

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

PERFECT
PICNIC
PAIRINGS

PAGE 24

10 GLOBAL
SAUCES TO
TRY NOW

PAGE 10



Outpost's Sausage **THROWDOWN**

PLU 3010
SUMMER 2016 • 99¢
FREE WITH \$20 PURCHASE



FIRST WORD.

- Denotes
Outpost
Vendor

Note: This map is an inset of our vendor map and does not reflect all the regional vendors we do business with.



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.

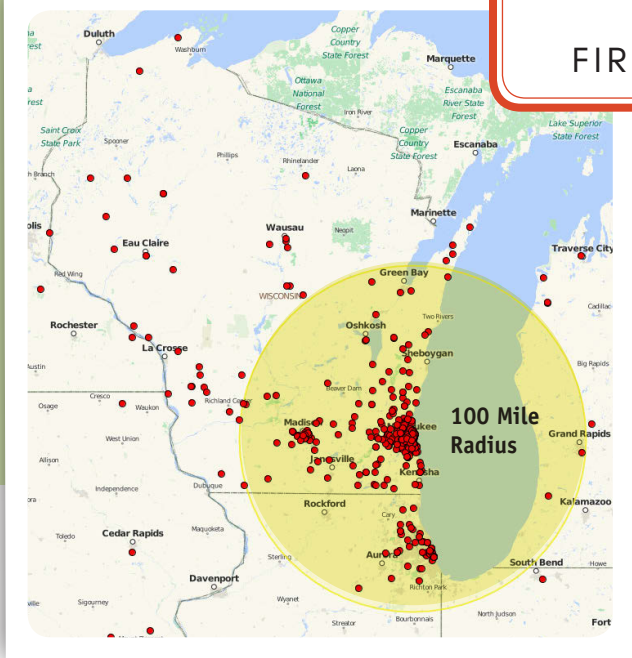
FUN

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.



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IT'S SUMMER IN WISCONSIN AND THE AIR IS FILLED WITH EXCITEMENT WHEN IT COMES TO OUR LOVE OF FOOD AND SUMMER MARKETS. OUR ATTRACTION TO FARMERS MARKETS AND COMMUNITY SUPPORTED AGRICULTURE CONTINUES TO GROW AS MANY OF US DESIRE TO KEEP THAT CONNECTION TO THE PEOPLE WHO GROW OUR FOOD. AND WHEN IT COMES TO LOCAL VERSUS ORGANIC, MANY PEOPLE FEEL IT DOESN'T REALLY MATTER AS LONG AS THEY KNOW AND TRUST THE PERSON WHO GREW IT.

I get that; I'm a fan of farmers markets and I come from a family of farmers who once considered the farm market their livelihood. But what happens when the market isn't open and it's time to pick the right grocery store to buy those goods?

I often see many people trade in their interest of uber-local foods for national brands that carry a super-low price. And today you don't have to look very far. Every store in our market is plastering their own message of "local" and organic on banners above food displays that often carry little of what that message promotes.

I've worked for 35 years now in the food business and over that time I've had the great opportunity to understand that our co-op's connection to the thousands of shoppers we see each week continues to be more about the transparency of our food sources and not always price first.

We define "local" the way our shoppers want it to be defined: the closer to home, the better. Yes, that's often about Wisconsin grown or produced items, and sometimes meat from Iowa travels fewer miles than meat from Rice Lake. My point is, we always will and always can tell you where your food came from. Right now, 85 percent of all our local and regional food vendors are within 100 miles of Outpost. In fact, don't just take my word for it, take a look at the map at the top of the page.

When the farmers market is closed there are plenty of stores selling local foods in the Milwaukee market. My challenge to you is to question if it's the kind of "local" you are looking for. Does it come from a small local farm or a corporately run mega farm? When a coffee display claiming "locally roasted" is really coffee from Michigan, and the store recently moved it's headquarters from Arizona to Illinois, is that really what you're looking for? If it's not, I guarantee you will find authentically local food at Outpost, your community-owned co-op.

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



i am 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.



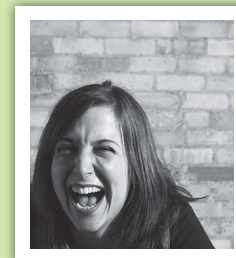
i am CARRIE ROWE.

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.



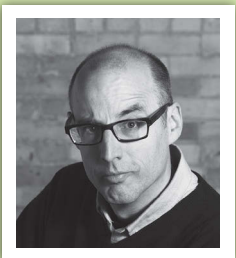
i am DIANA SCHMIDT.

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



i am 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.

A QUARTERLY PUBLICATION OF
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WWW.OUTPOST.COOP



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OUTPOST
NATURAL FOODS



*You will fall in
love today—
with your job!*

**At Outpost,
we're not business
as usual.**



Outpost Natural Foods is Milwaukee's largest natural foods cooperative. For more than 45 years, we've provided a fun, supportive workplace where everyone can enjoy the rewards of providing excellent customer service to our owners and shoppers. With four stores, a Market Café, Central Kitchen facility, and administrative office, we know we have a job that's just right for you. We'd love for you to join our team!

www.outpost.coop/careers



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(you'll)

SWOON.

THINGS WE LOVE.

ORGANIC PRAIRIE MIGHTY BAR

A STRANGELY DELICIOUS POWER PACK

You're nearing the summit. You feel the breeze lifting its cool fingers, up from the valley. Overhead an eagle cries. You hope you have the stamina to make it to the top, but your feet feel impossibly heavy and you stumble a bit. As you struggle not to fall, a Mighty Bar flies from your daypack and a tear springs to your eye because you know ... you KNOW that indeed you CAN MAKE IT! You tear open the package and the scent of fresh, smoky bacon wafts up. You take a bite and the perfect savory flavor of grass-fed organic beef and apple blended with bacon bursts in your mouth. It's so good, not too salty and never dry. You are fortified and, yes, invincible because you know the 8 grams of protein, zero gluten and zero nuts will carry you to any summit you wish to climb.



MEDITERRANEAN ORGANIC RIPE BLACK OLIVES

A BIG OLE SUN-KISSED MEDITERRANEAN SMACK ON THE LIPS

We're all familiar with the ubiquitous canned black olive. Found on lazy Susans, these waxy globes are favorite finger wear for kids everywhere. But these dark-hued jewels from Mediterranean Organic are different. Plucked at the ripest point possible, then marinated in organic red wine vinegar, they seem so simple. But we beg to differ. These "simple" olives are lush with an earthy flavor that's layered with a hint of sweetness and musk, like the scent of a green-tree forest floor after a gentle spring rain. They're not as biting, sour, or salty as Kalamatas, but in their own way just as intense. We love them best served with oil-cured tuna and feta cheese, or as the star of a tapas tray alongside your favorite cured meats and hummus.



KALONA SUPER-NATURAL ORGANIC SOUR CREAM

SORRY DAISY, THERE'S A NEW CREAM IN TOWN

Let's face it, sour cream, just about any sour cream, is a delight. It's tangy, rich, creamy, and so easy to pair with all kinds of foods. But what if we told you that this little-dairy-that-could has produced a cream that elevates a common dairy staple into the stratosphere? This is simply the richest, most delicious sour cream we've ever enjoyed. Made from grass-fed milk and cream and live cultures, it has a velvety, almost nutty flavor with just the right tang. Its smooth, silky mouth feel belies the fact that there are no additives or stabilizers. We love it as a topper on everything from tacos—use it like Mexican crema—to potatoes, and it takes homemade salad dressing to the next level. Or do as the French do, dollop it on fresh fruit like crème fraîche. C'est magnifique!





STONEFIRE TANDOOR BAKED WHOLE GRAIN FLATBREAD

100-PERCENT NAAN COMPLIANT!

Let us tell you a tale of magic bread. Magic because it works with Middle Eastern food as well as East Indian specialties, and then sidles over to Italy and morphs into a pizza. Stonefire has harnessed the alchemy of a real tandoor oven to bake up some of the finest ready-to-eat naan we've ever tried. Hand stretched, it's rustic, a little charred and chock-full of whole-grain flavor. It's both delicate and sturdy and works well with everything from falafel sandwiches or grilled up as a Panini. Or do what we do: cut them in half, pop in the toaster, and slather with butter. Or go for broke and use it as the crust for homemade naan pizza!



LACROIX CURATE

NOT YOUR MOMMA'S FIZZY WATER

Let's face it, why would anyone get excited about sparkling water in a can? After all, it's been around for decades. But Wisconsin-based LaCroix is smarter than all of us. They figured out that folks wanted to enjoy a bubbly beverage, but were growing weary of soda. They infused 100-percent natural sparkling water with natural flavors and nothing else, no sweeteners, and nothing artificial. But they took things a step further and kicked up the flavors and packaged it in an easy-to-hold, fun, slim-line can complete with fancy-pants words. And they called it Cúrate (coo-rah-tay), which translates to "cure yourself." Every variety is perfect and somehow sweet. From Mûre Pepino (Blackberry Cucumber) to Melon Pomelo (Cantaloupe Pink Grapefruit) and others, these have quickly become our go-to summer sippers.



MUNK PACK OATMEAL FRUIT SQUEEZE

LIKE A BATTERY CHARGER FOR
YOUR BUSY LIFESTYLE

We're not gonna' lie here, when we saw these squeezy packs for adults we chuckled. That is until we tasted them. Basically, they're like a jazzed up applesauce pouch only loaded with flavor and texture. But wait, there's more! Each pack features a superfood ingredient like acai, flax, quinoa, chia, or coconut and fresh flavors like apple cinnamon, blueberry, raspberry, and more. They are perfect for hiking, camping, and quick on-the-run breakfasts. They also make for a marvelous midday snack because they're low in calories, sugars, and fat, and they're a good source of fiber and protein. Bonus, they're a gluten-free, non-GMO, kosher treat tucked into a handy BPA-free pouch. As for our favorite flavor, we can't seem to agree so you'll have to try them all!

UPTON'S NATURALS BAR-B-QUE JACKFRUIT

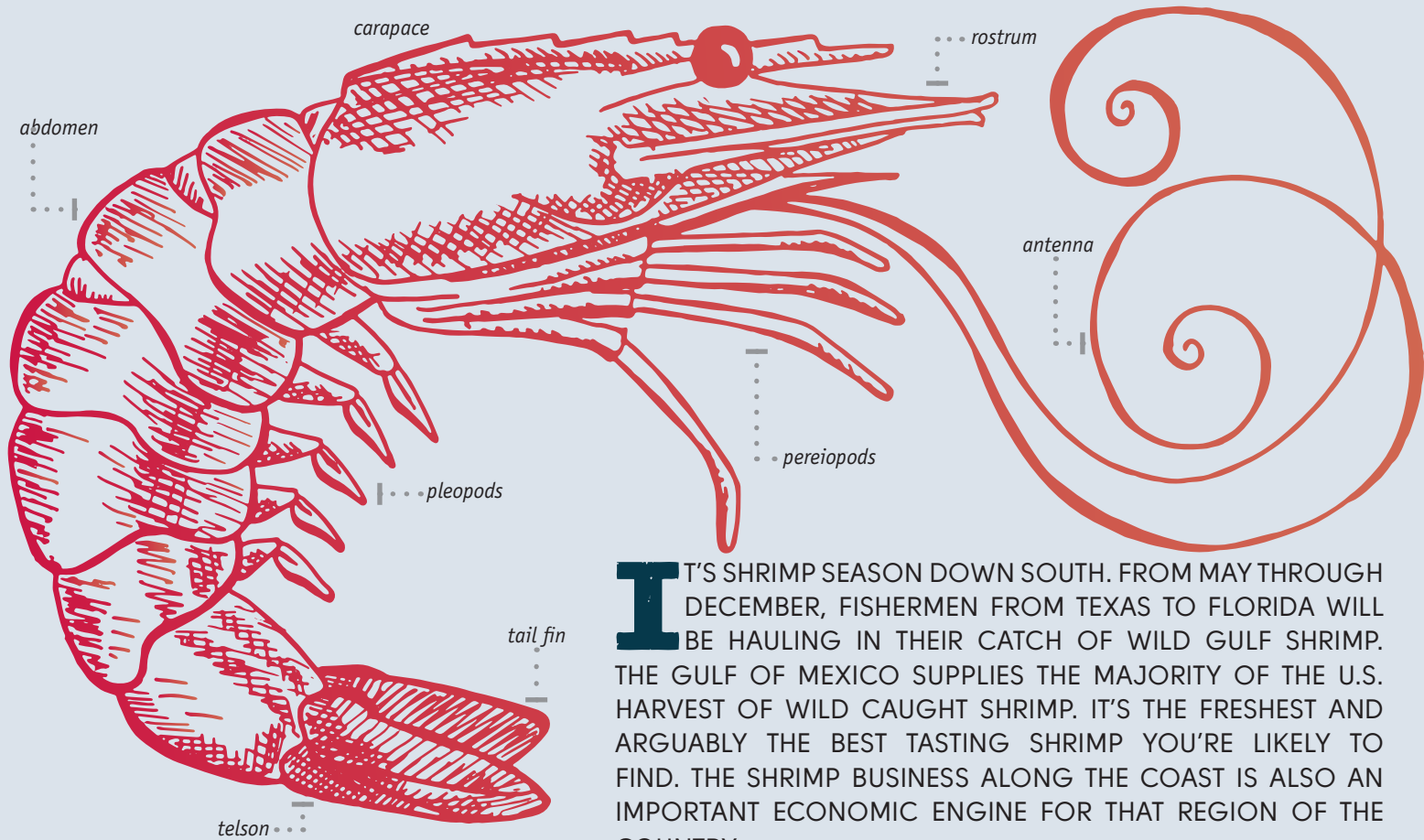
LOW SOUTHERN BBQ CUSTOM-MADE FOR VEG-HEADS

We know you've been searching for the perfect veggie-based barbecue: something that is meat-like, but not too meaty, something that isn't loaded with gluten or soy and is minimally processed; something that can hold up to sauce; something that is made from jackfruit. What, you've never had jackfruit? These ginormous fruits are enjoyed in many parts of the world and a single one could seriously feed a village. Savvy vegetarians know the secret of this tropical fruit and call it "vegetarian pulled pork" because of its meat-like texture and look; but it's lighter and more delicate than meat. Here it's shredded and paired with a zesty, spicy sauce, so all you have to do is heat and eat. Vegan, check. Convenient, check. Tasty, two thumbs up!



OUR SHRIMP.

DECIDING WHAT WE WILL SELL IN OUR STORES IS AN ONGOING CONVERSATION, ONE WE'VE BEEN HAVING SINCE OUR VERY BEGINNING, BACK IN 1970. AS A CO-OP, OWNERS GET A SEAT AT THE TABLE AS WE CONSIDER THE INCREASING COMPLEXITY OF THE GLOBAL FOOD MARKET AND SHOP FOR PRODUCTS THAT MEET OUR BUDGETS AND LIVE UP TO OUR PRINCIPLES. IT'S NEVER AN EASY DISCUSSION, BUT IT'S ALWAYS A WORTHWHILE ONE.



IT'S SHRIMP SEASON DOWN SOUTH. FROM MAY THROUGH DECEMBER, FISHERMEN FROM TEXAS TO FLORIDA WILL BE HAULING IN THEIR CATCH OF WILD GULF SHRIMP. THE GULF OF MEXICO SUPPLIES THE MAJORITY OF THE U.S. HARVEST OF WILD CAUGHT SHRIMP. IT'S THE FRESHEST AND ARGUABLY THE BEST TASTING SHRIMP YOU'RE LIKELY TO FIND. THE SHRIMP BUSINESS ALONG THE COAST IS ALSO AN IMPORTANT ECONOMIC ENGINE FOR THAT REGION OF THE COUNTRY.

Americans love shrimp. Seriously, according to some estimates, the average consumer eats a little more than four pounds of shrimp annually. Not only is it the most popular seafood in the United States, more shrimp is traded globally than any other seafood—about \$10 billion worth annually—making it one of the most economically important seafood commodity in the world.

Our appetite for these tasty crustaceans makes us one of the world's three largest markets for shrimp—Japan and Europe are the other two. It's part of the reason why we import almost all of the shrimp we eat—around 90 percent of it—with most of it coming from Southeast Asian countries. How about the shrimp we harvest from our own coastal waters? We export a lot of it because of high demand for quality seafood around the world. That's kind of backwards, don't you think?

When Outpost learned about the questionable practices employed in the shrimp industry in parts of Asia—which included people working

• • • story & photos by PAUL SLOTH
illustration by MARKIE SCHMIDT

"We want to be transparent about the products we carry"



under slavery conditions—the co-op sought alternative sources that would meet our product standards and offer a high quality, consistent supply.

After extensive research and working with our suppliers, we determined that the only way to ensure our customers that the fresh, frozen, and canned shrimp they are buying is both the highest quality, and ethically and sustainably raised and harvested, is to choose product sourced from the United States and the Gulf of Mexico.

“We want to be transparent about the products we carry and it’s a lot easier to do that when we know exactly where the products are coming from,” said Pam Mehnert, Outpost’s general manager. “We’re going to continue to be the grocery that is always able to tell you where a product comes from.”

This isn’t easy. Back in the day, Outpost started with the goal of returning to something a little simpler than what was happening at commercial grocery stores. At the time, that meant selling only unprocessed and fresh foods, organic when available, but not always. In many ways, sourcing products and stocking our shelves has only gotten more complex.

Today we are four stores, a neighborhood market, a market café, with more than 20,000 owners with different needs and lifestyles, but with overlapping and often shared concerns when it comes to food, health, fairness, social justice, and the environment.

“At its very core, the co-op is still a sanctuary where an abundance of unprocessed bulk and fresh foods, sourced and handled with care, can be found,” said Anne Vedder, Outpost’s purchasing and category manager. “Wherever possible, the co-op still intends to be the place where customers can find a selection of local foods and alternatives to what exists in the mass market.”

“Part of our job is to educate people. We want people to have a better understanding so that they can make informed choices,” Anne said.

QUICK FACTS YOU CAN USE |

- At this time, it is almost impossible to ensure that shrimp imported from Malaysia, Thailand and neighboring countries does not contain residues from unapproved animal drugs and unsafe food additives. In addition, there have been investigations into human trafficking reports within the shrimping industry.
- Earlier this year, in an effort to ensure quality and the highest levels of traceability and safety, Outpost began sourcing fresh, frozen, and canned shrimp products from the United States and Gulf of Mexico.
- Learn more about the complexity of product sourcing and traceability issues with the global shrimp supply by visiting our website at bit.do/product-sourcing

(our) TABLE OF GLOBAL SAUCES

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

Gj GOCHUJANG



ORIGIN . FERMENTED PEPPERS, KOREA
FLAVOR . AGGRESSIVE, EARTHY, SPICY
USES . GRILLING, DIPPING SAUCES

Sa SAMBAL



ORIGIN . RED PEPPER, INDONESIA
FLAVOR . NEUTRAL, FIERY
USES . CHILI, STIR-FRIES, DIPPING SAUCES

CHICKEN ALWAYS TASTES LIKE CHICKEN, BUT PULL UP A PLATE FULL AT A ROADSIDE BAR-BEQUE JOINT IN KENTUCKY OR A STREET VENDOR IN KOREA AND WE'RE TALKING ABOUT SOMETHING COMPLETELY DIFFERENT.

It's not just the locale that transforms the flavor ... it's the sauce, that mysterious elixir that elevates ordinary foods to a whole new level.

No cook worth their spatula would be caught without a few of these sauces in their pantry or fridge. Some of these are good bases for other sauces and some stand alone as flavor stars.

So, go ahead and experiment. Everyone knows that the "secret sauce" makes the dish!

Fi FISH SAUCE



ORIGIN . SEAFOOD, SOUTHEAST/EAST ASIA
FLAVOR . SAVORY, BRINY, UMAMI
USES . CURRIES, STIR-FRIES, SAUCES

Oy OYSTER SAUCE



ORIGIN . SEAFOOD, CHINA/VIETNAM
FLAVOR . RICH, BRINY, STRONG
USES . NOODLES, BEEF, STIR-FRIES

Hn HOISIN SAUCE



ORIGIN . SOYBEANS, CHILIES, CHINA
FLAVOR . THICK, PUNGENT, SWEET/SALTY
USES . GLAZES, STIR-FRIES

Te TERIYAKI SAUCE



ORIGIN . SOY SAUCE, GINGER, JAPAN
FLAVOR . SALTY, SWEET, COMPLEX, RICH
USES . GRILLED FOODS, MARINADES

Wo WORCESTERSHIRE SAUCE



ORIGIN . COMPOUND, UNITED KINGDOM
FLAVOR . RICH UMAMI, LAYERED, SALTY, FRUITY
USES . MARINADES, COCKTAILS, SAUCES

Ba BARBECUE SAUCE



ORIGIN . COMPOUND, U.S.A.
FLAVOR . VARIES (RICH, SWEET, SLIGHTLY SPICY)
USES . GRILLED FOODS, SANDWICHES

Ha HARISSA



ORIGIN . MIXED PEPPERS, NORTH AFRICA
FLAVOR . INTENSE, SPICY, FRUITY
USES . STEWS, RUBS, CONDIMENT

Hs HOT SAUCE



ORIGIN . PEPPERS, NORTH AMERICA
FLAVOR . ZIPPY, TANGY, HOT PEPPER
USES . CONDIMENT, SPICE

RECIPE (1)

GOCHUJANG BUTTER & GRILLED STEAK 2 SERVINGS



Gochujang—Korean fermented hot pepper paste—is delicious with grilled foods. It's savory, tangy, sweet, and spicy, but not too hot. This simple compound butter will elevate your next cookout!

8 tablespoons butter softened to room temperature	1 teaspoon fresh lemon juice
2 tablespoons gochujang	1 teaspoon organic honey
1 clove garlic, minced	¼ teaspoon sea salt
2 teaspoons toasted sesame oil	Pinch of black pepper
	2 grilled steaks
	Lemon wedges

1. Butter should be room temperature, but not melted. Add butter and all the ingredients to a blender or food processor and pulse just until combined and smooth. Taste and adjust salt and pepper to your liking.
2. Place butter onto a sheet of plastic wrap or parchment paper and roll into a log shape. Refrigerate until butter is firm enough to slice, about one hour. You can freeze any extra butter for later.
3. To serve, top grilled steaks with a slice of chilled butter and a squeeze of fresh lemon.

RECIPE (2)

CHEESY VEGETARIAN ENCHILADA DIP SERVES 8

Sure, you can make classic enchiladas, but doesn't a campfire dip sound way more fun? You can make this all on your grill, or use your stovetop and broiler.

1 package (14 oz.) Gimme Lean Meatless Veggie Beef, crumbled	1 can (4 oz.) green chilies
1 clove garlic, minced	8 oz. grated Mexican cheese
¼ teaspoon onion powder	Salt and pepper
5 green onions, chopped	Large, cast iron pan and heat safe bowl
1 can (10 oz.) enchilada sauce	Tortilla chips, sour cream and hot sauce, for serving
1 can (15 oz.) refried beans	

1. Heat a large skillet over medium-high heat. Add Gimme Lean Veggie Beef, garlic, onion powder, half of the green onions, and season with salt and pepper. Cook, breaking up with a spoon, until browned and onions are softened. Add the enchilada sauce, green chilies, and season again with salt and pepper to taste. Let simmer 4-5 minutes then add half the cheese. Mix well and pour into heat-safe bowl. Set aside.
2. Wipe out pan and add refried beans. Smooth into an even layer then carefully layer the reserved beef mixture on top. Top evenly with remaining cheese and heat through under a closed grill or place pan under broiler until cheese is bubbly and melted. Heat long enough so beans are warmed.
3. To serve, top with a dollop of sour cream the remaining green onions and hot sauce and chips on the side. Pairs well with cold beer and friends.



SUMMER

(two ways)

SHRIMP

SHRIMP WONTONS

MAKES 20-30 WONTONS

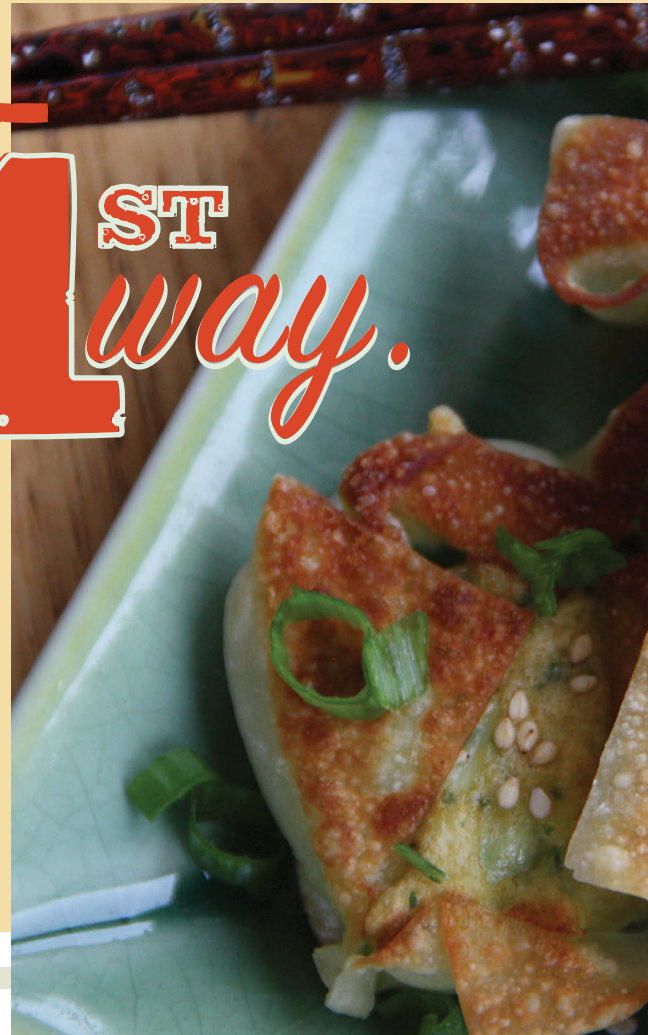
Packaged wonton wrappers are so easy to work with and you need very little oil for the pan frying, making this a light and delicious appetizer that is easy to prepare and perfect for passing around at a summer gathering.

- 1 pound raw shrimp, peeled and deveined
- 2 large eggs
- 4 tablespoons unsalted butter, chilled and diced
- 1 tablespoon toasted sesame oil
- Salt and freshly ground pepper
- Packaged wonton wrappers
- 1 bunch scallions, chopped, 2 tablespoons of the greens reserved for garnish
- 2 tablespoons sesame seeds
- Olive oil for frying

1. In a food processor or blender, combine the shrimp and eggs and process until almost smooth. Add the butter and toasted sesame oil, season with salt and white pepper, and pulse until the butter is incorporated. Transfer to a bowl.
2. Hold one wonton wrapper in the palm of your hand. Cup your hand and place one tablespoon of the shrimp mousse in the center of the wrapper. Sprinkle with a few scallions and sesame seeds. Bring the wrapper up around the filling, pressing it to adhere to the filling and pleating as you go. There will be 6 to 8 pleats and the filling will be exposed. Repeat with the remaining wrappers and filling.
3. Coat the bottom of a large non-stick or cast iron pan with olive oil and heat over medium-high heat.
4. Place wontons in the pan with the open side down, pressing gently with your fingers or a spatula to flatten slightly. Pan fry until edges start to turn golden, about one to two minutes, flip and fry the other side until golden brown. Transfer to a plate lined with paper towel and cook remaining wontons.
5. Sprinkle with the reserved scallion greens and serve.



1ST
way.



* CHECK OUT OUR CURATED COLLECTION OF ARTISANAL SPIRITS INCLUDING TEQUILA AT OUR BAY VIEW AND MEQUON STORE LOCATIONS!



2NDway.

TEQUILA SHRIMP *with* JICAMA AVOCADO SALAD

SERVES 6-8

Zingy tequila shrimp, crispy, mildly sweet jicama, and luscious avocado all come together to make one of our favorite summer dishes. Caramelizing the corn, especially if you use freshly grilled corn on the cob, adds the perfect amount of mild sweetness, complementing the sweetness of the jicama. Perfect served alongside a margarita on the deck!

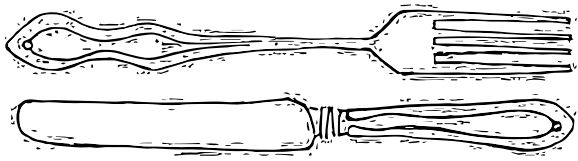
Shrimp:

24 large raw shrimp, peeled and deveined
½ cup tequila*
2 cloves garlic, minced
1 jalapeño, seeded and chopped, optional
4 tablespoons freshly squeezed lime juice
¼ cup cilantro, chopped
Salt and pepper
1 tablespoon toasted sesame oil
1 tablespoon olive oil

Jicama Avocado Salad:

1 bag (10 oz.) frozen corn, or use fresh off the cob
2 tablespoons olive oil, divided
1 large jicama, peeled & chopped
¼ cup cilantro, chopped
Juice from one lime
1 large ripe avocado
Salt and pepper

1. Make a marinade by placing all ingredients except for the shrimp in a medium bowl and whisk to combine. Place shrimp in the bowl and toss until coated with the marinade. Cover and refrigerate for at least 30 minutes.
2. Prepare jicama avocado salad: Heat one tablespoon olive oil in a sauté pan over medium-high heat, add corn and sprinkle with salt and pepper to taste. Sauté corn, stirring occasionally, until some of the kernels start to brown. Remove corn from heat and let cool.
3. Chop jicama into ½-inch cubes and place in a large bowl with cilantro, lime juice, and one tablespoon olive oil. Cut avocado into one-inch cubes. Once corn has cooled, add to jicama and combine. Gently fold in avocado cubes and set aside.
4. Heat a sauté pan over medium-high heat. Add the shrimp to the hot pan a few at a time, removing from the bowl with a fork, leaving the marinade in the bowl, and cook about one minute on each side, until slightly seared and just starting to turn opaque. Set the shrimp aside as you sauté the whole batch.
5. When all the shrimp are sautéed, pour the marinade into the pan and simmer 4 to 5 minutes, or until the liquid reduces by half, stirring frequently. Return the shrimp to the pan and simmer until they're cooked through, about 3 minutes.
6. Allow shrimp to cool a bit. Spoon jicama salad onto a serving plate and place a few shrimp on top to serve.



MONDAY NIGHT
AT PERFECTO'S.

HOME COOK.

by DIANA SCHMIDT
photos by PAUL SLOTH





MONDAY NIGHT IS SALMON NIGHT AT PERFECTO RIVERA'S HOUSE. FOR NEARLY TWO DECADES, IN ANY WEATHER, PERFECTO HAS PREPARED SALMON ON THE GRILL FOR HIS WIFE, LYN. "MONDAY NIGHT BECAME MY NIGHT TO COOK FOR LYN, BACK WHEN SHE WORKED LATE." PERFECTO EXPLAINS, "IT'S EVOLVED INTO A NIGHT ALSO SPENT WITH FAMILY AND FRIENDS."



This time around, we're the lucky friends around their table, along with their son, Scott Rivera. Scott brought his grilling savvy to the flames, tag teaming with his dad to fill our plates with the classic Monday fare (truth be told, we were doing this on a Wednesday night): salmon, a rainbow of vegetables, and garlic pasta. When we asked how much garlic went into the pasta recipe, Lyn teases "You'll know there's enough garlic when there's too much."

Neither Scott nor Perfecto claim to have grown up with a passion for cooking. Scott jokes, "I had a passion for eating." He credits their cooking savvy to the delicious meals that the wives and mothers in their lives have always put on the table. "We grew up eating everything from Puerto Rican rice and beans to tofu or other weird but wonderful food that no one else on our block had heard of."

An eclectic palette of food wasn't the only thing Perfecto and Lyn provided their 4 kids. "You need to take care of one another," was another cornerstone. Perfecto credits this philosophy to his mom, who taught him how to cook, sew, clean, and cut hair. "You never know who you'll fall in love with," he tells

us she would say, "they might not know how to cook!"

Lucky for Perfecto and Scott, they both have women in their lives who enjoy cooking as much as they do. Lucky for us, we were invited to stay for the "Monday" tradition. If there's anything better than getting to know Outpost shoppers around their dining table, we've yet to find it.

PERFECTO'S TIP FOR PERFECT SALMON

"Not everyone will eat the salmon skin, so I have a trick to keep it off their plates, and off my grill." Perfecto lifts the grill lid to show us a large piece of foil, heating up alongside the vegetable grill pan. "As the salmon cooks, the skin adheres to the foil, then I can just slip the salmon off on the plate, no mess." This is the perfect trick for those among us daunted by post-grill clean up.

SCOTT'S TIP FOR GRILLING VEGETABLES

Scott shares that a grill basket is the way to go for vegetables, especially when grilling asparagus or Brussels sprouts. "Grilling peppers whole, then slicing them to serve steams the peppers and keeps them from slipping through the pan or grates.

(recipes following)



MONDAY SALMON

SERVES 4

Perfecto confirms our suspicion about salmon from Outpost, "Outpost has the best salmon and the best price for wild caught." Scott boasts that his youngest, Alice, notorious for pushing her plate away when she was younger, started to open up to more foods after tasting grandpa's grilled salmon dinner. Perfecto adds "I always make more when I know Alice is joining us." If that isn't a 4-star recommendation, we're not sure what is.

- 4 pieces of wild caught salmon
- 3-4 tablespoons extra virgin olive oil
- 1-2 teaspoons seafood seasoning (Frontier Seafood Seasoning or Old Bay)
- 3-4 teaspoons herbes de Provence
- 1 tablespoon capers, optional
- Aluminum foil, large enough to hold salmon

1. Brine salmon in cold, salted water for 1-2 hours. Store in refrigerator. Remove from brine and dry off excess water. Heat grill and aluminum foil to 400 degrees.
2. Lightly rub or brush salmon fillets with olive oil. Sprinkle with the seafood seasoning and herbes de Provence. Dot with capers, if using.
3. Place salmon on the pre-heated foil, skin side down. Lower the heat to 350 degrees and cover for about 7 minutes. (Better to under cook than over cook for best results.)
4. Slide foil with the salmon onto a serving dish, slide the salmon off the foil onto plates. The skin will stick to the foil.

GARLIC PASTA

SERVES 6

How do you know when you've added enough garlic? "When it seems like too much" Lyn teases. "Guests are always served a rainbow of vegetables and garlic pasta with their salmon." Many a story has been collected around the Rivera's dinner table. As we ate, they listed off future dinner guests they'd need to reach out to. Lyn smiles recounting dinner guests who've enjoyed Monday night with them, "Everyone has a story." Perfecto has a penchant for collecting local stories as host of WISN-AM Latino Valor.

- 1 lb. long pasta—spaghetti, linguini or fettuccini
- 8-12 garlic cloves (or more), finely minced
- ¼ cup olive oil
- 1 tablespoon butter
- Salt and pepper to taste
- Smoked paprika to taste

1. Bring salted water to a boil, add pasta and cook until al dente, about 8-10 minutes. Reserve ¼ cup cooking water.
2. While pasta cooks, heat olive oil and garlic over medium-low heat until aromatic. Turn off heat, add salt, pepper, and smoked paprika to taste. Swirl in butter.
3. Toss with cooked and drained pasta. Serve hot.

GRILLED EGGPLANT *with* FETA & CILANTRO

SERVES 4-6

"Not enough people love eggplant," Scott jokes as he brings this much anticipated dish to the table. The ingredients come together like no other eggplant dish we've tasted.

- 1 large eggplant, cut into ½-inch rounds
- 1-2 poblanos or green peppers
- 3 tablespoons extra virgin olive oil, more if needed
- 1 teaspoon cumin
- Salt and pepper
- ¼ cup feta, crumbled
- ¼ cup cilantro, rough chopped

1. Brush both sides of eggplant slices with olive oil. Sprinkle with cumin, salt and pepper. Grill over medium heat, 3-4 minutes until golden brown grill marks form. Turn and grill until tender, about 2 minutes more.
2. Grill Poblanos whole until charred on both sides. Leave the peppers to steam, off the grill, for 1-2 minutes before rough chopping.
3. Assemble on serving tray with eggplant, chopped poblanos, crumbled feta, and cilantro; add more olive oil if needed.

GRILLED PINEAPPLE

SERVES 4-6

A favorite of Scott's, a dessert that tastes as good as it looks. While he prefers the pineapple without any bells or whistles, we were lucky enough to have it on a night where he pulled out all the stops; served with vanilla ice cream, pound cake, and drizzled with caramel sauce.

- 1 pineapple, cored and sliced into rings or 8 wedges
- Melted butter or olive oil
- 1 tablespoon brown sugar
- ½ teaspoon cinnamon
- ½ teaspoon chipotle powder, or to taste
- 6 slices pound cake, optional (try Outpost's gluten-free pound cake)
- 6 scoops vanilla ice cream, optional
- ¼ cup caramel sauce, optional

1. Mix sugar and spices into melted butter. Baste rings with melted butter mixture. Grill about 5 minutes per side, basting as needed.
2. Allow pineapple to cool slightly before serving.
3. If serving with all the bells and whistles, place a grilled ring on top of a slice of pound cake, add vanilla ice cream to center, and drizzle with caramel sauce.



WHY OUTPOST'S SALMON IS ON THE RIVERAS' TABLE EVERY MONDAY:

The Riveras aren't solely serving up salmon because of Perfecto's grilling skills. Salmon's rich oils, fats, and protein are incredibly important to their health, something Lyn pays careful attention to.

SALMON'S MANY BENEFITS:

- High in naturally occurring Omega-3 fatty acids (the good kind of fats), particularly DHA (docosahexaenoic acid)
- Helps to lower cholesterol, protect against heart attacks, reduce inflammation, lower your chances of developing cancer, cut your risk of Alzheimer's
- A low-fat, high-quality source of protein
- Free of colorings, pesticides, or antibiotics that can be found in farmed salmon

Alaska is home to some of the most pristine coastal waters, rivers, and streams on earth. These fragile ecosystems are carefully protected from development and other industrial pressures. Wild Alaskan salmon from these areas are allowed to swim, live, and spawn as they have done for millennia, ensuring a healthy, returning population year after year. They live the natural life of fish, eating a typical diet of microscopic plants, small fish, and other sea creatures.

Wild Alaskan salmon have the lowest levels of any man-made contaminants like PCs and PBDEs that can be found at higher levels in other fish.



Girls meet **GRILL.**

by LISA MALMAROWSKI . photos CARA BERKEN





THE PREMISE WAS SIMPLE: INVITE FOUR OF MILWAUKEE'S MOST EXCITING FOODIES AND COOKS TO LET THEM PICK A FAVORITE OUTPOST-MADE SAUSAGE; COME UP WITH A RECIPE; AND LET THEM PERUSE OUR STORES TO CHOOSE ALL THE INGREDIENTS FOR THEIR DELICIOUS CREATIONS.

The trick was getting these busy women together around one grill. But a perfectly warm, early summer day coaxed them out of their kitchens and away from their writing to set up shop on the patio at Meritage in Milwaukee, fire up the grill, pop a bottle of wine, and get cooking.

What emerged from the smoke and flames was anything but simple. Each chef jumped in and created multiple recipes that highlighted the flavors of each sausage variety in ways only an expert could dream up.

POLISH

JEN'S HEIRLOOM BEAN SUMMER SALAD SERVES 8

This hearty picnic side is better when the beans have a chance to absorb the flavors of the vinaigrette. Make ahead, and enjoy cold, or at room temperature, two or three days after it's made. For a vegan option, leave off the sausage and garnish with just the radishes and chive buds.

- | | |
|---|---|
| 2 cups Jacob's Cattle Beans
or similar heirloom bean | Salt to taste |
| 2 large onions, sliced, then
caramelized with 2 table-
spoons brown sugar | 1 bunch of asparagus or
2 cups of your favorite
crunchy summer
vegetables, chopped |
| ½ cup olive oil | Salt to taste |
| 3 tablespoons stone-ground
mustard | Grilled fresh Polish sausage
links |
| 1 whole lemon, juiced | Radishes |
| 1 bunch of chives, minced | Chive buds |
| 1 bunch of parsley, minced | |

1. Grill Polish sausage. Set aside.
2. Cook beans until tender, about 1 hour. Drain the beans and reserve the "liquor" for later soup making. Let the beans cool.
3. In a large bowl, whisk together the first three ingredients for vinaigrette and salt to taste. If you like your dressing less acidic, add less lemon juice. If you love mustard, add more. Then add minced chives and parsley.
4. Add chopped asparagus and onions to the beans. Toss the mixture with vinaigrette. You can let the bean salad marinate for a couple of days. To serve, top with sliced grilled sausage, and garnish with chive buds and radishes.



CHORIZO

CHORIZO TACOS SERVES 4

Nell Benton from The National morphed classic grilled chorizo into complex, restaurant-fancy tacos using three toppings that are easy to make, but offer complex, crave-worthy flavors. Make the toppings ahead, grill the sausage, and let everyone layer their own!

4 grilled chorizo sausage links, grilled and sliced thinly on the diagonal
8 corn tortillas
Toppings: Grilled Pineapple Guacamole, Pickled Red Onions, and Tomato & Corn Salsa to serve

Warm tortillas over grill until they puff. Add grilled chorizo slices and toppings to serve.

GRILLED PINEAPPLE GUACAMOLE

Don't skip grilling the pineapple as it really elevates this classic dip.

2 ripe avocados, mashed
½ red onion finely chopped
½ fresh pineapple, peeled and sliced into strips and grilled, then finely chopped
1 small jalapeño, minced
Handful of cilantro, chopped
Juice of half a lime
Salt and pepper to taste

Mix all ingredients well. Use immediately or leave avocado pits in (to help keep dip from browning), cover with plastic wrap so it touches the surface and refrigerate.

PICKLED RED ONIONS

1 red onion, thinly sliced
1 lime, juice or about ½ cup
Dash of salt
2 cups boiling water

Put onions in heat safe bowl and pour boiling water over them to cover and steep for 10 seconds and drain. Add lime juice, salt, and let sit for at least 30 minutes. You can cover and store in refrigerator for up to three weeks.

TOMATO & CORN SALSA

2 large, ripe tomatoes, diced
1 cup cooked corn kernels
Handful of cilantro, chopped
Salt and pepper to taste

Mix well and season to taste with salt and pepper. Use immediately or cover and store in refrigerator for up to two days.





SMOKED POTATO SALAD *with* HUNGARIAN SAUSAGE

SERVES 8

Jan from Meritage blended the zesty and smoky flavors of adobo and paprika into something far greater than the sum of its parts, and that pairs perfectly with the bright paprika flavor of our Hungarian sausage.

- | | |
|--|---|
| 2 pounds small Yukon gold potatoes | 2 tablespoons fresh lemon juice |
| 4 stalks celery, diced | 2 teaspoons smoked paprika or Aleppo pepper |
| ½ small onion, diced | Salt and pepper |
| 1 red or yellow bell pepper, diced | ½ pound grilled Hungarian sausage links, sliced on the diagonal |
| 3 cups mayonnaise | 1 bag hickory smoking chips (or your favorite chips) |
| 2 tablespoons adobo sauce from canned chipotle peppers | |

Heat oven to 350 degrees.

1. To make dressing for salad, in a bowl combine mayo, adobo, lemon juice, and smoked paprika, then add salt and pepper to taste. Adjust the heat to your liking with the adobo sauce.
2. Cut potatoes in half or quarters, depending on size of potatoes, then place on a perforated grilling pan. To smoke potatoes, start charcoal, while charcoal is heating soak two cups of smoking chips in water. Once charcoal is ready, place smoking chips on hot coals. Place potatoes in pan on top of grill and smoke covered for 10 minutes. Remove potatoes from grill, place on sheet pan and cook in the oven until cooked through (easily pierced with a fork) then let potatoes cool.
3. In a large bowl combine celery, onion, bell pepper, and dressing. Fold in potatoes and mix well. You can add less dressing if you like. Refrigerate for 1-2 hours before serving.
4. To serve, top with grilled Hungarian sausage.

HUNGARIAN



HUNGARIAN SAUSAGE PIZZA MAKES ONE PIE (10-12 INCHES)

This is a great example of the kind of cuisine Meritage is known for, flavors you might never think of combining. But once you taste them, you'll love them forever. The cabbage adds a crunchy sweetness that cuts the richness of the cream sauce perfectly.

- | | |
|------------------------------------|-------------------------------------|
| 1 pound Hungarian sausage links | ¼ cup white wine |
| ½ head green cabbage, shredded | 1 cup heavy cream |
| ½ small onion, sliced thin | 1 cup grated Wisconsin cheese curds |
| ½ teaspoon chopped garlic | 1 roasted red pepper |
| 1 teaspoon smoked paprika | 2 cups fresh spinach, sautéed |
| 1 teaspoon Hungarian sweet paprika | 1 ball Outpost's fresh pizza dough |

1. Grill sausage and set aside to cool, then slice into angled rounds.
2. Heat pan on medium high with tablespoon of olive oil. Add the onions and cook until soft then add the garlic, both paprikas, stir and cook for 1-2 minutes, until spices are fragrant, then add cabbage and wine, stir until combined and let reduce for 1 minute then add heavy cream. Reduce heat and let cook for 5-6 minutes until reduced and has a thick consistency. Set aside to cool. (You can do this 1-2 days ahead).
3. Roll out pizza dough to 10- to 12-inch round. If grilling place crust on grill and cook on one side until dough is set and slightly browned, 1-2 minutes, then flip to the other side and cook the same.
3. Remove pizza crust from grill and rub a small amount of olive oil over crust then spread cabbage mixture over crust, then half of the cheese curds, spinach, sliced Hungarian sausage, roasted red peppers and then the last of the cheese curds. If you want to finish the pizza on the grill you will need to place it on a perforated grilling pan and cook over indirect heat. If cooking in the oven, heat oven to 450 degrees, place pizza in oven on a pizza stone or sheet pan and bake until crust is crisp and toppings are bubbling.

CHICKEN APPLESAUCE SAUSAGE TWO WAYS

A.J Dixon is known for her bold twists on classic Milwaukee flavors and these sausages are no exception. Serve up a grilled Chicken Applesauce Sausage in your favorite bun and topped with rhubarb catsup and apple jicama relish or the red cabbage fennel kraut. Each sounds so simple, but you'll be blown away by just how good ingredients can come together and make for a memorable meal.

RHUBARB CATSUP MAKES ABOUT 2 CUPS

A.J has created one of the most craveable sauces we've ever tried. Perfect on grilled Chicken Applesauce Sausage, we'd use this as a BBQ sauce as well. To be honest, we'd even eat it with a spoon!

4½ cups rhubarb, sliced	½ cup coconut aminos/ vinegar
½ cup brown sugar	Pinch of mustard powder
5 cardamom pods	½ teaspoon ancho chili powder
½ teaspoon cumin	½ teaspoon smoked paprika
¼ teaspoon cinnamon	3 tablespoons honey
1 teaspoon grated fresh ginger	

Simmer all in a pot for 30-40 minutes until rhubarb is basically mush. Remove cardamom pod shells; blend in a blender until smooth.

A.J RELISH MAKES ABOUT 2 CUPS

2 apples, diced small	Extra virgin olive oil (choose a good one!)
1 jicama, diced small	Splash of coconut aminos/ vinegar
½ bunch parsley	Salt and pepper to taste
1 jalapeno seeded and finely diced	

Toss all together and let marinate. Chill until serving.

RED CABBAGE FENNEL KRAUT MAKES 2-3 CUPS

Tangy, sweet, and perfect atop your favorite sausage, but especially good on our Chicken Applesauce Sausage.

3 tablespoons bacon fat
2½ cups red cabbage, sliced thin
2 cups fennel, sliced the same as cabbage
1 cup cider vinegar
¼ cup maple syrup

Sauté cabbage and fennel in bacon fat (or vegetable oil) until soft then add maple syrup and aminos/vinegar, simmer 45 minutes until tender and sugars from maple syrup caramelize. Season with salt and pepper.



CHICKEN APPLESAUCE



MEET THE CHEFS

Jen Ede is publisher and editor of Edible Milwaukee, a quarterly magazine now in its fourth year of eating and documenting all the best local and sustainable food Southeastern Wisconsin has to offer. Magazines are distributed free throughout the city, including all Outpost locations.

ediblemilwaukee.com

A.J Dixon is chef and owner of Lazy Susan MKE, a casual fine dining establishment located in Bay View, where she creates a rotating and eclectic mix of shareable plates inspired by local seasonal foods, the foods she ate growing up, and the people of Milwaukee. Open Tuesday through Saturday at 5 p.m. and Sundays for brunch from 10 a.m. to 2 p.m.

lazysusanmke.com

Jan Kelly is chef and owner of Meritage, located in Washington Heights, which has been named one of our area's Top 30 Restaurants by Carol Deptola seven years in a row. Featuring local and organic ingredients, Jan creates a menu that offers the best of the season with new American flavors blended with a global flair. Don't miss their "secret garden patio"! Open Tuesday through Saturday at 5 p.m.

meritage.us

Nell Benton, is chef and owner of The National Café, located in the heart of Milwaukee's Walker's Point neighborhood, where almost everything she creates is made from scratch and with love. Expect flavor, originality, and only the best ingredients. They offer all-day breakfast, lunch, soups, salads, bakery, and entrées. Enjoy additional seating on their beautiful patio. Open Tuesday through Sunday 7:30 a.m. to 3:30 p.m.

nationaleats.com

WHERE'S DESSERT? CHECKOUT PAGE 36

We had so much food, we couldn't fit them all! See page 36 for the Mini Peach Crisp dessert from this story.

PICNIC PAIRINGS.

PAIRING CHEESE AND WINE (OR BEER) ISN'T EXACTLY A SCIENCE, BUT IT COULD BE. WHEN PICKING A PERFECT PARTNER FOR YOUR CHEESE, CONSIDER COMPLEMENTARY OR CONTRASTING FLAVORS.

A lush wine works well with a creamy cheese, while an acidic wine will cut the cheese's sweetness. As you begin to experi-

ment, taste the cheese first by itself, and then put another bite into your mouth with some beer or wine to see how they mingle.

You may already have some favorite pairings. Here are a few of ours, chosen after years of careful work in the lab.

Sharp Cheddar



Cheddar Blue



MontAmoré



Manchego



Sheep Milk



Feta



Cheese, wine, and beer are the holy trinity of any picnic basket. Toss in some fruit, salty snacks, and a few veggies to round out your spread for dining al fresco. No need to stick to strict rules when pairing these affordable luxuries, it's a delicious endeavor to discover what tastes best to you!

Havarti



Goat with Wine



Blue & Gorgonzola



Pimento



Quark



Chèvre





La Vieille Ferme Rose



Lobetia Bubbles



Yalumba Y Series Chardonnay



Marco Felluga Mongris Pinot Grigio



Les Jamelles Pinot Noir



Clos Chanteduc Cotes-Du-Rhone



Leese-Fitch Merlot

Hinterland Packerland Pilsner

O'So Brewing The Big O Wheat

MKE Brewing Booyah Saison

Brenner Brewing City Fox Pale Ale

Lakefront Brewery IPA

MKE Brewing Hop Freak Double IPA

Saint Francis Brewing Co. Sloth Brown Ale

Ale Asylum Big Slick Stout





FRESH. SODA.
Wisco Pop!
FRESH. SODA.
Wisco Pop!
FRESH. SODA.
Wisco Pop!
FRESH. SODA.
Wisco Pop!
FRESH. SODA.



WISCO POP.

SODA GETS A BAD RAP. AUSTIN ASHLEY WANTS TO CHANGE THAT, ONE BOTTLE AT A TIME. WISCO POP IS SOMETHING SPECIAL, A BEVERAGE MADE WITH A SHORT LIST OF INGREDIENTS THAT YOU CAN COUNT ON ONE HAND. HERE'S A LITTLE STORY ALL ABOUT HOW THIS VIROQUA, WIS.-BASED CRAFT SODA MAKER CAME TO BE.

..... || | story & photos by PAUL SLOTH



AUSTIN ASHLEY HAD ALWAYS WANTED TO BREW ROOT BEER, EVER SINCE HE WAS A KID. NOW, HE COULD PROBABLY WRITE A BOOK ABOUT ROOT BEER. HE'S A BIT OF AN OBSESSIVE THAT WAY. LIKE A LOT OF PEOPLE, AUSTIN TURNED HIS HOBBY—IN THIS CASE, BREWING SODA TO SHARE WITH HIS FRIENDS—INTO A BUSINESS.

But first things first, Austin had to finish his small business class. That's where he set out his credo, as it were. The class was coming to an end and the instructor asked a simple question: "What is the purpose of your business?" Austin didn't have a prepared response, so he answered from his gut, "I heard the needle drop when I said, 'to have fun.'"

And it sure seems like Austin and his business partners know how to have fun.

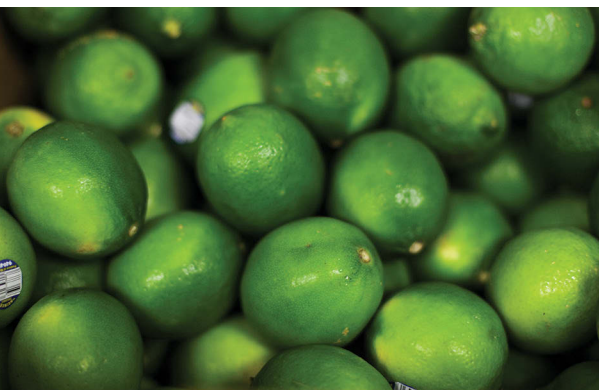
I could have picked a better week to visit the folks at Wisco Pop. Sure, I'd see a lot of action, but these guys were up to their eyeballs in all kinds of crazy the day I stopped by. This was the week they were tweaking recipes. This was the week they were getting the all clear for their organic certification. This was, well, let's just say this was not the ideal week for them to be entertaining visitors.

For a visitor like me, it was perfect. I would get to see what amounts to a two-day process—of prepping, making, and bottling soda—crammed into one day. The crew consisted of three: Austin was chopping up ginger and juicing limes; Zac Mathes manned the bottler; and Neal Olson took care of the packaging.

Just north of the Vernon County Fairgrounds, in a nondescript industrial building, you'll find Wisco Pop's world headquarters.

Nestled in Wisconsin's Coulee Region, Viroqua is a little gem, a short drive from the Mississippi River and a couple hours

(continued)



(continued from page 27)

outside of Madison. It has a rich agricultural history and isn't far from the region's fruit belt around nearby Gays/Mills. It also has its share of some of the old back-to-the-landers who sowed the seeds of the organic foods movement back in the day. So, it makes perfect sense that a fledgling craft soda maker would set up shop here.

Austin, his wife Hallie, and Zac started Wisco Pop. Neal joined the business a few years later. They started out selling their sodas in kegs only, but eventually added bottled sodas. They make three flavors: strawberry, ginger, and cherry.

We're not talking about the commodity stuff filled with artificial sweeteners and unnatural preservatives. No, this is all-natural, craft soda.

Austin and his crew started out sweetening their sodas using locally sourced honey. When they decided to go organic, they realized it was going to be tricky sourcing organic honey, so they switched to using organic cane sugar.

"If you are a natural foods enthusiast this is for you. These are ingredients from your kitchen," Austin said.

The business is still young enough that Austin gets a kick out of seeing his product at a store 200 miles away, product that he didn't deliver himself. But more importantly, he enjoys the work and the people he works with. When people ask him what he does, he doesn't necessarily start out with the craft soda stuff, Austin tells them "I work with people I love."

Living in Wisconsin, working with friends and family, making craft soda ... Sounds like fun to us.

WISCO POP
WWW.WISCOPOPSODA.COM

OUTPOST'S

(secret recipe)

photos and recipe adapted
by CARA BERKEN

LEMON CHEESECAKE BARS

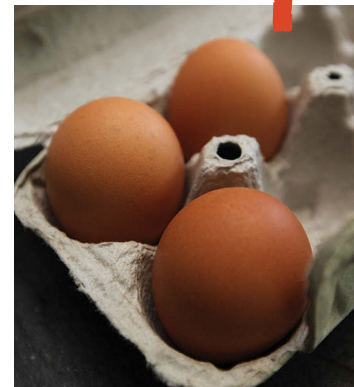
MAKES 12 BARS

WHO DOESN'T REMEMBER THEIR FIRST LEMON BAR, A DUSTING OF POWDERED SUGAR COATING A DELICATE CURD? AND WHO CAN FORGET THEIR FIRST BITE OF CHEESECAKE? MAYBE IT'S JUST US. THAT'S HOW WE FELT WHEN WE ATE OUR FIRST OUTPOST LEMON CHEESECAKE BAR; WE KNEW WE WERE BITING IN TO SOMETHING MEMORABLE. IT'S BEEN ONE OF OUR FAVORITES EVER SINCE. IT'S THE BEST OF BOTH BARS; THE BRIGHT CITRUS FLAVOR, THE DELICATE CREAMY TEXTURE. SERIOUSLY, ONCE WE GET THEM OUT OF THE PAN WE HAVE A HARD TIME STOPPING AT JUST ONE. YOU'VE BEEN WARNED.

2 cups fair trade organic cane sugar	1½ tablespoons lemon juice
1¾ cups all-purpose flour	3 organic eggs, divided
1¼ tablespoon baking powder	12 ounces Neufchâtel cheese
½ teaspoon sea salt	½ cup powdered sugar
2½ sticks cold organic unsalted butter, cut into small pieces	½ teaspoon lemon extract/flavor
½ tablespoon lemon extract/flavor	

Heat oven to 350 degrees.

1. Place sugar, flour, baking powder, and salt into a bowl and mix to combine. Add butter and mix to combine.
2. Whisk together ½ tablespoon lemon extract/flavor, lemon juice, and 1 egg. Set aside.
3. In a large mixer or mixing bowl, stir the flour mixture until the butter is the size of small pebbles. Add the lemon mixture and mix until evenly distributed.
4. Reserve one-third of crust for topping. Line a glass baking dish with a piece of parchment paper, allowing the paper to come up over the long sides of dish. Spray with a nonstick cooking spray. Place the remaining crust in dish and use your hands or a spoon to press it evenly across the bottom of the pan.
5. Place Neufchâtel and powdered sugar in mixer and mix until completely smooth, scraping down often so that no lumps remain. Add in ½ teaspoon lemon extract/flavor and 2 eggs, one at a time, mixing well after each addition.
6. Pour cheesecake filling over crust, using a spatula to evenly distribute. Sprinkle remaining crust on top of filling. Bake for 35-40 minutes, until golden brown and center is set.
7. Cool and chill. To serve, use parchment paper to remove bars from dish, cut and serve, garnish with additional powdered sugar or lemon zest if desired.



HERE COMES THE SUN

THE ADVANTAGES OF SOLAR ENERGY

Data compiled from energyinformative.org



1.

ABUNDANT

The surface of our planet enjoys a whopping 120,000 terawatts of solar radiation daily.



2.

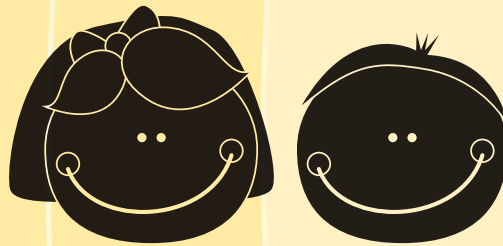
RENEWABLE

Solar energy is a renewable energy source. We will have access to solar energy for as long as the sun is alive – another 6.5 billion years, according to NASA!

5.

ENVIRONMENTALLY FRIENDLY

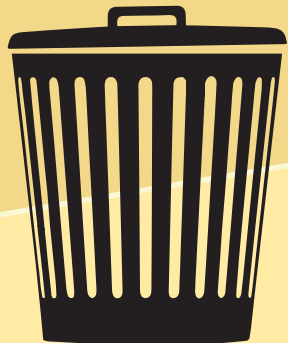
Harnessing solar energy doesn't directly cause pollution and emissions associated with manufacturing and installation are almost nothing compared to most conventional energy sources.



6.

SUSTAINABLE

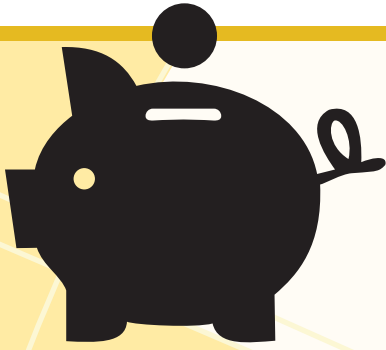
Solar energy meets the needs of the present without compromising the ability of future generations to meet their needs. We can't over-consume this power source!



8.

GOOD AVAILABILITY

Just about anywhere in the world can reap the benefits of solar energy and not just places close to the equator.



4.

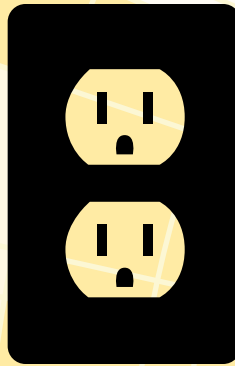
REDUCES ELECTRICITY COSTS

Solar users can “sell” excess electricity, or receive bill credits, during times when they produce more electricity than what they actually consume.

3.

MANY APPLICATIONS

Solar energy can be used to generate electricity in places that lack a grid connection, from distilling water in Africa to powering satellites in space.



7.

SILENT

The sun shines without a sound and the photovoltaic panels just sit there, silently soaking it up!

9.

LOW MAINTENANCE

Most residential solar panels usually only require cleaning a couple of times a year. Many manufacturers offer up to 25-year warranties with their solar panels!



OUTPOST – MEQUON SOLAR POWER FACTS:

- Operational December 2015
- 56 kilowatt solar panel array
- Expected to generate more than 63,000 kilowatts of energy annually – about 10% of this location’s energy needs
- These panels produce enough energy to power nearly 7 homes worth of electricity for an entire year!



OUTPOST MAKES EPA'S NATIONAL TOP 30 RETAIL LIST!

The Top 30 Retail list represents the largest green power users among retail partners within the Green Power Partnership. The combined green power usage of these organizations amounts to nearly 5.4 billion kilowatt-hours of green power annually, which is equivalent to avoiding the carbon dioxide emissions from the electricity use of nearly 512,000 average American homes each year.

OUTPOST - LIVING LOCAL SINCE 1970



by LISA MALMAROWSKI

Photos courtesy of Local First Milwaukee

THE YEAR WAS 2006. THE GROCERY “WARS” WERE JUST STARTING HERE IN THE MILWAUKEE AREA AND OTHER TYPES OF CHAIN RETAIL STORES WERE MOVING IN AT A RAPID PACE. HERE AT OUTPOST, WE STARTED LOOKING AROUND AND GOT CONCERNED.

How would Milwaukee retain its quirky, vibrant distinctiveness if we started looking like every other city, populated by the same retail, restaurants, and businesses?

So we gathered together some of our friends—leaders of the Milwaukee area’s most vibrant businesses at the time—and started to forge our own Local First movement.

“Our Milwaukee” was born and our eight distinctive, authentically locally owned businesses—Collectivo Coffee (formerly Alterra Coffee Roasters), Beans & Barley, Brewery Credit Union, Lakefront Brewery, Laacke & Joys, the Pabst Theater Group, and Schwartz Booksellers—became the founding members of our hometown’s first cross-business “Buy Local” organization.

Now, 10 years later and a name change to Local First Milwaukee, we are proud to report that our organization is thriving! With more than 270 members, that run the gamut from nonprofits to restaurants and retail to media outlets, we have

created an easy way for our community’s residents to shop, bank, eat, and play local every day.

“Locally owned enterprises are the life blood of any community, as they provide consumers with greater choice, quality products, and stronger connections to our neighbors,” said Pam Mehnert, Outpost’s general manager. “Supporting an organization like Local First, in its mission to spread the word about these businesses, fits well with our cooperative mission of creating a sustainable community.”

FACT:

STUDIES SHOW THAT FOR EVERY \$1 SPENT AT A LOCALLY OWNED BUSINESS, MORE THAN 68 CENTS STAYS LOCAL AND IMPACTS THE LOCAL ECONOMY. COMPARE THAT SAME \$1 SPENT AT A CHAIN STORE AND ONLY 43 CENTS REMAINS IN MILWAUKEE.



OUTPOST IS PROUD TO SPONSOR
LOCAL MOTION LIVE!
A FREE, FAMILY-FRIENDLY FESTIVAL

SATURDAY, JULY 23
4 to 10 P.M.

Hart Park, Wauwatosa

- Shop over 30 local vendors at the Sunset Market
 - Enjoy local food and beer
- Dance the night away to LIVE local bands and DJs spinning tunes

Featuring:

- Classic rock from Almighty Vinyl
- Smooth Jazz & R&B from Mahogany Soul
 - Indie Pop Rock from Spanglemaker
- DJs Dori Zori & Cat Reince of 88.9 Radio Milwaukee

Stop by and visit the Outpost booth!

For more information visit www.localmotionlive.com
or like www.facebook.com/localmotionlive

Proceeds from the event will benefit Local First Milwaukee, a nonprofit consortium of independently owned local businesses whose mission is to support the unique businesses and nonprofits that keep Metro Milwaukee great and share the concept of "localism" with the community.



MILK MONEY

LOOK FOR MILK MONEY AT YOUR NEIGHBORHOOD OUTPOST

NOW OUTPOST SHOPPERS CAN PURCHASE A GALLON OF FRESH MILK FOR A FAMILY IN NEED ANY TIME OF THE YEAR! MILK MONEY IS A NEW PAY-IT-FORWARD COMMUNITY PROGRAM IN PARTNERSHIP WITH HUNGER TASK FORCE.

Having access to fresh, wholesome food can be a challenge when faced with hunger. Our friends at Hunger Task Force provide pantry staples, free of charge, to area food pantries; however, fresh items like dairy are not available because Hunger Task Force does not have the capacity to store or deliver perishable refrigerated items like milk. That's how our Milk Money program helps to fill that gap.

Here's how Milk Money works:

- Pick up a Milk Money card at the refrigerated dairy case
- Your cashier will scan the card and add the amount to your grocery purchase
- A unique voucher is created for Hunger Task Force to distribute to area food pantries located near an Outpost
- Pantries offer vouchers to patrons for a gallon of fresh milk at a nearby Outpost
- Voucher recipients can choose any of the following: One gallon of Sassy Cow or Kemp's whole, 2%, 1%, or nonfat dairy milk
- Donations are tax deductible, so hang on to your receipt



Milk Money can only be found at your neighborhood Outpost. It's just one more way our partnership with Hunger Task Force helps to make a positive difference in our community.

Hunger Task Force is Milwaukee's free and local food bank and anti-hunger advocate. www.hungertaskforce.org



For more details visit www.outpost.coop/milk_money

IN AN IDEAL WORLD...

by MARGARET MITTELSTADT

... POSITIVE TRANSFORMATION HAPPENS THROUGH SERVICE.

THE WORK AND THE MISSION OF CONSERVATION SERVICE CORPS LIVE ON IN SOUTHEASTERN WISCONSIN THROUGH THE GREAT LAKES COMMUNITY CONSERVATION CORPS. THE IDEA OF A CONSERVATION SERVICE CORPS ISN'T A NOVEL ONE. THEY HAVE BEEN ACTIVE IN THE U.S. SINCE THE EARLY 20TH CENTURY, WELL BEFORE PRESIDENT FRANKLIN ROOSEVELT'S GREAT CIVILIAN CONSERVATION CORPS PUBLIC WORKS PROGRAM MOBILIZED YOUNG UNEMPLOYED MEN INTO AN ENVIRONMENTAL WORKFORCE. BACK THEN, A HANDFUL OF STATES, INCLUDING WISCONSIN, SAW THE BENEFIT OF PRESERVING AND BUILDING UPON OUR NATURAL RESOURCES AND INCREASING PUBLIC ACCESS; AND YOUNG ADULTS AT THAT TIME WERE EAGER TO OFFER THEIR COMMUNITY SERVICE.

Great Lakes Community Conservation Corps (CCC) began in 2008. It was the brainchild of a group of 25 former service corps members who'd assembled at the 75th anniversary event of the Civilian Conservation Corps. Collectively they saw the need to address the social and environmental challenges facing our region. Enacting a service corps made good sense.

The Great Lakes CCC follows in the pioneering footsteps of their public works forebears. Corps members come from a diverse array of socioeconomic, ethnic, racial, and educational backgrounds. Powered by crews of young adults—many are facing adversity or are disadvantaged—the corps mobilizes their talents at the grassroots level to work on conservation projects that take them throughout southeast Wisconsin; though they primarily focus their efforts in Ozaukee County. They amass thousands of hours of service on projects that restore public lands and waterways reserved for the enjoyment of all.

The work corps members do in the field is varied and interesting and may include building trails, planting trees, removing invasive species, conducting fish and wildlife surveys, trapping larval fish, or clearing streams for easy fish passage. They



Photo courtesy of Great Lakes Community Conservation Corps

share and collaborate with other conservation service corps operating in the Midwest and Great Lakes states. In exchange for their service, Great Lakes CCC crew members earn a scholarship to help fund their post-secondary education.

Like Roosevelt's conservation "army" of 2 million, Great Lakes CCC crew members build lasting life skills, grow friendships, and positively influence urban and rural generations to come. When these young adults move on, they leave behind a rich legacy of environmental stewardship and they leave a door open to opportunities for new members to build a diverse and sustainable community for the future. In an ideal world, positive transformation happens through service.

As our Community Partner, Great Lakes CCC will receive a \$3,000 donation, opportunities for fundraising, and a portion of the earned interest from our Co-op Community Fund!

GREAT LAKES COMMUNITY
CONSERVATION CORPS
531 S. WATER STREET, SUITE 200
MILWAUKEE, WI 53204
WWW.GREATLAKESCCC.ORG



CHECKOUT

(one last) **RECIPE**



MINI PEACH CRISPS

SERVES 6

What's a picnic without a peach? We love the addition of walnuts and tangy dried cherries in this easy-to-make, classic summer fruit dessert.

5 large ripe peaches, pitted and cut into chunks, about 3½ cups	For topping: 1¼ cups all-purpose flour or gluten-free flour blend
1 lemon, zest and juice	½ cup rolled oats
3 tablespoons all- purpose flour or gluten-free flour blend	½ cup brown sugar
¼ cup tightly packed brown sugar	½ cup sugar
2 tablespoons sugar	1¼ stick cold, unsalted butter, cut into pea- sized pieces
½ teaspoon vanilla extract	½ cup chopped walnuts
½ cup dried cherries	Pinch kosher salt
Pinch kosher salt	1 to 2 tablespoons cold water
	6 (6 oz.) ramekins

Heat the oven to 350 degrees.

1. For filling: Toss the peaches in a large bowl with the lemon zest and juice. Add the rest of the ingredients and stir to combine. Divide the filling evenly between the ramekins.
2. For topping: Combine all of the ingredients in a food processor except the water. Pulse until combined, this will take about 30 seconds. Add water, 1 tablespoon at a time, until mixture is clumpy but crumbly. Loosely top each dish with topping. Do not press down you want it to be crumbly.
3. To prevent drips, place ramekins on a sheet tray and bake for 20-25 minutes, or until the filling is hot and bubbly, and the topping is brown and crispy. Serve warm with vanilla ice cream or whipped cream.

MORE THAN JUST OUR WRAPPERS ARE TRANSPARENT.



We tell you where our meats come from because we know where our meats come from. In fact, we know what the animals ate and how they were raised – without the use of antibiotics, hormones or growth enhancing drugs. And organic means we have the certification to prove it.

*Your locally owned co-op
—
it's clear, we're different.*

OUTPOST
NATURAL FOODS

www.outpost.coop