernon, Amy Kirkland, Joel Kopischke, Steve Klinier, Sue Swamer (back row): Art Blair, Pat Small, Steve Pincus, William Quinn, Louis Fortis, R Jay Gruenwald

by MARI WOOD

**S**OME WOULD SAY THAT, COMPARED TO NOW, THE WORLD WAS A VERY DIFFERENT PLACE IN 1970. WHILE WE DON'T SEE A LOT OF BELL BOTTOMS OR PEACE SYMBOLS IN POPULAR CULTURE TODAY, ONE THING THAT REMAINS THE SAME IS OUR DESIRE FOR WHOLE-SOME DELICIOUS FOOD. FROM OUR CO-OP'S COUNTERCULTURE GRASSROOTS BEGINNING TO BECOMING A \$50 MILLION MULTI-STORE OPERATION, OUTPOST HAS STAYED TRUE TO PROVIDING THE MILWAUKEE AREA WITH ONLY THE BEST IN ORGANIC AND LOCAL FARE...AND THAT'S SOMETHING THAT WILL NEVER CHANGE.

In honor of Outpost's 50th anniversary, let's take a trip back to the past and celebrate the stories of Outpost's earliest days in the words of our some of co-op's founders.

*This is our story.*

**STEVE PINCUS, 1970**  
*Founder, manager, current vendor*

"I helped start and manage the overtly political Kane Street Co-op, open from May to November 1970. After that store closed, we regrouped around the concept of a natural foods store, then raised capital to run a weekly food buying club through the winter of 1970-1971. Outpost opened in spring 1971 at the corner of Clarke and Fratney Streets. I was the main manager, with a group of volunteers, all doing whatever was necessary to staff the store and keep it running. I was paid \$30/week, plus food from the store (rent was cheap then). We named our store 'Outpost' because we saw ourselves on the frontier, the pioneering edge of a young natural foods movement.

After Outpost moved to a larger location on Locust Street, I left store management to help start and run the Fertile Dirt, a vegetarian restaurant that was an original tenant at Sidney Hih. A shoestring operation run by a group that met up through Outpost. The Dirt was Milwaukee's first new-age vegetarian restaurant and persisted from co-op startup through years of private ownership. That's a big story by itself.





Steve Pincus



Pat Small (right) with Art Blair

I continued to work with Outpost, doing maintenance and Chicago trucking runs for a couple more years, until I moved to a farm in the Driftless region in 1975.

I started farming there, growing organic produce, selling into Madison (especially to the Willy Street Co-op). By the mid-'90s, our operation, then located on the outskirts of Madison, had grown to a size where we could begin selling to Outpost. We connected, became a committed supplier and have continued since.

This is the condensed story of a young man, dissatisfied, at loose ends, who found direction and built a productive life through the values I learned and the people I met because of Outpost."

## **PAT SMALL, 1970**

### **Founder & volunteer**

"My first memory of what is now Outpost Natural Foods Cooperative is the moment the idea of a Milwaukee food cooperative (a la Madison's Mifflin Street Co-op) was first broached to me. Others and I had just recently started organizing a Milwaukee chapter of the Youth International Party (YIP) and we called ourselves 'Yippies.' We immediately embraced the food co-op idea. There was also a general idea in the air of 'institution building;' Starting organizations that reflected our visionary values and concerns. We believed that new, indigenous institutions truly serving people's needs would thrive.

The first co-op planning meeting was held in February 1970 at the Yippie commune at North Oakland Avenue on Milwaukee's East Side. About six to eight people attended. By April 1970, the volunteer organizers had rented a storefront on East Kane Street and incorporation papers had been written. The Kane Street Co-op's organizing efforts were regularly reported in the Street Sheet, a Milwaukee Yippies' publication.

The co-op's membership shares were first publicly sold on May 3, 1970 at the Yippies' Warren Avenue Street Festival (the precursor to the Brady Street Festival). The Milwaukee Jour-

nal and Milwaukee Sentinel estimated that there were 5,000 people in attendance. A substantial number of co-op memberships were sold from a card table on that warm, sunny Sunday. It was one day before the infamous tragedy of the Kent State University massacre in Ohio (in which four students were killed by National Guard troops during an anti-Vietnam War demonstration).

From spring 1970, when the Co-op first opened on East Kane Street, until its shutdown (after about six months of chaotic activity), the Yippies were involved in daily operations—such as they were. The Co-op's temporary closing was deemed necessary—and an opportunity to reform: First as a 'buying club,' then into its second coming as Outpost Natural Foods. The larger, better located East Clarke Street location opened in the winter of 1971. The pivotal decision in early 1971 to relocate in Riverwest, prompted the idea that the reorganized co-op be named 'Outpost Natural Foods.' This was in recognition that the Co-op's perceived base membership of countercultural hippies and 'hip' UWM students were gradually spreading from the East Side to the 'outpost' area west of the river where rents were more affordable. Consensus was immediately achieved.

All through the 1970s, to the satisfaction of everyone, Outpost steadily grew, attracting a more diverse membership. A rancorous period of Outpost history occurred in the late 1970s. In early 1981 I was asked by the board of directors to become part-time editor of the Outpost Newsletter, which had devolved from being the members' source of healthy and germane information into a querulous mélange espousing opposing views of the Co-op's then fractious internal issues. The board and I agreed to transform this 'house organ' into a harmonious publication with widespread 'natural' appeal. Before resigning in late 1981 (I had a demanding day job) I suggested that the Newsletter be renamed the Outpost Exchange. For nearly 30 years thereafter, the Outpost Exchange thrived. The Exchange ceased publishing in October 2010, giving way to Outpost's full-color Graze publication."

*(continued)*



Outpost Pioneers were recognized with a sustainable wood plaque at the Outpost Annual Meeting, February 23 at Good City Brewing.



R Jay & Barbara Gruenwald

## **R JAY GRUENWALD, 1979**

*Volunteer and current vendor*

“There are two significant memories of my involvement with Outpost Natural Foods: The first is that I met my wife, Barb, who was a volunteer cashier trainer at the Holton Street store. The second is that I was captured to ‘volunteer’ (someone literally locked the door) at the store on Locust Street and asked me to help with inventory.

Over those early years (the late '70s and the '80s), I personally learned how dependent co-ops were on their owners to volunteer in many different roles. As a volunteer, I became in charge of monthly inventorying, I was a cashier and floor sweeper, I co-chaired the volunteer committee and did photography for the Outpost Exchange newsletter. I was also in charge of the “community meal” crew: Fundraisers for Outpost where we created seasonal vegetarian meals for over 500 people.

Over the years, I watched Outpost’s amazing transformation from a dingy corner store on Locust Street, selling bulk organic grains and flour out of metal garbage cans, into four state-of-the-art locations today. Outpost pioneered selling organic natural foods in the Milwaukee area and they accomplished this on behalf of their owners which now number over 23,000.”



William Quinn

## **WILLIAM QUINN, 1982**

*Employee, manager, vice president and longest serving board member in Outpost’s history*

“I started as a part timer in 1982 on Holton and Keefe, cleaning the store two times per week, and worked the produce department on Saturdays. In 1984, the Produce Department Head quit, so I took the job, as I had just dropped out of UWM for the fourth time, not knowing what I wanted to be when I grew up.

I fell into the world of organic produce just as the movement was taking off, and I found that I loved sharing great food with other people. Also, the co-op business model fit with my values. In 1987, I was elected to the Outpost Board of Directors, a seat I held for the next 18 years. In that time, we slowly evolved into a capable and competent board, adopting the Policy Governance model.

In 1990, I helped Outpost move to our Capitol Drive location. In 2000, I helped open our Tosa location and managed the produce department there, until I became the Produce Category Manager in 2013.”

# thank you!

TO OUR EMPLOYEES • FROM OUR CO-OP COMMUNITY

**You guys have done an amazing job! Thank you!  
Love you Outpost!**

**Everybody is doing everything to help us all...thank you so much!**

**Proud to be an Owner!**

**Outpost employees are the best!  
Thank you!**

**You are all doing a great job!  
Please know all your hard work is greatly appreciated!!**

**My deepest gratitude to each and every one of you working to help the rest of us.**

**You truly are an amazing bunch of humanity.**

**Thank you all for keeping us fed and safe. It is a noble job that you all are doing.**

**Everyone has been such a joy to interact with as we continue to support our co-op! Thank you!**

**Thanks Outpost crew!  
You are all amazing.**

**Thank you for being there Outpost. We appreciate everyone involved in or working for the co-op.**

**Excellent all around effort. Even working with your suppliers to keep goods stocked. We are proud owners!**

**Stopped in today for a carton of eggs and a sweet treat to keep me going! Staff were AMAZING! The shelves were so well stocked and clean. Everyone there deserves a standing ovation.**

*A few of the customer comments we received for our employees during the COVID-19 pandemic.*

# Celebrate with Outpost!



**Locally Grown, Community Owned!**

**OUTPOST**  
NATURAL FOODS

4 stores in greater Milwaukee to serve you. Visit [www.outpost.coop](http://www.outpost.coop) for info.