

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

THE SCHOOL
LUNCH GOOD
FOOD FIGHT

PAGE 26

MADISON'S
MAD ALES

PAGE 24

THERE'S AN
APPLE FOR
THAT

PAGE 8

Feels like

I HOME

FALL CELEBRATIONS BRING
THE HARVEST TO YOUR TABLE

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A WORD FROM
THE EDITOR.



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 WILL BE
PUBLISHED QUARTERLY,
WITH NEW ISSUES
EACH SEASON.

DEAR READERS,

IN THE IRISH GRADE SCHOOL I ATTENDED AS A YOUNG BOY, THE CAFETERIA STAFF BEGAN HEATING UP LARGE POTS OF MILK FOR OUR MID-MORNING SNACK AROUND 10 A.M., FILLING THE HALLS WITH THE SMELL OF WARM MILK.

Once our break concluded, new odors would waft through the halls of the school as the school's cooks turned their attention to lunch. The schools were doing their best back then, of course, to feed and warm us against the damp and chill Irish winters. The meals may have been somewhat spartan, but balanced, created mostly from whole foods and prepared fresh in the school kitchen.

We ate all right. On some days, we even walked home for lunches made by our mothers, for fresh chicken soup or baked beans on toast that fueled us through the afternoons.

I was reminded of those memories after we recorded the Table Talk feature for this issue, in which we invited several community members to come together and discuss the challenge of creating healthy lunch programs in our schools. It's a particularly vexing problem in big city public school systems, where those hot lunches may be the primary, if not sole, meal of the day for many students.

Unfortunately, we've let school lunches slide. In most schools, the meals are made elsewhere, shipped in and simply reheated on-site, like in-flight meals. The results are often bland, processed foods that lean toward gray in color, texture and taste and lack vital nutrients.

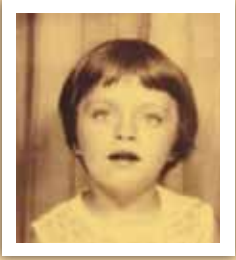
The USDA has promised to change that, with new regulations that will help school systems reach out to local suppliers and encourage initiatives to get fresh foods into our schools. Efforts are already underway and the scent of potential is mouth watering. We held the Table Talk session surrounded by the season's bounty at Alice's Garden, a community garden just east of the Brown Street Academy on Milwaukee's north side.

Just imagine those vegetables and herbs headed to school, what they could do!

MALCOLM MCDOWELL WOODS
editor

graze@outpost.coop

WHO IS GRAZE ?

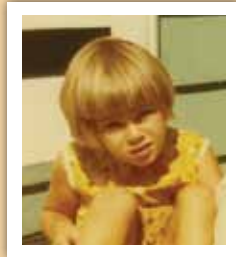


i am **LISA MALMAROWSKI.**

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 **PAUL SLOTH.**

I've been eating for 38 years. It's good to think about food, not only what we're eating, but about those who aren't eating. While some people today search the world over for the perfect truffle, others continue to go to bed hungry. That's crazy, but that's what's so awesome about food. It's a complex issue, one that is worth all the attention it gets.



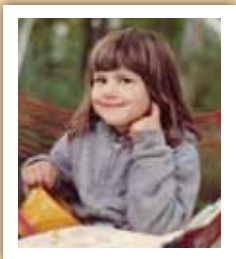
i am **CARRIE ROWE.**

My Grandmother had a glorious garden. I'd spend hours eating sunshine-warm raspberries and often just sitting, listening to the buzz and hum of all the critters hard at work making all of this magic possible. To me food is magic. And sharing it with people who make me smile is about the nicest thing a girl could ask for.



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, organizing my closet by season, color and sleeve length. My passions are laughing, traveling, and sampling all of Milwaukee's newest restaurants.



**Outpost Natural Foods
is a founding member of
Our Milwaukee, an alliance
that advocates for
locally owned,
independent businesses.**



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- GRAZE.

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IN THIS ISSUE...

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A special thanks to our apple picking models: Shira Strick and Adelyn McKay, photographed at Barthel Fruit Farm; and Damion Daniels and Elijah Gibbs at Alice's Garden, pg 31.



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I (you'll)

SWOON.



THINGS WE LOVE.

1

OUTPOST'S OWN SWEET POTATO MUFFIN

OLD, SWEET FRIENDS ARE THE BEST

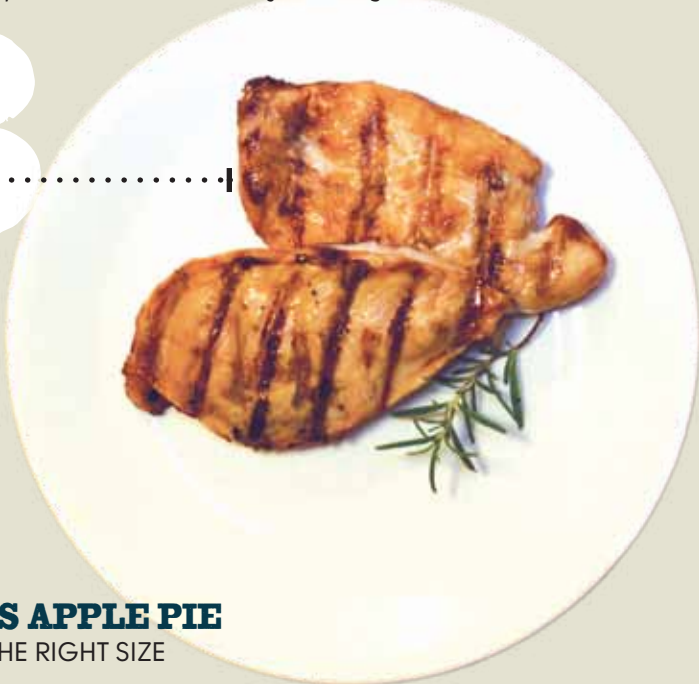
Outpost has been baking up these beauties longer than we can remember for a reason; their sweet, spicy flavor, moist interior and slightly crispy tops make them a muffin to crave. They're perfect with your morning coffee or tea and round out any brunch menu but we love them with a steaming mug of hot apple cider after a brisk day of raking leaves.

3

ANGEL ACRES CHICKEN

GOOD THINGS COMES TO THOSE WHO WAIT

We searched for years, yes years, to find a great, all natural organic chicken that was from Wisconsin and met our taste and quality standards. Angel Acres chickens are raised by one of the nicest families you'll ever meet in a sustainable, humane manner, and are all natural and organic. This chicken is honestly some of the tastiest, moistest, old-fashioned flavorful chicken you'll ever enjoy.



5

EAST SIDE OVENS APPLE PIE

LOCAL PIE THAT'S JUST THE RIGHT SIZE

We love a good pie, so much that it's a dangerous thing to have a whole pie sitting on our table. That's why we are eternally grateful that our pals at East Side Ovens make their pies in such a diminutive size. Dare we say they are personal pies? Every pie they make is fab, but their apple pie... Oh! Soft, yet firm apples and just the right spice and sweetness combined with the perfectly flaky crust make it the one we reach for again and again. And yes, it's even vegan.



6

BLACK FORBIDDEN RICE

ENJOYED BY COMMON FOLKS BUT FIT FOR A KING

Brown rice got you bored? Try switching up to black rice! We can't get enough of this ebony (well, dark purple) beauty because of its earthy, nutty flavor and subtle chewiness. We love it along side a stir-fry but it really shines as the star of your favorite rice pudding.





FAGE GREEK YOGURT

THE YOGURT THAT STARTED IT ALL

Seems like everywhere you look a new brand of Greek-style yogurt pops up. Sure, we admit to sampling the newbies, but Fage is the yogurt we go back to. And when we feel like indulging, nothing beats the flavor of their plain, whole milk variety – it’s thick, creamy and quite like ice cream. We love it topped with fresh fruit or a dollop of local jam. You will too.



TREMPEALEAU WALNUT BURGERS

COUNTRY BURGERS WITH A CITIFIED TASTE

If you’re going to eat a vegetarian burger, then make it a burger that isn’t an over-processed version of ground meat. Make it a burger that celebrates its unique ingredients. Make it a burger that holds up to a bun and likes to share the spotlight with fresh lettuce and a garden ripe tomato. Make it the nutty, cheesy goodness of a Trempealeau Walnut Burger!



CURRIED CASHEWS

TREAT YOURSELF – WOW YOUR GUESTS

Forget sweating over hot sheet pans of seasoned, toasted nuts this holiday season - pick up a bag of these, spicy, plump beauties and your party snacks are done. The light curry flavor and crisp texture of these cashews complements everything from gourmet cheese to beers at your next ball game. Not too hot and just salty enough, they’re a tasty, healthy snack. For a festive gift, tuck a half pound in a pretty tin or jar.



APPLE TIME!

WEATHERING MOTHER NATURE IN MEQUON

by PAUL SLOTH

photos by PAUL SLOTH & LIZ SETTERFIELD



"THERE IS MORE CARING, CONCERN, INTEREST AND COMPASSION FOR FARMERS, AN UNDERSTANDING THAT, 'GOSH, THAT MUST BE HARD WORK, (AND THERE IS) A DESIRE TO SUPPORT THAT."

~ Nino Ridgway

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IF THERE WERE A MORE FRIGHTENING TIME IN BOB BARTHEL'S ORCHARD THAN RIGHT NOW, YOU'D BE HARD PRESSED TO FIND ONE.

It's early August and thousands of trees, their branches weighted down with a season's abundance, sit vulnerable to the temperament of late summer. One five-minute storm could ruin everything, but it's a risk farmers like Barthel, owner of Barthel Fruit Farm live with daily.

"Right now, driving through the orchard, seeing all the fruit, it's kind of scary," Barthel said. He compares the experience of this time of year to whitewater rafting, not exactly knowing what lies ahead up river.

It's an experience he's lived with his whole life. At 54, Barthel is the fourth generation to tend this orchard, which his German ancestors started after arriving in this country.

If there is a down time during the growing season at Barthel Fruit Farm, it's the brief period just after the last strawberries have been picked and before the apples ripen.

You can't really call it down time, but there's just enough time on a late morning in early August for Bob Barthel and Nino Ridgway to sit and give a crash course on the ins and outs of their Mequon orchard. Things are running a little behind schedule this year, due to the cold, wet spring.

The 25-acre orchard is filled with 19,000 trees. Each year, as some trees get too old and their productivity wanes, Barthel plants new ones to replace them. Last year, he planted 1,000 trees. Next year, he expects to plant 600. Among the 20 varieties in the orchard are many traditional apples like Cortland, ginger gold, McIntosh and the honey crisp apple.

Barthel, has been here his entire life, raised on the land his great-grandfather homesteaded in 1839. Bob Barthel started running the orchard in 1978 and bought it from his dad in 1979.

The biggest change, Barthel said, is replanting the orchard.

"We've changed how we grow fruit," Barthel said, referring to the shift to higher yielding dwarf varieties. "Just learning how to grow fruit like that is exciting."

One of the other changes Barthel brought to the orchard was computerization. The farm now has three weather stations that help in more ways than just forecasting.

There is a push for orchards to use low-risk materials to deal with insects. While they are a significant improvement, they require precise timing in order to work, Barthel said.

“We can make predictions about what insects are in the orchard, when they’re laying eggs, when they’re hatching,” Barthel said. The kind of integrated pest management that orchardists like Barthel practice helps them to reduce the amount they have to spray.

Managing insect pests in the orchard has long been an interest of Ridgway’s. She came to the farm as a doctoral student studying entomology. She never left. Barthel and Ridgway have been working together for 23 years. In that time they’ve developed a real partnership, Ridgway said, though this year has offered trials.

The crummy weather cut down on the annual strawberry harvest. It also kept people from visiting the farm as often as they might throughout the season.

While it might be a struggle to stay positive when faced with these challenges, Ridgway and Barthel still enjoy what they do and appreciate the people who remain loyal customers. An increased interest in eating local foods has helped create a new level of awareness among consumers.



(a) RECIPE.

BASIC APPLESAUCE MAKES 5 CUPS

Using a variety of apples gives the best flavor!

- 10 medium apples (any kind except Red Delicious)
- 1 tablespoon water, apple juice or lemon juice
- Sugar to taste, if desired
- 1 teaspoon cinnamon (optional)

1. Peel, core and cut apples into chunks. In a large pot over medium-high heat add apples, water and sugar. Cook until apples are very soft. At this time, cinnamon can be added.
2. Remove from heat and mash with a potato masher or put into a food processor or blender, until the desired consistency is reached.

Per serving: 81 calories, 0g fat, 21g carbohydrates, 0g protein, 0g sodium, 4g fiber



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



CAFÉ CENTRAAL

Our friends at Lowlands – a group of local restaurants that includes Café Hollander, Trocadero, Café Centraal and Café Benelux - were delighted to share one of their signature entrée recipes, a mac and cheese that's fit for a grown up. We love their creamy, almost deconstructed version that includes cavatappi noodles tossed in a creamy goat cheese sauce and garnished with rosemary oil and buttery breadcrumbs.

Since the restaurant recipe portion is well, large enough to feed a bunch of hungry restaurant guests, we've adapted the recipe for the home cook using easy-to-find ingredients. But if you want the real deal, you'll have to visit Café Centraal in Bay View!



(a) RECIPE.

ROSEMARY GOAT CHEESE MAC SERVES 6 - 8

This is a great party dish, simple to make but homey and satisfying. We love it served with steamed broccoli.

- 1 pound cavatappi pasta, cooked
- 4 oz. Montrachet goat cheese, plain
- 6 oz. Herb & Garlic Eurocreme Gournay cheese or Alouette Garlic flavored cheese
- 6 oz. Neufchatel cheese
- 3.5 oz. goat cheese crumbles
- ½ bunch fresh parsley, chopped
- 4 oz. La Campagne garlic toasts, crushed with a rolling pin
- Salt & freshly ground pepper to taste

Cheese Sauce

1. Using a hand or stand mixer, mix Neufchatel cheese for 1 minute at medium speed.
2. Scrape down sides of mixer with a rubber spatula then add the Montrachet goat cheese in chunks and the herb & garlic cheese in chunks and mix for another 30 seconds at medium speed.
3. Drain pasta and add back to warm pan. Then add cheese sauce and sauté for 1 minute. If sauce seems too thick, it can be thinned with a little milk or half and half. When pasta is heated through and simmering, transfer to serving dishes.
4. Top with goat cheese crumbles, bread crumbs and drizzle rim of dish with rosemary oil. Garnish with fresh, chopped parsley.

Rosemary Oil

- 1 cup extra virgin olive oil
 - 2 sprigs fresh rosemary, chopped
- In a sealable jar, combine olive oil and rosemary. Shake to mix. Let marinate for at least 24 hours to develop flavor.

CAFÉ CENTRAAL
2306 SOUTH KINNICKINNIC AVE
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FALL

SWEET LOVE

(two ways)

B RILLIANT HARVEST-GOLD SWEET POTATOES ALWAYS HAVE A PLACE ON THE THANKSGIVING TABLE, GLAZED WITH BROWN SUGAR OR EVEN FLATTERED BY A DRIZZLE OF MAPLE SYRUP. BUT THIS TERRIFIC TUBER DESERVES MORE THAN THE OCCASIONAL MEAL. IT'S A NUTRIENT POWERHOUSE, PACKING HIGH FIBER, BETA CAROTENE, VITAMINS C AND B6 AND EVEN PROTEIN AND IRON INTO EACH SWEET SPUD. WE DUG AROUND AND UNCOVERED A FEW OUTSIDE-OF-THE-BOX RECIPES FOR SWEET POTATOES.

1ST way.

SMOKED CHILI SCALLOPED SWEET POTATOES.

Chipotles in adobo have a wonderful, earthy smokiness that balances the heat (but they are still spicy!). If you don't want as much heat, just cut down on the peppers – this dish is fantastic either way.

SERVES 4 TO 6

2 cups heavy cream
1 heaping tablespoon puréed chipotle peppers in adobo
3 medium sweet potatoes, thinly sliced 1/8-inch thick
Salt and freshly ground black pepper

1. Preheat oven to 375°.
2. Whisk together cream and chipotle purée until smooth.
3. In a 9 by 9-inch casserole dish, arrange the potatoes in even layers. Drizzle with three tablespoons of the cream mixture and season with salt and pepper. Repeat with the remaining potatoes, cream, and salt and pepper to form 10 layers.
4. Cover and bake for 30 minutes, remove cover and continue baking for 45 minutes to 1 hour, or until the cream has been absorbed and the potatoes are cooked through and the top is browned.





INDIAN SPICED SWEET POTATO DOSAS.

A dosa is an Indian flatbread made with rice flour that is very thin and rollable, much like a crepe.

SERVES 4 TO 6

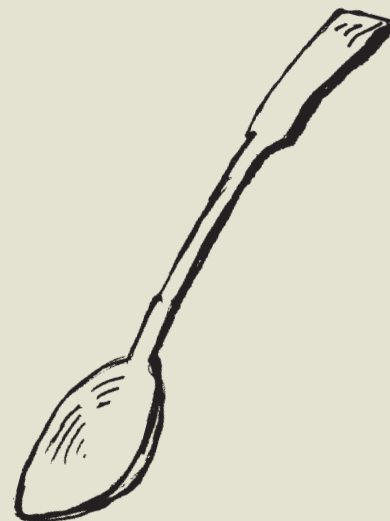
Dosa:

- 1 cup rice flour
- 1 teaspoon salt
- 1 (13 1/2-ounce) can coconut milk
- 1 egg
- 1 tablespoon sugar
- 1 tablespoon grated fresh or jarred ginger
- 1 teaspoon sesame or olive oil – be sure it's not toasted sesame oil!

2ND Way.

Sweet potato filling:

- 3 sweet potatoes, peeled and cut into 1-inch cubes
- 2 tablespoons unsalted butter
- 1 white onion, thinly sliced
- 2 teaspoons ground cumin
- 2 green chiles, minced
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh or jarred ginger
- 1/2 teaspoon ground coriander
- 1/2 teaspoon mustard seeds
- 1/4 teaspoon ground turmeric
- 1 tablespoon fresh chopped cilantro
- 1 teaspoon lemon juice
- 1 teaspoon salt



1. Sift the rice flour and salt into a bowl and make a well in the center. Whisk the coconut milk, egg, sugar, ginger, and sesame oil together. Pour the egg mixture into the well in the flour and mix to form a smooth batter. Set the batter aside to rest for 10 minutes before cooking.
2. In a cast iron or heavy pan heat 1/2 teaspoon butter or oil over medium high heat. Ladle two or three tablespoons of batter into the pan. Cook until edges start to crisp. Flip the dosa to brown the top side. Set cooked dosas aside while you prepare the sweet potato filling.
3. Cook the sweet potatoes in boiling salted water until just cooked through, about 10 minutes. Drain and set aside in a large bowl.
4. Melt the unsalted butter in a large skillet. Sauté the onion until golden, about 5 minutes. Combine the cumin, chilies, garlic, ginger, ground coriander, mustard seeds, and turmeric and stir into the onions, stirring for one minute. Add the sweet potatoes to the pan with the onion mixture and combine. Stir in the chopped cilantro and the lemon juice. Season with salt
5. Roll some of the sweet potato filling in a dosa and garnish with additional chopped cilantro and a dollop of plain yogurt.



ONE COOK – ONE INGREDIENT
OUTPOST PUTS LOCAL CHEF & FOODIE
FRANCO SANCHEZ TO THE TEST WITH
FRESH TOFU

I COOK THIS!

by LISA MALMAROWSKI



W E DECIDED TO COAX FRANCO SANCHEZ OF PLATO DE FRANCO CONSULTING OUTSIDE OF HIS COMFORT ZONE BY ASKING HIM TO SPICE UP THIS SEASON'S COOK THIS, FRESH TOFU. HE RESPONDED WITH HIS VERSION OF MEXICAN COMFORT FOOD.

NAME 3 INGREDIENTS YOU CAN'T LIVE WITHOUT?

Cumin, garlic and onion.

WHAT IS YOUR FAVORITE 'SECRET' INGREDIENT?

If I tell you, then it's not secret! But OK, it's epazote. It's herbaceous and adds an interesting layer of flavor to many things like beans, root vegetables and even mushrooms. And I have another – wine. I call that the French influence in my Mexican cooking.

WHAT IS YOUR FAVORITE DISH TO COOK AT HOME?

Anything Mexican like pork with pasilla! But if I'm not cooking that then I'm cooking something Italian like grilled calamari.



WHAT WOULD YOU DO IF YOU DIDN'T WORK WITH FOOD?

When the restaurant closed, I had an opportunity to explore a lot of different careers. I spent some time in the corporate world and even did massage therapy, but the food world kept drawing me back

HOW DID YOU END UP IN MILWAUKEE?

I'm from Texas, near Corpus Christi and my family was very involved in the migrant worker movement in the '60s. We moved to the Milwaukee area in the mid to late '60s where my dad was pretty political and involved with Cesar Chavez. His dream was to some day have a restaurant and cooking was always part of every family event. So, here I am.

WHAT IS THE WORST THING ABOUT BEING SUCH A GREAT COOK?

Ha... well, it's a bit of curse because I'm always expected to cook for family and friends. But yet I plan grand parties of my own based around food!

WHAT'S ONE TIP YOU'D GIVE A HOME COOK?

I don't believe in throwing much of anything away. The ends of peppers, the stems of spinach... all of it can go into a homemade stock.

YOU WEREN'T JUMPING FOR JOY WHEN WE TOLD YOU THE SECRET INGREDIENT WAS TOFU. WHY?

I always had vegetarian and vegan options on the menu at the restaurant, but I wasn't very familiar with using tofu. It's a good challenge and I'm really pleased with this recipe I'm making!

WHAT IS PLATO DE FRANCO CONSULTING?

My new business offers restaurant and hospitality consulting as well as in-home customized catering. Or in other words, we can make food magic happen in your restaurant or home!

OUR FAVORITE FRANCO QUOTE...

Mexicans believe the taste of your food is determined by your emotions – you know like 'Water for Chocolate'. If you pay attention, you'll see it's true!

PLATO DE FRANCO CONSULTING
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ENCHILADAS SUIZAS with CITRUS GREENS.

SERVES 12

by FRANCO SANCHEZ, CHEF AND OWNER, PLATO DE FRANCO CONSULTING

THESE SOUL-SATISFYING ENCHILADAS ARE PRETTY AND DELICIOUS ENOUGH FOR THE MOST GLAMOROUS OF PARTIES. POTATO, PORTABELLA AND CORN MARRY WELL WITH FRESH TOFU, QUESO OAXAQUENO AND SPINACH, ALL TOPPED WITH A LUSCIOUS ROASTED POBLANO AND PEANUT CREAM SAUCE.

FILLING

- 2 large russet style potatoes, sliced into ½ inch strips
- 3 large Portobello mushrooms caps, sliced into ½ inch strips
- 1 small red bell pepper, sliced into ½ inch strips
- ½ cup corn kernels
- 1 large yellow onion, sliced into ½ inch strips
- 6 cloves garlic, coarsely chopped
- 1 cup firm, fresh tofu, drained very well and crumbled
- 1 tablespoon extra virgin olive oil
- ¼ cup Chardonnay
- 1 teaspoon epazote*
- 1 teaspoon cumin seeds, roasted and ground (reserve generous pinch for sauce)
- Kosher salt
- ½ teaspoon Abobo All-purpose Seasoning Salt by Goya (red cap version)*
- ½ fresh lime

SAUCE

- 6 large poblano peppers
- ½ bunch of fresh spinach, washed with stems removed
- 1 bunch of fresh cilantro, washed with stems removed
- ¾ cup roasted peanuts, divided
- ¼ cup cream cheese, divided
- 2 cups whole milk
- ¾ cup heavy whipping cream
- pinch of roasted, ground cumin
- 1 tablespoon extra virgin olive oil
- Kosher salt to taste

ASSEMBLY & GARNISH

- 24 corn tortillas
- 1 pound of Queso Oaxaqueno*, grated
- ½ bunch of fresh spinach, washed with stems removed
- 3 tablespoons sour cream, thinned with milk
- 2 teaspoons ground chile pequin*
- 2 tablespoons roasted, unsalted peanuts
- 4 tablespoons chopped cilantro

1. Roast the poblano peppers over open flame until uniformly charred. Place roasted peppers in a brown paper bag and let sit 15 minutes to loosen the skins. (Note – while the peppers sit, it's a great time to start cooking the vegetables.) Remove from bag and rub charred skins from peppers using a paper towel. Then, slice peppers and remove stems, veins and seeds. Set aside.
2. Heat a large skillet or wok on high heat. When pan is hot, add 1 tablespoon of olive oil, let heat slightly and add sliced potatoes and sauté until they begin to soften. Add Adobo seasoning salt and cook until they just start to brown. Deglaze pan with ¼ cup of wine, remove from pan and place on lightly greased baking sheet. Bake at 300°F until brown and slightly crispy, but still soft in center, about 15 – 20 minutes, stirring occasionally to prevent burning. Remove from oven and set aside.

3. Heat the same large skillet or wok, heat to high. When pan is hot, add 1 tablespoon of olive oil, let heat slightly and add chopped vegetables - Portobello mushrooms, red pepper and onions. Sauté until they start to soften, then add garlic, corn and crumbled tofu. Sauté a few more minutes until garlic is softened. Then add 2 tablespoons of white wine. Stir frequently for 1 minute, then lower heat and simmer uncovered. After simmering 10 minutes, add epazote, toasted, ground cumin and Adobo seasoning salt to taste, squeeze ½ lime over vegetables, stir mixture completely, remove from heat and set aside.
4. While vegetables simmer, prepare sauce. In a blender, place 1/3 of the roasted, sliced poblanos, cream cheese, cilantro, spinach, roasted peanuts, milk and heavy whipping cream. Blend thoroughly and place in large bowl. Continue this process until all sauce ingredients are blended. The sauce should leave a thin coating on the back of a spoon.
5. Pre-heat a large, deep-sided skillet to high and add 1 tablespoon of extra virgin olive oil. When the oil just begins to smoke, carefully add the poblano sauce mixture by slowly pouring the sauce away from you slowly, watching for splatters. Lower the heat and simmer to reduce sauce by approximately one quarter. You want the sauce to leave a thick coating on the back of a spoon or spatula. Season to taste with kosher salt and dash of toasted ground cumin.

ASSEMBLING THE ENCHILADAS

Unlike classic rolled enchiladas, these are presented Oaxacan-style in a stacked, or sandwich format.

1. Toast tortillas on a lightly greased, hot, flat griddle until lightly browned on both sides.
2. Place one toasted tortilla on a plate, add 1 ounce of grated cheese, a spoonful of the vegetable and tofu mixture, and top with a few potatoes, spinach and dollop of the poblano sauce. Top with another sautéed tortilla and add more poblano peanut sauce. Finish with a generous topping of the Greens with Citrus Vinaigrette. Garnish with chopped cilantro and roasted peanuts. Drizzle thinned sour cream over it all and dust with chili.

Enjoy – ¡Buen Provecho!

GREENS WITH CITRUS VINAIGRETTE

- Juice of one large orange – about 1/4 cup
- Juice of 1/2 fresh lime
- 1 tablespoon seasoned rice wine vinegar
- 3/4 cup extra virgin olive oil
- pinch of minced fresh garlic
- 1/4 teaspoon hot sauce (Cholula or Tabasco)
- 1/2 teaspoon honey or to taste
- Salt to taste
- 3 cups mixed greens

To make vinaigrette

1. Juice orange and lime into a small pan, heat over medium heat until juice is reduced by half. Cool.
2. Place cooled juice reduction, rice vinegar, olive oil, garlic and hot sauce in a blender. Blend until well combined.
3. Taste and season with honey and salt to your liking.
4. Place washed greens into a large bowl and toss with 1/2 of the vinaigrette. Add more vinaigrette to your liking.

FOODIE GLOSSARY

ABOBO ALL-PURPOSE SEASONING SALT BY GOYA* - We would call this spice the Lawry's Seasoning Salt of Mexico. It's rather salty, so use sparingly. A decent substitute would be a general seasoning salt that contains oregano, black pepper and garlic.

CHILI PEQUIN* - Sweet, mildly spicy and smoky ground chili in Hispanic specialty markets. A dash of cayenne or even smoked paprika makes a good substitute, especially when using as garnish.

EPAZOTE* - Nothing else really tastes like epazote, a common herb that grows wild throughout Mexico. It's herbaceous and zesty, strong and slightly lemony, and adds a mouth-watering savory note to sauces and beans. A little goes a long way.

MOLCAJETE - A stone mortar and pestle commonly used for grinding spices or masa (corn meal).

*AVAILABLE FROM HISPANIC SPECIALTY MARKETS



PONCHE DE FRUTAS (FRUIT PUNCH)

- 32 oz. guava juice
- 32 oz. lemonade
- 1 bottle ginger beer
- Juice of 1 lime
- Sliced orange for garnish

Mix guava juice, lemonade and ginger beer together in large jar or bowl. Add fresh squeezed lime, stir. Serve over ice with a slice of orange. Also makes a great mixer for tequila or rum.

FULL OF BEANS

TOFU MAKERS STILL CRUSADING FOR CURD

by PAUL SLOTH



IT'S EARLY TUESDAY MORNING, LONG BEFORE MOST PEOPLE ARE AWAKE. BUT, INSIDE A NONDESCRIPT WHITE, CINDER-BLOCK BUILDING ON THE CITY'S NORTH SIDE, R. JAY GRUENWALD PRACTICES AN ANCIENT CRAFT.

A few hours before dawn, Gruenwald gets started making the artisan product he's spent nearly 30 years working to perfect.

It's not wine. It's not cheese. It's not bread. R. Jay and his wife, Barbara, know the reaction the word still elicits from a good many people, especially around beer-and-brat Milwaukee. OK, we'll just come out and say it ... it's tofu.

The Gruenwalds are used to it. They know the mere mention of the stuff can make some people recoil. The Gruenwalds, owners of The Simple Soyman, have been working to help tofu overcome its reputation and they've done a good job of that, but they know some people are just convinced they won't like it.

"Tofu doesn't have much flavor on its own," R. Jay said. "What I tell people is, 'You've had a beef dish you didn't like, but you didn't stop eating beef. You've had a chicken dish that you didn't like, but you didn't stop eating chicken. That's kind of the way we feel about tofu.'"

Barb believes that tofu has long suffered from "bad press." "It's a product people love to hate," she said.

Tofu, which is sometimes called bean curd, has an illustrious past. Historians believe it dates back to the second century B.C., when a Chinese emperor developed it accidentally. It's been a staple of cooking in countries like China, Japan and Korea. In Japan, there are tofu shops on every corner and people buy it fresh, Barb said.

The history of tofu-making in Wisconsin dates back to the 1970s, when worker cooperatives were starting up around the country, including the Bountiful Bean in Madison and the Magic Bean in Milwaukee. When these companies closed, The Simple Soyman took their place. The Gruenwalds purchased the Bountiful Bean.

Through the years, they've spiced things up by turning out a menu's worth of different soy products, including seasoned baked tofu and a meatless alternative to sloppy jo's (the Gruenwalds call theirs Saucy Jo's). But it all starts with that traditional white block, which, as Barb Gruenwald likes to tell people, is simply a raw ingredient.

While the couple is still responsible for just about every aspect of the business, from filling orders and making the products they sell to delivering them, R. Jay is mainly responsible for the tofu production, which they've narrowed down to two days a week. It's two really long, really hot days.

The Gruenwalds start with a special variety of soybean that is grown organically by two Wisconsin farmers. Nowadays, 98 percent of the soybeans they turn into tofu are Wisconsin grown. If they can't get enough they'll search other parts of the Midwest.

In a given year, the Gruenwalds typically purchase three to four semi-truck loads of soybeans, which amounts to something like 60-80 tons of soybeans. That may seem like a lot for a small operation, but that's nothing compared to larger tofu producers.

"We're making hand-crafted, artisan tofu," Barb said.

THE SIMPLE SOYMAN
3901 N 35TH STREET, MILWAUKEE, WI
414 444 8638

OUTPOST'S

(secret recipe)

VEGETARIAN SLOPPY JOES

SERVES 4 TO 6

THE BASE FOR OUR VEGGIE VERSION OF THIS POPULAR SANDWICH IS TEXTURED VEGETABLE PROTEIN - TVP FOR SHORT. IT'S MADE FROM SOYBEANS AND LOOKS, TASTES AND ACTS MUCH LIKE GROUND MEAT WITHOUT THE SATURATED FAT OR CHOLESTEROL. EVEN MEAT-LOVERS WILL GOBBLE THIS SANDWICH UP. PERFECT FOR A FOOTBALL PARTY, THIS RECIPE IS EASY TO DOUBLE!

- 2 cups textured vegetable protein (TVP)
- 1-1/2 cups water
- 1 cup red onion, chopped
- 1 cup green pepper, chopped
- 1 teaspoon garlic, minced
- 2 tablespoons olive oil
- 30 ounces tomato sauce
- 6 ounces tomato paste
- 1 tablespoon brown sugar
- 1 tablespoon cider vinegar
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon basil
- 2 teaspoons chili powder
- 1 tablespoon oregano
- 1 tablespoon molasses

1. Put TVP and water in container, stir and set aside (it only takes a few minutes to reconstitute).
2. In large pan over medium heat, sauté onion, green pepper and garlic in olive oil.
3. Add tomato paste, tomato sauce, brown sugar, vinegar, salt and pepper, spices and molasses. Stir.
4. Add TVP to sauce, bring to a boil and simmer for about 20 to 30 minutes.

Per serving: 88 calories, 3g fat, 14g protein, 11g carbohydrates, 398 mg sodium, 4g fiber



YOU CAN FIND TEXTURED VEGETABLE PROTEIN IN THE BULK AISLE, RIGHT HERE AT OUTPOST NATURAL FOODS



feels like **I HOME**

by LISA MALMAROWSKI •
photos by PAUL SLOTH

AS THE DAYS GET SHORTER, IT'S THE PERFECT TIME TO WARM UP THE HOUSE WITH A HOME COOKED MEAL FOR THOSE WE HOLD DEAR. WE WANT YOU TO SPEND LESS TIME COOKING AND MORE TIME LAUGHING AND REMINISCING, SO WE'VE CREATED A SIMPLE, BUT SATISFYING, MEAL THAT WILL LEAVE PLENTY OF TIME TO CREATE NEW MEMORIES.



THYME LEMON & GARLIC ROASTED CHICKEN

SERVES 8

- 2, 2½ lb. whole chickens
- 2 whole lemons + juice of ½ lemon
- 1 large bunch fresh thyme
- 6 garlic cloves, peeled and smashed
- ¼ cup olive oil
- 1 teaspoon kosher salt
- freshly ground black pepper to taste

1. Preheat the oven to 400°F.
2. Cut lemons into fourths. Insert one cut lemon into the cavity of each chicken and add a generous sprig of thyme to each. Set aside.
3. Make the oil - Strip the leaves from the remaining thyme stalks and place in food processor. Add garlic, olive oil, juice of ½ lemon, salt and pepper. Blend together. It should be quite liquid.
4. Spoon the oil mixture all over the chickens, working it into all the crevices. Then place the chickens in a roasting pan, breasts down, and pour any remaining oil over the chickens.
5. Cover the chickens loosely with foil and roast in the oven for 30 minutes. Then, remove the foil and roast for another 20-30 minutes at the same temperature. After the additional 30 minutes, reduce the temperature to 350°F and cook for approximately 15 more minutes. Chickens are fully cooked when the juices run clear and the temperature reads 160° F. Turn off the oven and let the birds rest in the residual heat for at least ten minutes. Remove from the oven, carve.

Note: Pan juices can be served as is with the chicken or made into a simple gravy.



MAPLE GLAZED BRUSSELS SPROUTS

SERVES 6 - 8

- 2 pounds Brussels sprouts, rinsed, cut into quarters, and patted dry
- 2 tablespoons vegetable oil
- 2 ounces butter, cut into 4 pieces
- 4 tablespoons dark maple syrup
- 1 teaspoon Dijon mustard
- 1½ tablespoons apple cider vinegar
- salt to taste

1. Heat large skillet over medium high heat. Add vegetable oil. When oil begins to ripple, carefully add Brussels sprouts (oil may splatter). Brown undisturbed for 1-2 minutes. Shake pan to turn sprouts, and then turn heat down to medium.
2. Add butter and shake pan while butter foams. When butter is entirely melted, add maple syrup and mustard. Toss or stir gently to coat.
3. Continue to cook Brussels sprouts until they are tender but still firm, about 10 minutes. Remove the sprouts from the pan and reserve sauce.
4. Add cider vinegar and salt. Cook the sauce for 1-2 minutes more, until the sauce thickens, and then pour over Brussels sprouts. Best served immediately.

{ Many thanks to Wauwatosa artist Pamela Anderson for inviting us into her home for a pre-fall party. }



OLIVE OIL MASHED POTATOES

SERVES 8

Our trick to achieving the best result? Use the best olive oil you can find. These are equally great served along side turkey or baked fish.

4 pounds Yukon Gold potatoes
2 tablespoons plus 1 teaspoon salt
½ cup extra-virgin olive oil
½ teaspoon black pepper
4 tablespoons chopped fresh chives

1. Peel and quarter potatoes.
2. Put potatoes and 2 tablespoons salt in a 6-quart pot and cover with cold water by 1 inch. Bring to a boil, covered, then reduce heat and simmer, partially covered, until potatoes are very tender, 20 to 25 minutes.
3. Reserve 1 cup cooking water, then drain potatoes in a colander and return to pot.
4. Add oil, pepper, chives and ½ cup cooking water and mash with a potato masher or fork. Add more cooking water for a looser consistency. Salt to taste and serve.

SNAPPY CARROT DIP

MAKES 4 CUPS

The complex flavors of this dip belie its simple ingredients. We love it served with rustic crackers or pita chips. Easy to make, this dip can refrigerated up to 2 days in advance, but is best served at room temperature. Hint – use ‘baby’ carrots and skip the peeling and chopping! Pair it with feta cheese and black olives.

2 pounds carrots, cut into 3-inch lengths
¼ cup plus 2 tablespoons extra-virgin olive oil
¼ cup red wine vinegar
3 garlic cloves, minced
1¼ teaspoons chile paste (like Sriracha)
1½ teaspoons ground cumin
½ teaspoon ground ginger

1. Bring a large saucepan of salted water to a boil. Add carrots and cook over moderately high heat until tender, about 20 minutes. Drain.
2. Transfer carrots to a food processor. Add olive oil, vinegar, garlic, hot sauce, cumin and ginger and process to a smooth puree. Season with salt and pepper to taste. (*You may have to process in batches.*)
3. Serve with crackers, chips, cheese and olives.





CINNAMON APPLE CAKE

There are at least as many delicious apple dessert recipes as there are varieties of apples. While we adore pies and crisps, sometimes an old-fashioned cake hits the spot. This recipe is pretty simple and will make you look like a baking rock star.

- 1³/₄ cups sugar, divided
- ³/₄ cup (6 ounces) block-style Neufchatel cheese, softened
- ¹/₂ cup butter or stick margarine, softened
- 1 teaspoon vanilla extract
- 2 large eggs
- 1¹/₂ cups all-purpose flour
- 1¹/₂ teaspoons baking powder
- ¹/₄ teaspoon salt
- 2 teaspoons ground cinnamon

Cooking spray

- 3 cups apple, chopped and peeled (about 2 large)

Note: We like Rome, Honey Crisp or Cortland but most any apple will work!

Special equipment – 8 inch springform pan*.

1. Preheat oven to 350°F.
2. Beat 1¹/₂ cups sugar, cream cheese, butter, and vanilla at medium speed of a mixer until well-blended (about 4 minutes). Add eggs, 1 at a time, beating well after each addition; set aside.
3. Lightly spoon flour into dry measuring cups; level with a knife. Combine the flour, baking powder, and salt. Add flour mixture to creamed mixture, and beat at low speed until blended. Combine ¹/₄ cup sugar and cinnamon.
4. Combine 2 tablespoons of the cinnamon mixture and apple in a bowl; stir apple mixture into batter. Pour batter into an 8-inch springform pan coated with cooking spray, and sprinkle with remaining cinnamon mixture.
5. Bake at 350°F for 1 hour and 15 minutes or until cake pulls away from the sides of pan. Cool cake completely on a wire rack, and cut using a serrated knife.

* *Note: If you make this cake in a 9-inch square cake pan or a 9-inch springform pan, reduce the baking time by 5 minutes.*

Adapted from Cooking Light 2000

ANGEL ACRES FARM



CORNISH CROSS CHICKEN

MASON, WISCONSIN

MILES TO MARKET = 339

This limited production, artisan chicken is from Jeff and Eileen McCutchen's small-scale family farm way up north near Ashland, Wisconsin.

After 18 years of moving around the country with the U.S. Navy, the couple — Jeff, a retired navy chef, and Eileen, a homemaker — figured they owed their children something. They bought some land in northern Wisconsin and started a homestead, which has grown into Angel Acres Farm, a certified organic, sustainable farm. There, the McCutchens raise pork, beef and truly delicious poultry on 105 acres of rolling farmland.

The organic Cornish cross chickens at the McCutchen's farm are pasture raised on natural forage, fed organic feed with flaxseeds, receive plenty of fresh water and sunshine, and hop and cluck about the farm's green pastures. They are all natural, with no preventative antibiotics or growth hormones used.

It all makes for delicious, moist chickens with good old-fashioned flavor. You can find their chicken at all Outpost locations.



ANGEL ACRES FARM
 60500 MAPLE RIDGE RD, MASON, WI
 888 207 6903
 WWW.ANGELACRESFARM.NET

FERMENTED

(in sanity)

by PAUL SLOTH

IT STARTED IN COLLEGE. TOO PROUD TO DRINK SWILL AND TOO POOR TO DRINK DECENT BEER, DEAN COFFEY DECIDED TO START BREWING HIS OWN. IT DIDN'T HAPPEN RIGHT AWAY. IN FACT, COFFEY, CO-OWNER OF MADISON'S ALE ASYLUM, DIDN'T EVEN REALIZE PEOPLE BREWED THEIR OWN BEER AT HOME.

One night at a party while attending college in Boulder, Colo., Coffey tasted a bottle of beer that he really liked and inquired about it. He learned it was someone's home brew. The next day, he went out and got his first home brewing kit.

Coffey developed his brewing skills before he eventually landed in Madison, where he spent a decade (1995-2005) as brewmaster at Angelic Brewing Co. That's where he met Otto Dilba, who had worked his way through the University of Wisconsin-Madison tending bar. The two got to know each other and in 2006 they struck out on their own and opened Ale Asylum.

The self-described "beer geeks" have tried to differentiate themselves from other microbreweries by focusing on the four main ingredients used to brew beer — water, malt (barley), hops and yeast. They're not throwing blueberries or spices into a beer just to come up with a different beer, Dilba said.

"Even with the four basic ingredients, there's such a wide array of flavors. We're style purists. We try to make individual beers excellent representations of the style," Dilba said. The list of Ale Asylum's available styles includes an IPA, a nut brown ale, a porter and a Scotch ale, among others.

While Coffey focuses on the brewing, Dilba is responsible for advertising and marketing. For Coffey, brewing is equal parts art and science. For Dilba, marketing is a little less complicated.

"The greatest marketing is word of mouth. We don't do advertising," he said.

In the five years since it opened, Ale Asylum has amassed a menu of 15 beers. On the spectrum of



microbreweries, Ale Asylum is small. The brewery turns out four year-round beers and six seasonal beers (they have two on the market at all times). Five beers are only available on tap at the brewery.

Right away, the beer was a hit with consumers and the brewery's success was a good story locally. Local liquor stores struggled to keep Ale Asylum's beer stocked, Dilba said.

"We've been at or beyond capacity since we started in 2006. We've added two to three tanks every year," Dilba said. The staff at Ale Asylum is now brewing beer twice a day, seven days a week. A brewery that started by filling 850 barrels a year will fill 10,500 this year.

Ale Asylum has done this while being located on the outskirts of Madison's downtown district. Though it's currently located in a unassuming business park north of downtown, Dilba and Coffey are looking to move to a more prominent Madison intersection would likely increase traffic and in turn bump up their business.

Currently, Ale Asylum's beers are only available in the Madison and Milwaukee markets, but Dilba and Coffey see a day in the near future when they could grow and expand into other parts of the state. Once they get that down, they'll consider expanding beyond Wisconsin's borders.

"Big for us is a function of increased distribution. I don't think there are any artificial limits to how big we can get," Dilba said. "It's determining how big you want to get and how to keep up with production.



ALE ASYLUM
3698 KINSMAN BLVD, MADISON
608 663 3926
WWW.ALEASYLUM.COM

JAMMIN'!

SUMMER IN A JAR? WE ASKED SHOPPERS AT OUR CAPITOL DRIVE STORE TO HELP US SAMPLE SOME OF OUR BEST-SELLING BERRY PRESERVES. WE WANTED TO KNOW WHICH ONE DID THE BEST JOB OF CAPTURING THE FRESH, TANGY TASTE OF SUMMER. WE ASKED SHOPPERS TO DESCRIBE THE JAMS, TELL US THEIR SERVING IDEAS, AND RATE THE PRESERVES.



WIENKE'S
Boysenberry Jam

"love this!" "summer in a jar"
"nice berry taste"
How would you use it? – "on toast" "with a spoon"



MADAM J's
Sticky Fingers Blueberry Jam

"like blueberry pie!" "love the whole blueberries" "it just pops"

How would you use it? – "over ice cream" "on pancakes" "over yogurt" (the runniest, by far, of the 5 tasted, with whole blueberries)

DRIP ALERT! THIS IS MORE LIKE A SOUPY SYRUP, PACKED WITH WHOLE BLUEBERRIES!



(taste notes)

{MORE SUNS = A FRESHER, MORE SUMMERY TASTE}



BIONATURÆ
Organic Wild Berry Fruit Spread

"basic" "wouldn't change a thing" "natural, not too sweet" "nice clean flavor"

How would you use it? – "great for Linzer Torte"



TOMATO MOUNTAIN
Organic Strawberry/Raspberry Preserve

"tart" "tangy" "strong strawberry" "not as sweet as the others"

How would you use it? – "Perfect for a PBJ"



CROFTERS
Just Fruit Spread - Organic Blackberry

"not overly sweet" "metallic"

How would you use it? – a thick jam works well for jam pillow cookies - see our recipe here: <http://s.coop/5kia>

TABLE TALK.

IS THERE A PLACE FOR FRESH, LOCAL FOODS
AT THE SCHOOL LUNCH TABLE?

by MALCOLM MCDOWELL WOODS





ON THE FIRST DAY OF SCHOOL, WE GATHERED SEVERAL FOLKS TOGETHER AT A PICNIC TABLE SURROUNDED BY BRILLIANT SUNFLOWERS AND FRESH VEGETABLES GROWN BY COMMUNITY GARDENERS ON MILWAUKEE'S NEAR NORTH SIDE, IN THE SHADOWS OF BROWN STREET ACADEMY.

Alice's Garden is a community farming plot in the Johnson Park neighborhood, an apt setting for a discussion about nutrition in our schools – specifically school lunches. Critics have long assailed the state of our federal school lunch program, which is over-reliant on processed foods and a centralized distribution system that offers little opportunity for forging local farm to cafeteria connections.

Our guests were Venice Williams, program manager at Alice's Garden; Ian Spanic, board president at the Downtown Montessori Academy; Bevan Baker, the city of Milwaukee's health commissioner; and Leslie Peterson, Outpost's director of food service. Outpost Board president Peter Hammond served as moderator and kicked things off with a question.

Peter Hammond What is the state of the lunch in our schools today?

Ian Spanic Well, we don't have access to the federal program, as a small school with about 160 kids. By partnering with Outpost, we're able to offer a healthy organic lunch once a month and that's really important for the kids. We ask parents to avoid overly processed foods in packing school lunches and to focus on healthy whole foods, but the partnership with Outpost is the only way we can offer something like this right now.

Leslie Peterson We've worked with Downtown Montessori for two years and the Highland School before that. When we were working with Highland, they came to us and said the behavior of the kids was so much different after an Outpost lunch versus their normal lunch. We were offering more complex carbohydrates and more natural ingredients, while the normal lunches had a whole lot of sugar and carbohydrates that got broken down quickly. The kids were acting so much more squirrely after their usual lunches.

I've love to see schools offer more nutritious lunches, and I think the cooks in the schools want to do it, but there are all sorts of limitations in terms of the financing and regulations. They (the cooks) open a whole lot of cans, there's a whole lot of white bread, there's a whole lot of processed vegetables, processed fruit and frozen stuff that comes in from the major distributors and it's just not particularly healthy.

We're just not giving them (students) a healthy start at lunch, we're not giving them a healthy start at breakfast. We have these epidemics of obesity and diabetes and if we just invested some money so students could eat more healthfully now I think our future health care costs would be reduced.

Venice Williams If we're going to really make an impact on how our kids are fed, they need to be educated about food, because the two have to go hand in hand. Efforts are clearly being made and they are baby steps right now.

When we're talking about lunches for schools, though, we're really talking about farming; we're not talking about gardening, not if we're really going to make in impact. It has to be farms.

Bevan Baker I think school lunches should augment a food-secure society. Here in southeastern Wisconsin, a school lunch may be the ultimate safety net - it may be the only full meal that a child gets and sometimes it's the only meal that child gets. If it's not very healthy, then what are we doing to that child?

I want to deal with this dirty little secret that we have, that there are kids going to bed hungry every night. We need to take the politics out of that and get people educated about what they should eat, when they should eat it and how it's going to make them feel.

We're losing a whole generation of kids who don't know what good food is and don't know that you shouldn't feel hungry all the time. That's a tragedy.

Milwaukee has history here. The first documented school lunch program was in 1899 and it was the South Division principal who said, "I need to feed these kids. They do better if they get a hot lunch."

So, 1899, Milwaukee had the first school lunch program in the nation and now we've come full circle, to where we're even questioning whether kids should get a lunch.

Above (from left): Bevan Baker, Peter Hammond, Venice Williams (back to camera), Ian Spanic and Leslie Peterson. Far left, the group gathered under shade at Alice's Garden. At left, Venice Williams listens to Bevan Baker.



Knowledge is like a garden;
if is not cultivated, it cannot
be harvested.

- African Proverb



Venice We also have to look at how we involve students in what they eat. I'm a huge advocate for year-round schools. I want the science and health education to be hands-on, project-based education. What would it mean to change the way we educate our children and our families about food – and I mean to include families, not just children? Our whole interaction with food is just so unhealthy in the urban setting.

One of the best things that I love to do when it comes to food is when that child who planted that tomato plant over there is going to come out and eat it. We can begin to talk about spaghetti sauce and pizza sauce. If we get the students personally involved in the food that going to come into that lunchroom, it's a whole new day.

Ian That's been important for us, that's something we can control. From the time they are in K-3, healthy snacks are stressed – an organic apple and so on. We had some third graders who decided on their own they wanted to do a project and they basically assembled what would be a fast food meal versus a natural, nutritious meal and they presented it to the class. What's funny is that the students then pass it (this knowledge) on to their families.

Bevan I think parents have to put the priority of a healthy lifestyle higher. You do get an intrinsic value in kids learning they can influence their parent son this, but they can only do so much. We have a culture here in Wisconsin that's wholesome and great but we also have a hidden culture of eating too much and drinking too much. We've got to deal with the rising rates of obesity, we've got to deal with what hap-

pens to children early on because children will do what you say to a certain point and then they will see what you do and begin to do that. Milwaukee as a community has to embrace the notion that a healthy lifestyle has to be the legacy that leave to our children. Wisconsin is the fourth-ranked state in agriculture – fourth of the fifty states! – so we have a history of agriculture in this state, but we're not leaving our kids that legacy of a healthy lifestyle.

Peter How do we do that?

Bevan We've got to show both the benefits of a healthy lifestyle but also the drawbacks of not doing it. We talk about the fact that this generation of children won't outlive their parents, because of obesity, because of the onset of diabetes and other health conditions, but we've got to make a stronger argument about the here and now. People will say, "OK, but that's 15-20 years off." People don't understand the immediacy of teaching children this. We teach children to look left and right before they cross the street because they might get run over by a truck, because it's immediate. But we should teach then that a healthy lifestyle will mean fewer health troubles later... they are a whole lot of things that are going to happen if they create the concept of a healthy lifestyle. We've got to make it more immediate. We can't get to it later – they're only children for so long.

Ian But how do you make good food more available? It's cheaper to buy bad food than it is to buy good food.

Venice It's cheaper on the front end, but not in the long run.

Ian But if you're struggling to get by every month...

Bevan Well, this whole notion of food deserts is something, too, that we have to deal with. Because you're right: we could take any family here in inner city Milwaukee and teach them about healthy eating and put them in a program for six weeks and then send them back out into that community and then they can't access good foods.

Food is fuel, we have to get fuel to people. And being close to an urban garden is one of those solutions, but you need 25 of these, not one or two.

Leslie I think I know where we need to go, I think a lot of people do, but there's this sense that the issue is so overwhelming, that so much has to change in our society. How do we start?

Bevan Ultimately, it has to be about getting kids enthused and interested in healthy foods. We need to set a goal. We need to go to where the worst spots in the city and start there. You go to neighborhoods that have the highest rates of obesity, the highest rates of infant mortality, the highest rates of illiteracy and crime and you start there, because they are the ones who need it the most.

Peter So, who is driving that?

Bevan Who? Everyone eats. Everyone is on the hook for our success and for our failures. The drivers have to be the keepers of this city's soul. There is a fight for this city's future. Success will bring others. If we say our children's lunches are the most important thing, then they're going to believe that.

Peter So, how can people get involved?

Bevan If you have kids in school, you already ought to be involved. If not, then the opportunities are there, for you to speak up. School officials have to hear, from parents, from advocates, that healthy lunches are important.

Venice What would it mean to take several schools and create a pilot project where that school has control over how that lunch is prepared? It could still be taco day, but what if school A was coming out here to harvest tomatoes? I'm just a strong advocate of the children being involved in everything that happens in that school.

Bevan I think if kids knew more about where food comes from, they'd be more involved. That may be one of the disconnects. They just don't

know what comes out of the soil and water.

We have to expand the notion of the kitchen table. The school cafeteria is not always seen as the kitchen table, but what if we were to make it be seen as a kitchen table, where learning happens, where the special moment happens, where good food happens? So, let's expand that notion of the kitchen table: What food would you put on your kitchen table? Who would you invite? Nothing else is more important than eating the food and coming together as a community.

Leslie How do we develop a model that can then become universal? The parents at Montessori are paying more, they're paying upwards of \$4 for the healthy lunch. Most people can't and won't pay that.

Venice I think it's a school-based thing. What would it mean to de-regulate that? What would it mean to let the staff at Brown Street along with some parents and maybe that garden or farm advocate re-create how they are going to feed the kids?

Bevan What return do you get from making certain that students in this city have access to the best school lunches in this country? We invest in these children. We have got to stop the whole notion that profits have to be immediate. When you are dealing with children, you're talking a whole lifetime. We haven't made the argument that it's important (for our future).

Peter So, who is the champion? A chef at each school?

Venice It could be anyone. A parent, a chef, a school nurse. Whoever is going to put it in motion. But we're so afraid of failure.

Bevan But we're already failing our children, as we've set no goal other than we need to feed them. The goal has to be transformational, putting Wisconsin first, having boasting rights as the best school lunch program in the nation.

With the thousands of things that children have to deal with during their adolescence, it is almost unforgivable that food should be one of them. This is something we must fix, we can fix and we will fix. No kids should grow up looking back on their childhood and have memories of not having enough food or not having the right food. We're bigger than this and we're better than this. And it starts with environments like this garden. I'm happy to see this and I'm certainly happy to see that Outpost Natural Foods has stepped up to the plate.



IN AN IDEAL WORLD...

by MARGARET MITTELSTADT

...THERE WOULD BE NO EMPTY BOWLS



BOWLS USUALLY HOLD AN UNCONSCIOUS PRESENCE IN OUR LIVES. MOST ARE FACTORY CREATIONS THAT CRADLE OUR FOOD BEFORE WE EAT A MEAL. SOME BOWLS SIMPLY 'ARE,' INTENTIONALLY HOLDING EMPTY SPACE ON BEHALF OF BEAUTY, AND SOME ARE EMPTY OUT OF CONSEQUENCE. MILWAUKEE EMPTY BOWLS AIMS TO ELIMINATE THE EMPTINESS BROUGHT ON BY HUNGER.

Empty Bowls began at a Michigan high school in the spring of 1991 as a creative way to raise awareness about hunger in the community. The concept is simple: local potters, artisans and citizens work in concert create and then donate one-of-a-kind, handcrafted bowls for an event. People then gather to make a donation, receive a bowl and dine family-style on delicious foods donated by area restaurants. The donations received in exchange for a bowl goes to work in the community to help those who are hungry.

There is an Empty Bowls program in just about every corner of the United States and at least a dozen elsewhere. While all have a shared ancestry, each program acts and operates independently. It was while attending an Empty Bowls event in Madison, that Milwaukee potter Jean Wells and her friend Amy Dodge got the itch to start something like it in Milwaukee. The idea took off and became Milwaukee Empty Bowls (MEB).

Board member Nancy Quinn began with MEB in 2002. She's seen a lot of bowls change hands over time. The first event in 1999 assembled about 25 restaurants. "We raised about \$17,000 from 1,400 bowls. At that time a bowl was a \$10 donation. We ran out of bowls. People had it in their minds to give more than that." Now a donation for one of 2,000+ bowls is \$20.

Milwaukee Empty Bowls is held annually. Materializing all the handmade bowls is no easy task. Quinn says different groups concoct their own bowl-making pilgrimages. "Art Trooper in Mequon will host a Girl's Night Out where women come and decorate pre-made clay bowls." Work groups, Girl Scouts and family get-togethers, they all make bowls. And then there's the Murray Hill Bowl-A-thon. Every second Saturday in May, skilled potters get together and create 900 bowls at the Murray Hill Pottery Works in Milwaukee. In one day. "All the clay bowls are made from the left-over clay scraps from potters who use the studio throughout the year. I'm not a potter so what I usually do that day is prepare the recycled clay. The potters take it from there and make the bowls."

Last year's MEB event raised a record of more than \$45,000 in donations, which are dispersed in the form of grants. The Grants Committee reviews applications and approval is determined based on need. "Most of the grants are for food pantries and programs, directed toward operating expenses, equipment or the purchase of food."

Over the years, Milwaukee Empty Bowls has raised \$367,000-plus for the hungry. It has become a living collage of potters, restaurants, bakeries, musicians, volunteers and everyday people. It's an event shaped by many hands with a common goal. Quinn says the only thing that's changed is the amount of bowls. "It still has a grass roots feel. You see people happy. It's a nice way to contribute and teach the kids."

There are ten bowls in Nancy Quinn's personal Empty Bowls collection. In an ideal world, "there would be no empty bowls and we break bread together over a steaming pot of good soup."

MILWAUKEE EMPTY BOWLS
SATURDAY, OCT. 8.
LEARN MORE AT
WWW.MILWAUKEEEMPTYBOWLS.ORG

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