

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

CRUCIFERAE
SPLENDIFERAE

PAGE 10

HOME COOK:
WARM UP WITH
BORSCHT

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toe tapping
TAPAS

WITH OUR FRIENDS AT
88NINE RADIO MILWAUKEE



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FIRST WORD.



WHAT IS GRAZE ?

AUTHENTICALLY LOCAL

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

FRESH

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

SMART

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

FUN

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

GRAZE IS PUBLISHED QUARTERLY, WITH NEW ISSUES EACH SEASON.

IT'S GETTING HARDER TO REMEMBER THINGS FROM MY CHILDHOOD. IT COULD BE THAT I'M GETTING OLDER. MAYBE I'M TOO BUSY TRYING TO HELP CREATE MEMORIES FOR MY OWN CHILD THAT I DON'T HAVE THE LUXURY OF SITTING AROUND THINKING ABOUT THE TIME WHEN I WAS HER AGE.

By the time you read this, we will have made it through the holidays. Whether you celebrated Christmas, Chanukah or Kwanzaa (or all of them), all the holidays share some things in common — giving thanks, reflecting on the past year, and sharing food with loved ones.

My family's Christmas celebration was one of the few traditions I can remember from my childhood. More importantly, our Christmas Eve meal is what I remember the most.

When my dad left Denmark as a young man, he didn't look back. He arrived in this country and embraced everything about America, its customs and traditions.

Fortunately, my parents made a point to create their own version of a traditional Danish Christmas Eve meal that we ate every year: roast duck, potatoes, red cabbage and rum pudding (my mother didn't like rice pudding).

Every year, we did the same thing. We went to church at 5 p.m. while our mom stayed home and prepared the meal. I can still remember the way the house smelled when we got home. We sat down at the table. We ate. Then we had dessert. One dish of pudding had an almond in it. Whoever had the almond got a special gift. Then we opened presents. Finally, we went to the midnight service at church. Every year, we did this, until my mom got sick.

I can remember the last time I had roast duck — Christmas 1987. It was the year before my mom died. Christmas is always tough. It's not easy conjuring up that memory, but it's too hard to forget. The nice thing about that memory is that at the heart of it is a meal, prepared by someone I loved for someone I loved. It was a gift that my mom gave to my dad. It was a gift that our family gave to itself every year, whether we thought of it that way or not.

Now that my dad is gone, too, that memory is all I have. That's the wonderful thing about food. You can forget a lot, but you can always remember a good meal.

I hope the year ahead brings many opportunities for you to share a great meal and create your own memories. Happy New Year!

A handwritten signature in black ink that reads "Paul Sloth".

PAUL SLOTH

multimedia manager

GRAZE@OUTPOST.COOP

WHO IS GRAZE ?



i am **CARA BERKEN.**

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

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 **CRAIG MATTSON.**

When I was really young I asked my dad where cereal came from. He could have said the store. Instead, he told me about the whole process of making cereal — from the farm to the box. Since then I've always enjoyed learning about where different foods come from, how they are made, and I remember to be mindful of all the people who make them.

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.

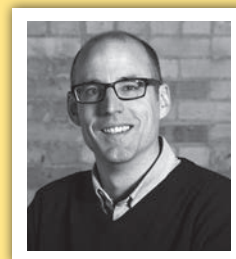


i am **CARRIE ROWE.**

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 **PAUL SLOTH.**

I've been eating for decades. 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.



- GRAZE.

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

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What is
**Local &
Regional?**



Local = Wisconsin

**Regional = Minnesota, Iowa,
Michigan, Illinois, Indiana**

*Look for
these signs
in every
department!*



(you'll)

SWOON!

THINGS WE LOVE.



FOUR ELEMENTS HERBAL TEAS

TASTE WISCONSIN'S SUMMER SUNSHINE IN EVERY SOOTHING DROP

Just outside Baraboo, Wis., Jane Hawley Stevens and David Stevens tend to their 130-acre "garden" — a certified organic farm dedicated to growing the native herbs that go into each of their handcrafted products. The fresh herbs and botanical flavors shine in their carefully blended teas so you can discern each leaf, petal and flower. These are very special teas full of herbs that have been used for centuries to promote well-being, calm and, dare we say love? When we're feeling run down, we find ourselves turning to "To Your Health" and every stressful day needs a steaming mug of "Peace, Harmony, Tranquility," instead of our usual nightcap.

SPIRIT CREEK FARM LACTO-FERMENTED KIM CHI

THIS FERMENTATION SENSATION IS NO CROCK!

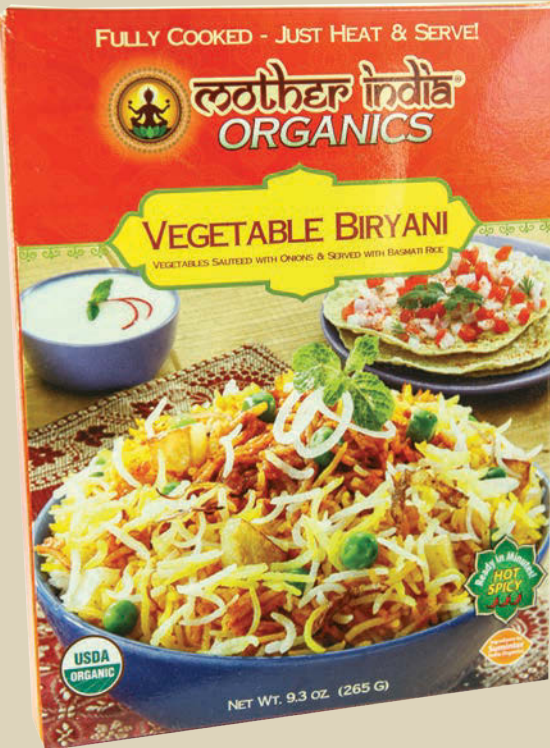
We know you probably have a whole Pinterest page devoted to fermented foods, but have you made the commitment to buying the jars and experimenting? What if we told you could experience all the benefits and joy of kim chi without the hassle? Good news, you can! The good people at Spirit Creek Farm are making one of the best kim chis in the country, right in northern Wisconsin and it's loaded with local veggies. This Korean-style kraut is spicy without blasting your head off. It's sweet, tangy, and sparkles with fresh ginger flavor. We love it stir-fried, folded into omelets, and even as topping for tacos.



MOTHER INDIA ORGANIC READY TO EAT MEALS

LOOK, THERE'S A TINY INDIAN RESTAURANT IN YOUR CUPBOARD

Northern India isn't exactly easy to get to when you need curry in a hurry, but these conveniently packaged, vegetarian entrées will transport you there, right from the cozy comfort of your home. These are the real deal — authentic dishes that are spicy, freshly flavored, and full of traditional seasonings. We love all the selections, but the biryani is the perfect, one-dish meal, with rice included. So, pop in your favorite Bollywood flick, get comfortable and get ready to travel. No passport required.





MEMORIES/ NATURALLY YOURS GLUTEN-FREE FROZEN PIZZA

FORGET EVERYTHING
YOU'VE HEARD ABOUT
GLUTEN-FREE PIZZA

These traditional-style thin crust pizzas weigh in at a whopping 19–22 ounces so there's no skimping on the toppings or the

cheese. The sauce is made from fresh tomatoes, never reconstituted, and has that fresh herb Old World pizza flavor. The cheese is authentic 100-percent milk mozzarella that stretches when you pull a slice, the way pizzeria pizza should. And to think, all this goodness served up on a gourmet, gluten-free crust. Locally made in Nichols, Wis., there are three distinctive varieties to choose from. But why choose, try all three!



IMMACULATE BAKING BUTTERMILK BISCUITS

HOMEMADE FLAVOR MARRIES BREAK AND BAKE
CONVENIENCE

Remember that special thrill you felt when peeling the label on a tube of biscuits and feeling it pop with a satisfying whoosh of yeasty air? Well, live the magic again, because Minnesota's Immaculate Baking has come up

with an all-natural, trans fat-free version. We love these biscuits as is, served alongside breakfast or used to sop up the gravy from a hearty stew. But, we've also discovered they're a wonderful dough base for "inside-out" pizzas. Just flatten each biscuit disc and add a square of mozzarella cheese, a pepperoni slice and a sprinkling of Italian seasoning. Then wrap it up so the goodies are enclosed, brush the tops with olive oil and add a sprinkle of Italian seasoning and grated Parmesan. Bake until golden and serve with warm pizza sauce. You're welcome.



CROFTER'S ORGANIC SUPERFRUIT SPREAD

SEE YA STRAWBERRIES, THERE'S A
NEW YUMBERRY IN TOWN!

We love our local berry jams, but when we find ourselves longing for a dash of the exotic we grab a jar of this Asian superfruit spread. Chock-full of raspberries, yumberries, Morello cherries, and red grapes, it's the perfect topping for a warm biscuit or tucked inside a peanut butter and jelly sandwich.

Yumberries are kind of like a cross between a pomegranate and a cranberry and have been enjoyed in China for thousands of years. Paired with the sour tang of Morello cherries, this jam is sweet and tart and just the antidote to your boring strawberry jam.

SEAWEED BATH CO. SOAP

FLOAT IN THE OCEAN WITHOUT LEAVING YOUR SHOWER

Along the coast of Maine, bladderwrack seaweed undulates in the waves, hiding its glory under the green sea foam. Good thing that, long ago, folks discovered its amazing healing potential to soothe dry, irritated skin with its anti-inflammatory and detoxifying properties. The Seaweed Bath Co. sustainably harvests this plant powerhouse and uses it, along with moisturizing kukui oil, to create one of the best soaps we've found for itchy, dry winter skin. Grab a bar and lather up. Your skin will thank you.

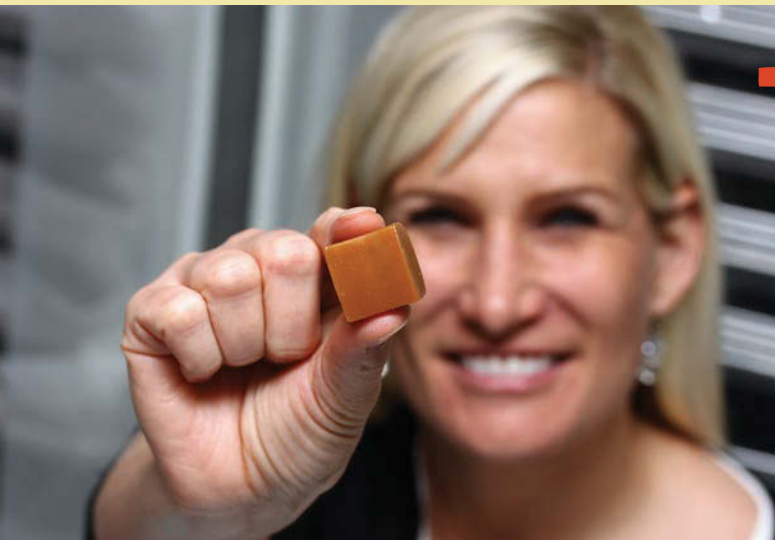


MOVE OVER WILLY WONKA.



TWO WISCONSIN WOMEN ARE BLAZING A TRAIL THROUGH THE CANDY-MAKING WORLD.

by CRAIG MATTSON
photos by PAUL SLOTH



KAREN PELTIER USED TO JUST MAKE TOFFEE AND GIVE IT AWAY. THEN SHE OPENED KP! TOFFEE AND STARTED MAKING SWEETS FOR A LIVING. KAREN MAKES MELT-IN-YOUR-MOUTH ENGLISH TOFFEE IN HER KITCHEN IN STURTEVANT, WIS. NOW KP! TOFFEE BOASTS CREATIONS LIKE TWIST (TOFFEE COVERED PRETZELS), KRUNCH (TOFFEE COATED POPCORN), AND GOURMET ENGLISH TOFFEE, ALL AVAILABLE DRIZZLED IN PREMIUM CHOCOLATE.

To make toffee, Karen uses mostly butter and sugar. The process requires just the right amount of heating and cooling and Karen always must be mindful of the humidity. Things go a little more easily now thanks to Karen's fifth "employee", Peggy, a special mechanical mixer that stirs the toffee.

The rest is timing. The nuts must be added at just the right time. Finally, to finish, the toffee is broken up by hand. "It's like a science, really," Karen says.

Since going into business, with the help of "Peggy," and the rest of her crew, Karen has gone from making 4 pounds of toffee per batch to 30 pounds. She now makes 200 pounds of toffee per day. KP! Toffee's production has increased ever since Karen started. Her toffee is so good people just keep buying more. Right now, Karen says her most popular flavor is Coffee Toffee, made with Berres Brothers Highlander Grogg.

KP! TOFFEE
KPTOFFEE.COM



Karen has a special motivation for making toffee. “I need to feed people,” Karen says, and making toffee is the fun part of owning her business. But as a business owner, Karen wears many hats.

“I have so many other things I have to do, but making toffee is meditative,” Karen said. Another fun part of owning KP! Toffee is the feedback she receives. Customers sometimes tell her that her toffee is the best they’ve ever eaten. “These comments are very important to me, and it keeps my business going. I value customers’ opinions, and it’s so important to me to keep quality high,” Karen said.

Fortunately, Karen has a kindred spirit in Rebecca Scarberry, a friend and fellow confectionery entrepreneur. Rebecca owns Becky’s Blissful Bakery in Pewaukee, Wis.

Becky operates out of an old waterworks building where her employees help her make and package all of the caramels. Starting with mostly butter, cream, milk, and sugar, the mixture is heated in a special mixer. “It’s a long cook process because we don’t use preservatives or emulsifiers,” Becky said, “It’s what sets us apart.” And just like Karen’s toffee, Becky says, “It’s the science behind the recipe.” She even consulted a food scientist to help her perfect it, and you can taste the difference.

You can’t beat Becky’s Blissful Bakery for varieties like Salted Gingerbread Caramels and Dark Chocolate Sea Salt Caramels. Treat yourself to one of these blissful creations.

Tasting these top-shelf caramels is where Becky’s, and her employees’, dedication shines through. Imagine hot, newly cooked caramel being poured by pitcher onto a sheet pan, made shiny by light streaming in through a small window, 10 pounds of pure liquid caramel that will be cut into individual pieces of indulgence by her dedicated employees, 10 large sheet pans a day.

Each 20-pound batch takes two hours to make. It’s a slow process in order to achieve the best consistency. Production at Becky’s kitchen runs 4 days a week.

And the secret to making such good caramels: “I think it has a lot to do with love,” Becky said.

In her short time running her own business, Rebecca has been recognized by the Think Global Institute as one of eleven ‘Thinkers,’ alongside women entrepreneurs from 25 other countries. This has helped Becky crystalize her business model and solidify her infrastructure.

Not only that, being an entrepreneur takes dedication. Think about it, Becky’s crew makes 30,000 caramels a week.

“Having the right staff is the most important thing and having positive people. We’re really fortunate that everyone here is a team player and really positive,” Becky said.

Her ultimate business goal: “World domination,” Becky said.

(a) RECIPE.

We're always looking for quick and easy recipes. This one certainly fits the bill. It features one of our favorite members of the cruciferous family, broccoli. We love the combination of whole wheat couscous and dried apricots. This makes a simple and lite vegetarian lunch or the perfect side dish for a quick chicken dinner.

CURRIED BROCCOLI COUSCOUS SERVES 4

2 tablespoons olive oil
¼ bunch broccoli, finely chopped (1½ cups)
1 teaspoon curry powder
1 cup canned chickpeas, rinsed
⅓ cup apricots, chopped
Kosher salt
¾ cup couscous

1. In a large saucepan, heat the oil over medium-high heat. Add the broccoli and cook, tossing occasionally, until tender, 2 to 3 minutes.
2. Add the curry powder and stir to combine. Stir in the chickpeas, apricots, 1 cup water, and ½ teaspoon salt and bring to a boil.
3. Stir in the couscous, cover, and remove from heat. Let steam 5 minutes, then fluff with a fork.



Why are cruciferous vegetables so healthy?

POLYPHENOLS — Antioxidant

FLAVONOIDS — Antioxidant, anti-inflammatory, anti-cancer

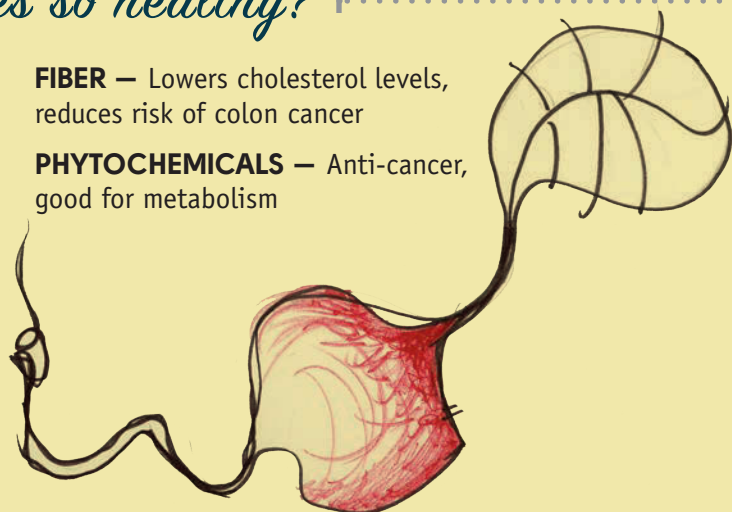
VITAMIN A — Important for growth and development, immune system, and vision

VITAMIN C — An essential nutrient, builds connective tissue, antioxidant

VITAMIN K — Helps body respond to injuries, may improve bone health

FIBER — Lowers cholesterol levels, reduces risk of colon cancer

PHYTOCHEMICALS — Anti-cancer, good for metabolism



WINTER. I

(two ways)

ADZUKI BEANS

WE LOVE BEANS! DELICIOUS, NUTRITIOUS, VERSATILE AND OH SO GOOD FOR YOU, BEANS ARE RICH IN FIBER AND PROTEIN, LOW IN FAT AND PACKED FULL OF IMPORTANT VITAMINS AND MINERALS. IT'S REALLY DIFFICULT TO CHOOSE A FAVORITE BEAN BUT THE TINY, REDDISH-BROWN ADZUKI IS RIGHT UP THERE WITH ITS SWEET, NUTTY FLAVOR AND EASY DIGESTIBILITY (IF YOU CATCH OUR DRIFT). ADZUKIS ARE ALSO HIGHER IN PROTEIN AND LOWER IN CALORIES THAN MANY OTHER BEANS AND ARE CONSIDERED THE MOST 'YANG', OR WARMING, OF ALL BEANS BY FOLLOWERS OF MACROBIOTIC DIETS.

While canned beans are a fast and convenient option, you have to watch for added salt and preparing dried beans from the bulk section is really a breeze! Plus they look beautiful stored in glass jars on your pantry shelf with their array of tan, green, brown and red hues. From hearty soups and stews to dessert (yes, dessert!) adzuki beans have certainly found a permanent place in our pantries.

CHOCOLATE ADZUKI BEAN CAKE

SERVES 8-10

Cake made from beans ... say what? Yep, this deceptively delicious dessert is naturally gluten-free — no flour is used — and really can be made with any mild-flavored, darker colored bean. Super chocolately, dense and moist, it's got kind of a cake-brownie-fudge thing going on. We tricked everyone from picky kids to skeptical grown-ups into trying a bite and no one guessed it was bean cake. Definitely one of our new favorites!

- | | |
|---|-----------------------------|
| 1 cup cooked adzuki beans, rinsed and cooled | ½ teaspoon baking powder |
| 3 tablespoons chia seeds | 1 pinch salt |
| 6 tablespoons almond milk | 2 teaspoons ground cinnamon |
| 2 eggs | 1 teaspoon vanilla |
| 3 tablespoons melted coconut oil | ¾ cup sugar |
| ½ cup cocoa powder | ½ cup milk chocolate chips |

1. In a small bowl, combine chia seeds and almond milk. Stir well and let sit for about 10 minutes, stirring now and then until the seeds gel. Preheat oven to 350° and lightly grease an 8 x 8 square baking dish.
2. After chia seeds have gelled, combine everything but chocolate chips in a blender and process until very smooth and well-combined. Add a splash or two of almond milk if your mixture is dry.
3. Pour batter into the prepared baking dish and sprinkle the chocolate chips over the top.
4. Bake about 30 minutes or until the top is dry and edges start to pull away from the sides of the pan and a toothpick inserted in the center of the cake comes out clean.
5. Frost if desired or enjoy as is.



1ST way.



2ND way.

RED CHILE ADZUKI POSOLE

SERVES 10-12

Making a batch of posole, a hearty, stew-like soup made with hominy, chiles, slow cooked meats and traditional Mexican spices, can take anywhere from a few days to a few hours to pull off. Our recipe dedicates several hours to slow roasting the meat but the rest of the soup comes together rather quickly, especially with the use of canned hominy. For a vegetarian version, replace the meat with beans or double the hominy. You can also switch up the types of chili peppers, use chicken instead of pork, or use tomatillos instead of tomatoes and make a green version.

Red Chile Sauce (can make up to 7 days ahead):

2-3 dried New Mexico red chiles or chipotle peppers
 ½ small onion, sliced
 2 cloves garlic, roughly chopped
 Pinch of salt

1. Preheat oven to 400°. Rinse and dry chiles, place in a single layer in a small baking dish and roast, turning occasionally, until puffed, fragrant and slightly darker red, about 5 to 6 minutes. Let cool.
2. Wearing gloves and using kitchen scissors, stem and halve chiles lengthwise. Discard seeds for less heat. Transfer to a medium saucepan and cover with 2 to 3 cups water. Add onion and garlic; season with salt. Bring to a simmer.
3. Simmer until chiles are soft, 25 to 30 minutes.
4. Drain chile mixture, reserving liquid. Purée mixture and one cup liquid in a blender until smooth, adding more liquid if needed for a sauce that can coat a spoon. Set aside until posole is assembled or store in a tightly covered glass container in the fridge for up to a week.

Pork (can make up to 2 days ahead):

2 pounds pork shoulder
 2 tablespoons olive oil
 1 tablespoon ground cumin
 1 tablespoon Adobo seasoning
 1 teaspoon smoked paprika
 Salt and freshly ground black pepper
 1 yellow onion, sliced into four thick rounds

1. Preheat oven to 275°. Place onion rounds in the bottom of a Dutch oven or heavy roasting pan with a lid — this is what your pork will sit on while it roasts.

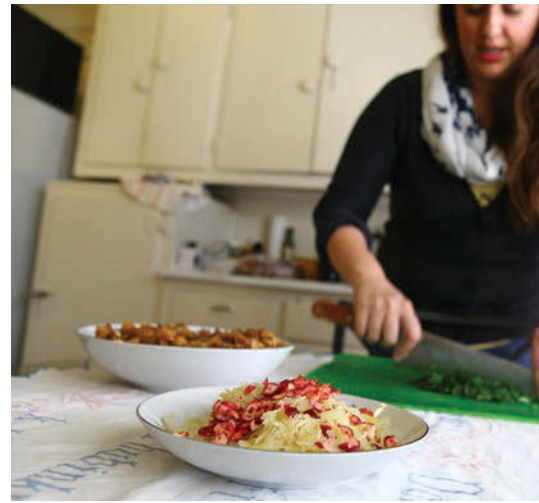
2. Drizzle olive oil over meat and sprinkle seasonings on top. Place pork on top of onions in pan, add about ½ cup water and cover.
3. Roast until meat is very tender, 5 to 6 hours. Let rest until cool enough to handle then, using two forks, shred into bite-size pieces. Set aside.

Posole:

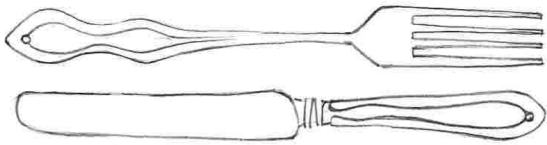
¼ cup olive oil
 1 small yellow onion, chopped
 3 garlic cloves, minced
 3-4 cups cooked adzuki beans
 1 28-ounce can white hominy, drained
 1 tablespoon oregano
 1 tablespoon Adobo seasoning
 2 teaspoons ground cumin
 6 cups low-sodium chicken broth
 1 28-ounce can diced fire roasted tomatoes with juices, puréed in blender until smooth
 Salt and pepper to taste
 Juice from one fresh lime

1. Heat oil in a large pot over medium-low heat. Add onion and sauté until translucent, about five minutes. Add garlic and sauté two minutes. Add beans, hominy and spices, stir to coat and sauté a few more minutes until spices become fragrant. Stir in broth and puréed tomatoes, bring to a boil and reduce heat to low. Cover; simmer, stirring occasionally, for 30 minutes.
2. Add reserved pork to posole. Simmer uncovered 30 minutes longer for flavors to meld. Season with salt and pepper to taste then add Red Chile Sauce to taste. Finish with the fresh lime juice just before serving.





EDIBLE MAGAZINE'S
JEN EDE TELLS US A
STORY WITH HER FOOD.



HOME COOKING



by LISA MALMAROWSKI
photos by PAUL SLOTH



JEN EDE THINKS OFTEN OF BELARUS. SHE FELL IN LOVE WITH THE COUNTRY AND ITS CULINARY WAYS AFTER LIVING THERE DURING COLLEGE. JEN, EDITOR OF EDIBLE MILWAUKEE, DIDN'T SET OUT TO BE A FOODIE. SHE WANTED TO BE A LANGUAGE SCHOLAR — FIRST FRENCH, THEN SPANISH AND THEN, UNEXPECTEDLY, RUSSIAN.

She worked her way through words and cuisines. And then she landed in Belarus and lived with a family for two years perfecting her language skills and learning how to make the simple, peasant foods that are staples throughout Eastern Europe.

"There are no spices in Russian cooking," she laughs. "Salt, pepper, parsley and maybe a little dill. Sunflower oil is used extensively".

Jen explains, as she stirs a pot of kasha on the stove, that winter in Belarus is the time to hunker down ... to enjoy the food put up during the fleeting summer months and dig into the root cellar to use the beets, onions and potatoes that are fundamental to many dishes.

It's not hard to imagine we're standing at a home in Russia on this early, winter day, the weak sunlight streams into her pre-war apartment, as the smell of borscht fills the air. There's an easy grace to Jen's cooking. Like many home cooks, she doesn't measure, instead she chooses to cook by feel or memory. She calls herself a 'functional' cook for this reason, preparing simple, seasonal foods that feed the soul as well as the body.

Soon lunch is ready, mostly because the borscht has been cooking for days.

Jen shaves fresh cranberries over sauerkraut to serve as a side dish. "In Russia, the Slavs use tiny wild cranberries, which are craved for their high vitamin C content. Fresh fruit is scarce in the long winter."

She ladles the thick, beet stew into her grandmother's china bowls and we cozy up to the rustic wooden table, already laden with a bowl of kasha, sour cream and slices of hearty rye bread. The only thing missing is chilled vodka, but we'll pretend.

Her cat, Soju, winds around our legs as we dig into the soup, the kasha and the bread. Maybe it's the beets, but in true Russian fashion, our conversation turns from food to politics and we linger a little too long, our conversation turning lively.

"Food has been the central conversation piece in every foreign language I've learned. I may lack a word, or a grammatical aspect, but somehow, around the table, it never matters," Jen said. "After all, we are all united in the fact that we cook and we eat. Food is a universal language and it has always helped me find my way, both near and far."

Yes, we can outlast this long winter with soup so thick a spoon will stand up, served with spirited talk. Priyatnogo appetita!

THREE INGREDIENTS JEN CAN'T LIVE WITHOUT.

1. Odd cuts of meat like lamb necks. They're affordable, nutritious and the cornerstone of peasant cuisine. Given enough love, in the form of braising or stewing, they melt in your mouth and add flavor to veggies and grains.
2. Quality butter. You can taste the difference!
3. Saffron. I'm learning how to cook Persian cuisine and you can't do that without good saffron.

(recipes following)

BORSCHT.

SERVES ... ENOUGH FOR A RED ARMY!

"I never learned to make borscht (beet soup) any other way than for a big group. Borscht is best the next day, and the most authentic version is one so thick a spoon will stand up in it. Serve with unreasonable amounts of sour cream and black rye bread for dipping."

For beef broth:

- 4 pounds beef, a cheaper stewing cut with bones
- 1 tablespoon apple cider vinegar
- 1 large onion, quartered
- 2 carrots
- ½ bottle red wine
- Handful parsley stems
- 1 bay leaf

For soup:

- 8 cups strong beef broth*
- 1 large beet, shredded
- 2 carrots, shredded
- 1 medium onion, chopped
- 1 apple, shredded
- 2 cups sauerkraut, with juice
- 1½ teaspoons dried dill or 3 tablespoons fresh dill, chopped
- Salt and pepper to taste

To serve:

- Sour cream
- Black rye bread
- Minced flat leaf parsley

1. To make a hearty bone broth, heat over to 400° and put bones into a baking pan. Add 1 tablespoon of apple cider vinegar and onions, carrots, and red wine.
2. After about a half hour, transfer ingredients into a slow cooker, cover with water, add parsley stems and bay leaf, and simmer for several hours. Drain through a sieve into a pot, separate and shred meat and reserve. Discard vegetables. You will have more than 8 cups of broth. Freeze some for your future soup-making needs.
3. Using a food processor (it makes it easier!), peel and shred the beet, carrots and apple. Dice the onion. Add ingredients, including sauerkraut, to the beef broth. Add reserved meat. Simmer for at least two hours.
4. Add dill, taste and add salt as desired (it won't need much thanks to the sauerkraut). Serve with minced parsley and a dollop of sour cream and don't forget the bread.

**If you prefer to skip the meat, substitute vegetable broth. This substitution results in what the Russians call "diet borscht!"*



BUCKWHEAT *with* WINTER VEGETABLES.

SERVES 6-8

"This recipe contains two very Slavic ingredients: buckwheat and sunflower oil. When I lived in Belarus, I ate them together multiple times a week. The dish is quick and nutritious. Here I've embellished quite a bit, using fall vegetables for a crunchy, savory and very American topping."

- 1 cup buckwheat groats or buckwheat kasha
- Sunflower oil for sautéing and serving
- 2 medium onions, sliced
- 1 tablespoon maple syrup
- 1 kabocha squash, peeled, seeded and diced
- 4 ounces fresh mushrooms, sliced
- 1 cup walnuts
- Salt to taste

1. Cooking the buckwheat: For the best flavor, toasting is recommended. You can also buy your buckwheat groats pre-toasted — then it's called kasha. If you have kasha you can skip the toasting. To toast, place groats in dry pan over medium heat, stirring for 5 minutes, until browned. Place toasted buckwheat or kasha in a pot with water and salt and bring to a boil. Reduce heat to low, and simmer until tender. Kasha requires significantly less cooking time than untoasted buckwheat so watch carefully. Set aside.
2. Heat a large sauté pan over medium heat and add sunflower oil. Add sliced onions, and sauté to soften and caramelize, not burn (you may have to lower heat) for about 8 minutes. Depending on the recipe you encounter, you'll learn that to caramelize an onion takes anywhere between 15 minutes and an hour. In reality, just know it takes a long time to do this and the trick to speeding up the process is to add a sweetener to the pan like maple syrup. You can add a tablespoon of brown sugar for the same effect. Cook down for another 5 minutes, adding water if necessary to prevent sticking to the pan. Remove onions and set aside.
3. Add more oil to the pan along with squash and mushrooms. Cook over medium heat until tender, 6-7 minutes. Salt to taste. Remove and set aside.
4. Add walnuts to the pan and toast until fragrant and crunchy, about 3 minutes. Then add reserved ingredients (except buckwheat) and mix well.
5. To serve put warm buckwheat into serving dish and top with squash and caramelized onion mixture and drizzle with sunflower oil.

WHAT IS BUCKWHEAT? Contrary to its name, buckwheat is not wheat and does not contain gluten. Sometimes called buckwheat groats, it's a starchy seed that acts like a grain. Popular throughout Eastern Europe, it's been enjoyed for more than 1,000 years. Buckwheat kasha is simply the toasted form of buckwheat.

OUTPOST'S

(secret recipe)

photos by PAUL SLOTH

FLORENTINE BURGERS

MAKES 5 OR 6 PATTIES • VEGETARIAN

THese vegetarian burgers have become a classic in co-ops across the country. They are savory and satisfying. The combination of cheese, nutritional yeast, and tamari make them irresistible. It's no wonder this is one of our most requested recipes. We love them served on a bun, like any burger, but they also make an elegant entrée served with rice and your favorite steamed vegetable.

- 1 package (10–12 ounces) frozen spinach
- 1¼ cup walnuts, chopped
- 1 cup panko bread crumbs
- 2 large eggs, whisked
- ¼ cup onions, minced
- 1 cup sharp Cheddar cheese, grated
- 2 tablespoons nutritional yeast
- 1½ tablespoons tamari
- 1¼ teaspoons garlic, minced
- ¼ teaspoon sea salt
- 2 teaspoons fresh basil, chopped
- Freshly ground black pepper to taste
- Oil for sautéing

1. Thaw spinach and press any excess liquid out. Set aside.
2. Add walnuts and panko to a food processor and process until finely ground. Add spinach, process until roughly chopped.
3. Put walnut, panko and spinach mixture into a bowl and add remaining ingredients. Mix well to combine. Form into 6 burger patties.
4. Heat oil in a sauté pan over medium heat. Sauté burgers until golden brown.

Per Serving: 304 calories, 21g fat, 5g saturated fat, 14g protein, 14g carbohydrates, 3g fiber, 512mg sodium





by LISA MALMAROWSKI • photos by PAUL SLOTH

toe tapping TAPAS!

S MALL PLATE MEALS ARE HOT RIGHT NOW. IT'S NO SURPRISE AS THEY INVITE SHARING, CONVERSATION AND OFFER UP MANY FLAVORS IN A SINGLE MEAL. THEY ALSO MAKE MENU CUSTOMIZATION SIMPLE SO THE HERBIVORES AND CARNIVORES IN YOUR CIRCLE OF FRIENDS CAN LEAVE THE TABLE SATISFIED. SURE, MANY CUISINES CELEBRATE APPETIZERS, BUT NO ONE DOES IT QUITE LIKE SPAIN. SO INVITE A FEW FRIENDS OVER, GET COZY WHILE THE SNOW FLIES AND TAKE A TRIP TO THE SUNNY MEDITERRANEAN. AND DON'T FORGET THE SANGRIA!





CAULIFLOWER AL AJOARRIERO *(Tangy Cauliflower)*

SERVES 6-10

The tangy-savory blend of flavors — from garlic to red wine vinegar — make this simple-to-prepare dish irresistible. You can even make the cauliflower ahead of time and finish the dish right before serving.

- 1 large head of cauliflower
- 5 cloves of garlic, divided
- 3 tablespoons parsley, roughly chopped
- 3 tablespoons olive oil
- 1 teaspoon sea salt
- 4 tablespoons olive oil divided
- 2 teaspoons sweet paprika
- 1 teaspoon red wine vinegar, or to taste

1. Wash cauliflower and cut or break into small florets. Simmer in salted boiling water until just tender. Reserve 3 tablespoons of the cooking water
2. While cauliflower is cooking, using a mortar and pestle, crush 4 garlic cloves, the parsley, and salt together then add 3 tablespoons olive oil and 3 tablespoons of the cauliflower's cooking water to create a sauce. Thinly slice remaining garlic clove and set aside.
3. In a large pan, add 1 tablespoon of olive oil and sauté 1 sliced clove of garlic for about 1 minute, do not brown. Turn heat down to low, add the paprika and wine vinegar, and stir in the garlic sauce. Bring to a simmer.
4. Drain the cooked cauliflower well and transfer to a serving dish, top with sautéed sauce and serve.



GAMBAS AL AGILLO *(Garlic Shrimp)*

SERVES 6-10

In Spain, many tapas feature fresh seafood. We like shrimp because it is readily available, even during our long Midwestern winter. Something magic happens when you combine dry sherry and smoked paprika. Be sure to serve with plenty of fresh, sliced baguette so you can enjoy the extra sauce.

- 1 pound fresh gulf shrimp, peeled, cleaned with tails on
- 4 cloves of garlic, finely minced
- 1 teaspoon smoked paprika
- 1 teaspoon red pepper flakes
- ¼ cup dry sherry
- ½ cup good quality olive oil
- Juice of 1 lemon
- 3 teaspoons fresh parsley, chopped
- Salt and pepper to taste

1. In a sauté pan, warm the olive oil over medium heat. Add the garlic and red pepper flakes and sauté for about one minute or until they just begin to brown.
2. Raise the heat to high and immediately add the shrimp, lemon juice, sherry and paprika. Stir well, then sauté, stirring briskly until the shrimp turn pink and curl, about 3 minutes depending on size of shrimp.
3. Remove from heat and transfer shrimp with oil and sauce to a warm plate or serve right from the pan. Season to taste with salt and pepper then top with parsley. Serve with sliced baguettes.



- CAULIFLOWER AL AJOARRIERO
- GAMBAS AL AGILLO — GARLIC SHRIMP
- SPANISH EGGPLANT & RED PEPPER PATÉ
- STUFFED SPANISH DEVILED EGGS
- QUESO DE CABRA AL HORNO CON TOMATE
- NATILLA WITH CARAMEL SAUCE
- SANGRIA

SPANISH EGGPLANT & RED PEPPER PATÉ

SERVES 8-12

This is a nice, light lemony vegetable-based dish to serve alongside the rich and spicy flavors of many tapas. It also makes a great sandwich topping.

- | | |
|---|--|
| 2 medium eggplants | 4–6 tablespoons olive oil, divided |
| 2 red bell peppers | 1 tablespoon sweet paprika |
| 2 cloves garlic, chopped | Salt and freshly cracked pepper to taste |
| 1 lemon, juice and half of the rind, zested | Chopped flat leaf parsley for garnish |

1. Preheat oven to 375°.
2. Prick eggplants and bell peppers with a fork and brush lightly with olive oil. Place on a baking sheet and roast for 45 minutes to 1 hour. Remove from oven and cool. You can do this step ahead and pop veggies in the fridge to finish the paté later.
3. Peel peppers, remove stems and seeds and chop into chunks. Cut eggplants in half and spoon out flesh.
4. In a large sauté pan, heat a small amount of olive oil over medium heat. Add garlic and cook for 2 minutes, then add the eggplant and red pepper chunks and sauté for 5 minutes.
5. Transfer cooked vegetables into a food processor. Add 2-3 tablespoons olive oil, lemon juice and zest, paprika, and salt and pepper. Pulse the mixture until roughly chopped. You want to see pieces of the vegetables.
6. Garnish with parsley and serve at room temperature with crudité and sliced baguette.



STUFFED SPANISH DEVILED EGGS

SERVES 6-12

Deviled eggs are eternally popular and you can rarely eat just one, so why not take a whole egg and overstuff it with lemony-caper goodness! We will admit that assembling these beauties does take time and patience, but it's a showstopper. If you aren't feeling up to fancy, just go ahead and make these like a regular half egg. And yes, the smoked paprika is not optional.

- | | |
|---|---|
| 12 large hard-boiled eggs, peeled | 1 teaspoon freshly ground black pepper |
| 2 tablespoons capers, drained and chopped | 3 tablespoons fresh parsley, finely chopped |
| Juice of 1 lemon and 1 teaspoon of zest | Salt to taste |
| 4 tablespoons mayonnaise | Smoked paprika for garnish |

1. Cut the rounded ends off the peeled hard-boiled eggs and scoop out the yolks into a bowl. So you can serve eggs on a platter, trim a small piece of egg off the pointed ends so they will stand upright. Reserve part of the egg white ends for the filling.
2. In a large bowl, using a fork, roughly mash the egg yolks and trimmed whites. Then add crushed garlic, chopped capers, lemon zest, lemon juice, mayonnaise, pepper, and half of the parsley. Mash until smooth or do as we did and use a food processor to combine the filling. Check the seasonings and adjust if necessary.
3. Fill the hollowed out egg whites with egg filling, overstuffing them a bit and garnish with remaining parsley. We used a pastry bag to pipe the filling into each egg, which made it super fast, simple and pretty. Sprinkle with smoked paprika, chopped parsley and chill.





QUESO DE CABRA AL HORNO CON TOMATE

(Goat Cheese in Marinara)

SERVES 8-12

This classic tapas is deceptively simple, but something magical happens when the goat cheese gets all melty and the marina gets just a little caramelized in a hot oven. If you only make one tapas recipe, this is the one. We like a homemade marinara sauce, but you can easily recreate this with a high quality jarred or house-made sauce.

- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 cloves garlic, chopped
- ½ cup Spanish red wine
- 1 can (28 ounces) diced tomatoes
- ½ cup Kalamata olives, pitted and chopped
- ½ teaspoon Italian herb blend
- 1 bay leaf
- Salt and pepper to taste
- 1 handful fresh basil, chopped
- 8 ounces Chèvre style goat cheese

1. Heat the oil in heavy sauté pan.
2. Add onion and sauté until translucent, about 5-7 minutes.
3. Add garlic and sauté until fragrant, about 1 minute.
4. Add the wine and deglaze pan.
5. Add the tomatoes, olives, Italian herbs, bay leaf, salt and pepper, and simmer until the sauce thickens, about 30 minutes.
6. Remove from heat, remove bay leaf, and stir in most of the basil, reserving some to garnish finished dish.
7. Purée to the desired consistency.

Assemble dish

1. Slice goat cheese into thick disks. Place the marinara sauce in a flat baking dish or cast iron pan and top with the goat cheese.
2. Bake at 350° until the edges are bubbly and the cheese is heated through. Garnish with reserved chopped basil, and serve with sliced baguette or garlic toasts.



NATILLA WITH CARAMEL DRIZZLE

This Spanish style vanilla custard is rich, lush and perfect for portioning into small, fancy glasses for a sweet finish to your party. You don't have to add the caramel sauce, but you know you want to.

- 3½ cups milk
- 1 cup sugar
- 2 tablespoons cornstarch, dissolved in 6 tablespoons water
- 2 cinnamon sticks
- 1 teaspoon vanilla extract
- 4 egg yolks, lightly beaten
- Dash of salt
- 1 jar gourmet caramel sauce

1. In a large saucepan, mix the milk, dissolved cornstarch, salt, sugar, cinnamon sticks, vanilla and egg yolk until smooth.
2. Cook uncovered over medium heat. Bring to a boil, stirring constantly until thickened. This may take a while!
3. Remove from heat and remove cinnamon sticks and pour into bowl. You can strain the custard if you prefer a very smooth texture.
4. When it's cooled slightly, portion into serving dishes and chill well. To serve drizzle caramel sauce over the top.

SANGRIA SANS ALCOHOL

SERVES 8

There are as many recipes for sangria as there are wines in Spain, so we decided to go for a wine-free version that everyone can enjoy. The addition of strong, black tea and cinnamon add just the right rich flavor to this fruit-based drink. If you want to add wine, feel free. Just be sure to use a full-flavored red variety.

- 2 cups boiling water
- 2 black tea bags
- 2 cinnamon sticks
- ½ cup sugar
- 3 cups pomegranate juice
- 1 cup freshly squeezed orange juice
- 1 orange, sliced into thin rounds
- 1 lemon, sliced into thin rounds
- 1 lime, sliced into thin rounds
- 1 apple, cored and cut into ½-inch chunks
- 3 cups carbonated water

1. Pour boiling water over tea bags and cinnamon sticks and steep for 5 minutes. Discard tea bags and stir in sugar to dissolve.
2. In a large jar or pitcher, combine tea, cinnamon sticks, pomegranate juice, orange juice, orange, lemon, lime, and apple. Refrigerate for at least 1 hour, preferably overnight.
3. Just before serving, stir in carbonated water. Serve over ice.



Thanks to our models from **88NINE RADIO MILWAUKEE** |

Through music and stories created for a culturally open-minded community, 88Nine Radio Milwaukee (88.9FM) is a catalyst for creating a better, more inclusive and engaged Milwaukee. They champion Milwaukee — our music, arts and culture, neighborhoods and community organizations. They celebrate diversity and encourage community engagement, while promoting a positive global identity for Milwaukee. 88Nine Radio Milwaukee plays a distinctive blend of music, including a Milwaukee artist every hour.

MAKE IT YOURSELF.

story & photos by CARRIE ROWE

PRESERVING THE PAST WITH THE TIME-HONORED TRADITION OF FERMENTED FOODS.

IT WASN'T SO LONG AGO THAT MOST FOLKS KNEW HOW TO PRESERVE FOOD. THIS WAS NO WEEKEND HOBBY. THEIR SURVIVAL DEPENDED ON IT. FERMENTING AND PICKLING ARE SOME OF THE OLDEST METHODS OF FOOD PRESERVATION. HOME PRESERVING HAD FALLEN OUT OF FASHION WITH THE INDUSTRIALIZATION OF FOOD. BUT IT'S MAKING A COMEBACK AMONG A NEW GENERATION LOOKING TO RETURN TO SOME MORE TRADITIONAL WAYS OF LIFE. SOME WANT MORE CONTROL OVER THEIR FOOD, WHILE OTHERS ARE JUST LOOKING TO TRY THEIR HAND AT SOMETHING 'NEW.'

Fermented foods are part of the culinary heritage of many civilizations and cultures, from Tanzanian togwa to Korean kim chi, as well as yogurt and kefir.

While all fermented foods are pickled, not all pickled foods are fermented. Foods that are "quick-pickled" using vinegar have been preserved by quickly reaching an acidity level that destroys rather than cultivates bacteria and microorganisms in the name of preservation. Foods that are fermented using a starter culture, or salt and water, create their own self-preserving, acidic brine that reacts with natural bacteria already present on the food to produce lactic acid. Lactic acid acts as a preservative, but is also a natural probiotic (friendly bacteria). Fermented foods are then preserved just like pickled foods, offering beneficial probiotics and enzymes as byproducts.

To get started on our fermentation journey, we tried a few simple recipes and techniques that anyone can do at home.

WANT TO KNOW MORE ABOUT KEFIR GRAINS?

WWW.OUTPOST.COOP/GRAZE.



SPARKLING APPLE CIDER

You know that liquid that separates from your yogurt in the container? That's whey! To get enough whey to lacto-ferment your cider, take some organic whole milk yogurt, line a large strainer set over a bowl with a clean dishtowel or cheese cloth. Pour in the yogurt into the strainer let stand for several hours until all the liquid strains into the bowl. Without squeezing, wrap the yogurt solids in the cloth and hang by a wooden spoon over the bowl to allow any extra whey to strain out. When everything stops dripping, you have whey in the bowl and strained (Greek-style) yogurt in your cheesecloth. Store whey in the fridge for up to 6 months. The strained yogurt will keep for up to a month.

½ gallon organic apple cider

¼ cup whey (you'll need about a cup of yogurt)

Dash of salt (this enhances the fermentation process)

1. Pour the juice, whey and salt in a large glass jar, leaving two inches of space at the top, and stir with a wooden spoon. Cover opening of the jar with cheesecloth secured with a rubber band. Let sit at room temperature for 3 days.
2. After 3 days, cover the jar tightly and let stand at room temperature for 24 hours to carbonate.*
3. Transfer your fermented juice to the refrigerator and enjoy.

**If you leave it tightly covered at room temperature for more than 24 hours, or even less if the room is very warm, there's a slight chance that your juice will become too carbonated, build up pressure and burst, so pay careful attention to what's happening.*



TRADITIONAL KEFIR

(dairy-based)

There are two methods to make homemade fermented kefir, using fresh kefir grains or freeze-dried kefir starter. We tried the kefir starter from Yogourmet, which you'll find at Outpost. Similar to dry yeast, you'll need to gently heat your milk before adding the kefir starter to activate the cultures. If you use fresh kefir grains, you won't need to heat the milk.

1. Heat one quart of milk to just below boiling. Remove from heat and cool to room temperature (about 77 degrees if you have a kitchen thermometer on hand).
2. Place a small amount of cooled milk in a cup and add one packet (5 grams) of culture. Pour back into the pot of milk and mix well.
3. Pour milk into a clean glass container, leaving about an inch of space at the top. Cover tightly and let stand at room temperature until curd forms, anywhere from 18 to 24 hours, depending on the air temperature. Warmer temperatures will speed up the fermentation process.
4. After your kefir has reached the desired texture and tanginess, place jar in refrigerator to stop the fermentation process.



CONFETTI KRAUT

This recipe uses the most basic method of lacto-fermenting, using only salt and the liquid from the vegetables to make the magic happen. The salt prevents unwanted bacteria from growing during the initial stage of fermentation, before the lactic acid bacteria (LABs) have multiplied and started working. While most bacteria dislike a salty environment, LABs actually thrive in it. Once there are enough LABs in your ferment, they will take over the job of keeping bad bacteria at bay.

- 1 small head purple cabbage
- 1 small head green cabbage
- 2-3 carrots
- Sea salt*

Large non-reactive bowl (glass, plastic, wood, ceramic, but NOT metal)

Gallon sized glass jar with lid (available at Outpost)

Gallon sized zip top bag

1. Remove outer leaves of cabbage, wash thoroughly and set aside. Thinly slice or shred cabbage, removing tough inner core, rinse well and drain. Thinly slice or shred your carrot.
2. Salt the cabbage and carrot mixture generously (see notes for salting instructions).
3. Toss the cabbage-carrot mixture to evenly distribute salt, gently squeezing the mixture to release juices, which will create the brine.
4. Place the cabbage-carrot mixture in your gallon glass jar and place the reserved whole cabbage leaves over the cabbage mixture, press down firmly.
5. Place the gallon zip top bag inside the crock; fill the bag with water and seal. This will hold cabbage down to fully submerge it in the brine.
6. Put lid on jar and set aside on the counter or pantry shelf. Fermentation works best at temperatures between 68 and 72 degrees so you might need to move your jar around to maintain the ideal temperature.
7. Check your cabbage every 24 hours. After the first 24 hours your cabbage mixture should be fully submerged in brine, if not, combine 1 tablespoon of sea salt with 2 cups of water and pour over cabbage-carrot mixture until fully submerged. 'Burp' your kraut daily by opening the lid of the jar and immediately closing it to let off any gasses that form during the fermentation process.
8. Leave on the counter for 4-7 days to ferment; refrigerate to stop the fermentation process once you're happy with the flavor.

**Ideally, you want to create a 2-percent acidity brine, which is 19 grams of salt per quart of water. Since crystal size of different salts varies, it's helpful to use a kitchen scale to get exact weights. If not, you should taste your brine as you add salt (it should be salty, but not inedible).*

A BEER PIONEER.

FOR NEARLY 30 YEARS, RUSS KLISCH HAS HELPED RESHAPE MILWAUKEE'S BREWING LANDSCAPE.

I story by CRAIG MATTSON
photos PAUL SLOTH



AT FIRST BLUSH, IT WOULD SEEM THAT RUSS KLISCH HAS MADE IT. AS BREWERS GO, HE'S BUILT A WILDLY SUCCESSFUL BUSINESS AND A RECOGNIZABLE BRAND.

The brewery he started with his brother, Jim, turned out a paltry 72 barrels when they started back in 1988, paltry compared to the 50,000 barrels Lakefront Brewery will brew this year.

It's not that Russ isn't proud of what he's accomplished. It's just that he envisions getting even bigger.

"I always felt I was going to make a big brewery," Russ said.

Russ started the brewery in a 3,600-square-foot space that had been a bakery. The brewery is now located in the old Milwaukee Electric Railway and Light Company, a stone's throw from the Milwaukee River.

When Lakefront moved to the 15,000-square-foot building at 1872 N. Commerce Street, Russ quickly learned the challenges that come with running a brewery this size.

"One issue is when you have such high demand for your current beer, you can't make new kinds," Russ said during a recent visit to the brewery. "In 2008, I wanted to make a new beer, but couldn't take away from making New Grist, and I wanted to grow New Grist."

Eventually Russ plans to expand Lakefront Brewery so he can increase production and dedicate time to creating new beer.





"We just bought the land across the river, and hopefully we'll build over there," he said.

On a late November afternoon, the Lakefront crew was busy bottling Riverwest Stein, the beer that put the brewery on the map.

Running in a constant stream down a small conveyor belt, empty brown bottles marched toward a large metal machine.

Water jets shot upward in periodic bursts rinsing each bottle. From there, they continued onward, until they were filled with that precious nectar, delicious beer. After that, the bottles were capped, boxed and packaged for delivery.

It's the final stage of an elaborate process that started with the simplest of ingredients — barley, hops, yeast and water.

Beer making begins when barley is heated with water in a mash tun, a process called mashing, to activate the fruit sugars. It's an important step. Sugars are released that will work with yeast so the beer can ferment. The mash is heated to 155 degrees, and when it's done the frothy liquid, called wort, and the spent grains are strained.

Hops are added to the sugary wort in a copper boiler called a kettle, adding notes of citrus, pine or mango to the sweet barley mixture.

"It's important to balance sweet and bitter flavors," Russ said.

The wort is cooled through a heat exchanger and then yeast is added to the cooled wort in a fermentation tank.

Ales are fermented for two weeks and lagers for four weeks in large cylinder-shaped vats, the fermentation tanks that cover the brewery floor.

Russ reaches toward a fermentation tank, picks up a clipboard hanging from the tank, and explains some of the details about one particular beer written on the clipboard. He then points out tubing that takes fermented beer to where it is carbonated and then piped to the bottling room.

Lakefront produces innovative beers across the spectrum. They brewed the very first certified organic beer, Organic ESB (Lakefront was the first certified organic brewery in the U.S.). Lakefront also brews a gluten-free beer, New Grist, which is made with sorghum, rice, hops, water and yeast.

It started with a call from a doctor who wondered if Russ could create a beer for people with celiac disease. Russ asked his head brewer, Luther, if it was possible to make a beer without barley or wheat. Turns out, Luther was up to the challenge.

"When we first came up with gluten-free beer, everybody kind of laughed at us. Now it's huge," Russ said.

In addition to making innovative beers, Russ is finding innovative ways to run his brewery.

Lakefront became the first brewery in Wisconsin to join Travel Green Wisconsin, in part because of Lakefront's energy-efficient brewing.

"Lakefront recycles the heat from our boiling kettle by cooling it down with a heat exchanger with cold Milwaukee city water. The heat transfers into the water, heating it to 160 degrees, which is then used to brew the next batch of beer," Russ said. "Lakefront also recycles the heat that comes off our refrigeration system using it to heat the water going into our buildings hot water heaters."

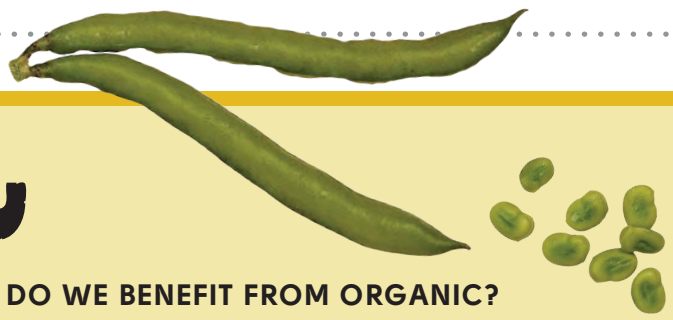
LOOKING FOR A DIFFERENT BREW?

Try Lakefront's IBA, a rich India-Style Black Ale, or Fixed Gear a delicious, high-octane American Red IPA.



LAKEFRONT BREWERY
1872 NORTH COMMERCE ST.
MILWAUKEE, WI 53212
WWW.LAKEFRONTBREWERY.COM

why organics MATTER



WE'VE ALWAYS BELIEVED IN THE IMPORTANCE OF ORGANIC, SO MUCH SO THAT WE CREATED AN ORGANIC POLICY, A GUIDING PRINCIPLE, IF YOU WILL. IT STATES: "WE BELIEVE THAT SUPPORTING ORGANICALLY GROWN FOODS — FOOD GROWN WITHOUT THE USE OF SYNTHETIC CHEMICALS — HELPS TO PROTECT THE INTEGRITY OF THE FOOD SYSTEM. PLUS, ORGANIC FARMING PRACTICES ENSURE THE HEALTH AND WELL-BEING OF FARMERS, FARM WORKERS, LIVESTOCK, THE ENVIRONMENT AND, WELL, ALL OF US. FOR THIS REASON, WE OFFER PRODUCTS THAT HAVE BEEN SOURCED ORGANICALLY WHENEVER POSSIBLE." HERE ARE JUST A FEW OF THE REASONS WHY WE BELIEVE ORGANICS ARE SO IMPORTANT.

WHAT DO SYNTHETIC PESTICIDES DO?

Persistent Organic Pollutants (the most harmful pesticides) travel through the environment and contaminate our water and soil for years, and they concentrate as they move up the food chain. When used heavily they can contaminate food and water supplies. They can impact our children's health, our reproductive health and the health of the environment. Research indicates that children exposed to pesticides during critical periods face health risks that include higher incidences of: birth defects, neurodevelopmental delays and cognitive impairment, and endocrine disruption, among other issues.

HOW DO WE BENEFIT FROM ORGANIC?

Farmworkers — Less contact with pesticides

1. Farmworkers and their families are most affected by pesticides. Studies have shown increased number of cancer cases after years of spraying and harvesting pesticides.
2. Children living in areas with high pesticide use are susceptible to health problems.
3. Pregnant women who work in the fields expose their unborn children to pesticides. There have been an increased number of reported birth defects.

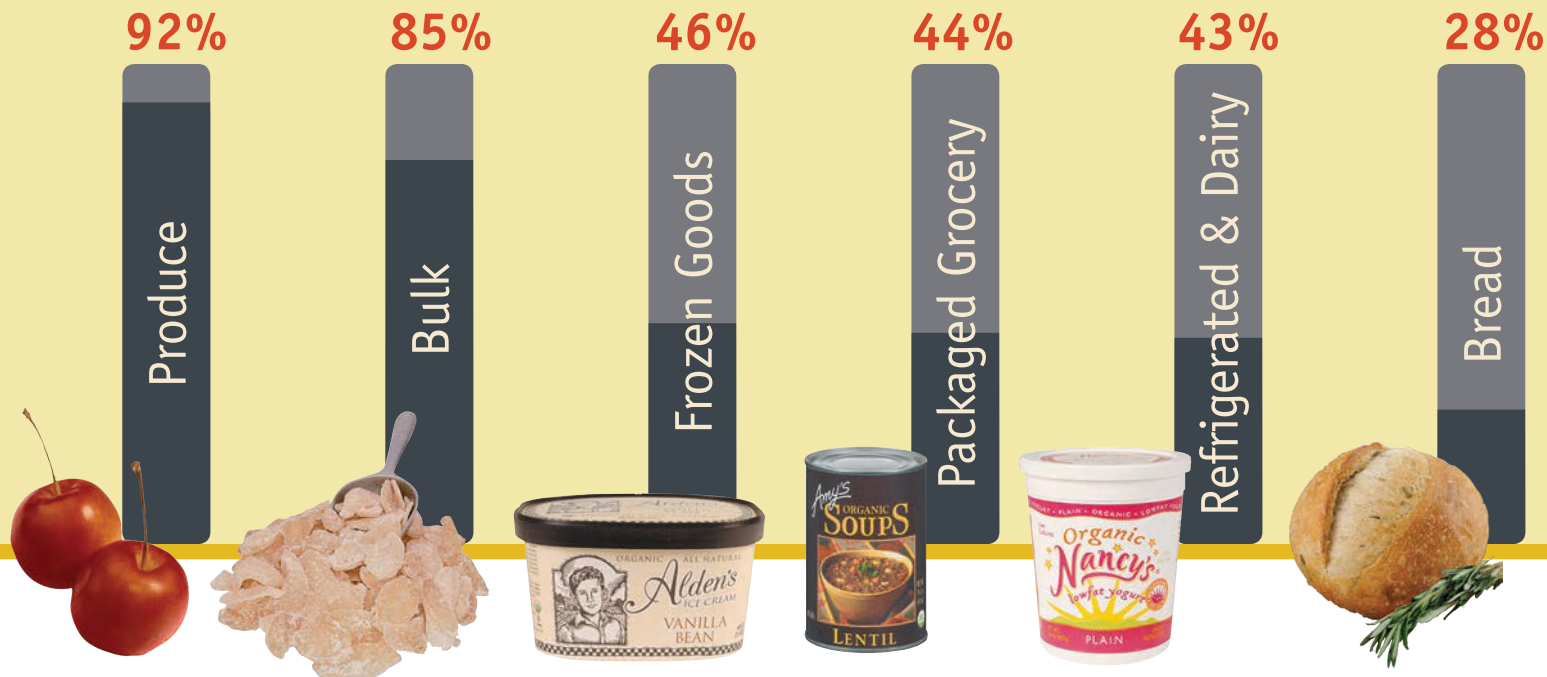
Consumers — Organic food is more nutritious

1. Organic food is higher in antioxidants, polyphenols, and two key flavonoids.
2. Omega-3 fatty acids and antioxidants are significantly higher in organically produced milk.

Children — Organic food is important for all kids

1. Developing children are more susceptible to harm from pesticides.
2. An organic diet drastically reduces exposure to organophosphates.

OUTPOST'S ORGANIC SALES AS % OF ALL SALES (FISCAL YEAR 2013)



HOW TO AVOID SYNTHETIC PESTICIDES:

Be mindful when buying fruits and vegetables. Buy certified organic foods when possible. See chart below for non-organics.

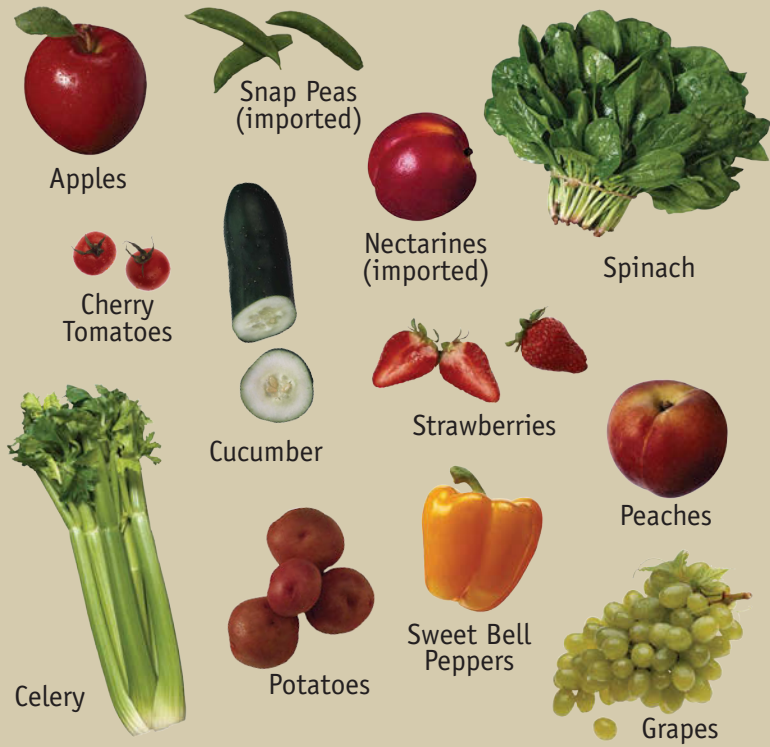
WHAT IS ORGANIC?

To be certified organic, farms must meet specific standards. Growers and producers must follow standards for growing, storage, processing, packaging and shipping.

- 1** Growers can't use synthetic pesticides, synthetic fertilizers, herbicides, fungicides, sewage sludge, food additives, GMO's, antibiotics or hormones.
- 2** To be certified organic, farms must not use synthetic pesticides or synthetic chemical pesticides and fertilizers for at least 3 years.
- 3** Must adhere to standards for livestock for feed, housing, and breeding.
- 4** Must keep detailed written sales and production records.
- 5** Maintain separation of certified organic and non-certified products.
- 6** Growers and producers must submit to frequent inspections.

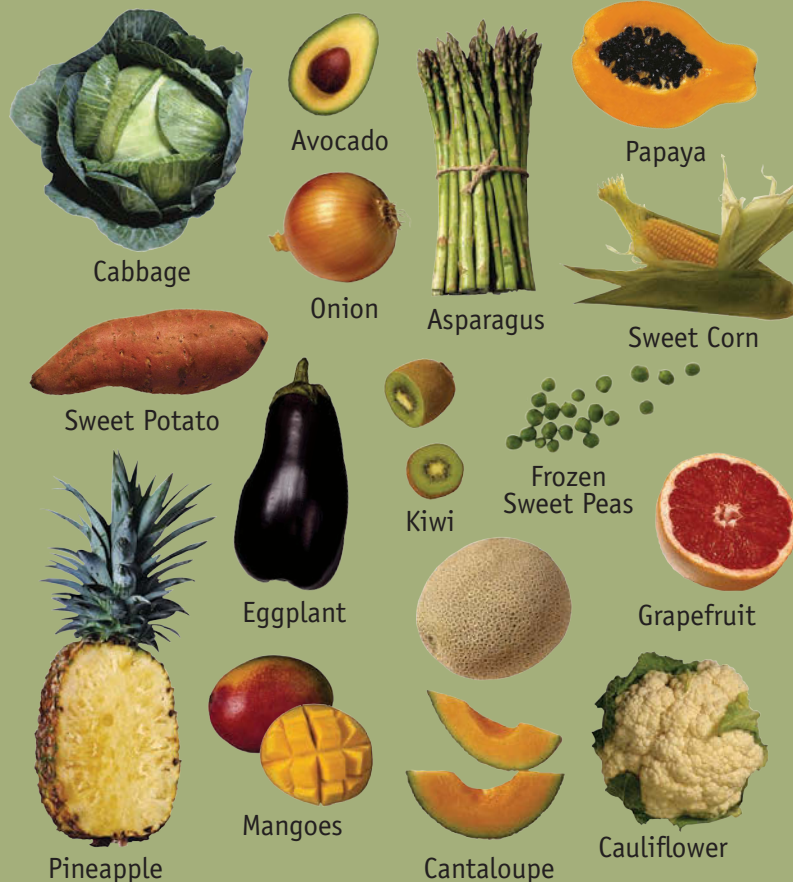


EWG'S* DIRTY DOZEN™ FOR 2014:
(the produce MOST likely to hold pesticide residues)



** The Environmental Working Group is a nonprofit, nonpartisan organization dedicated to protecting human health and the environment.*

EWG'S CLEAN FIFTEEN™ FOR 2014:
(the produce LEAST likely to hold pesticide residues)



OUTPOST'S ORGANIC GOAL

To continue to increase the amount of organic products sold in all our departments by 1 to 3 percent annually.

10%

7%

6%

Cheese

Beer & Wine

Meat



IN AN IDEAL WORLD...

by MARGARET MITTELSTADT

... THERE WOULD BE NO HOMELESS OR AT-RISK MILITARY VETERANS.



MILITARY VETERANS SHARE A UNIQUE BOND. THE PRINCIPLE OF LEAVING NO SOLDIER BEHIND IS DEEPLY EMBEDDED IN THE U.S. MILITARY. TO TRULY UNDERSTAND THIS PROMISE YOU WOULD HAVE TO WALK IN THEIR BOOTS.

In 2008, Mark Foreman and Dennis Johnson, members of the Milwaukee Chapter of Veterans for Peace, started interviewing homeless veterans to see if they needed any additional help and support. The process started slowly. As more homeless vets started turning up, Mark and Dennis increased their outreach efforts. They earned a reputation that they were people veterans could count on and trust. In 2012, the Milwaukee Homeless Veterans Initiative became a formal resource for tackling the issue of veteran homelessness.

Reasons for veteran homelessness vary, said Executive Director Kirsten Sobrieski, an Army veteran who served 10 years, including 2 on active duty. It's not simply because of a lack of government programs and services. Other influences can block a vet's access to needed help, including their own internal or external battles. Sometimes those challenges are too great to overcome willfully. Without support, vets can find themselves on the brink of homelessness or worse, end up out on the

street with nowhere to go and no one to turn to who can understand their situation.

Staff working with the Milwaukee Homeless Veterans Initiative work to establish a bond of trust in order to help fellow vets find the resources they need to get back on their feet. Trained volunteers will go out into the early morning hours with coffee and sandwiches, or blankets, toiletries and clothing. They seek out familiar sleeping spots for homeless vets or visit daytime and overnight shelters, meal sites and other places where veterans go to seek each other out.

Once connected, the help and healing can begin. Since outreach began in 2008, the organization's leaders say they've helped more than 500 homeless and 5,500 at-risk veterans in the Milwaukee area. Today, the organization employs five staff members and works with more than 60 volunteers who act as advocates, scouting out the opportunities and guiding vets through an intricate system. Two staff members were once homeless themselves.

At Outpost, we know that when we help each other succeed we can all claim victory. In an ideal world, there would be no homeless or at-risk military veterans. Our vets would have clear access to the support they deserve, so they can safely integrate into



LOCALLY GR/OWN.

by MARGARET MITTELSTADT

BACK IN OCTOBER, OUTPOST CHIPPED IN FOR A PROJECT THAT WE REALLY BELIEVE IN. THE CITY OF MILWAUKEE'S HOME GR/OWN INITIATIVE IS DESIGNED TO TURN VACANT OR ABANDONED CITY LOTS INTO ENGINES OF ECONOMIC DEVELOPMENT AND ENTREPRENEURSHIP. THE PROGRAM, RUN BY THE CITY'S OFFICE OF SUSTAINABILITY, WILL HELP THE CITY'S EFFORTS TO INCREASE THE OPPORTUNITIES TO PRODUCE AND INCREASE ACCESS TO HEALTHY FOOD, WHICH IS WHY WE WERE EXCITED TO BE ABLE TO DONATE \$20,000.

We even met with Mayor Tom Barrett, who was happy to accept the check from Outpost.

"I thank Outpost's owners and staff for their generosity in funding this new public/private partnership between my HOME GR/OWN initiative and Outpost. Our goals are highly aligned in terms of increasing healthy food access and promoting increased local food production and distribution in the City."

The HOME GR/OWN program's vision of community success is a lot like our own 2022 "High Five" vision and goals: lively neighborhood markets, dynamic local food systems, sustainable solutions, strong community partners and amazing places to work.

Co-op owners and shoppers want more locally grown and produced food, which requires collaboration and cooperation. Dynamic local food systems help put "local" on the map for area growers and producers, both urban and rural, and much demanded food on Outpost shelves. HOME GR/OWN will help us all get there.



Photos courtesy of Milwaukee Homeless Veterans initiative

civilian life when their service to this country has ended. Milwaukee Homeless Veterans Initiative fills the gaps so that no veteran is left behind. It's good for vets, their families and the entire community.

WISH LIST

Because MHVI helps homeless vets settle into new rooms or apartments, they are in need of items to help set up a home. Please visit their wish list to see if you can help!

WWW.MKEHOMELESSVETS.ORG/WISH-LIST

The statistics for homeless vets in Milwaukee may be surprising to most of us.

- One in four homeless people are veterans
- Veterans suffer from epidemic levels of post-traumatic stress disorder (PTSD), substance abuse, domestic abuse, joblessness and physical and emotional wounds
- The fastest growing segment of homeless veterans are women, a quarter of them with children



Photo L/R: Margaret Mittelstadt, Community Relations Director, Outpost; Tim McCollow, Project Manager, HOME GR/OWN Milwaukee; Pam Mehnert, General Manager, Outpost; Matt Howard, Director, Office of Sustainability, Milwaukee Mayor Tom Barrett; Will Kort, Board President, Outpost; David Lee, Board Vice President, Outpost; Ava Hernandez, Board Director, Outpost.

MILWAUKEE HOMELESS VETERANS INITIATIVE
PO BOX 18441
MILWAUKEE, WI 53218
WWW.MKEHOMELESSVETS.ORG
414-763-5596

HOME GR/OWN
WWW.HOMEGROWNMILWAUKEE.COM
OUTPOST'S HIGH FIVE
WWW.OUTPOST.COOP/HIGHFIVE

OUTSIDE OUTPOST

with Judy Mayer

by MARGARET MITTELSTADT



THE NUTRITION BUG BIT JUDY MAYER EARLY. FOR MOST OF HER 20-YEAR CAREER AT OUTPOST, SHE HAS WORKED AS A REGISTERED NUTRITIONIST. IT STARTED IN THE LATE 1990S, WHEN JUDY COMPLETED THE DIETETIC TECHNICIAN PROGRAM AT MILWAUKEE AREA TECHNICAL WHILE WORKING AS FRONT-END MANAGER AT OUR CAPITOL DRIVE STORE. FROM THAT POINT, JUDY'S PASSION FOR NATURAL AND ORGANIC FOOD GREW.

If you ask her, Judy will tell you that working in the community is her favorite part of her job. She especially enjoys working with people who are underserved — like the poor and the elderly — who might be at a disadvantage nutritionally due to circumstances beyond their control. Many of them don't have access to adequate food resources, let alone cooking equipment, appliances or even experience preparing and cooking food. That only makes Judy try harder. She makes sure to keep recipes and nutrition advice easy to understand and culturally relevant, swapping in healthier ingredients while maintaining family traditions that make cooking and eating food pleasurable and meaningful.

You might see Judy at your favorite Outpost giving a store tour or conducting a free workshop, but did you know Judy does a lot outside our stores? Her outreach events are extremely popular, often drawing crowds of more than 50 people. Judy has shared her wisdom at the Women of the World Conference,

Meta House, 16th Street Community Center, Butler Public Library and Helwig Carbon.

Judy is a regular community health advocate, out and about supporting organizations like these that are working hard to get everyone to think about living a healthier lifestyle.

Serving the needs of our community is part of what being a co-op is all about. So, while our owners and shoppers continue to benefit from Judy's knowledge of nutrition and wellness, others within our community are too.

These days Judy is busy educating a large and diverse audience. The medical and dietetic community often asks Judy to share her unique perspective on nutrition and she lectures frequently to doctors, health professionals and other peers in her field.

It helps that she has an innate desire to teach people about healthy living. She even did a series of presentations to the Beef Council, which, if you know Judy, was a seemingly improbable proposition. It's all in the name of good food and healthy eating.

Hippocrates once said, "Let food be thy medicine and medicine be thy food."

Judy would simply say, "Eat a rainbow salad everyday."

FOR UPCOMING HEALTHY START TOURS,
CHECK OUT THE EVENTS PAGE
ON OUR WEBSITE
WWW.OUTPOST.COOP/EVENTS

CHECKOUT



photo by Paul Sloth

ROLLING OLD SCHOOL

THE WEEK BEFORE THANKSGIVING, OUTPOST'S LARGE FORMAT PRINTER CRASHED. WE KNEW OUR CUSTOMERS WOULD WANT TO KNOW THE DEALS WE HAD LINED UP FOR THE HOLIDAYS, SO WE RAN DOWN TO THE LOCAL ART SUPPLY STORE AND PICKED UP SOME FRESH PAINT MARKERS TO CREATE THE POSTERS BY HAND. GRAPHIC DESIGN ASSISTANT, MARKIE SCHMIDT, SHOWN ABOVE.

**WE'RE
HIRING!**



Join us!

**OUTPOST NATURAL FOODS
FOOD SERVICE JOB FAIR**

Saturday, February 21

9 a.m. – 1 p.m.

Urban Ecology Center – Riverside Park



Learn More

Visit www.outpost.coop/employment for our current job openings for all locations and to apply right online!

..... | *A Great Place to Shop, A Great Place to Work!*