

# GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

**FAIR TRADE  
FAVORITES**

PAGE 10

**SEED SOWN,  
PURE SPIRITS  
GROWN  
TWISTED PATH  
DISTILLERY**

PAGE 28

# TACOS!

TACO TRUCK FAVORITES

**HAPPY GUT,  
HAPPY LIFE**

PAGE 26

PLU 3010  
**SPRING 2017**

FREE WITH ANY PURCHASE



## FIRST WORD.

A WARM BREEZE JUST BLEW IN FROM THE WEST AND IT IS BEGINNING TO FEEL LIKE SPRING. DOESN'T MATTER TO ME THAT WE'VE HAD A MILD WINTER, THERE IS NO BETTER FEELING THAN THE WARM BREEZE TO GIVE US HOPE OF WARMER DAYS AHEAD.

As we transition from winter's indoor farmers markets to spring's outdoor markets throughout our community, this tender season delivers fresh asparagus, chives, scallions and the promise of strawberries. We connect to the markets for the freshness of the product, but also because we want that connection to the person behind that first, fragrant berry. Shaking the hand of our farmers, listening to their tales of newborn calves, spring chickens and budding crops—grounds us in the reality that there is a face behind the local food we love.

But what happens the rest of the week when the markets aren't open? If you're shopping here at your co-op, we're passing along similar stories to the ones you heard from the vendors themselves. Many of our products come with a story—and it's one of the most important stories we can tell—where the product actually came from. Transparency in labeling has been Outpost's mission way before I started working here some thirty-plus years ago. You won't just see the required "Grown in the U.S." signs at the co-op, you'll see the state of origin, country of origin, and when the product is in season, we will connect you with the name of the grower.

Truth is, with many more stores in our area carrying organic and local, consumers should look a bit deeper for the real story...the real facts. Do the pretty pictures of the local vendors on their walls actually match the product displayed for sale in the store? Is the organic produce displayed in a way where it doesn't touch or come in contact with conventionally grown items? (That is a retail practice required by the USDA, but often ignored by inexperienced handlers.) Do the "miles to market" signs describe the vendor or do they refer to the distribution center from where the product from far away was shipped? I don't know about you, but I think saying a distributor is "local" is the opposite of transparent...or honest.

Truth is, you will find transparency of product and process at Outpost. When we say something is "local" it is Wisconsin grown or made. If we say "regional" it's from a neighboring state. Last year 80 percent of our local and regional products came from within 100 miles of Outpost. We believe authentic local matters, not because it's a buzzword, but because of the caring, cooperative relationships we've built throughout our 47 years in business.



PAM MEHNERT  
general manager



GRAZE@OUTPOST.COOP



## WHAT IS GRAZE?

### AUTHENTICALLY LOCAL

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

### FRESH

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

### SMART

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

### FUN

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

GRAZE IS PUBLISHED  
QUARTERLY, WITH NEW  
ISSUES EACH SEASON.



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# WHO IS GRAZE ?

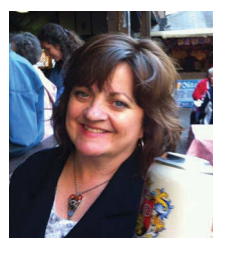
*i am* **CARA BERKEN.**

*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.*



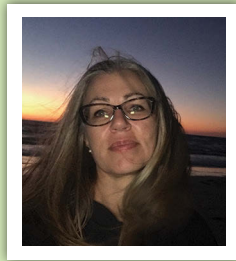
*i am* **LISA MALMAROWSKI.**

*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.*



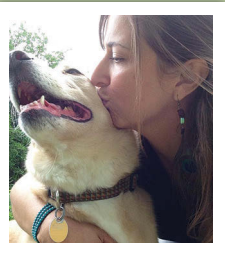
*i am* **MARGARET MITTELSTADT.**

*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* **DIANA SCHMIDT.**

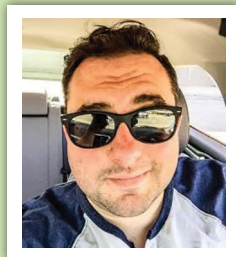
*I'm a recovering food snob, eating anything from watercress to tater tot casserole. My love of tasty vittles started as a child in my parents' garden and remains steadfast with the help of food-loving friends and a bit of butter. Of all the food I love to make, nothing makes me happier than canning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



*special thanks to  
our guest contributor.*

**JOE LAETKE.**

*writer, photography*



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



# - GRAZE.

A QUARTERLY PUBLICATION OF  
**OUTPOST NATURAL FOODS COOPERATIVE**

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# CONTENTS.

SPRING 2017

*...features.*

## SPRING ( 2 WAYS ).

COTTAGE CHEESE ..... page 8

## HOME COOK.

SIMPLE FARMERS MARKET CREATIONS  
WITH KATHY PAPINEAU ..... page 12

## TACO TRUCK FAVORITES.

IT'S TACO TIME ..... page 20

## HAPPY GUT, HAPPY LIFE.

FERMENTED FOODS FOR A HAPPY BELLY ..... page 26

## OUR ORGANIC DIFFERENCE.

FROM THE ROOT TO THE FRUIT ..... page 31

## IN AN IDEAL WORLD.

MANAGEMENT OF INVASIVE SPECIES WOULD BE  
PROPORTIONATE TO THEIR ECONOMIC TOLL. .... page 34

*...in the aisles.*

## YOU'LL SWOON.

FROM LIVING BASIL TO BONE BROTH POWDER—WE'RE IN LOVE ....page 6

OUR TABLE OF FAIR TRADE..... page 10

## CEDAR GROVE CHEESE.

EDIBLE ECOLOGY .....page 16

## SECRET RECIPE.

UNMASKING A LONGTIME SHOPPER FAVE—  
BIRDY BARS ..... page 19

## TWISTED PATH DISTILLERY.

SEED SOWN, PURE SPIRITS GROWN ..... page 28

## MISSION: SUSTAINABLE

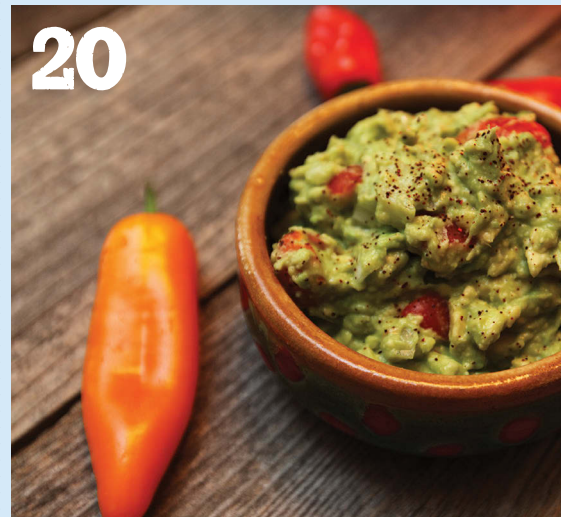
HIGHLIGHTS FROM OUR 5TH ANNUAL  
SUSTAINABILITY REPORT ..... page 32



12



16



20



28

have more fun!

# CATERING from OUTPOST NATURAL FOODS

simple | casual | delicious

We offer a

*delicious*

selection for special diets

vegetarian • vegan • gluten-free

We concentrate  
on the

*quality*

of our  
ingredients

• organic, local,  
seasonal produce

• all-natural,  
organic meats

• local eggs & dairy

In fact,  
we make our menu items

*from scratch*

using fresh, all-natural &  
wholesome ingredients

Contact catering at 414.755.3202 ext.452 or email [a.spangler@outpost.coop](mailto:a.spangler@outpost.coop)

Outpost is a founding member of Local First  
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(you'll)

# SWOON.

THINGS WE LOVE.



## ANCIENT NUTRITION BONE BROTH PROTEIN

ALL BONES ABOUT IT, THIS POWDER IS A POWERHOUSE

You've probably heard about the benefits of bone broth by now—it's loaded with protein and great micro-nutrients, promotes gut health, helps joints and promotes lean muscle mass. It's also time-consuming to make. We confess that we love convenience as much as the next person, so we were tickled to discover all the benefits of broth tucked handily into this easy to use powder. In addition to plain powder there are varieties like chocolate and vanilla so you can kick up your smoothie without it tasting like last night's chicken dinner.

*"The great thing about this is not just the supply of protein, collagen, amino acids and more, but the endless recipe possibilities! From smoothies to soups, and baked treats to main dishes, this powder works in most anything. I enjoy it as part of a light, brothy spring vegetable soup, but when I'm on the go, a "shot" of pure bone broth powder keeps me going." – Ines H.*

## OUTPOST'S OWN CHOCOLATE INDULGENCE BROWNIE

A DESSERT BUILT TO SHARE, BUT WHY WOULD YOU?

There's no polite way to talk about these brownies. They are big, bold, bodacious brownies. They don't apologize for being over the top with their silky, rich, dark chocolate with a walnut crunch flavor, and they don't care if you think they're too loud about it. They want to shove their ultimate brownie-ness in your face and be bawdy about it. They want you to blush when you talk about eating the whole, rich, sexy square even though you intended to share it. They want you to feel just a little naughty. Shhh...it's our secret.

*"I LOVE the Chocolate Indulgence Brownies! Every time I stop at any Outpost, I get a brownie...or two! They are so moist that the chocolate melts in your mouth. Sweet, but not too sweet, each bite offers a dark, rich chocolate flavor with a dash of coffee." – Eloise W.*



## COCOKIND ORGANIC SKINCARE

COCONUT IS THE NEW SIMPLE

Life is complicated. Your skin regime shouldn't be. That's why we've fallen in love, hard, with Cocokind. From their short ingredient lists and light natural scents, they are a joy to use and leave our skin velvety soft and blemish-free. Bonus, each luscious product is fair trade and organic.

*"I love Cocokind products because they contain no chemicals, parabens, or added fragrance and every item contains only five ingredients or less! Simple, clean, and straightforward, I personally love the organic rosewater toner—it's the perfect mid-day refresher!" – Karlie S.*



## CENTRAL GREENS LIVING ORGANIC BASIL

NO GREEN THUMB  
REQUIRED

If you're like us, your refrigerator drawer is littered with half-used containers of fresh herbs that are now dried up and sad. Sure, you needed just a few leaves of fresh basil for that fancy new Thai dish, but the rest of those fragrant leaves languish, forgotten in the dark recesses of your overstuffed fridge. Well, Central Greens is here to change all that with their living springs of green happiness, er, basil. Freshly picked basil ensures a livelier flavor and more zest. Red sauces will rejoice and curries will sing with the addition of these fragrant leaves. This little "plant in a cup" is so easy to care for—just pop it on your kitchen counter and keep a little water in the container. It will cheerfully greet you every day and have you experimenting with new ways to use up all its deliciousness.

## EPIC BERKSHIRE PORK FAT AND GRANDMA THOUGHT SHE'D TAKE HER PIE SECRET TO THE GRAVE

Have you been wondering what the secret to flaky pastry crust is? Or maybe you're disheartened because your breakfast potatoes have lost their snappy crispness? Wonder no more, fearless cook, it's lard to the rescue! Yes, lard in all its supple fattiness and subtle savory goodness. To enjoy crispy nirvana, crank the heat up, for lard is stable at higher temperatures. Fold it into any pie or biscuit dough for ultimate flakiness. Perfect for you Paleo aficionados, this lard will become your new go to cooking oil. Fun fact: lard is loaded with Vitamin D, but only pastured animal fat, like Epic's Pork Fat, contains this important nutrient, so praise the lard and pass the biscuits!



## BOB'S RED MILL 1 TO 1 FLOUR

MORE CONVENIENT THAN A 24-HOUR DONUT SHOP AND TWICE AS DELICIOUS

Can we be blunt? Sometimes it really sucks to go gluten-free. All of your favorite breaded or baked goods suddenly become off limits and dang, you miss them something fierce. And while you can spend a load of cash and time creating a custom flour blend that comes close the flavor and texture of your favorite cookie, it's a lot of work and the results, sometimes, are just so-so. Imagine our delight when we discovered this excellent gluten-free flour from Bob's Red Mill! Say farewell to complicated substitution formulas, it really works just like the package says, 1 to 1. The taste is neutral, no bean-y flavor, and the texture is light and dare we say, wheat-like. Made from simple ingredients like rice flours, potato starch, sorghum flour, tapioca flour and xanthan gum, it is all-natural and preservative free. In fact, in some recipes we've tested, we like this flour better than its wheat-filled counterparts!



## CEDAR TEETH PIZZA

YOU KNOW IT'S A BUST IF IT AIN'T GOT THAT CRUST!

Start with an aged sourdough rectangle and dust it with rosemary. Okay, we know there's more to it than that but seriously, how do the good folks at Cedar Teeth craft perfect, crispy-light crusts for their incomparable veggie and vegan pizzas? From the Large Marge to Smashed Potato Pie, each Bay View made, gourmet 'za sings with flavor. So, fire up your oven to 420 degrees and prepare to be amazed.

*"I love going to Outpost for pretty much everything, but I always grab at least one Cedar Teeth pizza when I'm there. My favorite is The Psycho Kaler, but they're all delicious. Locally made with top quality ingredients, I feel confident feeding them to myself and my family!"* – Cara W.



# SPRING.

*(two ways)*

## COTTAGE CHEESE

### SAVORY COTTAGE CHEESE PANCAKES *with* INDIAN SPICES

MAKES ABOUT 16–18 PANCAKES

*These delicious savory pancakes taste wonderful with a simple dollop of plain yogurt. Or try raita for a little more variety. They will freeze for up to two months. Reheat in a microwave or in a slow oven. Find garam masala in bulk spices.*

2 cups cauliflower florets	1 cup whole-wheat flour
1 cup cottage cheese, drained	1 teaspoon baking powder
$\frac{3}{4}$ cup milk	$\frac{1}{2}$ – $\frac{3}{4}$ teaspoon salt (or to taste)
2 eggs separated, plus one additional egg white, room temperature	2 teaspoons garam masala
1 tablespoon flaxseeds, soaked in 3 tablespoons water for 5 minutes	1 tablespoon cumin seeds
	1 cup carrot, grated
	2 tablespoons chives, chopped
	Butter or oil for cooking

1. Steam the cauliflower for five minutes to soften. Chop fine and set aside.
2. In a medium bowl, whisk together cottage cheese, milk, egg yolks, and flaxseeds with soaking water. In another bowl, whisk together flour, baking powder, salt, and garam masala. Stir in the cumin seeds.
3. Combine wet and dry ingredients and whisk together. Add cauliflower, carrot, and chives.
4. Using a hand mixer, beat the egg whites to stiff, slightly wet peaks. Gently fold into the batter.
5. Heat a griddle or large skillet over medium-high heat. Brush with butter or oil. Use a  $\frac{1}{4}$  measuring cup or ladle and drop 3–4 tablespoons of batter per pancake onto the heated griddle. Cook 4–5 minutes until they are brown on the edges and bubbles break through. Carefully flip them and cook an additional 1–2 minutes until browned. Serve hot.



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







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



## CHEESE BLINTZES *with* BERRY SAUCE

SERVES 8

*A classic recipe with a twist—we substituted cottage cheese for ricotta for a creamy, cheesy center. We chose to use a prepared berry fruit spread for on top. It's economical and handy. Or you could make your own berry sauce. Sprinkle a little powdered sugar on top if you wish. Or try cinnamon!*

### Batter:

1 cup all-purpose flour  
1 tablespoon sugar  
 $\frac{1}{8}$  teaspoon salt  
3 eggs  
1 cup milk  
1 tablespoon butter, melted  
and cooled

### Filling:

4 ounces cream cheese  
1 cup cottage cheese,  
drained  
 $\frac{1}{4}$  cup plain Greek-style  
yogurt  
 $\frac{1}{4}$  cup powdered sugar  
Zest from one lemon

### Toppings:

1 cup Field Day Organic Mixed Berry Spread  
2 tablespoons water

1. Make the blintz batter first. In a medium bowl combine the flour, sugar, and salt. Next, add the eggs, milk, and melted butter. Whisk until smooth with no lumps remaining. Set the batter in the refrigerator for an hour to let it rest and allow for the gluten to relax.
2. While the batter is resting, make the filling by whisking together the cream cheese, cottage cheese, yogurt, powdered sugar, and lemon zest.
3. In a saucepan, add the fruit spread and mix with water. Heat through over medium heat.
4. To make the blintzes, lightly coat a 9-inch non-stick skillet with butter over medium-high heat. Pour  $\frac{1}{4}$  cup of batter in the center of the pan to coat the bottom. Swirl the batter to the edges to coat evenly. After about 1 minute, the edges will begin to curl. This means the blintz is done. There is no need to flip it. Using a rubber spatula, lift the blintz out of the pan onto a sheet of parchment to cool. Alternate parchment with each blintz to keep them from sticking to each other.
5. Spread a spoonful of the cheese mixture toward the bottom of each blintz. Fold the bottom over the cheese, and then fold in each side. Then roll the blintz with the fold on the bottom. In the nonstick skillet, add about a tablespoon of butter and cook each blintz on medium-high heat for 1–2 more minutes per side.
6. Serve with the berry mixture drizzled over the top, sprinkled with powdered sugar.

*Recipe adapted from What Jew Wanna Eat*

# (our) TABLE OF FAIR TRADE

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 VARIETY IS THE SPICE OF LIFE

**Wi** WINE

**ORIGIN** . ARGENTINA, CHILI, SOUTH AFRICA

**So** SOAP

**ORIGIN** . AFRICA, NORTH AMERICA, EUROPE

**W**E ALL WANT TO FEEL GOOD ABOUT OUR FOOD CHOICES, AND BUYING PRODUCE FROM A LOCAL FARMER MAKES IT EASY. BUT WHAT ABOUT FOOD THAT COMES FROM AFAR? IN SOME COMMUNITIES AROUND THE WORLD, IMPOVERISHED WORKERS ARE PAID LOW WAGES WHILE THEIR LAND IS DEPLETED BY INDUSTRIAL AGRICULTURE. LUCKILY, THE FAIR TRADE CERTIFIED LABEL CAN HELP US STEER CLEAR OF FOODS GROWN UNDER SUCH CONDITIONS.

**Sb** SHEA BUTTER

**ORIGIN** . AFRICA, NORTH AMERICA, EUROPE

**Te** TEA

**ORIGIN** . ASIA, PRIMARILY INDIA, SRI LANKA

**Ri** RICE

**ORIGIN** . ASIA, PRIMARILY THAILAND

**Ca** COCOA

**ORIGIN** . AFRICA, SOUTH AMERICA

**Gi** GIFT

**ORIGIN** . AFRICA, ASIA, SOUTH AMERICA, INDONESIA

**Ba** BANANAS

**ORIGIN** . SOUTH AMERICA, CENTRAL AMERICA

**Su** SUGAR

**ORIGIN** . SOUTH AMERICA, CARIBBEAN CENTRAL AMERICA, AFRICA, ASIA

**Cf** COFFEE

**ORIGIN** . AFRICA, THE AMERICAS, INDONESIA, PRIMARILY INDONESIA & MALAYSIA

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

When a product sports a Fair Trade Certified label, it means producers were paid wages that allow them to support their families and contribute to the betterment of their communities. Fair Trade farmers deal one-on-one with importers (rather than middlemen), and Fair Trade encourages democratic decision-making, transparency, gender equity, and independence.

By choosing Fair Trade, we can support the environment, too. Since Fair Trade supports small-scale farmers, it encourages biodiversity (think shade-grown coffee and cocoa, which protect wildlife habitats) and sustainable practices like organic farming. There's no need to sacrifice quality with Fair Trade either; one emphasis of Fair Trade is supporting farmers in improving the quality of their crops.

## Co COCONUT OIL



ORIGIN . ASIA, PRIMARILY PHILIPPINES

Fair Trade Certification is not yet available for every kind of food, but it's a growing trend; you'll spot the label on coffees, teas, spices, chocolates, sugar, vanilla, fruits, wines and other foods. Fair Trade Certified non-food items like clothing and accessories, bodycare items and home and garden products are also available.

On your next trip to the co-op, try looking for the Fair Trade Certified versions of your favorite products—and feel great about helping to improve the lives of farmers and conserve the environment.

*Reprinted by permission from StrongerTogether.coop. Find more recipes and information about your food and where it comes from at: [www.strongertogether.coop](http://www.strongertogether.coop).*

## Pa PALM OIL



ORIGIN . AFRICA, THE AMERICAS, INDONESIA, PRIMARILY INDONESIA & MALAYSIA

## (a) RECIPE



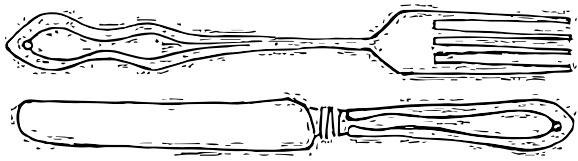
### VANILLA JASMINE RICE PUDDING

SERVES 4–6

*Celebrate World Fair Trade Day on Saturday, May 13th with this simple recipe that features an array of Fair Trade and local ingredients. The jasmine green tea adds a soft, flowery bitterness that perfectly offsets the creamy, sweet vanilla notes of this soul-satisfying treat.*

- 1½ cups water
- ¾ cup Fair Trade jasmine rice
- ¼ teaspoon salt
- 3 cups local whole milk
- 3 bags of Fair Trade jasmine green tea
- 1 cup local half & half
- ½ cup Fair Trade sugar
- 2 teaspoons vanilla extract

1. Rinse rice and drain well. Then bring 1½ cups water, rice, and salt to simmer in heavy large saucepan over medium-high heat. Reduce heat to low; cover. Simmer until water is absorbed, about 10 minutes.
2. In the meantime, pour the milk into a small saucepan. Submerge the teabags in the milk, keeping the paper tags out of the liquid and away from the stove burner. Bring to a simmer, then remove from the heat and let sit uncovered until the rice is cooked (about 10 minutes.)
3. Add tea-infused milk, half & half, sugar, and vanilla to the rice. Increase heat to medium; cook uncovered until rice is tender and mixture thickens slightly to a soft, creamy texture, stirring occasionally, about 35 minutes.
4. Remove pudding from heat and divide evenly among small bowls. Serve warm or press plastic wrap directly onto surface of each pudding and chill thoroughly.



HANGING OUT  
WITH KATHY  
PAPINEAU.

# HOME COOK.

by MARGARET MITTELSTADT  
*photos by CARA BERKEN*



**I** POOR MAVIS. SHE HAD DIFFERENT THOUGHTS OF MOOCHING OFF OF MOM AND PLYING HEAD BUTTS FOR EAR SCRATCHES FROM THESE EXCITING NEW INTERLOPERS IN 'HER' KITCHEN, BUT INSTEAD THE 3-YEAR-OLD ENGLISH SHEEPDOG WAS BANISHED TO THE FRONT SEAT OF THE CAR FOR THE REMAINDER OF THE MORNING. KATHY PAPINEAU, HER "MOM," IS THE CULPRIT BEHIND THE SPIRITED DOG'S EXILE. THERE WAS ONLY SO MUCH ROOM IN THE SPAN OF A 90-MINUTE HOME COOK PHOTOSHOOT. LISTEN POOCH, IT'S BUSINESS BEFORE PLEASURE TODAY!

Back inside, morning sunshine beams thermals of warm air scented with baking cheese and simmering zucchini across Kathy's Riverwest home. She has a head start on the recipes. A hodgepodge of ingredients in various stages of readiness is spread across the countertop, stove and work table in seeming disarray—much like paints and brushes in an artist's studio—all within arms reach, poised with potential and charged with color. The execution of each recipe is brilliant. Simple. Intuitive. Culinary spontaneity and speed becomes an effortless practice as you watch her sculpt each dish. "Typical Kathy speed," she exclaims 40 minutes and four recipes later into the photoshoot. "I hope you don't mind being done early."

Local food love and cooking course equally through Kathy's veins. She works her home kitchen like a pro. Part of that originates from her teenage years in her Mom's kitchen and part because she is a professional chef by trade. Her business, MKE Localicious, a local-source catering business, operates out of MKE Kitchen, a 1,100 square feet community-kitchen that she operates in Riverwest. In addition to this, Kathy also is chef and proprietor for Soup In A Jar, a sustainably produced soup delivery service. During the summer, look for her truck at farmers markets.

While the spiralized zucchini noodles are sautéing on the front

burner, music riffs from 88.9 Radio Milwaukee hum in subdued, subtle tones that weave in and out of earshot. WebsterX and Rag'n'Bone Man help to paint the morning's audio canvas—a mélange of vivid hues, a perfect compliment to the fete at hand.

Kathy uses coconut oil as one of her preferred cooking fats, especially for chicken. "Coconut oil helps crisp the chicken. And it tastes really nice." The sweetness of the coconut brings out the flavor of the chicken. Simply sautéing boneless skinless chicken thighs in a tablespoon of coconut oil over medium heat for 5–7 minutes on each side, lightly seasoned with salt and pepper, creates a lovely portion in minutes. Eat it as is, or incorporate it with something else.

You have to run to keep up with Kathy. She actually doesn't cook much at home. Between her businesses and community outreach, there's not much time. Being a champion of local means giving back to local organizations like Victory Garden Initiative, Urban Ecology Center and We Grow Greens. These venues allow Kathy a stage from which she teaches a variety of cooking workshops. If more people learn to cook, the healthier we can all be in the long run. One of her favorite workshops she gives? "Making baked chicken into a million different things."

*(recipes following)*

*A few thoughts on:*

### **SPIRALIZED ZUCCHINI NOODLES**

Zucchini noodles offer a healthier alternative to pasta. Save time by making a bunch in advance and freezing them. Store in freezer bags. "I brought my spiralizer to the market. It was my way to get people to buy zucchinis."

### **FINGERLING POTATOES**

Fingerling potatoes are versatile and cook up quickly. "The little potatoes have different flavors. The purple potato tastes differently from the others, don't you think?" Plus, using smaller potatoes can help in portion sizes, "Who wants that whole potato?"

### **FAVORITE MEAL AS A KID**

Pork chops and sauerkraut.

### **NUMBER OF MASON JARS SHE HAS PURCHASED AND USED IN HER LIFETIME**

"5,000, I think," she says laughing.



## **STUFFED SHELLS**

**MAKES 4-6 SERVINGS**

*These ruby-red shells make a lovely appetizer or vegetarian entrée. Either way, the flavor is wonderful and will make a beet connoisseur out of the most finicky eater.*

- 1 recipe Beetin' Goat Spread
- 8 ounces jumbo pasta shells
- 1 tablespoon olive oil
- 4-6 leaves fresh basil, torn into pieces
- Cherve-style goat cheese for garnish

1. Prepare pasta shells according to package directions. Remove from water and let cool.
2. Preheat oven to 350 degrees. Spread the olive oil in a small baking dish.
3. Using a spoon, scoop about 2 tablespoons of the beet spread and fill each shell. Add shells to the baking dish, filled side facing up. Bake for 20 minutes.
4. Remove from oven, dollop with goat cheese and basil. Serve warm.

## **BEETIN' GOAT SPREAD**

**MAKES ABOUT 2¼ CUPS**

*Take the fabulous flavors of a traditional beet and goat cheese salad and convert it to a versatile spread that can be used in empanadas, on crackers, as a pizza topping, paired with eggs—or straight up on a spoon! It can be stored in the refrigerator for about a week or you can freeze it for up to 3 months.*

- 2 small beets, roasted, peeled and shredded
- 1 tablespoon olive oil
- ½ cup goat cheese
- ½ cup shredded Mozzarella cheese
- ¼ cup shredded Parmesan cheese
- 1 small clove garlic, crushed
- Dash of salt to taste

1. Preheat oven to 375 degrees.
2. Coat beets lightly with olive oil. Wrap each in aluminum foil. Place on a baking sheet and roast in the oven until tender, about 45–60 minutes. Test with a fork for doneness.
3. Remove from oven, unwrap and let cool. Using a vegetable peeler or paring knife, peel off the outer skin.
4. Grate beets using a box grater on the largest, or coarsest, grating surface.
5. Mix shredded beets and all other ingredients together in a bowl. If the mixture seems a little dry, add a little bit of olive oil.
6. Store in an airtight container in the refrigerator until use.

### **FIND OUT MORE ABOUT KATHY!**

[MKE-KITCHEN.COM](http://MKE-KITCHEN.COM)

[MKELOCALICIOUS.COM](http://MKELOCALICIOUS.COM)

[WWW.FACEBOOK.COM/SOUPINAJAR](http://WWW.FACEBOOK.COM/SOUPINAJAR)



## **SPIRALIZED ZUCCHINI PARMESAN SOUP**

**SERVES 4**

*Soon, these ubiquitous vegetables will be popping up all over the place—get ready! This simple, super fast recipe takes advantage of nature's bounty and zucchini's unique ability to mimic pasta—all without the carbs.*

2 pounds zucchini, spiralized into noodles, divided  
1 cup water  
1-2 cloves garlic, crushed  
3 tablespoons coconut oil  
1/3 cup grated Parmesan cheese  
Salt to taste

1. Place about 1/2 of the zucchini noodles and the water in a blender and purée. Set aside.
2. Melt the coconut oil in a large stockpot over medium heat. Add the rest of the noodles and simply sauté until soft, about 3–5 minutes.
3. Add the zucchini purée and Parmesan cheese. Salt to taste.

## **CHEESY PORTOBELLO CAPS *with* TOMATOES**

**SERVES 4**

*Serve with your favorite grain or couscous side dish so you can drizzle the delicious mushroom juices you'll have after baking the Portobello mushrooms.*

4 large Portobello caps  
2 tablespoons olive oil  
1 large garlic clove, crushed  
1/4 cup fresh basil, sliced in thin strips  
1 cup mozzarella, shredded  
1/2 cup grape or cherry tomatoes, sliced lengthwise

1. Preheat oven to 375 degrees.
2. Remove the mushroom stems. Using a small spoon, scoop out the gills.
3. Onto each cap, spread approximately 1/2 tablespoon olive oil, 1/4 of the garlic, and 1/2 tablespoon of fresh basil. Top with mozzarella and tomatoe halves.
4. Bake for about 15 minutes or until the cheese starts to brown and the mushroom caps release their juices.



Visit [www.outpost.coop/graze](http://www.outpost.coop/graze) for more of Kathy's recipes.

## **FINGERLING TWICE BAKED POTATOES**

*The perfect recipe "for those who love to putz." But the flavor is worth all the effort. And, because bacon.*

## **SPIRALIZED ZUCCHINI PARMESAN SAUTÉ**

*If you are looking for a no-brainer side dish, look no further. This sauté is about as easy as tying your shoes. Don't be fooled, this simple recipe yields wonderful flavors.*

## **SIMPLE MEDITERRANEAN-STYLE QUINOA**

*Quinoa is easy to make and a great grain-free substitute for couscous. The simple ingredients add loads of flavor to this satisfying side dish. Try it paired with your favorite chicken or alongside a hearty vegetarian entrée.*

# CEDAR GROVE CHEESE

EDIBLE ECOLOGY



story & photos by JOE LAEDTKE





**I**T WOULD MAKE SENSE THAT IN A 130-YEAR-OLD CHEESE FACTORY FOLLOWING TRADITIONAL RECIPES THAT MILEY CYRUS WOULD BE PLAYING IN THE MAKE ROOM. TALENTED CHEESEMAKERS MOVED FROM TANK TO TANK, LIFTING BLOCKS OF CHEESE, SHOVELING BUCKETS OF CURDS, THE AIR IN THE ROOM HUMID AND SATURATED WITH THE UNMISTAKABLE BUTTERY SMELL OF FRESH MILK.

Hard work, this cheese making. Blocks weighing fifty pounds, tanks filled with up to 22,000 pounds of milk at a time, heat, cold, wet, salt, on-your-feet from sun up to sundown, this is not for the faint of heart. There's a passion burning in the hearts of the cheesemakers who stick around, a passion owner Bob Wills has followed since he took the string-cheese reigns of the factory in 1989.

Wills outlined a brief history of the factory, "Cedar Grove was started in 1878 by Lemiel Cooper...he owned the farm that it was on. It was the first cheese factory in that area of the state and he brought in a Swiss cheese maker from Ft. Atkinson. I think he kept the factory until around 1900. At some point some of his family moved to the Wausau area. I think it may not have been called Cedar Grove until around 1900. For a while during the mid century it was also known as Nachreiner

Cheese and Nachreiner and Hetzel Cheese, but I think it was primarily referred to as Cedar Grove Cheese after the trees that had been in that location."

The serene beauty of the location isn't lost today—even on a gloomy midwinter afternoon, the gracefully rising hills, meandering streams and plentiful fauna are a pastoral Wisconsin postcard. Wills posits that the legacy of the eponymous Cedar Grove persisted, not unlike the remains of the storied Good Oak only a few miles away. "When we expanded the factory and dug into the parking lot, we still found stumps."

The Aldo Leopold parallels grow deeper than tree roots: Cedar Grove keeps alive a tradition of ethical, sustainable production that would surely make the Sand County Almanac author take heart. When Wills moved into the house across the street from the factory, one particular cheese byproduct caused him some concern, "Initially living in the house across from the factory was an impetus to operating a clean business. The Living Machine replaced an open absorption pond that could get pretty ripe on a warm day with the wind from the wrong direction."

That Living Machine is nothing short of a green miracle: plants, and lots of them—in massive water vessels—filter, clean, and purify the wastewater Cedar Grove produces. Many of the plants



are tropical; all are primarily water-dwellers, including Calla Lilies, Canna, Giant Taro, and Papyrus. Native Wisconsin water plants are included in the colonies: these photosynthetic water treatment plants help sequester nutrients from the water, neutralize by-products and cleaning agents, and support a host of microorganisms in their root structures. According to Wills, the Living Machine was the logical progression from a conversation he had with folks from Edgewood College who were researching algae. The system was completed in 2000 by Dr. John Todd of Living Technologies. Employed around the world in varying scales, Living Machines transform wastewater at industrial facilities, universities, and nature preserves.

Wills' commitment to the environment filters through every aspect of Cedar Grove: whey left behind after curds have been pressed is trucked off-site, dried, and re-used in various industries. Organic whey powder from Cedar Grove's organic cheeses is re-packaged and sold at the factory's own store. Cedar Grove historically participated in many Sauk County Earth Day events, and Wills is an avid supporter of River Cleanups in Milwaukee, as well as having worked with Gaylord Nelson in Washington D.C.

With so much focus on environmental impact, sustainable sourcing of quality milk, and natural stewardship, one might think the cheese itself may fade into the background—nothing could be further from the truth. Donatello, Weird Sisters, and traditional Feta all placed in the top three at the American Cheese Society's awards in 2014, 2015, and 2016, as well as garnering Second Award at the 2016 World Champion Cheese Contest.

It is the soil, the grass, the air, and the water that combine for the perfect storm of beautiful milk in Wisconsin. The purity of the land, the value of tradition, and the passion for flavor all drive our cheese makers—they carry a torch of our ancestors, and without a doubt believe in the future of our land and our state. Cedar Grove lifts that torch high, stokes the fire and lights a path, showing that care and concern for our planet and impeccably high standards for product aren't just compatible, but compulsory. Savor a slice of organic cheddar, and know that a tradition of being one with the land means just as much in 2017 as it did in 1878.

# OUTPOST'S

photos by CARA BERKEN ..... (secret recipe)

## BIRDY BARS

MAKES 18 LARGE BARS  
GLUTEN-FREE & VEGETARIAN

**W**E HAVE NO IDEA WHERE THE NAME OF THIS POPULAR BAR ORIGINATED OR HOW LONG WE'VE BEEN MAKING IT FOR OUR STORES, BUT BIRDY BARS HAVE BECOME ONE OF OUR MOST ICONIC RECIPES. TIMELESS, THEY REMAIN APPEALING TO OLD SCHOOL NATURAL FOODS DIEHARDS WHILE STILL BEING FRESH AND FUN FOR FIRST-TIMERS TO TRY.

This recipe is easy to make and loaded with healthy fiber and vegetable oils from all the seeds and nuts. Perfect as a breakfast bar, a mid-afternoon snack, or an energy boost during a long hike, they are chewy, just sweet enough, and rib-sticking good. They freeze well. Just be sure to wrap tightly before chilling.

*Note—This recipe is adapted for the home cook and won't make as thick of bar as you'll find in our stores.*

- ¾ cup organic smooth peanut butter, no salt added
- 1 cup Kallas Pure Honey
- 2½ cups sesame seeds
- 1¾ cup roasted salted sunflower seeds
- ½ cup dried cranberries
- ½ cup diced or sliced almonds
- ½ cup roasted salted pumpkin seeds
- 1 cup unsweetened shredded coconut
- ½ teaspoon salt

Special equipment—8x12 or 9x14 baking pan

1. Preheat oven to 350 degrees. Spray pan with cooking oil spray and set aside.
2. In a large bowl thoroughly mix peanut butter and honey.
3. Add remaining ingredients to honey-peanut butter mixture and fold ingredients until everything sticks together.
4. Use a spatula to press batter smoothly and evenly into prepared pan.
5. Bake for 15-18 minutes, or until golden brown. Cool and chill before cutting.



# TACOS



# TACO TRUCK FAVORITES

**D**ITCH THE GROUND BEEF AND TAKE TO THE STREETS WITH THESE SIMPLE, TASTY TACO TRUCK INSPIRED RECIPES. THEY'RE EASY TO CUSTOMIZE, SCALE UP FOR A CROWD, AND WORK WHETHER YOU'RE FIRING UP THE GRILL ON THAT FIRST WARM SPRING DAY, OR FIND YOURSELF INSIDE WONDERING IF SUMMER WILL EVER ARRIVE. ALL YOU NEED TO ADD IS SOME LIVELY MUSIC, A FRUITY PUNCH, AND BUCKET OF CHILLED CERVEZA TO KEEP YOUR PARTY ROLLING!

TACO TRUCK SALSA WITH CHIPS  
ESCABECHE STYLE QUICK PICKLES  
MIKEY'S CALIFORNIA FISH  
TACOS WITH TANGY CABBAGE  
SLAW & CHIPOTLE AIOLI  
LENTIL & BULGUR CRISPY TACOS  
STEAK & CHARRED CORN TACOS  
WITH GOAT CHEESE CREMA  
MEXICAN CHOCOLATE BANANA  
UPSIDE DOWN CAKE

### TACO TRUCK SALSA MAKES 4 CUPS

*Any casual Mexican joint worth their cerveza has a spot-on, signature salsa to serve alongside their complementary tortilla chips. This can be yours. It's a snap to make and incredibly tasty. You can easily customize it to your taste and heat preference, keeping in mind that chipotle chiles can be rather hot, so start with less and increase the heat little by little until it's just hot enough. Don't omit them entirely though—they add a great smokiness.*

- 1 cup diced white onion
- Juice of 1 lime
- 2, 14-ounce cans fire-roasted tomatoes, drained
- 3 cloves garlic, peeled
- Canned chipotle chiles, to taste
- 1, 4-ounce can diced green chiles
- 1 bunch fresh cilantro
- ½ to 1 whole jalapeño, stem removed and seeded, to taste
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1 teaspoon sugar
- ¼ teaspoon freshly ground black pepper

1. Put diced white onion in a small bowl and toss with the juice of one freshly squeezed lime. Marinate for 15-30 minutes. This helps to take the 'heat' out of the onion and makes for a smoother tasting salsa.
2. Add all ingredients into the bowl of a food processor or blender, including onions with lime juice, and pulse together in a food processor or blender until smooth, or to your desired consistency. Taste and adjust seasoning, including chipotle and additional salt and pepper if needed.
3. Serve immediately, or refrigerate in a sealed container for up to 3 days.

### ECABECHE STYLE QUICK PICKLES MAKES 1 QUART

*You will crave these deceptively easy and incredibly tasty 'quickles'—they're crunchy with just the right amount of zing. We love them alongside guacamole, on top of any taco and tucked into most any sandwich. Don't be alarmed if you notice the garlic turning blue in the pickling liquid—this is a harmless enzymatic reaction. You can toss the garlic after they've steeped if it bothers you.*

- ½ medium cauliflower, florets cut into small, bite-sized pieces
- 2 medium carrots, cut on a sharp diagonal into ¼-inch thin rounds
- 1 small white or yellow onion, sliced into very thin rounds
- 2 medium jalapeños, sliced into thin rounds
- 6 garlic cloves, quartered
- 1 cup plain white vinegar or apple cider vinegar
- 1 cup water
- 1 tablespoon salt
- 1½ tablespoons sugar
- 1 bay leaf
- 1 teaspoon oregano
- Freshly ground black pepper to taste

1. Pack the cauliflower, carrots, onion, jalapeños and garlic into a quart-sized wide-mouth mason jar. Place the jar in the sink, since you'll be pouring hot liquid into it soon.
2. In a medium saucepan, combine the vinegar, water, salt, sugar, bay leaf, oregano, and a generous amount of freshly ground black pepper. Bring the mixture to a simmer over high heat, then carefully pour the hot vinegar mixture into the jar. You should have enough to completely submerge the vegetables (and maybe a little extra). Tuck the bay leaf into the side of the jar.
3. Let the pickles cool to room temperature (about 1½ hours) before gently tapping the jar to remove air bubbles. The pickles should be pretty well pickled and ready to consume at this point. If you're not eating them right away, securely fasten the lid and refrigerate for up to a month.



## **MIKEY'S CALIFORNIA FISH TACOS** *with* **TANGY SLAW & CHIPOTLE AIOLI** **SERVES 6**

*Sometimes the greatest recipes just drop in our lap, and this is one of those times. Our friend Mikey lives among the redwoods in California's wine country and hands down, makes one of the best tacos we've every tasted. Even if you've never fried a single thing, these are easy and foolproof to make. Plus they heat up well—just gently reheat the fish on a sheet pan in a 250 degree oven until they're warmed through. PS—The aioli is great on so many things besides tacos! (These can easily be made gluten-free by substituting gluten-free panko and flour.)*

- ½ head red cabbage, shredded or chopped thin
- 3 tablespoons minced red onion
- ½ cup fresh, chopped cilantro
- 3 tablespoons cider vinegar
- 1½ teaspoons vegetable oil
- ½ teaspoon salt
- ¾ cup good quality mayonnaise
- ¼ cup plain Greek yogurt
- Juice of 1 lime
- 2-3 chipotle chilis in adobo sauce (canned), roughly chopped, plus 1-2 teaspoons adobo sauce, or to taste
- 1 large garlic clove, chopped
- 1 cup all purpose flour
- 2 tablespoons corn starch
- 1 teaspoon salt
- 1 teaspoon garlic powder
- ¼ teaspoon cayenne
- 1 cup beer
- Panko bread crumbs
- 1½ pounds skinless cod, cut across grain into 1 x 4-inch strips
- Vegetable oil, for frying
- 12, 6-inch soft corn tortillas
- Avocado slices and lime wedges, for serving



1. Toss the cabbage, red onion, cilantro, vinegar, oil, and salt together in a medium bowl. Mix well and set aside.
2. Combine the mayonnaise, Greek yogurt, lime juice, chipotle chiles with adobo sauce, and garlic in a blender or mini food processor and blend until smooth. Set aside.
3. To make the batter mix flour, corn starch, salt, garlic powder, and cayenne together in a medium bowl. Gradually add the beer, whisking until the batter is smooth with no lumps. Set aside.
4. Put panko crumbs in a shallow dish. Add fish pieces to batter and coat, letting excess batter run off. Put fish into panko and roll until well coated. Set on wire rack over sheet pan. This is important—air dry in refrigerator for about 1-2 hours as this will ensure the batter adheres to the fish and cooks up extra crisp. This is a good time to drink your leftover beer!
3. In a medium skillet, over medium heat, add enough oil to reach a depth of ½-inch. Heat the oil until a deep-fry thermometer registers 350 degrees, or when the end of a wooden spoon sizzles when dipped into the oil.
4. Working in batches so as not to crowd the pan, fry the fish in the hot oil until golden brown and cooked through, about 2 minutes per side. Transfer to a plate lined with paper towels to drain.
5. Smear each tortilla with a generous amount of the chipotle sauce, then top with the cabbage slaw. Lay one piece of fish inside each tortilla and serve with an avocado slice or two. Add a squeeze of fresh lime and you're good to go!

## STEAK & CHARRED CORN TACOS *with* GOAT CHEESE CREMA

SERVES 6-8

- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 tablespoon smoked paprika
- ½ teaspoon pepper
- ½ teaspoon salt
- ¼ cup freshly squeezed lime juice
- ¼ cup olive oil
- 12 ounces steak (flank, skirt, or sirloin work well)
- ½ cup frozen corn, thawed
- ½ teaspoon smoked paprika
- 6-8 small flour tortillas
- Mixed salad greens—like a mesclun mix
- 1 avocado, sliced
- Cilantro & lime for garnish

1. Combine the onion powder, garlic powder, smoked paprika, pepper, salt, lime juice, and olive oil in a plastic bag. Mix well. Add the steak, coating it completely, and let marinate in the refrigerator for at least 2 hours.
2. Remove the steak from the refrigerator 1 hour prior to cooking, but leave it in the marinade.
3. Grill or sauté steak to your liking. We typically heat a deep, cast iron skillet over high heat and cook the steak until browned on one side, about 8 minutes, then flipping it only once, cook for an additional 6 minutes or so being careful not to over caramelize the meat. Let it rest 10 minutes before slicing into thin strips.
4. In a dry saucepan, combine the corn and smoked paprika. Cook over medium heat, swirling and flipping kernels for about 5 minutes. The kernels should begin to brown (or blacken). Use caution while cooking since corn can start 'popping' from the heat. When most of the kernels are browned, remove from heat.
5. To assemble tacos. Heat flour tortillas carefully over a stove flame or in heavy pan, then add salad greens, steak, avocado, corn, cilantro, and top with a fresh squeeze of lime. Finish with crema and a sprinkling of cilantro.

### For the Crema:

- 1, 4 ounce package chevré style goat cheese, crumbled
- ½ cup full-fat sour cream or plain yogurt
- 1-3 tablespoons of milk, cream or buttermilk

Using a food processor, process until smooth. If mixture seems too thick to drizzle, add milk, a little at a time, until crema reaches desired consistency.



## SUPER FAST MUSHROOM BROTH

- 1 pound button mushrooms, trimmed
- 3 dried porcini mushrooms
- ½ onion, diced
- 1 small carrot, diced
- 1 small stalk of celery, diced
- 1-2 tablespoons cooking oil
- 6 cups water
- Salt and pepper to taste

1. Heat oil in a stock pan. When oil is hot add onion, carrot and celery. Sauté until softened. Then add button mushrooms and dried porcini, toss to incorporate then add water.
2. Bring to a boil, simmer for about half hour to an hour.
3. Strain, add salt and pepper to taste. You can reserve cooked mushrooms and vegetables for another use.

## LENTIL & BULGUR CRISPY TACOS

SERVES 6

*You could substitute cooked quinoa for bulgur wheat to make this gluten free.*

- 1 tablespoon vegetable oil
- ½ cup finely diced red onion
- 1 tablespoon minced garlic
- ¼ cup salt-free Frontier Taco Seasoning (from bulk herb & spice department)
- ¾ cup dried brown lentils
- 1 teaspoon tomato paste
- ¾ cup prepared salsa
- 2 cups water
- ½ cup bulgur wheat
- ⅔ cup Super Fast Mushroom Broth
- Crisp corn tortillas, chopped lettuce, tomato, avocado, and quick pickles for serving

1. Heat the vegetable oil in a large saucepan over medium heat. Once the oil is hot and shimmering, add diced onion and sauté for 5 minutes until soft.
2. Add the minced garlic, salt-free taco seasoning and dried lentils. Sauté for another 30 seconds, then add 2 cups water.
3. Allow the mixture to come to a boil over medium heat. Boil, uncovered for 10 minutes. Cover the pot, turn the heat down to medium-low, and simmer for an additional 5-15 minutes, or until the lentils are almost tender. The cooking time can vary depending on the variety and freshness of your lentils.
4. Add tomato paste and salsa and continue simmering for about 5 minutes. Taste and add salt and freshly ground pepper to taste.
5. While the lentils are cooking, bring ⅔ cup mushroom broth to a boil over high heat in a small saucepan. Add the bulgur wheat to the pot and turn the heat down to low. Simmer, covered, for 12-15 minutes or until tender. Transfer the cooked bulgur into the cooked lentil mixture; stir well to combine. Taste and adjust seasoning as needed.





## MEXICAN CHOCOLATE BANANA UPSIDE DOWN CAKE

SERVES 12

*We are pretty much in love with chocolate and banana. The addition of cinnamon adds just the right Mexican flare to this simple to make, brownie-like cake. Blooming the cocoa powder by using hot water really helps deepen the fudgy chocolate flavor. You will need a large enough, flat plate or tray to flip the cake onto, so be sure to plan ahead. We love this served with whipped cream or ice cream but it's great on it's own too. Tightly cover and store any leftovers in the fridge.*

- 4 tablespoons unsalted butter
- ¼ cup + 2 tablespoon dark brown sugar, packed
- 2–3 ripe bananas
- 1½ cups cake flour or make your own\*
- ¾ teaspoon baking soda
- ¾ teaspoon salt
- ¾ teaspoon cinnamon
- ½ cup + 2 tablespoons natural cocoa powder\*\*
- ½ cup + 2 tablespoons hot water
- ⅓ cup buttermilk at room temperature
- 1½ teaspoons vanilla extract
- ¼ cups + 2 tablespoons canola oil
- ¾ cup granulated sugar
- ¾ cup dark brown sugar, packed
- 2 large eggs at room temperature

*\*To make cake flour: For 1½ cups of cake flour, measure out 1½ cups of all-purpose flour and remove 3 tablespoons. Add 3 tablespoons of cornstarch and sift several times to be sure it's completely blended.*

1. Preheat the oven to 350 degrees. Lightly grease the sides of a 9-inch square pan.
2. For the topping, melt the butter in a saucepan. Whisk in the brown sugar and cook for a minute until blended. Scrape the mixture into the prepared pan and distribute it evenly across the



- entire bottom of the pan. Slice the bananas about ¼-inch thick and arrange on top of the butter sugar mixture. Set aside.
3. Sift the flour, baking soda, salt, and cinnamon.
4. Whisk together the cocoa powder and hot water until thoroughly blended and smooth.
5. Mix the buttermilk and vanilla extract.
6. Combine the oil, granulated sugar, and brown sugar in a large bowl. The mixture will look like wet sand. Add the eggs and blend well. Whisk in the cocoa mixture. Stir in the dry ingredients in 3 additions, alternating with the buttermilk and beginning and ending with the dry ingredients. Mix just until well blended. Pour into the prepared pan over the bananas and gently tap the bottom of the pan on the work surface a few times to remove any air bubbles.
7. Bake for about 33-35 minutes or until a toothpick tests with a few moist crumbs adhering. Cool 15 minutes. Run a thin bladed knife around the edges. Place a platter over the cake and invert. Cool completely.

*\*\*What is natural cocoa? It's cocoa in its natural state—one that hasn't been Dutched or treated with alkali. Cocoa is Dutch processed to make it more neutral and give it a smoother flavor. Because of its neutrality, it won't react with baking soda's alkalinity. Be sure to look for natural cocoa for this recipe.*

# HAPPY GUT, HAPPY LIFE

by DIANA SCHMIDT  
photos CARA BERKEN

**H**EALTH STARTS FROM THE GUT, AND BELIEVE IT OR NOT, WE NEED BACTERIA TO KEEP US HEALTHY. BUT WE'RE TALKING GOOD BACTERIA; BACTERIA THAT HELPS DIGESTION AND BUILDS A STRONG IMMUNE SYSTEM. SO, IT'S A FINE THING THAT WE HAVE BILLIONS OF GOOD BACTERIA, OR PROBIOTICS, LIVING IN OUR GUT. ALL OF THOSE MAGICAL MICROBES PROTECT OUR BODIES FROM DISEASE AND AID IN DIGESTION. AND LEST YOU THINK IT'S JUST A DIGESTION THING, RECENT RESEARCH FINDS PROBIOTICS AND FERMENTED FOODS EVEN AFFECT OUR MINDS. WHOA!

The not-so-good news is that our modern lives can deplete these important microbes. Things like taking antibiotics and some other medications, a diet too low in fiber, aging, lack of exercise and stress are the main ways our gut suffers, so it's a good idea to eat not only a variety of foods while enacting your favorite stress-reductions tricks, but to also support your gut with a probiotic boost.

Healthy probiotic boosters come in a variety of forms but lacto-fermented vegetables are near the top of the list of probiotics all-stars. Zippy refrigerated vegetables like authentically fermented sauerkraut and ginger carrots are besting their vinegar-cured imposters. We're also seeing a resurgence in kefir, a drinkable yogurt and its delicious nondairy counterparts. But that's not all, kombucha and other fermented nonalcoholic beverages have pushed aside many sugary beverages in our coolers to become the new after work cocktail for savvy wellness seekers.

## FARMHOUSE CULTURE

**GUT SHOT** Give your smoothie a boost of probiotics with ginger Beet Gut Shot. These tangy beverages lean more toward the savory so if you've been known to drink pickle juice right from the jar, you will love these. And we admit, we may have given a Bloody Mary medicinal properties by adding the Classic Caraway Gut Shot to the mix.



## WHITE MOUNTAIN ORGANIC BULGARIAN YOGURT

The original probiotic superfood, this creamy treat features the same traditional old-world methods that have been used for thousands of years, resulting in a Euro-style yogurt with 90 billion probiotics per serving—higher than most brands.



## LIFEWAY

**KEFIR** We've featured this Skokie, Illinois drinkable yogurt since the 80s. Even though they've grown into the largest manufacturer of Kefir in the U.S., they've maintained their quality and taste over the years. Children love it—it's like a healthy milkshake and great alternative to chocolate milk.



## GOODBELLY JUICE

These fruity, juice-based drinks are the sweeter side of probiotics. They also feature a single, unique probiotic strain called *Lactobacillus plantarum* 299v which has a superior ability to survive the stomach's harsh environment in order to set up shop in the intestine.



## TAPUAT KOMBUCHA

We are tickled that Nick and Mary Deviley's artisan 'booch' from Sister Bay has become the official Booch of Outpost. Look for specialty flavors on tap in our cafes, and their full line, bottled, in our refrigerated section.



## OUTPOST BRAND PROBIOTIC QUATTRO

Each capsule features comprehensive blend of four different beneficial bacteria that help digest lactose, protein and regulate bowel motility. Bonus—no refrigeration required!





## CARROT-GINGER DRESSING

MAKES 4 CUPS

*We've kicked up the classic Japanese steak house salad dressing with a zing of lacto-fermented Ginger Zarrots from Zymbiotics. It's great in slaw, on fish, and served with crunchy lettuce.*

- 1 cup oil (olive oil or vegetable oil)
- ¼ cup soy sauce
- 1 tablespoon sugar or honey
- 1 cup Ginger Zarrots
- ¼ cup liquid from Ginger Zarrots (or 1 tablespoon rice wine vinegar plus 2 tablespoon water)
- ½ medium onion, chopped
- Salt and pepper to taste

Combine ingredients in a blender or immersion blender container and process until smooth. Unused dressing will keep up to two weeks in the refrigerator.



## KIMCHI PANCAKES

SERVES 6, AS AN APPETIZER

*Crispy on the outside, fluffy on the inside, crunchy kimchi in every bite, and absolutely delicious, these 'pancakes' make a great appetizer or vegetarian entrée. If you want a fluffy cake, be sure to use seltzer, which adds lift to the batter. Water can be substituted but your pancakes won't be as light. If you like a little more heat, feel free to substitute a spicy green chili for the red pepper. As for the kimchi, we tried a few and ended up loving the flavor of Spirit Creek Kim Chi the best for this recipe, but any kimchi will work.*

- |   |  |  |
|---|--|--|
| 1 cup Bob's Red Mill 1 to 1 Flour (or ⅔ cup AP flour plus ¼ cup rice flour) | ¾ cup cold seltzer, original or lime flavor        | <b>Dipping Sauce</b>                                     |
| 2 tablespoons cornstarch  | 1 egg, lightly beaten                              | 1 tablespoon soy sauce                                   |
| ½ teaspoon onion powder   | 6-8 thinly sliced green onions                     | 1½ teaspoon rice vinegar                                 |
| ½ teaspoon garlic powder  | 1 small red pepper, finely chopped                 | 1 teaspoon water   |
| ½ teaspoon sugar  | ¼ cups toasted sesame seeds, 1 tablespoon reserved | Pinch of sugar   |
| 1 cup tightly packed kimchi—drained, reserve liquid                         | Salt and freshly ground black pepper to taste      | ½ teaspoon toasted sesame seeds or Gomasio by Eden Foods |
| 2 tablespoons kimchi juice  | Vegetable oil for cooking                          |  |

- In a bowl, whisk together flour, cornstarch, onion powder, garlic powder, all but 1 tablespoon of sesame seeds, sugar, salt, and pepper. Add kimchi, kimchi juice, egg, seltzer, half the scallions, and all the red pepper. Combine just until flour is absorbed.
- Preheat skillet or griddle over medium heat. Add 2-3 tablespoons of oil. When the pan is hot, pour batter into pancake pools, spreading batter to even thickness. Sprinkle the pancake with green onion and sesame seeds. Fry for three minutes per side or until lightly brown and crisp. Cut pancakes into triangles and serve with dipping sauce. Can be reheated under the broiler, 1-2 minutes if you make these ahead of time.



## FERMENTED VEGETABLES

WISCONSIN MADE



### ZYMBIOTICS FOX POINT

Jeff Ziebelman's Zauerkraut, Ginger Zarrots, Zimchi and Vegan Zimchi are prebiotic and probiotic ferments. When available, he uses locally sourced vegetables. Jeff is our local pal, so watch for him in the aisles, where you'll find him delivering or sampling his flavorful veggies. Learn more at [zymbioticsllc.com](http://zymbioticsllc.com)



### SPIRIT CREEK FARMS

CORNUCOPIA, WI

Jennifer and Andrew are champions of sustainable farming. All of the vegetables in their Kim Chi, Green Sauerkraut, Red Sauerkraut, and Curtido (Latin-style) are sourced from organic growers in the Upper-Midwest. Check out their solar-powered farm at [spiritcreekfarm.com](http://spiritcreekfarm.com)

# TWISTED PATH DISTILLERY

SEED SOWN, PURE SPIRITS GROWN



••••• || ••••• | story & photos by JOE LAEDTKE



"THERE WEREN'T ANY TINY TAPE RECORDERS INVOLVED, AND FAR LESS KUNG-FU THAN HOLLYWOOD WOULD HAVE YOU BELIEVE."

**B**RIAN SAMMONS REFLECTS ABOUT HIS OWN TWISTED PATH, ONCE A SPY, ONCE AN ATTORNEY, NOW CRAFT DISTILLER. THE HIGH STAKES WORLD OF ESPIONAGE AND COUNTER INTELLIGENCE GIVES WAY TO ORGANIC GRAINS AND COLUMN STILLS, AND SAMMONS WOULDN'T HAVE IT ANY OTHER WAY. HE SHARES HIS PASSION FOR SPIRITS THROUGH HIS DISTILLERY, TOYING WITH OLD RECIPES IN NEW WAYS, USING HERITAGE GRAINS IN HERITAGE LIBATIONS. "WE HAD AN OPPORTUNITY TO USE BLUE HOPI CORN, AND I THOUGHT, WHY NOT MAKE BOURBON?"

Tucked neatly inside the Lincoln Warehouse in Bay View, Twisted Path occupies modest floor space. Two gleaming stills command the room, and the sharp fra-

grance of ferment and Ethyl Alcohol spills out from under the door and into the hall. A pure blue light above a nondescript door serves as a landmark for visitors, "We ended up putting the light out there so we could tell people where to go," Sammons muses. The side of the building facing Becher is studded with docks, and it's at Dock 18 that Twisted Path's tasting room resides. "It's a speakeasy in the truest sense of the term," Sammons explains, "You'd never know it was here unless someone told you."

The offerings are straightforward: rum, gin, vodka. Each spirit crafted in small batches, in careful, measured process. Twisted Path is less about mad scientist, and more about meticulous artisan. You won't see racks crowded with chemicals, no secret lockers with exotic botanicals. There is no double chocolate nitro mah-leb rosehip anything: the liquor is simple, pure honest. That honesty directly reflects that from whence it came: natural, organic grains from a single farmer, David Dolan in Dodgeville, Wisconsin.

*(continued)*





*(continued from page 27)*

Grain-to-glass isn't a clever marketing term at Twisted Path—it's a production method. Sammons only buys grain from Dolan, and they've forged a relationship in the process. Sammons can rely on Dolan to grow grain that meets his specifications, establishing trust and that priceless connection between farmer and maker.

Dolan and Sammons have a system: Sammons knows the grain he'll buy is of exceptional quality, grown the way he wants it to be, in the qualities and varieties he needs. Dolan knows that he'll have a buyer for his crop: he'll try new varieties here and there, take a risk or two, still secure in having Sammons as a consistent customer.

The relationship is mutually beneficial, but yields particular benefits to Twisted Path drinkers: the end product is complex, interesting, and varied. Sammons adds, "There's a terroir about the grains. Each season they're a little different, and my goal is that if a customer liked a previous batch, they're going to like this batch even more."

Sammons is also free to explore in ways larger distilleries may not: he's working on a "gin-hater's gin," with a flavor profile that eschews juniper in favor of other complementary notes. He was pleasantly surprised to see his current batch of blue corn bourbon mash change from a regal deep blue to a haughty magenta as the pH of the batch dropped, causing the anthocyanins to shift in hue. The world of organic spirits is an unpredictable one, but a mindful distiller will find a way to make flavor even the most unusual ways.

Sammons' enthusiasm for his work is palpable, and his attention to detail is obvious. The recipe is simple: good, organic grain from a single farmer. Pure water, ample time, a few twists and turns in a road less traveled: if the journey is the destination, and not all who wander are lost, Twisted Path provides welcome respite from the complicated and convoluted, bringing honest spirits to a thirsty city.

# OUR ORGANIC DIFFERENCE

FROM THE ROOT TO THE FRUIT!

by MARGARET MITTELSTADT

**J**UST A FEW DECADES AGO, THE TERM ORGANIC WAS A BUZZWORD, TRADED ABOUT IN CONVERSATION BY A HANDFUL OF PEOPLE SEEKING A MORE NATURAL WAY OF LIFE.

About this same time many natural food co-ops were organizing and Outpost Natural Foods was one of those. Our founders wanted something simple—clean, wholesome food for themselves and their families. It wasn't an easy task. Many farmers were converting their crops to a more chemical based system in order to grow commodities 'fencerow to fencerow.' Grocery stores were becoming supermarkets with new processed foods that appealed to busy families on the go. The landscape was changing.

Throughout those early days, even when we had to drive a truck to Chicago just to pick up organic produce, we persevered with organic because that's what our owners wanted. Over the next 20 years, organic food became more prevalent as stories about chemical residues on food causing sickness began to appear more frequently in the news. Organizers in favor of standardizing organic agriculture began to formulate what would become the standards for a new program. It took a lot of hard work, research and fortitude to convince our government to adapt these standards as a federally regulated program to ensure consistency and integrity of organic from farm to fork. In 1992, the National Organic Program was established by the United States Department of Agriculture.

Organic food production is now a highly regulated industry, with third party certifiers overseeing efforts. When you see the USDA organic symbol, it should guarantee that the food item was grown using organic practices, and handled and treated correctly to ensure synthetic chemicals don't end up on your plate.

Today, organic food is no longer a fringe product. In fact, Wal-Mart sells more organic food than any other retailer on the planet. You can find organic food in virtually any grocery store and even the corner gas station. But, with organic so

widespread these days, what does Outpost do differently, and better, to ensure shopper access to high quality, organic food?

Organic isn't some trend for us. We sell millions of dollars of organic food every year! Last year our organic sales really stacked up:

**90% of produce sold was organic**

**86% of bulk sold was organic**

**45% of dairy sold was organic**

**44% of packaged grocery sold was organic**

**39% of our sales—overall—were organic**



We have worked for 47 years to develop relationships with our food suppliers. Daily, we implement retail practices that ensure the integrity of organic from the time it comes out of the ground to the time it lands in your grocery cart. Behind the scenes, careful steps are always taken to ensure that organic remains organic by following Good Organic Retailing Practices (GORP). GORP guidelines are outlined in the National Organic Standards to ensure no cross-contamination or comingling occurs with non-organic products and that organic integrity is ensured for the customer.

That same level of consideration toward organic can't be said for all retailers carrying organic products. So, how can you be sure that the organic you are buying is truly organic? Shop your neighborhood co-op. That's the co-op difference—we are a group of retailers dedicated to supporting organic agriculture and maintaining organic integrity throughout the process. A study conducted by the National Co-op Grocers shows that 48% of co-op sales support organic vs. only 2% of conventional grocers. When it comes to organic produce, 82% of co-op sales are organic compared to only 12% of conventional grocers. It's not a sideline for natural food co-operatives—it is our core business.

So, who should you trust to handle organic?

You can trust us because we stake our reputation on it—always have, always will.

# MISSION:

## IT'S OUR 5TH ANNUAL SUSTAINABILITY REPORT!

**I**T'S NO SECRET THAT SUSTAINABLE HAS BEEN OUR MIDDLE NAME SINCE 1970 BUT IT'S ONLY THROUGHOUT THE PAST FIVE YEARS THAT WE'VE CRUNCHED THE DATA, KEPT COPIOUS NOTES AND OTHERWISE TRACKED THE MYRIAD OF WAYS WE'RE HELPING TO LEAVE THE WORLD A BETTER PLACE.

It's a lot of data and details, and we encourage the all the green wonks out there to cue up the full report on our website, steep a cuppa fair trade tea, and settle in for a long read. For those of us who would rather just celebrate the highlights, we've compiled the best of the best right here, like a box of assorted chocolates to mull over and savor.

Review the whole report here:

[www.outpost.coop/sustainability-report](http://www.outpost.coop/sustainability-report)

ON THE EPA GREEN POWER PARTNERSHIP TOP 30 RETAIL LIST 4 YEARS RUNNING



100% POWERED BY RENEWABLE ENERGY

21% OF BAKERY INGREDIENTS ARE LOCAL



70% OF OUR CHEESE COMES FROM LOCAL & REGIONAL PRODUCERS

92% OF PRODUCE IS ORGANIC

80%

OF OUR LOCAL & REGIONAL VENDORS ARE WITHIN 100 MILES



45% TOTAL SALES 

74% OF PRODUCE GROWERS ARE LOCAL & REGIONAL



32% OF 2016 SALES WENT TO LOCAL VENDORS

MEQUON SOLAR PANELS ARE ENOUGH TO POWER



6 WISCONSIN HOMES A YEAR

225 ORGANIC

 op basics

ITEMS AVAILABLE AT AN EVERYDAY LOW PRICE

IN THE LAST 5 YEARS

\$64 MILLION

WENT BACK TO OUR LOCAL & REGIONAL ECONOMIES

33% 

PEAK SEASONAL ITEMS ARE FROM LOCAL FARMERS & PRODUCERS



# SUSTAINABLE

MEQUON STORE LEED CERTIFIED SILVER BY USGBC



OUTPOST IS RECOGNIZED FOR



GREEN MASTER STATUS

IN THE WISCONSIN SUSTAINABLE BUSINESS COUNCIL GM PROGRAM

OVER \$1 MILLION

DOLLARS OF NATURAL & ORGANIC FOOD DONATED TO

HUNGER TASK FORCE



THROUGH OUR Buy a Bag PROGRAM Buy a Bag

COMMUNITY PARTNERS PROGRAM

TWENTY NON-PROFITS IN 5 YEARS

OVER \$67 MILLION IN DONATIONS

420

PEOPLE EMPLOYED BY THE CO-OP

75%



OF HEALTHCARE PREMIUMS ARE PAID BY OUTPOST

HEALTHCARE AVAILABLE FOR BOTH FULL-TIME & PART-TIME STAFF



552 TONS OF FOOD WASTE

COMPOSTED SINCE WE BEGAN OUR PROGRAM IN 2014 WHICH IS EQUIVALENT TO ABOUT



17.5 GARBAGE TRUCKS

62% OF TOTAL WORKFORCE IS FULL TIME WITH BENEFITS

77% OF OUR WASTE IS DIVERTED FROM THE LANDFILL (INDUSTRY AVERAGE IS 45-50%)

3.5 MILLION POUNDS OF MATERIAL RECYCLED IN THE LAST 5 YEARS



MEQUON'S REVERSE OSMOSIS WASTE WATER FLUSHES THE PUBLIC TOILETS SAVING

15,000 GALLONS

OF WATER EACH YEAR

THAT'S ENOUGH TO FILL A SWIMMING POOL



ZERO RAINWATER RUNOFF AT MEQUON

(ALL WATER MANAGED ONSITE)



# IN AN IDEAL WORLD...

by MARGARET MITTELSTADT

... MANAGEMENT OF INVASIVE SPECIES WOULD BE PROPORTIONATE TO THEIR ECONOMIC TOLL.

**M**ILE-A-MINUTE WEED. GIANT SNAKEHEAD. CRAZY WORM. FERAL PIG. THEIR NAMES MAY SOUND LIKE THEY ARE FROM A SCARY SCI-FI MOVIE. BUT THERE'S NOTHING SILLY ABOUT THESE INVASIVE SPECIES. IN FACT, THEY COULD BE IN YOUR BACKYARD DOING DAMAGE RIGHT NOW!

The Southeast Wisconsin Invasive Species Consortium, Inc. (SEWISC) lists 68 different invasive species on their website. Many have the potential to disrupt or destroy native species or intact ecosystems. They invade healthy habitats and control key components. SEWISC's mission is to reduce the potentially devastating impact these species have by promoting efficient and effective management. Once a species establishes a foothold, eradicating it can be very difficult, if not impossible. Controlling their invasive march can help reduce their destruction.

Public education is a key component to thwarting invasive species. It's tempting to think that a few over-zealous plants or fish can really have much of an impact. Many plants are even desirable to look at. But the costs can be enormous. Nationally, the annual economic price tag for invasive species is estimated to be over \$150 billion. According to SEWISC executive director, Jill Hapner, invasive species can cause extinctions and loss of function of native plant and animal communities, and interrupt agriculture and food production. "Invasive species are plants and animals that aggressively become so overly abundant that they can cause economic and environmental harm. Invasive species are second only to habitat loss as a threat to biodiversity."

With only one paid staff member, SEWISC relies on an army of volunteers and local, regional, state and federal partnerships to help get the work done. Visit their website and you will find a host of information about species, activities, volunteer opportunities and education. They have a robust gallery of all identified invasive species in Southeast Wisconsin, including



Photo courtesy of SEWISC



a detailed description, life-cycle education, effects of their invasion, where they can typically be found and suggestions on how to control their spread. Visit the video gallery on SEWISC's website; if any of these species lives in your backyard take efforts to control or remove them.

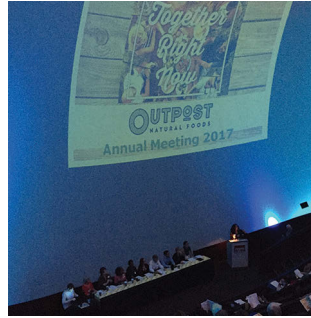
In an ideal world, public involvement in controlling and managing invasive species would be proportional to the economic toll they have on our economy and ecosystems. As citizens and taxpayers, we share in the burden of control and management of invasive species. Much of Wisconsin's economy hinges on access to outdoor recreation and in developing a vibrant agriculture sector. Invasive species can hinder or harm these vital economic drivers. It's in all our best interests to take an active role and take control.

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



SOUTHEAST WISCONSIN INVASIVE SPECIES CONSORTIUM, INC.  
SEWISC.ORG

## CHECKOUT



WHEN . SUNDAY, MARCH 19, 2017

WHAT . OUTPOST ANNUAL MEETING & GLOBAL FLAVORS MARKET

WHERE . MILWAUKEE PUBLIC MUSEUM



# GLOBAL KITCHEN

FOOD NATURE CULTURE

March 3 - July 9, 2019


**#FEEDYOURMIND**

Celebrate food from around the world and at our own tables at this engaging new exhibition! Join us for daily hands-on activities in the demonstration kitchen.

Outpost Natural Foods is a proud supporter. Visit the Global Kitchen Pop-Up Museum "Food Traditions" at Outpost on Capitol Drive, Saturday, May 6, from 11 a.m. - 3 p.m.

[www.mpm.edu/globalkitchen](http://www.mpm.edu/globalkitchen)

Global Kitchen: Food, Nature, Culture is organized by the American Museum of Natural History, New York ([amnh.org](http://amnh.org))

 AMERICAN MUSEUM OF NATURAL HISTORY

TRAVEL  
**WISCONSIN**  
COM