

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

UNTITLED ART
PUSHES THE
ENVELOPE

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TORTILLERIA
ZEPEDA'S
TASTE OF
MEXICO

PAGE 20

PANCAKE
TIME!

PAGE 14

PLU 3010
SPRING 2022

FREE WITH ANY PURCHASE



FIRST WORD.

Mari Wood working the service desk at the Capitol Drive Outpost circa 1996.



WHEN I TELL MY KIDS (ALL BORN IN THE EARLY AUGHTS) STORIES ABOUT WHAT LIFE WAS LIKE IN THE 1990S, I HAVE TO REMEMBER THAT I'M REFERENCING A TIME THAT TO THEM THAT IS SLIGHTLY FAMILIAR BUT MOSTLY FOREIGN AND EXOTIC. BY THE TIME THEY STARTED FORMING MEMORIES, PERSONAL COMPUTERS, CELL PHONES AND THE INTERNET WERE ALL COMMON PLACE IN DAILY LIFE; MOST OF WHICH, WE HAD NONE, OR AT BEST, A RUDIMENTARY VERSION OF IN THE 90S. AND WITH THIS LUDDITE ERA AS A BACKDROP, I STARTED MY JOURNEY AT OUTPOST NATURAL FOODS.

Living in a crowded punk house on Milwaukee's East Side, I played guitar in a band with three of my roommates. In 1994 our band's goal was to move to the East Coast, but when that didn't work out, I found myself without a job and hazy plans for my future. My bandmate worked at the café at Outpost's Capitol Drive store (our co-op's only location at that time), and he encouraged me to apply for an open cashier position ... and as they say, the rest is history.

At first, I thought my job at Outpost was like any other retail position I had held in the past. My plan was to only stay for a couple of months, but as time passed, something kept me at the co-op. I really liked my co-workers and the customers; but most important, I felt really welcomed here...like I was part of a big new family. And as I learned more about what being a co-op meant, I became really proud to work for a business with ethical values that supports and is owned by our community.

When a new position was created in 1997 that focused on co-op owner services, I applied and was hired. In the 24 years that I've held various versions of this ownership-focused position, I've learned so much about the world of cooperatives, met many amazing, intelligent people who care deeply about our co-op and our community and have been given the opportunity to build a career that has more meaning and impact than you would typically find at a conventional company.

Looking back at my long history at the co-op and reflecting on the fact that we celebrate Outpost's 52nd birthday in April, I find myself starting to think about how the co-op is different from when I was first hired here in 1994. But I stop myself and find comfort in all the ways that the co-op is still the same and are reflected in the following pages of this magazine: A commitment to local, organic, delicious food; a passion to serve the members of our community; and a dedication and loyalty to the owners of Outpost who make it possible for us to provide you with the goods and services you've come to expect from your co-op.

This isn't my farewell story; nor is it Outpost's. We all have a lot of purposeful work yet to do. As it was in 1994, and in 1970 the year the co-op was formed, we eagerly and thoughtfully continue our cooperative journey so that our owners have a healthy, diverse, and sustainable community to call our own.

Mari Wood
Cooperative Relations 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 ?

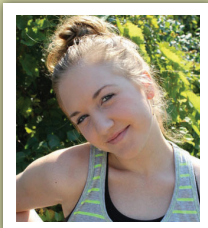


i am CARA BERKEN.

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.

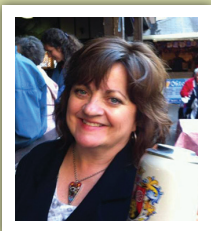
i am HANNAH EVANS.

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.



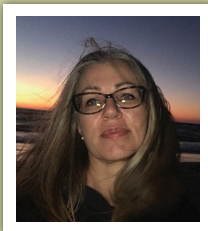
i am LISA MALMAROWSKI.

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.



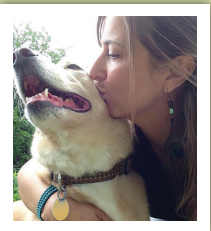
i am MARGARET MITTELSTADT.

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.



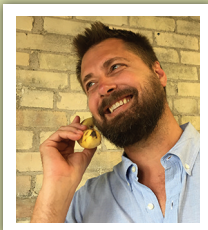
i am DIANA SCHMIDT.

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
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OUR PUBLISHING STAFF.

DIRECTOR . LISA MALMAROWSKI

WRITER . PHOTOGRAPHY .

MICHAEL SORENSEN

DESIGN . PHOTOGRAPHY . CARA BERKEN

DESIGN . HANNAH EVANS

WRITER . MARGARET MITTELSTADT

WRITER . DIANA SCHMIDT

WRITER . MARI WOOD

OUR STORES.

100 EAST CAPITOL DRIVE

MILWAUKEE, WISCONSIN 53212

PHONE . 414 961 2597

7000 WEST STATE STREET

WAUWATOSA, WISCONSIN 53213

PHONE . 414 778 2012

2826 SOUTH KINNICKINNIC AVENUE

MILWAUKEE, WISCONSIN 53207

PHONE . 414 755 3202

7590 WEST MEQUON ROAD

MEQUON, WISCONSIN 53092

PHONE . 262 242 0426

WE'D LOVE TO HEAR FROM YOU!

SEND YOUR LETTERS TO -

GRAZE@OUTPOST.COOP

OUTPOST NATURAL FOODS/GRAZE

3200 SOUTH 3RD STREET

MILWAUKEE, WISCONSIN 53207

OUTPOST
NATURAL FOODS

WWW.OUTPOST.COOP



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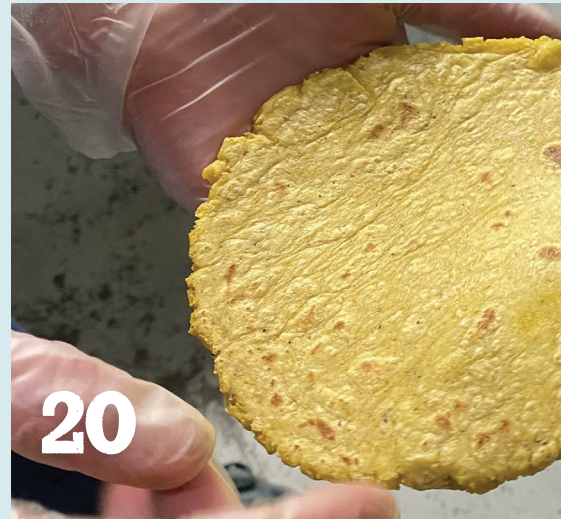
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Outpost is a founding member of Local First Milwaukee, an alliance that advocates for locally owned, independent businesses.



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(you'll)

SWOON.



OM MIGHTY VEGGIE MISO BROTH PACKETS

MISO AND MUSHROOMS MEANS MUCHO UMAMI

We've been big fans of Om's mushroom superfoods for a while now, but their Mighty Veggie Miso Broth packets will take you from infatuation to marriage proposal time. Vegan, gluten free, organic, paleo and keto-friendly (not to mention made right here in the good old USA), these convenient packets manage a blast of umami in mere minutes, with an enticing mix of Lion's Mane, Reishi and Shiitake mushrooms that help boost immunity, improve focus, and soothe the gut. Bonus – Each packet is also packed with seven grams of plant-based protein to help you feel full. Add some tofu and veggies for a complete, quick meal on the go or sip as is and get ready to warm your tummy and your soul.

BELGIOIOSO BURRATA FRESH MOZZARELLA CHEESE

CHEWY, GOOEY, RICH & CREAMY

What a deceptive little package the burrata is. On the outside it looks like any other creamy ball of fresh mozz, but there's a world of discovery waiting on the inside. Once you cut into a BelGioioso Burrata, you'll discover the light, chewy, slightly briny texture on the outside gives way to an oozy, soft, creamy and dreamy inside! It's like a milky lava treasure of rich, dense cream. Try some with fresh figs and prosciutto sprinkled with a little balsamic. Or drizzle it with some of your favorite fancy olive oil and dotted with a dash of fresh ground pepper. Add some to a little fresh pasta or on top of some grilled toast. This cheese can take center stage of a meal or luxuriously hang out on the sidelines of a cheese plate like an Italian opera diva. Whichever way you slice it, it's going to be the star of the show!



GOLDEN MONKEY SHAKE

YOU'LL GO BANANAS FOR THIS TASTY TREAT

This call is coming from INSIDE THE CO-OP, folks! We're not bragging when we say our made-to-order, hit-the-spot, Outpost signature smoothie kicks any fast food shake to the curb. We start with organic bananas, honey and your favorite milk (dairy or dairy-free), then amp it up with our inspired Golden Milk Elixir spiced with worldly flavors like turmeric, cinnamon, cardamom, ginger and pepper. Creamy, sweet, zesty, warming and downright delish – it'll have you swinging from the treetops while you power through your day.



GIMME ORGANIC ROASTED SEAWEED SNACK

THE MOST NUTRIENT-DENSE
VEGETABLE ON EARTH DOESN'T
GROW ON LAND

Hard to believe that the creepy plant that tickled our thighs and convinced us we were a sea monster's next victim became our go-to snacks when we're craving something crunchy yet healthy. These highly addictive seaweed snacks hail from seaweed farms off the coast of South Korea, in an area known for its clean, nutrient-rich waters. Harvested at the peak of its flavor (like a high end olive oil or wine) the seaweed is cut right out of the water ensuring a sweet, umami-packed flavor. It's then roasted and brushed with organic oils to give it that light, crispy texture we can't get enough of. Loaded with healthy things like trace minerals and vitamin C, you'll never be afraid of seaweed again once you crunch into these nutrient-packed flavor sheets.



AURA BORA SPARKLING WATER MAGICAL FAIRIES' PREFERRED LIBATION

Imagine drinking a delicate red rose off a desert cactus or a ripe watermelon scented with a hint of peppermint? Or how about sipping on some of the earth's most aromatic herbs and plants? Now you can! Aura Bora sparkling waters put fruits, herbs and flowers front and center and skips the sugar, salt and calories you'll find in other waters. Created by two sparkling water addicts (we mean wizards) in San Francisco who were tired of seeing the same flavors and artificial ingredients in their seltzers, they started experimenting at home by using the herbs and botanicals in their pantry to come up with something new. Our faves are Lavender Cucumber and Lemongrass Coconut, but try them all! No fairy wings required, but these dancing bubbles will make your tastebuds fly.



AT PEACE DESIGN LIGHTS THE WAY

Pam McCreary's positive lifestyle brand began with a sort of ending. Years ago, to celebrate birthdays, Pam, along with a close group of her friends, took a girl's trip to the Bahamas where sandy beaches, warm waves and maybe a few cocktails led to commemorating this special moment with tattoos. Pam's design came to her as an affirmation (thriving after a recent breakup): The "@" symbol, coupled with the iconic "peace" sign which, when put together, created "At Peace." It was one of those moments where she wondered how has nobody thought of this before?

"It just seemed so iconic to me. Those symbols worked so well together that it inspired me to create a little side hustle selling t-shirts with "At Peace" on them at local markets. As the brand began to gain traction, things took a turn in 2019 when I lost my job. Fortunately, I had a pretty good severance package, so I thought if I'm ever going to go put everything into my "At Peace" idea and really push it, now is the time to do it."

Along the journey towards making her business a success, Pam learned everything there was to know about screen-printing, heat pressing, sublimation, where to store boxes upon boxes of materials and more. But shortly after opening a brick and mortar in 2019, COVID hit. "It was a little scary, but I was like, 'OK universe, show me the way' and it did."

Now, in addition to her brick and mortar and online store, you can find Pam's "At Peace" hoodies, tote bags, masks, mugs, stickers and more at all four Outpost locations and at her shop inside the Sherman Phoenix. "I love when I see my designs out in the real world. It just confirms that I'm doing what I'm supposed to be doing and it just makes my heart melt and I absolutely love that."

OATS

(two ways)

BANISH ALL THOUGHTS OF OATS AND OATMEAL AS JUST A BREAKFAST-ONLY PORRIDGE STAPLE, AND INSTEAD SEE THEM FOR THE VERSATILE COOKING INGREDIENT THAT THEY ARE. NOT ONLY DO OATS OFFER A NUTTY FLAVOR PROFILE, BUT THE NATURAL CREAMINESS THAT COMES FROM COOKING OATS CAN LEND THEM SO WELL TO A MULTITUDE OF GRAIN-BASED DISHES.

Oats are naturally high in soluble fiber, especially beta glucans, a type of fiber shown to be helpful in managing and lowering LDL cholesterol. They also contain substantial amounts of antioxidants.

DARK CHOCOLATE OAT PUDDING

SERVES 4-6 Vegetarian • Vegan with substitutions

Who knew humble oats could be so decadent? For a wholesome twist on dessert, serve up this lovely, super-easy chocolatey pudding made with oatmeal. It's not only creamy and tasty, but packed with good stuff like soluble fiber, protein, antioxidants and cholesterol-lowering beta glucans. Super-healthy chia seeds help to create a very thick pudding. You can omit them and still have a luscious dessert. Steer clear of quick oats – use thicker old fashioned rolled oats. You will need a blender or food processor.

1 cup old fashioned rolled oats
2 cups low-fat milk (or unsweetened almond or coconut milk)
1 banana
¼ cup unsweetened dark cocoa powder
2 tablespoons honey, or to taste
1 tablespoon chia seeds (optional)
Toppings: fresh fruit, granola, ground nuts, yogurt, whipped cream, chocolate sauce – the sky's the limit!

1. Put all ingredients into a blender or food processor. Blend until well combined.
2. Add mixture to a medium saucepan on medium-high heat. Cook for about 5 minutes or until thick, stirring constantly.
3. Remove from heat and pour into small bowls. Let set 10 – 15 minutes. Serve warm or cold.
4. Top with whatever floats your pudding boat, depending on if you eat it as a breakfast treat with your morning coffee, a dessert or even as a snack. We fancy berries and bananas, and a dollop of tangy Siggis Vanilla Skyr triple cream yogurt.



1ST
way.





2ND way.



SPRING MUSHROOM RIZ-OAT-OH

SERVES 4 Vegetarian • Vegan with substitutions

Get ready for a hearty risotto made with steel cut oats instead of rice. You get all the creaminess and flavor you'd expect from a traditional risotto with all the health bennies of oats. Tarragon lends a light sweet flavor, hinting of licorice, that we think is just perfect for spring. However, remember with tarragon, a little bit can go a long way. Parmesan cheese can be added just before plating. Serve this dish alongside seafood, pork or chicken. Or make it the main course along with a hunk of buttered bread and a glass of crispy Sauvignon Blanc or Pinot Grigio.

3 cups vegetable broth
½ cup dry white wine
1 tablespoon olive oil
1 small onion, chopped
2 garlic cloves, minced
1 cup white button mushrooms, sliced
1 cup cremini, shiitake, chestnut, or other mushrooms with a cap, sliced
1 cup steel cut oats (uncooked)
3 tablespoons fresh chives, chopped
1-2 tablespoons fresh tarragon, chopped
Salt and fresh ground pepper to taste
Grated Parmesan cheese (vegans will love Violife Just Like Parmesan wedge)

1. Heat the broth and wine in a small pot over low-medium heat until hot, but not boiling. Add chives and tarragon and simmer on low.
2. While the broth mixture is warming, heat the oil in a large pot or sauté pan over medium heat. Add the onions and cook for about 3 minutes, stirring occasionally.
3. Add the garlic and mushrooms to the onion and cook for an additional 2-3 minutes, stirring often. Stir the oats into the mushroom medley and reduce heat to medium-low.
4. Add ½ cup of the warm broth mixture into the pot. Stir frequently until all the moisture is absorbed.
5. Repeat step 4, adding ½ cup of the broth mixture at a time, until all the broth has been incorporated and the oats reach a creamy consistency (approximately 20-25 minutes).
6. Season with salt and pepper to taste. Divide the risotto into four bowls, and garnish with fresh chives, a couple of twists with the pepper grinder and a sprinkle of Parmesan cheese. Serve warm.

Crafting ART in the HEARTLAND



story & photos by MICHAEL SORENSEN

NEW ENGLAND IPA'S FOR THE MIDWEST. SPARKLING WATERS SPIKED WITH CBD. REFRESHING FLORIDA SELTZERS WITHOUT A TRIP DOWN SOUTH. NON-ALCOHOLIC BEERS WITH THE SAME BOLD FLAVORS AS THEIR ALCOHOLIC COUSINS. UNIQUE COLLABORATIONS WITH BREWERS FROM ACROSS THE COUNTRY AND THE WORLD. WHEN IT COMES TO PUSHING THE ENVELOPE IN THE BREWING INDUSTRY, WISCONSIN'S UNTITLED ART THROWS CONVENTION OUT THE DOOR TO BLAZE A TRAIL ALL ITS OWN.

Untitled Art co-owners, Isaac Showaki of Octopi Brewing (where Untitled Art is physically brewed in Octopi's state-of-the-art brewing facility) and Levi Funk of Funk Factory, launched their upstart beer company back in 2016. We had a chance to talk to Levi inside Octopi's ever-expanding headquarters in Waunakee where he took us through this revolutionary company's genesis.

"We were traveling like three weekends a month to all of these beer festivals in the U.S. and around the world and we would come back to Wisconsin just really missing these styles of beer that were really on the front edge of brewing and weren't represented back



home. Our first focus was on creating a New England IPA style in the Midwest. At the time it was just in New England, and we thought, ‘Couldn’t we try making this style of beer for people in Wisconsin?’”

Untitled Art’s Juicy IPA would become their first flagship beer (which they now make in both alcohol and alcohol-free varieties) and showed Funk that there was a thirst for innovation in the industry. Soon they were creating limited edition beers like Black & Blue Chocolate Chip Pancake Stout, Dry Hopped Watermelon Lime Gose and Blue Hawaiian Sour (that’s actually the color blue). These brews might seem eccentric to some, but as Levi explains, it’s all just a part of the progression of beer.

“There’s all these evolutions to all of these styles. For instance, when we talk about a Berliner Weisse, that was an evolution from hundreds of years ago on a standard German weisse (or wheat) beer. And I’m sure back then, there was somebody in Hamburg that was making a simple wheat ale that was like, ‘Oh, these people in Berlin are messing it all up!’ I feel there’s two different camps of brewers in the world; one camp wants to make traditional beer, and then there are brewers who want to explore and innovate and do something new. We’re definitely on the ‘explore’ end of the spectrum.”

And now, hundreds of years later, Untitled Art is still discovering new avenues in brewing. They’ve even taken that centuries-old upstart, the Berliner Weisse, into new directions by incorporating and reinterpreting that classic beer and translating it for the exploding seltzer market. “When seltzers were coming up, a lot

of brewers pushed back against it and said this isn’t beer, this isn’t something we should be doing, this is ‘lesser than,’ but we thought we can do whatever we want. We don’t have to fit into this rigid, defined style. When I saw the seltzer category coming up I was like, ‘why are people rejecting it?’ It’s our job as craft producers to take that idea and create a craft product with it.”

Their modern thinking paid off handsomely as Untitled Art’s exceptional gluten-free, low-calorie, low carb, vegan-friendly Florida Seltzers are brimming with fruit forward flavors like Blood Orange Pomegranate, Blackberry Agave and Prickly Pear Guava. Even the Florida Seltzer name is part of Untitled Art’s unique identity. A local identity they purposely don’t play up to customers.

“We should be saying ‘Made in Wisconsin’ on our cans, but it’s never been a message that we’ve put out there. I don’t want Untitled Art to tell you everything about it. I want you to just drink it and come up with your own opinion. That’s why we don’t put descriptions on our cans. I don’t want to write out this description and say, ‘this IPA tastes like grapefruit, and is super dry’ and then you drink it and you’re like ‘Oh yeah, I guess it tastes like grapefruit and it’s dry.’ You only think that because we wrote it out. We want it to be more about the beer than the place, even though we have the cred coming from a state like Wisconsin. It’s never been about a geographic identity for us, it’s all about our product.”

UNTITLED ART
WWW.DRINKUNTITLED.COM



ANY TIME IS PANCAKE TIME



by LISA MALMAROWSKI
photos CARA BERKEN



MENTU

(our)

- JAPANESE OKONOMIYAKI WITH TONKATSU SAUCE
- KOREAN KIMCHI-JEON
- VENEZUELAN CACHAPAS WITH GUASACACA SAUCE
- MOROCCAN BEGHRIR WITH SYRUP & FRESH FRUIT
- GREEK TIGANITES WITH SPICED NUTS & HONEY

MANY OF THE RECIPES YOU FIND HERE START WITH OUR CURIOSITY ABOUT FOOD FROM AROUND THE WORLD. BUT SOMETIMES THE RECIPES WE TEST AND SHARE MAKE IT TO PRINT SIMPLY BECAUSE WE LOVE THEM. LIKE AN EPIC VACATION, IT'S ESPECIALLY FUN (AND DELICIOUS) WHEN CURIOSITY, GLOBAL FLAVORS & LOVE MEET UP, LIKE THEY DID FOR US WITH PANCAKES. WE ARE NOW CONVINCED THAT EVERY CULTURE AND TRADITION AROUND THE GLOBE ENJOYS A PANCAKE OF SOME SORT WHETHER IT'S FOR BREAKFAST, LUNCH, DINNER, AN APPETIZER OR SNACK.

OKONOMIYAKI

SERVES 6 *Vegetarian & gluten free with substitutions*

The name for these savory Japanese pancakes comes from the word "okonomi" which means "what you like". Like many pancakes, the style varies by location. We cooked up a version that is much like Osaka-style – simple to make, very customizable and full of vegetables. We added savory notes with shrimp and bacon. You can make these large, but we liked them a bit smaller for all the crispy edges. Often served with mayonnaise and sauce, we opted for just fresh tonkatsu sauce which is a little like a BBQ or steak sauce.

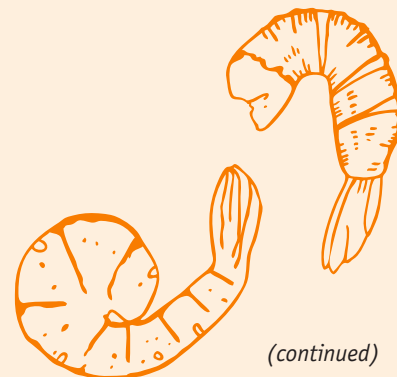
- 1 cup fresh shrimp, finely diced or 4 slices crispy cooked bacon, chopped
 - 1½ cups napa cabbage, thinly sliced
 - ¼ cup carrots, shredded
 - 3 green onions, thinly sliced
 - 4 button, cremini or shiitake mushrooms, very thinly sliced
 - 10-12 fresh green beans cut into ½-inch pieces
 - 1 small zucchini, cut into thin strips
 - 3 large eggs, lightly beaten
 - ¾ cup all-purpose flour
 - ¾ cup chicken stock
 - 2 teaspoons tamari
 - 1 teaspoon vegetable oil
 - ¼ teaspoon toasted sesame oil
 - Toasted seaweed snacks, cut into strips for garnish
 - Tonkatsu Sauce for serving (see recipe)
- Note – You may need a bit more vegetable oil and toasted sesame oil for cooking*
1. In a large bowl mix together, shrimp or bacon, cabbage, carrots, green onions, mushrooms, green beans and zucchini. In a separate bowl, beat together eggs, flour, chicken stock and tamari. Pour batter over vegetable mixture and toss to thoroughly coat.
 2. Line a platter with paper towels. Set aside.
 3. Heat a large sauté pan (with cover) over medium heat. Add vegetable oil and sesame oil and spread to cover bottom of pan.
 4. Scoop about ¼ cup batter for each pancake into pan - to make a 2½-inch circle – but do not crowd the pan. Cover and cook 4 minutes, or until bottom is golden brown. Flip and continue cooking for 4 more minutes, or until cooked through.
 5. Drain cooked pancakes on paper towels. Add more oil if needed before cooking additional batches.
 6. To serve, drizzle with Tonkatsu Sauce and top with strips of toasted seaweed.

TONKATSU SAUCE

Vegan and gluten free with substitutions

- ½ cup ketchup
- 2 tablespoons low-sodium tamari
- 1 tablespoon brown sugar
- 1 tablespoon mirin
- 1½ teaspoons Worcestershire sauce (or vegetarian Worcestershire)
- 1 teaspoon fresh ginger, minced
- 1 clove garlic, minced

Add ingredients to a bowl and mix well. Refrigerate any leftovers.



(continued)

KIMCHI-JEON

SERVES 4 to 6

Vegetarian • Vegan & gluten free with substitutions

These beloved Korean pancakes can be found everywhere – tucked into lunches or served on the street. Tart, a little salty and a little spicy, they're easy to make and adapt to your liking. Add more fresh, hot pepper if you like things a little zestier or try a tablespoon of gochujang in the batter for an extra kick. A dash of fish sauce or a little garlic wouldn't be out of place either. Since these are mostly kimchi, the one you choose will be the predominant flavor. We used daikon radish-based kimchi for the ones shown here. As for the ice cubes – this helps keep the batter very cold so the first side can cook enough to make flipping the pancake easy. We liked making a large, pan-sized pancake and slicing into wedges for serving. It's traditional to serve these with a soy sauce-based sauce, so the tonkatsu sauce we used for our Japanese pancakes also worked great with these.

2½ cups all-purpose flour or One-to-One gluten-free flour

2½ cups water

½ teaspoon fine sea salt

1 large egg, beaten or equivalent vegan substitute (like Just Egg)

2 cups kimchi - about 15 ounces

1 tablespoon kimchi liquid

5 ice cubes

1-2 green chilis (like serrano), seeded and chopped, or to taste

Vegetable oil for cooking

Chopped scallions and sauce for serving

1. Add flour and salt to a large bowl and whisk to aerate. Add water and whisk well, then add beaten egg, kimchi, kimchi liquid and chilies. Mix well. Then add ice cubes to keep the batter cold.
2. Preheat a 10- to 12-inch pan over medium-high heat. We used a non-stick pan but a well-seasoned and/or well-oiled pan would work. Add a generous splash of cooking oil into the pan and spread over the entire bottom of pan.
3. Ladle pancake mixture into the pan to cover the bottom and evenly spread batter over the surface.
4. Cook over high heat initially for about 20 seconds, then reduce the heat to medium to low. Continue to cook until the bottom of the pancake is browned and the top fades from glossy to matte. You can press down on the pancake to get it crispier. You want the pancake to be mostly done before flipping it.
5. Flip the pancake over and continue cooking for another 60 – 90 seconds until fully set.
6. Flip onto a cutting surface, slice into wedges, garnish with scallion slices and serve with tonkatsu sauce.

Note: These are best served up just as you make them. The recipe will make 2-3 large pancakes. If there are any left, store in refrigerator and re-heat in a hot pan to crisp them up before serving. Honestly, they're still pretty delicious even after re-heating.





GUASACACA SALSA

Vegan • Gluten free

Some say that guasacaca (*wah-sah-kaka*), Venezuela's beloved avocado green sauce, is the country's official condiment. Smoother and silkier than its cousin guacamole, you'll find hundreds of variations, but the basic idea is the same – an herby, tangy and creamy green salsa that is a perfect topping for cachapas and even empanadas and grilled meats, fish or vegetables.

2 large ripe avocados, peeled, pits removed
 1 small onion, roughly chopped
 1 small green pepper, seeded and roughly chopped
 1 jalapeño, seeded and de-veined
 1 clove garlic
 1 cup cilantro, tightly packed
 ½ cup parsley, stems removed and tightly packed
 3 tablespoons red wine vinegar
 3–4 tablespoons fresh lime juice
 4–6 tablespoons olive or avocado oil
 Salt and freshly ground pepper to taste

1. Combine everything except olive oil in food processor. Process until mostly smooth.
2. Continue processing while adding olive oil in a steady stream, until fully emulsified and smooth. Taste and adjust seasonings. You may need to add more oil, vinegar or lime juice depending on the moisture in the herbs, the size of the avocados and your taste. Allow to sit at room temperature for about an hour so flavors can mellow and blend.
3. Serve at room temperature. Store any leftovers tightly covered in refrigerator.

CACHAPAS

SERVES 6 Vegetarian • Gluten free

Many people are familiar with arepas – those puffy corn-based pancakes that also hail from South America. But Cachapas are softer and sweeter, almost custard like, and incredibly simple to make with easy to find ingredients. They're wonderful as a sweet/savory breakfast and also perfect as appetizers or snacks. We kept the fillings simple – just melty cheese and salsa – but chorizo or grilled vegetables would also be delish.

4 cups of fresh – or frozen and thawed – corn kernels
 ½ cup whole milk
 2 tablespoons finely ground cornmeal
 2 eggs
 1 tablespoon sugar
 ½ teaspoon salt
 1 tablespoon unsalted butter, softened plus more for cooking
 ⅓ cup all-purpose flour
 Soft, melting cheese like mozzarella
 Guasacaca Salsa for serving (see recipe)

1. In a blender or food processor, add corn kernels, cornmeal, milk, sugar and salt. Blend until combined. Then add eggs and softened butter, and blend for one more minute.
2. Pour the mixture into a bowl and add flour, then whisk to mix. The batter consistency will be somewhat thick, almost like a pudding. If you find the batter too thin, just add a tablespoon of flour at a time until it thickens slightly.
3. Rest batter in the refrigerator for 20 minutes before cooking.
4. Heat a non-stick pan over medium-low heat. When heated add a little butter to lightly grease the pan.
5. For each pancake, scoop ⅓ cup of batter into the pan and spread out gently into a round shape. Do not crowd pan.
6. When the undersides turn golden (after about 2 minutes or so), flip with a spatula and cook until the other side turns golden. Repeat with the remaining batter.
7. As the cachapas get cooked, transfer to a plate, and add cheese on top. You can stack and layer cachapas, or fold over a single cachapas gently to secure the filling. Serve with Guasacaca Salsa.

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TIGANITES

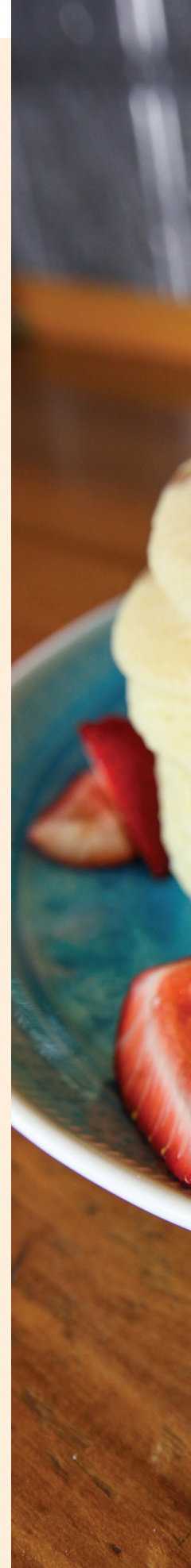
SERVES 6 Vegetarian/Vegan

The Greeks claim that they invented pancakes and they may be right. Tiganites (*tee-gahn-nee-tess*) really are the essence of a simple cake made better by frying in a pan. With a touch of vanilla and the smell of fresh batter hitting hot oil, you'll swear you're smelling a funnel cake, but these are more delicate and elegant than your usual county fair eats. The trick to keep in mind is to be sure that your oil is hot enough without smoking, or about 370 degrees. We liked using olive oil, but with a lower smoke point, you must watch it. As you add the pancakes to the oil it will lower the temperature a bit and if the oil drops too low the tiganites may absorb more oil and get greasy. To serve, we went the traditional route with nuts and honey, but chocolate hazelnut spread is really good too. For a savory twist, skip the vanilla in the batter and serve with crumbled feta cheese and a sprinkle of parsley.

| | |
|-----------------------------------|--|
| 2 cups all-purpose flour | For serving: |
| 1 teaspoon active dry yeast | 1 cup toasted walnuts or pistachios, chopped |
| 2 teaspoons granulated sugar | 1 teaspoon ground cinnamon |
| ¼ teaspoon salt | ¼ teaspoon ground cloves |
| 2 cups water | Honey or maple syrup |
| 1 teaspoon pure vanilla extract | |
| Olive or vegetable oil for frying | |

1. Combine yeast, sugar, water and a teaspoon of the flour in a large mixing bowl. Set aside for 8-10 minutes to activate the yeast. The yeast is active when a puffy cloud forms in the water.
2. Add the remaining flour, salt and vanilla extract to the yeast mixture and whisk together until the batter is very smooth. Set the batter aside and rest batter for 20-30 minutes.
3. While batter is resting, combine the walnuts or pistachios, cinnamon and cloves in a bowl and mix. Set aside.
4. Place a frying pan over medium-high heat. Pour enough oil into the pan to coat the bottom and create a thin layer about a ½- to ¾-inch. Heat the oil to about 370 degrees.
5. Line a platter with paper towels to drain the finished pancakes.
6. Add about two tablespoons of the batter (per pancake) to hot oil. Cook until edges are slightly dry, and bubbles appear, then gently turn them over (using a fork and a spatula or two spatulas will help this process) and cook until golden all around.
7. Serve warm and topped with honey or syrup walnut mixture.

Notes: To make ahead, put batter in an airtight container (with room to expand) and store in the refrigerator. Bring batter to room temperature before frying.





BEGHRIR

SERVES 6 Vegan

Beghrir (bagh-eir-rhee) are light, bubbly pancakes beloved throughout Morocco. Sometimes called thousand-hole crepes, they are easy to make and soak up whatever toppings you choose. The batter is like a yeasted crepe batter so it should be somewhat thin. Be patient, the batter needs to rest before cooking, and choosing a smallish nonstick pan or crepe pan will help ensure the right cooking surface. You will need a fine flour like semolina or durum and make sure your baking powder and yeast are fresh. We found these easier and faster to make than the other pancakes we cooked up – you don't even need to flip them as they cook on one side only! We loved them topped with a little syrup and fresh fruit, but you can also try honey, honey butter flavored with orange water, or fruit preserves.

| | |
|---|---|
| 1½ cups fine semolina or durum flour | 1 teaspoon salt |
| ¾ cup all-purpose flour | 3 cups + 2 tablespoons lukewarm water |
| 1 tablespoon dry yeast | Butter and honey, maple syrup or preserves for serving |
| 2 teaspoons baking powder | |
| 1 teaspoon sugar | |

1. Use a blender or food processor to combine all ingredients. Blend on medium to high speed for a solid minute to yield a smooth, creamy batter. Scrape down the sides as needed.
2. Transfer batter to a bowl and cover with plastic wrap. Leave to rest for about 10 to 15 minutes, or until the batter appears light and foamy with lots of tiny bubbles.
3. Heat a nonstick pan over medium heat. When hot, stir batter with a ladle, then slowly pour some batter into the center of the pan, allowing it to spread outward into a circle on its own. Don't swirl the pan as you would for a crepe and make only one pancake at a time unless you're using multiple pans.
4. Cook the pancake without turning until set with no moist spots, about one to two minutes. Test the pancake by touching it lightly - it should feel spongy and no batter should stick to your finger. Tuck, but don't layer, into a clean, folded towel to keep warm while you cook the rest of the pancakes.
5. Repeat with the remaining batter, adjusting the heat if necessary, so that the bottoms of the pancakes don't become overly brown. Cool down before stacking them, otherwise they may stick together.
6. Serve with desired toppings or dip into melted honey or maple syrup butter before serving. These are best served fresh. They are delicate, so they don't reheat well, but we confess that with a little butter, syrup and fresh berries they still tasted great the next day even though the texture was a little crumbly.

COMBINING CULTURES WITH CORN





story & photos by MICHAEL SORENSEN

CAN TRULY AUTHENTIC MEXICAN CORN TORTILLAS BE MADE THOUSANDS OF MILES AWAY IN A SMALL WISCONSIN TOWN? FOR JULIAN AND HEIDI ZEPEDA OF TORTILLERIA ZEPEDA IN LONE ROCK, WISCONSIN THE ANSWER IS A RESOUNDING SÍ!

“There are some other artisanal tortillerias popping up in the U.S., which is exciting and cool. Some of those tortillerias choose to use corn from Mexico. They get it imported. We kind of feel like we’re more authentic because, to us, authentic means using what’s available,” Julian explains. “Thousands of years ago when the Mayans and the Aztecs, and the Toltecs before them, were making their corn products, they used what they had in their garden. You never saw the Aztecs go and ask the Mayans for some corn. They used what they had. So, yeah, we’re using Wisconsin corn, but we’re authentic because we’re paying tribute to the land around us.”

And paying tribute to the land means reaching out to the surrounding farms who supply Tortilleria Zepeda with their local, organic, heirloom corn. “These small organic farmers are going up against big giants by doing what they are doing,” Heidi passionately explains. “They’re taking a big risk, and that’s why part of our mission is to have a community with people. You’re not just supporting a small Tortilleria, you’re supporting local farmers up the road, which is why we’re so passionate about using Wisconsin corn. Let’s protect these lands along with these farmers and we can all be a part of it.”

Transforming Wisconsin’s Native American and heritage corn into delicious artisanal tortillas combines both art and science (which makes sense since Julian was once a biologist). Tortilleria Zepeda uses a centuries-old process called nixtamalization. It’s a fancy way of describing the technique of soaking dried corn kernels in calcium hydroxide, also known as lime, which transforms them into a pliable dough that can be shaped and molded into tortillas. The only ingredients in Tortilleria Zepeda’s tortillas are corn, water and pickling lime. It’s a lengthy process that many industrialized tortilla companies forgo, choosing instead to use chemicals and preservatives so their tortillas can sit on store shelves for months without refrigeration. It also strips the corn of any nutritional benefits.

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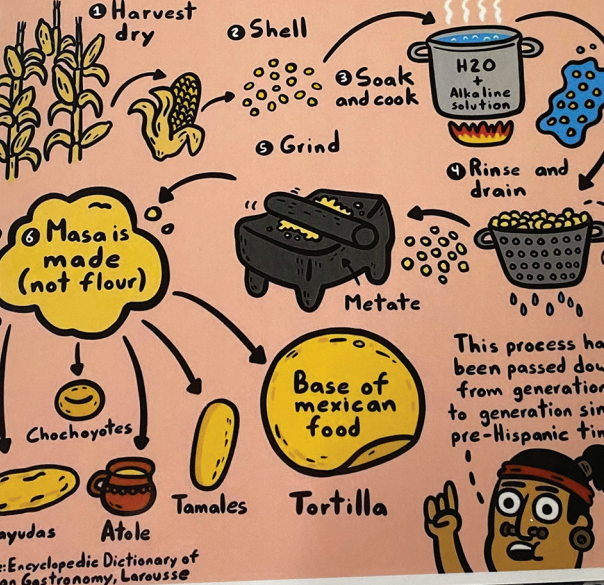
NIXTAMALIZATION

FUNDAMENTAL TECHNIQUE OF MEXICAN GASTRONOMY

It comes from Nahuatl
NIXTAMAL
 Nextli (Ashes) + Tamalli (Cooked corn dough masa)

Benefits

- Removes the skin.
- Makes corn more nutritious and easy to digest.
- Eliminates possible fungi (micotoxins).



“The chemical reaction with the alkaline solution releases the vitamins in the corn. One of the most important is the niacin which makes it easier for your body to digest,” Heidi tell us. “The skin of the corn, or the pericarp, has a lot of nutrients and fiber in it as well, and a lot of the industrialized tortillerias just extract the corn starch, which makes it just carbs with no beneficial protein or fiber.”

“In Mexico, we call these kind of tortillas 'tortilla chartarra' – like fast food or junk food tortillas,” Julian interjects.

The authenticity of Julian and Heidi’s operation is evident in everything they do. Julian has become an expert molinero, hand chiseling the rock he uses to grind the corn while Heidi keeps a deft eye and a quick hand creating the tortillas. They’ve even imported a tortilla machine from Mexico—full of smooth heated surfaces, conveyer belts, and precision timing—to create the perfect golden tortilla. Once they come off the hot stove they’re

quickly packaged to preserve the flavor. “The vacuum seal is amazing,” Heidi tells us. “It keeps them fresh three times longer than without it. We vacuum seal it the moment after they’re cooked, and it goes right to the freezer so they’re as fresh as when they were made.”

Heidi says the best way to reheat them is in a screaming hot pan without any oil—just a couple of minutes per side. Flipping it a couple of times. You’ll know they’re ready when your house starts smelling like warm, toasted corn.

Once a year the couple travels to different regions in Mexico, where Julian learns from some of Mexico’s tortilla masters. “They all have their own unique way of doing things, and I like to learn a little bit from everyone. I keep learning. I’m not done. I don’t think I’ll ever be done learning. We’re going back to the roots of food production.”

OUTPOST'S

(secret recipe)

EGG-LESS EGG SALAD

MAKES 3½ CUPS *Vegan*

SOUNDS LIKE AN OXYMORON, WE KNOW ... BUT THIS VERSION IS MADE WITH TOFU AND CLOSELY RESEMBLES THE LOOK AND TASTE OF THE REAL THING. PLUS IT'S QUICK AND EASY TO MAKE AND IS MUCH LOWER IN FAT THAN REGULAR EGG SALAD. MAKE A SANDWICH USING YOUR FAVORITE BREAD — WE LIKE TRIBECA OVENS MULTIGRAIN BAGUETTE—AND TOP IT WITH LETTUCE OR SPROUTS FOR A HEALTHY LUNCH ON THE GO.

- 1 pound firm tofu, drained well
- ½ cup red onion, finely diced
- 2 stalks celery (about ½ – ¾ cup), finely diced
- ½ cup Veganaise (or your favorite mayonnaise)
- 4 teaspoons Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1¾ teaspoons turmeric

1. Crumble tofu into a bowl. Add onion and celery and mix thoroughly.
2. In a separate bowl, whisk together Veganaise, mustard, turmeric, salt and pepper. Add dressing to tofu and mix well to combine. Season with additional salt and pepper to taste.



PRODUCE TO THE PEOPLE

MAKING FRESH PRODUCE ACCESSIBLE TO ALL

by MARI WOOD

WHEN ONE LOCAL NON-PROFIT IS AWARDED A LARGE USDA GRANT AND TWO WISCONSIN FOOD COOPERATIVES AND THEIR CUSTOMERS BENEFIT FROM IT, YOU CAN'T HELP BUT FEEL A SENSE OF SERENDIPITY. AND THAT'S EXACTLY THE SET OF CIRCUMSTANCES THAT LED TO THE CREATION OF OUTPOST'S NEW PRODUCE ACCESSIBILITY PROGRAM, PRODUCE TO THE PEOPLE.

"I was speaking with Sherrie Tussler, Executive Director of Hunger Task Force, in the fall of 2021 and she mentioned a new grant that they received from the USDA that would create greater access to fresh produce for FoodShare (Wisconsin's version of the Supplemental Nutrition Assistance Program) recipients," says Margaret Mittelstadt, Director of Community Relations at Outpost Natural Foods. "As is the case with all of our Hunger Task Force partner programs, I thought this was a great opportunity for our co-op to provide accessibility to healthier food for those shoppers who are currently experiencing financial hardship."

With a Spring 2022 debut, Produce to The People offers a 50% discount on fresh produce items (some exclusions apply) to those Outpost shoppers who identify themselves as FoodShare recipients to their cashier at checkout. The USDA grant to Hunger Task Force covers the cost of the discount, making it a win-win program for all involved. "As a community-owned cooperative, Outpost goes out of its way to find community-focused opportunities ... in fact, it's a Co-op Principle: Concern for Community," says Mittelstadt. "What better way to increase inclusivity at our co-op, than through our signature produce department?"



Sherrie Tussler of Hunger Task Force agrees that working with cooperative grocers on implementing these produce accessibility programs is a good fit: "We chose to work with our partners at Outpost Natural Foods and Chequamegon Food Co-op because they offer high-quality fresh produce and serve diverse communities. The unique FoodShare discount programs run by each of these organizations will ensure that low-income families, people of color and indigenous communities will have access to healthy and affordable foods."

Like Outpost, Chequamegon Food Co-op, located in Ashland County, is excited to make fresh produce more affordable for those with food insecurities in their community through their Produce Double Dollars program. Sara Beadle, Marketing and Membership Services Manager at Chequamegon Food Co-op says, "If somebody buys a dollar worth of produce, we'll give them another dollar worth of produce ... it essentially equates to a 50% discount of which the USDA grant covers the cost."

Having started their program in January 2022, it's still too early to measure its impact, however the Chequamegon Food Co-op



HERE'S HOW THE PROGRAM WORKS:

FoodShare Wisconsin recipients are eligible to receive a **50%** discount on fresh produce in our stores.

Choose from our wide variety of fresh and delicious fruits and veggies, including organic!

Just let your cashier know when you check out, before completing the sale, that you are a FoodShare user.

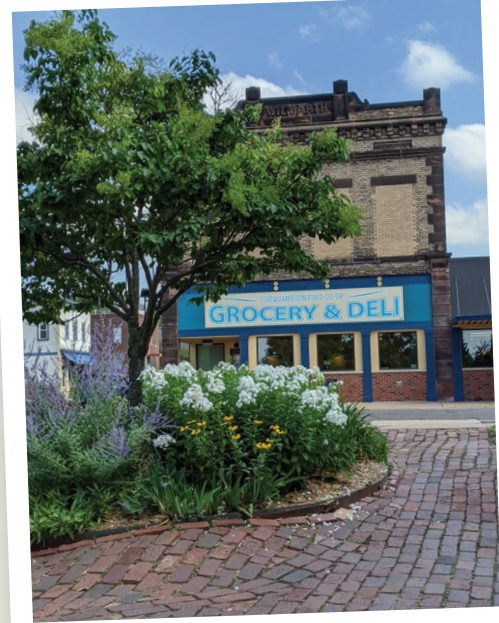
Produce to the People is a partnership with Hunger Task Force



Learn more at www.outpost.coop/produce2people

Above: Sara Beadle says Produce Double Dollars has increased FoodShare sales at Chequamegon Food Co-op in Ashland County (pictured left).

Also pictured: Outpost staff, including Margaret Mittelstadt (opposite page), are ready to bring Produce to the People, Outpost's new produce accessibility program.



has already seen a jump in FoodShare sales and many new faces in their store who are benefitting from Produce Double Dollars. Beadle says, "It's as simple as providing healthy food to our community. We all know that local, organic and Fair-trade produce is more expensive than conventional, but we also know that it's better for the health and happiness of our community and planet. Offering fresh produce at a discounted rate provides affordability for low-income folks."

With a little hard work, a little networking and little bit of fate, three Wisconsin organizations have made it their priority to provide healthy food at an affordable cost to those that need it most ... say it loud, say it proud: Produce to The People!

Sustainability in the

SPOTLIGHT

"ANYTHING YOU CAN DO; I CAN DO BETTER!" OR SO THE SONG LYRICS BOAST. FOR 10 YEARS, OUTPOST HAS BEEN REPORTING ABOUT THE ASPIRATIONS, ACHIEVEMENTS, AND CHALLENGES IN MANAGING A GREEN FUTURE FOR THE CO-OP. HAVING A FOCUS ON SUSTAINABILITY RANKS AS ONE OF THE TOP REASONS FOLKS SHOP THE CO-OP AND WORK FOR IT. NOW THINK OF THE POSITIVE IMPACT THAT COULD BE MADE IF EVERYONE TRACKED THEIR ECOLOGICAL FOOTPRINT AT THE SAME INTENSITY – OR GREATER – THAN OUTPOST DOES?

Last year, Outpost diverted 208 tons of food scraps from landfills through composting, put nearly \$14 million back into the local economy by offering products from Wisconsin and regional growers and producers, rung in close to 50% of all products as organic, and created 53,500 kWh of its own energy through solar. All these efforts, and more, help to reduce the co-op's overall environmental impact.

Are you ready to be greener than Outpost? Getting started might seem a bit overwhelming at first, but once you set the sustainability score and take that first deep breath, you'll quickly realize you are singing a happy tune!



COMPOSTING

Methane released from landfills is a potent greenhouse gas contributing to climate change. The incomplete rotting food is one of the biggest culprits, so diverting food and food scraps from waste helps to offset these harmful effects.

- Compost at home, work, school, your apartment or condo – sign up with Compost Crusader at compostcrusader.com
- Don't toss it – preserve it – freezing, canning, dehydration extends shelf life
- Love your yard plants and feed them tasty compost



SHOP LOCAL

Supporting local/domestic commerce keeps the supply chain freed up from global pressures and decreases the amount of GHG emissions generated from transportation. At Outpost, nearly 80% of all local/regional vendors hail from within 100 miles of the co-op.



- Look for the Local Regional Favorites logo on products at Outpost
- Dedicate at least 10% of your purchases to other local/regional vendors and businesses:
 - » Local First MKE – localfirstmilwaukee.com
 - » MKE Black – mkeblack.org
- Check into farmers markets or a share in community supported agriculture (CSA)
- Be an influencer – share your local purchase stories on social media



CHOOSE ORGANIC

Capturing carbon is critical in combating the effects of human caused climate change. Organic farms sequester more carbon in the soil than their conventional counterparts, through extended crop rotations, rotational grazing, fallowing and use of manure, and compost/legume cover cropping.

- Look for the USDA organic seal when considering purchases
- Opt for organic soil inputs & pest control for your own garden
- Buy bags of compost or use your own compost (Hey, see #1!)
- Take it up a notch – consider buying clothing made from organic fibers



CONSUME LESS ENERGY

Renewable sources of energy are the future! The more we can reduce our dependency on carbon-based fossil fuels and gas, the less we put into the air.

- Consider installing solar electricity or a solar hot water system
- Managing your home's heating, ventilation and cooling systems is easier than ever with smart technology
- Keep interior winter temps at 68 degrees or lower and summer temps no cooler than 74 degrees
- Stay on top of public utility news and activities through the Citizen's Utility Board of Wisconsin – cubwi.org



story & photos by DIANA SCHMIDT

GOOD FOOD MAKES YOU FEEL GOOD

(and loved)

CHEF SHELITA FURLOW, TASTE OF LOVE CATERING OWNER, SHARES HER LOVE-INSPIRED FOOD

WITNESSING HOW GOOD FOOD MAKES PEOPLE FEEL GOOD WAS SHELITA FURLOW'S INSPIRATION FOR HER MILWAUKEE-BASED CATERING BUSINESS, TASTE OF LOVE CATERING. WHEN SHE WAS COACHING BASKETBALL FOR HAMILTON HIGH SCHOOL, SHE NOTICED THAT THE KIDS WHO SHOWED UP HUNGRY WOULD HAVE A HARD TIME KEEPING THEIR HEAD IN THE GAME. OUT OF LOVE FOR HER TEAM, SHELITA STARTED BRINGING EASY MEALS LIKE BAKED POTATO BARS OR SANDWICHES TO GIVE THEM THE ENERGY THEY NEEDED TO MAKE GAME DAYS WORTH EVERYONE'S TIME.

"It was night and day. When they had good food, I could get them to focus, we had a good time and they played their best. Good food makes you feel good. Seeing that, is how I realize my calling to become a caterer."

Whether it's at work, with her family or in the community, food is Shelita's love language – and exactly the reason our paths crossed volunteering for Dream Team United MKE. When she heard her friend, Farina Brooks, wanted to make sure the hungry in our community have access to healthy food, she was one of the first volunteers to show up four years ago. Whether it's preparing their annual Thanksgiving meal or serving at the monthly free-grocery pop up, it brings Shelita joy to know the power of good food and how that can change someone's whole day. "Food is love, plain and simple. If I'm serving the community or working in my business, I aim to connect with people through good food."

Spending time with Shelita has transformed how I think about making dinner. She's inspired me to see making dinner as an extension of how I show people I love them rather than a chore to check off my list. Thanks to her, I too am adding love back into my cooking. Thank you, dear friend, for all the love you put into your cooking and into our community.



NUTS ABOUT YOU TACOS

SERVES 3-4 Vegan • Gluten free

"My favorite thing to cook is comfort food with a healthy spin, and a lot of love. Healthy food can taste amazing." Shelita substitutes ground beef with chopped pecans. Adding liquid aminos and mushrooms give the pecans their meaty flavor, fooling even the most avid meat lovers. Other nuts can be substituted; she's tried these with cashews and has had success, but this version is her favorite. Shelita's friends are obsessed with these tacos – nobody's even mad that there is no meat!

2 cups pecans or pecan pieces
2 cups water
1 green pepper, roughly chopped
½ onion, quartered
⅓ cup mushrooms, chopped
Grapeseed oil
2 tablespoons Bragg liquid aminos
1 teaspoon steak seasoning (or black pepper)
2 tablespoons taco seasoning
6 to 8 tortillas, corn or flour
Sliced radishes, cilantro, avocado and fresh mango pico de gallo

1. Place 2 cups of pecans in a bowl. Bring 2 cups of water to boil and pour over pecans, letting them soak for at least 2 hours. This step will give the pecans their meaty texture.
2. In a food processor, add green pepper, onion and mushrooms. Pulse to rough chop.
3. Drain pecans and add to processor, pulse to coarsely chop (it will look like ground meat at this stage, with larger bits of onion and green pepper – that's the perfect consistency.)
4. In a sauté pan over medium-high heat, add enough grapeseed oil to coat the bottom of the pan. Shelita favors grapeseed oil for its high temperature tolerance and because it's high in vitamin E.
5. Add the pecan mixture to the hot pan, it will start browning right away. Stir with a spatula and add the liquid aminos, steak seasoning and taco seasoning. Salt to taste if your seasonings are salt-free. Toss in the pan until browned, about 5 to 8 minutes. The onions and peppers will have a bit of a crunch to them, which you will want for texture.
6. Turn off the heat and keep warm while you prepare your tortillas and taco toppings.
7. Warm 6 to 8 flour or corn tortillas over a gas flame, on a skillet or place in the microwave between two damp paper towels for 40 seconds. Wrap in a kitchen towel or place in a tortilla warmer to keep soft to serve.
8. Fill tortillas and serve with fresh mango pico de gallo, radishes, avocado, cilantro and onion – whatever your favorite taco toppings are! Serve with rice and beans for a classic taco platter.



FRESH MANGO PICO DE GALLO

Vegan • Gluten-free

"Make a double batch, this will go fast!" recommends Shelita. A perfect match to the jerk cauliflower tacos, but just as good on all tacos or served with chips and guacamole. This is Shelita's most requested item from her family and her Taste of Love Catering clients.

1 mango, peeled and diced
½ red onion, finely diced
14 ounce can fire roasted tomatoes
⅓ cup cilantro, chopped
½ jalapeño or more to taste, seeded and finely diced
Juice of 1 lime

Stir all together, salt to taste. This gets better as it sits and is even better the next day as the texture of the mango melds with the other ingredients.

JERK CAULIFLOWER TACOS

SERVES 3-4 Vegan

One of her husband's favorite dishes...and soon to be YOUR favorite taco! Perfectly seasoned cauliflower, crispy and tender, wrapped in locally-made Tortilleria Zepeda corn tortillas, topped with mango pico de gallo and chopped avocado. So many flavors and textures, they're heaven on a tortilla. Truly, these tacos are so good, prepared to get tackle-hugged when you make them.

1 large head of cauliflower, chopped into bite sized florets
½ cup flour
½ cup cornstarch
2 tablespoons jerk seasoning
1 tablespoon granulated garlic
Grapeseed oil for frying
Salt to taste
Tortilleria Zepeda corn tortillas
Chopped avocado and fresh mango pico de gallo

1. In a large bowl, combine flour, cornstarch, jerk seasoning and granulated garlic.
2. Add enough grapeseed oil to a skillet to fill the bottom of the pan. Heat over medium-high heat, preparing the oil to pan fry the cauliflower. (Cauliflower will not be submerged in oil, but the additional oil will help brown all sides of the florets)
3. To the flour mixture, add cauliflower florets in batches, dusting the cauliflower.
4. To the hot pan, add florets in batches. Pan fry until brown. Remove and drain on a paper towel-lined plate. Salt to taste. Cauliflower can rest in a 200 degree oven to keep warm until ready to serve.
5. To assemble tacos, fill each tortilla (corn or flour) with a couple tablespoons of cauliflower, top with fresh mango pico de gallo and chopped avocado.

(continued)



RASPBERRY KALE SALAD

SERVES 3-4 Vegetarian • Gluten free

Shelita is working on a Taste of Love Date Night Cookbook to help couples stay together. "I want to help couples not forget about each other. It's important to take time to cook together or for one another to reconnect. This cookbook is all about love and working at loving one another." What better way to show someone you love them than by making healthy food that tastes amazing? Her Raspberry Kale Salad is absolutely made from the heart. The crown jewel of Shelita's take on the popular Kale Salad is her homemade raspberry vinaigrette. Her recipe features Goda Raspberry Balsamic and Goda Olive Oil, keeping it local like she does.

For the Raspberry Vinaigrette

- 1/2 small onion, rough chopped
- 1 pint raspberries
- 1/4 cup honey
- 1/3 cup raspberry balsamic vinegar (or regular balsamic vinegar)
- 1/2 cup extra virgin olive oil

Blend all in a blender or food processor until emulsified. Salt to taste. Can be stored in the refrigerator for three days.

For the Kale Salad

- 1 bunch of curly kale, ribs removed, roughly chopped
- 1/2 cup dried cranberries
- 3 ounces feta, crumbled
- 3 ounces cotija cheese, grated
- 1 pint raspberries
- 1/4 cup pecans, optional

Toss all together with about 1/2 cup of the salad dressing to coat. Add more to taste before serving. Even dressed, this salad will keep for a day in the refrigerator.



"A LITTLE BITE & A LITTLE CRUNCH" JALAPEÑO CHIPS

Just when we thought everything was perfectly seasoned, Shelita pulled a spicy little something out of her kitchen kit to sprinkle on the kale salad and tacos. These little chips gave a welcome (and unexpected crunch) to everything they touched – and a whole lot of bite from the fresh, spicy jalapeños.

- 1 to 2 fresh jalapeños, seeded
- Drizzle of grapeseed oil
- Seasoned flour (left over from cauliflower)

1. Preheat oven to 375 degrees.
2. Dice the jalapeños into bite size pieces. Drizzle with grapeseed oil, just enough to lightly coat.
3. Toss the coated jalapeños in the seasoned flour, shaking off excess and laying in a single layer. Bake until golden, about 8-10 minutes. They'll be golden brown and just crisp when they're done. Let cool and store in an air-tight container for a few days.
4. Top on ANYTHING that needs a little bite and a little crunch!

CHECKOUT



CELEBRATING OUR 45TH ISSUE OF GRAZE MAGAZINE

The first issue of GRAZE was released in April of 2010.

Celebrate Earth Day - compost without the hassle!

Compost Crusader believes everyone deserves the opportunity to divert food scraps from the landfill, so they work directly with residents like you to meet your household composting goals.

Composting is a great fit if –

You care about the future

Every year, our local communities produce enough organic material to fill multiple baseball stadiums! Diverting compostable material places less pressure on our landfills, which are slowly running out of space.

You care about the Earth

Composting takes nutrient-rich material, accelerates its breakdown, returns it to nature, helping to grow trees, gardens and crops.

You care about reducing your carbon footprint

Compost provides carbon sequestration. In other words, composting will help capture carbon dioxide, helping you reduce your carbon footprint.

AND - It's easy and affordable! Get started for less than \$5/week!

New Residential Customers* - Receive ONE free month of service (\$20 value). Just use the code **OUTPOST** when you sign up!

Check to see if we service your area and sign up today!

Scan here



or visit CompostCrusader.com



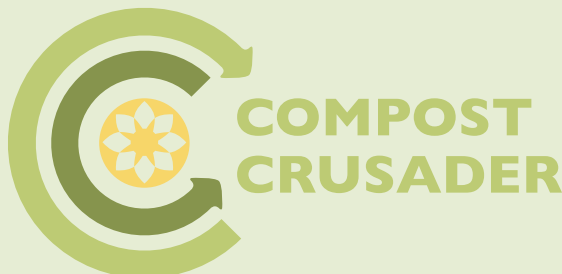
Outpost Loves Compost Crusader!

Since our partnership started in 2014, with Compost Crusader's help, **we've kept 1,508 TONS of food scrap out of the landfill** which in turn keeps greenhouse gasses out of our atmosphere!

That's the equivalent of -
Decreasing 3,335,104 miles of passenger vehicle use
Or using 149,319 LESS gallons of gasoline

Or growing 21,942 tree seedlings.

You too can help save the planet one banana peel at a time!



*offer valid for new residential customers only.