

# GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

**LIQUID ASSET**  
MANAGING OUR  
FRESHWATER  
RESOURCE

PAGE 26

**LOVE, EWE**  
THE DRIFTLESS  
REGION'S SWEET  
CHEESES

PAGE 8

*Staging a*

# TEA PARTY

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A WORD FROM  
THE EDITOR.



DEAR READERS,

WE ARE AWASH IN WATER. MOST OF THE PLANET'S SURFACE; MOST OF OUR BODIES. EVEN DEEP UNDER OUR FEET, FAR BELOW WHERE THE ROOTS REACH, THERE ARE VAST POOLS AND STREAMS OF WATER. OURS IS A LIQUID WORLD.

That this resource is finite can be hard to grasp. After all, the view from Bradford Beach might look for all the world to be a vast ocean (in fact, the string of great lakes together accounts for a full fifth of the world's surface fresh water).

Water is key to life and central to human society, which first took root and settled in the fertile soils alongside rivers and shorelines. Water was a major trade conduit and then, with the development of irrigation, the lifeblood of the agricultural boon, advancing civilization by leaps and bounds.

But it is finite. Precious. Across the globe, more than one out of every six people lack access to safe drinking water; twice as many lack water for basic sanitary needs. The reasons are numerous, from population growth, to that very miracle of irrigation, to climate change and many more.

Here in Wisconsin, we've seen firsthand that urban development and the disappearance of natural flood plains contribute to more extreme flooding – and dangerous sewage overflows. We've experienced, in recent memory, the consequences of unsanitary drinking water, when hundreds of thousands of Milwaukeeans fell sick and more than one hundred died from a cryptosporidium outbreak. And we hear frequent mumblings from other parts of the country that covet our water supply.

Graze is all about food, from juicy fruit to verdant vegetables to meats and eggs and cheeses and so much more. But we shouldn't forget that the delicious foods that fill our stores all have at least two things in common: they are natural and their creation requires fresh, clean water.

Don't let that great lake fool you – conserve our water and keep it clean.

MALCOLM MCDOWELL WOODS  
*editor*

*graze@outpost.coop*

## 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

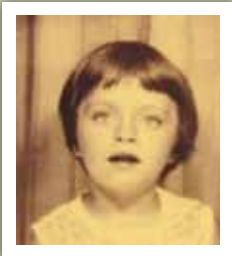
Sure we know our stuff, but we're right along side you on this food journey. We'll share what we know in a positive, expert way without a know-it-all attitude.

### 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.

# WHO IS GRAZE ?

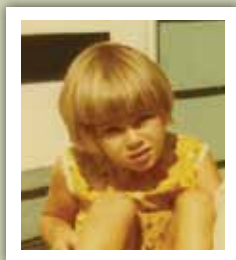


*i am* **LISA MALMAROWSKI.**

*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.*

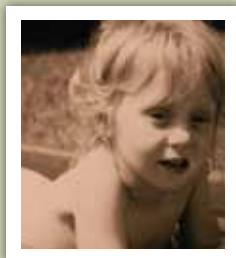


*i am* **PAUL SLOTH.**

*I've been eating for 39 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 Local First Milwaukee, an alliance that advocates for locally owned, independent businesses.**



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# - GRAZE.

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**OUTPOST NATURAL FOODS COOPERATIVE**

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IN THIS ISSUE...

**LISA MALMAROWSKI . MALCOLM MCDOWELL WOODS . MARGARET MITTELSTADT**  
**CARRIE ROWE . PAUL SLOTH**

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SPRING 2012

*...features.*

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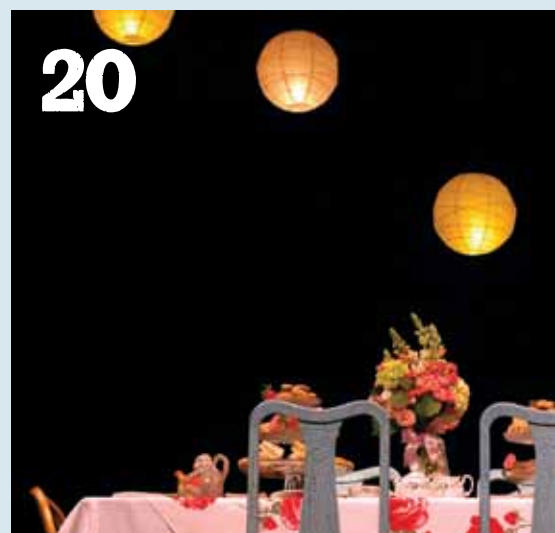
## **HOP UP!**

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# (more) **ONLINE**

THERE WAS A LOT OF GREAT STUFF WE WEREN'T ABLE TO FIT INTO THIS ISSUE OF **GRAZE**.

LOOK ONLINE AT

[WWW.OUTPOST.COOP/CONNECT/GRAZE/GRAZE\\_RESOURCES.PHP](http://WWW.OUTPOST.COOP/CONNECT/GRAZE/GRAZE_RESOURCES.PHP)

OR SCAN THE QR CODE BELOW WITH YOUR SMART PHONE TO READ MORE.



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## **SMOKED PAPRIKA**

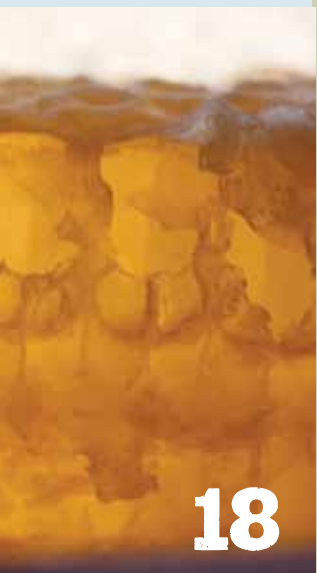
We're still swooning over this ruby-red Spanish spice. Its smoky and seductive charms add an exotic note to any dish. We've compiled a couple of recipes that really show off its charms.

## **YOU'RE COOKIN' WITH GRAINS**

Mystified by millet? Flummoxed by farro? Our experts will help demystify grains with easy cooking and serving tips.

## **TEA TIME**

Want to stage your own tea party? Check out the full menu from the tea we held at the Skylight Music Theatre.



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*have more fun  
at your party with*  
**OUTPOST  
CATERING!**



- Trays*
- Sandwiches*
- Appetizers*
- Entrees*
- Desserts*

For menus and help planning a party to remember, call Avie:

414 755 3202 ext. 452 or visit us at [outpost.coop/products/catering/](http://outpost.coop/products/catering/)



## **WANT MORE OUTPOST?**

[WWW.OUTPOST.COOP](http://WWW.OUTPOST.COOP)



I (you'll)

# SWOON.

THINGS WE LOVE.

## 1. OUTPOST'S OWN BLUE MOON SMOOTHIE

MORE THAN A ONCE IN A WHILE TREAT .....

How can something so simple be so darn outstanding? We start with frozen organic bananas, add frozen blueberries and a generous serving of pineapple juice, then whirl it up in a blender and serve it up with a smile and a straw. It's fruity, a little tangy and dare we say, a tad creamy from the bananas. In fact, we call it an all-natural vibrant blue-purple vacation in a cup!



## 3. DUCKTRAP RIVER SMOKED WILD SALMON

LOX EVEN YOUR BUBBIE WOULD BE PROUD TO SERVE

Who are we kidding? Every time we open a package of this delicate, salmon-pink lox, we swoon. It's firm but silky soft, has a delicate smoked taste and it's absolutely perfect atop cream cheese and a bagel. We also crave it tucked in a wrap sandwich with avocado and brie. Knowing it's wild caught and processed on the rocky Maine coast makes it even better.

## 5. DI SALVOS PASTA SAUCE

WHY MAKE-A THE 'GRAVY' WHEN YOU CAN OPEN THE JAR? .....

Here's a secret, many of us are a bunch of liars. We buy jars of Di Salvo's sauce, furtively open them up and empty them into our stockpot, pretending we spent all day slow cooking our own family recipe. Why, why would we stoop to such a low you ask? Well, because this sauce IS a family recipe created in Madison and made with Italian-style tomatoes and Italian olive oil, but without preservatives or sugar. It's what we would make if we weren't so darn busy. Do yourself a favor: buy the sauce, serve the sauce, enjoy the sauce AND enjoy the extra time you've saved. Mangia!



## 6. OUTPOST'S OWN PORK BRATWURST

BETTER THAN UNCLE FRED'S AND MADE BY HAND

These bratwurst are the bestwurst - subtly spiced with garlic, pepper and mace (the delicate-tasting outer part of nutmeg) and mixed with all-natural pork, eggs and milk. Then each link is hand tied and ready to grill. It's hard to describe the difference between a regular old supermarket brat and one of these hand-crafted beauties so you'll just have to dare to compare. We recommend a beer, some kraut and good mustard to hone your decision-making capabilities.



## SMOKED PAPRIKA .....

SWEET PAPRIKA'S SULTRY SPANISH COUSIN

Oh, you know her... the one that shows up late to the party and every head turns to see who just walked in... the one with the smoky eyes, in the sexy flowered dress... That would be Spain's seductive gift to the spice world, Spanish smoked paprika, or pimentón. The peppers are sun-dried and then slowly smoked over a fire, imparting a beguilingly rich and mysteriously smoky flavor to this indispensable spice. Equally at home with vegetables and meats, she will pump up paella, add excellence to eggs and liven up any grilling spice rub you use.



## DRIFTLESS ORGANICS SUNFLOWER OIL

MOVE OVER OLIVE, THERE'S A NEW KID ON THE BLOCK

Just off County Road B in western Wisconsin, fields of organic sunflowers turn their pretty faces towards the sun, soaking up every ray and dreaming of the day when they can be cold-pressed into golden rivulets of oil. The end product is no less dreamy. This sunflower oil has a rich, nutty flavor that is perfect for salad dressings and equally at home baked into muffins and breads. We also love to use it for low-temperature sautéing, where it's nutrients and flavors are preserved. It's summer in a bottle.



## UNCLE PHIL'S MUSTARD .....

MOVE OVER FRANCE, WISCONSIN HAS DIJON COVERED

We know that some of you are beholden to your pretty jars of mustard from across the pond. We won't judge, but we think you should know that Wisconsin, the home of the world famous Mustard Museum, is also home to some of the tastiest Brassica Sinapis\* spreads you'll ever slather on your salami. Uncle Phil has been making magical mustards for more than 25 years and we honestly love every snappy variety. The Dijon is divine while the Spicy Brown Dusseldorf Style is earmarked for our pretzels and sausage.

*\*That's Latin for the mustard plant – you're impressed aren't you?*



# LOVE, EWE

CRAFTING SOFT, SUBTLE CHEESES  
IN WISCONSIN'S DRIFTLESS REGION.

by PAUL SLOTH



**H**ALF THE FUN OF VISITING HIDDEN SPRINGS CREAMERY IS THE TRIP THERE. THE JOURNEY TO BRENDA JENSEN'S CREAMERY IN WESTBY WINDS ITS WAY THROUGH SOME OF SOUTHERN WISCONSIN'S MOST BEAUTIFUL LANDSCAPE.

The two-lane country roads here contort themselves up bluffs and around coulees through tiny farming communities that you might otherwise never have reason to drive through, let alone stop and visit. Towns with names like La Valle, Wonewoc, Union Center, Hillsboro.

The final stretch takes you off the pavement and up a gravel switch-back road. You have to want to find Hidden Springs Creamery.

It's humid inside Brenda Jensen's cheese room. Outside it's cold, February cold, but inside it's warm and wet. It's a cheese making day at the creamery. The sheep have been milked. That's just the beginning.

Once the whey has been separated from the curd, Brenda reaches into the separating tank. She cuts a large block of curd, between 20 and 30 pounds, and heaves it onto a stainless steel table. Then she cuts it and parcels out smaller chunks into round, 4-pound plastic molds. She does this again and again, until the curd has been used up.

All the while, she's training a new employee, walking him through the finer points of her craft. She might sound like a lifelong cheesemaker, but everything Brenda Jensen knows about cheese, she learned in the past five years.

Before she could do that, Brenda and her husband, Dean, had to learn how to raise sheep.





Ask her what she likes best about working with sheep's milk, she'll tell you, "The flavor. Sheep milk is so nutritional, higher in protein and butterfat."

Of the three main milk-producers, sheep produce the least. What sheep lack in volume, they make up for by producing milk that has the highest amount of butterfat and solids. Instead of making a more fattening cheese, more solids means cheesemakers can make more cheese from the same amount of milk — you can get one pound of cheese from 10 pounds of cow's milk; all it takes is about 4.5 pounds of sheep's milk to make a pound of cheese.

When she started Hidden Springs Creamery, Brenda didn't know the first thing about making cheese, let alone making cheese with sheep's milk. She knew people made sheep's milk cheese in Europe, but she'd never tasted any. Then she started making her own.

The Jensen's built the creamery on their farm in rural Westby, where Brenda does most of the cheese making and Dean does most of the farming.

The couple got their start farming in Richland Center, where they raised their family. Then they bought the land in Westby, surrounded by one of the state's largest Amish settlements. The couple works with several Amish farmers.

However, a lot of what they do, they do themselves. Dean still works as a mental health counselor in the community. Brenda left her job in management to make cheese full-time.

"I had insurance, a good income. I drank coffee and talked smart," Brenda said. "Now, I'm earning money the hard way."

They make a lot of cheese in this part of the state, so Brenda tapped into the network of cheesemakers in order to learn some of the basics. She'd rented space at the creamery in nearby Westby. She still makes herself chuckle thinking about her first attempt at making a batch. She didn't have enough milk to fill the separating tank.

The first cheese Brenda ever made, Driftless, remains her most popular. For an inexperienced cheesemaker, it was an easy cheese to start with, she said. It's a simple cheese eaten fresh, shortly after it's made, unlike hard cheeses that are aged. The cheese closely resembles chevre, made from goat's milk.

"Pasteurize the milk, add cultures, ripen, add rennet. Incubate for 12 hours. Drain. Add salt and/or any flavors. It's a very natural product," Brenda said.

Brenda makes several different varieties of Driftless, including savory flavors like basil and olive oil, sweet flavors like cranberry and cinnamon, and seasonal flavors like pumpkin. The flavors make the cheese more versatile and encourage experimentation. You can find many varieties of Driftless Cheese at Outpost. What will you pair it with?

HIDDEN SPRINGS CREAMERY  
S1597 HANSON ROAD  
WESTBY, WISCONSIN 54667  
[WWW.HIDDENSPRINGScreamery.COM](http://WWW.HIDDENSPRINGScreamery.COM)

# (our) TABLE OF GRAINS.

VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VA  
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 F LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE

## Km

KAMUT



**FLAVOR** . SWEET, SLIGHTLY NUTTY.  
**USE** . IN GRAIN SALADS, AS A SIDE DISH OR GROUND INTO FLOUR FOR BAKED GOODS.

## Bw

BULGAR WHEAT



**FLAVOR** . NUTTY.  
**USE** . AS A SIDE DISH OR ADDED TO SOUPS, STEWS, CASSEROLES AND SALADS.

*"If this invisible germ of life in the grain of wheat can thus pass unimpaired through three thousand resurrections. I shall not doubt that my soul has power to clothe itself with a body suited to its new existence when this earthly frame has crumbled into dust."*

— American orator, William Jennings Bryan

**I**F VARIETY IS INDEED THE SPICE OF LIFE, THEN A GRAIN IS NO DOUBT THE ENTRÉE. GRAINS, IN DIFFERENT INCARNATIONS AND VARIETIES, HAVE FUELED CIVILIZATION'S RISE AS MUCH AS ANY OTHER STAPLE. SEPARATED, GROUND OR LEFT WHOLE, GRAINS ADD THEIR OOMPH TO COUNTLESS MEALS EVERY DAY.

## Fa

FARRO



**FLAVOR** . SWEET & NUTTY.  
**USE** . IN SALADS & SOUPS, OR AS A SIDE DISH.

## Am

AMARANTH

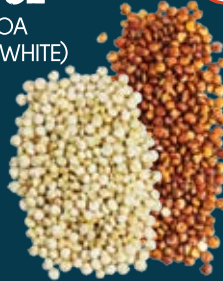


**FLAVOR** . STRONG, SWEET, GRASSY.  
**USE** . BEST USED AS A CEREAL.



## Qu

QUINOA (RED, WHITE)



**FLAVOR** . RICH & NUTTY.  
**USE** . COOKED AS A CEREAL OR SIDE DISH. USE IN PLACE OF RICE.



## Ka

KASHA (ROASTED BUCKWHEAT GROATS)



**FLAVOR** . SLIGHTLY NUTTY.  
**USE** . SERVE AS A SIDE DISH OR IN A CASSEROLE.



## Ba

BARLEY - HULLED OR PEARLED



**FLAVOR** . MILD & SWEET.  
**USE** . IN SOUPS, STEWS OR AS A SIDE DISH.

## Sp

SPELT



**FLAVOR** . RICH & NUTTY.  
**USE** . AS A SIDE DISH OR IN A GRAIN SALAD.

## Mi

MILLET



**FLAVOR** . SWEET, DELICATE TASTE.  
**USE** . COOKED AS A BREAKFAST CEREAL OR ADDED TO BREADS.



## Bg

BUCKWHEAT GROATS



**FLAVOR** . INTENSE, EARTHY TASTE.  
**USE** . COOKED AS A BREAKFAST CEREAL, SPROUTED OR MADE INTO FLOUR.



— GLUTEN-FREE

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



## (a) RECIPE.

### AFRICAN CURRIED COCONUT SOUP SERVES 5 - 6

*Millet helps create a gluten-free soup so thick it could almost be called a stew!*

- 1 cup millet or quinoa
- 2 tablespoon olive oil
- 1 medium onion, chopped
- 1 medium red bell pepper, chopped
- 1 jalapeño chili, seeded and finely chopped
- 2 large cloves garlic, finely chopped
- 1 tablespoon curry powder
- 3 cups low-sodium vegetable broth
- 1 15-ounce can garbanzo beans, drained and rinsed
- 2 tomatoes, chopped
- ½ teaspoon salt
- Freshly ground black pepper, to taste
- 1 bunch kale, collards or spinach (or a mixture)
- 1 14-ounce can light coconut milk



1. Put the millet in a pan and cover with 3 cups water. Cover, bring to a boil, and then simmer for 20-25 minutes or until water has evaporated. Set aside.
2. In the meantime, heat the oil in a medium stockpot over medium heat. Add the onion, bell pepper, jalapeño and garlic cook, stirring, until softened, about 5 minutes. Add curry powder and mix well to coat vegetables.
3. Add the broth, garbanzo beans, tomatoes, salt and black pepper. Bring to a boil over high heat. Reduce the heat and simmer gently, uncovered, stirring occasionally, about 10 minutes. Add the greens and cook until wilted, about 5 minutes.

*Per serving: 316 calories, 11g fat, 4g sat fat, 45g carbohydrates, 9g protein, 260mg sodium, 9g fiber, 125mg calcium*

GRAIN (one cup)	WATER (cups)	TIME (minutes)
Kamut		60
Spelt		90
Farro		25-40
Amaranth		20-25
Quinoa		15-20
Kasha		15-20
Barley		30-40
Bulgar Wheat		15
Millet		20-25
Buckwheat Groats		20-30

For more tips on cooking whole grains visit [www.outpost.coop/connect/graze/graze\\_resources.php](http://www.outpost.coop/connect/graze/graze_resources.php)

### OUTPOST'S OWN BIRDIE BARS

Millet, a grain most commonly seen in bird food, is the star in these popular granola-style bars. A favorite among Outpost shoppers, this bar manages to satisfy a sweet tooth and be nutritious at the same time.



# SPRING. I

*(two ways)*

## AH, ASPARAGUS

**T**HE APPEARANCE OF FRESH LOCAL ASPARAGUS IN OUR PRODUCE AISLE IS TRULY A TIME FOR CELEBRATION. WINTER IS OVER AND DEAD, THEY TRUMPET, THE COLD SWEEP AWAY BY THE PROMISE OF SUNSHINE AND WARMTH THAT SEEMS SO IMPLICIT IN THOSE SLENDER, VERDANT STALKS. ASPARAGUS IS A VERSATILE FOOD. WHILE OFTEN STEAMED OR SAUTÉED, THE SPEARS LEND THEIR DISTINCTIVE TASTE TO MANY DISHES.

### ASPARAGUS, LEEK & SMOKED GOUDA QUICHE.

#### SERVES 6

- 1 tablespoon butter
- 1 leek (white and light green parts only), halved and thinly sliced, then well washed
- ½ teaspoon sea salt
- ½ teaspoon freshly ground pepper
- 1 bunch (1 pound) asparagus, tough ends removed, thinly sliced on the diagonal
- 4 large eggs
- 1¼ cups half & half
- 1 pinch ground nutmeg
- 9 inch pie crust – store bought or homemade
- 1 cup shredded smoked Gouda\*

1. Preheat oven to 350°F, with rack in lowest position. In a large skillet, melt butter over medium heat. Add leek and asparagus; season with salt and pepper. Cook, stirring occasionally, until asparagus is crisp-tender, 6 to 8 minutes; let cool.
2. In a large bowl, whisk together eggs, half & half, salt, pepper and a pinch of nutmeg. Place pie crust on a rimmed baking sheet to catch any overflow. Sprinkle with cheese; top with asparagus mixture. Pour egg mixture on top.
3. Bake until center of quiche is just set, 50 to 60 minutes, rotating sheet halfway through. Let stand 15 minutes before serving.

\*If Gouda isn't your thing, feel free to substitute Swiss, Gruyère or a sharp cheddar.



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

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



## HEALING SPRING GREENS & WILD RICE SOUP.

### SERVES 10

- 2 tablespoons salted butter
- 2 tablespoons fresh garlic, peeled and minced
- 2 tablespoons shallots, peeled and minced
- 1 cup mushrooms, sliced thin; criminis, shiitakes, or your seasonal choice
- $\frac{3}{4}$  cup wild rice
- $\frac{3}{4}$  cup long-grain brown rice
- 4 medium carrots, cut lengthwise and diagonally sliced
- 2 quarts chicken stock (can substitute veggie broth)
- 2 bunches asparagus, trimmed and cut into 1" pieces, tips reserved
- 2 cups greens (seasonal and regional - beet greens, baby spinach, bok choy, etc.)
- 2 cups half & half
- 1 medium red bell pepper, seeded and chopped
- 1 tablespoon fresh parsley, washed and patted dry then chopped fine
- $\frac{1}{2}$  teaspoon dried tarragon
- sea salt and black pepper to taste

1. In a large heavy soup pot or Dutch oven, sauté garlic, shallots and mushrooms in butter, over medium heat, for 5 minutes.
2. Add wild and brown rices and cook for another 3 minutes. Add carrots and chicken stock, and turn up the heat to medium-high until boiling. Allow mixture to boil for 10 minutes or so, then reduce heat to low and cover the pot. Allow soup to simmer for 35 minutes.
3. While soup is simmering, prepare the asparagus by trimming the tough ends off and cutting into one-inch pieces, reserving the tips in a separate bowl.
4. Simmer asparagus spears and seasonal greens in a bit of water until bright green and crisp-tender. Place the semi-cooled greens mixture in a food processor with 2 cups of half & half and process until smooth and creamy.
5. Add creamy greens to the rice mixture (rice will still be slightly firm), along with the chopped red bell pepper, parsley and tarragon. Simmer until rice is tender, about 20 minutes, then add the reserved asparagus tips.
6. Allow to simmer for another 20 minutes or until soup is desired consistency. Add sea salt and pepper to taste.



ONE COOK – ONE INGREDIENT

OUTPOST PUTS THE NATIONAL'S  
NEW OWNER & CHEF NELL BENTON  
TO THE TEST WITH WATERCRESS

# COOK THIS!

by LISA MALMAROWSKI  
photos by PAUL SLOTH



**W** E CAUGHT UP TO NELL BENTON, OWNER AND CHEF AT THE NATIONAL, AND CHALLENGED HER TO WHIP UP A SPRING-INSPIRED DISH USING LOCAL WATERCRESS.

**NAME 3 INGREDIENTS YOU CAN'T LIVE WITHOUT?**

Lemon – it works in savory and sweet, it goes everywhere, and garlic and sharp knives!

**WHAT IS YOUR FAVORITE 'SECRET' INGREDIENT?**

Mrs. Ball's Hot Chutney. I like it so much I special order it from South Africa. I love Asian food and the spiciness of curry needs a sweet balance. It's the secret flavor in our chicken curry sandwich and I always use it in Boboti.\*

**WHAT IS YOUR LEAST FAVORITE FOOD?**

Salmon. It's beautiful, but there's something about the taste.

**WHAT DO YOU COOK AT HOME THAT YOU NEVER COOK AT THE RESTAURANT?**

Mostly Thai-inspired dishes. I've studied Thai cuisine. I find it fresh and interesting. But my guilty pleasure is chicken fingers with bbq sauce. There's just something about the sweet and salty I love!

**WHAT ARE SOME OTHER WAYS YOU'D SERVE WATERCRESS?**

It's great mixed into a salad like arugula. It's also good as a pizza topping – something I picked up when I lived in the U.K. It's so fresh and peppery.

**WHAT WOULD YOU DO IF YOU WEREN'T THE CHEF AND OWNER OF YOUR VERY OWN RESTAURANT?**

I feel like I've already done a lot – I've even worked in finance – but I'd probably be a food critic. It would have to revolve around something culinary.

**WHAT CHEF DO YOU ADMIRE MOST?**

Oh, Thomas Keller\* is my hero. He opened my eyes to all sorts of different foods and ways of preparing them.

**SUM IT UP - WHAT IS THE NATIONAL ALL ABOUT?**

It's a local place with a community feel that's real... that's part of a neighborhood. What we hear from our customers is, 'Finally, a healthy restaurant with a great vibe where we can get great coffee, delicious meals and enjoy vegan foods too'.

**HAS YOUR \$100 INVESTMENT IN PURCHASING THE NATIONAL BEEN WORTH IT?**

Yes! It's been a GREAT deal. I inherited a wonderful staff, I do catering and offer cooking classes and the neighborhood is wonderful.



AWAY

# PAN-SEARED TILAPIA with WATERCRESS PESTO over ORANGE-INFUSED COUSCOUS.

by NELL BENTON, CHEF AND OWNER OF THE NATIONAL

**|** SERVES 4

THIS DISH, WITH IT'S PEPPERY WATERCRESS AND SOFT NOTES OF ORANGE, HIGHLIGHTS WITHOUT OVERPOWERING THE DELICATE FLAVOR OF TILAPIA. AND DESPITE THE VARIOUS STEPS, IT'S VERY QUICK TO PREPARE!

## SUGGESTED WINE PAIRING:

With tilapia, you need a wine that is light on its feet. Add watercress and pesto, and you need a wine with complexity. That's why a Sauvignon Blanc, like one from the Loire region of France, is perfect. This style of wine is bone dry, with notes of lemon zest, fresh cut herbs and minerals.



## WATERCRESS PESTO

1 bunch watercress (both leaves and stems)  
3 tablespoons pine nuts  
3 tablespoons Parmesan cheese  
1 tablespoon fresh lemon juice  
kosher salt & black pepper  
vegetable oil

1. Place the watercress into a food processor with 2 tablespoons of oil and pulse until it is roughly chopped.
2. Add pine nuts and pulse again. Add Parmesan, lemon juice, and a drizzle of oil. Pulse again until a thick paste forms (don't over pulse).
3. Spoon the pesto into a bowl and taste, adjust with salt, pepper, lemon juice and more oil, as needed.

## ORANGE-INFUSED COUSCOUS\*

2 cups water or vegetable stock  
6 tablespoons fresh orange juice  
1 tablespoon olive oil  
1 teaspoon finely grated orange peel  
small handful golden raisins or currants  
1½ cups plain couscous

1. Mix the stock (or water), orange juice, oil and orange peel in a medium saucepan and bring to a boil. Stir in the couscous and golden raisins or currants, cover and remove from heat.
2. Let stand until liquid is absorbed and couscous is tender (about 10 minutes). Fluff with a fork.

## PAN-SEARED TILAPIA

1½ pounds tilapia filets  
¼ cup all-purpose flour  
salt & pepper  
vegetable oil

1. Mix ¼ cup of flour and a dash of salt and pepper on a plate.
2. Heat 1-2 tablespoons of oil in large skillet over medium-high heat.
3. Dredge the tilapia filets lightly through the flour mixture and gently shake to get rid of excess flour.
4. Add the tilapia to the pan, being careful not to overcrowd, and cook until opaque throughout, 1-2 minutes per side.

## ASSEMBLING THE DISHES

lemon wedges  
2 cups baby spinach  
1-2 tomatoes, sliced  
¼ cup toasted almonds, slivered or chopped

1. Divide baby spinach and tomato slices evenly between 4 plates and top with couscous.
2. Place the tilapia on top of the orange couscous and drizzle with watercress pesto.
3. Garnish with almonds.

*Note: If you are storing pesto in the fridge, make sure you add a layer of oil on top to avoid discoloration due to oxidation.*

## FOODIE GLOSSARY

**BOBOTI\*** - A South African dish that features ground meat and dried fruit spiced with curry.

**COUSCOUS\*** - A North Africa pasta made of semolina. It's very tiny, like rice, but cooks up fast and does not require boiling like pasta, or rice, does.

**THOMAS KELLER\*** - An American chef, restaurateur and cookbook author. Owner of the world famous restaurant, The French Laundry, he has won multiple awards.



# OUTPOST'S

(secret recipe)

## TAPIOCA POPOVERS

MAKES ABOUT 30

**L**IKE MANY OF OUR MOST POPULAR BAKERY ITEMS, THIS WAS CREATED BY ONE OF OUR EXCELLENT STAFF MEMBERS WHO WAS GRACIOUS ENOUGH TO SHARE HER FAMILY'S RECIPE FOR PÃO DE QUEIJO – BRAZILIAN CHEESE PUFFS - WITH OUR STORES. BONUS – IT'S NATURALLY GLUTEN-FREE!

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

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

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

*Per serving (one mini-muffin): 140 calories, 9g fat, 1g sat fat, 14g carbohydrates, 2g protein, 244mg sodium, 9g fiber*



YOU CAN FIND BOB'S RED MILL TAPIOCA FLOUR IN THE BAKING AISLE AT YOUR FAVORITE OUTPOST STORE

# HONEY

## THE SWEET HERITAGE OF THE HUMBLE BEE



**T**HE BEES ARE FAMISHED. WINTER HAS GIVEN WAY TO SPRING IN WISCONSIN. BY NOW, HONEYBEES HAVE EXHAUSTED WHATEVER FOOD THEY HAD STORED UP IN THE FALL AND THEY NEED TO EAT. IF THEY DON'T, THERE WILL BE NOTHING TO FEED THEIR YOUNG. AND WITHOUT THEM, THERE WILL BE NO HONEY.

Queen bees have been laying eggs since January. As life returns to the fields and forests, this newest generation of honeybees will start scouting for the first sources of nectar they can find. And beekeepers around the state will start collecting the delicious honey.

There are more than 300 floral sources for honey in the U.S. and each influences the honey's color and flavor.

Bees pollinate alfalfa, a pasture flower very similar to clover. It produces a very light and mild honey, a little bit lighter than clover, depending on where that pasture is. On the other end of the spectrum, they can pollinate buckwheat, which produces a dark honey as black as molasses.

In Wisconsin, bees can pollinate cranberries, which will produce a honey with a slight amber hue, a bit of a bite and a slightly bitter finish to it. They can also pollinate sunflowers, which will produce a thicker honey with a low moisture count and a slightly nutty taste.

"Every type of flower is going to produce honey, some of the flowers (for example, apples) yes, there is a flower and yes, there is a nectar, but not enough to develop a flavor that people can recognize," said Perry Kallas, owner of Kallas Honey Farm in Milwaukee. "Honey, is not supposed to taste like the fruit. It's the blossom of that fruit."

### (a) **RECIPE.**

#### **LIME & HONEY MARINATED ASIAN-STYLE SCALLOPS**

**SERVES 4**

*Honey isn't only for dessert! These sweet & sour marinated scallops pair well with Asian noodles or jasmine rice, and sautéed vegetables or wilted greens. For an extra spicy kick, try adding crushed red pepper to the marinade. This is also super quick to make – while the scallops are marinating, make your side dishes. When those are finished, cook the scallops and dinner is done.*

2 tablespoons low-sodium soy sauce  
2 tablespoons lime juice  
2 tablespoons honey  
1 tablespoon fresh ginger, grated  
1 clove garlic, smashed into a paste  
½ teaspoon hot pepper sauce (like Tabasco)  
¾–1 lb. fresh sea scallops, drained and patted dry  
1 tablespoon unsalted butter, olive oil or combination

1. Combine first six marinade ingredients in a small bowl and whisk together.
2. Put scallops in a sealable bag or container, add marinade and mix well. Marinate, refrigerated for at least 15 minutes but not longer than an hour.
3. Heat skillet and add butter or oil, carefully add marinated scallops to avoid splattering. Cook over medium heat, turning once so scallops are browned on both sides, slightly firm and opaque, about 4–7 minutes total depending on scallop size and heat.

*Per serving: 166 calories, 4g fat, 2g sat fat, 13g carbohydrates, 20g protein, 528mg sodium, 0g fiber*

As seemingly simple and ubiquitous as honey is in our lives, it's often easy to overlook the effort it takes to get it from the bees, into a bottle, onto a store shelf and eventually into your cup of tea or onto your freshly baked biscuit.

That the bees survive the winter is a wonder of nature. Bees don't hibernate. Instead, these tiny insects huddle together like penguins in an effort to maintain a steady temperature in their hives. Their main goal is to survive and produce a new generation.

Bill Palmer, owner of East Troy Honey Company, says keeping bees alive through the winter is one of the biggest challenges of beekeeping.

The colder it gets, the tighter the cluster gets, with the queen in the middle of the cluster. The bees shiver and move their wings to keep warm. They eat honey and pollen through the winter.

"Sometimes they cluster up so tight, they cluster so long that they can literally run out of food and starve to death or freeze to death," Palmer said.

In the weeks to come, Palmer's bees will be out pollinating wildflowers, while others will pollinate raspberry and strawberry plants. Palmer has been bottling his honey throughout winter,

but spring means work in his hives is picking up.

Wisconsin ranked eighth in honey production in 2010, producing 4.35 million pounds of honey, an increase of 15 percent from the previous year.

Honey producers come in all shapes and sizes: from the smallest hobbyists who maintain a few hives on a small lot, to the state's largest, who truck bees around the country, pollinating everything from citrus to almonds to tupelo trees.

The lion's share of Wisconsin's honey producers, are small-scale, keeping anywhere from two hives up to 20, according to Tim Fulton, president of the Wisconsin Honey Producers Association. Most of that honey is sold at farmers markets and road side stands.

Some have waxed poetic about bees. Others have written treatises on this minute, yet fascinating insect. Books on the history of bees, beekeeping and honey fill library shelves. You could sit down with a warm cup of tea and crack open one of these tomes, or you could spend a few hours talking with one of the state's many beekeepers.

"They're amazing critters. I guess that's why a lot of us stay. It's odd to develop a relationship with a stinging insect, but they're incredibly interesting," Fulton said.

## FLORAL SOURCES

There are more than 300 floral sources for honey in the United States, including clover, alfalfa, buckwheat and orange blossom. Honey's color and flavor vary with each different floral source.

## COLOR

Honey is classified by the U.S. Department of Agriculture into seven color categories: water white, extra white, white, extra light amber, light amber, amber and dark amber.



## VARIETIES

**ALFALFA** - light in color, delicate, not as sweet as most honey varieties

**BLUEBERRY BLOSSOM** - taken from the tiny white flowers of the blueberry bush; has a pleasant flavor and a light amber color

**BUCKWHEAT** - a dank, full-bodied, strong-flavored honey, found to contain more antioxidant compounds than some lighter honeys

**CLOVER** - one of the most widely available and popular honey varieties

**CRANBERRY BLOSSOM** - has a slightly red color and tart flavor

**ORANGE BLOSSOM** - a white honey that has a mild, slightly citrus flavor

**SUNFLOWER** - golden in color, with a rich nutty flavor

**WILDFLOWER** - derived from many different flowers, dark in color, often used for baking

**TUPELO** - comes from the river basins of northwest Florida, light in color with a delicate yet distinctive flavor

*Source: Kallas Honey Farm; this is not an exhaustive list of honey varieties*





# Staging a **TEA** **PARTY**

by LISA MALMAROWSKI •  
photos by CARA BERKEN  
& PAUL SLOTH

**W**E LITERALLY STAGED AN AFTERNOON TEA – AT THE SKYLIGHT MUSIC THEATRE’S BEAUTIFUL CABOT THEATRE IN THE THIRD WARD. WITH SUCH A THEATRICAL SETTING, WE KNEW JUST WHO TO INVITE – A DELIGHTFUL PARTY OF LOCAL MUSICAL THEATER PERFORMERS.

## CURRIED CHICKEN SALAD SANDWICHES

MAKES 16 FINGER SANDWICHES

4 ounces cooked chicken breast, very finely chopped  
2 ribs celery, very finely chopped  
¼ cup walnuts, very finely chopped  
1 teaspoon curry powder  
salt and pepper to taste  
2 tablespoons Colonel Gray's mango chutney  
¼ cup mayonnaise  
8 slices white bread  
unsalted butter

1. Mix all ingredients together (excluding bread and butter) and refrigerate for at least 2 hours for flavors to incorporate.
2. For every two slices of bread, spread both slices of bread evenly with a thin layer of butter.
3. Cover one side of the sandwich with chicken salad.
4. Put the slices together, cut off the crusts and slice the sandwich diagonally two times to create four triangles (alternately, slice into 4 strips).

## RADISH ON RYE FINGER SANDWICHES

MAKES 16 FINGER SANDWICHES

1 small bunch of small red radishes  
salt  
¼ cup softened butter  
¼ cup chopped, fresh mint leaves  
8 slices rye bread  
fresh ground pepper to taste  
unsalted butter

1. Wash the radishes, dry and slice very thinly.
2. Place the sliced radishes in a bowl or colander and lightly coat them with salt.
3. Let the radishes sit for about 10 minutes, then rinse and drain them. (Don't skip these steps. Salting the radishes will soften their texture and flavor).
4. Spread slices of bread evenly with a thin layer of butter.
5. Cover one side of the sandwich with sliced radishes and season with pepper.
6. Put the slices together, cut off the crusts and slice the sandwich diagonally two times to create four triangles (alternately, slice into strips).

## VEGETARIAN SAUSAGE ROLLS

MAKES 32

2 packages Immaculate Baking Crescent Rolls  
1 package Gimme Lean Sausage  
½ cup minced mushrooms  
½ cup minced onion  
1 carrot, finely grated  
¾ teaspoon vegetarian Worcestershire sauce  
½ teaspoon freshly ground pepper  
salt to taste  
flour for dusting  
¼ cup Dijon style mustard  
1 teaspoon olive oil and more for brushing tops of rolls  
2 tablespoons poppy seeds

1. Preheat oven to 400°F.
2. Heat 1 teaspoon olive oil in a sauté pan over medium heat. Add mushrooms and onions and sauté until softened, then add sausage making sure that it's crumbled. (Mashing with a potato masher helps.) Cook sausage mixture until sausage begins to brown.
3. Add carrot, Worcestershire sauce, pepper and salt. Mix well and remove from heat to cool.
4. Open crescent rolls and separate each package into 4 squares – they will be perforated into triangles, but keep them squared.
5. Lightly flour your work surface. Place dough pieces down and seal/pinch the perforated edges to make a rectangle. You will end up with 8 rectangles.
6. Spread a small amount of mustard on each dough rectangle and evenly divide the sausage mixture between all.
7. Then, roll each rectangle into a log, taking care to seal/pinch the edges. You'll end up with 8 logs.
8. With a sharp knife, cleanly cut each log into 4 pieces. Put the pieces on a lightly greased baking sheet, brush each with olive oil and sprinkle with poppy seeds to garnish.
9. Bake for 14 minutes or until the rolls are golden brown. Rolls can be served hot or at room temperature.

### GOOD TO KNOW

- Buttering both sides of the bread when you make finger sandwiches helps keep sandwiches together and keeps the filling from seeping into the bread.
- To ensure finger sandwiches stay moist and delicious, lightly dampen a paper towel, place it over the sandwiches in a tightly sealed container and refrigerate until serving.
- Increase your sweet offerings by purchasing brownies and bars from your local bakery and cutting into daintily-sized pieces for serving.
- The term 'high tea' usually refers to a tea served late in the afternoon or early evening that takes the place of dinner. High tea foods are heartier and intended to substitute for the evening meal.



### LADY COTSWALD'S LAVENDER TEA BREAD MAKES ONE LARGE LOAF

- 3/4 cup milk
- 2 tablespoons dried lavender flowers, finely chopped, or 3 tablespoons fresh flowers, chopped
- 2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 6 tablespoons butter, softened
- 1 cup sugar
- 2 large eggs

1. Grease a 9x5x3 inch loaf pan and preheat oven to 325°F.
2. In a saucepan, heat milk with lavender almost to a boil, then steep until cool.
3. Mix flour, baking powder and salt together in bowl.
4. In another bowl, cream butter and gradually add sugar, then eggs, one at a time, beating until light and fluffy. Add flour mixture alternately with lavender milk, in three parts. Mix until batter is just blended, do not overbeat.
5. Pour into prepared pan and bake for 50 minutes, or until toothpick inserted in center comes out clean.
6. Let cool in pan 5 minutes, then remove to a wire rack.
7. When completely cool, sprinkle with confectioners' sugar. Slice into thin slices for serving.



### COUNTRY SCONES MAKES 8

- 2 cups unbleached flour (Remove 2T flour and replace with 2T flax meal)
- 3 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 cup dried currants
- 5 tablespoons butter
- 8 ounces nonfat yogurt
- 1 whole egg yolk, reserve egg white

1. Preheat oven to 425°F. In large mixing bowl combine flours, sugar, baking powder, salt and baking soda. Cut in butter until mixture resembles coarse crumbs. Add dried fruit and lightly mix.
2. Blend yogurt and egg yolk in a small bowl. Add to crumb mixture, stirring until dough clings together. Gently knead on lightly floured surface 10-12 strokes.
3. Pat or roll to 9-inch circle, about half-inch thick. Cut in to triangles with sharp knife. Separate and place on cooking sheet sprayed with cooking spray. Brush with slightly beaten reserved egg white.
4. Bake for 15 to 20 minutes until lightly browned.

### DEVONSHIRE CREAM MAKES 1 1/2 CUPS

*Devonshire cream is traditionally made by heating and straining fresh cream. Here's a much easier and just as luscious version.*

- 4 ounces mascarpone cheese
- 1 cup heavy whipping cream
- 1 teaspoon pure vanilla extract
- 1 tablespoon granulated sugar

1. Place all ingredients in a large bowl and beat until mixture holds its shape and looks like softly whipped cream.
2. Use right away or refrigerate until serving.



THE SKYLIGHT MUSIC THEATRE  
158 N. BROADWAY  
WWW.SKYLIGHTMUSICTHEATRE.ORG



# (bios)

**LESLIE FITZWATER** will be presenting her one woman show, *Edith Piaf Onstage* at the Skylight Theatre next January & February.

Singer and actress **PEGGY PETERSON RYAN** performed in Skylight's *Music Man* earlier this season. She'll appear in a cabaret series at Sunset Theatre in Elm Grove this September.

**CHRIS KRASOVICH** has had the pleasure of performing on many area stages. She was most recently seen in the Skylight Music Theatre's acclaimed production of *Adding Machine: A Musical*.

**KAY STIEFEL** has worked at many area theatres including Skylight, Milwaukee Rep, Chamber Theatre and First Stage. Kay has recently begun working with local singer/guitarist Peter Donalds. Watch for them at area coffee houses and summer festivals.

Local performer **CYNTHIA COBB** is glad to be back home in southeastern Wisconsin. She was last seen in the fun-loving production of *Gershwin and Friends* at the Skylight Music Theatre.

**BECKY SPICE** has been performing at the Skylight for 25 years. She will be in the upcoming production of *Sunday in the Park with George* that opens May 18.

# 5 STEPS TO BREWING THE PERFECT POT OF TEA

1. Start with a clean teapot and make sure it's warm by rinsing with near-boiling water.
2. Use one teaspoon of high quality loose leaf black tea per 8 ounces of water and add 'one extra for the pot' for a more robust brew.
3. Boil the water. You want to reach a temperature of 212°F so it should be a rolling boil. An electric tea kettle works great for this.
4. Add boiling water to the teapot and let steep for 3-5 minutes depending on desired strength. It's helpful to keep the pot warm with a cozy and to resist the temptation to peek or stir.
5. Serve tea into individual cups using a tea strainer to catch the leaves.



*Rishi Tea's organic and fair trade certified black teas are full-bodied and uplifting. Here are a few of our favorites!*



**EARL GREY LAVENDER**  
The floral aroma of lavender is the perfect complement to the classic flavor of the sweet, natural bergamot oil in this updated classic.



**CHINA BREAKFAST**  
Not just for breakfast, this robust, malty tea offers up subtle notes of cocoa for your afternoon repast.



**VANILLA**  
The smooth and sweet vanilla flavor comes from hand-shopped organic vanilla beans and lend a sweet perfume to every sip.



## MADAME J'S STICKY FINGERS JAMS & JELLIES

WEST ALLIS, WI  
MILES TO MARKET = 7

Since 1998, the good folks at Madame J's have been hand-crafting Wisconsin State Fair award-winning jams and jellies using family recipes, all natural ingredients and no preservatives. Outpost is proud to offer an amazing selection from this small, family owned business.



# HOP UP!

**A**S THE DAYS LENGTHEN AND WARM, ONE'S THIRST SEEKS OUT ALES THAT ARE CRISPY. IN- DIA PALE ALES, OR IPAS, BOAST BRAWNY HOP FLAVORS, HEADY FLORAL AROMAS AND EVEN HINTS OF CITRUS. OUTPOST CARRIES A GREAT SELECTION OF LO- CALLY-BREWED IPAS AND TO HELP YOU CHOOSE WISELY, WE OPENED A FEW BOTTLES DOWN AT THE RIVERWEST PUBLIC HOUSE COOPERATIVE. ON HAND TO SAMPLE OUR BREWS AND PROVIDE THEIR BEER TASTING EXPERTISE WERE SOME FRIENDS FROM WMSE:

- Ryan Schleicher, WMSE Promotions Director
- Dori Zori, WMSE Underwriting Director
- Milan Zori, WMSE Graphic Designer
- Justin Shoman, Dedicated WMSE Volunteer





RIVERWEST PUBLIC HOUSE COOPERATIVE  
 815 E. LOCUST STREET  
 RIVERWESTPUBLICHOUSE.WORDPRESS.COM



# (taste notes)

## CENTRAL WATERS

### GLACIAL TRAIL IPA

"If you're afraid of IPAs, this is a good starter — an IPA with training wheels!"

"smooth, mellow & mild"

## MILWAUKEE BREWING

### HOP HAPPY

"Would go great with a cheeseburger, or salty snacks."

"very drinkable"

**Whiskey Pairing** – a blended Canadian whiskey

## ALE ASYLUM

### HOPALICIOUS

"Winner, winner, chicken dinner"

"You taste different notes as you keep drinking (please pass me another one)"

"Represents a true IPA"

## NEW GLARUS

### HEARTY HOP

"Oooh, it surprises you!"

"a genre-bending IPA"

"chocolaty, smooth, malty, creamy"

**Whiskey Pairing** – a 3-year old Bourbon

## LAKEFRONT BREWERY

### IPA

"The Violent Femmes of beer (without the lawyers)"

"Great aroma — the smell of Milwaukee"

**Whiskey Pairing** – pair with Scotch



# TABLE TALK.

PRESERVING MILWAUKEE'S MOST PRECIOUS LIQUID ASSEST: OUR FRESH WATER

by MALCOLM MCDOWELL WOODS photos by CARA BERKEN



Above (from left): Fred Binkowski, Chris Abele, Karen Schapiro (back to camera), Bob Wills and Malcolm McDowell Woods.





**W**ATER, WATER EVERYWHERE. THAT'S HOW IT FELT ON AN AFTER-NOON IN LATE FEBRUARY WHEN WE GATHERED IN THE PILOT ROOM AT DISCOVERY WORLD MUSEUM, ONE FLIGHT UP FROM AN AMAZING INTERACTIVE EXHIBIT ON THE GREAT LAKES, AND SURROUNDED ON THREE SIDES BY THE STEELY GRAY WATERS OF LAKE MICHIGAN. OUR SPRING ISSUE OF GRAZE WOULD APPEAR IN APRIL, JUST WEEKS BEFORE EARTH DAY, AND WE WANTED TO SEE HOW THIS MOST PRECIOUS RESOURCE – WATER – WAS DOING.

We were joined at our table by Chris Abele, Milwaukee county executive; Bob Wills, owner of the Clock Shadow Creamery; Fred Binkowski, senior scientist at the Great Lakes Water Institute; and Karen Schapiro, executive director of Milwaukee Riverkeeper.

**Malcolm McDowell Woods** Is water really an issue here in Milwaukee and if so, why?

**Chris Abele** Well, look at relative scarcity and what the trends are around the country. Your readers will be familiar with the American southwest - which is in a far more dire drought situation than most people realize. Well, the Great Lakes Compact (which regulates water usage, access and distribution here) governs only so far and long as Congress says so, and the fastest growing Congressional delegation is the southwest. They are regularly suggesting ideas that involve pipelines and outflows and the like.

**Bob Wills** Down in Georgia, they've had some very severe drought, too. We hear about it but we just don't think about it. Again, because we have this wonderful resource available to us (gestures to the lake).

**Abele** It's the perception of abundance.

**Wills** The sort of thing you're talking about with Congressional power works in a more subtle way in agriculture, too. They've got a whole system in the dairy industry that's subsidizing dairy production in the Southwest because that's where the people are. When you try to get reforms in the dairy industry that would give Wisconsin and the upper Midwest a more fair position, those votes from the other regions come in and maintain those advantages or even expand the advantages that those water scarce areas have.

**Karen Schapiro** It's important for us because it's our culture, it's our heritage, it's our livelihood, it's our economy, it's recreation. As vast as Lake Michigan may seem, it's certainly not an unlimited resource.

**Woods** It's amazing the number of subjects we have spoken about in Table Talk that all seem to revolve around agricultural policies. But ex-

panding on that notion of scarcity, how does the global need for fresh water affect us and what implications does it have for the future?

**Abele** Well, right off the bat, the broad perception of need around the world will lead to increased political pressure to find solutions and you know, when you say this is 20% of the world's fresh water, it's almost an understatement, because it's not like there's another similarly concentrated 20% anywhere. The world's population is coming up to 7 billion people and an enormous percentage of it has nowhere near the amount of drinkable water we do. Just think of the share of the world's population you could put on the shore of Lake Michigan to watch the sun rise that would weep at the idea of seemingly unlimited access to water.

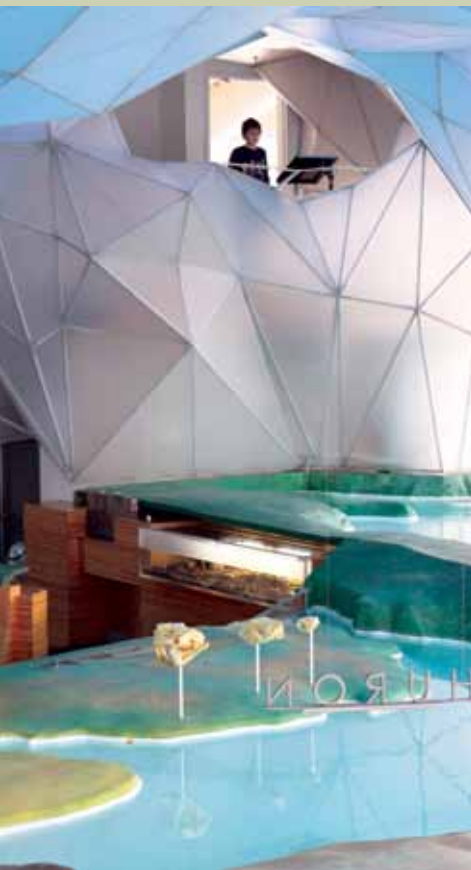
But the problem is one of urgency. You have to connect the need to people. There hasn't really been a good, broad illustration of what are the implications of NOT addressing this. That might get people's attention.

**Fred Binkowski** If you take all the great lakes and combine them with Lake Baikal in Siberia, those two systems represent about 40% of the world's surface freshwater. So you have the Great Lakes and the US, and of course Canada, and add in Russia, and that's a good chunk of the world's fresh water.

**Woods** But is ours clean? What can we say about the quality of our fresh water systems these days? Is it getting better? Last summer, I was stunned to watch salmon swimming up the Menomonee River in downtown Wauwatosa.

**Wills** That is really cool. I remember being in that river on the very first Earth Day, cleaning all the stuff out of it and there were no salmon.





**Woods** So, it's getting better? What grade would you give to water quality here?

**Binkowski** It has improved. Each decade it's getting better and so the goal changes each decade. If you want to just float freighters on it, it doesn't have to be that clean.

**Schapiro** If you want to swim or fish...

**Binkowski** The salmon are a good example. The water is clean enough for them to go up there but the next question is, is the water clean enough for them to spawn? And then is it clean enough for the eggs to survive?

**Abele** The other issue we face is the rise of invasive species. We had the zebra mussel and now on the other end but heading this way is the quagga mussel.

**Binkowski** Unfortunately some of the invaders are more tolerant of the conditions we have here so they just take over.

**Schapiro** In terms of pollution, I was going to add that the Clean Water Act of 1972, really was a watershed law that has tremendously helped to improve water quality throughout the US and here in the Great Lakes and the Milwaukee river basin. There is far less industrial pollution than there used to be. The tanneries and the industries all used to have their back doors to the rivers, now we see the front doors of condos.

Having said that, there are other challenges to water quality today. The biggest problems we have yet to tackle are urban and agricultural runoff. When the rain falls, if it lands on a concrete parking lot, whatever sediment, oils, metals, grease, from cars are going to run through the storm sewer and right into the lake. We see a lot of non-point

source pollution from agricultural sources which aren't terribly regulated under the law. We still have challenges but I think anyone would agree that water quality is much better than it was decades ago.

**Woods** I'm thinking of the system Bob uses at his Cedar Grove Creamery in Plain, WI, the Living Machine. Can you describe that?

**Wills** Well, basically it's taking nature and allowing it to do its work to clean up the water. We separate out the wash water and run it through a series of tanks that have plants, snails, fish and microbes that over a three day period take out a lot of the pollutants out of the water.

But the really important thing that happened is not just how it works but how it changed the attitude of the people in the factory. By having measures and having a visible system where the impact of the water we were producing could be seen by the employees, they stopped spilling things. The volume of water we're using was reduced and waste was reduced. They have a measure of how much they use every day.

**Woods** Interesting to see how it's impacted your employees. On a larger level, how do we convince Milwaukeeans of the seriousness of the issue, when we have this seemingly vast resource?

**Binkowski** It's an educational stumbling block. There are some people in this city that never venture down to see the lake. Especially with young people. They don't know this resource exists. So, education is important.

**Abele** That, and I have a pet theory that every successful advocacy movement at the front end should involve a behavioral econo-

mists because if you want to sustain behavioral change you need people to do it not because it's illegal not to, not because they're afraid not to do it, but because they want to. If I'm going to tell people I want them to make a significant change in how they are doing anything, I want when they come in and ask how much it's going to cost, to be able to say "nothing, it'll be financed against the savings and we've arranged that going forward."

The other thing, especially when it's a finite resource, is control and measurement and getting efficient with it and Milwaukee, as much as anyplace, has a lot of the technology to do that, to control and monitor, so you can track use and flow.

**Schapiro** You raise a good question, because this looks like an ocean and our water is relatively cheap, too, so there's not this strong sense of conservation or that we need to educate and inform people about. By conserving water, we're not just protecting the ecosystem, we're also reducing electricity costs. Four percent of all electricity raised in the US is put towards water distribution. Let's save electricity by turning off the faucet or using a low-flow toilet or aerated shower head.

**Wills** I think to some extent it's how do you make something personal when you're part of a large community? Part of the reason our system works so well is that we can see what happens immediately. But when you're dealing with a million people, each person's impact is relatively minor, so how do you get the to realize that it doesn't just go down the drain and disappear.

**Binkowski** I think educators can take advantage of the situation here; you're not doing this at the eleventh hour. You're not in Georgia where the drought is so bad. We can get ahead of this. And maybe we could be the model. That would be great. And people are getting more conservation minded as the generations turn over, too. The old tree hugger concept is falling by the wayside; it's now just the right thing to do.

**Schapiro** That's true. But in order to build it into a mass movement, we need policy reform, too. The Public Service Commission sets water rates, and while everyone should have access to clean water and sanitation, we still need to price it appropriately and it's really cheap now. I could envision that everyone had the right up to a certain level, and beyond that we'd have to price it like the precious resource it is.

**Abele** I think the key to policy change is you have to have smartly designed policy and the good news around water is that there is plenty of room for improvement.

**Woods** What's the biggest thing we can do, individually, to preserve and protect this precious resource?

**Schapiro** There are so many things. Pick up your pet waste. No cows in the water if you're a farmer. Don't wash your car on a parking lot or a driveway, better yet, take it to a commercial car wash. Use rain barrels. Don't flush your pharmaceuticals.

**Binkowski** We also have to develop an educational mechanism that's directed to young people. They'll not only carry that mes-

sage along as they get older, they'll take that message home and they can be very convincing with parents and elders.

**Abele** On the policy level, we get into these unwinnable, false arguments over what's more important with our finite resources, AIDS or poverty or whatever, and the answer is they are all important and we're missing a very important point if we think it's a contest.

**Woods** So what are the priorities in dealing with water in this region? Supply? Quality? Access?

**Binkowski** Clean water.

**Schapiro** Yeah, quality. Conservation is way up there as well.

**Wills** It's also a resource, though, that we can take advantage of, to encourage water using industries to come and create jobs here as long as those companies realize they have a responsibility to return that water back into the system in as good a quality as they got it. It's a unique kind of resource we have that we should be building our economy around.

**Binkowski** We've used water for the recreational fishing industry to a very successful level. It's a multimillion dollar industry here in Lake Michigan. At onetime Lake Michigan was recognized as one of the top 5 recreational fishing spots. It's just another example of how we used that resource.

**Schapiro** Getting people out to the lake and rivers, is really critical to building this sense of stewardship of a shared resource. There's no substitute to actually getting out on the water to understand what a treasure we have here in our back yard, so to speak.

**Abele** Well, if there's a state that can do that, it's Wisconsin. It isn't just Gaylord Nelson and Aldo Leopold and the Stewardship Fund - that's an extraordinary model in so far as it survives - preservation writ large has made it's way in our state as a priority for a long time. You have to believe that sentiment is tappable.



# IN AN IDEAL WORLD...

by MARGARET MITTELSTADT

... ALL PEOPLE WOULD HAVE ACCESS TO CLEAN WATER



**H**UMANS ARE BOUND TO WATER. WE ARE WATERY CREATURES LIVING IN A WATERY WORLD. ABOUT 70% OF THE HUMAN BODY AND 70% OF THE EARTH'S SURFACE IS COMPRISED OF WATER.

Living along the shores of one of the largest bodies of fresh water in the world, we tend to take our water for granted. It comes out of the tap clean, clear and on demand. Area lakes, ponds, rivers and streams support abundant wildlife and recreation. Yet, who is watching out for our fresh water sources while the rest of us go about living busy lives?

Karen Schapiro brightens when talking to other people about the Milwaukee Urban Water Trail, a living legacy of the work of Milwaukee Riverkeeper. "I smile when I tell people that we have one of the best urban water trails in the country," said Schapiro, executive director of the organization. In 2010, the trail was featured in the New York Times Travel Section as one of the best U.S. urban paddling destinations.

Milwaukee Riverkeeper has been a watershed watchdog since 1995. Organized as Friends of the Menomonee River, by the mid-2000s, the group began to expand its protective reach. Plans were under way to redevelop natural areas within the Milwaukee County Grounds adjacent to the Menomonee River. "We advocated for preservation of natural areas within the

Grounds and drew strong community support for the cause," she recounted. In 2008, the name changed to its present to reflect its kinship with Waterkeeper Alliance.

Schapiro, an environmental lawyer by training, has been Executive Director since 2010. Between 2002 and 2009, she represented Milwaukee Riverkeeper pro bono in litigation against the Milwaukee Metropolitan Sewerage District for sanitary sewage overflows into Lake Michigan and area rivers.

Today, Milwaukee Riverkeeper assumes the mantle for all of the Milwaukee River Basin, as it aims to protect and restore water quality and wildlife habitat. The basin itself encompasses six watersheds, 900 square miles and seven southeast Wisconsin counties, most of which is rural. The group advocates for compliance with environmental laws and works to identify solutions to problems within the basin.

Each year thousands of volunteers are mobilized to participate in programs that bring them to the river, including river cleanups and hands-on testing of water quality through participation in their volunteer water quality-monitoring program. "The data collected by our volunteers is essential to determination of the most pressing threats to our rivers and the setting of priorities for improvement."

Pollution from point sources, like factories and sewage treatment plants, was tackled with the federal Clean Water Act of 1972. Today the most pressing issue facing the urban watershed is non-point source pollution, or pressure on rivers from unnamed scattered sources, like storm water run-off from city streets, rooftops and agriculture. It's death by a thousand pinpricks. "We are finding that broken storm sewers are leaking sanitary sewage to our rivers," said Schapiro. "I worry a lot about climate change impacts, too."

Karen Schapiro says fate brought her to her current role with Milwaukee Riverkeeper, but it is her passion and respect for the water, the land and the people and wildlife that make up the Milwaukee River Basin that keeps her hungry to protect it. In an ideal world, "all people would have access to clean drinking water and fishable, swimmable rivers."

TO OBTAIN A COPY OF THE  
MILWAUKEE URBAN WATER TRAIL MAP,  
VISIT MILWAUKEE RIVERKEEPER AT  
[WWW.MKERIVERKEEPER.ORG](http://WWW.MKERIVERKEEPER.ORG)

## CHECKOUT



WHERE . **OUTPOST OWNER ANNUAL MEETING**

WHO . **PAM MEHNERT, GM & OUTPOST OWNERS**

WHEN . **FEBRUARY. 19, 2012. 3:15 p.m.**

*we were* **LOCAL**  
**BEFORE** *it was* **COOL!**



*Beth Kazmar and Steve Pincus, owners*



Evansville, WI  
Miles to  
Market

**89**

## **Tipi Produce**

Steve Pincus had never farmed before, but as one of the founders of Outpost Natural Foods, he got to meet many farmers. "I was just very drawn to it. When I met farmers and farm families, I was just thrilled with what they were producing. Part of my job with Outpost was making connections with farmers. You could say I was smitten." He and his wife, Beth Kazmar have been farming ever since.

**ALWAYS WAS ✨ ALWAYS WILL BE**

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