

# GRAZZE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

*I went to a*  
**GARDEN PARTY**

**SUMMER TWO WAYS  
CHILLED SOUPS**

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**WE ALL SCREAM  
FOR SCRATCH  
ICE CREAM**

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PLU 3010  
**SUMMER 2022**

FREE WITH ANY PURCHASE





## FIRST WORD.

*Lisa setting up an outdoor picnic for the first Graze feature article in March 2010.*



IN THE "BEFORE TIMES," MY WIFE AND I LIKED TO THROW DINNER PARTIES IN OUR GARAGE. WE DUBBED OUR POP-UP EVENTS 'GARAGE 54' AND WOULD INVITE A MASH UP OF FRIENDS AND ACQUAINTANCES TO JOIN US. WE LOVED TO PLAN A MENU AND TRY OUT NEW RECIPES, USUALLY AROUND A THEME. WE EXPLORED INDIAN CUISINE WITH THE FIRST ONE, AND FOR ANOTHER, MADE HOMEMADE TORTILLAS TO COMPLEMENT A TACO FOOD TRUCK THEME. SOMETIMES WE'D GET REAL FANCY AND PRINT UP A MENU. WE ALWAYS CLEANED UP THE GARAGE AND YARD AND PLANNED OUT DÉCOR AND LINENS TO MATCH THE MENU.

Here's the funny thing – despite my love of cooking and parties, I've never really wanted to own a restaurant. Instead, I find joy in creating experiences for people. It took me years to realize that this is what motivated me in life and at work.

We've worked hard to impart a similar kind of joy in this summer issue. From a garden party to Summer Two Ways, we've worked to share simple recipes that move you quickly out of the kitchen and smack dab into the party.

Summer is sweet, delicious, and fleeting. I'm going to remember to slow down and enjoy the experience of it all and I hope you do so as well. I may not be planning elaborate parties this year, but I guarantee you'll find me on our porch sharing cold drinks and snacks with the neighbors and friends who stop by. Who knows – they might even talk me into cleaning out the garage and firing up the grill for old times' sake.

LISA MALMAROWSKI  
Director of brand & store development

## WHAT IS GRAZE?

### AUTHENTICALLY LOCAL

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

### FRESH

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

### SMART

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

### FUN

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

GRAZE IS PUBLISHED  
QUARTERLY, WITH NEW  
ISSUES EACH SEASON.

GRAZE@OUTPOST.COOP



GRAZE is printed by J.B. Kenehan located in Beaver Dam, Wisconsin on Nature Web Matte paper with recycled content certified by the Forest Stewardship Council.





# WHO IS GRAZE ?

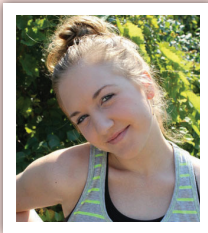


## *i am* CARA BERKEN.

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

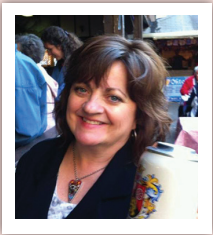
## *i am* HANNAH EVANS.

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



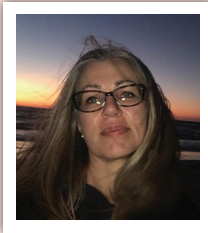
## *i am* LISA MALMAROWSKI.

*Marketing isn't a dirty word, it's my megaphone to talk about things that really matter, like preserving local food security and the best way to roast a beet. I've made it my mission to turn natural food doubters into evangelists. When I'm not busy turning people on to turnips, you'll find me creating mixed-media art, shopping for shoes, or traveling.*



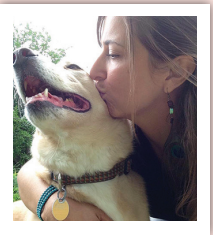
## *i am* MARGARET MITTELSTADT.

*My childhood was filled with simple, honest meals, and it's with great humility that I approach cooking. Great Grandma's apron hangs in my kitchen like a sentry from the Old Country. Of course, like life, not everything I cook turns out as I expected, so I've learned to let go of outcomes and smile with the surprises.*



## *i am* DIANA SCHMIDT.

*I'm a recovering food snob, eating anything from watercress to tater tot casserole. My love of tasty vittles started as a child in my parents' garden and remains steadfast with the help of food-loving friends and a bit of butter. Of all the food I love to make, nothing makes me happier than canning pickles and squirreling away jars of jam.*



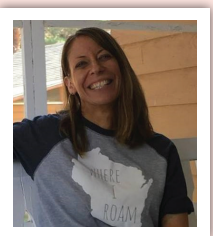
## *i am* MICHAEL SORENSEN.

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



## *i am* MARI WOOD.

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



# - GRAZE.

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



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OUTPOST CO-OP

# JOB FAIR!

SATURDAY

AUGUST 6

9 AM - 1 PM

AT OUR BAY VIEW STORE LOCATION

2826 S. KINNICKINNIC AVENUE

OUTPOST  
NATURAL FOODS

SAVE THE DATE  
IT'S OUR CO-OP  
COMMUNITY PICNIC!

SUNDAY,  
SEPTEMBER 11

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Milwaukee

- Tacos
- Scavenger Hunt
- Nature Program
- And More!

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Kids 12 &  
younger FREE!  
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2022.

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(you'll)

# SWOON.

THINGS WE LOVE.



## IQBARS

ACE THE TASTE TEST WITH THESE BRAIN-BOOSTING BARS

Keto friendly, paleo friendly and vegan as well as free from gluten, dairy and soy—it doesn't take a genius to see that IQBARS are a fantastic healthy snack! But the IQ points keep adding up—each bar contains not one, not two but SIX brain nutrients like Lion's Mane (a mushroom that has been shown to protect against neuro-degenerative disease), MCTs (which provide slow-burning mental energy), Omega-3s, Flavonoids (plant-based compounds found in veggies and fruit), Vitamin E (an antioxidant that has been shown to reduce the speed of cognitive aging), and Choline (a mood and energy booster). With plant-based protein from peas and nuts, these bars win extra credit points for being not only good for you but super tasty too!

## NUTS FOR CHEESE

CASHEW PLANT-BASED CHEESE GUARANTEED TO CHARM ANY CHEESEHEAD

We're not sure what we like the most about this revolutionary new vegan cheese. Is it the super hip packaging? Maybe. The fact that it comes in a "real" cheese-mimicking wedge? Possibly. The name? "Un-Brie-lievable" is pretty damn clever in our opinion. Or is it that Nuts for Cheese tastes more like cheese than any plant-based cheese we've tasted in a while? Yes! That's the winner. Un-Brie-lievable is mild and creamy and works equally well on a fancy picnic tray or in your favorite recipe. The Chipotle "Cheddar" elevates the humble grilled cheese and would score a home run in a beer cheese dip to boot. The Super "Blue" sports a pleasantly funky/sharp bite with a spirulina standing in for blue mold, with a marbling that looks just like the stinky real thing! Try them all and impress your non-vegan friends with how far dairy-free cheeses have come.



## DOUDLAH FARMS SUNFLOWER SEEDS

A GOLDEN YELLOW BLAST OF HAPPY FROM GOOD OLE 'SCONNIE

We've swooned over Wisconsin's Doudlah Farms exceptional organic beans in the past and boom, now one of our favorite farmers has gone and added roasted and salted sunflower seeds to their delicious repertoire! Besides being compulsively edible, you know these seeds are good for you since they were grown using with the highest standards of Wisconsin organic regenerative soil farming which ensures each kernel is packed with healthy fats, beneficial plant compounds and lots of vitamins and minerals. Toss a bag in your glove box for that lengthy commute, pack one in your lunch for as a perfect salad topper or tuck a pack in your pocket when you want a perfectly roasted and salted treat. And no splitting and spitting required! They're ready to pop in your mouth as soon as you open the colorful, resealable pouch.







**BACHAN'S  
JAPANESE BARBECUE SAUCE**  
A CONDIMENT GAME CHANGER FROM JAPAN

We are positively giddy that we've got Bachan's sauces on our shelves. This sauce doubles as a marinade and is so good and so versatile and just adorns to boot (look at that label)! Good on eggrolls to grilled chicken, and tofu to rice bowls. Could you put it on your avocado toast - yep! Eggs? Sure! Perfectly balanced, just a little sweet, full of umami, but light enough to not overpower delicate fish or seafood, it's quickly making our ketchup feel a little depressed. With four varieties to choose from including a gluten-free version, everyone can bop to some Bachan's. Organic, non-GMO, vegan, all-natural, small batch, and from a classic family recipe (Bachan means granny in Japanese—an homage to Bachan's creator, Judy Yokoyama) this is the boss of sauces. As one reviewer said: "I would put this on my toothbrush, but my dentist recommended against it. I guess she hasn't tried it."

**ALEXIA SWEET POTATO WAFFLE CUT FRIES**  
CROSS OUR HEART THESE ARE FRIES CAN'T BE BEAT

No one can say that fried potatoes aren't the best. Crinkle-cut to shoestring, Belgian frites to tater tots they're all special spuds in our heart. But, when it comes to the all-important surface area, you can't beat the waffle cut. Not to get too technical here but a fry is like dipping your finger in ketchup, a waffle cut fry is like scooping up ketchup with your whole hand! Make it with a sweet potato and you have an unstoppable side piece that can steal the show from your main squeeze burger or brat. Alexia's Waffle Cut Sweet Potato fries have just the right amount of seasoning to make you stop and take notice but it's that golden, crunch outside conceal-

ing the fluffy inner potato that makes us keep coming back for more. And no frying necessary - these tasty spuds bake up to crisp perfection in your oven.



**BUY THIS BOTTLE**  
YOU COULD HELP SAVE THE WORLD



Did you know that last year co-op shoppers purchased 47,000 16-ounce single-use plastic water bottles? Nope, we didn't add a zero to that either! But wait, worldwide more than one MILLION single use water bottles are used every MINUTE, and then discarded. Sadly, the vast majority of these bottles end up in our waterways or landfills, and never to the recycling loop. This is well, overwhelming to say the least. So, what can we do? We decided to change that statistic by starting right here at "home", AKA the co-op! We'll offer a great reusable bottle at an affordable price, and yasss, these bottles are affordable - only \$1.49 each. They're made with recycled BPA-free plastic and can be used thousands of times before needing to be recycled. In addition to that we offer a refill of these bottles for only 15-cents from our water machines, and coming soon to all stores, free bottle refilling stations! We hear some of you - why not discontinue single use bottled water? Okay, okay - we will! That's the next step we're taking soon.

**SUNRISE SHOWERS  
BEAUTY & THE BUG  
SOAP**  
BYE BYE BUGGY!

What's that buzzing noise? Is that a mosquito? Not to worry, you're not on the menu when you use Sunrise Showers Beauty & the Bug soap. Since 1999, local husband and wife soap stars Sonia and Glenn Culbertson have protected thousands of repeat customers with their mosquito zapper in a bar. With nine essential oils known to naturally help repel insects including catnip, cedarwood, lemongrass and more, Beauty & the Bug's oils help keep the pesky skeeters away and smells great doing it! Bathe with it before gardening, golfing, hiking, or doing any outdoor activity. As you wash up, the essential oils will absorb into your skin and help to keep those lil' vampire bugs away. It's also great to tame the itch of any stray bites!









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



**Av** AVOCADO

**FLAVOR.** NUTTY, BUTTERY  
**USES.** EAT RAW OR USE IN GUACAMOLE, DRESSINGS, COOKING OIL

**Rc** RAINIER CHERRIES

**FLAVOR.** DELICATE, TANGY, CRISP  
**USES.** EAT RAW

**Tc** TART CHERRIES

**FLAVOR.** TART, VIBRANT  
**USES.** PRESERVED FOR PIES & BAKED GOODS

**Ne** NECTARINES

**FLAVOR.** SWEET & OFTEN TARTER THAN PEACHES  
**USES.** GREAT FOR DESSERTS, FRUIT SALADS

**Ma** MANGOES

**FLAVOR.** FLORAL, CITRUSY & A LITTLE TART  
**USES.** EAT RAW

## (a) recipe



### PEACH COBBLER SERVES 6-8

*This recipe is so easy and delicious it's almost criminal. Don't even bother peeling the peaches-- just slice 'em up, cook them with some sugar and spoon them over the simple batter and bake. If you're feeling fancy you can scoop some vanilla ice cream over the top.*

- 4 cups sliced peaches or nectarines (or a combination)
- 2 cups sugar, divided
- ½ cup water
- 1 teaspoon vanilla
- 8 tablespoons butter
- 1½ cups self-rising flour
- 1½ cups milk
- Ground cinnamon, optional

1. Preheat oven to 350 degrees.
2. Combine the peaches, 1 cup sugar, vanilla and water in a saucepan and mix well. Bring to a boil and simmer for 5 minutes. Remove from the heat.
3. Put the butter in a 3-quart baking dish and place in 350 degree oven to melt.
4. Mix remaining 1 cup sugar, flour, and milk slowly to prevent clumping.
5. Pour mixture over melted butter. Do not stir.
6. Spoon fruit on top, gently pouring in syrup. Sprinkle top with ground cinnamon, if using. Batter will rise and envelope the peaches during baking.
7. Bake for 40 to 45 minutes. You'll know it's ready when the batter sets and starts turning light brown and golden. Let cool before enjoying.



# summer

## (two ways)

### CHILLED SOUPS

**C**HILLED SOUPS WERE MADE FOR SUMMER. THEY SURPRISE AND DELIGHT, ALLOWING ONESELF TO BE DRAWN IN AND TO APPLY THE BRAKES AMIDST THE HEAT OF THE DAY. BAMBOO WIND CHIMES CALLING OUT WITH HOLLOW BASS NOTES, A SHADY OASIS, BIRD CHATTER. AND A BOWL OF ICE-COLD SOUP TO SUP SLOWLY AND DELIBERATELY. YEAH, FOOD CAN DO THAT FOR YOU.

### GINGER PEACH CHILLED SOUP

**MAKES 4 SERVINGS**

*Vegan • Gluten free with substitutions*

*Time to take it easy...which is how one should approach summer. Don't be fooled by the simplicity of this soup. It's delicious, velvety and lovely. Relax and enjoy, spoonful by spoonful, letting the peachy notes cover your taste buds, followed by the sweetness of cinnamon and the subtle zing of fresh ginger. Why, you might even have the desire to break out your best Hawaiian shirt and a floppy straw hat. Queue up a tropic-loving playlist. In a hurry? Use thawed frozen peaches. No one cares. It's summer!*

- 3 large ripe fresh peaches, pitted and chopped to make about 3 cups
- 2 cups apricot nectar
- ½ cup Greek-style vanilla yogurt
- 1 teaspoon fresh squeezed lemon juice
- 1 teaspoon ground cinnamon
- 2 teaspoons fresh ginger, peeled and grated
- 1–2 tablespoons honey
- Candied ginger, yogurt and sliced peaches for garnish (optional)

1. Add all ingredients to a blender and purée to smooth.
2. Chill for at least 1–2 hours to let flavors combine.
3. Serve chilled, garnished with sliced peaches, a dollop of yogurt and a twizzler of candied ginger. Add a sprinkle of cinnamon if desired.



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





# 2<sup>ND</sup> way.

## WATERMELON GAZPACHO

**MAKES 4-6 SERVINGS**

Vegan • Gluten free with substitutions

*We're side tripping it to Andalusia, the southernmost region of Spain that hugs up against the Mediterranean Sea. It's this warm, dry and sun-drenched place that gave rise to gazpacho. Typically made with tomatoes and green peppers, our version adds fresh watermelon and other crunchy veggies. It's like having your soup and salad in one dish. Cold and refreshing and filled with farm stand goodness. Serve it with something equally light, cold and crisp like a sauvignon blanc, pinot grigio or dry rosé. Beer lovers try a double IPA, fragrant and hoppy alongside those garden-fresh flavors. Break off a gnarly hank of crusty bread for more of a one bowl meal.*

4 cups fresh watermelon, cubed  
2 cups Roma tomatoes, halved, cored and chopped  
1 cup cucumber, peeled, seeded and chopped  
¾ cup red bell pepper, chopped  
½ cup red onion, chopped  
2 cloves garlic  
⅓ cup fresh mint, packed  
3 tablespoons olive oil  
3 tablespoons sweet sherry vinegar  
(or 2 tablespoons red wine vinegar and ½  
teaspoon sugar)  
1 teaspoon salt  
½ teaspoon black pepper  
¼ teaspoon ground cumin  
Slice of white bread, moistened with water and  
"wrung out"  
Croutons for garnish (optional)

1. In a large mixing bowl, combine watermelon, tomatoes, cucumber and red pepper. Mix to combine. Measure out 2 cups and set aside.
2. Transfer the remaining mix to a blender or food processor and add the rest of the ingredients. Blend the soup to the consistency you prefer and adjust seasonings to your liking.
3. Transfer back to the large mixing bowl to combine with the reserved chopped melon-vegetables. Stir to combine.
4. Chill in the fridge for at least 3 to 4 hours, to let the flavors marinate and mature.
5. Serve cold as first course, a main course, or if you're looking for party fare, as an appetizer shooter with a crouton or bread stick for garnish. Add a sprig of fresh mint if desired.





# SMALL BATCH MEANS BIG FLAVOR







story & photos by MICHAEL SORENSEN

**R**YAN POVLUK SET A GOAL FOR HIMSELF BACK IN 2015: CREATE THE BEST TASTING ICE CREAM EVER. THAT MIGHT SEEM LIKE A LOFTY GOAL, BUT RYAN KNEW HE HAD THE DETERMINATION TO DO IT SINCE, TWO YEARS EARLIER, HE'D ACCOMPLISHED ONE OF THE HARDEST THINGS HE EVER HAD TO DO IN HIS LIFE – OVERCOMING AN ADDICTION TO HEROIN. "I STRUGGLED WITH HEROIN ADDICTION FOR MANY YEARS AND GOT SOBER IN 2013 AND LAUNCHED THIS COMPANY IN 2015. IT KEEPS ME BUSY, IT KEEPS ME ACTIVE, AND IT HELPS ME STAY ON THE RIGHT TRACK."

Ryan is a firm believer that one's past doesn't define their future, and he backs that belief up as Scratch Ice Cream's founder by hiring and helping those in recovery. "A lot of people we have hired are in recovery right now. My heart is very close to that community. We've had a lot of luck with recovering addicts, and once they've worked with us for periods of time, they maybe go back to school and graduate or move on to achieve sober goals, and those kinds of stories are just an added benefit to me."

Like many addicts, Ryan's success came with the support of friends and family. It was at his uncle's yogurt shop, Yo Mama! Frozen Yogurt in Wauwatosa, that Ryan first started experimenting with perfecting his ice cream recipe. "When you Google 'How to make ice cream' there's like five million simple recipes, but making the ice cream actually taste good and that you can run in a commercial freezer that stays frozen for a long enough period of time without getting unpleasant ice crystals, that was the key."

Another key to success starts with the right vanilla base. "Everything starts with the vanilla. Even our chocolate starts with the vanilla. There are many different types of vanilla, so finding the right one that fit what we were trying to make was key. We were trying lots of different vanillas from a lot of different countries and different parts of the world, but we just wanted to make it as natural as possible sticking to just the sugar, the cream, the milk."

From that vanilla base, Scratch creates frozen delicacies like Salted Caramel Waffle Cone, Mint Chip Brownie, Door County Cherry and their Cold Brew and Toffee. Scratch doesn't stop at the cream either. Many of their "add-ins," like the cookie dough in their Vanilla Bean Cookie Dough, are made from scratch as well. And everything here is the definition of small batch. "It really has a lot to do with the texture of the ice cream. One machine really only makes about three gallons at a time, but we have the machine running all day, so we pretty much make three gallons every 10-15 minutes. We're making most orders as they come in, so we want our products small batch. We want to be able to pay attention to those small details, and we want the freshest product on the shelf."

Texture is paramount to a smooth, creamy experience. It was something that pushed Scratch to go back to the drawing board with their vegan ice creams, switching out a coconut base with a new and improved oat milk base. "The coconut and the almond milk made it a little bit too 'icy' for me— almost like the consistency of a lemon ice. Over this past winter we went to work on all our recipes, really perfecting our vegan varieties. Our new vegan recipe is a lot creamier, a lot better and more comparable to traditional ice cream."

For Ryan, in life and business, there's always room to grow and improve. "I thought after we landed our first grocery store account I was like 'we made it, we're good,' but that wasn't the case. It's been years of work for not a lot of pay, but that's part of owning a small business. I enjoy it. I enjoy working. I enjoy the industry. It's been good."

SCRATCH ICE CREAM  
WWW.SCRATCHICECREAM.COM



by LISA MALMAROWSKI  
photos CARA BERKEN



*I went to*  
**a GARDEN PARTY**







## (our) MENU

GREEN SALAD WITH JAMMY EGGS & CREAMY BALSAMIC

GREEN GODDESS QUINOA SALAD

SHRIMP ROLLS

TUNE-NOT SLIDERS

BLUEBERRY CRUMBLE TART

WONDERMELON SPLASH



**W**E STRONGLY SUGGEST CELEBRATING THIS SUMMER WITH PARTIES SPENT LOUNGING IN DREAMY, LUSH BACKYARDS WITH FRIENDS AND FAMILY, AND STACKING UP THE FANCY DISHES WITH EASY-TO-MAKE FOODS. IT'S JUST TOO HOT TO SPEND A LOT OF TIME IN THE KITCHEN AND THIS MENU WILL ENSURE YOU HAVE MORE TIME TO RUN BAREFOOT THROUGH THE COOL GRASS.

### SUMMER SALAD *with* JAMMY EGGS & CREAMY BALSAMIC

**SERVES 4** Vegetarian • Gluten free

*A good friend recently proclaimed that, "You don't win friends with salad," but I beg to differ. Choose the freshest greens and herbs and you're halfway there. Adding a perfectly jammy local farm egg is next level, but totally necessary, then top with creamy balsamic dressing and yes, it will win over friends. In case you were wondering, bacon would be a delicious addition if you're so inclined.*

#### Dressing

½ cup extra virgin olive oil  
¼ cup balsamic vinegar  
2 tablespoons plain whole milk  
Greek-style yogurt (or sour cream)  
2 cloves garlic, minced  
Kosher salt, as needed  
1-2 teaspoons maple syrup to taste

#### Salad

4 large cage-free, local eggs  
2 heads fresh romaine lettuce, torn into pieces  
1 cup cherry tomatoes, halved  
1 medium avocado, pitted, peeled and sliced  
4 radishes, thinly sliced  
¼ packed cup fresh basil leaves  
1 tablespoon fresh chives, diced

#### Dressing

Add the olive oil, vinegar, Greek yogurt or sour cream, garlic and 1 teaspoon of maple syrup to a small bowl and whisk until combined and emulsified. Taste and adjust seasonings. Set aside until ready to use. If dressing separates, just give it a good whisk again to recombine ingredients before serving.

#### Eggs

1. No need to bring eggs to room temp. Bring a large saucepan of water to a boil over medium-high heat. Use a slotted spoon to carefully lower eggs into water one at a time. Cook 6½ minutes, adjusting heat to maintain a gentle boil.
2. While eggs are cooking, fill a medium-sized bowl with water and ice. When eggs are done, transfer eggs to the bowl of ice water and chill until just slightly warm, about 2 minutes. Eggs can be cooked and peeled 1-2 days ahead. Store airtight in the fridge.
3. Gently crack eggs all over and peel, starting from the wider end, where you'll find an air pocket that makes it easier to peel. Refrigerate whole until using.

#### Assemble Salad

In a large salad bowl toss together the romaine leaves, cherry tomato, radish, basil and chives. Add the dressing as desired and toss to combine. Fold in avocado or serve on the side. Divide among serving plates. Cut eggs in half and top each salad with 2 halves.

*(continued)*







## GREEN GODDESS QUINOA SALAD

SERVES 6-8 Vegan • Gluten free

*The joy that binds this salad together is the dressing. Typically, green goddess dressing includes anchovy, but this version goes full on plant-based. It's tangy, herbaceous, creamy and loaded with flavor. It's also a salad that you get to customize with extra bits and bobs of cooked vegetables you may have on hand. Feel free to pick what you like, but adding crunchier vegetables and seeds or nuts really adds to the overall texture.*

### Dressing

1 garlic clove  
1½ small to medium avocados  
¼ cup extra virgin olive oil  
⅓ cup water  
¾ cup packed basil leaves  
¼ cup parsley, chopped  
¼ cup chives, roughly chopped  
1 scallion, white and green parts chopped  
Juice of 1 medium lemon  
2 tablespoons apple cider vinegar  
½ teaspoon agave nectar (or honey)  
1 teaspoon salt

### Salad

1 cup dried quinoa, rinsed  
3 cups vegetable stock or water  
2½ cups halved cherry tomatoes  
Choose 2-3 additional add-ins – like grilled asparagus or zucchini, grated carrots, chopped fresh spinach, chopped almonds or other nuts or seeds, tofu or whatever else sounds delicious. Grilled chicken or cheese also work if you're not going vegan.

1. Dressing – In a food processor or high-speed blender, blend together garlic, avocado, olive oil, water, basil, parsley, chives, scallions, lemon juice, apple cider vinegar, agave or honey, and salt until smooth and creamy. Refrigerate in a sealed container until use.
2. Quinoa – Add vegetable broth or water to a medium size saucepan (with a cover) and bring to a simmer, then add rinsed quinoa. Once it starts boiling, turn the heat down to medium-low, place the lid on the saucepan, and simmer quinoa for 15 minutes, or until all the water is absorbed and the kernels have "popped open." If there's a little bit of liquid in the bottom of the pan, you can remove from the heat, but leave covered for 5 minutes for the remaining liquid to be absorbed. Cool completely before using in salad. You can do this ahead of time and refrigerate for a few hours.
3. Add cooled, cooked quinoa to a large bowl along with tomatoes, and your extra "add in" ingredients. Toss everything to combine.
4. Add about ½ cup of the dressing to the bowl and gently stir. Continue to add dressing a little at a time until it's dressed to your liking. You'll probably have extra dressing, but it's so good – enjoy it as dip, on sandwiches or on a green salad.





## SHRIMP ROLLS **SERVES 6**

*These simple-to-make rolls are sure to impress. They're a little sweet, a little tangy, creamy and smoky – all without having to fire up the grill – thanks to smoked paprika. You can serve them full size, but we like slicing each roll in half so they're easier to eat. It's a little more work to clean fresh shrimp before cooking, but it's well worth it – the texture and flavor is so much better.*

- ¼ cup mayonnaise
  - 1 tablespoon smoked paprika, divided
  - 2 teaspoons sherry vinegar
  - Salt and pepper to taste
  - 1 tablespoon extra-virgin olive oil
  - 1½ pounds fresh gulf shrimp, peeled, deveined, and patted dry
  - 1 tablespoon butter, softened
  - 6 brioche hot dog buns
  - 12 butter or romaine lettuce leaves
  - Red onion, thinly sliced, for serving
1. In a small bowl, combine mayonnaise, 2 teaspoons paprika, and vinegar. Season with salt and pepper and mix to combine. Refrigerate until using.
  2. In a large skillet, heat oil over medium-high heat. Add shrimp, season with salt and pepper and 1 teaspoon smoked paprika, and cook, stirring frequently, until opaque throughout, 5 minutes or so. Depending on size shrimp, serve whole or chopped to fit better in the buns. Place cooked shrimp in a bowl and wipe out skillet.
  3. Slice buns (if needed) and butter the inside. Place skillet over medium heat and toast each bun until golden.
  4. To serve, tuck lettuce in each bun, top with shrimp, paprika mayonnaise, and onion. Alternately, you can mix some of the paprika mayonnaise with the shrimp for more of a shrimp salad style.



## TUNE-NOT SLIDERS **MAKES 6** *Vegan • Gluten free*

*Savvy readers will remember an earlier version of this recipe, but we decided to update it for summer with more tang and fresh lemon. And yep, our tasters still raved about this one! We love the special tang that umeboshi (pickled plum) vinegar gives to this recipe – its salty, sour and fruity taste is a perfect complement to the fresh lemon and pickle flavors.*

- 1 (15.5-ounce) can garbanzo beans, drained and rinsed
  - ¼ cup plant-based mayo like Veganaise
  - 1 tablespoon umeboshi vinegar
  - ¾ teaspoon ground celery seed
  - 1-2 tablespoons lemon juice, freshly squeezed
  - Salt and freshly ground black pepper to taste
  - 2 tablespoons scallions, minced (approximately two scallions)
  - ¼ cup celery, chopped
  - ¼ cup carrots, shredded
  - 2-3 tablespoons dill pickles, finely chopped
  - Lettuce
  - 6 mini rolls, sliced
  - Olives, mini pickles, or cherry tomatoes for garnish
  - Toothpicks
1. Place garbanzo beans in the bowl of a food processor and pulse two or three times to very roughly chop. You can also roughly mash the beans using a vegetable masher or fork. Don't over process or mash, you want to preserve the texture.
  2. In a small bowl add mayo, vinegar and celery seed. Mix well and add lemon juice to taste. Then season with salt and pepper to taste. You want this to be pretty bold – tangy and salty – since it needs to blend with, and highlight, all the other ingredients.
  3. In a medium-sized bowl add the mashed beans, scallions, celery, carrots and pickles then fold in the dressing. Refrigerate until serving.
  4. To serve, tuck a fresh lettuce leaf in each mini roll and add tune-not salad to each sandwich. Stick each roll with a toothpick topped with a mini pickle, olive, or cherry tomato for garnish.

*(continued)*



## BLUEBERRY CRUMBLE TART

**SERVES 6-8** Vegan • Gluten free with substitutions

*This tart looks fancy but is really a snap to make. Think of it as a dressed-up blueberry crumble. It's also very forgiving – you can add other fruit or even use frozen fruit – just stick to four cups total of fruit and chop larger fruits. We added chopped peaches to ours – because summer. Plus, it is easily adaptable for vegan or gluten-free folks. You will have to use your oven for this dessert, but we suggest making it the night before when it's cooler outside. Note – you'll need a 9-inch tart pan for this recipe.*

1½ cups all-purpose flour  
¼ cup sugar  
¼ teaspoon ground cinnamon  
½ cup butter, melted  
4 cups frozen unsweetened blueberries, thawed  
1 tablespoon agave nectar

### Crumb Topping

¼ cup all-purpose flour  
¼ cup packed brown sugar  
¼ cup rolled oats  
¼ cup pecans, chopped  
½ teaspoon cinnamon  
2 tablespoons butter, melted

1. Preheat oven to 350 degrees. In a small bowl, mix flour, sugar and cinnamon; stir in butter just until blended. Press into a 9-inch fluted tart pan with removable bottom. Bake 15-20 minutes or until lightly browned. Cool on a wire rack.
2. Meanwhile, in a large bowl, combine blueberries and honey; toss to coat. In a small bowl, combine first 5 crumb topping ingredients; stir in butter.
3. Spoon fruit mixture into crust; sprinkle with topping. Bake at 350 degrees for 35-40 minutes or until topping is golden brown and filling is bubbly. Cool on a wire rack at least 15 minutes before serving.

## WONDERMELON SPLASH

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

*So many alcohol-free drinks are cloyingly sweet and just not grown-up tasting, but this one drinks like a cocktail and refreshes like an agua fresca. It's perfect for summer. You have to plan ahead because the fruit "smash" needs a good overnight in the fridge to really bring out the flavors. You'll have a little more simple syrup than you'll need; just refrigerate what's left and plan on making this fresh fruit splash again.*

### Fruit Smash

½ cup watermelon, diced  
½ cup cucumber, diced  
6-8 fresh basil leaves  
Juice of ½ lime  
1 cup water

### Simple syrup

½ cup water  
½ cup honey or sugar

### For serving

Plain sparkling water or seltzer water  
Lemon slices or fresh berries to garnish

1. Make fruit smash – Place watermelon, cucumber, basil, and lime in a pitcher or large jar and smash with a wooden spoon to release their juices. Stir in water. Let the mixture infuse in the fridge overnight, then strain.
2. Make simple syrup – Combine water and honey (or sugar) in a small saucepan over medium heat. Simmer, stirring occasionally, until completely dissolved. Let cool.
3. To serve, combine ¼ cup fruit concentrate, 1 teaspoon simple syrup and ¾ cup seltzer water in a glass. Serve over ice and garnish with fresh fruit.









story & photos by DIANA SCHMIDT

# SO BASIC



**L**OOKING TO STRETCH YOUR GROCERY BUDGET? WE ARE TOO! OUR CO+OP BASICS PROGRAM OFFERS EVERYDAY LOW PRICES ON SOME OF OUR MOST POPULAR STAPLES. FROM BREAD TO BANANAS, AND CHEESE TO CEREAL, THERE ARE AFFORDABLE CHOICES IN JUST ABOUT EVERY DEPARTMENT – WITH QUALITY THAT’S BEYOND BASIC. WE BELIEVE THAT EVERYONE SHOULD HAVE ACCESS TO HEALTHY, DELICIOUS FOODS AT AFFORDABLE PRICES. JUST LOOK FOR THE PURPLE SIGNS!



## BHURJI TOFU TACOS **SERVES 4**

*These delicious tacos are inspired by traditional Indian Bhurji, made with eggs. For a vegan fast-food spin, we've adapted those flavors for tofu, tucked in a flour tortilla, and are loving them for breakfast, lunch or dinner. They can also be made into a Naan sandwich or simply eaten over a bowl of rice. Instant and delicious.*

- 1 pound Simple Soyman Bountiful Bean Tofu (one container)
- 2 tablespoons neutral oil (we used grapeseed)
- 1 teaspoon cumin seeds
- 1 medium onion, chopped
- ½–1 serrano chile, finely chopped (or any chili you prefer)
- 1 Roma tomato, seeded and chopped
- 1 (½-inch) knob of ginger, grated
- 1 garlic clove, finely chopped
- 1 teaspoon garam masala
- 1 red bell pepper, chopped
- ½ teaspoon turmeric
- ¼ cup cilantro, chopped
- Salt and pepper to taste
- Lime wedges
- 8 Gitto Farm n Kitchen flour tortillas, warm

1. Using your hands, squeeze tofu over the sink to release excess water. In a bowl, crumble tofu into small pieces. Set aside.
2. Heat oil in a large skillet over medium-high heat. Add cumin seeds and stir constantly until fragrant (30 seconds.)
3. Add onion and chili to the hot skillet and cook until just golden, 5–6 minutes. Add tomato, garlic, ginger, and garam masala. Stir often until tomato breaks down.
4. After 2 minutes of cooking the tomato mixture, add bell pepper and stir in turmeric, black pepper and salt to combine. Fold in tofu, gently coating with the tomato mixture.
5. Stir occasionally for 10 minutes as the liquid evaporates. Stir in cilantro and season to taste. Serve with warm tortillas or warm Naan bread along with lime wedges.

## Coop Basics

### Simple Soyman Bountiful Bean Tofu



### Gitto Farm n Kitchen Flour Tortillas





**Field Day  
Garbanzo Beans**



**Ferndale Market  
Ground Turkey**

**Odyssey  
Greek Yogurt**



**St. Pierre Brioche  
Burger Buns**

## FALAFEL-SPICED TURKEY BURGERS

**MAKES 6-8 BURGERS** *Gluten free*

*These are not your basic burgers. Normally one pound of meat makes 4-6 burgers – this recipe turns one pound of meat into 6-8 burgers! These are protein-packed, flavorful and hands down one of the most tender turkey burgers to come off the grill. They're made with local Ferndale turkey and topped with tzatziki made with local Odyssey yogurt. Oh, and guess what? Double the batch, make the patties and toss them in the freezer for quick grillables any time!*

- 1 can Field Day Garbanzo Beans, drained
- 1 cup fresh parsley, rough chopped
- 1 cup zucchini, grated and squeezed to drain
- ½ red onion, quartered
- 2 garlic cloves
- 1½ teaspoons cumin
- 1 teaspoon coriander
- 1½ teaspoons salt
- ½ teaspoon black pepper
- 1 tablespoon lemon juice
- 1 pound Ferndale ground turkey

### For Tzatziki

- 5.3 ounce tub of Odyssey Greek Yogurt
- 4 tablespoons cucumber, grated and squeezed
- 1 tablespoon lemon juice
- ½ tablespoon extra-virgin olive oil
- 1 garlic clove, grated
- Salt and pepper to taste

### For pickled onions

- 1 red onion, thinly sliced
- ½ cup apple cider vinegar
- 1 tablespoon sugar
- 1 cup hot water

1. Assemble tzatziki ingredients, stirring to combine and set aside in the refrigerator to chill.
2. To prepare pickled onions, soak the sliced onions in hot tap water for ten minutes. Discard water. Meanwhile, dissolve sugar in 1 cup hot water and add vinegar, stir to combine. Assemble the sliced onions in a mason jar and pour vinegar liquid to submerge. Set aside to chill while making burgers. Onions will turn bright pink.
3. In a food processor or blender, pulse parsley, shredded and squeezed zucchini, garlic and red onion about 12 times until the onion is finely chopped. Add the cumin, salt, pepper, lemon juice and chickpeas. Pulse until mixture resembles a paste.
4. In a large bowl, combine ground turkey with the chickpea paste. Divide into 6-8 equal portions and form into balls, then patties. Season with salt and pepper.
5. Over a medium-heat grill, grill for about 5 minutes per side or until cooked thru.
6. Pull off the grill and serve on toasted *St. Pierre Brioche Burger Buns* with tzatziki and pickled red onion.



*(continued)*





## coop basics



Milo's Large Eggs



Almond Breeze  
Plant-Based  
Milk



Applegate  
Naturals Black  
Forest Ham



Andrew  
& Everett  
Shredded Mild  
Cheddar



Sno Pac Frozen Broccoli Cuts

## CHEAP AS H\*LL CASSEROLE MUFFINS

### MAKES 12 MUFFINS

*You love muffins. You love casserole. You love a bargain. These combine all three into a breakfast staple. Can you make them gluten free? Yes you can. Can you make them cheese free? Substitute a vegan cheese. Can you add stuff? OMG, yes put those leftovers up in the muffin tin! Can you eat them every day? I mean, we can, can you? They store and freeze beautifully, delicious at room temperature or warmed up – these mini casseroles are anything but basic.*

8 Milo's Large Eggs

1 cup milk (plant-based, like Almond Breeze, or cow's milk)

3-4 pieces of bread, torn into small pieces (we made half with Udi's Ancient Grain and half with Silver Hills Squirelly bread)

4 slices Applegate Naturals ham or turkey, chopped into bites

1 cup shredded cheese (vegan or cow's milk, like Andrew & Everett Mild Cheddar)

½ cup frozen or fresh broccoli (we love SnoPac), chopped

2 teaspoons ground mustard

Salt and pepper to taste

Optional (chopped green onion, cooked peppers)

1. Preheat oven to 400 degrees.
2. Prepare muffin tins very well with spray oil or butter. If they're not completely greased, the muffins will stick. Muffin papers work well as a substitute for preparing the muffin tin.
3. Whisk together eggs, milk, mustard, salt and pepper.
4. In the egg mixture, add shredded cheese, torn bread, cut ham, and broccoli. Stir to incorporate.
5. Divide equally into each cup of the muffin tin.
6. Bake for 15-18 minutes or until golden brown and cooked through. After cooling, these keep 4 days in the refrigerator or 4 months in the freezer. Pop in the microwave for a quick minute for a piping hot casserole muffin to go!





# OUTPOST'S

(secret recipe)

## COL. MUSTARD CHICKEN SALAD

MAKES 5-6 SERVINGS *Gluten free*

**O**UR SPIN ON CHICKEN SALAD INCLUDES TANGY SUNDRIED TOMATOES, TOASTED PINENUTS AND STONE GROUND MUSTARD. SO, WHY IS CHICKEN SALAD SUCH A CLASSIC SUMMER DISH? USING LEFTOVER CHICKEN OR OUR GRAB & GO OVEN ROASTED WHOLE CHICKEN MEANS YOU CAN KEEP YOUR OVEN TURNED OFF — PLUS, IT MAKES THIS A SUPER QUICK MEAL TO TOSS TOGETHER! SERVE AS A SANDWICH, WRAP OR OVER GREENS...IN THE BILLIARDS ROOM WITH THE CANDLESTICK — OR AT YOUR NEXT BARBEQUE.

About 2½ cups cooked chicken, diced (about 2 large breasts) – leftover grilled, baked, poached or rotisserie chicken works great

1 cup celery, small dice

1 cup sundried tomatoes, chopped

3 tablespoons pinenuts, toasted

3 tablespoons green onions, finely sliced (both white and green part)

### For dressing

⅓ cup canola mayonnaise

⅛ cup stone ground mustard

Sea salt & freshly ground pepper to taste

1. Mix dressing ingredients together and add sea salt and pepper to taste.
2. In a separate bowl, combine cooked chicken with diced celery, sundried tomatoes, toasted pinenuts and green onions. Add dressing and toss well to combine. Season with additional salt and pepper to taste. Keeps in the refrigerator for 3-5 days.





# AS HUNGER GROWS, SO DO RELIEF EFFORTS

by MARI WOOD



IT'S BEEN SAID THAT THE COVID-19 PANDEMIC HAS EXPOSED THE WEAKNESSES THAT HAVE BEEN FORMING IN THE FABRIC OF OUR SOCIETY FOR DECADES. THE ISSUE OF FOOD INSECURITY IS NO EXCEPTION. NOW MORE THAN EVER BEFORE, MANY HOUSEHOLDS IN OUR COMMUNITY HAVE COME TO RELY ON THE SERVICES OF LOCAL HUNGER RELIEF ORGANIZATIONS, SUCH AS HUNGER TASK FORCE AND KINSHIP COMMUNITY FOOD CENTER.

Local non-profit Hunger Task Force was already pinched for space for about ten years prior to the pandemic. In March 2020, they unexpectedly saw a huge increase in food insecurity in our community and ramped up their operations as local, state and federal programs were created to quickly provide food for those in need. It became apparent that they needed to expedite their search for a larger facility to consolidate their multiple warehouse spaces and decrease transportation costs.

The move to Hunger Task Force's new headquarters, located at 5000 W. Electric Avenue, has provided their organization with 100,300 square feet of warehouse food storage space (including a 7,000 square-foot freezer and a 2,000 square foot cooler), office space to consolidate all of their staff under one roof, a Volunteer Action Center to welcome over 10,000 volunteers per year for food sorts and Stockbox building, a Community Education Kitchen where they teach nutrition education to MPS students, pantry network members and community members, and a new Client Services Room where bilingual staff connect local people to the services they need.

"Our new space makes Hunger Task Force better stewards of community resources," says Jonathan Hansen, Development Director at Hunger Task Force. "With more space and loading docks, we can now work on new projects that provide more food to more people in Milwaukee and across the state." One of these new pilot programs is the Stockbox DoorDash senior delivery program which has provided free delivery of over 1,000 Stockboxes filled with essential food items to income-eligible seniors on a monthly basis.

Another project Hunger Task Force is excited to implement is their new Badger Box program. Through a \$15 million federal grant, not only are they able to provide over 16,000 boxes filled

with food from Wisconsin farmers and producers to families in need, but this grant will also provide funding for the purchase of commercial-grade refrigeration and pallet jacks for the food pantries that Hunger Task Force works with across the state.

Kinship Community Food Center, formerly the Riverwest Food Pantry, is another local organization that has seen food insecurity exponentially increase since 2020. Even though the food center has been operating their food pantry out of the basement of Saint Casimir's Church, located at 924 E. Clarke Street, for approximately 40 years, in the past decade they have been consistent in expanding their services beyond a traditional pantry model. Even though Kinship Community Food Center is now known by a new name, their food relief efforts continue to focus on meeting the needs of their clients.

Through their food pantry, they offer quality packaged and fresh food, as well as health education, cooking demonstrations and a food bar. Annually they serve 2,500 households, of which 80% include children, elderly, disabled or underemployed individuals. Kinship's 'Feast' initiative includes monthly collaborative meals with the goal of bringing a diverse group of people to a common table where they share culinary skills and build community. Their 'Grow' effort refers to their urban hoop house organic farm in Glendale, Wisconsin, formerly managed by local non-profit Groundwork Milwaukee, which they have now been running on their own for approximately one year and have harvested over 11,000 pounds of fresh food for those in need.

Caitlin Cullen, Kinship Community Food Center's Food Center Director and former owner of Tandem restaurant, says: "Any recent changes have been a natural evolution of what's been happening here for years. We spend time with the people who visit us...If they're having trouble putting food on their tables, then what





**Before**



**After**

*Above: Before & After: 100,300 square feet of warehouse space in Hunger Task Force's new West Milwaukee headquarters is now filled with food for local people in need. Photo credit: Hunger Task Force*

*Opposite: Volunteers, staff and community members making a meal at Kinship Community Food Center. Photo credit: Kinship Community Food Center.*

are their other struggles? Are they in need of rent assistance or help with filing for unemployment? We're striving to make a change in people's lives."

Staying true to this holistic approach, Cullen envisions Kinship's near future to include a larger space for their food pantry, a café that serves healthy food options, and more support staff and teen interns. Cullen says, "Above all else, we are thankful for the resources that allow us to be an emergency food source for folks, especially because it gives us the opportunity to get to the bottom of all the needs they might have and not just the food they need to survive the week."

The phrase "new normal" has been well overused in the media as we've watched COVID-19 have its impact on all facets of our lives. However, it's exactly this new normal that local hunger relief organizations have been operating in since the start of the pandemic, when the need for food assistance skyrocketed and has not decreased since. We're fortunate in the Milwaukee area to be home to Hunger Task Force and Kinship Community Center, whose expanding services have helped to meet the growing need for food assistance in our community.

## FUN IN THE SUMMER SUN

### VOLUNTEER HELP NEEDED!

Have a couple of extra hours on your hands during the dog days of summer? Turn your downtime into some positive action by helping out at these local community farms:

#### Hunger Task Force Farm

9000 S. 68th Street  
in Franklin, WI

Mondays –

Saturdays:

8:30–11:30 a.m. &

12:30–3:30 p.m.



*The Farm grows half a million pounds of fresh fruits and vegetables for their food bank's supply, enhancing the nutrition of those who normally rely on canned or nonperishable foods.*

Sign up to volunteer at:

[www.hungertaskforce.org/volunteer/farm/](http://www.hungertaskforce.org/volunteer/farm/)

*Outpost has been helping Hunger Task Force provide food to local people in need since 1999.*

#### Kinship Community Food Center Farm

4287 N. Port

Washington Road

in Glendale, WI

Tuesdays, Thursdays

& Saturdays:

8:30 a.m.–Noon



*A 27,000 square foot urban hoop house vegetable farm where community members harvest thousands of pounds of organic produce to feed the hungry.*

Sign-up to volunteer at:

[www.kinshipmke.org/volunteer](http://www.kinshipmke.org/volunteer)

*Outpost provides milk, eggs and oil at a discounted price to Kinship Community Food Center and delivers these items straight to their food pantry.*

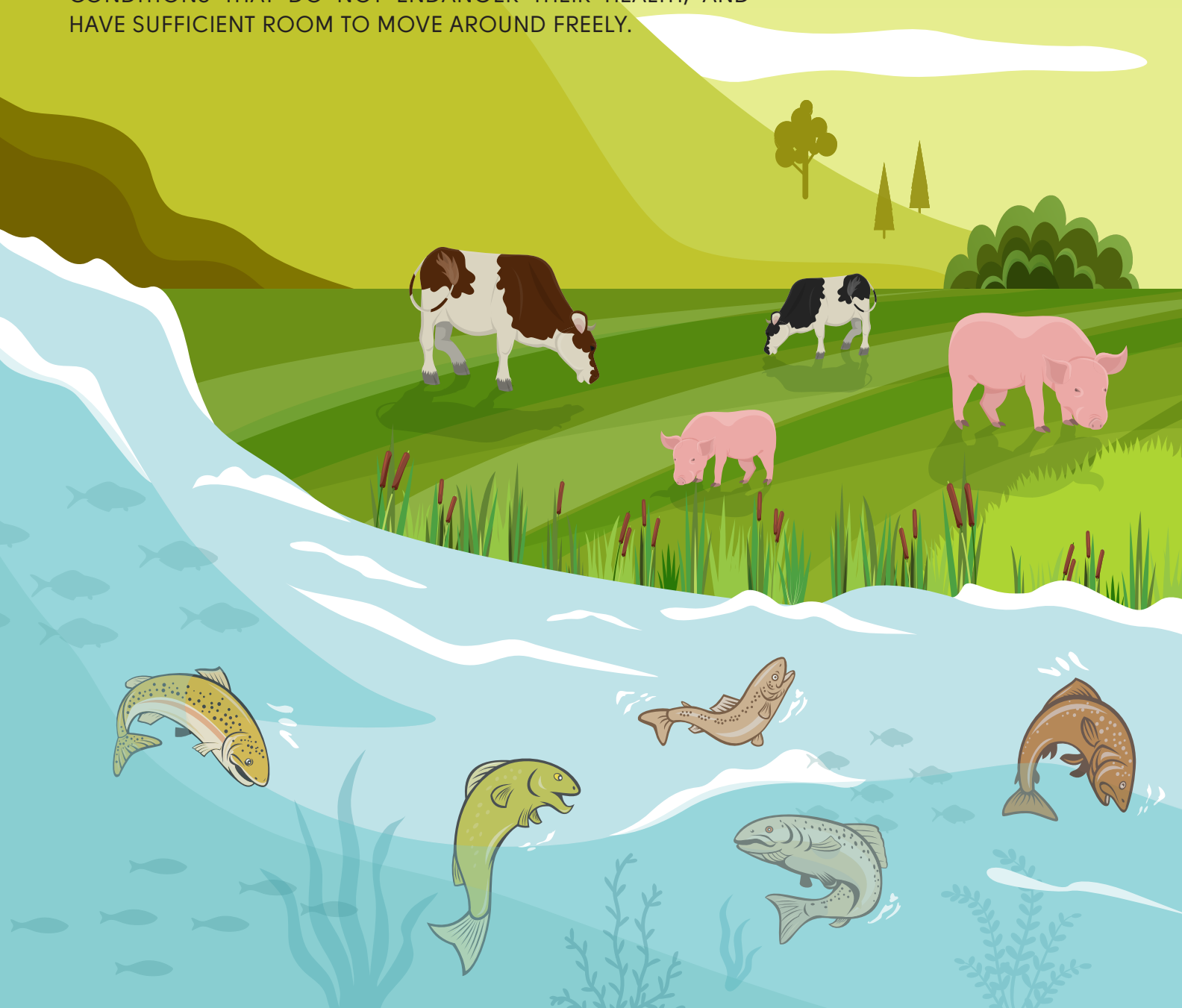
### EMERGENCY FOOD

If you or someone you know needs emergency food, please dial 2-1-1. To call using a cell phone or pay phone, dial 414-773-0211 or toll free 1-866-211-3380. An operator will help you locate the closest emergency food pantry and/or meal program in your area.



# Raising our standards to

OUTPOST OWNERS HOLD US TO A HIGHER STANDARD WHEN IT COMES TO ETHICAL SOURCING OF MEAT AND SEAFOOD. YOU TELL US YOU CARE ABOUT THE WELFARE AND TREATMENT OF ANIMALS ON THE FARM, AND WE BELIEVE YOU SHOULD BE ABLE TO FOLLOW YOUR CONSCIENCE WHEN YOU SHOP AT THE CO-OP. BECAUSE OF THIS, WE STRIVE TO ENSURE THAT THE PRODUCTS WE SELL COME FROM STOCK THAT HAS ACCESS TO CLEAN FOOD AND WATER, SAFE LIVING CONDITIONS THAT DO NOT ENDANGER THEIR HEALTH, AND HAVE SUFFICIENT ROOM TO MOVE AROUND FREELY.





# meat the need

## ORIGIN

People want to know where their food comes from. Country of Origin Labeling (COOL) was something we practiced long before it was a law. Our purchasing team actively seeks out local and regional farms, ranches and fisheries and will give preference when possible. Like Wisconsin Meadows grass-fed beef, Beeler's pork, Rushing Waters trout, Superior Fresh salmon or Kellner Back Acre farm for pasture-raised poultry.

## MEAT & POULTRY

All meats and poultry are sourced from animals that, at minimum, are raised without the use of antibiotics, steroid implants and growth hormones. 'Organic' means animals are raised according to National Organic Standards. 'Grass-fed' means animals are raised entirely on pasture or are supplemented with grasses indoors. In addition to these standards, we look for other humane practices such as hog farmers who do not use gestation crates for nursing females. And animals are raised in a manner that is suitable to their nature.

We seek guidance on understanding humane animal husbandry practices through agencies such as "Certified Humane" and "American Humane Certified." These organizations incorporate scientific research, advice from veterinarians and practical experience from farmers in creating their standards and are constantly reviewing their practices.

## FISH & SEAFOOD

It is no understatement when we say our oceans are under immense pressure from human demand. Unsustainable or harmful commercial fishing methods and operations are putting fish stocks worldwide at risk of depletion or exhaustion and threaten other marine life as well as ocean habitats. According to Monterey Bay Seafood Watch, "...Seafood provides essential nutrition to over three billion people worldwide. To meet this global demand, we harvest over 179 million tons of wild and farmed seafood each year. This number will continue to increase as the world's population grows."

To ensure the fish and seafood we offer our customers comes from sustainable sources, our purchasing team uses the guidelines established by the Monterey Bay Aquarium Seafood Watch program, which keeps sustainable fishing methods and healthy seafood at the forefront of our purchasing decisions. This means some of our seafood and fish are wild caught and some may come from sustainable aquaculture. If we don't have what you are looking for, chances are that there might not be sustainable sources available to us.

Learn more at [www.seafoodwatch.org](http://www.seafoodwatch.org)





# SLINGING PIES & VEGAN EATS

## WITH CEDAR TEETH

story & photos by MICHAEL SORENSEN



**F**IRST OFF, LET'S GET THE ONE BURNING QUESTION ON EVERYONE'S MINDS OUT OF THE WAY: WHAT HAPPENED TO LOCAL FAVORITE CEDAR TEETH'S RECTANGULAR PIZZAS? WHY DID THEY DECIDE TO GO ROUND? IT'S A QUESTION OWNER HANNAH ROLAND IS PRETTY FAMILIAR WITH. "DO YOU KNOW HOW HARD IT IS TO MAKE CORNERS ON A PIZZA? DOUGH DOESN'T WANT TO BE IN CORNERS. I DON'T KNOW WHAT I WAS THINKING. IT'S THE MOST INSANE IDEA I EVER HAD." HUSBAND CHRIS AGREES, "NOT ONLY WAS IT MAKING THEM DIFFICULT, BUT WRAPPING THEM UP BY HAND WAS EVEN WORSE. WE'VE HAD PEOPLE WRITE TO US AND SAY WE'VE LOST OUR EDGE. I'M NOT SURE IF THAT WAS LITERAL OR NOT.

"The corners may be gone, but the unique Cedar Teeth flavors remain, like the Psycho Kaler with kale and garlic, the Bronze Fonz with plant-based sausage and mushrooms or, if you're looking for





a twist on the traditional, you can try the vegan Peanut Gallery made with a spicy Asian peanut sauce dappled with roasted broccoli and cauliflower, just to name a few.

It's been a family affair since the beginning for Cedar Teeth with husband and wife team Hannah and Chris, along with a little help from daughter Ixi and a little less help from very demanding newborn, Syd. From the start, Cedar Teeth has been doing it their way, putting in the long hours and making everything by hand in their small Bay View commercial kitchen; from the dough to the label art, wrapping the final product to delivering it to stores.

"We've looked into outsourcing the crust," Chris confesses, "but the machines that most commercial factories use couldn't do it the way we wanted it done and would use a 'sourdough flavor powder'—Yuck!" Hannah agrees and adds, "If we had the crust made in a factory we could power out so many more pizzas, but then I feel that wouldn't be our pizza anymore and so we don't want to do that. We'd rather keep the integrity of the product intact."

And that sense of integrity goes back to Cedar Teeth's origins. After moving to Milwaukee from North Dakota, Hannah developed her passion for cooking while working at 3 Brothers Restaurant in Bay

View where she learned the ins and outs of running a business... along with perfecting an essential part of her business to come.

"It was a really small crew there and I'd stay after hours to help and learned a lot about what it means to work hard and make things consistent. I wasn't even that interested in pizzas at the time. I was more interested in perfecting my sourdough recipe." And yes, the sourdough "mother" that she brought into existence all those years ago is still alive and kicking. "We guard this with our lives," Chris admits as he brings out a container full of a dough-like batter that holds the secret ingredient behind every Cedar Teeth pizza they sell. "We make balls of fresh dough every day, squish it on the Dough Express machine, form it into the right shape, par bake it for a couple of minutes and then either use it the same day or the next day to lock in that flavor."

Recently Cedar Teeth has branched out from their vegetarian and vegan-friendly pizzas to begin experimenting with vegan "meats." Their first success came a couple of years ago with their smoky pulled chicken-inspired Thunderbird. It's a recipe Hannah doesn't mind sharing since, as she says, "No one else is going to want to do it. The secret is, it's time consuming."

*(continued)*





Basically, the base is garbanzo beans ground with garlic, onion, soy and miso to give it a “chicken-y” umami flavor. It’s blended for a long time, put into loaf pans and pressure cooked. Then it’s ripped by hand for a “pulled” chicken appearance and the coup de grace is a trip to the smoker. The result is a smoky, toothsome “meat” that’s exploding with a depth of flavor not found in most vegan meats. Even carnivores admit it’s delicious.

And Cedar Teeth isn’t stopping there because another vegan meat is coming soon. “Mastodon will be like Thunderbird, but it will be similar to a beef. We want the texture to be like cutting into a perfectly cooked steak. Our dogs are eating a lot of vegan meat as I work on the recipe,” Hannah confesses. It’s a passion for

cooking and pushing the envelope that Hannah says comes with the territory: “We’re not hardcore vegans or vegetarians...we’re kind of everything-arians. I like cooking everything, but I feel like I have a lot to offer the world in the vegetarian and vegan arena. When you take away putting bacon and cheese and butter on everything, you’re forced to really think about what you’re doing and really use your imagination to get all of the good flavors out of what you have.”



## CHECKOUT



**WHAT .** BAY VIEW CONSTRUCTION

**WHERE .** 2826 S KINNICKINNIC AVE, MILWAUKEE, WI 53207

**WHAT .** HEY FOLKS, WE GETTING CLOSE TO COMPLETING THE REMODEL – HOPE YOU'RE LIKING THE CHANGES & UPDATES!



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